

Manali Adventure Sports

📅 4 Nights / 5 Days

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Overview

For adrenaline junkies seeking the ultimate thrill, this 5-day adventure sports tour offers paragliding, river rafting, and trekking through Manali’s rugged terrain. Experience the rush of soaring through the skies, conquering rapid waters, and hiking challenging mountain trails. Stay in adventure camps with all necessary equipment and expert guides. Perfect for active travelers wanting an action-packed Himalayan escape.

Highlights

- 🏔️ Paragliding - Soar over Manali’s valleys
- 🚣 River Rafting - Navigate thrilling rapids
- 🥾 Trekking - Challenging mountain trails
- 🏕️ Adventure Camps - Comfortable and safe stays
- 🧭 Expert Guides - Professional instructors and support
- 🔥 Campfire Evenings - Share stories under the stars

Detailed Itinerary

Day 1 - Arrival & Adventure Camp Check-in

Arrive in Manali and transfer to your **🏕️ adventure camp** nestled in the hills.

Meet your expert guides and get briefed about safety, equipment, and the action-packed days ahead.

Enjoy the evening around a warm ☐ campfire with fellow adventurers, sharing expectations and getting pumped for tomorrow.

☐ Overnight stay in the camp.

Day 2 - River Rafting Rush - Conquer the Rapids

After breakfast, head for a thrilling ☐ river rafting session on the Beas River.

Navigate through rapids under the supervision of licensed instructors with full safety gear.

Return to camp and relax, followed by a bonfire evening sharing the day's adrenaline stories.

☐ Overnight stay in the camp.

Day 3 - Trek the Himalayan Trails

Fuel up in the morning for a ☐ guided trek through scenic but rugged trails around Manali.

Discover hidden waterfalls, panoramic viewpoints, and forest paths.

Pack lunch provided during the trek.

Return to camp by evening for rest and recovery.

☐ Overnight stay in the camp.

Day 4 - Soar Above Manali - Paragliding Experience

Gear up for the most exciting day yet — ☐ paragliding above the beautiful Solang Valley or similar site.

Feel the adrenaline as you glide over rivers and forests with the wind rushing past.

Optional leisure or light hike in the evening to wind down.

☐ Overnight stay in the camp.

Day 5 - Departure with a Heart Full of Thrills

Enjoy your final breakfast in the Himalayan air.

Time to say goodbye to new friends and expert guides.

Transfer to the bus station or airport with unforgettable adventure memories.

□□ End of tour – thank you for choosing the Manali Adventure Sports experience!

Accommodation Used