



EXPEDITION TO MT. FRIENDSHIP PEAK



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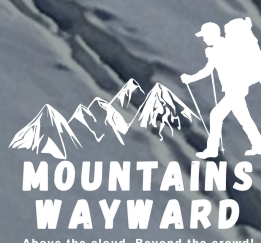
ABOUT THE EXPEDITION

MT. FRIENDSHIP

OVERVIEW

Friendship peak is the most famous place for challenges adventure seekers India situated in Kullu district, Himachal Pradesh. The place is no less than a paradise for trekkers. This panoramic views will hit different to the eyes. Mt. friendship peak is situated at 5286 metres in kullu district, Himachal Pradesh.

A thrilling outing that provides spectacular natural beauty and an excellent climbing experience is the Mount Friendship Peak Expedition. This voyage across India is well-known for its strenuous walks, tranquil surroundings, and the chance to explore the uneven landscape. It is imperative to make the trip to Mount Friendship Peak because it provides a strenuous and fascinating trail, breathtaking panoramic views, and the chance to fully immerse oneself in nature's beauties.



ABOUT THE EXPEDITION

MT. FRIENDSHIP

SHORT SUMMARY

Trek Start & End Location - Manali

- Duration. - 6 Nights / 7 Days
- Level. - Difficult
- Distance. - 21 Kilometers approx
- Height. - 17,366 Ft.
- Temperature - Approx -10°C To 20°C
- Best time to visit - summer (may to September)
- Age Group Required - Between (18 to 65 Years)

SHORT ITINERARY

Day 01: Arrival and reporting at manali.

Day 02: Drive from Manali to Dundi and trek to Base Camp Bakerthach

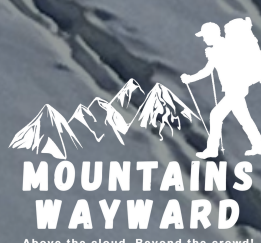
Day 03: Trek from BC Bakarthach to camp 1 (Lady leg)

Day 04: Acclimatization & load ferry to summit camp. Back to Camp 1 lady leg.

Day 05: Start Climbing from Camp 1 to summit camp

Day06: Climbing toward Summit and back to Camp 1 lady leg

Day07: Trek from lady leg to Dundi and drive to manali Hotel. (Dinner and celebration)



ABOUT THE EXPEDITION

MT. FRIENDSHIP

FULL ITINERARY

Day 1. Arrival and Manali (Briefing about Expedition

We will wait for you at the Manali Bus Stop, from where we will move to your hotel. In the evening all members will introduce with each other and at last briefing about the Expedition.

Day 2 Drive to Dundi and trek to Base camp Bakerthach.

Today its time to start our Expedition. After a healthy breakfast board your vehicles for the short drive to Dundi - the starting point of Friendship peak expedition. Our Trek will strt from Dundi to Base camp Bakerthach. Night stay will be at base camp.

Altitude : 10,700 ft.

Duration: 5-6 hours , 5 km

Level Easy to Moderate

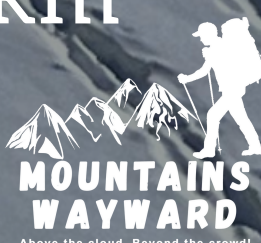
Day 3 Base camp to Camp 1 lady leg

we get our move on by 9 in the morning. Today will be a little more difficult than the previous day. Even though the distance is about the same, the climb up is fairly steep. We gonna stay here for two nights

Altitude : 10,700 ft.

Duration: 5-6 hours , 5 km

Level Moderate



ABOUT THE EXPEDITION

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FULL ITINERARY

Day 4. Acclimatization walk and load ferry to Camp 1 lady leg.

Today We get our move on by around 10:30 AM. It will come in handy because today is progressively more difficult than day 3. The trek involves steeper slopes and slipperier terrain. Having to walk in snow boots, in a new landscape. Each trekker must carry all the equipment given to them up to the Summit camp. Following the 'Climb High, Sleep Low' rule of thumb, we return to Lady Leg for the night.

Altitude : 13800 ft.
Duration: 9 to 10 hours trek
Distance: Both side 12 kms
Level: Difficult

Day 5. Camp 1 to summit camp

Today we follow the same way of yesterday, We will reach at summit camp by lunch. Hetinh used to with the altitude. This gives us ample time to sleep through late in the morning since we will not be getting much sleep tonight. This time we will give full rest of our body because at night we are going for summit push.

Altitude : 13800 ft.
Duration: 9 to 10 hours trek
Distance: Both side 12 kms
Level: Difficult



ABOUT THE EXPEDITION

MT. FRIENDSHIP

FULL ITINERARY

Day 6. Summit puch and back to lady leg

Finally, we have to be all set for the most-awaited and crucial day of the entire trek and hence it also gives rise to the most difficult day of the whole journey. So, brace yourself for an exhilarating day ahead. We will set out for the Summit between 1 and 2 am.

After spending some quality time at the summit, we will make our way back to the advance camp

Altitude : 13800 ft.

Duration: 9 to 10 hours trek

Distance: Both side 12 kms

Level: Difficult

Day 7. Return to manali

The last day of the trek involves tracing back our steps to where we started - from Lady Leg to Bakkarthach to Dhundi to Manali. We start by 9 AM, so that we can reach a lower altitude as quickly as possible. After successful climb its time to celebrate that special day along with complete team.

ABOUT THE EXPEDITION

MT. FRIENDSHIP

THINGS TO CARRY

CLOTHING

- Trekking Pants
- Thermal Body warmer Upper & Lower (Base layer)
- Warm Fleece (Mid layer)
- Down Jacket (Top Layer)
- Full sleeves T-shirts (Quick Dry material)
- Pair of thick woolen socks (1 pair for every two days of trekking)
- Undergarments / Innerwear (Quick Dry material)
- Rainwear/Poncho (Jacket & Pants)
- Pair of waterproof / snow-warm gloves
- Woolen cap
- Sun shielding Hat

FOOTWEAR

- Non-skid, deep-treaded, high-ankle trekking shoes
- Pair of lightweight Slipper/Sandals

TRKING GEAR

- Rucksack bag with rain cover
 - Day Pack Bag – Recommended for treks with summit days
 - Head Torch / Flashlight with spare batteries
- Sun glasses



WHAT YOU GET OR NOT?

INCLUSION

- HOTEL AT SOLANG
- ALL MEALS
- STAY IN TENTS
- CERTIFIED LEADER/GUIDE
- HEALTH RESPONDER
- EQUIPMENTS
- ONE DAY TRAINING
- ALL FEES AND PERMITS
- CERTIFICATE

EXCLUSION

- TRAVEL TILL MANALI
- PERSONAL EXPENSES
- CLOTHING
- PERSONAL PORTER (PAID)
- PERSONAL INSURANCE

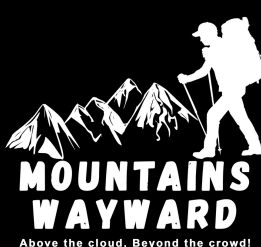


EXPEDITION LEADER



MR. AKHIL VERMA

**TREK / EXPEDITION
LEADER
MOUNTAINEERING /
RESCUE INSTRUCTOR**



MT. FRIENDSHIP IT'S TIME TO CLIMB

BOOK NOW

34999 /-



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