



KAILASHRATH TREKS

# Hamta Valley

Your first step into one of India's most scenic and accessible high-altitude treks.



₹7,500/-

Twin Sharing Tents At  
All Higher Camps

[Book Now](#)

**RECOGNISED BY**



**INDIAN  
MOUNTAINEERING  
FOUNDATION**

APEX NATIONAL BODY

# Brief info



## SEASON

May and October



## DAYS

5 Days and 4 Nights



## BASE CAMP

Prini, Manali.



## DIFFICULTY LEVEL

Easy

# Highlights of this Trek



## BREATHTAKING VIEWS



## CHIKKA WATERFALL



## SNOW PARADISE



## RIVER CROSSINGS AND GLACIAL STREAMS



## PICTURESQUE CAMPSITES



Watch it on Youtube

[Hampta Pass Trek | Manali | 14,000 ft  
| Hampta Valley](#)

06 : 10 min

# You can participate, if

You are above 12 years of age with a good physical strength and stamina. You should not have any serious medical issue related to Hypertension, Asthma, Diabetes, breathing problems or any other medical conditions which create difficulties for you while trekking.

You should prepare yourself before participating in the trek. You should be able to jog/brisk walk 5 kms in 40 minutes. If you are with a BMI of 30 and above need to get it below 30 before joining the trek.

## PREPARATION

Strong physical fitness is a must for any Himalayan Treks. Whenever one is undertaking activities like High Altitude Trekking, make sure that you are preparing yourself for the trek in terms of Aerobic fitness, muscle strength and breathing rhythm. Check our [Preparation Guide](#) video for more information.

# 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 quite experienced and are trained from the most famous mountaineering institutes and are also First Aid certified 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.



## **ACCLIMATISATION DAY**

Kailashrath Treks ensures your safety with a dedicated acclimatization day—helping you adapt to altitude and enjoy a safer, smoother Himalayan adventure.

# Detailed Itinerary

## DAY 1: ARRIVAL AT PRINI BASE CAMP

↔ N/A ⌚ N/A ↗ 6,400 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 Hamta Valley 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 : TREK TO CHIKKA

↔ 2 Km ⌚ 2-3 hr ↗ 11,900 Ft 📶 No network

- Commence the day with a jeep ride for Hamta Dam, the starting point of the trek.
- The trek to Chikka starts from the Dam and takes around 2-3 hours to complete it.
- Chikka represents one of the most majestic experiences of river side camping surrounded by huge mountains and waterfalls.
- Overnight stay in tents at Chikka



## DAY 3 : TREK TO BALU KA GHERA

↔ 6 Km ⌚ 6 Hr ↗ 11,900 Ft 📶 No Network

- Commence the trek by 7 AM for Balu Ka Ghera camp after breakfast.
- The initial part of the trek goes through the bank of the river crossing a few rock boulders followed by a river crossing.
- The trek happens to be a moderate level as it goes above tree line scaling to an altitude of 11,900 feet.
- Balu ka Ghera is a large plain ground on the bank of the river and camping at this spot is a dream in reality. One can spot Indrasan, the highest peak of Manali valley from here.
- Overnight stay in tents at Balu Ka Ghera Camp.





## DAY 4 : TREK TO HAMTA SUMMIT

↔ 7 Km ⌚ 6 Hr ↗ 14,200 Ft 📶 No Network

- Today's trek starts early as we will traverse a complete snow patch till the pass.
- The trek route from Balu Ka Ghera towards Hamta Pass is a moderate climb, scaling more than 14,000 feet.
- The trek duration is relatively long and starts by 6 am in the morning from Balu Ka Ghera. It takes around 4 to 5 hours to reach the top of the Hamta Pass. The aerial views of Spiti valley from Hamta Pass are quite breathtaking.
- We will descend back to Balu Ka Ghera camp site. The descent is steep and at times when snow is abundant one can slide down to reach camp.
- Overnight at Balu Ka Ghera Camp



## DAY 5 : REACHING MANALI

↔ 6 Km ⌚ 5 Hr ↗ 6,726 Ft 📶 Full Network

- After breakfast we will start the descent towards Hamta Dam.
- The descent is easy and remains the same as the ascend route.
- We will be reaching by 1 PM to the dam and continue with a jeep ride to reach Manali. Extra luggage for all the participants will be sent to Hamta Dam.
- Departure from Manali by 5 PM.

## Things to carry



### ACCESSORIES

- Woollen Cap
- Sun Cap
- Gloves
- Sunglasses
- Head Torch
- Lunch Box
- Insulated Water Bottle
- Poncho



### CLOTHING

- -5 Degree Jacket
- 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



### FOOTWEAR

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



# 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

# Equipments on rent

At Kailashrath Treks, we provide you a few trek gears on rental basis, which can be booked prior to confirm. Below are the details and link.

A security deposit will have to be deposited [cash/online] on arrival at base camp to ensure the safekeeping of the gear which will be refundable once the gear is received back in good condtion.

PRODUCT	RENT FOR ENTIRE TREK	DEPOSIT REFUNDABLE
1. High Ankle Trekking Shoes 	₹750	₹2,000
2. Poncho 	₹200	₹500
3. Trekking Bag 	₹200	₹1,000
4. Snow Gloves 	₹200	₹800
5. Headlamp 	₹200	₹800
6. Trek Pole 	₹200	₹500

**Note :** AAA Batteries not included.

# 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. NOC form** with participant signature to be signed on arrival at base camp.
- 4. Passport sized photograph** - Two in number.

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

## Inclusions

### 1. ACCOMODATIONS

Stay will be in tents on double sharing basis at higher camps while at base camp it will be triple sharing in Hotel.

### 2. CLOAK ROOM

Members can keep their extra luggage at base camp which can be collected at the end after the completion.

### 3. MEALS

Breakfast, lunch, snacks and dinner are included. We provide simple, nutritious Veg/Jain food on all days of the trek.

### 4. CAMPING CHARGES

All trekking permits and forest camping charges are included.

### 5. GAITERS & MICROSPIKES

These are quite helpful to walk on snow. Gaiters help against snow entering from the side of the shoes while microspikes are useful to provide extra grip on snow.

### 6. TREKKING EQUIPMENT

High quality tents and sleeping bags will be available at all the camps. Tents & Sleeping bags can withstand temperatures as low as -10 °C.

## 7. SAFETY EQUIPMENT AND EMERGENCY

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

## 8. EXPERT TREK LEADERS

All our trek leaders are at least qualified in Basic / Advanced mountaineering and First Aid course.

## 9. EXPERT TREK SUPPORT TEAM

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

# Exclusions

- Transportation charges to reach base camp and back.
- Cost of Emergency.
- GST 5%
- Any personal expense.

# Fixed Departure

- The Fixed Departure for this trek is available in **May & October**
- The Fixed Departure will be executed irrespective of the batch size. **Maximum Batch size: 20 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](http://www.kailashrath.com) by paying an advance of ₹ 2,000 per person. Balance amount has to be paid 15 days prior to the event date.

- **Advance amount** of ₹2,000 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](mailto: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 SERVICES

Members can offload their backpack while trekking for an extra charge of 2000 INR [Non-refundable] for the entire trek. Members willing to take this service should send a request via email (a minimum five days before the trek) and can make the payment online upon arrival at base camp.

The backpack weight should not be more than 10 kg. When opting for this service, participants should get a daypack to carry their important day's essentials like water bottle, lunch box, poncho and toiletries.



## 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

### WHATSAPP



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