

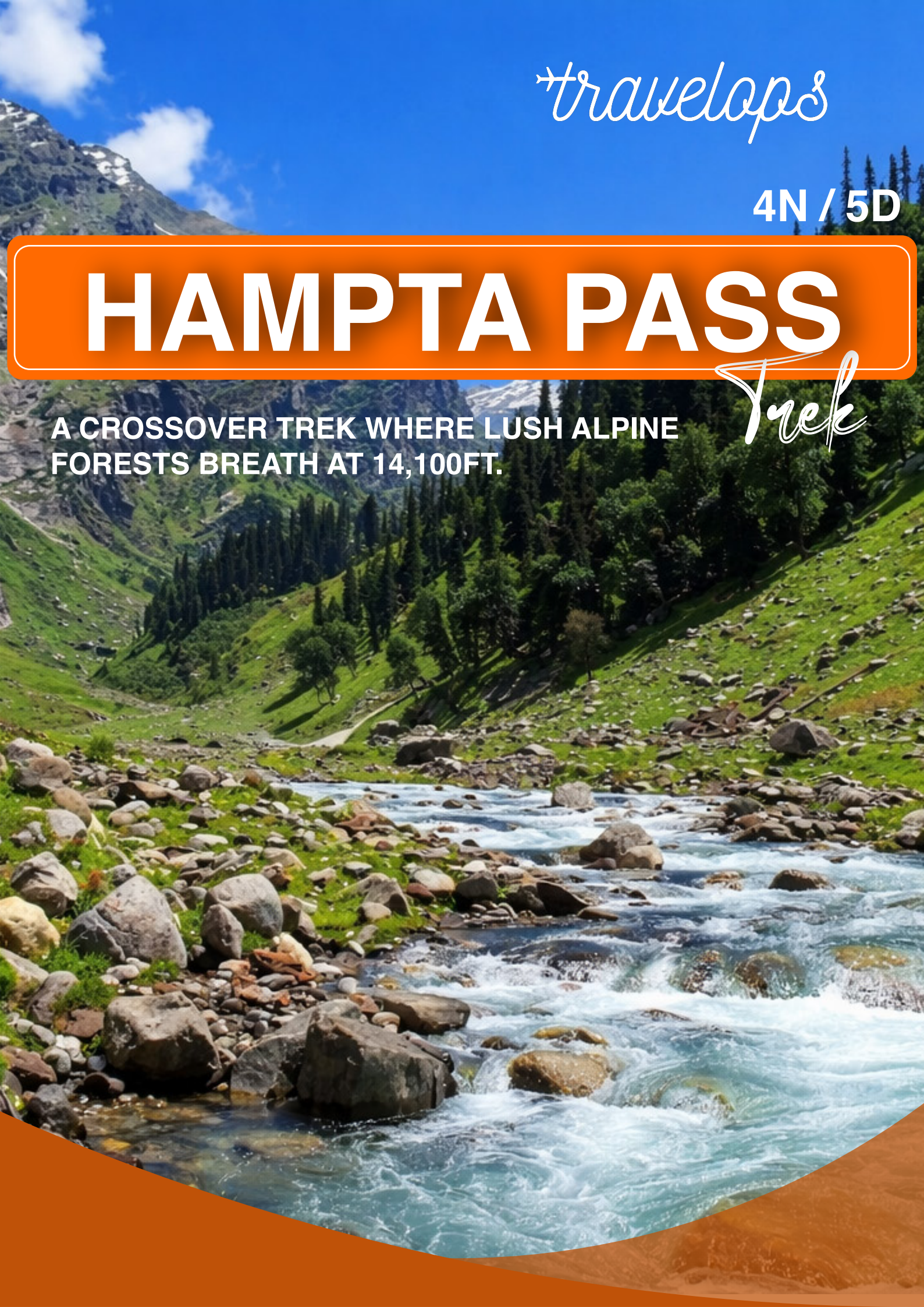
travelaps

4N / 5D

HAMPTA PASS

Trek

A CROSSOVER TREK WHERE LUSH ALPINE FORESTS BREATHE AT 14,100FT.



HAMPTA PASS TREK

TREK OVERVIEW

QUICK FACTS



Max Altitude

14,100 ft.



Trek Distance

26 km



Start/End Point

Manali, Himachal Pradesh



Best Season

June to September



Temperature

SUMMER

12°C to 26°C (Daytime)

- 2°C to -7°C (Night)



Trek Duration

4 Night / 5 Days



Meals

Breakfast

Lunch

Evening snacks and

Dinner



Difficulty Level

Easy to moderate



Nearest Airport

Chandigarh, Airport



Accommodation

4 night at dome style tent



Permits

Forest Department &

Trekking permit



Snow

June - May

The bridge between two Himalayan

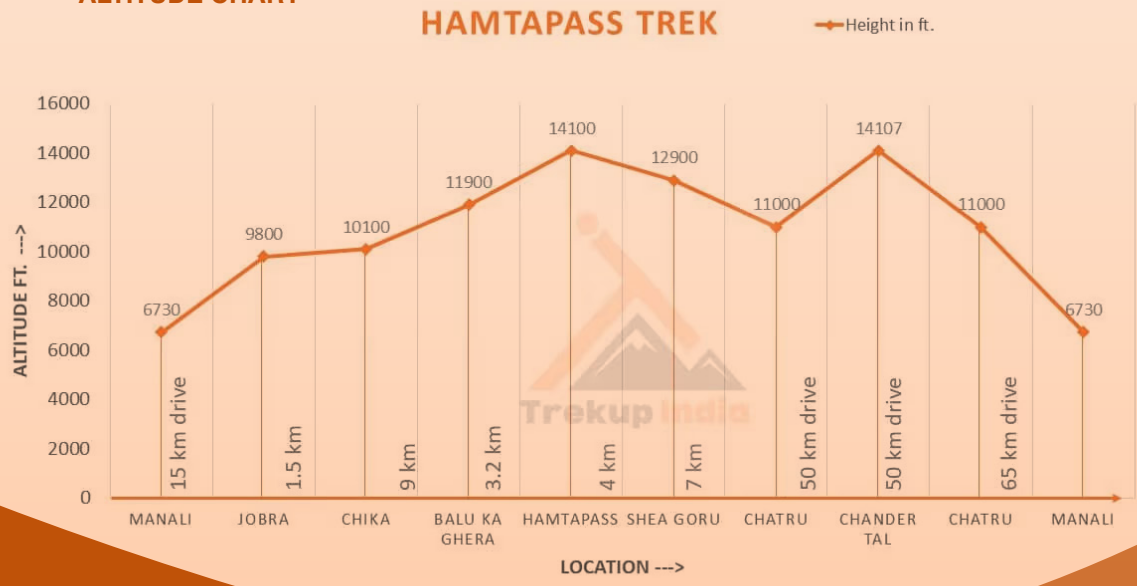
souls

HAMPTA PASS TREK

TREK MAP & ALTITUDE CHART



ALTITUDE CHART



HAMPTA PASS TREK

TREK HIGHLIGHTS

- ♀ **Dramatic Crossover Trek**
Connects the lush green valleys of Kullu with the stark, barren mountain of Lahaul & Spiti.
- ♀ **Changing Scenery**
Dense pine & maple forests, wildflower meadows, glacial valleys, and desert-like mountains-all in one trail.
- ♀ **Thrilling Pass Crossing**
At 14,000 ft, Hampta Pass offers an adventurous climb and panoramic Himalayan views.
- ♀ **Chandratal Lake**
It is also named as Moon Lake that serve as the crown jewel of the spiti valley.
- ♀ **Flora & Fauna**
Meadows bursting with flowers in monsoon and chances to spot Himalayan birds & wildlife.
- ♀ **Unique Experience**
A perfect blend of adventure, variety, and accessibility-ideal for both beginners and experienced trekkers.




HAMPTA PASS TREK

SHORT ITINERARY




DAY 1 MANALI TO CHIKA

-  Drive from **MANALI** (6,400 ft.) to **JOBRA** (9,100 ft.)
-  Drive Distance - 19 Km / Approx 1 hrs
-  Trek from Jobra (9,100 ft.) to Chika (10,100 ft.)
-  Trek Distance - 1.5 Km / Approx 2 hr
-  Stay - At Chika campsite

DAY 2 CHIKA TO BALU KA GHERA

-  Trek from **CHIKA** (10,100 ft.) to **BALU KA GHERA** (11,800 ft.)
-  Trek Distance - 8.5 Km / Approx 6 hr
-  Stay - At Balu Ka Ghera campsite

DAY 3 BALU KA GHERA TO SHEA GORU (CROSSING HAMPTA PASS)






-  Trek from Balu Ka Ghera (11,800 ft.) to Hampta Pass (14,100 ft.) then to Shea Goru (12,900 ft.)
-  Trek Distance - 7 Km / Approx 10 hr
-  Stay - At Shea Goru campsite



HAMPTA PASS TREK



SHORT ITINERARY

DAY 4 SHEA GORU TO CHATRU & EXCURSION TO CHANDRATAL

-  Trek from **SHEA GORU** (12,900 ft.) to **CHATRU** (11,000 ft.)
-  Trek Distance - 7 Km / Approx 5 hr
-  Drive to Chandratal (14,100 ft.)
-  Drive Distance - 48 Km / Approx 1.5 hrs
-  Stay - At Chatru campsite



DAY 5 CHATRU TO MANALI

-  Drive from Chatru (11,000 ft.) to Manali (6,400 ft.)
-  Drive Distance - 60 Km / Approx 4 - 6 hr



HAMPTA PASS TREK

LOGISTICS SERVICES

ACCOMMODATION

DAY	LOCATION	STAY	OCCUPANCY	NO. OF NIGHTS
DAY 1	CHIKA	DOME TENTS	TWIN SHARING	01 NIGHT
DAY 2	BALU KA GHERA	DOME TENTS	TWIN SHARING	01 NIGHT
DAY 3	SHEA GORU	DOME TENTS	TWIN SHARING	01 NIGHT
DAY 4	CHATRU	DOME TENTS	TWIN SHARING	01 NIGHT

NOTE: Single / Twin Sharing room / tent can be provided on pre-request at additional cost subject to availability.



MEALS

DAY	SECTOR	BREAKFAST	LUNCH	EVENING SNACKS	DINNER / DESSERT
DAY 1	MANALI - CHIKA	N/A	YES	YES	YES
DAY 2	CHIKA - BALU KA GHERA	YES	PACKED LUNCH	YES	YES
DAY 3	BALU KA GHERA - SHEA GORU	YES	PACKED LUNCH	YES	YES
DAY 4	SHEA GORU - CHATRU	YES	PACKED LUNCH	YES	YES
DAY 5	CHATRU - MANALI	YES	N/A	N/A	N/A

NOTE: Trekup India provides freshly cooked meals (**PURE VEGETRAIN**) . On pre-request jain food are also provided.



TRANSPORT

DAY	SECTOR	PICKUP / DROP LOCATION	PICKUP/ DROP TIMING
DAY 1	MANALI - JOBRA	HOTEL KUNDAN INN, MANALI	10:00 AM
DAY 5	CHATRU - MANALI	MANALI MALL ROAD	4:00 - 5:00 PM

NOTE: For transport service it can be booked with assistance of Trekup India trek coordinator subject to additional cost (If it is not included in the trek cost).

The given pickup location & timings are subject to change.



HAMPTA PASS TREK

INCLUSION AND EXCLUSION

INCLUSION

- ↪ **STAY**
All 4 night stay at dome style tent.
- ↪ **MEALS**
Starting with lunch on day 1 to breakfast on day 5 morning, during the trek we provides 4 meals a day, breakfast, lunch, evening snacks & dinner. (Meals are simple, nutritious, and pure vegetarian).
On pre-request jain food are also provided.
- ↪ **HEALTH & SAFETY**
Trekup India provides First Aid Box, Oxygen Cylinders, Stretchers, Oxi meters, BP Machines, health card crampons, and gaiters for snow & all other safety equipments as per trek grade.
- ↪ **KITCHEN CREW**
High Altitude Chef & Helpers with high experience.
- ↪ **QUALIFIED TREK LEADERS**
Trekup India provides high qualified and experienced trek leaders to lead the treks having BMC, AMC & First Aid training with search and rescue certification from recognize mountaineering insititute.
- ↪ **EXPERIENCED GUIDES**
We provide experienced local guides through out the trek having minimum 5 years working experience on trail.
- ↪ **TREK EQUIPMENTS**
Trekup India provides high standard self customized trekking (camping equipments which are tested and certified by our high altitude mountain experts. Dome tent, dinning tent, kitchen tent, toilet tents, sleeping bags, sleeping mattresses (Black foam mats)
- ↪ **AMENITIES**
All utensils, sleeping mattresses (Black foam mats)
All cooking and serving utensils such as plates cups, spoons, bowls etc.
- ↪ **PERMITS**
All necessary Forest Permits for trekkers and camping (for foreign nationals the additional charges may be applicable.
- ↪ **POTTERS & MULES**
Potters and Mules will be used for carrying all trekking equipments ration and vegetables not personal bags or belongings of trekkers which can be booked additional cost.
- ↪ **TREK INSURANCE OPTIONAL**
This will be provided at additional cost (Trekup India recommends each trekker to get insurance) you can read more about What Is Trek Insurance, Why It Is Mandatory On Treks And What It Covers .
- ↪ **TRANSPORT OPTIONAL**
Trekup India will provide transport from Manali to Jobra and back with additional cost of ₹1,600 per person on sharing basis (Non - AC)
Transport from Chandratal to Chatru will be provided in local jeeps / campers.
NOTE: Those trekkers who has not opted transportation from Manali will have to bear additional cost for sector Chandratal - Chatru - Manali.

EXCLUSION

- ↪ GST 5% (it is Mandatory)
- ↪ Any Meals/accommodation beside the itinerary or not mentioned in the program.
 - ↪ Any en route meals for sector Manali - Jobra - Manali.
 - ↪ Any Bus / Airfare to/from trek start/end point.
 - ↪ Personal Medical expenses do carry your medication.
- ↪ Any personal services such as Laundry, phone calls, liquors, mineral water, etc.
 - ↪ Any still / video camera fee.
- ↪ Any Entrance fee Monuments, Monasteries, Museums, Temples – Pay directly on the spot.
 - ↪ Backpack Offloading (Mule/Porter Charges).
 - ↪ Any rented gears (can be purchased at additional cost).

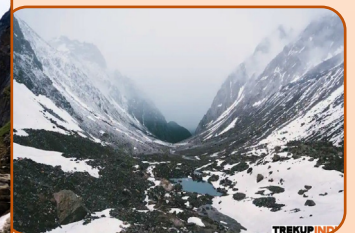
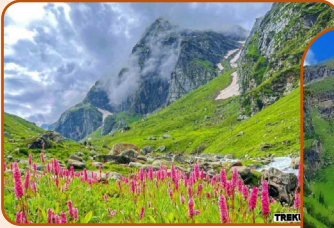
OFFLOAD CHARGES: ₹1,680 per bag for the full trek if paid online in advance.
ON-SPOT PAYMENT: Charges may increase by up to 30% if paid at the base camp.
WEIGHT LIMIT: Each bag must not exceed 10 kg.

NOTE: OFFLOADING IS OPTIONAL AND IS RECOMMENDED FOR THOSE WHO PREFER TO TREK WITH A LIGHTER DAYPACK.

- ↪ Any emergency evacuation charges.
- ↪ Any services that are not mentioned in the cost inclusion section.

HAMPTA PASS TREK

GALLERY



A JOURNEY THROUGH THE RAW BEAUTY OF THE HIMALAYAS



HAMPTA PASS TREK

SAFETY PROTOCOL



**RADIOS
(WALKIE-TALKIE)**



**ADDITIONAL OXYGEN
CYLINDERS**



**MICROSPIKES ON ALL
TYPES OF SNOW TREKS**



**TRAINED MOUNTAIN
STAFF AND FULL SAFETY**



**STRETCHERS TEAM
APPOINTED ON EVERY
TREK**



**SPECIAL MEDICAL KIT
FOR HIGH ALTITUDE
TREKS**



**EXPERIENCED TREK
LEADERS AS WELL
AS SAFETY**



**DAILY OXYGEN
SATURATION ALONG
WITH PULSE READINGS**

***GUIDED BY EXPERTS
PROTECTED BY EXPERIENCE***

HAMPTA PASS TREK

CALL US FOR BOOKING
📞 9840123545

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ADVENTURE TOUR OPERATORS
ASSOCIATION OF INDIA



Uttarakhand
Simply Heaven!

ADVENTURE BEGINS

