



YUNAM PEAK TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Himachal Pradesh,
India



DISTANCE

25 Km



MAX ALTITUDE

20049 ft



LAST ATM

Manali



BEST SEASON

May, June, Oct, Nov



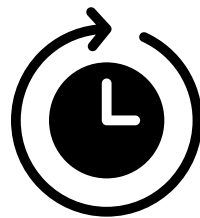
BASE CAMP

Manali



DIFFICULTY

Difficult



DURATION

7 Days & 6 Nights



SERVICE FROM

Manali to Manali



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SHORT ITINERARY



DAY 1

Manali to Jispa

DAY 2

Jispa to Bharatpur

DAY 3

Acclimatization day

DAY 4

Bharatpur to Base camp

DAY 5

Acclimatization day

DAY 6

Base camp to summit

DAY 7

Base camp to Bharatpur and then back to Manali



ITINERARY



DAY 1

Manali to Jispa

Our teams will pick up the trekkers from Manali Bus Stand and leave early at around 6:00 to 7:00 am for Jispa. Experience the alluring view of the drastic changes in topography as the drive enters the barren lands of Himalayan region. Set up camp and stay overnight.



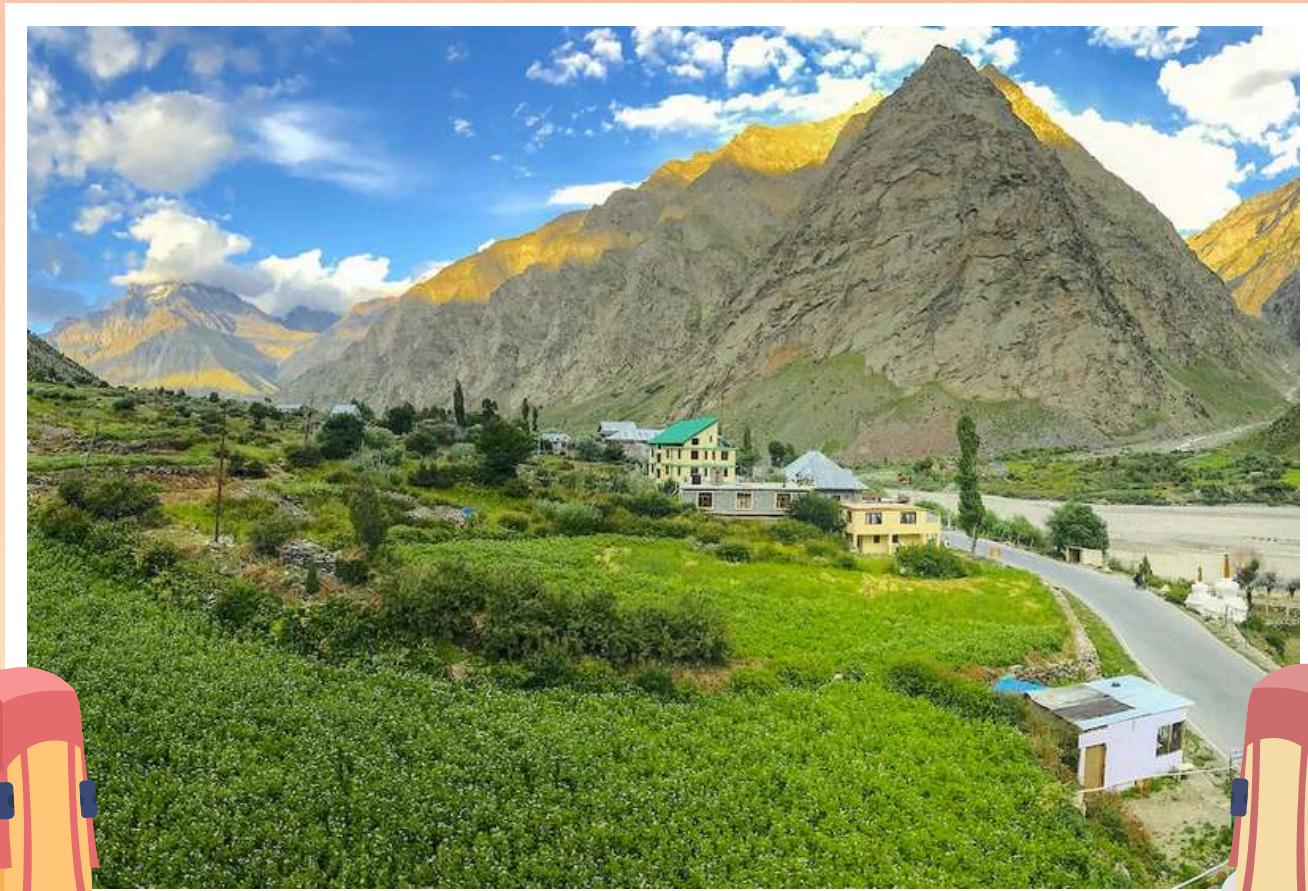


DAY 2

Jispa to Bharatpur

Wake up to beautiful morning and mesmerizing sunrise. Walk around the place and feel the fresh air. Start your day for the next drive to the site of Bharatpur. Set up camps, and prepare for the overnight stay.

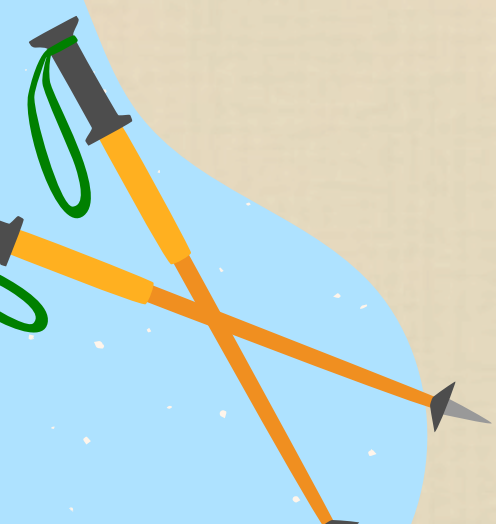




DAY 3

Acclimatization day

Acclimatization day. Trekkers can spend their day by trekking to nearby places and allowing themselves to explore the upcoming terrain.





DAY 4

Bharatpur to Base camp

Early in the morning after breakfast trekkers will be departing for the Yunam Base camp. This high altitude long distance journey to covered in short period of time will require a good amount of physical fitness. Set up camps and retire for the night.





DAY 5

Acclimatization day

Acclimatization day. Trekkers will be spending their time exploring the nearby areas of the base camp. Final briefing regarding the upcoming terrain to summit will be held.





DAY 6

Base camp to summit

Attempt to Summit. Enjoy the views of nearby peaks and alluring ranges when you reach the top. Spend some time and take a return route to Bharatpur via base camp. Reach Bharatpur and prepare for the farewell dinner. After dinner trekkers will be resting for the night.

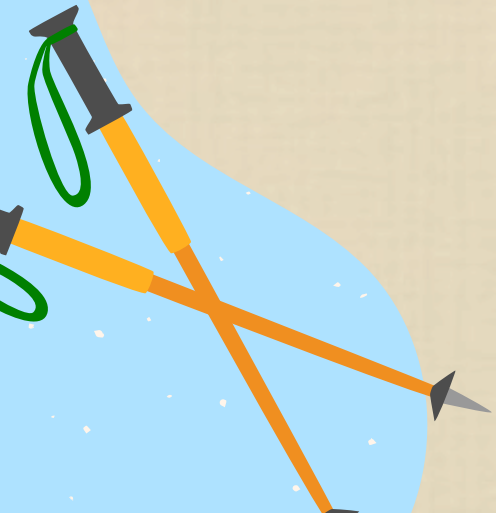




DAY 7

Base camp to Bharatpur and then back to Manali

Wake up early in the morning and after breakfast prepare for a return drive to Manali via Jispa.



TREK MAP



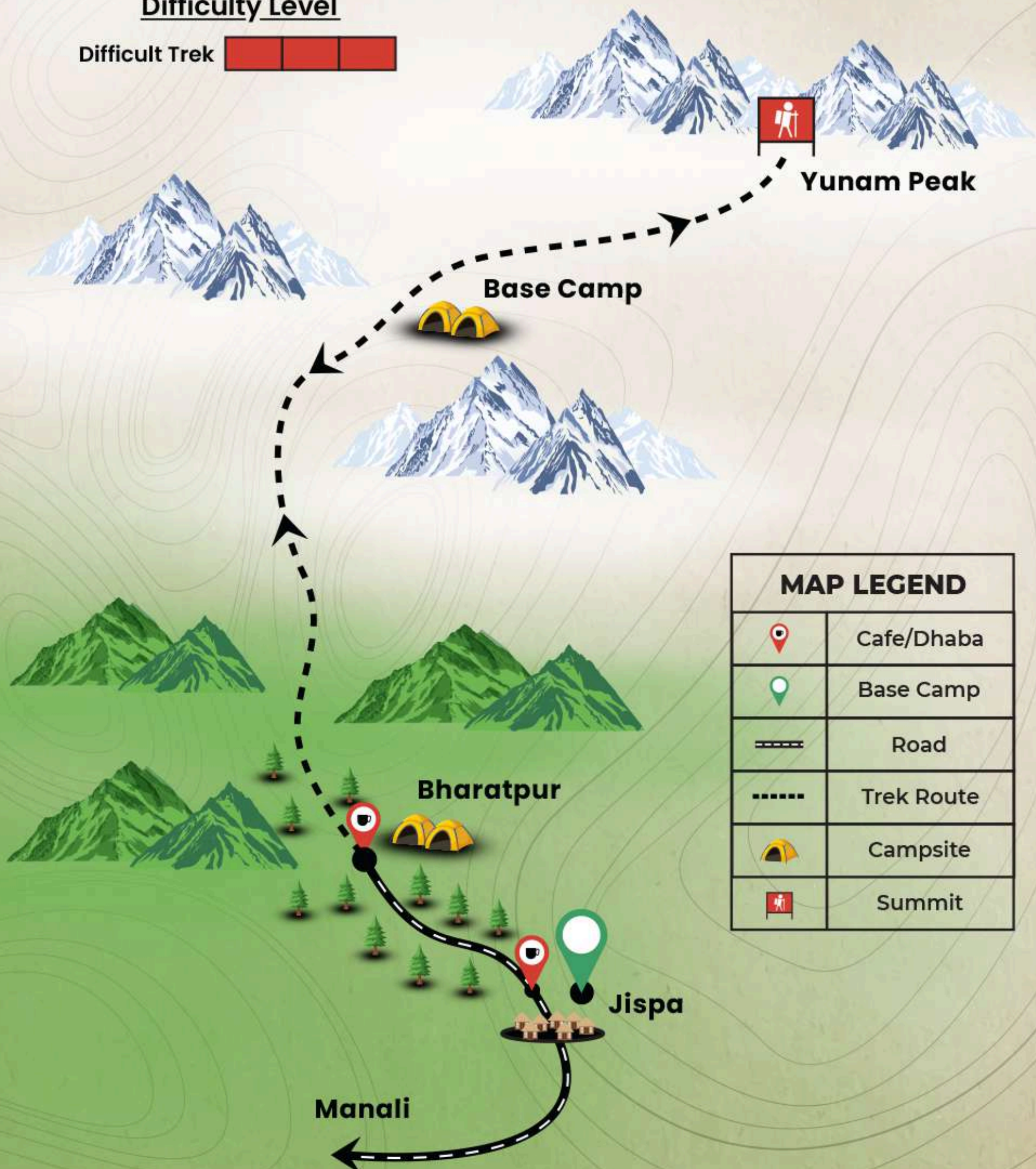
Yunam Peak Trek Map



Region: Himachal Pradesh

Difficulty Level

Difficult Trek



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

*Map is not scaled



INCLUSIONS



- Forest Permit and entrance fee including camping charges.
- Accommodation in tents on twin share basis.
- All meals: breakfast, packed lunch, tea, coffee, snacks, soup and dinner.
- Expertise Trek Leader, fluent in English and Hindi certified in basic and advance, Search & Rescue , Method of Instructions mountaineering courses from NIM, IMF or Hanifl Centre outdoor Education.
- Experienced local guide and Sherpa, permanent technical guide.
- Kitchen team, Porters, Helpers, High quality camping tents, sleeping bags, mattress liner etc
- Dining Tent, Helmet, Gaiters, Koflach Climbing shoes, Crampons, Ice Axe, Screw gate, Carabineers, rock pitons, ice pitons, snow stakes, Rescue Ropes, Climbing Ropes, Snow bar, Harness, Descended, Ascender, figure of 8, Ice Screw, Radio Willkie Talkie for Communication, Medical Kit, Oxygen Cylinders





EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- 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/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.
- Trekker carry your Photo ID , Adhar card , Passport , Visa , Medical certificate , Declaration from for entry at forest check posts on the trek it is very important



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

MANDATORY DOCUMENTS

Please carry the documents given below

Original and photocopy of government photo identity card- (Aadhar Card, Driving License, Voters ID, etc, Passport and Visa important to foreigners)

Medical Certificate (First part should be filled by the Doctor and Second part by the Trekker)
Declaration Certificates

Note: –

Many trekkers commit the same mistake of carrying unnecessary items on a trek which only makes the backpack heavy. It is important to know the right items to carry.

It differs from season to season if you are trekking in summers then carry less layers of warm clothing and if you are trekking in winters carry enough layers to protect yourself against chilly cold.



HOW TO REACH

Option 1:-

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.



HOW TO REACH

Option 2:-

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 or 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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