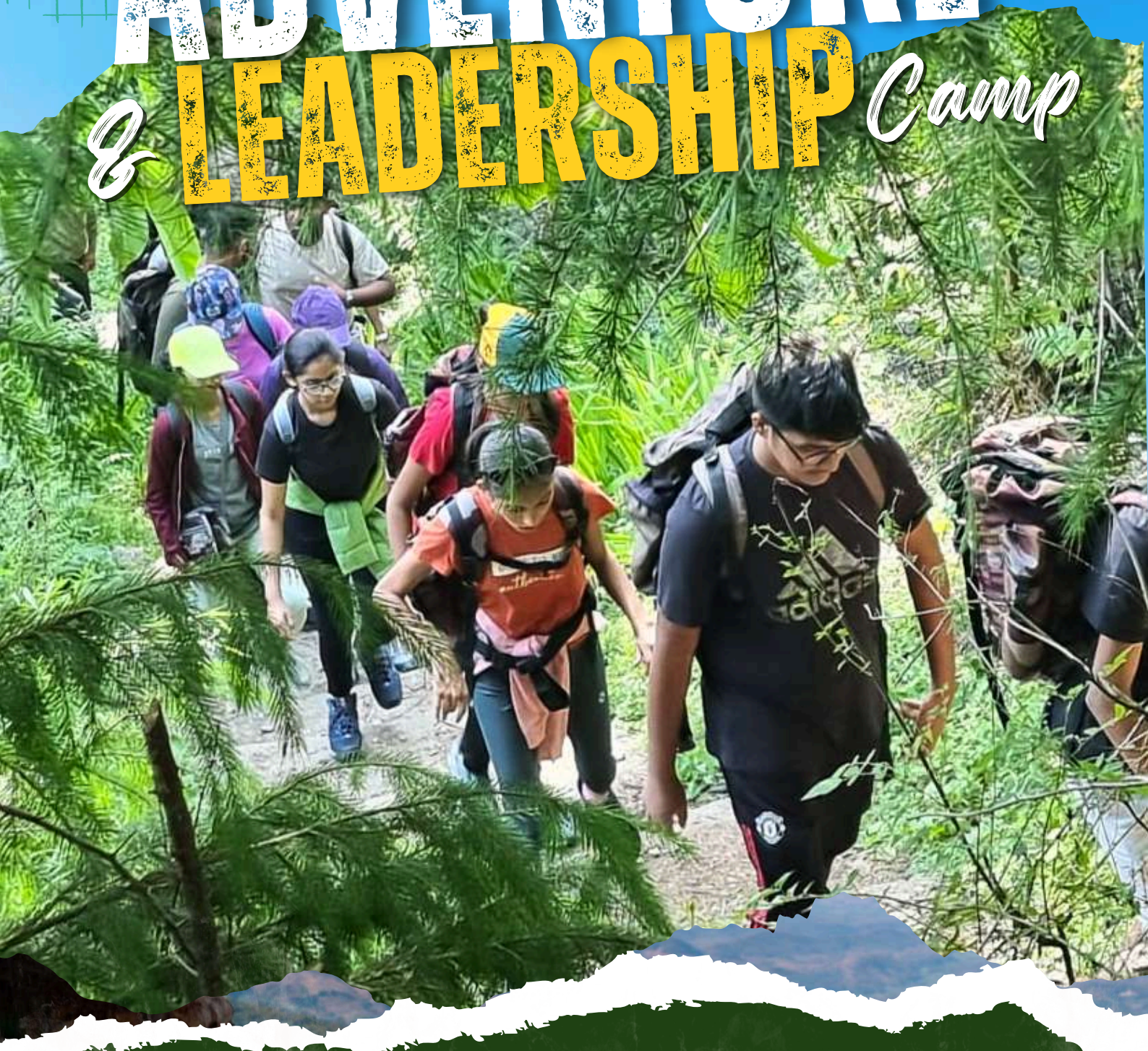



HIMALAYAN PATHS

# *Manali* **ADVENTURE** & **LEADERSHIP** *Camp*



Fostering Leadership Excellence:  
Cultivating Adventure Skills in Nature's Classroom  
with "Padmashree" Premlata Agrawal



# UNLEASH YOUR POTENTIAL

Empowering Leadership through Customized Programs,  
Environmental Awareness, and Thrilling Adventures for Students,  
Youths, Women, and Corporates

Embark on an enriching journey at our Adventure & Leadership Development Camp, meticulously crafted for students and beginners by “Padmashree” Premlata Agrawal, a distinguished mountaineer and adventure enthusiast.. This immersive experience offers participants a gateway to nature exploration while fostering crucial survival and leadership skills.

Throughout the program, participants delve into hands-on learning sessions that cultivate resilience, adaptability, and problem-solving abilities in challenging environments. Learning essential skills not only bolsters confidence in navigating the wilderness but also instills a sense of self-reliance and resourcefulness. Under the mentorship of Padmashree Premlata Agrawal, participants are guided through diverse terrains and situations, fostering teamwork, effective communication, and decision-making. These experiences serve as a catalyst for developing leadership qualities, encouraging individuals to embrace responsibility, inspire others, and lead by example.



AFFILIATED WITH

**National Adventure Foundation**

"ALL INDIA ORGANISATION FOR NATIONAL PROGRAMME FOR YOUTH AND ADOLESCENT DEVELOPMENT (NPYAD)" UNDER MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVT OF INDIA.



+91 9031110011

info@himalayanpaths.com

www.himalayanpaths.com



The unrivalled beauty of Manali / Prini & Hamta region, which is one of the most prominent outdoors get-a-way locations, has all the ingredients that could give you the experience of a lifetime.

The challenge of the daunting mountains may unnerve you, but remember you'll come out with an experience of a lifetime. Experiences that will enchant you, enthrall you, and captivate you forever!

HIMALAYAN PATHS will organize 06 days Trek / Adventure program in Manali. The program consists of:

- Camping
- Trekking
- Basic rock climbing
- Rope skills Abseiling
- Traversing
- River Crossing
- Backpacking
- Group Tasks Field Skills
- Survival
- Cooking in the outdoors Group Discussions.

### Trek / Course Objectives – Adventure Course

Each course is unique due to variables such as route, group dynamics, fitness levels, logistics and environmental conditions. Working within this context, we intend to accomplish the following objectives in four basic areas.

SAFETY AND JUDGEMENT  
LEADERSHIP AND TEAMWORK  
OUTDOORS SKILLS  
ENVIRONMENTAL AWARENESS





## COURSE/ TRIP DETAILS:

**THE LOCATION:** Manali Hamta Region.

**MAXIMUM ALTITUDE:** By height gaining (2470m.) and either Shivling point- Solang Nullah (2700M) Hamta/ Gulaba or Alternate Snow point Dundhi (2900M) Koksar via Atal Tunnel (3150M).

**TRIP LENGTH:** 5 Nights/ 6 Days. MANALI TO MANALI

**TRIP TYPE:** Adventure trek / course.

**BATCH SIZE:** 38 participants per batch. 2 batches on one date

**ON FIRST COME FIRST JOIN**

**DISTANCE:** 593 Kms. from Delhi (one way).

**TRIP LEVEL:** Moderately easy.

**REPORTING PLACE:** At New Delhi airport/ Manali Bus Stand, Exact details will be provided 7 days before the trip date.

**TRIP FEE EXCLUDES:** Transport to & fro the campsite.

**COURSE DESCRIPTION:** Trek / Adventure Course.

**RAFTING POINT:** Either at Kullu/ Pirdi or Babeli.

**MINIMUM AGE:** 12 years and above.

**COURSE AREA:** Mountain Base Camp at Thorku Dugh (2230m.) in Fha-Konda Area.





## ITINERARY/ PROGRAM:

### Day wise Program

**Day 01:** At New Delhi airport/ Manali Bus Stand, Exact details will be provided 7 days before the trip date.

**Day 02:** The participants arrive at base camp at Prini and the tents will be allotted. In the evening the participants have to issue equipment and will go through a discussion on LNT practices followed by a group discussion on the same. The participants will move to an acclimatization trek via Sharvani Devi Temple to Arjun Gufa. Today's trek is basically considering a lean & leisure walk to put participants deep into an acclimatization process and make them fit enough to higher camps.

**Day 03:** The day begins at 6:00 the students will go through a warm up session and move to Mountain Base Camp Thorku Dugh (2230m.) a meadow amidst of the silver fir forest. Trail ascends through forest of blue pine, Cedar, oak, fir till Mountain Base camp, which is one and half hours trek. The tents will be allotted to the participants and late breakfast at Mountain Base camp at Thorku Dugh. As the day progresses the participants will go through an introduction of various rock climbing gear & equipment followed by a practical session on the rocks. They learn various kinds of knots and various climbing techniques.

**Day 04:** The day begins at 6:00 the students will go through a warm up session. After having breakfast the participants will move to the rock area for the rappelling practices on steep rock face (during the rappel session our facilitator will focus on Fear and Risk Management issues followed by a group discussion on the same). During the second half of the day the participants will undergo river/valley crossing session till evening.

**Day 05:** The next day the group goes on a high altitude trek to Tilgan (2470M) for agrotourism and learns about mountain kind of Gujjars (Buffalos care taker) life and livelihood. The group will be introduced to the agriculture tourism & mountaineering skills and back to campsite. The group in the evening along with their instructors will learn survival skills during a benightment. They will also do field cooking as tent groups under the guidance of their instructors.

**Day 06:** The next day in the morning return trek back to the road head Base camp Prini and settle into their tents. The participants immediately will be driven by Sumo down to Rafting point at Babeli for more than a half stretch of Rafting and back to late lunch at base camp. The second half of the day will be spent in evaluations and returns back issued equipment and in the evening roam around the market.



Day 07: A complete group will be driven by local bus/Sumo very an early in the morning to the either Shivling point -Solang Nullah or nearby point Hamta/ Gulaba or Alternate Snow point Dundhi (2900M) Koksar via Atal Tunnel (3150M).

The participants have to trek almost one and half hour to Hamta Snow point/ Solang glacier to touch chunk of snow. While descending down to Solang visit enrooted to Shivling point to splash his airy water and have drunk his holy water. In case of NGT (National Green Tribunal) gives relaxation in banned activities and hence we would be able to provide better options of Snow points. Drive back to base camp along with their instructors and lunch at Base camp. Afternoon followed by a farewell ceremony and roam around in the market. The group departs in the evening to Delhi.

Day 08: Reach Delhi by 7:00 AM subject to road conditions or any unavoidable situation

NOTE: - DAY 07:

As we all are aware of National Green Tribunal (NGT) has restricted vehicles entry beyond Gulaba to Rohtang pass is only 750 taxis will be allowed. These taxis are not enough to carry all tourists to Rohtang pass and it is now a big headache and above that all snow & adventure activities had also been banned to keep this area green and pollution free.

All campers wanted to go to snow point to have a feel of snow due to above restrictions we would not be able to take participants to snow point and Rohtang Pass.

We have decided to take participants either to the ahead of Solang glacier or Hamta Valley to touch snow and enrooted Shivling Point Solang Nullah and all is depending upon his almighty Lord Shiva to permit to have enough snow chunks at snout point Solang Glacier and in Hamta Valley.





### **Alternative Destinations:**

As this year we too have taken participants to Hamta Region to have feel and touch and glissade on snow. If administration allows and permits to enter in alternative places and we definitely would drive our esteemed participants at our utmost an endeavor of one's complacency in regards to endless choice of snow. All alternative routes are concerned to private hydro project companies to alternates snow line. It all depends upon Government initiatives to approach and permit to all private routes to tourists.

### **NOTE: SNOW CONTITIONS IN THE MONTH OF MAY;-**

As this year, we have observed that during the winter season in surrounding Manali and above tree line has not had enough snow fall. It was almost dry everywhere above tree line and surroundings mountain hills. If it does so and during the month of May, we would not be able to take any participants to snow point and one has to abandon a chance to touch snow. In this condition participant/ group has to be given an opportunity to leave base camp after breakfast to do shopping and roam around the market and have lunch from their own pocket and in the evening catch a bus to Delhi.

### **NOTE:**

- Itinerary is subject to change due to enough accumulation/ volume of snow on the trek at higher camps and other natural calamities & circumstances. In this condition optional routes itinerary will be given/ followed at the happening point.
- In case of changes in routes and properties, HIMALAYAN PATHS will accept no liability but make arrangements for substitution of equal measure.
- In case of accident, illness, injury or mishappening, HIMALAYAN PATHS will accept no liability or its staff wholly or partially, responsible for the same.
- Your travel tickets for train, flights made for arrival and departures at Delhi should be made in accordance with the itinerary while keeping a time margin for 4-5 hours.

## MANALI ADVENTURE CAMP

1st Batch 18th MAY TO 25th MAY 2026

2nd Batch 2nd JUNE TO 9th JUNE 2026

THE DATES ARE FROM DELHI TO DELHI

### **Package Cost:**

Cost – Rs. 22900 + 5% GST.

TOTAL COST Rs. 22,900+ Rs. 1145(GST) = Rs. 24045/-

Registration Amount – INR 6,300/-\*

(\*Non-refundable under any circumstances or any situation)

Balance Amount – To be paid 45 days before the trip date

### **Cancellation Policy:**

- Registration amount not refundable in any circumstances other than if the trip is cancelled by the organizer.
- An amount of Rs 6000/- plus GST on the total trip amount will be further deducted if the participant cancels the trip 31 days prior to the trip date. Balance will be refunded back.
- No refund will be made if the participant cancels the trip 30 days prior to the trip date.
- Any unforeseen event / strike or natural calamity will not be considered as a cause of cancellation.

However, the participant can replace his/her seat with any other candidate at least 15 days prior to the trip date and adjust the paid amount.

### **TREKKING COSTS INCLUDE:**

- Bus From Delhi to Manali and Back
- Camps accommodation as per itinerary.
- All meals in Manali in camping period.
- Guides
- All Base Camp food, fuel accommodation for members and staff.

### **TREKKING COSTS DO NOT INCLUDE:**

- Food in Delhi while travelling to Manali and return
- Beverages, laundry, telephone and items of a purely personal nature,
- Force majeure.
- Travel to and from reporting and conclusion of trip at New Delhi
- Medical & Personal Insurance.
- Early departure from the expedition due to sickness or other problems
- Tips for Guide, Cooks & Staff at the end of expedition.
- Charges Incurred as a result of delays beyond the control of the organiser
- Any thing not mentioned in included list

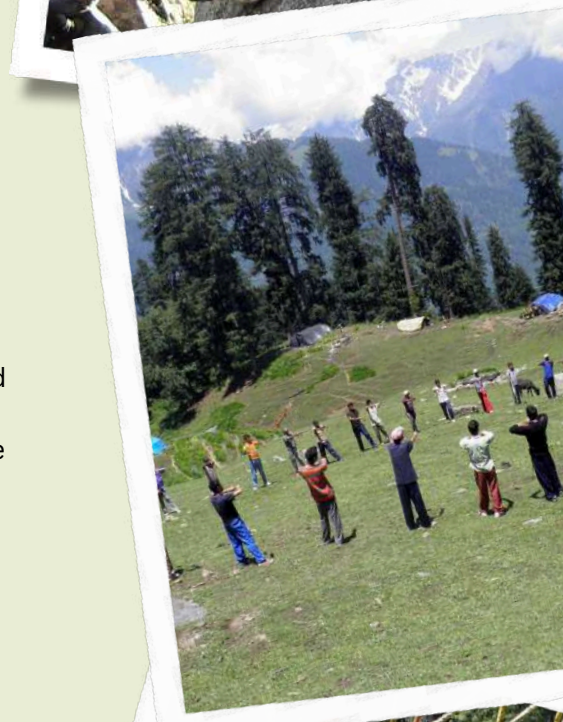
### **SAFETY & SECURITY**

Extensive and painstaking preparations have gone into the planning of the program. Our field staff and experienced camp leaders have been visiting the area to check all details. While every care has been taken to ensure safety, the participant should abide by the instructions of the trainer/Guide.

#### **NOTE:**

Participants should be in good physical fitness. No prior experience is necessary.

Smoking, use of alcohol and narcotics of any description is strictly prohibited. Deviation from the set route of the program is not permitted.





## WHAT TO BRING FOR THE BACKPACKING

- One Valid Photo Identity Card.
- One copy Photograph
- Personal Medicines. Band-aid • Proper Shoes for Hill trekking.
- Proper clothing to withstand cold
- Warm Pullover/ Sweater/Fleece
- Jacket -1 • Trek pants (3 Pair),
- Shorts 1(Hotpants are not allowed)
- T- Shirts Full Sleeves-2 Half sleeve 2 ,
- Woollen gloves,
- Warm cap,
- Sun cap,
- Sunglasses,
- Sun screen cream
- Vaseline, or Lip Balm
- Socks (at least 3 pairs),
- Towel Light weight
- Undergarments, • Slippers Floaters,
- Torch with Spares Cell,
- Regular clothes for travelling
- Camera (optional) at own risk
- 1 Liter water Bottle,
- Toilet Kit,
- Writing Material (Pocket Diary)
- Party wear for farewell ceremony
- Chocolates, dry fruit, salty munchies (Optional)

## We will provide the following items to the participants.

- Rucksack,
- Sleeping Bag,
- Carry Mat,
- Wind Proof Jacket,
- Poncho (Rain Coat),
- Technical Equipment will be provided by us at the camp Registration





## PREMLATA AGRAWAL

### Founder of Himalayan Paths

An intrepid adventurer who began mountaineering in her late 30s, Premlata Agrawal is the first Indian woman to scale the Seven Summits, the seven highest continental peaks of the world. She was awarded the Padma Shri by the Government of India in 2013 and the Tenzing Norgay National Adventure Award, the highest award in the field of adventure sports, in 2017 for her achievements in the field of Mountaineering. On May 20, 2011, she became the oldest Indian woman to have scaled the world's tallest peak, Mount Everest at the age of 48 years.

Being a true icon in the mountaineering community, Tata Steel retained her in the adventure sports department to further motivate future adventurers. With her unwavering commitment to the sport and unflinching courage, she infused her passion, grit, and determination of being an adventurer and a mountaineer to students, women, and the youth of the country by taking them on multiple treks and expeditions.

Her 20 years of dedication to mountaineering is a testament to the human spirit's boundless potential for greatness, as she has shown time and again that with grit, determination, and a fierce will to succeed, anything is impossible. This has also won her multiple accolades over the years-

Today, after moving on from Tata Steel and with a heart full of passion and a soul that craves adventure, Padmashree Premlata Agrawal has devoted her life to the pursuit of mountaineering excellence. She has started her institution called "Himalayan Paths" with the vision of unleashing the untouched potential within the students, youth and women of our country.

- FIRST INDIAN WOMEN TO CLIMB THE SEVEN SUMMITS
- FIRST INDIAN WOMEN TO CLIMB MOUNT DENALI THE HIGHEST PEAK OF NORTH AMERICA
- FIRST INDIAN WOMEN TO CLIMB MOUNT CARSTENST PYRAMID THE HIGHEST PEAK IN AUSTRALASIA
- OLDEST INDIAN WOMAN MOUNTAINEER TO CLIMB EVEREST (2011)
- FIRST FROM JHARKHAND TO CLIMB MOUNT EVEREST
- AWARDED PADMA SRI IN 2013
- AWARDED TENZING NATIONAL ADVENTURE AWARD 2017

There's no substitute for taking action  
I never dreamed about success,  
I worked for it.

*Premlata*