

A high-angle, wide shot of a rugged mountain valley. In the foreground, a winding asphalt road follows the left bank of a wide, shallow river with milky, brownish water. The river flows from the background towards the bottom right. The surrounding mountains are steep and rocky, with visible erosion patterns and patches of snow or light-colored rock. In the distance, a prominent, jagged mountain peak is covered in snow, standing out against a sky filled with heavy, grey clouds. The overall color palette is dominated by earthy browns, greys, and the white of the snow and clouds.

ADVENTURUSH


ADVISORY

- ❑ Children below the age of 15 years are not recommended for this trek.
- ❑ People with health conditions like asthma or other breathing concerns are advised not to go for this trek. However, if they so decide, it is at their own risk.
- ❑ Avoid consumption of alcohol or any other intoxicants during the trek.
- ❑ Do not encourage trekking during the night unless it is a part of the itinerary, and a guide is present with you to avoid mishaps
- ❑ Avoid using earphones during the trek, this might hinder your audibility.
- ❑ Trekking is to immerse oneself in nature, so please expect basic facilities
- ❑ Do not litter the local sites or campsites. Travelers found littering may be fined.
- ❑ Do not disturb the local life while trekking.
- ❑ Connectivity on this trek will not be great, so it is advised to inform your loved ones or relatives before ascending the trek from the base camp about the situation.
- ❑ All guests will be responsible for safety and security of their own luggage. So carry small daypack bags to carry all expensive things with you.
- ❑ Guidelines issued by the State-Government are to be followed.
- ❑ Keeping your safety first, if the weather is poor, the event may be delayed or postpone, and an alternative time slot will be suggested.
- ❑ Not many places have the facility of Credit/Debit cards, so it is advisable to carry cash with you.
- ❑ Landslides/roadblocks can happen unexpectedly on your way so carry snacks, biscuits etc. with you.

PREP - WEAR, CARRY, FITNESS

- This is a moderate trek and will require physical strength, Recommendation to get physically fit is to start working out at least a month before the trek.
- To gain stamina, you can try Cardio and running along with stretching every day to strengthen your muscles and work on your flexibility.
- As a preparation cover 5 Kms in 30 mins

What to carry

- ID Proof
 - Passport size photo
 - Backpack
 - Sturdy trekking shoes
 - Slippers
 - Extra pair of socks
 - Thermal inner suit
 - Warm and comfortable clothes - full sleeves t-shirts and trekking pants
 - Poncho
 - Towel
 - Buff
 - Fleece jacket
 - Hand Gloves (waterproof & woollen)
 - Sunglasses
 - Sun Cap
 - Kneecap
 - Sunscreen lotion
 - Skin moisturizers
 - Water bottles,
 - Energy bars/snack
 - Trekking pole
 - Emergency medical kit
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- Flashlight/Headlamp (with spare batteries)
- Personal toiletries and basic medication (if any)
- Insect repellent

CANCELLATION POLICY

Full Refund- If cancelled before 7 days before scheduled departure

No Refund- If cancelled by customer less than 7 days before scheduled departure

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order to avoid inconvenience to other travelers, the expedition will continue in such case and participant will have to make their own arrangements, if they continue their stay.

PAYMENT POLICY

100% at the time of booking

