



MOUNT YUNAM EXPEDITION

ALTITUDE : 6113 METRES/20,052 FEET

**(GRADE: 6/10 –
MODERATE/CHALLENGING)**

- 8 DAYS -

**(LAHAUL- HIMACHAL PRADESH, INDIA)
(JUN - SEP)**

MT. YUNAM CLIMBING EXPEDITION – AN ELABORATE DESCRIPTION

MOUNT YUNAM IS A HIGH-ALTITUDE PEAK IN THE LAHAUL REGION OF HIMACHAL PRADESH, INDIA. STANDING AT APPROXIMATELY **6,113 METERS (20,052 FEET)**, IT IS CONSIDERED A TREKKING PEAK AND IS A POPULAR CHOICE FOR THOSE LOOKING TO EXPERIENCE HIGH-ALTITUDE CLIMBING IN THE INDIAN HIMALAYAS.

KEY FEATURES OF MOUNT YUNAM:

- **LOCATION:** NEAR BARALACHA LA PASS, LAHAUL VALLEY, HIMACHAL PRADESH, INDIA.
- **ALTITUDE:** 6,113 METERS (20,052 FEET).
- **DIFFICULTY LEVEL:** MODERATE TO CHALLENGING; REQUIRES ACCLIMATIZATION AND SOME PRIOR TREKKING EXPERIENCE.
- **BEST TIME TO CLIMB:** JULY TO SEPTEMBER.
- **TERRAIN:** ROCKY MORAINES, SCREE SLOPES, AND SNOW PATCHES IN HIGHER SECTIONS.

- **STARTING POINT:** BHARATPUR (NEAR BARALACHA LA ON THE MANALI-LEH HIGHWAY).
- **ACCLIMATIZATION:** ESSENTIAL DUE TO HIGH ALTITUDE AND EXTREME WEATHER CONDITIONS.

MOUNT YUNAM IS OFTEN CHOSEN BY CLIMBERS AS A PREPARATORY EXPEDITION FOR HIGHER HIMALAYAN PEAKS. THE TREK PROVIDES STUNNING VIEWS OF THE SURROUNDING VALLEYS, GLACIERS, AND PEAKS, INCLUDING VIEWS OF THE CHANDRABHAGA (CB) RANGE. THE ASCENT IS NON-TECHNICAL BUT PHYSICALLY DEMANDING, REQUIRING ENDURANCE AND PROPER HIGH-ALTITUDE PREPARATION.

DAY 1 :

ARRIVE IN MANALI (2050M)

REST AND SHOPPING FOR PERSONAL OR RELATED THINGS FOR THE EXPEDITION. AFTER AN INTRODUCTION AND BRIEFING SESSION, YOU ARE FREE TO EXPLORE MANALI.

TIP FOR THE DAY: EAT WELL SLEEP WELL.

DAY 2 :

MANALI TO KEYLONG (3080M)

THIS DAY WE WOULD BE ON THE STUNNING LEH-MANALI HIGHWAY ACROSS HIGH ALTITUDE VILLAGES AND REACH KEYLONG FOLLOWED BY REST AND ACCLIMATISATION AND REMAINING POSSIBLE SHOPPING AT ALMOST LAST MARKET IN THE PROPER CIVILISATION.

TIP FOR THE DAY: EAT WELL AND SLEEP EARLY AS THE NEXT DAY WE WOULD MOVE FOR THE NEXT DESTINATION EARLY IN THE MORNING; ALSO, THIS WOULD BE THE LAST DAY WHEN YOU WOULD GET THE PROPER NETWORK SERVICE COVERAGE.

DAY 3 :

KEYLONG TO BHARATPUR (4500M)

WE WOULD LEAVE EARLY IN THE MORNING AT 4:30 AM AND REACH BHARATPUR (ALSO CALLED BHARATPUR TENT COLONY) ; VIA DEEPAK TAL, SURAJ TAL AND THE FAMOUS BARALACHA LA PASS, AFTER REACHING WE WOULD EAT AND KEEP OURSELVES HYDRATED AS MUCH AS POSSIBLE TO AVOID ANY SYMPTOM OF AMS, WE WOULD ALSO GO FOR A SHORT HIKE AND COME BACK TO BHARATPUR, AND WE WOULD SPEND THE NIGHT THERE.

TIP FOR THE DAY : KEEP YOURSELF HYDRATED AS MUCH AS YOU CAN FROM THE DAY 1 IN ORDER TO AVOID FATIGUE DUE TO THE CONSTANT CHANGE IN THE ALTITUDE EVERY DAY.

DAY 4 :

BHARATPUR TO YUNAM BASE CAMP (4800 M)

WE WOULD TREK TO THE YUNAM BASE CAMP, THIS WOULD BE A TREK OF 4-5 HRS AND WILL TAKE YOU ACROSS MORAINES SECTIONS, WITH A GRADUAL AND EVENTUALLY A STEEP ASCENT, AND REACH THE BASE CAMP.

WE WILL ACQUIRE THE BASE CAMP, SET UP THE TENTS AND CHANGE TO THE WARMER LAYERS AND GO FOR AN ACCLIMATISATION HIKE. AFTER COMING BACK, WE WILL COOK, CHAT, HAVE FUN AND SLEEP.

TIP FOR THE DAY: HYDRATION ALERT (THIS DAY IS CRUCIAL)

DAY 5 :

BASE CAMP TO SUMMIT CAMP (5250 M)

WE WOULD SHIFT OUR CAMPS TO THE ADVANCE BASE CAMP (SUMMIT CAMP).

WE WILL JUST RELAX IN THE FIRST HALF AND PREPARE EVERYTHING FOR THE POST-MIDNIGHT SUMMIT PUSH.

THERE WILL BE A SUMMIT BRIEFING FOLLOWED BY A TRAINING SESSION, AND PREPARE EQUIPMENT NEEDED FOR THE NEXT DAY'S SUMMIT PUSH. WE WILL GO FOR A SMALL HIKE NEARBY. HAVE DINNER AND REST EARLY IN THE EVENING.

TIP FOR THE DAY: SAVE YOURSELF FROM THE HIGH-ALTITUDE FATIGUE AND PREPARE YOURSELF MENTALLY FOR THE CHALLENGE YOU HAVE PROMISED YOURSELF.

DAY 6 :

SUMMIT CAMP (5250M) TO SUMMIT (6113M) AND BACK TO SUMMIT CAMP (5250M)

THIS IS THE DAY, SO WE WILL LEAVE POST MIDNIGHT FOR THE SUMMIT. WE WILL CLIMB OVER MORAINES, SHARP ROCKS, SNOW PATCHES AND A SNOW WALL AT THE TOP WITH A STEEP ASCENT. THE SUMMIT GIVES YOU STUNNING

VIEWS OF THE SURROUNDING MOUNTAIN RANGES. WE WILL HEAD BACK AND RETIRE AT THE SUMMIT CAMP.

DAY 7 :

RESERVE DAY FOR SUMMIT ATTEMPT

IN CASE OF BAD WEATHER OR OTHER DIFFICULTIES, DAY 7 IS RESERVED FOR A SECOND SUMMIT ATTEMPT. THIS WILL ONLY GET USED IF UNEXPECTED AND UNFORESEEABLE CONDITIONS PRESENT THEMSELVES AT THE LAST MINUTE PREVENTING THE FIRST SUMMIT PUSH.

DAY 8 :

SUMMIT CAMP (5250M) TO BHARATPUR (4500M) TO MANALI (2050M)

DISPERSAL FROM MANALI

TODAY WE WILL TREK BACK TO BHARATPUR AND TRAVEL TO MANALI. EXPECT TO REACH MANALI BY LATE EVENING.

YOUR TRIP IS OFFICIALLY COMPLETED HERE , SO FROM HERE YOU CAN TRAVEL TO YOUR RESPECTIVE CITIES TO FIND YOUR NEXT ENDEAVOURS.

**“WE USE BRAND NEW EQUIPMENTS FOR SAFETY PRECAUTIONS & BELIEVE
IN MAGICAL AND LUXURIOUS EXPERIENCE”**

WHAT'S INCLUDED

- **CAMPING DURING THE TREK AND GUEST HOUSE/HOTEL STAY ON TWIN / TRIPLE SHARING BASIS IN LEH/DURING THE TREK**
- **VEG MEALS AS PER MENU DURING THE TREK**
- **TECHNICAL EQUIPMENTS : TENTS,SLEEPING BAGS,SLEEPING MATS,GAITERS AS REQUIRED**
- **TREK PERMISSIONS FEE, IF ANY (UPTO THE AMOUNT CHARGED FOR INDIAN NATIONALS)**
- **EXPERIENCED GUIDES AND SUPPORT STAFF**
- **CERTIFIED MOUNTAIN RESCUERS AND INSTRUCTORS**
- **FIRST AID MEDICAL KITS AND OXYGEN CYLINDER.**
- **TRANSPORT FROM LEH TO ROAD HEAD AND RETURN.**
- **CAMPING DURING THE TREK.**
- **HOTEL/GUEST HOUSE STAYS AS PER THE RELEVANT DATES .**
- **MOUNTAINEERING COURSE CERTIFIED GUIDE (BMC, AMC, S&R , MOI : (GRADE A) WITH WILDERNESS ADVANCED FIRST AID CERTIFICATION + CPR FROM HANIFL & SEARCH & RESCUE COURSE FROM HIMALAYAN MOUNTAINEERING INSTITUTE (GRADE A WITH LEADING THE OPERATION)**

WHAT'S NOT INCLUDED

- **MEALS DURING HOTEL STAY**
- **MEALS DURING ROAD JOURNEYS**
- **ANY KIND OF PERSONAL EXPENSES**
- **ANY KIND OF INSURANCE**

- MULES OR PORTER TO CARRY PERSONAL LUGGAGE
- PORTERS FOR PERSONAL LUGGAGE AVAILABLE FOR EXTRA COST.
- ANYTHING NOT SPECIFICALLY MENTIONED UNDER THE HEAD INCLUSIONS.
- INNER LINE PERMIT FEE AND IMF FEE

PACKING LIST

THIS IS A LIST OF ESSENTIAL ITEMS FOR EVERY INDIVIDUAL. ALL THE ITEMS IN THE LIST ARE ESSENTIAL EXCEPT FOR THOSE MARKED AS OPTIONAL.

GEAR

- RUCK SACK BAG WITH RAIN COVER.
- DAY PACK BAG/PLASTIC BAG – TO KEEP THE THINGS SAFE AND DRY WHILE YOU ARE AWAY FROM THE CAMP
- HEAD TORCH WITH SPARE BATTERIES.
- U V PROTECTION SUNGLASSES. VLT: 5-8 % IS RECOMMENDED.
- WATER BOTTLES: 2 BOTTLES OF 1 LITRE EACH

FOOTWEAR

- NON-SKID, DEEP TREADED, HIGH-ANKLE TREKKING SHOES
- PAIR OF LIGHT WEIGHT SLIPPER/SANDALS

CLOTHING

- QUICK DRY WARM LOWER OR TREK PANTS. QTY - 2
- FULL SLEEVES T-SHIRTS/ SWEATSHIRTS. AS PER YOUR BODY NEEDS
- PAIR OF THICK WOOLLEN SOCKS. 1 PAIR FOR EVERY TWO DAYS OF TREKKING
- THERMAL BODY WARMER UPPER & LOWER. QTY-1
- UNDERGARMENTS.
- WARM JACKET CLOSED AT WRIST & NECK (WARM ENOUGH FOR SUMMIT PUSH)

- **RAIN WEAR (JACKET & PANTS) .**
- **PAIR OF WATERPROOF WARM GLOVES.**
- **WOOLLEN CAP.**
- **SUN SHIELDING HAT.**

TOILETRIES

- **PERSONAL TOILETRIES KIT (SMALL TOWEL, TOILET PAPER, PAPER SOAP, BAR SOAP, TOOTHBRUSH, TOOTHPASTE, COLD CREAM, ETC.)**
- **SUN SCREEN LOTION SMALL PACK TO STAY SAFE IN THE BRIGHT SUNNY OUTDOORS.**
- **LIP BALM SMALL PACK.**
- **UTENSILS (OPTIONAL)**
- **SMALL SIZE, LIGHTWEIGHT & LEAK PROOF LUNCH BOX.**
- **PLATE. QTY- 1 (OPTIONAL)**
- **SPOON.QTY-1(OPTIONAL)**
- **TEA/COFFEE (PLASTIC) MUG. QTY-1**

MISCELLANEOUS

- **CAMERA (OPTIONAL)**
- **CARRY YOUR MEDICINES IN PLENTY IN CASE YOU HAVE ANY SPECIFIC AILMENT. CONSULT YOUR DOCTOR BEFORE JOINING THE EXPEDITION.**
- **DRY FRUITS, NUTS, CHOCOLATE BARS.**

NOTE :

MOUNT YUNAM EXPEDITION IS FOR EXPERIENCED TREKKERS OR PEOPLE WHO HAVE EXPERIENCED HIGH ALTITUDE TREKS & WHO WANT TO CHALLENGE THEIR ENDURANCE. THE CHALLENGES FACED IN THE CLIMB SHOULD NOT BE UNDERESTIMATED. YOU SHOULD ATTEMPT THIS PEAK ONLY IF YOU HAVE ALREADY DONE A TREK THAT CLIMBS TO 4000M+. IT IS RECOMMENDED NOT TO OPT THIS EXPEDITION IF YOU CANNOT GET ACCLIMATIZED IN THE MOUNTAINS . BESIDES YOU NEED TO HAVE A STRONG PHYSICAL ENDURANCE TO COMPLETE THIS CLIMB. MOUNT YUNAM IS OFTEN CHOSEN BY CLIMBERS AS A PREPARATORY EXPEDITION FOR HIGHER HIMALAYAN PEAKS. THE ASCENT IS NON-

**TECHNICAL BUT PHYSICALLY DEMANDING, REQUIRING ENDURANCE AND
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~ DIFFICULTY GRADE ON MAN TO MOUNTAIN RATING SCALE : 6/10 ~
