



KAILASHRATH TREKS

Miyar Valley Trek

Where Mountains Whisper Magic!



₹15,500/-

Twin Sharing Tents At
All Higher Camps

[Book Now](#)

RECOGNISED BY



INDIAN
MOUNTAINEERING
FOUNDATION

APEX NATIONAL BODY

Brief info



SEASON

July & August



DAYS

8 Days & 7 Nights



BASE CAMP

Prini, Manali



DIFFICULTY LEVEL

Moderate

[CLICK HERE TO CHECK DATES AND CURRENT SEAT AVAILABILITY](#)

Highlights of this Trek



STUNNING ALPINE MEADOWS & WILDFLOWERS



**MAJESTIC VIEWS OF
HIMALAYAN PEAKS**



**KESAR YON CHOO GLACIER
& MIYAR GLACIER ORIGIN**



TRANQUIL & LESS-CROWDED TRAIL



CULTURAL GLIMPSES OF LAHAUL & GADDI LIFESTYLE

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

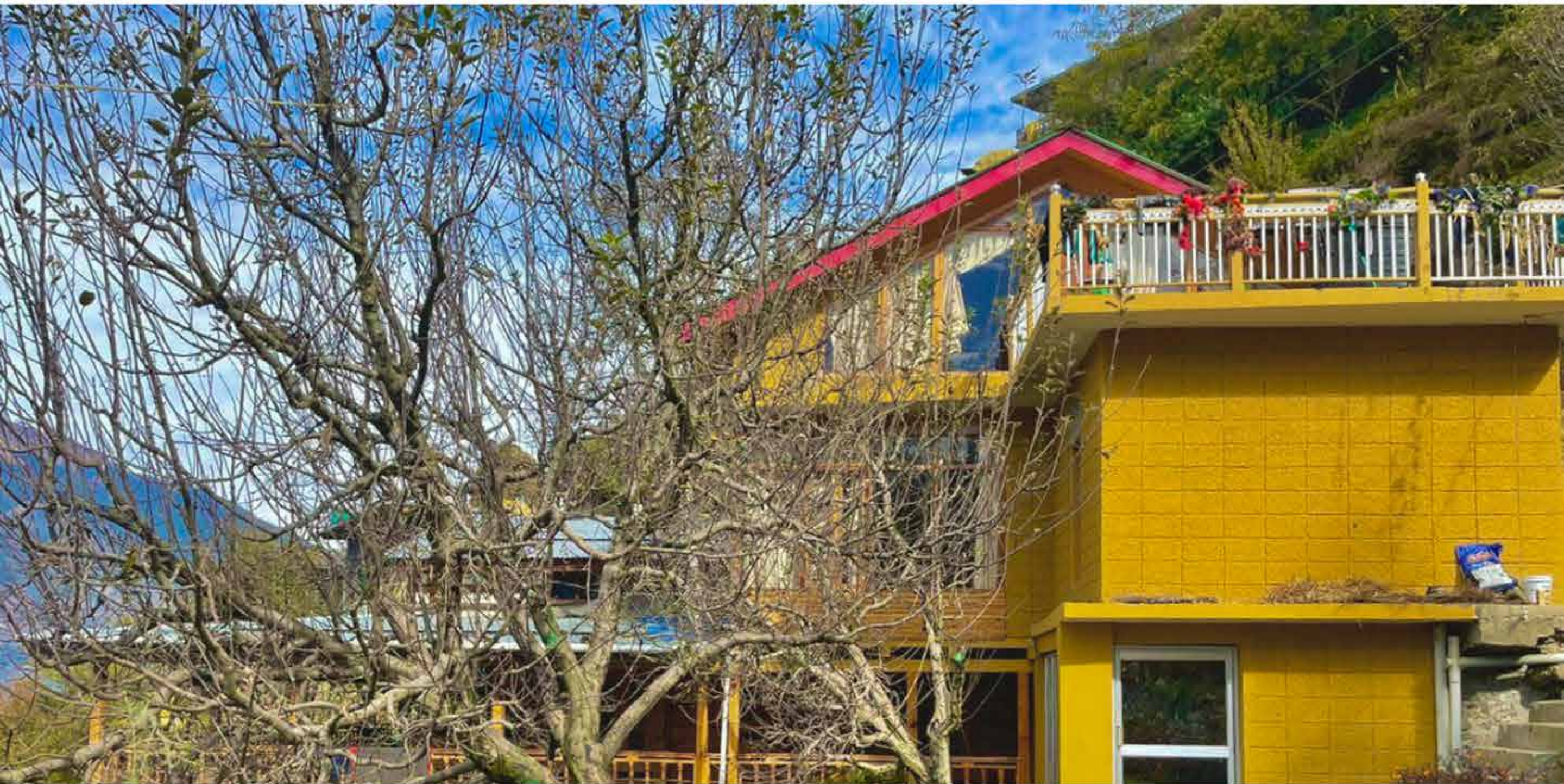
With consistent effort and professionalism, we have offered treks to more than 30,000 trekkers with almost 4000+ reviews on Social Media.



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 Miyar 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 : PRINI TO KHANJER VILLAGE VIA UDAIPUR

↔ 140 Km ⌚ 7 Hr ↗ 11,564 Ft 📶 Full Network

- On the second day, the group embarks on a scenic drive from Rumsu to Khanjer village, located deep within the Lahaul valley.
- The journey, lasting around 6 to 7 hours, passes through the Atal Tunnel, bringing a dramatic transition from the green Kullu Valley to the stark, rugged terrain of Lahaul. En route, a brief stop at Udaipur provides an opportunity to visit the ancient Mrikula Devi temple.
- Upon arrival in Khanjer—a remote Himalayan village—the group settles into a local homestay, offering a taste of traditional Lahauli hospitality.



DAY 3 : TREK FROM KHANJER TO THAN PATTAN

↔ 10 Km ⌚ 6 Hr ↗ 12,345 Ft 📶 No Network

- The trekking journey begins in earnest on Day 3 with a 10.3 km trek from Khanjer to Than Pattan.
- The trail follows the Miyar Nallah upstream through expansive alpine meadows, grazing pastures, and glacial streams.
- With gradual ascents and a few rocky stretches, this section introduces trekkers to the raw beauty of the Miyar Valley.
- Than Pattan, a wide grassland beside the river, serves as the first campsite, providing a serene setting amidst high mountains.



DAY 4 : TREK FROM THAN PATTAN TO ZARDONG

↔ 10 Km ⌚ 6 Hr ↗ 12,667 Ft 📶 No Network

- The trail on Day 4 continues through lush meadows and moraines, climbing gradually toward Zardong.
- The 7 km stretch features stunning views of the valley's surrounding peaks and diverse alpine flora.
- Trekkers often pass herder encampments along the way, offering insight into the region's traditional nomadic lifestyle.
- The campsite at Zardong, nestled near a glacial stream, is a peaceful spot to rest and acclimatize further.



DAY 5 : TREK FROM ZARDONG TO PALPU VIA KESAR

YON CHOO

↔ 12 Km ⌚ 8 Hr ↗ 13,202 Ft 📶 No Network

- Day 5 is both the longest and most visually rewarding segment of the trek, covering 12.5 km through wild glacial terrain.
- The trail leads to Palpu via Kesar Yon Choo, a high-altitude glacial zone that marks the origin of the Miyar River. For those who wish, an optional excursion can be made closer to the glacier snout, offering dramatic views of the source of the valley.
- The day is marked by panoramic vistas of snow-capped peaks, including Mt. Menthosa, and the pristine wilderness of the upper Miyar.
- Camp is set up at Palpu, a vast alpine plain.



DAY 6 : TREK FROM PALPU TO GOMPA

↔ 12 Km ⌚ 6 Hr ↗ 12,828 Ft 📶 No Network

- The trek continues on Day 6 with a 12.5 km descent from Palpu to Gompa. This leg of the journey takes you through flower-filled meadows, river crossings, and gradually changing landscapes as you lose some elevation.
- Though there is no monastery here, the campsite at Gompa is named for its tranquil, spiritual ambiance, set against a backdrop of towering ridgelines and flowing water.
- This is a great spot to reflect and soak in the untouched beauty of the Miyar Valley.



DAY 7 : TREK FROM GOMPA TO THARANG

↔ 7.5 Km ⌚ 6 Hr ↗ 12,270 Ft 📶 No Network

- This day involves a relatively shorter trek of 7.5 km to Tharang, following a pleasant path along the valley floor.
- The trail is mostly downhill or level, making it a comparatively easier day. Wildlife sightings are common here—look out for Himalayan marmots and ibe.
- Tharang offers the last full campsite on the trek, with views that blend rugged mountain cliffs with rolling green pastures.

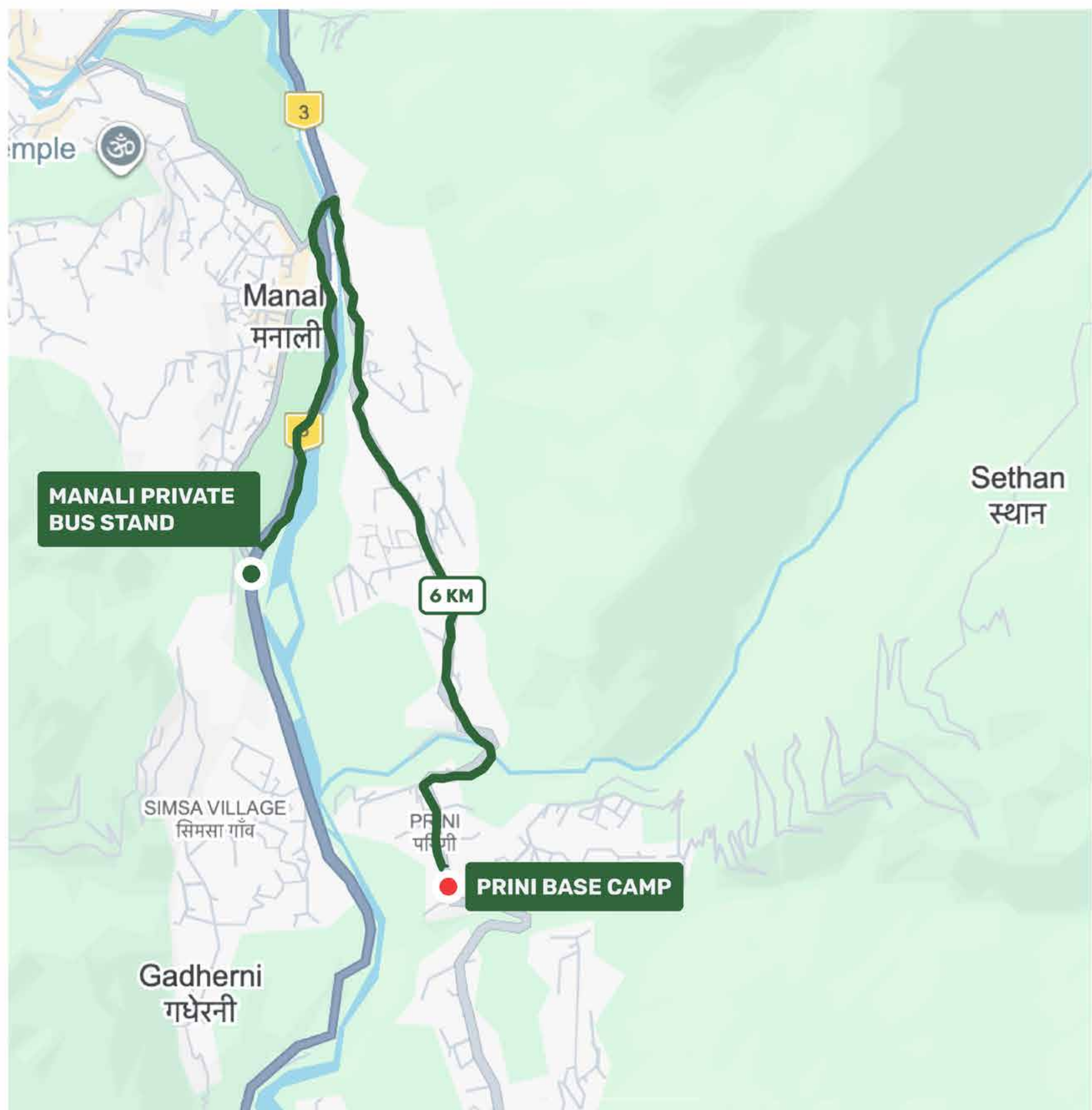
DAY 8 : TREK FROM THARANG TO KHANJER AND DRIVE TO MANALI

↔ 7.5 Km trek and 140 km drive ⌚ 10 Hr ↗ 6,500 Ft 📶 Full Network

- On the final day, the group treks back from Tharang to Khanjer, descending gently over about 5 km.
- After a brief rest and some time to enjoy the village, a vehicle awaits for the drive back to Manali.
- The return journey retraces the scenic route through the Atal Tunnel and into the verdant Kullu Valley, bringing the adventure to a close by evening in Manali.
- Departure from Manali by 6 PM.

[CLICK HERE TO CHECK DATES AND CURRENT SEAT AVAILABILITY](#)

How to reach 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
-  **Manali bus stand to Prini basecamp**
Taxi journey time : 15 min | 6Km

Note : There are frequent Volvo Buses which connects New Delhi/ Chandigarh to Manali. Drop point is Manali..

If you have already reached Manali prior to the trek, you can reach Prini base camp directly by taxi.

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



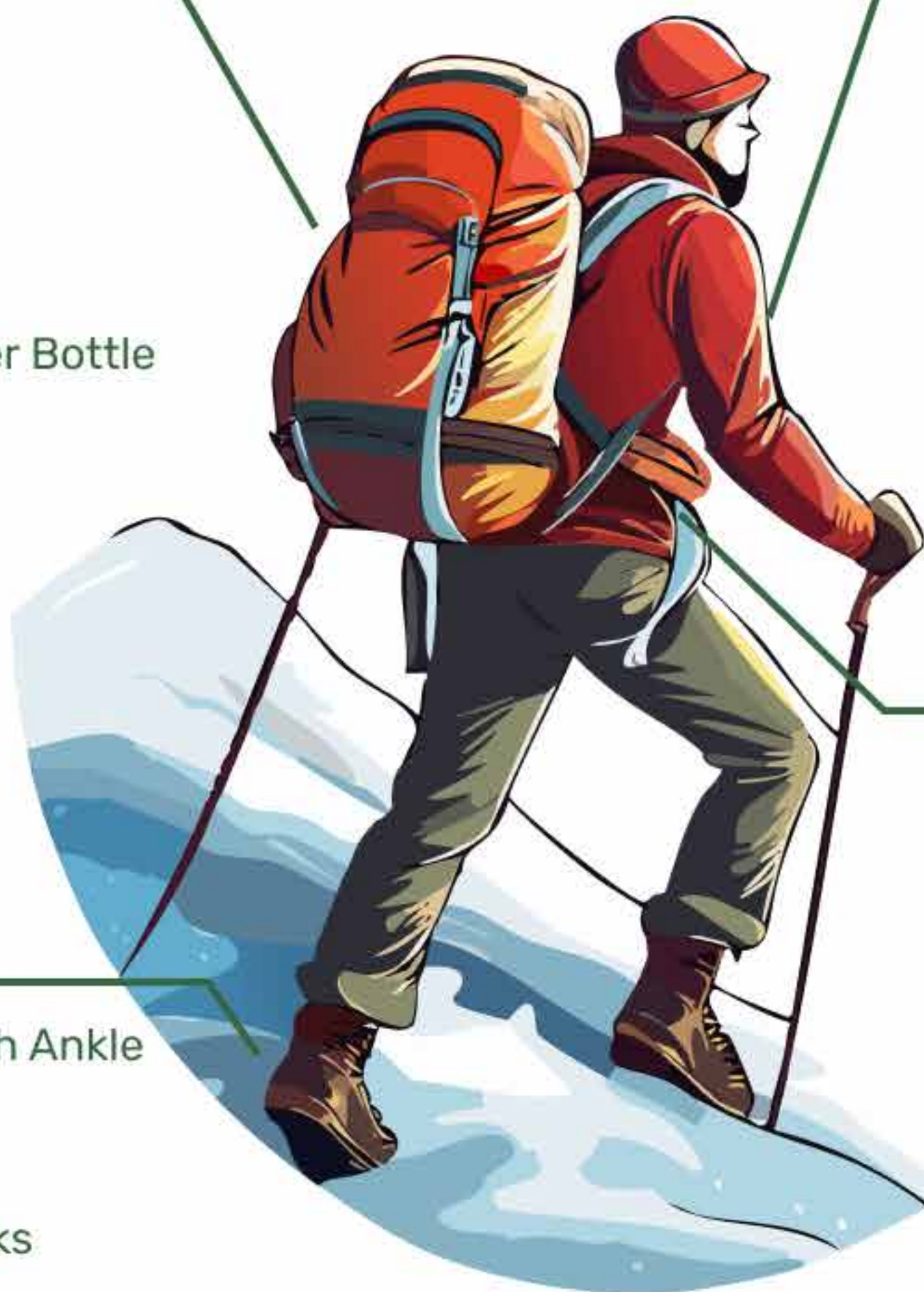
ESSENTIALS

- 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



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.

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		
	₹1,000	₹2,000
2. Poncho		
	₹250	₹500
3. Trekking Bag		
	₹250	₹1,000
4. Snow Gloves		
	₹250	₹800
5. Headlamp		
	₹250	₹800
Note : AAA Batteries not included.		
6. Trek Pole		
	₹250	₹500



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.

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 AND 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.
- Any personal expense.
- 5% GST
- Personal Insurance

How To Book

BOOKING & CANCELLATION POLICY

Members can book the trek directly from 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). 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.

Fixed Departure

- Departures scheduled from **July & August**, which is considered the optimal time for the expedition.
- Fixed Departures will proceed regardless of the number of participants, though the maximum batch size is **25**.
- The selected date refers to the reporting date at the **Prini base camp**.
- For detailed information on available dates and seat availability, please **[CLICK HERE](#)**.

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.

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.

BACKPACK OFFLOADING SERVICES

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 avail the offloading service for a charge of ₹3,000/backpack. Please note that if a member withdraws from the trek at any point, the charges will not be refunded.

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

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

Get in touch

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