



GUJARAT ADVENTURE CLUB

Manali Trekking Camp - Bhrigu Lake Trek

About Manali Summer Camp:

Manali Summer Camp is a fantastic opportunity for individuals and groups, especially students, to enjoy their summer vacation in a scenic and adventurous environment. The camp serves as a base for various adventure activities, including trekking, rock climbing, rappelling, river rafting, and paragliding. Participants can also experience camping, guided nature walks, bonfires, group activities, and even skill development programs like leadership training and survival skills. The Bhrigu Lake Trek, combined with the summer camp, is a multi-day adventure that takes trekkers to the pristine Bhrigu Lake in the Himalayas. Trek includes stunning landscapes, moderate hiking challenges, camping experiences with local villagers, and the chance to spot Himalayan wildlife. The combined experience typically lasts 8 nights and 9 days and is best enjoyed during the pleasant summer months from May to June.

Activities at the Summer Camp:

Adventure Sports: Depending on the camp's offerings, you can engage in a variety of adventure sports such as trekking, rock climbing, rappelling, river rafting, and paragliding. These activities provide an adrenaline rush and an opportunity to explore the natural beauty of the region.

Camping: The campsite often includes tents and camping facilities, allowing participants to experience the joys of outdoor living.

Nature Exploration: Guided nature walks and hikes may be organized to explore the surrounding forests, meadows, and nearby attractions.

Bonfires and Group Activities: Evening bonfires, group activities, and cultural programs can provide a sense of camaraderie and entertainment.

Skill Development: Some summer camps offer skill development programs, including leadership training, survival skills, and team-building exercises.



GUJARAT ADVENTURE CLUB

Bhrigu Lake Trek:

The Bhrigu Lake Trek is typically a multi-day trekking adventure that begins from Manali or nearby locations. It takes you to the pristine Bhrigu Lake, situated at a high altitude in the Himalayas.

Highlights of the Bhrigu Lake Trek:

Scenic Beauty: The trek offers stunning views of lush green meadows, dense forests, and snow-capped peaks. Bhrigu Lake itself is a picturesque alpine lake surrounded by breathtaking landscapes.

Adventure: The trek involves hiking through varying terrains, including steep ascents and descents, making it a moderately challenging trek suitable for those with a reasonable level of fitness.

Cultural Experiences: Depending on the trek's itinerary, you may have opportunities to interact with local villagers and learn about their unique culture and traditions.

Wildlife: Keep an eye out for Himalayan wildlife, including the colourful Himalayan Monal, musk deer, and other species along the Sightseeing route.

Duration: The combined Manali Summer Camp and Bhrigu Lake Trek experience can vary in duration. The summer camp itself may last for a week or longer, while the trek typically takes 3-4 days, depending on the chosen route and pace. We have combined both schedule and make it comfortable for 8 Night 9 Days From Ahmedabad to Ahmedabad

Best Time to Go: The best time for such an expedition is typically during the summer months from May to June. when the weather is pleasant, and the trekking conditions are favourable.



614 Golden Triangle Complex, S P Stadium Road, Navrangpura Ahmedabad,
Contact – 8511516111, 8347716111, 8347416111, 7567358989.

www.gujaratadventureclub.com



GUJARAT ADVENTURE CLUB

Detail Schedule

Day 1: Departure from Ahmedabad (10:30 AM) - Overnight Train Journey

- You will start your journey from Ahmedabad at 10:30 AM. Be sure to arrive at the train station in advance to board your train.
- This day marks the beginning of your exciting adventure as you depart for Pathankot. You'll be traveling by train, providing you with time to relax and prepare for the upcoming adventure.
- An overnight train journey means you'll have the comfort of sleeping on the train as you make your way to Pathankot.

Day 2: Arrival at Pathankot - Evening Departure for Manali - Overnight Journey

- After an overnight train journey, you'll arrive at Pathankot in the afternoon. Pathankot is a major railway junction in the state of Punjab.
- In the evening, you'll board another train that will take you to Manali. This journey will also be an overnight one, allowing you to rest before reaching your destination.
- Pathankot serves as a transit point, connecting you to Manali, the base for your adventure.

Day 3: Arrival at Manali Base Camp - Acclimatization Walk and Local Sightseeing

- On this day, you'll arrive at your Manali Base Camp, which will be your starting point for the adventure activities.
- To acclimatize to the high-altitude environment, you'll participate in an acclimatization walk. This is important to help your body adjust to the reduced oxygen levels at higher altitudes.
- In the afternoon and evening, you can explore local sightseeing spots in Manali, which may include scenic viewpoints, markets, or cultural attractions.

Day 4: Drive to Kelang - Trek to Mori Dugh Advance Base Camp - Night in Tent

- Your day will begin with a drive to Kelang, where your trekking adventure truly starts.
- From Kelang, you'll embark on a trek to reach the Mori Dugh Advance Base Camp. This trek will take you through varying terrains and offer breathtaking natural beauty.
- At the Advance Base Camp, you'll spend the night in tents, immersing yourself in the tranquillity of the mountains.

Day 5: Trek to Bhrgu Lake - Back to Advance Base Camp - Night in Mori Dugh

- This is a highlight of your adventure as you trek to the stunning Bhrgu Lake, nestled amidst the Himalayan peaks.
- The day's trek will take you to this picturesque alpine lake, offering breathtaking views of lush meadows and snow-capped peaks.

614 Golden Triangle Complex, S P Stadium Road, Navrangpura Ahmedabad,
Contact – 8511516111, 8347716111, 8347416111, 7567358989.

www.gujaratadventureclub.com



GUJARAT ADVENTURE CLUB

- After exploring Bhriku Lake, you'll return to the Advance Base Camp at Mori Dugh for another night of camping.

Day 6: Trek back to Base Camp - Visit Vashisht Temple and Hot Water Spring - Return to Campsite

- You'll trek back to the Base Camp, retracing your steps through the Himalayan landscape.
- En route, you'll have the opportunity to visit the Vashisht Temple, a significant religious site, and experience the soothing Hot Water Spring for relaxation.
- In the evening, you'll return to the campsite, where you can unwind and enjoy the peaceful surroundings.

Day 7: Free Time for River Rafting & Paragliding - Visit Manali Market - Hadimba Temple - Evening Departure for Pathankot

- This day offers some free time for thrilling activities such as river rafting and paragliding, allowing you to experience the adrenaline rush of adventure sports.
- You'll also have the chance to explore Manali Market, where you can shop for souvenirs or indulge in local cuisine.
- Visiting the Hadimba Temple, a beautifully crafted temple dedicated to the goddess Hadimba, will provide insight into the local culture and spirituality.
- In the evening, you'll bid farewell to Manali and depart for Pathankot, where you'll spend your last night before heading back.

Day 8: Arrival at Pathankot - Departure for Ahmedabad (around 10:00 AM) - Overnight Train Journey

- After reaching Pathankot, you'll have a short break before starting your journey back to Ahmedabad.
- You'll depart for Ahmedabad via train, and the train is scheduled to leave around 10:00 AM.
- This will be another overnight train journey, providing you with time to reflect on your adventure and rest before reaching Ahmedabad.

Day 9: Arrival at Ahmedabad (around 1:45 PM) with Adventure Memories

- Your adventure concludes as you arrive at Ahmedabad in the afternoon, around 1:45 PM.
- You'll return home with wonderful memories of your 9-day expedition in Manali, filled with adventure, natural beauty, and cultural experiences.

614 Golden Triangle Complex, S P Stadium Road, Navrangpura Ahmedabad,
Contact – 8511516111, 8347716111, 8347416111, 7567358989.

www.gujaratadventureclub.com



GUJARAT ADVENTURE CLUB

Inclusion

Accommodation:

- Shared accommodation with separate arrangements for men and women.
- Two participants share one tent with additional charge of INR 2500 per participant for 2-sharing tent.

Transportation:

- Transport by train from Ahmedabad to Pathankot as per your booking confirmation.
- Transport by bus from Pathankot to Manali, with same mode of transport for return journey.

Cloak Room:

- Space is provided to store extra luggage, allowing you to travel light during the trek.

Food:

- Including breakfast, lunch, and dinner.
- Vegetarian/Jain food is provided throughout the trek ensuring nutritious and simple meals.

Camping Charges:

- All necessary trekking permits and forest camping charges are covered, ensuring legal access to trekking routes.

Tracking Tools:

- High quality tents and sleeping bags are provided at all campsites.
- A sleeping bag designed to withstand temperatures as low as -10 degrees Celsius, ensures comfort during chilly nights.

Safety Equipment and Emergency:

- A first aid kit is available with your guide/trek leader and at the campsite to deal with any emergency that may arise during the trek.

Expert Track Leaders:

- All trek leaders are qualified in basic and advanced mountaineering as well as first aid. This ensures your safety and guidance throughout the trek.

Expert Track Support Team:

- The trek's mountain staff includes certified guides, cooks, helpers and porters, ensuring you have a well-organized and supported trekking experience.

614 Golden Triangle Complex, S P Stadium Road, Navrangpura Ahmedabad,
Contact – 8511516111, 8347716111, 8347416111, 7567358989.

www.gujaratadventureclub.com



GUJARAT ADVENTURE CLUB

Exclusion

1. **Transportation Apart from the Program:** This refers to any transportation costs that are not covered by the program. For example, if you need to travel to the starting point of the program or return home after the program ends, these expenses would be your responsibility.
2. **Personal Expenses:** Personal expenses include any costs that are not part of the program's package. This can encompass shopping, entertainment, snacks, or any other discretionary spending during your trip.
3. **Tips to Guide or Any Other Staff Member:** Tipping is customary in the travel industry to show appreciation for the service provided by guides, porters, or other staff members. The amount of tips can vary but is usually based on your satisfaction with their service.
4. **Food during Train Traveling:** While meals may be included in the program during specific times, food expenses during train journeys that are not part of the program itinerary would be an additional cost. You would typically purchase your meals on the train.
5. **Any Extra Expenses Not Mentioned in Inclusion:** This includes any unforeseen or miscellaneous expenses that may arise during your trip but are not explicitly covered by the program's inclusions. Having some extra funds for unexpected costs is advisable.
6. **Medical Treatment Apart from First Aid:** The program may offer basic first aid, but any medical treatment beyond this, such as medications, medical consultations, or hospital visits, would be an extra expense. Having travel insurance that covers medical emergencies is important.
7. **Campfire Is Subject to Weather:** This note indicates that campfires may be subject to weather conditions. Depending on weather forecasts and safety concerns, campfires may or may not be possible on certain days. Safety is a top priority, and decisions regarding campfires are made with participants' well-being in mind.
8. **River Rafting and Other Adventure Activities:** While not explicitly mentioned, it's important to note that participating in river rafting and other adventure activities may incur additional charges. These activities often require specialized equipment, guides, and permits, and the cost for them may be separate from the overall program fee.

614 Golden Triangle Complex, S P Stadium Road, Navrangpura Ahmedabad,
Contact – 8511516111, 8347716111, 8347416111, 7567358989.

www.gujaratadventureclub.com



GUJARAT ADVENTURE CLUB

What to Carry

Clothing:

- Trekking shoes with good grip and ankle support for safe and comfortable hiking.
- Three layers of warm clothes, including two or three-layer jackets, fleece jackets, and a padded jacket to stay warm in the cold weather.
- Six trek pants and six collared or dry-fit T-shirts. Lightweight cotton trek pants are recommended, along with full-sleeved T-shirts to protect against sunburn on the neck and arms. Carry a couple of dry-fit T-shirts for added comfort.
- Thermal wear (top and bottom) to provide extra insulation in the cold.
- Sunglasses with proper UV protection to shield your eyes from the sun's glare.
- A woollen cap to keep your head warm in the chilly weather.
- Waterproof hand gloves to protect your hands from moisture. Woolen gloves are not recommended in wet conditions.
- Socks: Bring 7-8 pairs of regular sports socks and a pair of woollen socks for added warmth, especially during the night.

Essential Gear:

- Headlamp or LED torch with spare batteries for lighting during low-light conditions.
- Water bottle to stay hydrated during the trek.

Rain Gear and Accessories:

- Raincoat or poncho to keep you dry in case of rain or snowfall.
- Daypack with a capacity of 20-30 liters for carrying your essentials during the trek.

Mandatory Documents:

- Original and photocopy of a government-issued photo identity card, such as Aadhar card, for identification purposes.
- NOC (No Objection Certificate) form, completed by the trekker as required.

Gujarat Adventure Club

614 Golden Triangle Complex, S P Stadium Road, Navrangpura Ahmedabad,
Contact – 8511516111, 8347716111, 8347416111, 7567358989.

www.gujaratadventureclub.com