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Experience the dramatic landscapes of Himachal on the Hampta Pass Trek, crossing lush green valleys, high-altitude trails, and the stunning barren landscapes of Lahaul.

HAMPTA PASS TREK – 5 DAYS / 4 NIGHTS MANALI ADVENTURE

4N/5D

Starting from · per person

INR 6,999

+91 95570 05400

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Hampta Pass Trek – 5 Days / 4 Nights Manali Adventure

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STARTING FROM **INR 6,999** per person ~~INR 10,999~~

Per person. The final price depends on your dates and group size — your trip captain confirms it in writing before you pay anything.

DESTINATION **Hampta Pass Trek**	DURATION **5 days / 4 nights**
DIFFICULTY **Easy**	GROUP SIZE **10–16**
BEST SEASON **June – September**	STARTS AT **Manali**
ENDS AT **Manali**	RATING **4.9 / 5 (65 reviews)**

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OVERVIEW

The Hampta Pass Trek is one of Himachal Pradesh's most spectacular Himalayan adventures, taking you from the lush green valleys of Manali to the dramatic landscapes of Lahaul. With scenic trails, river crossings, high-altitude camps and breathtaking mountain views, it is an ideal choice for adventure lovers and first-time high-altitude trekkers.

HIGHLIGHTS

- Cross the iconic Hampta Pass
- Scenic Manali Himalayan landscapes
- Trek through lush green valleys and alpine meadows
- Experience the dramatic transition from Manali to Lahaul
- Camping under the Himalayan night sky
- River and stream crossings
- Explore the spectacular Chandratal region
- Experienced trek leader
- Complete guided trekking experience
- Ideal short-duration Himalayan adventure

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DAY-WISE ITINERARY

DAY 01 Manali to Jobra | Trek to Chika

- Arrive in Manali and meet the trek team.
- Drive from Manali to Jobra, the starting point of the trek.
- Begin the trek towards Chika.
- Walk through beautiful pine forests and green meadows.
- Enjoy spectacular views of the surrounding Himalayan peaks.
- Reach the campsite and settle in.
- Evening briefing and campsite experience.
- Dinner and overnight stay at Chika.

Trek: Jobra to Chika
Stay: Chika Camp
Meals: Breakfast + Lunch + Dinner

DAY 02 Chika to Balu Ka Ghera

- Wake up to the beautiful Himalayan surroundings.
- Breakfast at the campsite.
- Start trekking towards Balu Ka Ghera.
- Follow the Hampta River through scenic valleys and rocky terrain.
- Cross small streams depending on trail conditions.
- Enjoy views of waterfalls, mountains and alpine landscapes.
- Reach Balu Ka Ghera campsite.
- Evening at leisure and trek briefing for the next day's pass crossing.
- Dinner and overnight stay.

Stay: Balu Ka Ghera Camp
Meals: Breakfast + Lunch + Dinner

DAY 03 Balu Ka Ghera to Hampta Pass | Shea Goru

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DAY-WISE ITINERARY

- Early morning breakfast.
- Begin the most challenging and exciting section of the trek.
- Trek towards Hampta Pass through high-altitude terrain.
- Cross the Hampta Pass at approximately 4,270 metres.
- Enjoy panoramic views of the surrounding mountains.
- Descend towards the stark and beautiful Lahaul Valley.
- Continue towards Shea Goru campsite.
- Dinner and overnight stay at Shea Goru.

Stay: Shea Goru Camp
Meals: Breakfast + Lunch + Dinner

DAY 04 Shea Goru to Chatru | Chandratal Excursion

- Breakfast at the campsite.
- Trek down towards Chatru.
- Meet the vehicle at Chatru.
- Depending on weather, road and local conditions, proceed towards Chandratal Lake.
- Enjoy the breathtaking high-altitude landscape of the Lahaul-Spiti region.
- Spend time around the lake and capture memorable photographs.
- Return to Chatru.
- Dinner and overnight stay at the campsite.

Stay: Chatru Camp
Meals: Breakfast + Lunch + Dinner

DAY 05 Chatru to Manali | Departure

- Wake up early and have breakfast.

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DAY-WISE ITINERARY

- Begin the scenic drive from Chatru towards Manali.
- Travel through the dramatic landscapes of Lahaul.
- Reach Manali by afternoon/evening, subject to road and weather conditions.
- Trip ends with unforgettable memories of the Hampta Pass adventure.

Meals: Breakfast
Stay: None

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INCLUSIONS ✓

- Manali to Jobra transfer
- Chatru to Manali transportation
- Local transportation for Chandratal excursion, subject to road/weather conditions
- Trek permits and applicable forest charges
- Experienced trek leader/guide
- Camping accommodation throughout the trek
- Sleeping bags and mattresses
- All vegetarian meals during the trek
- Breakfast, lunch and dinner as per itinerary
- Trek equipment as provided by the operator
- Basic first-aid kit
- Common camping equipment
- Cook and support staff
- All applicable operational charges mentioned in the itinerary

EXCLUSIONS ✗

- 5% Gst
- Anything not specifically mentioned under inclusions

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QUESTIONS, ANSWERED

Is Hampta Pass Trek suitable for beginners?

Hampta Pass is generally considered a moderate-level trek. Beginners with reasonable fitness and proper preparation can undertake it with an experienced trek team.

What is the highest point of Hampta Pass?

Hampta Pass reaches approximately 4,270 metres (14,000 ft) above sea level.

How many days is the Hampta Pass Trek?

The standard trekking itinerary is generally 5 days / 4 nights, including the Manali-to-Manali journey.

Is Chandratal included in the Hampta Pass Trek?

Yes, this package includes a Chandratal excursion on Day 4, subject to road, weather and local conditions.

What kind of accommodation is provided?

Accommodation during the trek is provided in designated campsites on a sharing basis.

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WHAT TRAVELLERS SAY

★ 4.8 average across all trips

★★★★★ **5.0 / 5**

"Kedarnath with zero chaos. Ponies, VIP darshan slot, hot food at the top — our captain had thought of everything before we asked."

Rachit & family · Kedarnath & Badrinath · May batch

★★★★★ **4.9 / 5**

"The 16 km trek felt doable because the pacing was human. Aarti at the temple with the peaks going pink — I still get goosebumps."

Shreya · Kedarnath Yatra · solo traveller

★★★★★ **4.8 / 5**

"Parents aged 61 and 58, both reached Kedarnath comfortably. Helicopter option arranged in a day when the weather turned. Faultless."

Anurag · Char Dham · family of four

LIKE WHAT YOU SEE?

Message us on WhatsApp — a trip captain will answer every question and hold your dates. No advance is needed to enquire.

WHATSAPP US

Or see this trip online:
https://www.thrillhikers.com/tours/hampta-pass-trek/hampta-pass-trek-5-days-4-nights-manali-adventure

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TERMS AND CONDITION

Booking Confirmation

To secure your booking, a specified deposit must be paid at the time of booking. All quotes are tentative and subject to change based on availability and pricing at the time of the final payment. Full payment of the trip cost must be completed 7 Days before the trip begins. Pending payments may lead to cancellation of the trip.

Payment Policy

At the time of Booking, 30% of the Full Tour Amount need to Paid and remaining dues will be cleared 7 Days before the Date of Travel to ensure the smooth conduct of the tour.

For Issuance of the Flight Tickets, we require Full Payment of Airfare.

Accepted payment methods include credit/debit cards, bank transfers, and online payment gateways.

Payments made by credit card incur an extra handling fee (as charged by the Payment gateways): 2.5% for Indian credit cards and 4.5% for international credit cards over the invoiced Amount.

Inclusions & Exclusions

The services included in your package will be detailed in your booking confirmation. Any services not explicitly mentioned are excluded and must be paid for separately.

Taxes and Government Compliances

5% GST (Goods and Services Tax) is applicable on all tour package bookings. As per current Indian government regulations, a 5% TCS (Tax Collected at Source) will be applicable on payments for international travel upto 7 lakhs and 20% TCS on exceeding 7 lakhs in a financial year.

Refund Policies

The Booking Amount is Non-Refundable; for the balance amount the refund will be processed as per the cancellation policies.

In case of flight booking cancellation, the refund will be processed as per the actual airline policies.

No refunds or compensation will be provided for unused services. If a refund is applicable, it will be processed within 7-10 working days.

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Cancellation Policies

If you cancel your trip less than 30 days before the start date, you will be charged 50% of the trip cost as cancellation fees.

If you cancel your trip within 15-30 days before the trip's start date, you will be charged 75% of the trip cost as cancellation fees.

If you cancel your trip within 0-15 days before the trip's start date, you will be charged 100% of the trip cost as cancellation fees.

Rescheduling Policy

If you choose to reschedule your trip less than 7 Days of the trip date, the booking amount can neither be adjusted to your next date nor refunded.

If you choose to reschedule your trip within 7-15 Days of the trip date, 50% of the Tour cost will be considered as the rescheduling fees.

If you choose to reschedule your trip before 15 days of the trip date, 25% of the Tour cost will be considered as the rescheduling fees.

Rescheduling confirmation will be provided in ThrillCash Voucher format with a validity of 365 Days from the date of Rescheduling.

Weather or Government Restrictions

In the case of harsh weather conditions, government restrictions, protests, landslides, political unrest, or other factors beyond our control, ThrillHikers holds the right to alter itineraries, accommodations, or transportation arrangements to meet the best alternative execution of the tour.

We strive to minimize any disruptions to the travel experience. However, no refund will be provided for the same.

Travel Documents & ID Requirements

Passports must be valid for at least six months from the date of return to India. For domestic travel, a government-issued ID card with a photograph is required.

It is the client's responsibility to obtain and maintain valid travel documents as per the chosen destination.

Health & Medical Conditions

Clients must adhere to all safety instructions provided during their trip, should be responsible for meeting all health requirements and ensure he/she is medically fit at the

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time of participation in any adventure activity. Any existing medical conditions must be disclosed prior to booking.

Special Requests & Customizations

Any changes to customized trips requested by you may incur additional costs.

Note: Payment Schedule, Refund, Cancellation, Rescheduling Policies may vary based on TripType (Trek/Tour Package/Tickets), Destination (Domestic/Short Haul/Long Haul), Nature of services (Refundable/Non Refundable) and travel date (Festivals/Peak Season/Etc).