

Himachal Peaks & Valleys 7 Nights Adventure: Trekking & Camping

Prepared by TourGrids



Destination
Himachal



Duration
7 Nights 8 Days



Starting from
Rs. 35,750 / person

ITINERARY ROUTE

↖ Shimla · 2N

↖ Manali · 3N

↖ Hampta Valley · 1N

↖ Kasol · 1N

Overview

Experience the best of Himachal with this action-packed 7 nights / 8 days Himachal tour package designed for trekkers, campers, and adventure seekers. This Himachal Adventure tour package blends scenic drives, cultural visits, adrenaline activities in Solang Valley, and a classic Himalayan trek with an overnight camp in the Hampta Valley. Ideal for travelers searching for a balanced mix of exploration and outdoor thrills, this itinerary is one of the recommended 7 and 8 Himachal Adventure tour package options.

Highlights:

- Trekking & Camping at Hampta Valley (overnight Himalayan camp)
- Solang Valley: paragliding, zipline, and zorbing
- Scenic drive through Kullu Valley and Rohtang (view)
- Heritage & hillside charm of Shimla
- Riverside relaxation in Kasol & Parvati Valley
- Local Himachali cuisine and village experiences

Tip: Carry layered clothing, sturdy trekking shoes, water purification tablets, and a compact first-aid kit. Weather in higher reaches changes quickly – plan for warm days and cold nights.

✓ What's Included

- ✓ Accommodation for 7 nights as per the itinerary (twin/double sharing)
- ✓ Daily breakfast and 4 dinners (as per plan)
- ✓ All transfers by private vehicle as per the itinerary
- ✓ Local guide and certified trekking guide for Hampta trek
- ✓ Camping equipment (tents, sleeping mats); sleeping bags on request or as specified
- ✓ Adventure activity charges for one basic paragliding/zipline session (subject to seasonal availability)
- ✓ Permits and parking charges where applicable
- ✓ Emergency evacuation support during trek days
- ✓ GST and service charges

✗ Not Included

- ✗ Flights / long-distance train tickets to arrival/departure points
- ✗ Meals not mentioned in inclusions
- ✗ Personal expenses (tips, laundry, phone calls)
- ✗ Travel insurance (highly recommended for adventure activities and trekking)
- ✗ Extra adventure sessions beyond what's specified (e.g., multiple paragliding flights)
- ✗ Any cost arising due to bad weather, landslides, or roadblocks
- ✗ Camera/video charges at certain attractions
- ✗ Entry fees where applicable unless specified

Day-by-Day Itinerary

Day

1

Arrival, Transfer to Shimla & Evening Leisure

Arrive at Chandigarh/Delhi railhead or airport and drive to Shimla (approx. 4–6 hours from Chandigarh). Check into your hotel and take it easy to recover from travel. In the evening, explore The Ridge and Mall Road for cafes, local shops, and sunset views over the hills.

Important: Keep travel documents, warm layer, and water bottle handy.

Day

2

Shimla Heritage Walk & Overnight in Shimla

Spend the day discovering Shimla's colonial charm. Visit Christ Church, Scandal Point, and the Viceregal Lodge (subject to opening times). Optionally enjoy short nature walks or horse rides at Jakhu Hill. Evening free for local food tasting and shopping.

Day

3

Drive to Manali via Kullu – Riverside Views

After breakfast, depart Shimla and drive towards Manali, passing through picturesque Kullu Valley. Stop for photos at the Beas River and Pandoh Dam. Arrive in Manali by late afternoon, check in and relax. Evening stroll in Old Manali for cafes and laid-back vibes.

Day

4

Manali Local Sightseeing & Acclimatization

Acclimatize and explore Manali. Visit Hadimba Devi Temple, Manu Temple, and Vashisht Hot Water Springs. Option for short hikes or river-side walks. Prepare gear for upcoming adventure days; confirm camping and trekking arrangements with guides.

Day

5

Solang Valley Adventure Day

Full day dedicated to adventure at Solang Valley. Choose from paragliding, zipline, ATV rides, and rope activities. In winter months, enjoy skiing and snow activities (seasonal). Return to Manali for dinner and rest.

Safety Note: Use certified operators for paragliding and ask for life jackets/helmets for high-adrenaline activities.

Day

6

Transfer to Jobra & Start Hampta Valley Trek – Camping Night

Early morning transfer to Jobra/Siagoru (trek start point). Begin the trek into Hampta Valley – traverse alpine meadows, crossing streams and experiencing changing landscapes from pine forests to open valleys. Reach a scenic campsite by evening. Enjoy a guided campfire, dinner, and starry night in the mountains.

Pack: Daypack, trekking shoes, warm sleeping bag (if not provided), water, headlamp.

Day

7

Trek Down & Drive to Kasol via Manikaran

Descend from the campsite and conclude the trek. Transfer towards Kasol in Parvati Valley, stopping at Manikaran Sahib (hot springs & Gurudwara) for a cultural visit and lunch. Arrive in Kasol by evening and enjoy riverside cafes along the Parvati River.

Day

8

Kasol Leisure, Short Hike to Chalal & Departure

Morning short hike to Chalal Village for scenic views and local life. Relax in Kasol with optional local shopping for handicrafts. After lunch, depart for Chandigarh/Delhi for onward travel (timings depend on your return transport). Trip concludes with drop-off at your chosen point.

Departure Tip: Allow buffer time for mountain traffic; pre-book onward transfers where possible.

🔍 Frequently Asked Questions

🔍 What are the top tourist destinations in Himachal Pradesh?

Top tourist destinations in Himachal Pradesh include Shimla, known for its colonial architecture; Manali, a hub for adventure sports; Dharamshala, home to the Dalai Lama; and Kasol, famous for its picturesque landscapes. Don't miss the stunning landscapes of Spiti Valley and the tranquility of Dalhousie!

🔍 What is the best time to visit Himachal for tourism?

The best time to visit Himachal Pradesh for tourism is from March to June and September to November. During these months, the weather is pleasant, ideal for exploring scenic landscapes, temples, and adventure activities. Summer offers a respite from the heat, while autumn showcases stunning foliage.

🔍 What are some adventure activities available in Himachal Pradesh?

Himachal Pradesh offers a plethora of adventure activities for thrill-seekers. You can indulge in trekking, paragliding in Bir Billing, river rafting in Kullu, skiing in Manali, mountain biking, rock climbing, and camping amidst stunning landscapes. Explore the breathtaking trails and experience the ultimate adrenaline rush!

❓ How to reach Himachal Pradesh from major cities in India?

Himachal Pradesh is well-connected by road, rail, and air. From Delhi, take a bus or hire a taxi for a scenic drive (about 10-12 hours). The nearest airport is in Bhuntar (Kullu) with flights from Delhi. By train, you can reach Joginder Nagar or Pathankot, followed by a road trip to popular destinations.

❓ Are there any travel restrictions in Himachal Pradesh due to COVID-19?

As of October 2023, Himachal Pradesh has relaxed most COVID-19 travel restrictions. However, it's advisable to check for any specific guidelines or requirements before traveling, such as health protocols or mask mandates in crowded places. Enjoy the scenic beauty and adventure activities safely!

❓ What are the best trekking routes in Himachal?

Himachal Pradesh offers stunning trekking routes like Triund Trek, Hampta Pass, and Kinnaur Kailash Trek. Explore the picturesque landscapes, lush green valleys, and breathtaking views. Other popular options include Beas Kund and the Great Himalayan National Park trails, catering to both beginners and experienced trekkers.

❓ What cultural experiences can visitors have in Himachal Pradesh?

Visitors to Himachal Pradesh can immerse themselves in vibrant local culture through traditional festivals like Kullu Dussehra, explore ancient temples, and participate in folk dances. The region offers authentic Himachali cuisine, handicraft shopping, and opportunities to interact with local communities, enhancing the travel experience.

★ Traveller Reviews



Nidhi Mehta

★★★★★ 5/5

A Journey to Remember

This tour was truly a journey to remember, filled with laughter, beautiful landscapes, and countless memories. Thank you, Himachal!



Pankaj Singh

★★★★★ 5/5

Historical Wonders

Loved exploring the historical wonders of Himachal. Each site had a story to tell and added to our adventure.



Nishant Kohli

★★★★☆ 4/5

Peaceful Lakes

Visiting the beautiful lakes in Himachal was a highlight. Kayaking in the tranquil waters was an experience like no other.



Seema Joshi

★★★★★ 5/5

Delicious Local Cuisine

The local food was delicious! Each meal was a delightful experience, showcasing Himachal's rich culinary heritage.



Deepak Yadav

★★★★★ 5/5

Adorable Hill Stations

Each hill station we visited had its unique charm. The ride through the hills was exhilarating! Loved every minute of it.

⚡ Why Choose TourGrids?

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