



# HIMALAYAN FRONTIERS

CULTURE & ADVENTURE TOURS PVT. LTD.

Tel: +91 1902 250384

Email: [info@himalayanfrontiers.com](mailto:info@himalayanfrontiers.com)

WEB: [www.himalayanfrontiers.com](http://www.himalayanfrontiers.com)

## SHITIDHAR TREK- 6 Days

Rs. 12000/- Onwards

At 5250 meters plus, Shitidhar peak is the perfect introductory peak for mountaineering. It is ideal for the trekkers without climbing experience and wanting to summit a Himalayan peak. Its south face offers a straightforward but challenging route to the summit. Shitidhar accessibility makes it doubly attractive. The base camp, by the emerald Beas Kund, the source of the Beas, is just a day's trek away from Manali. The climb offers spectacular close-up views of Hanuman Tibba on the west, and to the east, of Indraasan, Deo Tibba and the lesser mountains of the Pir-Panjal.

<b>Region</b>	Himachal
<b>Season</b>	May to October
<b>Activity &amp; Grade</b>	Mountain Expedition & Moderate Grade

### Highlights

**Manali:** Hadimba temple, Vashisht hot water spring

**Solang:** A beautiful valley offering view of glaciers & snow-capped mountains

**Dhundhi:** Lush green meadows, Snow clad peaks

### Skeleton Itinerary

Day 1: Arrive Manali (2050m)

Day 2: Manali - Solang Nalla - Dhundhi (2850m) trek 1

Day 3: Dhundhi – Lady Leg (3900m) 5.30 hrs. trek 2

Day 4: Lady Leg acclimatization day

Day 5: Lady Leg (4000 m) - Summit (5394m) - Lady Leg

Day 6: Lady Leg - Dhundhi - Manali 5 hrs. trek and 1 hr. drive

### Itinerary

#### Day 1: Arrive Manali (2050m)

Arrival in Manali and transfer to hotel. After breakfast, get the equipment for the climb sorted. Fit yourself in your climbing gear (climbing boots, crampons and your harness). After lunch exploring the town and Hadimba temple, Vashisht hot water springs. Overnight in hotel.

#### Day 2: Manali - Solang Nalla - Dhundhi (2850m) trek 1

Drive to Solang and Easy walk through the forest of Pine, Maple, Walnut, Silver fir and Oak. West of Dhundhi the highest mountain of the Dhauladhar (Hanuman Tibba 5950 m.) is erected, on the east (Deo Tibba 6001m, and Indraasan 6100 m.) can be seen if the weather is in your favor.

#### Day 3: Dhundhi – Lady Leg (3900m) 5.30 hrs. trek 2

Gradual climb from the camp site. A walk on left side of the Beas river over the moraine and later continue zig-zag walk till camp site.

#### Day 4: Lady Leg acclimatization day





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Spend the day around the camp practicing movement on snow / ice. Get familiar with the use of your equipment. Learn about the ropes and how to arrest a fall on the slope.

## Day 5: Lady Leg (4000 m) - Summit (5394m) - Lady Leg

Wake up early in the morning and after a quick bite, get ready for the climb up to the summit. It's best to be up at the summit early in the morning to make the best of the weather and get good view. Descend down to the base camp.

## Day 6: Lady Leg - Dhundhi - Manali 5 hrs. trek and 1 hr. drive

Trek from Lady leg to Dhundhi, to the roadhead and drive back to Manali. Overnight hotel in Manali.

Inclusion	Exclusion
<ul style="list-style-type: none"> <li>• Ground transport as per itinerary</li> <li>• Hotels in Manali on full board.</li> <li>• While trekking/climbing, there will be packed lunch</li> <li>• Mountain guide</li> <li>• During the trek transport by pony or porters.</li> <li>• Twin/Triple sharing spacious tent, foam mattress</li> <li>• Kitchen team and dining tent, with all necessary items</li> <li>• Common medical box with oxygen cylinder</li> <li>• Sleeping bag</li> <li>• Climbing equipment /crampon / ice axe /climbing rope/fix rope /sheet harness /carabineer/ ice piton /helmet/ hemmer, climbing shoes.</li> </ul>	<ul style="list-style-type: none"> <li>• Extra beverages</li> <li>• Medical evacuation</li> <li>• Personal expenses</li> <li>• Tip</li> <li>• Travel insurance</li> <li>• GST 5%</li> <li>• Any item not included in the Inclusion section</li> </ul>

## Things to be carried

- Photo ID proof
- Four pair of warm and dry clothes.
- Good quality hiking shoes
- Waterproof rucksack
- Three sets of dry clothes
- One pair of warm clothes.
- Woollen clothing: Jacket (at least 2 pair), Gloves, Raincoat, Thermals
- 2 waterproof tracksuit/Trousers
- Bath towel and napkin
- 3-4 Pair of Cotton socks
- Slippers/floater.
- Water bag/Water bottle (not plastic bottle)
- Torch (with extra batteries)





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- Cap and Sunglasses
- Day pack
- Sanitary requisites: Bath soap, toothpaste, toothbrush, shampoo etc.
- Binoculars and camera are optional (with charger).

Above mentioned items should preferably be packed in a rucksack that is easier to carry.

## Terms & Conditions

**1. Booking:** All booking for the tours /treks are made with Himalayan Frontiers, herein after referred to as 'the company' and are subject to the conditions: the person signing the booking form accepts the conditions and is hereafter referred to as the client.

**2. Liability:** The Company cannot be made liable for the consequences of weather condition, flight cancellations, war or threat of civil war, strikes, industrial action, political unrest or any other force majeure, unusual or unforeseen circumstance. The company reserves the right to use alternate transport, or vary the itinerary if breakdown, sickness or any other force major. Any additional that result, such as extra hotel accommodation, flight or road transport will be on your charge and must be paid directly at the spot.

Please understand, there are certain hazards involved in your adventurous and culture holidays which you must accept at your own risk. The company will not be liable for any illness major or minor injury, death sustained during neither the trip, nor it will be liable for any uninsured losses of your property and other losses during the trip.

**3. Travel insurance:** This is mandatory for all clients travelling on any tour/ trek or independent itinerary arranged by us. You are responsible for obtaining adequate insurance covering expenses of unexpected as mentioned in **liability paragraph**. the loss of baggage, medical expenses, helicopter (air or ground) rescue, injury, death, repatriation, cancellation and curtailment of the itinerary.

**\*It is strongly advised that clients take out insurance to cover the unexpected and cancellation charges.**

**4. Refund:** No refund will be made for any unused services included in the tour / trek cost. No refund will be payable to any client who voluntarily or obliged to leaves a trip enroute, clients are responsible to bare their own expenses, expenses of such as escort, transport, hotels and other related services occurred due to such circumstances.

**5. Decision of Tour / trek leader or Guide:** Client agree to accept the authority and the decision of the tour/ trek leader or escort appointed by the company whilst on tour with the company. If in the opinion of the tour/ trek leader, any client's behavior is detrimental to the safety, welfare or harmonious state of the group as a whole, the client may be asked to leave the tour / trek without any right of refund and all extra expenses caused will be on his/her charge.

6. The organisers or any individual connected with the camp shall not be held responsible of any accident or any unforeseen natural calamity
7. Last moment changes on programme will not be acceptable. Final decision on any dispute will be taken by HIMALAYAN FRONTIERS Pvt. Ltd. only.
8. Participants are not allowed to go out of campsite without permission of Himalayan Frontier authorities





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9. Participants are expected to be in discipline. One can be dismissed from the programme/camp who found to be misbehaving with any individual or staff members, without prior notice.
10. 1 teacher/supervisor will be complimentary only at strength of minimum 10 students. Teachers/supervisors are complimentary as a single person only.
11. All sightseeing and treks are by walk.

## **Booking & Cancellation**

- 40% of total programme cost should be deposited in advance for booking.
- Balance payment should be made at least 7 days before the tour begins.
- The amount paid once is not transferable to any other programme /tour or to any other individual(s)/group or for any other service.
- No refund shall be made if participant(s) drop/terminate from program at any point due to any reason.
- One has to take care of his/her individual luggage. In case of loss or damage customer himself will be responsible for the same.
- The organizers or any individual connected with the tour shall not be held responsible of any accident or any unforeseen natural calamity.
- Bank charges has to be paid by the Client.

## **Refund Policy**

Sr. No.	Cancellation Period (Before the Tour Begins)	Refund%
1	30 days	100%
2	15 days	50%
3	7 days	15%
4	Less than 7 days	Nil

*\*T&C Apply*

