



STAR ADVENTURE HIMALAYAN SPORTS INSTITUTE

753/13, Urban Estate, Kurukshetra (Hr.) - 136118
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email : sahsigroup@yahoo.com

To
The Principal / Head of the Department (Dravyaguna)
Ayurvedic Medical College

Respected Sir/Madam,

Greetings from **SAHSI Group!**

Established in **1995**, SAHSI Group is a pioneer in organizing **Educational Tours, High Altitude Herbal Trekking Expeditions, and Experiential Learning Programmes** for Ayurvedic institutions across India. With over **30 years of experience** and the successful participation of **more than 1,00,000 students**.

We are pleased to invite your **Undergraduate (UG) and Postgraduate (PG) students** to participate in our **High Altitude Herbal Trekking Programme** in the **Greater Himalayan Range of Himachal Pradesh**. This unique programme has been specially designed for **Dravyaguna students** to enhance their practical understanding of medicinal plants through direct field exposure in their natural Himalayan habitat.

Interested participants, including students, faculty members, researchers, and academicians with a keen interest in medicinal plants and high-altitude herbal exploration, are welcome to join this educational expedition.

Programme Highlights

- **High Altitude Herbal Trekking** in the Greater Himalayan Range (8,000–14,000 ft.)
- Field identification and study of **Himalayan Medicinal Plants**
- Practical exposure to **Dravyaguna** and medicinal plant ecology.

Why Choose SAHSI Group?

- **30+ Years of Excellence** in Educational & Adventure Programmes
- **1,00,000+ Students** Successfully Trained Across India
- Experienced Faculty, Herbal Experts, and Certified Trek Leaders
- A Perfect Blend of Academic Learning, Adventure, and Nature

Thank you for your valuable time and consideration.

Warm Regards,

Yadvinder Singh, +91 94168 21694 | +91 83980 60006

CEO & Founder, sahsigroup@yahoo.com, www.sahsigroup.org.

SAHSI Group, Kurukshetra, Haryana

**HIGH Altitude Herbal Trekking Programme
In Greater Himalayan Range of Himalaya, 1st Group**

Ayurvedic medical College UG Students Boys & Girls

Place	Rock Garden, Sukhna Lake Chandigarh, Shimla, Baralacha, Surajtal. Deepak Taal, Zingzingbar Galcier, Jispa, Lahaul Valley, Attal Tunnel, Solang Valley, Jogni Water Fall, Hot Spring Water Vashishth Temple, Hadimba Devi Temple, Mall Road Manali
Tour Duration	6 Night 7 Days. Accommodation in 3* Hotel/Luxury Base camp Hotel 1Room 3 student Sharing. And luxury camp 1 tent 4students sharing.
Educational Visit	High Altitude Herbal trekking in Greater Himalayan Range of Himalaya(Lahaul Valley) Visit Shri Dhanwantry Ayurvedic College/Pharmacy/NIA Panchkula, Himalayan Forest Research Institute Shimla/ State Forensic Science Laboratory, Junga, Shimla Hills, Himachal Pradesh)
(Food) Break Fast	Stuffed Prantha, Bread Butter, Egg, Bread Slice, Black Chana, Tea/Coffee/Milk
Lunch	Chapatti, Rice, Green Vegetables, Daal, Raita & Salad (Lunch Pack)
Evening Tea	Bread Pakora/Biscuits, Tea/Coffee/Soup.
Dinner	Chapatti, Rice, Green Vegetable, Salad, Non Veg & Sweet Dish.
Staff	Well educated Male & Female expert instructors.
Accommodation	3*Hotel In Zirakpur, Chandigarh/ Luxury Camping Jispa / Manali (H.P.)
Participants will have to bring with them	Sports Shoes, water bottle, Goggles, torch, warm clothes, tracksuit, UVI protection cream, Kit bag, and any medicine participants are habitual to use.
Fee	Rs. 15999/student- for Student Group including boarding, loading, and All site seen With Luxury Pushback bus fare from Hotel Royal Park Resorts to all site seen & back to Chandigarh Railway Station/Bus-Stand. (Two Staff Members Free). (Special discount of 20% UG students Per Group(minimum 45 students)

NOTE-:

- 1. The Programme Schedule could be changed as per weather conditions.**
- 2. Educational Visit of Chandigarh is only for those students which will arrive before 10 Am Only.**
- 3. The High Altitude Great Himalayan Trekking Expedition is a National Integration Programme that brings together participants from across India to explore the rich biodiversity, medicinal flora, culture, and heritage of the Great Himalayas.**
- 4. The programme is open to Postgraduate students, faculty members, medical professionals, research scholars, and academicians. It offers a unique opportunity for high-altitude herbal study, experiential learning, scientific exploration, leadership development, and adventure-based education.**

ITINERARY

Daily Program schedule for Chandigarh, Shimla, Jispa, Baralacha, Manali.

First Day 10-09-2026	Receive Group at Royal Park Resorts, Zirakpur Chandigarh and after lunch visit Rock Garden, Sukuna Lake Chandigarh Night Stay in Hotel Royal Park Resorts.
Second Day 11-09-2026	After Breakfast start journey for Shimla, duration 3hrs. After lunch visit mall road Jakhu Temple Shimla dinner at mall road Shimla after dinner 10Pm start journey for Jispa lahaul valley(Night Journey) 9hr Journey.
Third Day 12-09-2026	Receive Group at 7AM Beautiful Luxury base camp at Jispa, after breakfast take rest along with lecture from experts on High altitude herbal plants, visit Sarang Village (10,500 feet from sea level)(Traditional food lunch) after lunch Herbal Tracking 3km Sarang Village to Jispa and visit Jispa Monastery and back to base camp night stay in basecamp and enjoy Burn Fire with music.
Fourth Day 13-09-2026	After breakfast start journey for Baralacha visit Surajtaal and herbal tracking near Zingzingbar glacier (14010 Feet) above sea level. Full day hearbal tracking and visit Zingzingbar glacier and back to second basecamp Baralacha Night stay in 2 nd basecamp enjoy burn fire with self-entertainments.
Fifth Day 14-09-2026	After Breakfast visit Surajtal with best natural and cultural sights of Lahaul Valley along with Discovering the Untamed Magic of the Bhaga River Valley and start journey for Manali visit Atal Tanal, Solang Valley and shift to Hotel Yak Mall Road Manali and visit mall road Manali.
Sixth Day 15-09-2026	After Breakfast herbal tracking start for Jogini Waterfall and off the tracking will conclude at Vashisht Temple(Hot Spring Water) and back to Hotel and visit mall road, Night stay in Hotel Yak
Seventh Day 16-09-2026	After Breakfast star t Journey for Chandigarh, lunch break at Bilaspur 4pm Drop to chandiagrh railway station/bus-stand marking the final destination of the tour, The Sahsi Group extends its warm wishes for a safe and pleasant onward journey.

NOTE:-

5. The First group should be of minimum 45 participants.
6. The interested participants will have to complete the registration till 10th of August. At the time of registration participants have to pay 50% of the total fee, rest amount will be taken on the 1st day of tour, 25/08/2026.
7. Every participants need to reach at the Hotel Royal Park Resorts Zirakpur Chandigarh.
8. Every participants have to bring the letter of his college letter with themselves .
9. Every Participant will get a certificate after completing the trek.
10. Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.
11. Schedule can be changed as per Conditions your Train time and Weather.
12. Per Room 3 Person sharing & Luxury camping 4person per tents.

ITINERARY

Daily Program schedule for Chandigarh, Shimla, Jispa, Baralacha, Manali.

First Day 18-09-2026	Receive Group at Royal Park Resorts, Zirakpur Chandigarh and after lunch visit Rock Garden, Sukuna Lake Chandigarh Night Stay in Hotel Royal Park Resorts.
Second Day 19-09-2026	After Breakfast start journey for Shimla, duration 3hrs. After lunch visit mall road Jakhu Temple Shimla dinner at mall road Shimla after dinner 10Pm start journey for Jispa lahaul valley(Night Journey) 9hr Journey.
Third Day 20-09-2026	Receive Group at 7AM Beautiful Luxury base camp at Jispa, after breakfast take rest along with lecture from experts on High altitude herbal plants, visit Sarang Village (10,500 feet from sea level)(Traditional food lunch) after lunch Herbal Tracking 3km Sarang Village to Jispa and visit Jispa Monastery and back to base camp night stay in basecamp and enjoy Burn Fire with music.
Fourth Day 21-09-2026	After breakfast start journey for Baralacha visit Surajtaal and herbal tracking near Zingzingbar glacier (14010 Feet) above sea level. Full day hearbal tracking and visit Zingzingbar glacier and back to second basecamp Baralacha Night stay in 2 nd basecamp enjoy burn fire with self-entertainments.
Fifth Day 22-09-2026	After Breakfast visit Surajtal with best natural and cultural sights of Lahaul Valley along with Discovering the Untamed Magic of the Bhaga River Valley and start journey for Manali visit Atal Tanal, Solang Valley and shift to Hotel Yak Mall Road Manali and visit mall road Manali.
Sixth Day 23-09-2026	After Breakfast herbal tracking start for Jogini Waterfall and off the tracking will conclude at Vashisht Temple(Hot Spring Water) and back to Hotel and visit mall road, Night stay in Hotel Yak
Seventh Day 24-09-2026	After Breakfast star t Journey for Chandigarh, lunch break at Bilaspur 4pm Drop to chandiagrh railway station/bus-stand marking the final destination of the tour, The Sahsi Group extends its warm wishes for a safe and pleasant onward journey.

NOTE-:

1. The First group should be of minimum 45 participants.
2. The interested participants will have to complete the registration till 10th of August. At the time of registration participants have to pay 50% of the total fee, rest amount will be taken on the 1st day of tour, 25/08/2026.
3. Every participants need to reach at the Hotel Royal Park Resorts Zirakpur Chandigarh.
4. Every participants have to bring the letter of his college letter with themselves .
5. Every Participant will get a certificate after completing the trek.
6. Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.
7. Schedule can be changed as per Conditions your Train time and Weather.
8. Per Room 3 Person sharing & Luxury camping 4person per tents.



HIGH ALTITUDE HERBAL TREKKING PROGRAMME

IN GREATER HIMALAYAN RANGE OF HIMALAYA

For Ayurvedic Medical College
→ UG Students (Boys & Girls) ←

1st GROUP
09 SEP TO 15 SEP 2026

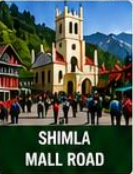
PLACES COVERED



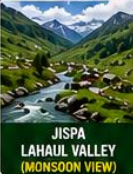
ROCK GARDEN
CHANDIGARH



SUKHNA LAKE
CHANDIGARH



SHIMLA
MALL ROAD



JISPA
LAHAUL VALLEY
(MONSOON VIEW)



BARALACHA



SURAJTAAL
(MONSOON VIEW)



ZINGBAR
GLACIER



ATAL TUNNEL



SOLANG VALLEY



JOGINI WATER FALL



HOT SPRING WATER
VASHISHT TEMPLE



HADIMBA DEVI TEMPLE



MALL ROAD
MANALI



ACADEMIC GUIDANCE BY EXPERTS

Two Botany Doctors
specialist for high altitude
herbal plants will be in team
for all the education
related queries and
guidance.



TOUR DURATION

6 Night 7 Days



ACCOMMODATION

- 3* Hotel in Zirakpur, Chandigarh
- Luxury Camping Jispa / Manali (H.P.)



3* HOTEL



LUXURY CAMP



STAFF

Well educated Male & Female
expert instructors.



PARTICIPANTS WILL HAVE TO BRING

Sports Shoes, Water Bottle, Goggles, Torch,
Warm Clothes, Tracksuit, UVI Protection Cream,
Kit Bag and any medicine participants
are habitual to use.



FEE

₹15,999/-

PER STUDENT GROUP

(Including boarding, loading, and all site seen with
Luxury Pushback bus fare from Hotel Royal Park
Resorts to all site seen & back to Chandigarh
Railway Station/Bus-stand.)

TWO STAFF MEMBERS FREE



ITINERARY

DAY 1

09-09-2026

Receive Group at Royal Park Resorts, Zirakpur Chandigarh
and after lunch visit Rock Garden, Sukhna Lake Chandigarh
Night Stay in Hotel Royal Park Resorts.



DAY 2

10-09-2026

After Breakfast start journey for Shimla, duration 3hrs.
After lunch visit mall road Jakhu Temple Shimla dinner
at mall road Shimla after dinner 10Pm start journey for
Jispa Lahaul valley (Night Journey) 9hr Journey.



DAY 3

11-09-2026

Receive Group at 7AM Beautiful Luxury base camp at Jispa,
after breakfast take rest along with lecture from experts on
High altitude herbal plants, visit Sarang Village (10,500 feet
from sea level) (Traditional food lunch) after lunch Herbal
Tracking 3km Sarang Village to Jispa and visit Jispa Monastery
and back to base camp night stay in basecamp and enjoy
Burn Fire with music.



DAY 4

12-09-2026

After breakfast start journey for Baralacha visit Surajtaal and
herbal tracking near Zingbar glacier (14010 Feet) above
sea level. Full day hearbal tracking and visit Zingbar glacier
and back to second basecamp Baralacha Night stay in 2nd
basecamp enjoy burn fire with self-entertainments.



DAY 5

13-09-2026

After Breakfast visit Surajtaal with best natural and cultural
sights of Lahaul Valley along with Discovering the Untamed
Magic of the Bhaga River Valley and start journey for Manali
visit Atal Tanal, Solang Valley and shift to Hotel Yak Mall
Road Manali and visit mall road Manali.



DAY 6

14-09-2026

After Breakfast herbal tracking start for Jogini Waterfall and
off the tracking will conclude at Vashisht Temple (Hot Spring
Water) and back to Hotel and visit mall road,
Night stay in Hotel Yak



DAY 7

15-09-2026

After Breakfast start Journey for Chandigarh, lunch break at
Bilaspur 4pm Drop to Chandigarh railway station/bus-stand
marking the final destination of the tour, The Sahsi Group
extends its warm wishes for a safe and pleasant onward journey.



FOOD (DAILY)

BREAKFAST

- Stuffed Prantha, Bread Butter,
Egg, Bread Slice, Black Chana,
Tea / Coffee / Milk



LUNCH

- Chapatti, Rice,
Green Vegetables,
Daal, Raita & Salad
(Lunch Pack)



EVENING TEA

- Bread Pakora / Biscuits,
Tea / Coffee / Soup



DINNER

- Chapatti, Rice, Green Vegetable,
Salad, Non Veg & Sweet Dish



WHY CHOOSE US?

- ✓ High Altitude Herbal Trekking
- ✓ Expert Academic Guidance
- ✓ Safe, Well Organized & Secure
- ✓ Memorable Learning Experience
- ✓ Adventure with Nature



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3. The interested participants will have to complete the registration till 10th of August. At the time of registration participants have to pay 50% of the total fee, rest amount will be taken on the 1st day of tour, 25/08/2026.
4. Every participants need to reach at the Hotel Royal Park Resorts Zirakpur Chandigarh.
5. Every participants have to bring the letter of his college letter with themselves.

6. Every Participant will get a certificate after completing the trek.
7. Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.
8. Schedule can be changed as per Conditions your Train time and Weather.
9. Per Room 3 Person sharing & Luxury camping 4person per tents.



Explore. Learn. Heal. Grow with Nature



ORGANISED BY
SAHSI GROUP
30+ YEARS OF EXPERIENCE