



FRIENDSHIP PEAK

Self-Reliant Expedition

📅 June 10-17

☀️ 8 Days

🌙 7 Nights

👥 Group Size: 6

📍 Manali to Manali

total price per person

₹29,999/-

📄 folka.in

☎️ +91 62380 70397, +91 85902 62403

✉️ info@folka.in



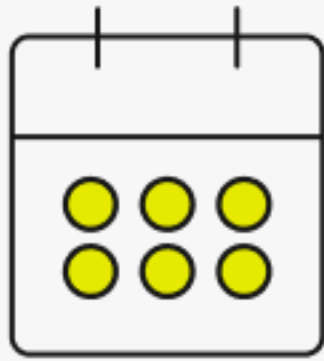
17,345ft
Peak height



24km
Trek distance



Manali
Base village



7 Days
Duration




15+ Years
Suitable for




Difficult
Difficult Level





1 *Folka Brings Out Self Reliant*
Characteristics Through This Expedition
That Is *Intense, Dynamic, And Engaging*



2 This Shared Adventure Will Rapidly
Enhance Trust, Accountability, And
Cooperation.



3 Learn To Be ***Self-Sufficient To Set Up A Running Camp***, So That You Will Get The Idea Of Damaging Less By Your Impacts.

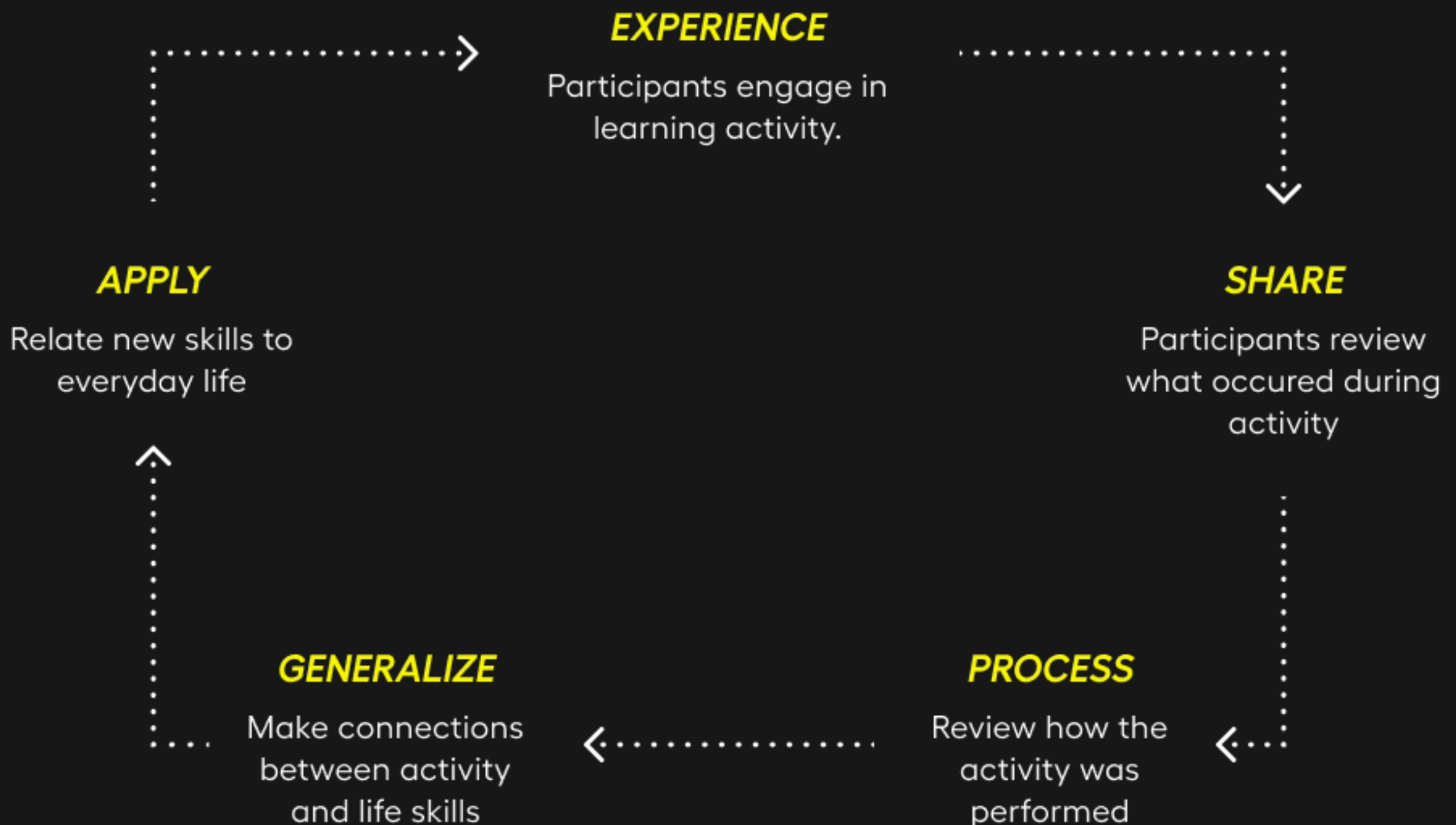


4 ***Learn*** More Orientation Skills For ***Mountaineering, Rock Climbing*** And Other Adventure Activities ***From Our SME***

Why Friendship Peak Beyond the trek?

Experiential learning with Folka

With us, Friendship Peak will never be just a trekking experience. We take great pride in ensuring that you take back not just great memories of a successful- life-altering experience, but also reflect on your moments on the trail to learn about yourself. We will help you take a moment to turn around and look at yourself in perspective and take home those learnings to apply to your daily lives.



Short Itinerary

Day 1

Arrive at Manali in the morning. Breakfast at the hotel followed by a short hike and introduction to the climbing workshop.

Day 2

1hr drive to Dhundi followed by Trek to BAKKARTHATCH 3km 3,300M.

Day 3

Bakkarthatch to Lady trek 4km (3,840 m) equipment class and distribution followed by gear fitting.

Day 4

Load ferry and acclimatisation walk to summit camp 2km.

Day 5

Rest day.

Day 6

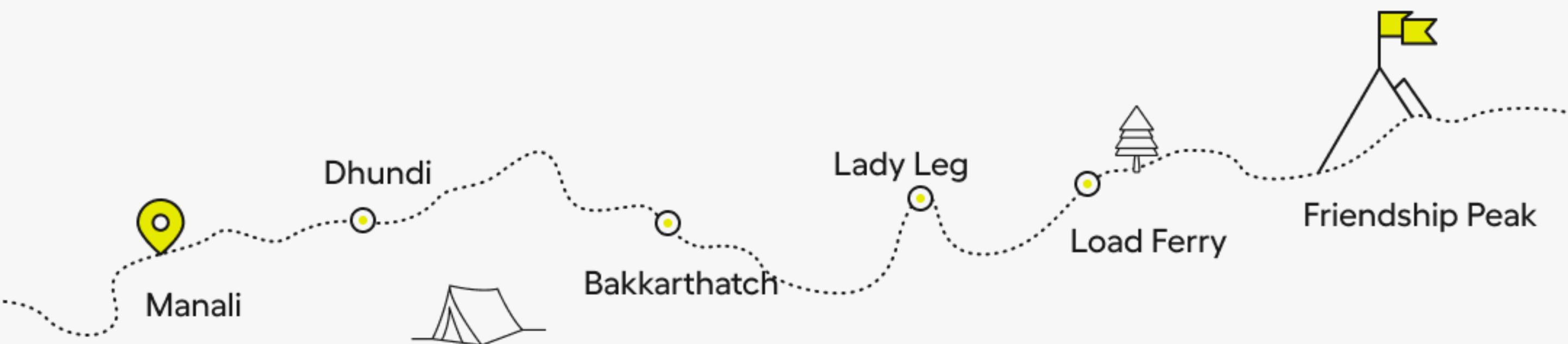
Trek to summit camp 1km and get some rest as it the D day summit push night.

Day 7

Duffer day.

Day 8

Trek to Dhundi 5km and Drive back to Manali.



Friendship Peak

Friendship peak is a mountain of **5,289** meters elevation situated in the Kullu district of Himachal Pradesh. Being one of the popular trekking peaks of the **Pir Panjal range**, the hike starts from Solang Valley near Manali. Friendship peak is considered from moderate to hard grade and is a good option for **experienced trekkers** wanting to **switch to mountaineering**.

The peak is surrounded by verdant meadows and dense forests with thick snow layers on the summit. The summit opens up stunning views of **Indrasen, Deo Tibba, Hanuman Tibba, Shitidhar and the distant Dhauladhar range**. You can consider this as a trekking + mountaineering expedition of 8 days.

Unlike any other high pass or lake treks, Friendship Peak reveals a peak climbing experience at just 5,000 meters. The climb is moderate at first and strenuous towards the summit. Therefore, if you are looking for something **challenging** than hikes but **within your reach**, Friendship Peak is a perfect choice. Along with the good training, the trek is a treat with mind blowing Himachal beauty.

The trek begins from Manali then a drive to Dhundi and the real hike commences here. From Day 4 itself, you will start load-ferry for Camp 1 at 4,800 meters elevation. If the weather is optimal on the 6th day you will stand on the head of the Friendship peak. Within a week you will achieve your dream and head towards home.



Selk Saipavan - The Expedition Leader

NOLS trained wilderness first responder who work as a outdoor facilitator and a full-time traveller with a degree in tourism and hospitality management. He has a strong outdoor adventure portfolio and trip log demonstrating his experience, risk management & training.



Package price Inclusions

1. Accommodation:

- Hotel on Day 1 (twin/triple sharing basis).
- Camping during the trek (Day2 to Day 6).

2. Meals (Veg + Egg):

- All meals while trekking
- Day 1 Lunch to Day 8 Lunch.

3. Trek equipments:

- Sleeping bag, Mattress, Utensils.
- Trekkers tent (twin sharing), Kitchen & Dinning tent, Toilet tent, Ropes, crampons, ice axe, harness, carabiners, slings, Ascender

4. First aid:

- Medical kits.
- Stretcher.
- Oxygen cylinder.

5. Support:

- 1 Mountaineering qualified & professional Expedition Leader.
- Guide (Number of guides depend on the group size).
- 1 High Altitude chef.
- Support staff.

6. Transportation:

- Manali to Dhundi (Day 2).
- Dhundi to Manali (Day 8).

7. All necessary permits and entry fees, Upto the amount charged for Indian nationals.

8. Mules to carry the central luggage.

Package price Exclusions

- Any kind of personal expenses.
- Food during the transit.
- Accommodation and meals in Manali on day 8
- Any kind of emergency evacuation charge, hospitalization fee or etc.
- Mule or porter to carry personal luggage.
- Anything not specifically mentioned under the head.

FAQ

- **when is the best time to go to for this expedition?**

friendship peak expedition is best attempted during the months of may, june, august, september, and october, as the harshness of winter is left behind, and trails clear up considerably. this expedition avoided in july due to the occurrence of landslides.

- **is it a beginner friendly trek? how difficult is this expedition?**

no. it is considered to be a difficult expedition with a difficulty level of 6/8. the level of this expedition is difficult, which demands physical fitness, stamina, and endurance. prior trekking experience of scaling a high mountain peak is required which means beginners are not welcomed. the duration of the expedition is 6 days and it is around 35 kilometres altogether. you would find some steep slopes or risky ridges. there are tricky glacier sections that need to be crossed in addition to steep climbs. irrespective of your prior experience, it is essential that you be very fit and well prepared for the expedition.

- **how much fitness is required for this expedition?**

good stamina is a must for this expedition. if you are a beginner, we would suggest increasing your stamina by walking at least 7 to 10 kilometers daily for 1 month prior to the start of the expedition.

- **what will the temperature like on this expedition?**

the temperature ranges from 10 to 15 degrees during the daytime and dips to about -6 to 4 during nights.



FAQ

- **what are the interesting places to visit if i have time before or after the expedition?**

prior to the expedition, you can spend a day acclimatizing in manali if you are somewhere from the plans. you can go for local sightseeing and enjoy himachal cuisine. if you want to go sightseeing in manali, you can gear up for it after the expedition. the interesting places in and around manali include hadimba temple, vashisht temple, mall road and many more. you can also enjoy rafting in kullu. all these places are amazing and if you have an extra day after the expedition, we suggest you go out and explore the beauty of kullu and manali. the scenic beauty and impeccable natural landscapes are something to look out for.

- **will we have bathing facilities on the trek?**

you will be able to take a bath during your base camp stay on day 1. while on the trek, campsites will not have a bathing facility.

- **who will be our emergency contact in case our families need to reach us?**

your families, in case of an emergency, will be able to reach our team at the base camp. the emergency contact number will be provided to you a week prior to your trek date.

- **what will the evacuation process be like, in case of an emergency?**

in case of any emergency, if the trekker is in a stable health condition to trek back to base camp, he will be accompanied by one of our team members back to the base camp. in case of a health issue preventing a trek back, an evacuation team will be able to get you back to the base camp. however, the evacuation expenses are not to be borne by folka adventures.

Environmental Policy

Protecting our mountains for today & tomorrow.

Elite Exped passionately believes the mountains are there for everyone to enjoy, but must always be respected and protected. On expedition, we are considerate and committed to preserving the natural wonder these majestic environments hold.

- We are all too aware of the destructive nature many commercial expeditions have had on the mountains and the knock-on effects to the communities within them. This is not our way, Elite Exped strongly believes and follows 'Clean as you go' and 'Leave no trace' policies and insists all its climbers and guides comply with the environmental rules, regulations and guidelines.
- All team members are well-trained and educated in the environmental issues regarding mountaineering and climbing, from the proper disposal of garbage to the recycling of oxygen cylinders, to name a few. In addition we actively operate with a Recycle, Re-use & Improvisation (RRI) approach to expedition equipment whenever appropriate.



Folka Holidays Booking Policy

- Your Hotel has laid down some rules, and it's our job to let you know what they are.
- The primary guest must be at least 18 years old to be able to check into this Hotel.
- Check-in time is 12 Noon and check-out time is 12 Noon. Early check-in or late check-out is subject to availability and the hotel might charge you extra for it.
- Your stay does not include additional personal expenses like telephone charges, meals that aren't part of your meal plan, any hotel services you use (like laundry and room service, Heater/Blower) or tips. The hotel will charge you directly for these when you're checking out.
- ID-It is mandatory for guests to present valid photo identification at the time of check-in. According to government regulations, a valid Photo ID has to be carried by every person above the age of 18 staying at the hotel. The identification proofs accepted are Driver's License, Voters Card, Passport. Without valid ID the guest will not be allowed to check in. Note- PAN Cards will not be accepted as a valid ID card.
- The Hotel reserves the rights of admission. Accommodation can be denied to guests posing as a 'couple' if suitable proof of identification is not presented at check-in. Folka Holidays Pvt Ltd will not be responsible for any check-in denied by the Hotel due to the aforesaid reason.
- Hotels may charge a mandatory meal surcharge on festive periods e.g. Christmas, New Year's Eve etc... All additional charges (including mandatory meal surcharges) need to be cleared directly at the hotel. Taxes are paid by Folka Holidays Pvt Ltd to its vendors. Service fees are retained by Folka Holidays Pvt Ltd for servicing the travel reservation.
- If you don't show up at the Hotel, the entire booking amount will be charged as no-show charges.

team

FOLKA ADVENTURE

 +91 85902 62403 /  info@folkaholidays.com / folka.in 