



Event Itinerary

- **Event Name:** Friendship Peak Trek 7D/6N
- **Location:** Friendship Peak Trek
- **Duration:** 7 Days 6 Night

Day 1: Manali: Acclimatization & Local Exploration

- Arrive in Manali and dedicate the day to getting comfortable with the high-altitude environment.
- Take short and relaxed walks around town without engaging in strenuous activities.
- Explore local temples, monasteries, historical landmarks, and traditional architecture.
- Spend some peaceful time at Van Vihar National Park surrounded by nature.
- Return to the camp in the evening for rest and preparation for the trek ahead.

Day 2: Into the Mountains: Journey to Lady Leg

- Begin the morning with a nourishing breakfast before setting out.
- Drive towards Solang Valley through scenic mountain roads and beautiful Himalayan surroundings.
- Start the trek towards Lady Leg, gradually entering the alpine landscape.

- Reach the campsite situated at approximately **3,800 metres**.
- Settle into your tents and enjoy a relaxed evening beneath the mountain sky.
- Spend time with fellow trekkers around the campfire before resting for the night.

Day 3: Beyond the Glacier: Advance Base Camp

- Leave Lady Leg behind and begin the climb towards the Advance Base Camp.
- Follow a demanding trail featuring glacier crossings, steep rocky slopes, and narrow ridges.
- Take in the changing mountain scenery as the terrain becomes more challenging.
- Reach the Advance Base Camp and settle into camp.
- Check your climbing equipment and make sure all essential gear is ready for the summit attempt.
- Hydrate, have a nutritious meal, and get adequate rest for the demanding climb ahead.

Day 4: High-Altitude Push: Friendship Peak Summit

- Begin the summit attempt shortly after midnight to make the most of the early hours.
- Ascend carefully across steep rocky sections and narrow ridgelines.
- Continue towards the summit of **Friendship Peak**, tackling the challenging terrain with focus.
- Reach the summit and enjoy spectacular Himalayan views from the top.
- Spend a short time taking in the surroundings before beginning the descent.
- Return towards the Advance Base Camp after completing the summit attempt.

Day 5: Weather Window: Summit Reserve & Recovery

- Keep this day as a reserve for another summit attempt if weather or trail conditions prevent success on Day 4.
- Remain at the campsite or return to a suitable previous campsite while waiting for better conditions.
- If the summit has already been completed, begin descending towards Lady Leg.
- Carefully negotiate the challenging terrain while maintaining secure footing.
- Reach Lady Leg, relax at camp, and celebrate the achievements of the expedition.

Day 6: Downhill Trails: Return to Solang Nala

- Start the day with breakfast before continuing the descent.
- Trek back towards **Raoli Thach**, enjoying the surrounding mountain scenery.
- Continue onwards to **Solang Nala** and take time to relax after the trek.
- Depending on the itinerary, drive back to Manali after reaching Solang Nala.
- An alternate option is available for those continuing towards the ABC Lady Leg campsite for another night.

Day 7: Final Descent: Mountains to Manali

- Complete the final trek towards Solang Nala while enjoying views of the **Pir Panjal and Dhauladhar ranges**.
- Once the trek concludes, begin the scenic drive back to Manali.
- Reach Manali by early evening and conclude the trekking adventure.

- Continue with your onward journey carrying memories of the Friendship Peak expedition.

Pickup Location

- **Dehradun uttarakhand** - 12:00 PM

Contact Information

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