



# HAMPTA PASS TREK

Discover Yourself on the Trail!





# TREK OVERVIEW



## LOCATION

Himachal Pradesh  
India



## DISTANCE

25 Km



## MAX ALTITUDE

14100 FT



## LAST ATM

Manali

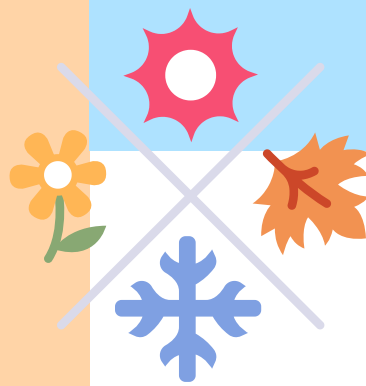


## SERVICE FROM

Manali to Manali

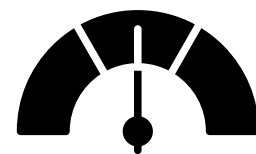
## BEST SEASON

July, Aug, Sep



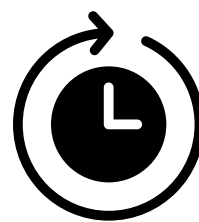
## BASE CAMP

Manali



## DIFFICULTY

Moderate



## DURATION

5 Days & 4 Nights



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# SHORT ITINERARY



## DAY 1

Manali to Jhobra via car. Jhobra to Chika trek

## DAY 2

Chika to Balu ka Gera

## DAY 3

Balu ka Gera to Siagoru via Hampta Pass

## DAY 4

Siagoru to Chatru

## DAY 5

Chatru to Manali





# ITINERARY



## DAY 1

### Manali to Jhobra via car. Jhobra to Chika trek

The Hampta Pass Trek begins in Manali, where trekkers gather for a short briefing before heading towards Jhobra, a 35-40 km journey taking around 2-3 hours. Along the way, mesmerizing views of lush valleys, rivers, and snow-capped peaks set the perfect tone for the adventure ahead. Upon reaching Jhobra, trekkers rest, refresh, and enjoy lunch before embarking on a 2-3 hour trek to Chika, passing through dense oak, pine, and birch forests with the soothing sounds of nature. At Chika campsite, nestled near the Beas River and a scenic meadow, trekkers unwind with a warm dinner before resting in tents, preparing for the next day's thrilling journey.







## DAY 2

### Chika to Balu ka Gera

After a hearty breakfast at Chika, the trek to Balu ka Gera begins, covering 5-6 km in 4-5 hours. The journey starts with an easy trail through alpine meadows, gradually leading to challenging rocky terrain and riverbeds. As the ascent continues, trekkers are rewarded with breathtaking views of the Hampta Valley and the towering Himalayan Range. The Balu ka Gera campsite, a stunning highland pasture surrounded by mountains, offers a serene retreat for the night. After enjoying a warm meal, trekkers rest in tents, embracing the tranquility of nature before the next day's adventure.



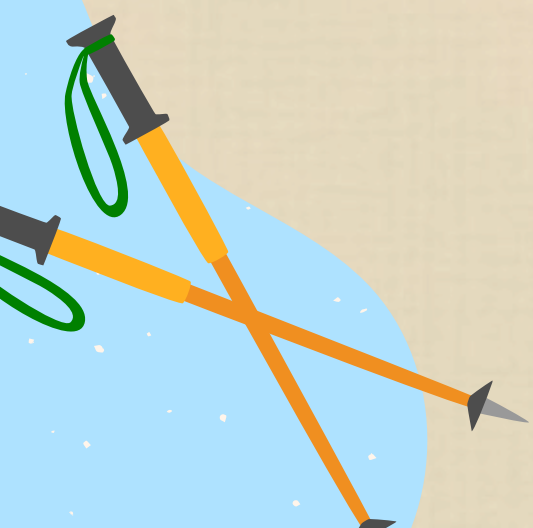




## DAY 3

### Balu ka Gera to Siagoru via Hampta Pass

Day 3 of the Hampta Pass Trek is the most challenging yet rewarding, as trekkers cross the stunning Hampta Pass at 4,270 meters. After a hearty breakfast at Balu ka Gera, a steep 4-5 hour ascent begins, offering breathtaking views of snow-capped peaks and dramatic landscapes. After soaking in the scenery, the 2-3 hour descent to Siagoru unveils lush alpine meadows and rocky terrain, adding to the trek's charm. The day concludes at the Siagoru campsite, a serene spot surrounded by greenery, where trekkers enjoy a wholesome meal before resting in tents, preparing for the next adventure.







## DAY 4

### Siagoru to Chatru

On Day 4 of the Hampta Pass Trek, the journey continues from Siagoru to Chatru, covering 6-7 km in 4-5 hours through rocky terrains and winding trails. As trekkers progress, the stunning landscapes of stony mountains and captivating valleys unfold, making for an awe-inspiring hike. Upon reaching Chatru, the trek ends for the day amid breathtaking views of rivers and mountains, where camps are set up for a well-deserved rest. Later, a 2-3 hour drive to Chandratal Lake awaits, offering a mesmerizing sight of its pristine blue waters before returning to Chatru for the night, embracing the serenity of the Himalayas.







## DAY 5

### Chatru to Manali

On the final day of the Hampta Pass Trek, the journey concludes with an early breakfast at Chatru, followed by an 8-9 hour scenic drive back to Manali. The route unfolds breathtaking views of rugged mountains, winding roads, and picturesque villages, offering a chance to soak in the beauty of the Himalayas one last time. Driving alongside the Beas River, trekkers can reflect on their incredible adventure while passing through lush valleys and towering snow-capped peaks. By evening, Manali welcomes you back, marking the trek's official end with unforgettable memories of the Himalayan wilderness.





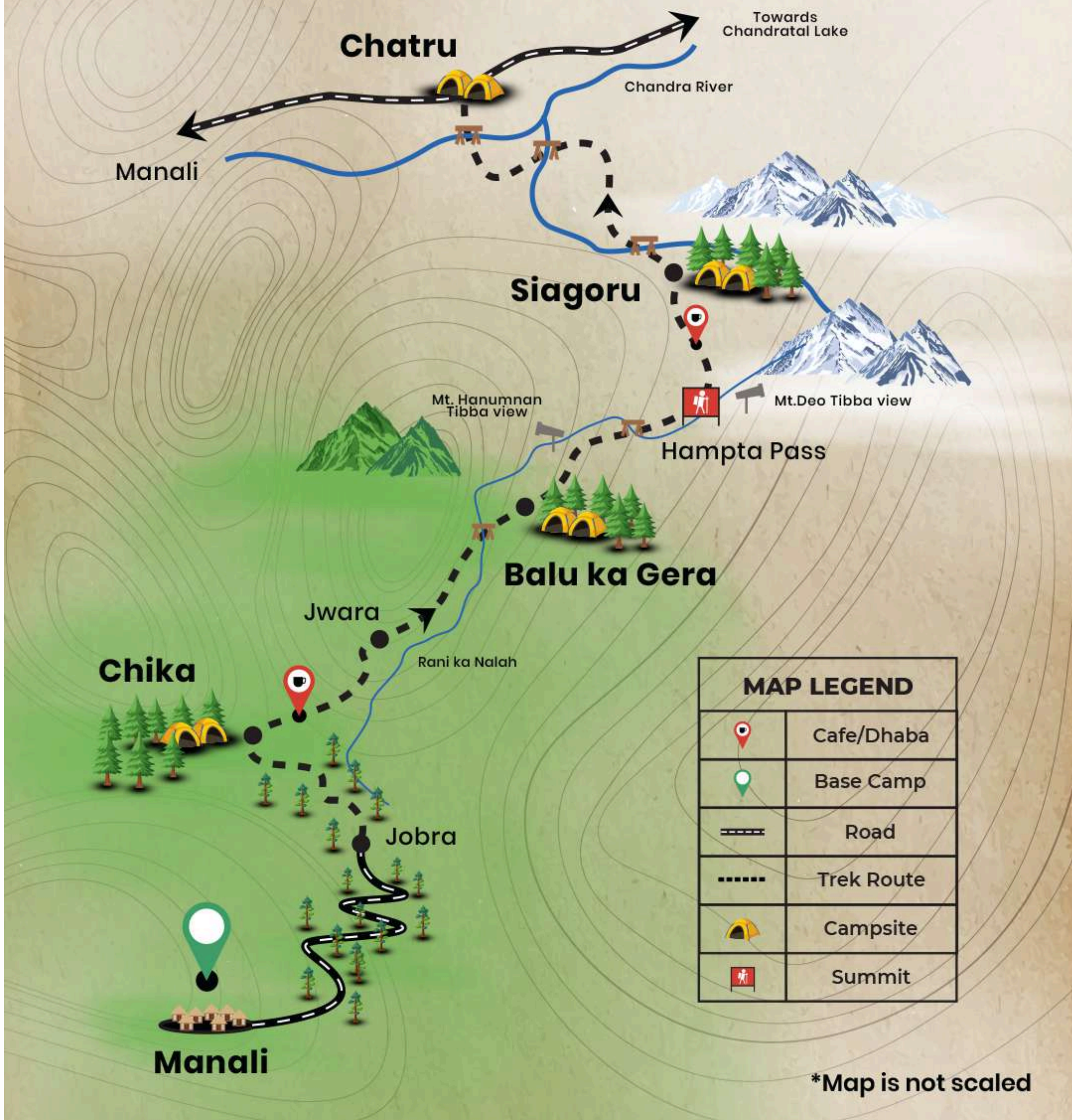
# TREK MAP



## Hampta Pass Trek Map

### Difficulty Level

Moderate Trek



MAP LEGEND	
	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit

\*Map is not scaled





# INCLUSIONS



- Meals while on trek (Veg).
- All necessary entry fees and permits.
- **Accommodation:** - Guest house, Home stay, camping during Trek.
- **Transport**- From Manali to Jobra and Chatru to Manali
- Mountaineering qualified & professional trek Leader, guide, cook and Support staff.
- First aid medical kits, stretcher and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent, kitchen & dining tent, toilet tent, utensils and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.







# EXCLUSIONS



- Any kind of personal expenses.
- Food during the transit.
- Transport (Non Ac)
- Mules or porters to carry personal luggage.
- Insurance.
- **Optional:** Visit Chandratal and then return to Manali. 9-10 hour drive. If you choose to visit Chandratal Lake, the transport cost would be Rs 9,000 per vehicle.
- Any kind of emergency evacuation charges
- 5% GST
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancelations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.





# WHAT TO CARRY



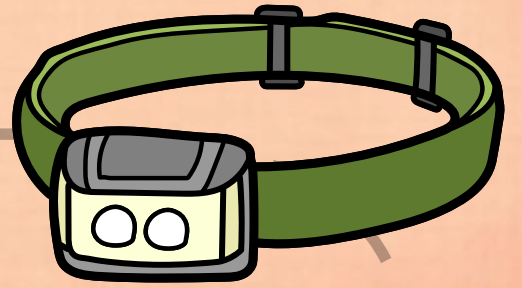
TREKKING SHOES



BACKPACK



HAND GLOVES



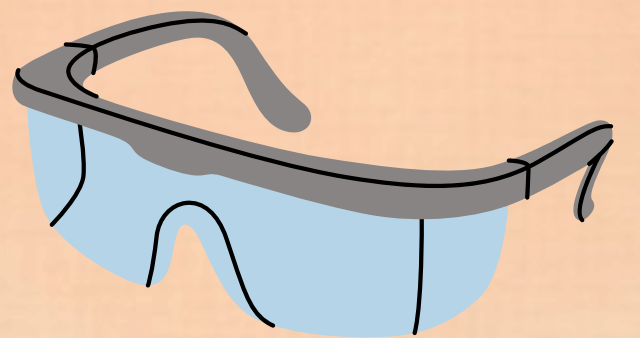
HEAD LAMP



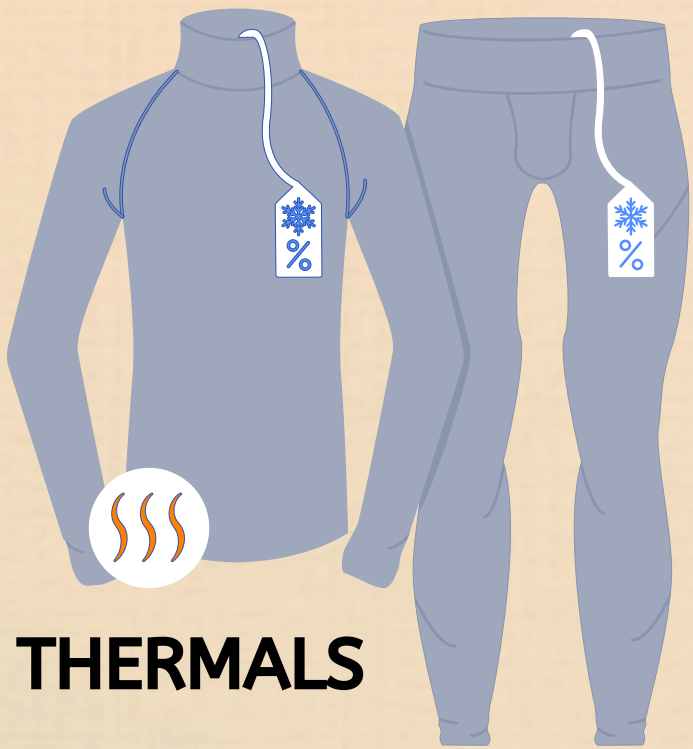
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

The nearest airport is Kullu-Manali Airport (Bhuntar), located 50 km from Manali. Regular flights connect major cities like Delhi and Chandigarh to Bhuntar. From there, taxis or buses can be taken to Manali.

Manali is well-connected by road, and you can drive from Delhi (approx. 550 km) via NH 44 and NH 3, which takes around 12-14 hours. Several buses also operate from cities like Delhi, Chandigarh, and Dharamshala to Manali.

The nearest railway station is in Joginder Nagar, about 160 km from Manali. You can take a train to Joginder Nagar and then hire a taxi or take a bus to Manali. After booking your Hampta pass trek package with Himalayan Daredevils you will be informed regarding the pickup from Manali. Don't forget to choose the option of pickup from Manali while booking the Hampta pass trekking package, if you need transportation to Jhobra.





# FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

## **Fitness target:**

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.





# CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand 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 programme. Keeping that in mind, our cancellation charges are as below-

**Cancellation prior to 30 days from start of the event:** Get monetary refund with 15% of cancellation charges on trek fee.

**Cancellation between 30 days and 15 days to the start of event:** 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

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

**Please note cancellation will be only accepted by email.  
Booking amount is non refundable.**








# CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

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

## CONTACT US

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