



Mount
FRIENDSHIP
Expedition

InvincibleNGO.org

About EXPEDITION

Mount Friendship is a 17,355 ft tall summit situated near Kullu district, Himachal Pradesh.

The 8-day climb offers a trek through rocky slopes, narrow ridges, a glacier and leads to a peak covered under snow.

Mt Friendship peak is no less than a paradise for trekkers. This panoramic views will hit different to the eyes.

Practise, Preparation & Determination can make eligible to touch the top.



Difficulty
Challenging



Duration
9 Days



Max Altitude
17,355 ft / 5,289 m





Friendship Peak
17,300 ft

Summit Camp
14,700 ft

Ladyleg Basecamp
12,800 ft

Bakar Thatch
10,800 ft

The ROUTE

Brief ITINERARY

1 *Arrival at Manali Campsite*

The team will reach Naggar Campsite (5,600 ft) in the morning. After the ice breaking session and introduction, Trek Leader will allot everyone personal equipment.

2 *Trek to Bakkarthatch via Dhundi*

The team leads to Dhundi through drive. Dhundi is situated 21 kms away from Manali. The team almost reaches to the trek start point Dhundi taking almost an hour and a half. This is followed by a sort trek to Bakkarthatch

3 *Trek to Lady Leg Camp*

The trek trail is near to the Beas river and has the most beautiful scenic views. The trek consist of moderate level trek and is a gradual climb to gain height. From distance, the views of Hanuman Tibba flatters the trek. Hanuman Tibba is the highest peak of this mountain range.

4 *Load ferry to Summit Camp*

Load ferry is a process to transfer the luggage via waterbody/cliff using some means such as boat or porters. This day is kept for load ferry to Advanced Base camp which is located at almost 4kms away from Lady Leg Base Camp. Summit Camp Height: Around 14,700 ft

5 *Occupying Summit Camp*

Advanced base camp is set up at an altitude of about 14,700 feet. Afternoon is spent in acclimatization and training. ABC is located at an altitude of about 14,700 feet. The night will be stayed at the campsite amidst the huge snowy mountains

6 *Summit day & returning*

The team heads towards the Mt. friendship peak at around 1:00 AM. Mt. friendship peak is situated at around 17,346 feet from mean sea level. The team reaches the peak around 9:00 AM, meanwhile we will get to see the most awaited sunrise from the height. You can witness the golden rays on the top of Mt. Hanuman Tibba.

7 *Extra Day for Summit Attempt*

In case of bad weather conditions or any unforeseen situations, the team may re-attempt to reach the top. There could be a secondary batch attempting the summit.

8 *Return back to Manali Campsite*

This day after breakfast, the team leads to Dhundi through trek. The team almost reaches back to Dhundi taking almost 5 hours. This is followed by a drive to Manali.



Physical FITNESS

Dreaming for mountains will surely not take you to their summit.
You need to gain **Strength, Endurance & Stamina** to achieve that.

Follow the routine suggested as under and stay healthy.
Avoid fast food and drink a lot of water.
Once you reach the fitness requirements,
you need to maintain that, so keep doing exercises and Yoga regularly.

Running



5 km running
on toes

Pistol Squats



Pistol Squats
10 with each leg

Push Ups



Push Ups
20 x 2 Sets

Stretching



Stretching
before and after
every workout

Plank



Plank Position
30 Secs x 2 Sets

Sit Ups



Situps/Crunches
20 x 2 Sets



Join the TEAM

There are 3 ways to join this expedition.
The actual cost for this expedition is much higher (i.e. ₹29,000 per head),
but Invincible wants to promote Mountaineering amongst Youth.

So we financially sponsor candidates up to 60%.

All we expect is “Youth into the Real Adventure Sports”.

Volunteer

Volunteers serving at Invincible are sponsored 60% of the fees.

They need to pass the Physical Test.

₹12,000/-

Sponsored

Participants who are fit & volunteers who fail the test can join this way.

They'll get 40% sponsorship.

₹18,000/-

Open Entry

Open Entry is available for all adventure enthusiasts.

20% sponsorship for all.

₹24,000/-

Inclusions:

- Equipment Rental
- Food & Camping Charges
- Local Transfers
- Mules for Common Luggage
- High Altitude Guide
- First Aid
- GST

Things to be carried:

- Personal Clothing
- Trekking Shoes
- Woollen Clothing
- Sun Cap & Goggles
- Slippers & Socks
- Rainwear
- Head Torch
- Hand Gloves
- Backpack
- Mug & Spoon
- Water Bottle
- Personal Medication
- Original ID Proof
- Personal Sanitary Kit

Useful LINKS

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