



# GUJARAT ADVENTURE CLUB

## MANALI TREKKING CAMP - 2025

### 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.

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## 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.



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Contact – 8511516111, 8347716111, 8347416111, 7567358989.

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## DETAIL SCHEDULE

### **Day 1: Ahmedabad to Delhi via Udaipur – Scenic Train Journey**

Begin your Himalayan trekking tour from Ahmedabad with a picturesque train journey to Delhi via Udaipur. Travel through the rich cultural landscapes of Gujarat and Rajasthan while prepping for the Bhriku Lake Trek from Manali.

### **Day 2: Delhi to Manali by Road – Himalayan Gateway**

Arrive in Delhi and start your Delhi to Manali road trip by AC bus or tempo traveller. Enjoy the drive through Punjab and Himachal Pradesh, with views of *river valleys, pine forests, and snow-capped peaks*.

### **Day 3: Explore Manali – Acclimatization & Local Sightseeing**

Spend the day acclimatizing in Manali, Himachal Pradesh. Explore *Old Manali, Mall Road, Hidimba Devi Temple*, and cozy cafes. This day is essential to adjust to the altitude for trekking in Himachal.

### **Day 4: Manali to Base Camp – Trek Begins (10,000 ft)**

Kickstart your Bhriku Lake Trek with a scenic hike through pine forests and alpine meadows. Reach your high-altitude trekking camp near Manali with breathtaking views of the Himalayan ranges.

### **Day 5: Trek to Bhriku Lake – Summit Day (14,100 ft)**

Trek to the spectacular Bhriku Lake, a glacial lake in Himachal Pradesh. Known for its mystical charm, this spot offers 360° views of Hanuman Tibba, Seven Sisters Peak, and Deo Tibba.

### **Day 6: Descend via Solang Valley – Adventure Time**

Descend through the famous Solang Valley, the hub for adventure sports. Try optional activities like paragliding in Manali, ATV biking, zorbing, and the Solang ropeway ride.

### **Day 7: Hot Springs & Waterfalls – Vashisht Temple & Jogini Trek**

Visit the historic Vashisht Temple known for its natural hot water springs, followed by a short trek to Jogini Waterfall, a peaceful forest trail perfect for nature lovers.

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## **Day 8: River Rafting in Kullu – End with a Splash**

Enjoy white water rafting on the Beas River in Kullu, a thrilling way to end your adventure. After lunch, board your overnight bus to Delhi.

## **Day 9: Delhi to Ahmedabad via Udaipur – Return Journey**

Relax and relive the memories as you board your Delhi to Ahmedabad train via Udaipur. An easy and scenic ride back home after your unforgettable trekking tour in the Himalayas.

## **Day 10: Arrive in Ahmedabad – A Journey to Remember**

Reach Ahmedabad with your heart full and camera roll loaded. You came for a trek but leave with stories, friendships, and a life-changing adventure.



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## 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.

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## EXCLUSION

- **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.
- **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.
- **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.
- **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.
- **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.
- **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.
- **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.
- **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.

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## 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.

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