



TREK TO HAMPTA PASS & CHANDRATAL

NATURE OF TRIP	Trekking
LOCATION	Manali, Lahaul & Spiti valleys, Himachal Pradesh
DURATION	5 Days (Manali - Manali)
TREKKING DAYS	5 Days
MAXIMUM ALTITUDE	Kunzum La (4600m), Hampta Pass (4300m) & Chandratal (4300m)
GRADE	Moderate+
SEASON	Mid-Jun to Mid-Oct
ACCOMODATION	Alpine Camping - 4 Nights
GROUP SIZE	Maximum of 15 persons

DEPARTURE DATES

JUN	JUL	AUG	SEP	OCT
10, 17	1,8,15,29	12,26	9,16,23	7,14

...We welcome you to join us on this memorable trip to the Himalayas



BRIEF DESCRIPTION

The striking highlight of any trek involving crossing over a pass into the Lahaul/Spiti region is the wonderful contrast in landscape that one gets to enjoy and this trek is similar in this regard. We start from absolutely lush green valleys of Kullu & Manali and land up in semi-arid region of the Lahaul valley. This wonderful trail is meant for everyone, right from fit/adventurous first timers to seasoned hikers. The pass itself is very inviting and poses fewer challenges compared to some of its brethren but is in no way a cakewalk. This trek is quite interesting and moderately challenging in stages with the difficulty of the pass being governed by weather conditions. You will be required to cross the reasonably high Hampta pass (4300m), do a few river crossings, camp in complete wilderness and walk long stretches on certain days. The trek to Hampta pass offers unmatched variety & excitement all along the trail to take care of any exhaustion that might set in.

The trek starts from the beautiful Manali valley with a short ride from Manali town getting us to the starting point of the trek. During the first two days of the hike we move through lush green landscape having several meadows inhabited by local *gaddis* (shepherds). This is a very enjoyable and relaxed stage and one camps at beautiful spots.

We walk along rivers and streams and cross a few waterfalls. There is an interesting mix of spruce, horse chestnut, pine, deodar, oak and birch trees all along this section. Shepherd dogs, sheep, white capped redstarts and whistling thrushes comprise the wildlife you get to encounter. Depending upon the season you will also get to see a good variety of alpine flowers. Next stage we approach the Hampta pass through a relatively challenging terrain which involves walking over scree slopes and boulder ridden trails. The route to the top might be under snow depending upon the conditions and might pose some difficulties. The close views of Deotibba, Indrasan and other unnamed peaks will give you a feel of being completely immersed in the lap of the mighty Himalayas. This is an experience you will surely cherish all your life. We crossover the pass and descend steeply to the grass lands of Shea Gahru. This stage would take about 8 hrs or so.

The last stage of the trek is in the stark and beautiful Lahaul valley and will take us to Chatru from Shea Gahru. This is an easy section with a few tricky situations to keep you on your toes. From Chatru we board a waiting vehicle to be driven up to the beautiful Chandratol lake where we camp for the night. Chandratol is truly a jewel of the mountains being one of the finest high altitude lakes in the country. Next day we hike up from the lake to Kunzum La (4600m) through a very scenic landscape. Here we board the waiting vehicle and drive to Manali.

ITINERARY

DAY 01: Manali (2000m) – Jobra (2707m) – Chikha (3000m) Drive/45 mins & Trek/2 hrs

In the morning, we drive to the dam site at Jobra and from here walk through a very pleasant landscape. The walk initially will take us through a mixed forest having pines, spruce, deodar, chestnut and maple trees. We cross a beautiful meadow having a gaddi shepherd camp there. We will need to cross the river at a vantage point if the gaddis haven't made a makeshift bridge somewhere along the river. We cross the river and climb to a beautiful meadow called Chikha along a side stream. Today's hike is a gentle one and will take about 2 hrs. Having rested for some time one will be advised to walk up a short distance to a nearby waterfall which also plays host to a number of white capped redstarts. Overnight in tents.

DAY 02: Chikha (3000m) – Balu-ka-Gheera (3600m) Trek/4-5 hrs

It's an interesting day's hike today. We cross the stream immediately after the campsite and start gaining height and moving towards a gorge section towards the right side moving along the river. We will walk through boulder sections, meadows filled with wildflowers, cross a waterfall and a side river which might require careful handling to reach our campsite for the day, Balu-ka-Gheera. This hike will take about 3.5 to 4 hrs with a few breaks in between. This campsite is along a network of river channels and has big mountains guarding it on all sides. Our guides might also take the decision to walk for an additional hour and reach an upper campsite also called by the same name. This will make next day's climb a bit shorter. We rest and relax at the campsite and get charged for the next day's climb to Hampta pass. Overnight in tents.

DAY 03: Balu-ka-Gheera (3600m) – Hampta pass (4300m) – Shea Gahru (3700m) Trek/6-7 hrs

Today weather and trail conditions will decide what time we leave but it's going to be an early morning departure for sure, between 5-6:00 a.m. The walk is in all probability going to be partially/completely on snow depending upon season and weather conditions. From the camp we start with a steep climb on scree slopes to reach a ridge and from here we continue climbing towards another ridge which leads to the pass. This climb will take about 4-5 hrs and one will be rewarded with absolutely out of the world views all around. Indrasan and Deotibba peaks completely dominate the landscape and the ranges towards Lahaul look quite majestic. We spend some time at the top taking pictures and to have lunch and having regained our energy start climbing down carefully towards our destination for the day, Shea Gahru campsite, which is set beautifully between the mountains. This descent will take about 2-3 hrs. Overnight in tents.

DAY 04: Shea Gahru (3700m) – Chatru (3300m) – Chandratal (4300m) Trek/3-4 hrs & Drive/2-2.5 hrs The hike today is completely downhill and in a completely contrasting landscape typical of Lahaul & Spiti regions. There are a couple of tricky sections in between involving careful traverse and river crossings so we let our guides carefully guide us through these sections. We move through a long scree and boulder section which overlooks the road leading to Spiti. We finish at Chatru and from here board the waiting vehicles to take us to Chandratal. This ride will take about 2 – 2.5 hrs. Chandratal is a complete delight to senses and lazing around the lake can be a surreal experience. Overnight in tents.

Please note that there is a possibility that the road to Chandratal is not open. In this case our guides will decide the course of action in consultation with the group members.

DAY 05: Chandratal – Kunzum pass (4600m) – Manali (2000m) Trek/3-4 hrs & Drive/5-6 hrs

After breakfast we start on our hike from the lake to the top of the Kunzum pass at 4600m. This is an easy hike and one moves along the landscape getting a very good feel of this semi-arid terrain. We finish at Kunzum pass where we board the waiting vehicle and from here drive to Manali via the Rohtang pass. TRIP ENDS HERE.

COST OF THE TRIP

1. Trek tariff (Manali to Manali)

- Double sharing basis (2 persons sharing a tent & room) – **Rs. 11,500/-** per person
- Single sharing basis (1 person to a tent & room)
Rs. 15,000/- per person

2. Transport tariff (Manali to Manali)

- **Rs. 1,900/-** per person

TREK TARIFF INCLUDES

1. **Transport** from & back to Manali as per the itinerary
2. **2 guides** for the group of maximum 15 trekkers so 1 guide for 8 group members. This will ensure high safety and more information and personal attention which are necessary to appreciate a trek. All our guides are professionally trained and have many years of relevant experience in guiding treks.
3. **High quality Camping arrangements**

We believe that roughing it out necessarily doesn't mean sleeping in smelly sleeping bags, compromising on safety by using low quality equipment and having unappetising meals. We focus on your safety, basic comforts and the environment while camping. Keeping this in mind, the following equipment is provided on the trek:

- 3/4 season imported alpine tents
 - Fresh and clean sleeping bags of very good quality
 - Good quality Camping Mattresses
 - Camping stools
 - Mess Tent
 - Toilet tents (2) with portable toilet seats
 - First Aid / Medical kit.
4. **All meals** starting from dinner on Day 1 till lunch on Day 5. A lot of emphasis is given to nutritional needs and a menu of vegetarian dishes is prepared accordingly. Tea/coffee will be served throughout.
 5. **Porter/mule** charges for carrying camping equipment & rations
 6. **Forest entry** charges, permits & camping fee (if any)
 7. **First aid kit** (our guides are certified in handling first aid situations)

COST DOES NOT INCLUDE

- Service Tax 4.5%
- Accommodation in Manali
- Porter/mule charges to carry your personal bag
- Any meals/services not mentioned above
- Any charges for video cameras, still cameras, etc.
- Soft drinks, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Insurance



OTHER OPTIONAL CHARGES

1. **Charges for a porter/mule to carry personal bag throughout the trek (not more than 10 kgs):** Rs. 2000/- per person for the complete trek.

PAYMENT TERMS & CONDITIONS

Rs. 3500/- as booking amount and the balance to be paid 30 days before the start of the trip.

- Payment to be made by Bank Transfer/Cheque/DD in favour of ANALA OUTDOORS (P) LTD. payable at Ahmedabad.
- Payment for this trip will not be adjusted against any future trips.

Cancellation Charges (of the total amount):

• Minimum	25%
• Between 45 & 31 days	50%
• Between 30 & 15 days	75%
• Last 14 days	No refund

IMPORTANT INFORMATION

Transport Options (Delhi – Manali – Delhi)

For travel from Delhi to Manali & back, one can choose between air, rail & road. For air travel, the closest airport is Bhuntar (Kullu) airport. There are a couple of flights that link this airport to Delhi airport.

Train travel though not very popular is available to cover a certain distance. One can either take a train to Pathankot or Jogindernagar (narrow gauge). From both these places one will need to drive to Manali. For train details, you could log on to www.indianrail.gov.in and for online railway ticket bookings you could log on to www.irctc.co.in.

There are frequent Public Transport buses including Volvos available from Delhi to Manali that cost about Rs. 1300 per person. They take about 15 hrs to cover the distance. A private vehicle could also be arranged for if you require the same.

Weather Details

Season for this trek is from mid-June to mid-October. In the early days of the season we will catch a lot of snow on the high passes which reduces considerably by August. As the season proceeds we might catch rain towards Kullu- Manali valley but on the other side in Spiti, we will have sunny days. Days are generally going to be sunny and warm (12-20 °C) while the night temperature at the highest campsite would be in the range of -2 to 6 °C. In the latter part of the season (Sep – mid-Oct) there is very little snow on the trail and good weather throughout but with possibility of snowfall. The days are sunny with temperatures hovering around (12-18 °C) the evenings start getting cold with the onset of October and nights are comparatively colder (- 6 to 4 °C).

Please keep in mind that the above information is not exact and does not account for sudden changes. Whatever the temperatures and conditions rest assured we will be prepared to handle it with ease as we use equipment of very high specifications.

List of Essentials

Mountain/adventure travel requires one to be adequately equipped with the right kind of personal gear. Since one is travelling in the wilderness there will be hardly any opportunity to buy anything once you hit the trail so we urge you to carefully pack everything into your bags.

- Shirts / T-shirts – 2/3
- Jeans / Trekking Pants - 2
- Windproof jacket of decent quality (no flimsy wind cheaters please!) preferably with a hood
- Warm and thick Fleece / Full-sleeve Woollen sweater
- Thermal inner wear (upper & lower)
- Woollen cap
- Woollen gloves
- Woollen socks & regular socks (3-4 pairs)
- Scarf/muffler (optional)
- Comfortable Trekking/Hiking shoes (shoes with a thick sole are recommended)

- Lightweight floaters/sandals/slippers
- Raincoat / Poncho
- Small light weight towel
- Water bottle (sturdy ones, no empty Bisleri bottles!!)
- Cap / Hat to keep the strong sun away from your face
- Sun glasses
- Walking stick / Trekking pole
- Sunscreen Lotion
- Lip Balm
- Torch / Flashlight (with extra batteries)
- Medicines, if requiring any specific medication
- Personal toiletries
- Book, if you like reading
- Day pack/small bag which you will carry on your back every day and keep your essentials in it
- Carry rain cover for your bags
- Keep a few poly bags or waterproof bags in your bag in which if required you can put your belongings in case of heavy rain
- Camera if you like (with fully charged batteries)

...LOADS OF ENTHUSIASM!! AND A PLEDGE TO LEAVE NO TRACE

Carry your stuff in a duffel bag, soft shoulder bag or a rucksack. Avoid suitcases, trolleys or any other hard luggage. As you will be walking long distances carrying a rucksack, avoid bringing unnecessary items on the trek. Please avoid carrying expensive watches, jewellery and electronic items on the trek.

NOTE: In case you are planning to put your bag on a mule or taking a porter please get a duffel bag or rucksack and keep in mind that there is a possibility that the bag at times might brush against a rock or a tree and get slightly damaged so don't get very expensive bags. Also in case of damage we shall not be held accountable.

[Our Trekking Code](#)

We are mountain lovers and have pledged to bring no harm to them in our pursuit of running organised wilderness travel in the Himalayas and seek your assistance too in this regard. We are more than convinced that one can have more fun on a trip if we go about it in a way that no harm is caused to the ecology. In this regard we have a set of guidelines that we adhere to based on the tenets of 'Leave No Trace' & 'Tread Light' policies. These guidelines are very simple and emphasise on travelling in small groups, better planning, understanding impact of camping, proper waste disposal, respecting local cultures, sensitivity towards wildlife and so on.

[Acclimatisation & high altitude sickness](#)

This is one of the most important aspects of travelling in the high Himalayas and cannot be ignored or set aside. Acclimatisation basically means our body adjusting to lower levels of oxygen (rarefied air) & reduced air pressure as we move up. In case one does not acclimatise properly there are chances of the person facing extreme discomfort and this can be fatal in extreme cases. While there is no set route to getting properly acclimatised there are a general precautions and steps that one can take to initiate good acclimatisation. Our trekking guides will assist you on this.

[Trek grading system](#)

Moderate On these treks one is not required to trek for more than 5/6 hrs a day. Also the terrain is not too difficult. These treks are normally a week or so long. For these treks prior trekking experience is not necessary. Very rarely on these treks would one camp at altitudes higher than 3800m. These treks are great for first timers or for veterans wanting to go on a trail which is relatively less demanding

Moderate+ These are moderate treks with mostly one difficult day. These trails are fine for fit beginners also.

DISCLAIMER

Anala Outdoors (P) Ltd. takes utmost care to ensure safety of its clients. However in the case of any unforeseen mishaps, Anala Outdoors (P) Ltd. will not be liable for any injuries caused or for loss of life. All disputes arising due to the above are subject to the jurisdiction of the courts in Ahmedabad only. All participants would be required to sign an Indemnity Form before the start of the program, without which they would not be allowed to take part in the trip/program/activities.