



Friendship Peak

BY KAILASHRATH TREKS

₹27,000/-

[Book Now](#)

Included

- ALL CLIMBING EQUIPMENTS
- TWIN SHARING STAY
- INSURANCE

RECOGNISED BY



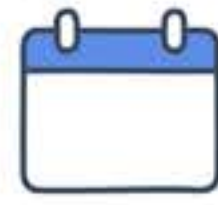
INDIAN
MOUNTAINEERING
FOUNDATION
APEX NATIONAL BODY

Brief info



SEASON

May, Jun and Sep



DAYS

7 Days and 6 Nights



BASE CAMP

Prini (Manali)



LEVEL

Difficult

Highlights of this Trek



HANDS-ON EXPERIENCE IN ESSENTIAL MOUNTAINEERING TECHNIQUES



AMAZING VIEW OF HANUMAN TIBBA PEAK



THE SUMMIT EXPERIENCE



CHALLENGING TERRAIN



WIDE VIEW OF BEAS KUND



Watch it on Youtube

[Friendship Peak Expedition | Solang Valley | Beas Valley | Manali](#)

19 : 32 min

You can participate, if

Friendship Peak is ideal for those who have a decent level of fitness and a minimum of two Himalayan trek experiences of 4000+ meters altitude. It's recommended for intermediate trekkers who are comfortable with high-altitude trekking and have a basic understanding of technical climbing skills. You should not have any serious medical issues related to Hypertension, Asthma, Diabetes, breathing problems or any other medical conditions which create difficulties for you while trekking or climbing.

You should prepare yourself before participating in the trek. You should be able to run 10 kms in 50 minutes. If you are with a BMI of 30 and above, you need to get it below 30 before joining the program.

PREPARATION

Preparation is key to a successful summit. Here's what you need:

- **Physical Preparation:** A solid fitness regimen focusing on cardio, strength, and endurance is crucial. Regular trekking and climbing practice will be beneficial.
- **Gear and Equipment :** You'll need mountaineering boots, crampons, an ice axe, harness, ropes, and cold-weather gear. Make sure your gear is well-fitted and in good condition.
- **Permits and Documentation :** Ensure you have the necessary permits and documentation to trek in the region. It's a good idea to arrange these well in advance..



Perks of trekking with Kailashrath



AFFILIATED BY IMF

We are affiliated with the IMF and hold a 10+ Years of Experience organising high altitude Himalayan treks.



PROFESSIONAL GUIDES AND SUPPORT TEAM

Our expert guides are trained in first aid and equipped with the latest safety gear.



HIGH GRADE EQUIPMENTS

Safety of the participants is our utmost priority so we provide High Quality Alpine Tents, Sleeping Bag, Gaiters and Microspikes. We also provide rest trekking gear on rental basis at base camp.



HASSLE FREE BOOKING PROCESS

We take the booking directly from the customers. No third party is involved before or after the booking process.



PIONEERED IN ORGANISING TREK

With consistent effort and professionalism, we have offered treks to more than 30,000 trekkers with almost 4000+ reviews on Social Media.



INSURANCE

We take our safety concerns to another level by providing Personal Insurance to all the trekkers which is always inclusive in our trekking programs.

Detailed Itinerary

DAY 1: ARRIVAL AT PRINIT BASE CAMP

↔ 3 Km ⌚ 3 Hr ↗ 6500 Ft 📶 Full Network

- Report at the Kailashrath Treks base camp by afternoon and check in to the hotel for a comfortable stay.
- After documentation and verification, take some time to rest and settle in.
- Post Lunch, head out for a short acclimatization walk around the base camp to help your body adjust to the altitude.
- This is followed by a detailed orientation session where the trek leader briefs you about the route, safety measures, gear check, and what to expect in the coming days.
- Dinner and overnight stay at the hotel.

PRINI BASE CAMP HIGHLIGHTS

- Day 1 of the Friendship Peak Trek with Kailashrath Treks is thoughtfully designed, all-inclusive in the package.
- The base camp is easy to reach from Manali Bus Stand [6 Km], allowing trekkers to settle in without rush and enjoy a peaceful hotel stay in comfortable rooms.
- With all meals included, you can relax and focus on acclimatization, which plays a crucial role in a successful high-altitude trek.
- Trekkers also benefit from a free cloakroom facility and the availability of rental gear right at the base camp, ensuring a stress-free and well-prepared beginning to the adventure.



DAY 2 : JEEP RIDE TO SOLANG AND TREK TILL LOHALI

↔ 4 Km ⌚ 3 Hr ↗ 10950 Ft 📶 No Network

- The day begins with a jeep ride to Dhundi in Solang Valley.
- From Dhundi, the trek to Lohali commences. This is an easy trek, typically taking about 4 to 5 hours.
- Overnight stay at Lohali.



DAY 3 : TREK FROM LOHALI TO LADY LEG.

↔ 3 Km ⌚ 4 Hr ↗ 12,500 Ft 📶 No Network

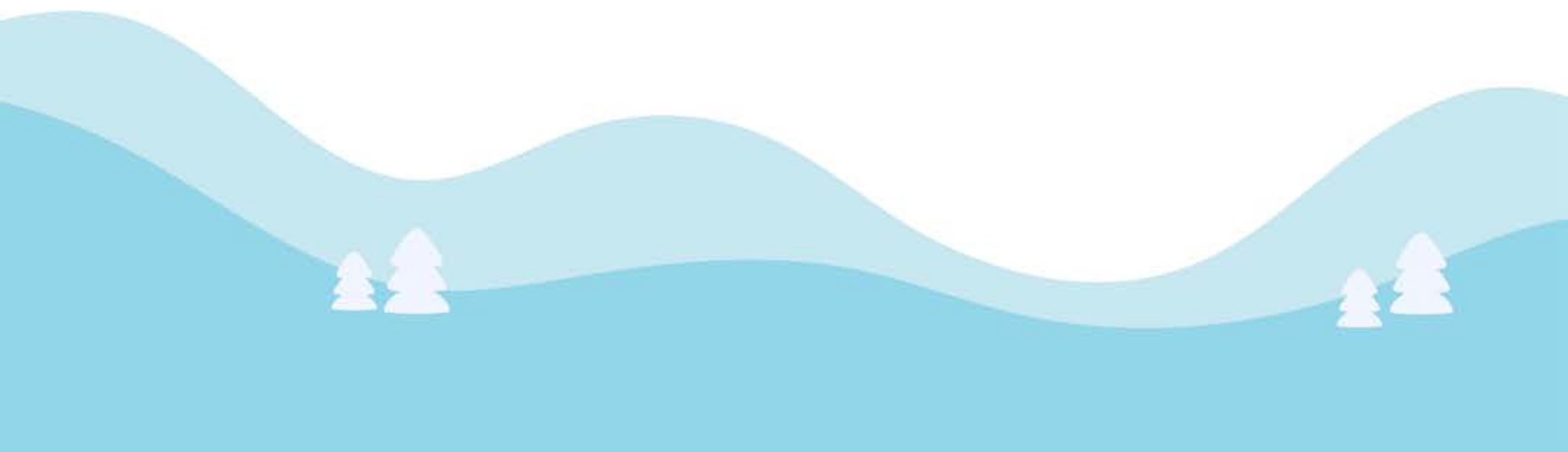
- Post breakfast we start our trek to Lady Leg camp.
- The trek to Lady Leg from Lohali involves a steep climb across the ridge and takes around 4 to 5 hours.
- Lady Leg presents a grand view of the Friendship peak.
- Overnight stay at Lady Leg.



DAY 4 : ACCLIMATISATION WALK, EQUIPMENT BRIEFING AND SNOW CRAFT TRAINING

↔ 8 Km ⌚ 12 Hr ↗ 11,250 Ft 📶 No Network

- Post breakfast participants will engage in an acclimatization walk and will receive a briefing on various equipment, ascending and descending techniques, rope fixing, cramponing and basic knot practice.
- ABC is a two hours trek from Lady Leg and lies just below the snout.
- We will descend back to Lady leg for overnight stay.





DAY 5 : TREK TO ADVANCE BASE CAMP.

↔ 3 Km ⌚ 4 Hr ↗ 14,900 Ft 📶 No Network

- After morning breakfast the entire team will proceed for ABC.
- Participants will carry a minimum gear as per required for the summit push which will happen the next day.
- Post lunch members can ascend further from ABC to the next day's route for acclimatization.
- Overnight stay at ABC.



DAY 6 : SUMMIT DAY.

↔ 7 Km ⌚ 12 Hr ↗ 17,300 Ft 📶 No Network

- The summit walk starts at 3 AM and takes around 6 to 7 hours to reach the summit.
- The descent starts by 10 AM and one reaches Lady Leg in another 4 to 5 hours.
- Overnight stay at Lady Leg.



DAY 7 : DESCEND FROM LADY LEG AND DEPARTURE.

↔ 7 Km ⌚ 4 Hr ↗ 6540 Ft 📶 Full Network

- We will descend from Lady Leg and continue till Solang.
- From Solang we will continue with a jeep ride to Manali.
- Departure by 5 PM.

DAY 8 : BUFFER DAY

- It's advisable to keep a buffer day in your travel plan to accommodate bad weather conditions at Lohali and Lady Leg Camp. In case it's required, participants will need to bear up the extra expense[4000 INR] for the same.



Altitude Map



 Campsite  Trek route

TEMPERATURE DETAILS

At Lohali, daytime temperature typically stays around 15°C. However, as the sun sets, temperature can drop to about 5°C. Moving higher up the trail to the Lady Leg camp, trekkers may experience daytime highs of 10°C, with night time lows plummeting to 0°C.

Finally, at the ABC, temperature are more extreme. Here, daytime temperature can barely reach 5°C , while nights can be bitterly cold, with temperature often falling below freezing, around -5°C to -10°C.

Trekking in summer requires careful preparation for these temperature fluctuations to ensure a safe and enjoyable experience.

How to reach Prini Base camp



TRANSIT INFORMATION



New Delhi to Manali

Bus journey time : 11- 12 Hr | 510 Km



Chandigarh to Manali

Bus journey time : 7- 8 Hr | 278Km

Arrival at : **Manali Private bus stand**



Manali bus stand to Prini basecamp

Taxi journey time : 15 min | 6Km

Things to carry



ACCESSORIES

- Woollen Cap
- Sun Cap
- Balaclava
- Waterproof Hand Gloves (Mittens)
- Sunglasses
- Headlamp
- Lunch Box
- Insulated Water Bottle
- Poncho



FOOTWEAR

- Water Proof High Ankle Trek Shoes
- 3 X Socks
- 1 X Woollen Socks



CLOTHING

- - 20°C Down Jacket
- Hardshell Jacket
- Mountaineering Trousers
- Fleece (Mid Layer)
- Thermal Base Layer
- 2 X Dry-Fit T-Shirts
- 2 X Quick Dry Trek Pants



ESSENTIALS

- Power Bank
- Toiletries
- Crepe Bandage
- Pain Relief Spray
- Blister Tape
- Personal Medical Kit
- Personal Garbage Bag



Documents Required

- 1. Medical Certificate** should be signed by a registered MBBS doctor and should have the seal of the doctor.
- 2. Original and photocopy of Aadhar card** required. In case of Foreign Nationals Passport and Visa would be required.
- 3. Prior Trekking/Climbing experience certificate** of minimum two Himalayan Treks to be submitted online before arrival.
- 4. NOC form** with participant signature
- 5. Passport sized photograph** - Two in number

Download the [Medical certificate](#) and [NOC](#) here.



Inclusions

1. CLIMBING EQUIPMENT

Koflach, Crampon, Gaiters, Harness, Jummar, Ice Axe, Helmet, Slings, Carabiners and Descender will be provided at base camp.

2. ACCOMMODATION

On a double sharing basis. Stay is separate for male and female.

3. MEALS

All the four meals (Breakfast, lunch, snacks, and dinner).

4. CLOAK ROOM

Participants can deposit their extra luggage which can be collected back after completing the trek.

5. CAMPING CHARGES

All trekking permits and forest camping charges are included.

6. STAY EQUIPMENT

High-quality expedition tents and sleeping bags will be available at all the camps. Sleeping bags can withstand temperatures as low as -20 °C.

7. SAFETY EQUIPMENT AND EMERGENCY

First Aid Kit, oxygen cylinders, oximeter etc. will be available with Leader and at camp site as well to deal with emergencies.

8. EXPERT EXPEDITION LEADERS

All our leaders are qualified with AMC, MOI and First Aid course.

9. EXPERT TREK SUPPORT TEAM

The mountain staff on this trek consists of Certified guides, Cooks, Helpers.

11. PERSONAL INSURANCE

We have added the personal insurance cover without any extra cost.

Exclusions

- Handling Charges for Foreign nationals.
- Cost of Emergency.
- GST 5%
- Transport cost to reach basecamp.
- Any personal expense.

Fixed Departure

- The Fixed Departure for this trek is available in **May, June and September**
- The Fixed Departure will be executed irrespective of the batch size. **Maximum Batch size: 15 Person**
- The chosen date is the reporting date at **Prini Base Camp**.
- To know more about the dates and the seat status, please **[Click Here](#)**.

How To Book

BOOKING & CANCELLATION POLICY

Members can book the trek directly from www.kailashrath.com by paying an advance of ₹6,000 per person. Balance amount has to be paid 15 days prior to the event date.

- **Advance amount** of ₹6000 is non refundable. However in case of cancellation before 15 days of the event date, members get a credit voucher, which will have a validity of six months and will be transferable too (only for new bookings). The voucher will not be adjusted to the balance amount in case of group booking.
- **Balance amount** has to be paid two weeks prior to the event date. Failure to pay the balance payment will lead to cancellation. Booking Ticket will be sent once the balance payment is received.
- **Cancellation requests** will be entertained only via email (kailashrathtreks@gmail.com). No refund of the entire amount when cancelling within 15 days of the trek.

Note : If a trek is called off at the last moment due to a natural calamity/unforeseen circumstances (like rains, earthquake, landslides, strike, bandh, pandemic etc) no amount will be refunded. According to the situation, we will be providing some alternatives.



Food Menu

We provide Hygienic, Freshly cooked food throughout this trek with dedicated and experienced cooking staff who will accompany with us throughout this trek.

We have carefully curated the complete menu for this trek which will provide sufficient nutrition and energy to complete this trek a ease.

[Click here](#) to view our menu curated for this trek.

BACKPACK OFFLOADING

If you're unable to carry your backpack, don't worry! We at Kailashrath Treks offer offloading services.

Members who wish to offload their backpack can utilize the offloading service for a fee of 3,000 INR for the trek till Lady Leg Camp. Members will need to carry their essentials themselves from Lady Leg to ABC camp. This charge covers the carriage of the backpack (up to 10 kg) by mules. Please note that if a member withdraws from the trek at any point, the porter fees will not be refunded.

Members need to confirm at least one week before their event date and will need to make payment to avail the services.

It's recommended that those using this service, should bring a daypack (10 liters) for essentials like a lunchbox, water bottle, poncho, toiletries, and a jacket.

Insurance Details

We at Kailashrath Treks cover your insurance as an inclusion in the program via our insurance partner - ASC360 which has the following benefits:

1. Medical related benefits, which includes Hospitalization expenses for injuries and illness- Maximum coverage 3.0 lacs
2. Medical Evacuation by Land/Air/Foot- Maximum coverage 3.0 lacs
3. Personal Accident pertaining to Death, PTD and PPD - Maximum coverage 3 lacs

For details regarding insurance claim, check www.ASC360.com

FAQ

Didn't find what you're looking for in this Brochure?

Check out our [Frequently Asked Questions](#) on our website. Or feel free to get in touch with us with below contact details.

Get in touch

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