

HAT-2026

Himalayan adventure Trek

Since 1993

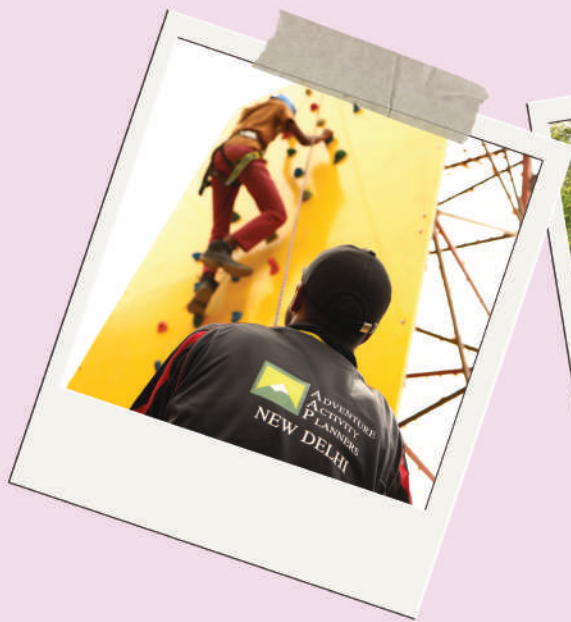


FOR BOOKING CONTACT US



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TAKE ONLY MEMORIES LEAVE ONLY FOOTPRINTS



Pandu Ropa (12,200 feet), Kullu - Manali

Pandu ropa Trek offers a heartwarming view of the Dhauladhar range, Kaliheyini Pass and its lofty mountain peaks. Pleasing open valley view from all angles could be cherished forever. One can also get to see the panoramic mountain view and a 360-degree view of the Manali Valley. Pandu ropa offers a nice view of South, North, East and West side valley, at a full stretch.

Distant snowcapped mountains of Chanderkhani Pass and Fojhal valley also can be viewed.

During this trek we will face snow. We will have to walk on snow. The most pristine trekking route, the Pandu ropa trek leaves you





thrilled and excited as you pass by gushing streams, dew drenched grassy slopes and white snow. Winding your way through a series of gradual ascents and descents. Experience the flora and fauna of the himalyas.

Conventionally, the trek commences from the Base camp (15 mile) Manali and traverses you through flower-studded meadows of Mahilee Thach, finally leading to Pandu ropa from where the descent starts and leads back to Base camp. The striking and amazing beauty of the mountains and enchanting trekking trails that offer breath-taking views of 'Hanuman Tibba' Deo Tibba' and 'Indrasan' peaks of the Pir-Panjal Himalayan range will certainly leave you mesmerised.



Trek to Pandu Ropa (12,200 ft), Kullu - Manali

- Day 1 Departure from Delhi at 4:00 pm. Dinner will be provided enroute.
- Day 2 Reach base camp near 15 mile, Sarsai in the morning. It is nestled in the Himalayas at a height of 5500ft with the backdrop of a beautiful valley. Participants will engage in thrilling adventure activities like Commando Net, Artificial Climbing Wall, Ladder Climbing, Flying Fox etc. Followed by acclimatization walk to familiarize with the terrain.
- Day 3 A 4km Trek to Camp 1- Mandron (Height 8000 ft). From base camp participants are driven in a jeep for 10km to shegli and then start the trek. The wondrous camp site is located near the tranquil forests.
- Day 4 A 7 km Trek to Camp 2- Mahilee (Height 9100 ft). The camp site is located in the lush green meadows. Various peaks like Mt. Deo Tibba, Mt. White Sail, Mt. Indhrasan and much more can be sighted. After lunch, trek of 2km to Pandu ropa (Height 12200 ft) and return to camp 2. Cherish the sense of achievement and enjoy the moment of pride.
- Day 5 A 5km Trek to Camp 3- Koot in the dense forest of Deodar trees. Let the magical beauty of Kullu Valley enchant you.
- Day 6 A 3km Downhill trek from Camp 3- Koot to Shegli and then jeep ride to Base Camp. Participants share their experience, the challenges, the victories, their explorations and memorable anecdotes. This will be followed by the Certificate Distribution Ceremony. Participants can plan a quick visit to Manali Town by themselves thereafter. The scheduled Bus Departure for Delhi is at 6.30 pm. Dinner will be provided enroute.
- Day 7 Arrival at Delhi in the morning.

Camp Facilities

AAP ensures that all campers are comfortable, 24 hours care and help is provided. All aspects of boarding and lodging have been planned to perfection. In order to cater to all tastes, we serve a variety of vegetarian dishes which are hygienically prepared in well-maintained kitchens. The menu is also selected on the basis of seasonal availability of fruits and vegetables, nutritional value and appropriate for stamina building and the climate and altitude. Stability, Safety, Security is assured as the tents are designed and tested to withstand all weathers. Each tent can accommodate 10-14 members of a group. Most importantly, **AAP provides Rucksacks for all trekkers at Base Camp and Sleeping bags are provided in all the camps.** Adequate arrangements maintain hygiene and provide ample sanitation facilities at all camp sites.

Things to carry...

2 Cotton shirts, 2 Trousers, 3 Full-sleeve sweaters/warm jackets, Windcheater, Woollen/Cotton socks, Woollen scarf/muffler, Gloves, Sports shoes/light weight trekking shoes, Slippers, Hand-towel, Toilet kit, Water-bottle, Unbreakable plate with partition, Spoon & Glass, Dark sunglasses (no blue color), Torch, Safety pins, Polythene bags, Woollen cap, Ear muffs, Poncho / Rain Coat, Luggage tag for rucksack, Essential medication as per individual requirement.

Things to carry





Certificate

Every trekker will be awarded with a certificate on successfull completion of the trek



VANITY DIES ON NATURE TRAILS

Many prestigious institutes in their consistent endeavor to nurture nature and sensitize participants to care for the planet have been associated with AAP for many years.

Sahyadri School - KFI, Silver Oaks School - Hyderabad & Visakhapatnam, Shri Ram School, Vidya Mandir School, Bal Vidya Mandir, Rishi Valley School (KFI), The School (KFI), Bhavans Rajaji Vidyashram, PS Senior Secondary School, Abacus Montessori School, Budding Minds International School, Good Earth School, N.S.N. Global Schools, Corpus Christi School, Chirec International School, Foster Billabong School, The Hyderabad Public School - Begumpet & Ramanthapur, Oakridge- Hyderabad, The Premia Academy, Pupil Tree International School, S.S.V.M. World School, Vivekalya School, G.D. Matriculation, Gedee Public School, Amity International, DPS and many more have enriched the youthful years of their students by supporting the Himalayan treks organised by AAP.



Camp Discipline & Environmental Concerns

- All staff is vaccinated.
- Since the trip is insured, all claim will be settled by the insurance company only.
- It is advisable that those on special medication or known allergies, should carry their prescribed medication with them. Moreover, if suffering from chronic asthma, blood pressure, heart problems or high altitude related ailments, it is recommended that the participants should not participate.
- Smoking, use of drugs and consumption of alcohol in any form is strictly prohibited.
- If camp rules are disregarded, participant will be asked to leave and return home at their own
- If necessary disciplinary legal action can also be taken against them.
- AAP makes great effort to keep participants safe and healthy, however, it cannot be held responsible for any accidents, illnesses or other unforeseen mishaps.
- Each participant should care for the environment & keep the trek clean.
- All waste material to be disposed off properly.

Action, Adventure, Adrenaline - Just For You

AAP has designed a series of activities that are aimed at improving overall skills in individuals. Not only do these activities test the individual, they also help understand the importance of team building and foster a sense of team spirit. Some of our adventure activities include: Flying Fox, Net Crawling, Australian Trolley, Plank Crossing, Artificial Climbing Wall, Rappelling etc.



Trek to Pandu Ropa (12,200ft), Kullu - Manali

Please Note:

Dates: 20th April - 26th May 2026 (Fixed group departure of participants leaves for Base Camp, Kullu, Manali)

Age of Participants: Everyone from 4-65 years of age, with a passion for trekking can participate. Families are also welcome to join the trek.

Trek Fee: Rs.22,857/- (Twenty one thousand Eight hundred Fifty only) per participant + 5% GST, as Demand Drafts/cheque/cash should be payable at New Delhi, and issued in favour of "ADVENTURE ACTIVITY PLANNERS", Payable at NEW DELHI.

Terms & Conditions

In case of cancellations, the fee will be deducted as per the following conditions:

- No refund will be entertained without a written request.
- For a notice of less than 15 days from the departure date, no fees will be refunded and for a notice before 15 days, half the fees will be refunded.
- Refunds will not be made to participants who are unable to start/complete the trek due to any reason.
- AAP reserves the right to reject any application without assigning any reason.
- AAP can change the route for any reason, it will be acceptable by all participants.

Please refer to application form for further details.



Registered as
Adventures Sport Operator



GURVINDER SINGH GREWAL (Founder)

- Awarded in 1990 by Anand Bazaar Patrika, Times
- Basic Mountaineering Course (BMC) from ABVIMAS 1989 (With 'A' Grade)
- Advance Mountaineering Course (AMC) from NIM 1990 (With 'A' Grade)
- Method of Instruction Course (MOL) from NIM 2019 (With 'A' Grade)

Started mountaineering & trekking career in 1988 • Member of Indo-Russian Expedition to Nanda Devi East (1991), achieved 23100 ft • Scaled Mountain Peaks- Mt. Jogi I & II (21000 ft), Mt. Safi (20560 ft approx.), Mt. Koteswar (19850 ft) & II (20250 ft approx.), Mt. Friendship (17575 ft approx.) • Completed more than 105 treks in Himalayas.



JOSH SINGH GREWAL (Director)

M.Sc. in sports management, University of Stirling

Started career in trekking and hiking since 2007. Completed more than 35 treks.

AAP constructed Artificial climbing wall for ITBP, Indian Mountaineering Foundation, Delhi Development Authority & Schools. Regularly organised survival camp/adventure activities pan India in different esteemed institutes since 1993. More than 130000 participants have joined the trek organised by AAP for last 32 Years.

E-brochure



ADVENTURE
ACTIVITY
PLANNERS

Adventure Activity Planners

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