



MIYAR VALLEY TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Himachal Pradesh, India



DISTANCE

62 kms



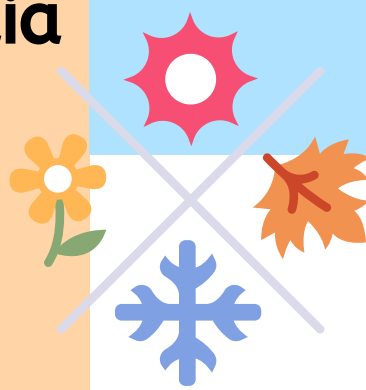
MAX ALTITUDE

13,200 ft



LAST ATM

Manali



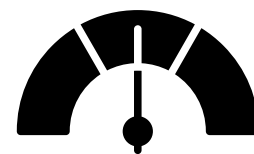
BEST SEASON

July - Aug



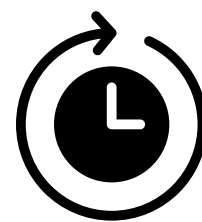
BASE CAMP

Manali



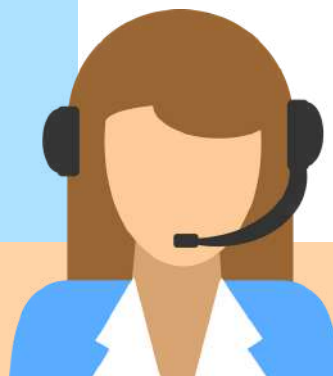
DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Shukto to Shukto
Manali to Manali



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SHORT ITINERARY



DAY 1

Drive from Manali to Shukto

DAY 2

Drive from Shukto to Khanjer. Trek to Tharang

DAY 3

Trek from Tharang to Zardong Trek Distance: 11.4 km |
Altitude Gain: 12,122 ft to 12,667 ft

DAY 4

Trek from Zardong to Palpu Trek Distance: 8 km |
Altitude Gain: 12,667 ft to 12,782 ft

DAY 5

Trek from Palpu to Miyar Glacier and back to Palpu



SHORT ITINERARY



DAY 6

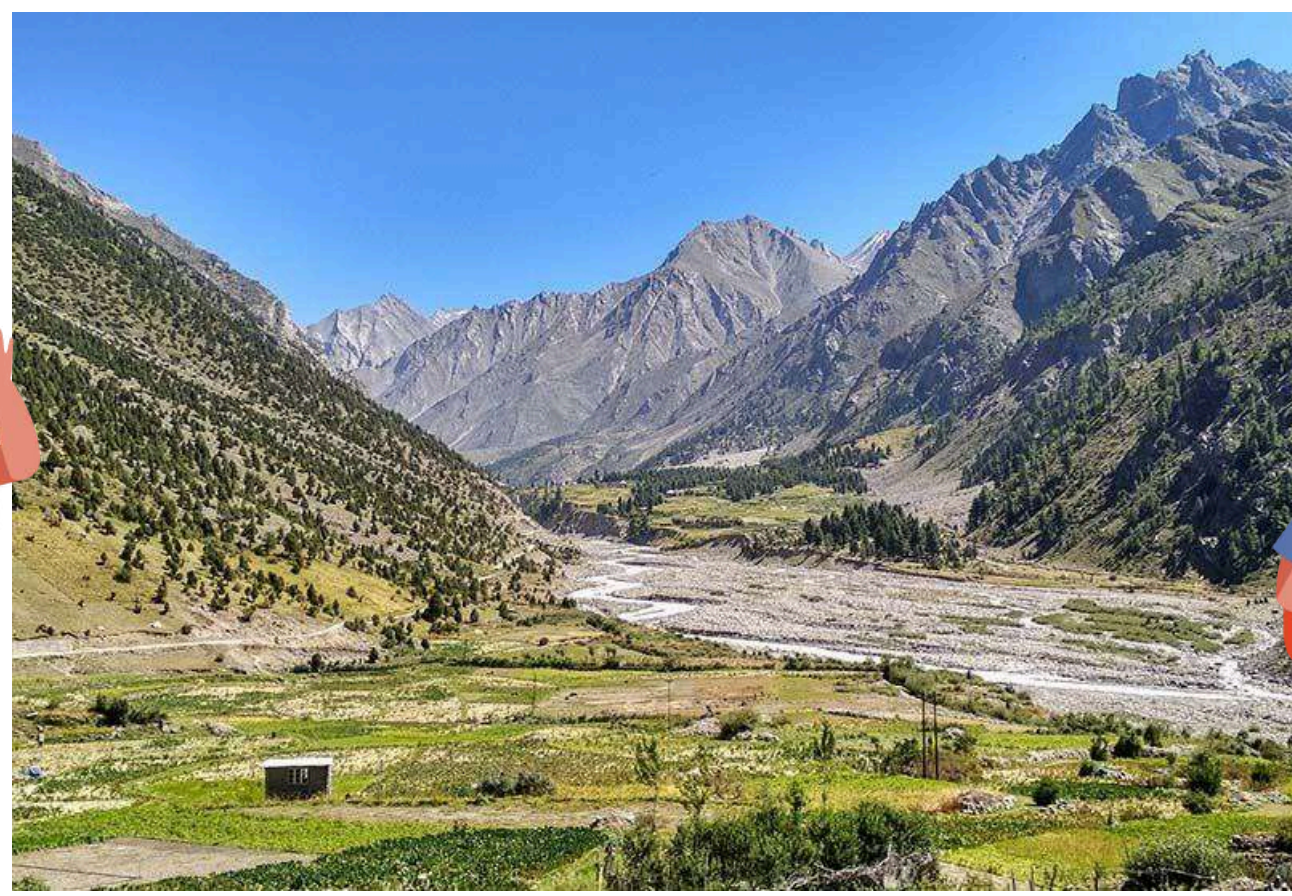
Trek from Palpu to Gompa

DAY 7

Trek from Gompa to Khanjer. Drive to Manali



ITINERARY



DAY 1

Drive from Manali to Shukto

Drive Distance: 110 km | Drive Duration: 3.5 hours
Transport will be arranged at 8.30 AM. This cost has to be borne by trekkers and paid directly to the driver. Cost of the cab – Rs 11,000 per Tempo Traveller (12 seaters), Rs 8,000 for a Tata Sumo (5-6 seater), shared among trekkers. At Shukto, you will be staying at homestays.





DAY 2

Drive from Shukto to Khanjer. Trek to Tharang

The journey begins at Khanjar, crossing a suspension bridge into Kanjer, the last village of the valley. This region supports seasonal farming and grows crops like seed potatoes, barley, apples, and medicinal plants. The trek ascends through switchbacks and farmlands to reach Tharang, the first campsite. Tharang features a nearby stream, flat meadows used for cricket, and steep rockfaces popular with climbers. The highlight is the stunning view of Menthosa Peak, Lahaul's second-highest and most striking mountain, known as the crown of Miyar Valley.

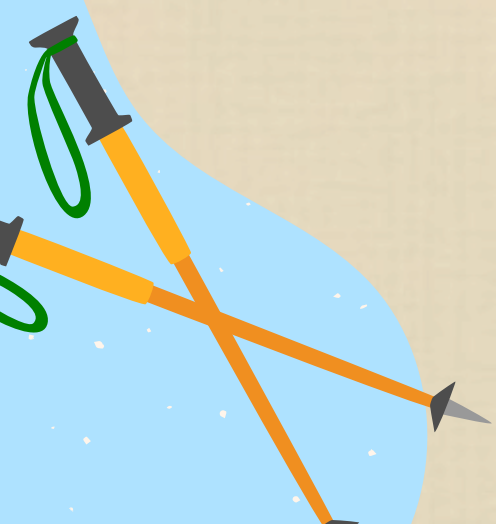


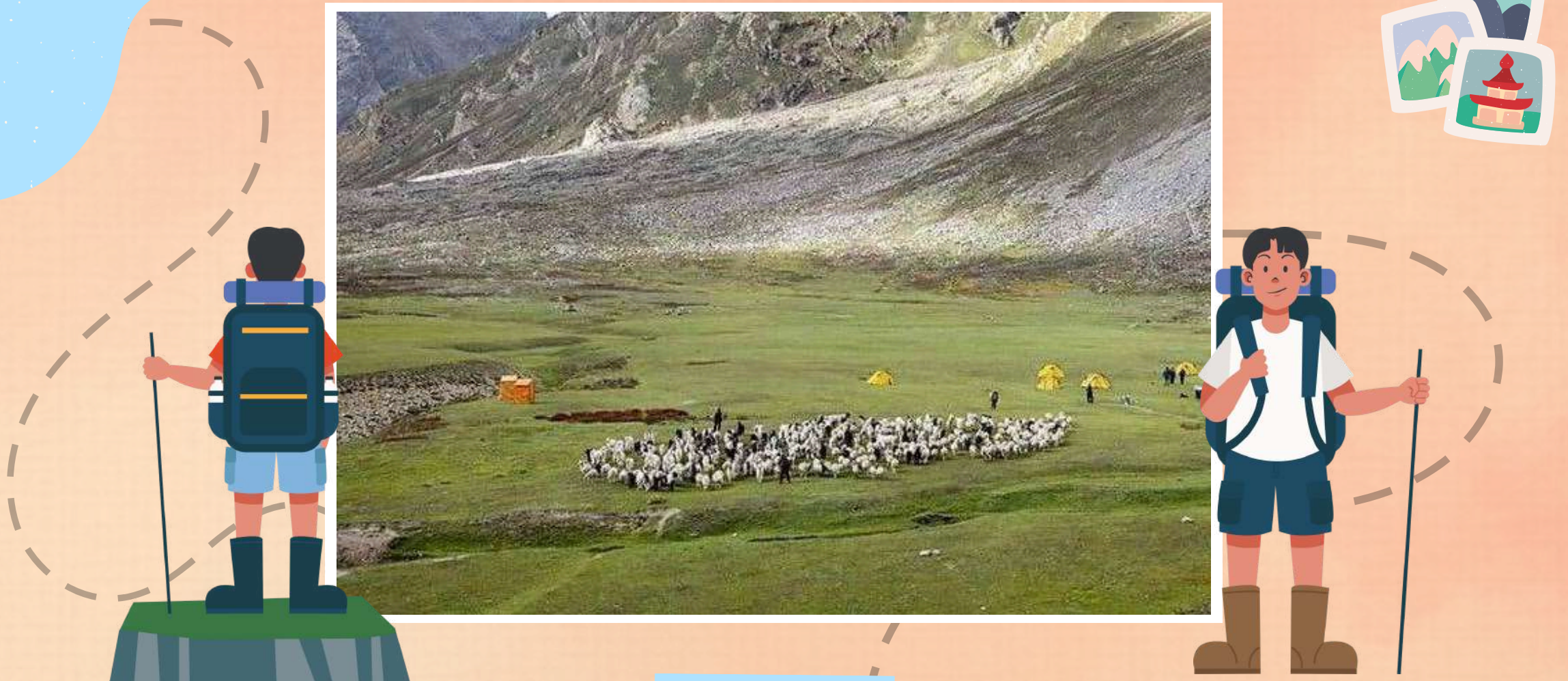


DAY 3

**Trek from Tharang to Zardong Trek Distance: 11.4 km |
Altitude Gain: 12,122 ft to 12,667 ft**

This is a slightly more challenging day. The trek starts with a flat walk, followed by a 10-15 minute descent to a bridge and a 20-minute steep climb towards Gompa, near Gompa Nala. A shepherd's hut and Gompa Lake are nearby. After a gradual descent to a meadow, a boulder section begins with tricky ups and downs along edges, surrounded by steep pyramid-shaped mountains. The trail descends to a flat region by the river, offering beach-like walks alongside the gushing water. As you move deeper into the valley, it widens with stunning valley openings and trails adorned with vibrant flowers.





DAY 4

**Trek from Zardong to Palpu Trek Distance: 8 km |
Altitude Gain: 12,667 ft to 12,782 ft**

The route walks alongside the river. The major portion involves flat walks. You'll come across the region by the name Chhudong. Chhudong is a huge meadow patch which is located right next to the river. The river here is very soothing and wider than anywhere else along the trek. The murky water on your right goes all the way to the snout. Since the valley has an active river running in between, by just walking alongside the river the trail is well marked and easily noticeable. It's hard for anyone to get confused about the route. Palpu is located near Castle Peak which again is a very beautiful campsite which offers a good view of the valley and Tharang peaks. From here if the weather is clear the chances of viewing Menthosa are also high.



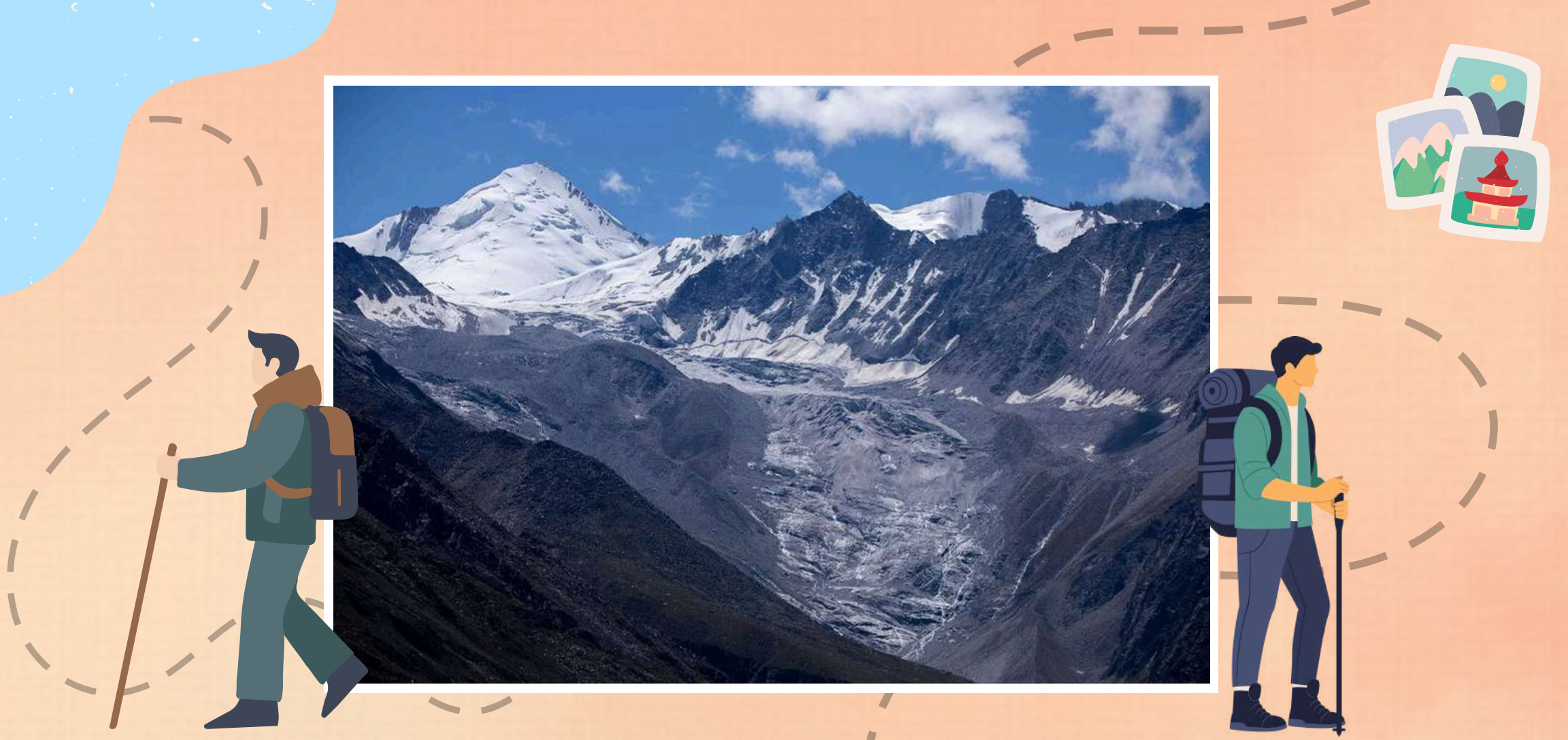


DAY 5

Trek from Palpu to Miyar Glacier and back to Palpu

Trek Distance: 8 km | Trek Duration: 3-4 hours | Altitude Gain and Loss: 12,782 ft to 13,202 ft and back to 12,782 ft
On this day we will go to the snout of the glacier which comes after going through a boulder section and a stream. Eventually, you reach a place which is the last small meadow patch located near seven icy ponds, this place is known as Kesar Yon Chu. From here on the actual glacier starts. The snout of the glacier is just 30 minutes from the ponds. Once you have reached the snout, Spend a good amount of time. Then return from here on the same route. There are two more river crossings on the way back.



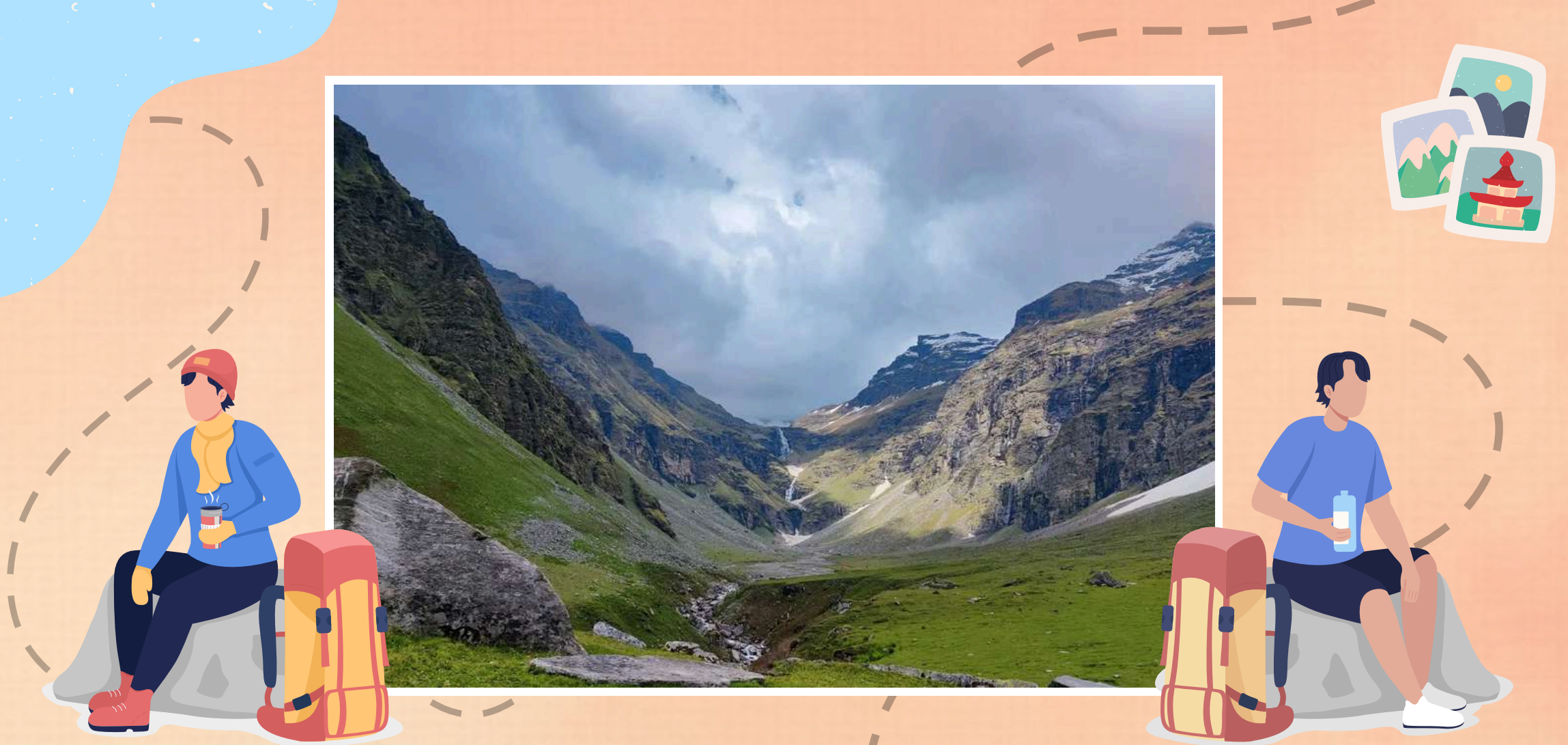


DAY 6

Trek from Palpu to Gompa

The route follows the river, mostly flat, passing Chhudong, a vast meadow by the wide, soothing river. The trail then narrows with boulder patches and crosses a cold stream from the valley of Never Seen Tower and Castle Peak. After more flat sections and boulder patches with streams, you reach Palpu near Castle Peak. This scenic campsite offers views of the valley, Tharang peaks, and, if clear, Menthosa.





DAY 7

Trek from Gompa to Khanjer. Drive to Manali

The day starts with a trek descending from Palpu to Khanjar. The trail offers a mix of flat sections and gentle descents, providing ample opportunities to take in the stunning views of the valley and its surroundings. Along the way, you pass through vibrant meadows, boulder patches, and riverside trails, with the soothing sound of flowing water accompanying you. The landscape is dotted with wildflowers, and the towering peaks create a majestic backdrop for the descent.

Reaching Khanjar marks the end of the trek. From here, a 4-hour scenic drive back to your starting point begins. The drive takes you through lush valleys, quaint villages, and winding mountain roads, giving you a final glimpse of the beauty of the region. Expect to arrive at your destination by late evening, bringing your memorable journey to a close.





INCLUSIONS



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





EXCLUSIONS



- GST 5% (it is Mandatory)
- Any insurance (HDD recommends each trekker to get insurance)
- Any Meals/accommodation beside the itinerary or not mentioned in the program.
- Any Bus / Airfare to/from trek start/end point
- Personal Medical expenses do carry your medication.
- Any personal services such as Laundry, phone calls, liquors, mineral water, etc.
- Any still / video camera fee
- Any Entrance fee Monuments, Monasteries, Museums, Temples – Pay directly on the spot.
- Mules or porter charges to carry private baggage (Offload Charges for bag 1000 per day, per bag. Note: Bag weight should not be more than 10 kg.





EXCLUSIONS



- Any emergency evacuation charges
- Transport (Non Ac)
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Any services that are not mentioned in the cost inclusion section.



WHAT TO CARRY



TREKKING SHOES



BACKPACK



HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

Travel overnight on a bus to Manali

Delhi to Manali 14 hours

Chandigarh to Manali 10 hours

A bus ride to Chandigarh is the most convenient choice.

We would always suggest using the government. buses instead of those operated by private companies outside the bus station, in our experience, we've observed that there are a lot of likelihood of delays with private buses.

Additionally, government. buses are more trustworthy.

Whatever bus you pick be sure to get to Manali at the very least between 9 and 10 am.

Fly to Delhi/Chandigarh airport, then travel via bus to Manali (Best alternative).

Fly to Bhuntar Airport. Manali is only two hours away. You can easily catch an airport bus or private taxi to the airport.

We do not recommend Bhuntar airport due to the pricey flight and the unpredictable nature due to cancellations. If you decide to fly via Bhuntar be sure to be there at least a day prior to when the trek begins.



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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