



Friendship Peak Expedition

Detailed itinerary and complete information about the trek.



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Trek Overview



Duration

07 Days

Altitude

17352 Feet

Max Batch

12 Person

Trek Begins and Ends at

Rumsu Base Camp, Manali

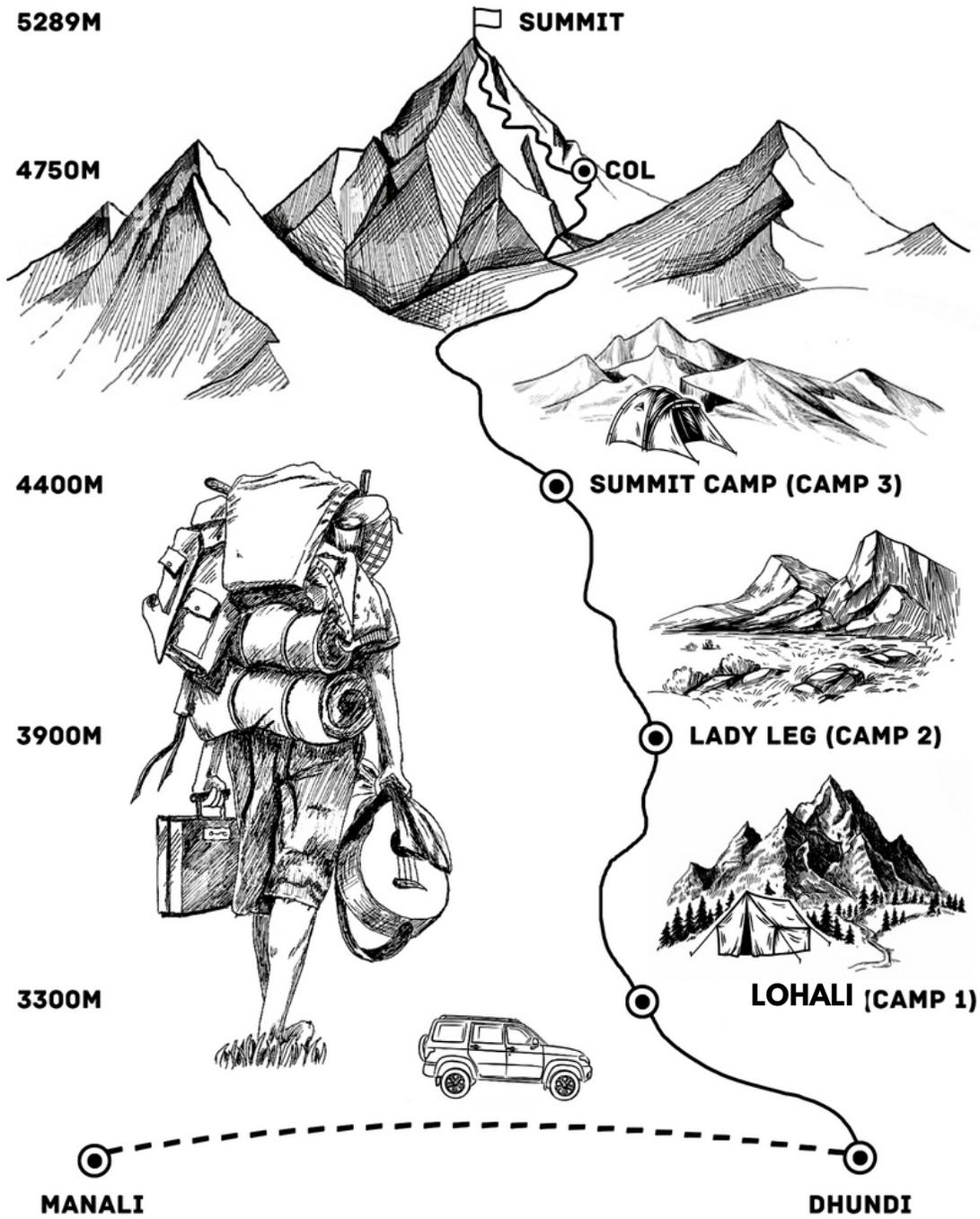
Fix Departure

May, June & Sep

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Trek Map



Itinerary

Day -1 Reporting at Rumsu camp

Participants will report at Rumsu base camp. After breakfast rucksack packing and post lunch acclimatisation walk till Naya Tapru Enroute Chandrakhani. Overnight stay at Rumsu base camp



Day -2 Jeep Ride to Solang and trek till Lohali.

We will start the day with a jeep ride to the famous Atal Tunnel near Solang valley. We start our trek from Dhundi, the last motorable point of the Beas valley. The trek is easy and takes around 4 to 5 hours from Dhundi till Lohali. Overnight stay at Lohali.



Itinerary

Day -3 Trek from Lohali to Lady Leg.

The trek to Lady Leg from Lohali involves a steep climb across the ridge and takes around 3 hours. Lady Leg presents a grand view of the Friendship peak. Overnight stay at Lady Leg.



Day -4 Acclimatization walk and Snow Craft training

Post breakfast participants will engage in an acclimatization walk and will receive a briefing on various equipment, ascending and descending techniques, rope fixing, cramponing and basic knot practice.



Itinerary

Day -5 Trek to Advance Base Camp.

After morning breakfast the entire team will proceed for ABC. Post lunch members can acclimatize via a walk. Overnight stay at ABC



Day -6 Friendship Peak Summit Day

The summit walk starts at 3 AM and takes around 6 to 7 hours to reach the summit. The descent starts by 10 AM and one reaches Lady Leg in another 4 to 5 hours. Overnight stay at Lady Leg



Itinerary

Day -7 Descend from Lady Leg and departure.

We will descend from Lady Leg and continue till Solang. From Solang we will continue with a jeep ride to Manali. Departure by 5 PM



Insurance Policy Details

We at Gujarat Adventure Club cover your insurance as an inclusion in the program via our insurance partner - ASEGO which has the following benefits:

1. Medical related benefits, which includes emergency medical expenses, emergency medical evacuation, accidental OPD expenses - Maximum coverage 2.0 lacs
2. Personal Accident pertaining to Death, PTD and PPD - Maximum coverage 7.5 lacs
3. Trip Cancellation / Trip Interruption [Maximum Coverage of 25,000 INR] - Applicable in case of Hospitalization of Insured person or Death of Immediate family Member (Ex : Mother, Father, Spouse).



Things to Carry

Trekking shoes - Carry proper trekking shoes with good grip and ankle support. Do not carry sports shoes. Ko-Flach shoes will be provided for the climbing part.

Waterproof Jacket and Trousers - A complete waterproof layer as hard shell is quite important to protect against any form of weather.

Down Jackets - Carry a -20 degree Celsius down jacket as a Belay Jacket.

Fleece - Carry a fleece type of jacket or a woolen pullover for the extra warmth.

Two/Three trek pants - Carry quick dry material (nylon-polyester) trek pants for using till base camp. Carry a warm padded trouser for the summit camp and summit push.

Three t-shirts (collared / dry-fit) - Full sleeve quick dry t-shirts. Add a compression layer if you sweat too much.

Thermals - Carry thermals (top and bottom).

Sunglasses - Sunglasses are mandatory. There will be a lot of snow on the trek and can cause snow blindness.

Cap - At high altitude, the sun is extra harsh so carry a cap to protect yourself. For the night you can use a woollen type.

Balaclava - Carry a balaclava(monkey cap) for the summit push.

Waterproof hand gloves - Carry waterproof gloves a minimum one and one fleece type for the night.

Socks (3-4 pairs) and a pair of woolen socks - Apart from two sports socks, you can take a pair of woolen socks for the night. For the trek use quick dry material socks.

Headlamp/LED torch - Mandatory. Headlamps may be quite beneficial for keeping your hands free during the summit push.

Raincoat/Ponchos - At high altitudes, snowfall and rain are quite common and it's mandatory to carry a poncho so that you don't get wet.

Lunch box and Water Bottle - Every participant should have their personal lunch box and a good water bottle [insulated type].

Toiletries - Limit your toiletries. Just get a mouthwash, sun's cream, a small face towel.

First Aid Kit - Carry blister tape, crepe band aid, pain spray and few important medicines as it's always ad- visible when going into the wild. Gujarat Adventure Club will have the First Aid kit available with trek leaders and camp leaders. Make sure that you update the team before taking any Medi- cine(even for painkillers and steroids).

Electronics -

Power Banks and Adventure Cameras.

Note: The above mentioned list in an important list for completing the trek successfully and safely. Members if don't have any of these can either buy or rent out from rental companies.



Inclusion

1. **Climbing Equipment:** Essential gear for climbing, including Koflach boots, crampons, gaiters, harness, jummar, ice axe, helmet, slings, carabiners, and descender.
2. **Accommodation:** Double sharing basis accommodation provided separately for males and females.
3. **Meals:** All four meals (breakfast, lunch, snacks, and dinner) are included.
4. **Camping Charges:** Includes trekking permits and forest camping charges.
5. **Stay Equipment:** High-quality expedition tents and sleeping bags provided, capable of withstanding temperatures as low as -20°C.
6. **Safety Equipment and Emergency:** First aid kit, oxygen cylinders, oximeter, etc., are available with the guide/trek leader and at the campsite to handle emergencies.
7. **Expert Expedition Leaders:** All expedition leaders are qualified in basic/advanced mountaineering and first aid.
8. **Expert Support Team:** Certified guides, cooks, helpers, and porters form the mountain staff.
9. **GST 5%:** The trek package includes a 5% Goods and Services Tax.
10. **Personal Insurance:** Personal insurance cover is provided at no extra cost.
11. **Hapo Bag:** This item seems to be a specific type of bag or equipment, possibly related to the expedition.
12. **IMF Charges:** Charges related to the Indian Mountaineering Foundation, likely for permits or other regulatory requirements.



Exclusion

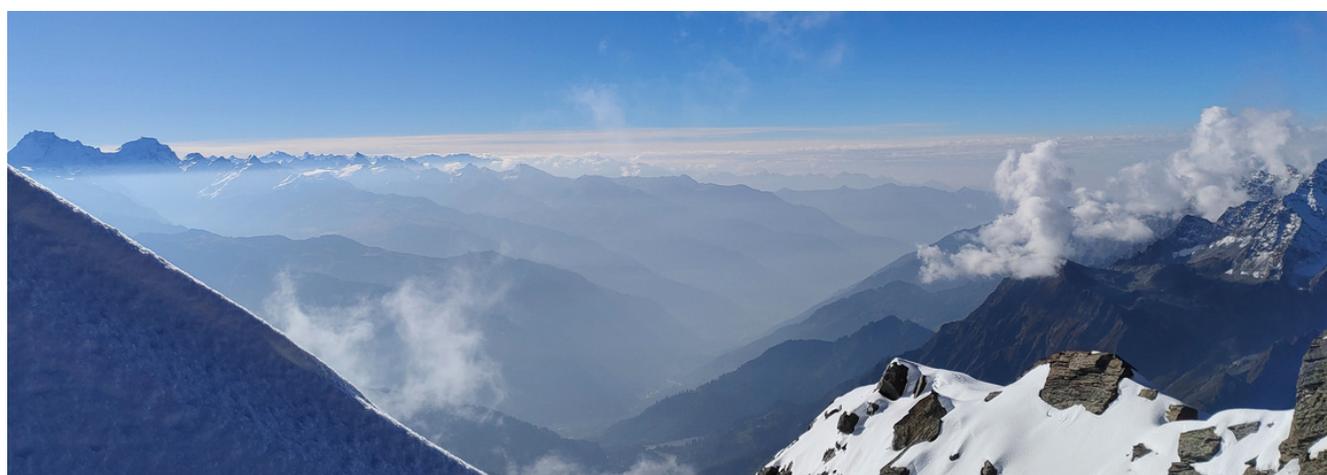
1. **Handling Charges for Foreign Nationals:** Any specific charges applicable to foreign nationals for handling or administrative purposes. These charges may vary depending on local regulations or permits required for foreign visitors.
2. **Cost of Emergency:** While basic emergency equipment and support may be included, there could be additional costs associated with emergency services beyond what is covered in the standard package. This might include evacuation costs in case of severe injury or medical emergencies.
3. **Any Personal Expenses:** Any expenses not covered by the package that participants may incur during the expedition, such as souvenirs, additional snacks or drinks, or optional activities not included in the itinerary.
4. **Any Personal Clothing:** Participants are typically responsible for bringing their own personal clothing and gear, including appropriate clothing for the trek, sturdy footwear, and any specialized gear they may require beyond what is provided in the package.





Rules Of Camp

1. Accommodation : Stay on all days will be in tents. Tent will be allotted separately to males and females and will accommodate 2 people. High altitude sleeping bags that can withstand temperatures as low as -20 degrees.
2. Toilets : Toilet tents will be pitched at every camp site.
3. Emergency during trek : In case of any emergency Gujarat Adventure Club will take necessary measures for your return to the base camp. A staff will accompany you. He may not be some trained personnel. Doctors do not go along with a team. 'Gujarat Adventure Club's leaders are trained to administer first aid and know how to deal with issues related to the mountains. Registering for this trek is an understanding that you are aware of related difficulties on a high-altitude trek.
4. Safety :Our camp leaders will conduct routine health checks at all camps to measure oxygen saturation, bp. Camp leader reserves the right to exclude any trekker from climbing higher on the trek without refund if the trekker's vital readings are below accepted norms for that altitude. These norms are available with our camp leaders. Your trek leader will also be carrying a medical kit which includes basic first aid and high-altitude sickness medicines and will also be carrying an oxygen cylinder throughout the trek.
5. Route change/postponement/delay/completing the trek earlier: Under some extraordinary circumstance, your trek may end a day earlier or start a day later due to inclement weather, snow and ice conditions, political restrictions or any other cause. In the event of a change, postponement or delay, participants have no right to refund of the trek or other compensation for any injury, loss or damage
6. Non-liability: Gujarat Adventure Club is not responsible for any loss/damage of your gears/equipment or other belongings on the trek.
7. Drinking and smoking
8. Smoking and drinking are strictly prohibited. Buying drugs or any illegal material is strictly prohibited, the participant will be detained and handed over to the government





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