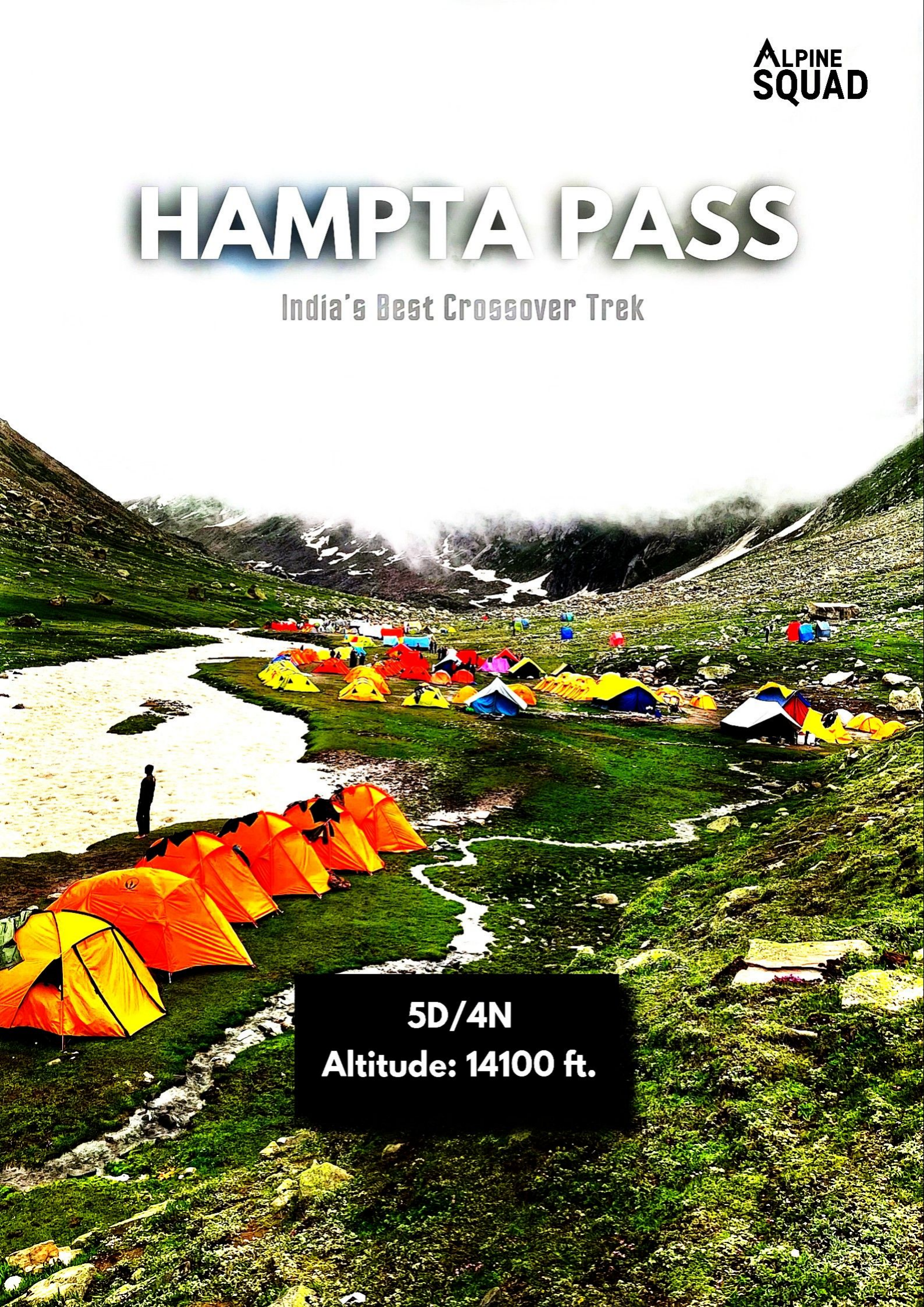
ALPINE SQUAD

HAMPTA PASS

India's Best Crossover Trek



5D/4N

Altitude: 14100 ft.

Brief Itinerary



Day 1

MANALI TO CHIKA



Day 2

CHIKA TO BALU KA GHERA



Day 3

BALU KA GHERA TO HAMPTA PASS TO SHEA GORU



Day 4

SHEA GORU TO CHATRU– DRIVE TO CHANDRATAL



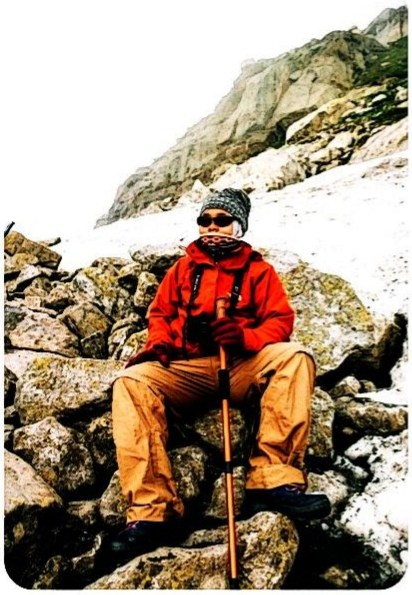
Day 5

CHANDRATAL TO MANALI VIA ATAL TUNNEL

ALPINE SQUAD

Detailed Itinerary

DAY 1
MANALI TO JOBRA (9,800 FT) – TREK TO CHIKA (10,500 FT)



- Drive from Manali to Jobra (Approx. 2 hours, 16 km)
- Trek from Jobra to Chika (3 km, 2 hours)
- Trek starts through dense pine and maple forests, following the Rani Nallah stream.
- Gentle trek with gradual ascent and stunning meadows.
- Overnight stay in tents at Chika.

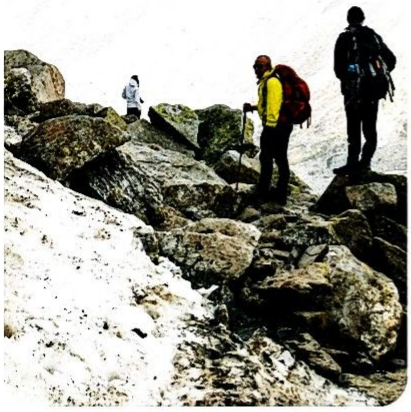
DAY 2
CHIKA TO BALU KA GHERA (11,900 FT)



- Trek Distance: 6 km | Duration: 5-6 hours
- Gradual ascent along the Rani River with breathtaking views.
- Walk through boulder-strewn meadows and enjoy the valley views.
- Campsite at Balu Ka Ghera, surrounded by mountains.
- Overnight stay in tents.

ALPINE SQUAD

DAY 3
BALU KA GHERA TO HAMPTA PASS (14,100 FT) – TREK TO SHEA GORU (12,900 FT)



- Trek Distance: 9 km | Duration: 8-9 hours
- Steep climb to Hampta Pass with panoramic views of the Pir Panjal Range.
- Stunning contrast between the lush green Kullu Valley and the barren Spiti Valley.
- Steep descent towards Shea Goru through rocky terrain and glaciers.
- Overnight stay in tents at Shea Goru.

DAY 4
SHEA GORU TO CHATRU (11,000 FT) – DRIVE TO CHANDRATAL (14,100 FT



- Trek Distance: 5 km | Duration: 4-5 hours
- Gradual descent alongside a glacial river to reach Chatru.
- Drive from Chatru to Chandratal Lake (3-4 hours, road conditions permitting).
- Enjoy the mesmerizing views of the crescent-shaped Chandratal Lake.
- Overnight stay in camps near Chandratal (if weather permits) or return to Chatru.

DAY 5
CHANDRATAL TO MANALI VIA ROHTANG PASS



- Early morning drive from Chandratal/Chatru to Manali via Rohtang Pass.
- Scenic drive with breathtaking landscapes of Lahaul & Spiti.
- Reach Manali by late afternoon.

Costing

TOTAL COST: INR 6,500/- (+ 5% GST)

Ajaykumar P



BOOKING AMOUNT: INR 1,000/-

NOTE:

- **BOOKING AMOUNT IS NON REFUNDABLE.**
- **THE REMAINING BALANCE MUST BE PAID ON THE DAY TREK**
- **BOOKINGS ARE NON-TRANSFERABLE UNLESS DISCUSSED AND APPROVED IN WRITING.**

Inclusions

- **Meals**: Day 1 lunch → Day 5 breakfast, with home-cooked meals & evening snacks.
- **Stay**: Tents, 3-sharing; safe for solo travelers.
- **Gear**: Sleeping bag, gaiters, crampons for snow.
- **Transport**: Surface transfers from Delhi / Manali
- **Team**: Certified Pro Trek Team with local support; guide ratio 1:10.
- **Safety**: First aid & oxygen cylinder always available.
- **Extras**: Cloakroom & small-group premium experience.
- **Snacks**: Light snacks & hot drinks in evenings.
- **Photos**: Guidance for scenic & summit shots.
- **Basic First Aid** and oxygen cylinder (for emergency use)
- **Guidance for packing** & preparation before the trek

Exclusions

✖ GST (5%)

Amandatory 5% GST is applicable on the total package cost of the Hampta Pass Trek and will be charged separately at the time of booking.

✖ Meals & Stay Outside Itinerary

Any meals, snacks, or accommodation not mentioned in the official Hampta Pass Trek itinerary are excluded from the package.

✖ Personal Medical Expenses

Participants must carry personal medications. Any individual medical consultations, treatments, or pharmacy purchases during the high-altitude Himalayan trek are not covered.

✖ Personal Expenses

Laundry, phone usage, bottled water, energy drinks, tips, or any personal purchases during the Hampta Pass Trek are not included.

✖ Entry or Local Sightseeing Fees

Fees for monuments, monasteries, museums, temples, or optional sightseeing before or after the Hampta Pass trek route are payable directly on-site.

✖ Emergency Evacuation Costs

Any expenses arising from helicopter evacuation, vehicle evacuation, or emergency rescue due to injury, illness, or inability to manage Hampta Pass trek difficulty are not included.

✖ Unlisted Services

Any service, upgrade, or activity not explicitly mentioned under the inclusions section of the Hampta Pass Trek 2026 package will be treated as excluded.

Terms & Conditions

CODE OF CONDUCT

- PLEASE MAINTAIN RESPECTFUL AND INCLUSIVE BEHAVIOR THROUGHOUT THE TREK.
- THIS IS A SUBSTANCE-FREE TREK — NO ALCOHOL, TOBACCO, OR RECREATIONAL DRUGS ALLOWED.
- PARTICIPATION IN GROUP ACTIVITIES IS ENCOURAGED, BUT ALWAYS LISTEN TO YOUR BODY.
- NO REFUND WILL BE PROVIDED FOR NO-SHOWS OR PARTICIPANTS LEAVING THE TREK MIDWAY.
- IN CASE A TREKKER VOLUNTARILY CUTS SHORT THE TREK OR ITINERARY, THE COMPANY WILL NOT BE RESPONSIBLE FOR ANY FURTHER SERVICES, INCLUDING ACCOMMODATION, TRANSPORT (VOLVO/RETURN TRANSFERS), OR MEALS.

TREK ADJUSTMENTS

- ITINERARYMAYCHANGE DUE TO WEATHER, ROAD, OR SAFETY CONDITIONS. ORGANIZERS WILL TAKE THE FINAL CALL.
- IN CASE OF CHANGES OR DELAYS DUE TO NATURAL CALAMITIES, POLITICAL UNREST, OR OTHER EXTERNAL FACTORS, NO REFUNDS WILL BE ISSUED.

PHOTOGRAPHY & MEDIA

- PHOTOSAND VIDEOSTAKEN DURING THE TREK MAY BE USED FOR PROMOTIONAL PURPOSES BY PRANA & PEAKS.
- IF YOU WISH TO OPT-OUT, PLEASE INFORM THE TEAM.

TREK & FITNESS READINESS

- PARTICIPANTSARERESPONSIBLE FOR ASSESSING THEIR HEALTH BEFORE REGISTERING.
- WE RESERVE THE RIGHT TO DENY PARTICIPATION TO ANYONE DEEMED UNFIT FOR HIGH-ALTITUDE TREKKING.

Things to carry

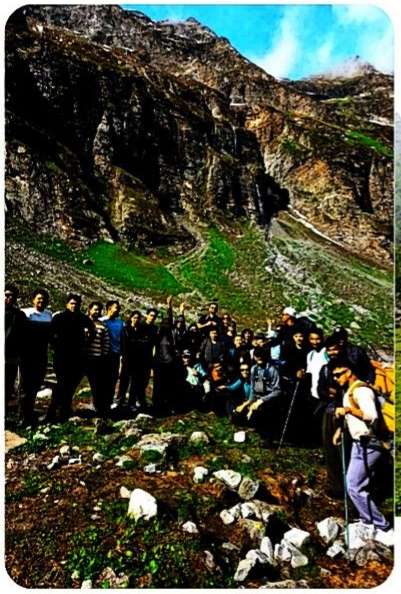


- Bagpack (Min 55 Ltrs with rain cover)
- Day backpack (20 – 30 Ltrs)
- Floaters or Sandals
- Trekking Shoes
- 3 Quick Dry Tees
- 1 Track Pants
- 3 Pair of Cotton Socks
- 1 Pair of Woolen Socks
- 1 Poncho
- 1 Down Jacket
- 1 Pair of Thermals
- Quick-dry towel
- Windproof Jacket
- Sun Cap
- Woolen Cap
- Gloves
- 1 Scarf or Balaclava
- Lip Balm
- Cold Cream & SunScreen (SPF 40+)
- Water Bottle 1 Ltr. (Reusable)
- Headlamp or torch
- Lunch Box with a spoon
- Basic Toiletries
- Personal Medication & Basic Medical Kit
- Polaroid Sunglasses
- Trekking Pole
- Mobile charger / Power bank
- ID Proof

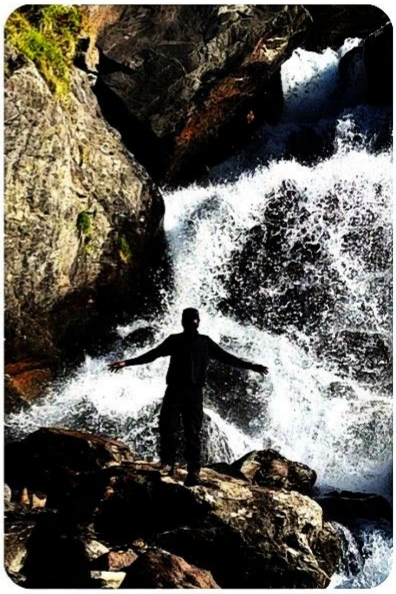
Our Gallery















ALPINE SQUAD