



# PIN PARVATI PASS

# TREK



## LOCATION

HIMACHAL PRADESH, INDIA



## BEST TIME

July - August  
September - November



## DESTINATION

PIN PARVATI PASS TREK



## TAKE A PHOTO

SUNRISE, SUNSET,  
SNOW CAPED MOUNTAINS



## DIFFICULTY

DIFFICULT



## HIGHEST ALTITUDE

17,500 ft



## AVERAGE TEMPERATURE

DAY TIME: -2°C to -5°C  
NIGHT TIME: -5°C to -10°C



## BASE CAMP

MANALI



## DURATION

10 DAYS & 09 NIGHTS



## LAST ATM

MANALI



## TREK DISTANCE

110 KMS





## OVERVIEW

Ready to take on a challenge? Pin Parvati Pass Trek is one of the longest treks in the state of Himachal Pradesh, India. It goes up to 110 km as the Parvati Pass connects the Spiti and Kullu valley. The trek is known for its unparalleled beauty as it will take you through abundant alpine forests, lush greens, and enchanting waterfalls.

But be warned, this trek is not for the faint of heart. It is a high-altitude trek with some sections reaching over 5,000 meters. Trekkers need to be in excellent physical condition and have experience with high-altitude trekking. The weather can also be unpredictable, so it is important to be prepared for all conditions.

# SHORT ITINERARY



## DAY 1

Drive from Manali to Kaza (12,500 ft) |  
Drive: 203 km in 10 - 11 hrs



## DAY 2

Drive from Kaza to Mudh Village  
(12,795 ft), and Trek from Mudh to  
Tiya | Drive: 2 hrs, and Trek : 2 hrs



## DAY 3

Tiya to Shiya (14,765 ft) | Trek: 5 - 6 hrs



## DAY 4

Shiya to Pin Base Camp (15,780 ft)  
| Trek: 5 - 6 hrs



## DAY 5

Base camp to Mantalai (13,440 ft) via  
Pin Parvati Pass (17,460 ft) | Trek: 11 - 12 hrs



## DAY 6

Explore the Mantalai Lake |  
Rest day



## DAY 7

Mantalai to Odi Thach (12,520 ft) |  
Trek: 4 hrs



## DAY 8

Odi Thatch to Tunda Bhuj (10,500 ft)  
| Trek: 8 hrs



## DAY 9

Tunta Bhuj to Kheerganga (9,120 ft) |  
Trek: 4 hrs

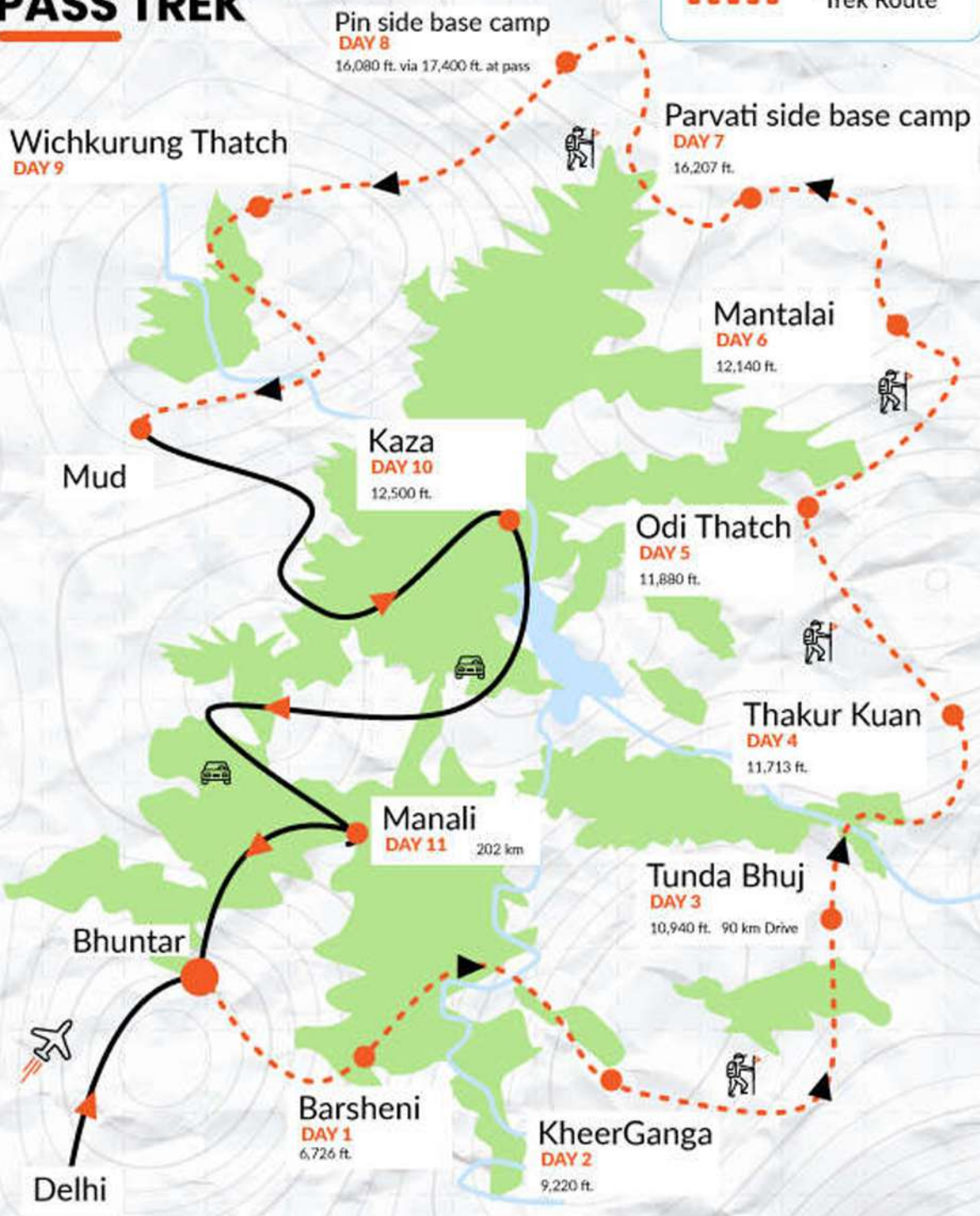


## DAY 10

Kheerganga (9,120 ft) to Barshaini  
(7,250 ft) | Trek: 3 hrs

# PIN PARVATI PASS TREK

— Road  
- - - Trek Route



Only for Graphical Representation\*

# DETAILED ITINERARY

## DAY 1

### **DRIVE FROM MANALI TO KAZA (12,500 FT) | DRIVE: 203 KM IN 10 - 11 HRS**

An early morning departure is planned to avoid traffic congestion at Rohtang and Kunzum Passes, which are notorious for their heavy traffic. We'll drive out of Manali toward Batal via the Rohtang Pass on the Manali Leh Highway. Please note that the road conditions might be challenging, providing an adventurous, bumpy ride throughout the journey. The route ahead offers picturesque landscapes straight out of a postcard. Tonight's camping spot will be by the serene Spiti River in Kaza. The process of acclimatization begins today as we adjust to the altitude.



# DETAILED ITINERARY

## DAY 2

### **DRIVE FROM KAZA TO MUDH VILLAGE (12,795 FT), AND TREK FROM MUDH TO TIYA | DRIVE: 2 HRS, AND TREK : 2 HRS**

On the acclimatization day, post breakfast, we'll embark on a drive to explore the nearby tourist spots before heading down to Mudh Village, situated at a lower altitude. The distance from Kaza to Mudh Village is approximately 49 km, and we aim to reach there within 2 hours. Upon arrival at Mudh Village, we'll begin a trek to Tiya, which typically takes around 2-3 hours. Overnight stay will be arranged at the Tiya Campsite. Mudh Village boasts an idyllic setting with its picturesque whitewashed houses and terraced fields of peas and barley. It also offers guest houses catering to trekkers exploring the Pin Valley, renowned for its snow leopard and ibex sightings. Mudh stands as the final village encountered on this trek until we reach Kheerganga on the pen ultimate day



# DETAILED ITINERARY

## DAY 3

### **TIYA TO SHIYA (14,765 FT) | TREK: 5 - 6 HRS**

After breakfast, we'll commence the day's trek. A prompt start is crucial to navigate the multiple glacial streams, some of which can leave your feet numb. Fortunately, a few of these smaller streams provide drinkable water. Beginning on the left bank of the Pin River, the initial segment involves an undulating walk on loose sedimentary rocks. Following this stretch, a descent to the river is followed by a crossing and an ascent up the opposite side. Shia serves as a shepherd's campsite, offering limited space for camping. Finding a suitable spot among the rocks and shade is necessary to set up camp. Please note, this area is prone to landslides, so caution is advised.





# DETAILED ITINERARY

## DAY 4

### **SHIYA TO PIN BASE CAMP (15,780 FT) | TREK: 5 - 6 HRS**

Today's journey presents significant challenges, featuring a demanding steep ascent combined with a lengthy glacier walk and two challenging river crossings. The day commences with crossing the Pin River; if the river crossing isn't feasible, an alternative route of approximately 2 km over the glacier might be necessary. The climb to Pin Base Camp is arduous, involving a steep ascent of 1,700 ft. Special attention is required while traversing the stream, as its flow poses risks of being swept down into the valley below. For safety, the team will need to be roped up during this section. Pin Base Camp itself is a stark, rocky moorland nestled below the Pin glacier and situated 1,000 ft below the Pass.



# DETAILED ITINERARY



## DAY 5

### **BASE CAMP TO MANTALAI (13,440 FT) VIA PIN PARVATI PASS (17,460 FT) | TREK: 11 - 12 HRS**

Today's trek is once again challenging. It begins with a 3-4 hour steep climb to the pass, followed by a tough 3-3.5 hour descent through crevasses to Parvati Base, and finally, a 4-hour steep descent to Manatalai. Commencing the trek early is crucial, considering the weather conditions. It's imperative to avoid traversing the Pass in the afternoon as weather conditions tend to deteriorate later in the day. The ascent to the Pass is strenuous, primarily due to the altitude, though the glacier section has a gradual incline. Notably, there are no crevasses to worry about on the Pin side of the pass. Additionally, the older and originally considered Pass can be spotted to the left of the ridge. Reaching the Pin Parvati Pass alters the landscape drastically! The panoramic bird's eye view of both Pin Valley and Parvati Valley is a sight to behold. It presents a stunning panorama of both valleys adorned with unnamed peaks. You'll catch glimpses of landmarks like Parvati South Ridge, Snow Peak, Ridge Peak, Pyramid Peak, Kullu Makalu, and Bara Shigri.

# DETAILED ITINERARY



## DAY 6

### EXPLORE THE MANTALAI LAKE | REST DAY

Ahh, a well-deserved rest day by Mantalai Lake! While your muscles recover from yesterday's trek, you have a delightful choice - pure relaxation or exploration. For those seeking serenity, soak in the breathtaking panorama of the Himalayas surrounding the crystal-clear lake. Breathe in the fresh mountain air and let the tranquility wash over you.

Feeling a bit more adventurous? The area surrounding Mantalai Lake offers hidden gems to discover. Perhaps a short hike to a nearby meadow bursting with wildflowers? Or maybe explore the glacial moraine, remnants of ancient glaciers, and marvel at the forces that shaped this landscape. Keep your eyes peeled for unique mountain birds or the shy wildlife that call this region home.

No matter how you choose to spend your rest day, the beauty of Mantalai Lake will surely rejuvenate your spirit and prepare you for the adventures ahead.

# DETAILED ITINERARY

## DAY 7

### **MANTALAI TO ODI THACH (12,520 FT) | TREK: 4 HRS**

This leg of the journey involves a picturesque 9 km downhill trek leading to the renowned meadows of Odi Thach. As you proceed, follow the path along the right side of the river bank until you reach a ridge filled with moraine. Upon reaching the ridge's summit, you'll be treated to a breathtaking view of the spot where the Parvati River rushes down. The path to Odi Thach veers leftward, tracing the contours of the valley, offering what is arguably the most scenic day of the trek. The slopes near Odi Thach are adorned with vibrant hues of red, blue, and purple flowers, creating a stunning natural tapestry.



# DETAILED ITINERARY

## DAY 8

### **ODI THATCH TO TUNDA BHUJ (10,500 FT) | TREK: 8 HRS**

Today's trek is challenging, involving a descent along with a couple of stream crossings and tough river crossings, coupled with ledge walks. Despite having trekked to Odi Thach, this strenuous day might come as a surprise. Initially, the path meanders gradually across the meadows before descending deeper into the valley, navigating through boulder-strewn fields and streams towards the Parvati River. As you trek, a series of waterfalls cascade on your right, while the Parvati River flows on your left. Keep an eye out for Mt. Kullu Eiger in front of you on the left, surrounded by unnamed peaks and glaciers embracing the valley. The trail then leads down to Pandu Pul, a natural bridge formed over the river by large, misshapen boulders.



# DETAILED ITINERARY

## DAY 9

### **TUNTA BHUJ TO KHEERGANGA (9,120 FT) | TREK: 4 HRS**

Today's trek to Kheerganga involves a gradual descent towards the gorge below, with the majestic Parvati River flowing on your right side. The trail guides you through numerous pasture lands adorned with silver birch trees. Additionally, along the way, you'll be captivated by a series of picturesque waterfalls cascading down the colossal mountain walls on the right side of the trail.



# DETAILED ITINERARY

## DAY 10

### **KHEERGANGA (9,120 FT) TO BARSHAINI (7,250 FT) | TREK: 3 HRS**

Today's trek involves a moderate level of difficulty. It begins with a steep descent lasting around 40 minutes, followed by an undulating trail for approximately an hour. The day concludes with another steep descent. The journey covers a 7 km trek from Kheerganga to Barshaini, with an estimated arrival at Barshaini around 11 am, marking the conclusion of the trek at Barshaini.



# **INCLUSIONS**

- 1. Accommodation – Stay at a guest house/ homestay/ swiss tents/ dome tents during the trek as per the sharing pattern/occupancy opted.**
- 2. Meals – All meals from your arrival to departure from the base camp are included (Morning Tea, Breakfast, Lunch, Hi-Tea with Snacks, and Dinner). We provide simple, nutritious yet tasty vegetarian meals on all days of the trek.**
- 3. Permit/Charges – Cost of all trekking permits, forest & camping charges are included. Charges of the porters, helpers, mules, trekking leaders, and guides are included.**
- 4. Trekking equipment – High-quality tents, sleeping bags, ice axes, ropes, microspikes, gaiters, etc. as required are provided.**
- 5. Safety equipment – First aid medical kits, oxygen cylinders, etc. will be available at all campsites to deal with emergencies.**



**6. Porters, Mules, and helpers shall accompany us during the trek to carry the common load such as gas cylinders, tents, sleeping bags, toilet tents, etc.**

## **EXCLUSIONS**

- 1. Anything not specified in the Inclusions section**
- 2. Additional Meals unless specified**
- 3. Transport unless specified**
- 4. Air Fare / Train/ Bus Tickets**
- 5. Travel Insurance**
- 6. Additional expenditure and Extra Services if taken**
- 7. Any expense incurred or loss caused by reasons beyond our control such as bad weather, natural calamities(landslides, floods), flight delays /rescheduling/cancellations, any accidents/ medical evacuations, riots/strikes/war/pandemic, etc.**
- 8. GST(Goods & Service Tax) at the rate of 5%.**

## **FITNESS/ DIFFICULTY**

A high altitude trek in the Himalayas requires substantial fitness. Your body needs to train itself to tolerate more work with lower levels of oxygen. Therefore, on treks, cardiovascular training is essential.

As a measure of your fitness, we require you to be able to run at least 5 km in 40 minutes by the time your trek starts. If you are 45 years or above, try to cover 5 km in 50 minutes. This is a minimum requirement.

If you prefer cycling over running, then try to cover 20 km in 60 minutes.

Unable to perform the same can make your trek difficult. Trekkers who have not adequately prepared might be asked not to continue the trek at any point.

The team of Himalayan Daredevils has the right to reject trekkers who do not meet our eligibility requirements at the base camp

## **Cancellation Policy**

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and it is our endeavor to make it as easy as possible for you. However, please understand that we plan everything including guide fees, permits, accommodation and ration in advance. Therefore, any cancellation means inconvenience and certain losses to the people involved in various stages of the programme. Keeping that in mind, our cancellation charges are as below –

Cancellations prior to 30 days from the start of the event: **Get a monetary refund with 15% of cancellation charges.**

Cancellations between 30 days and 15 days to the start of the event: 50 % refund as cash.

Cancellations less than 15 days to the start of the event: No refund.

Cancellations will be accepted only by email.

**Note:** The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

### **Itinerary Changes & Trip delays:**

We plan itineraries based on the information available at the time of planning and in rare circumstances, they are subject to change. In the event that the itinerary is changed or delayed due to unforeseen circumstances such as bad weather, transportation delays, government intervention, landslides etc., we will always aim to give you the best experience possible. However, The Himalayan Daredevils not be held responsible for the cost of delay or changes.

## **CONTACT US**



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