

A skier wearing a bright green jacket, black helmet, and goggles is captured in a dynamic pose, skiing down a steep, snow-covered slope. The skier is leaning forward, with their right arm extended for balance. A black backpack is visible on their back. The surrounding environment is a dense forest of tall, thin trees, all heavily laden with snow, creating a soft, white atmosphere. The lighting is diffused, typical of an overcast winter day. The overall scene conveys a sense of adventure and outdoor recreation.

# ADVENTURUSH

## ADVISORY

- Weather Readiness: Pack suitable clothing for the season, as Gulmarg experiences cold, snowy winters.
- Altitude Awareness: Accommodation is at a lower altitude, reducing altitude sickness risks. Avoid alcohol initially and stay hydrated.
- Terrain Precautions: Ensure comfortable skiing boots and exercise caution on steep slopes and icy surfaces.
- Safety Prioritization: Wear protective gear like helmets and follow safety instructions from instructors.
- Environmental Respect: Preserve Gulmarg's natural beauty by avoiding littering and respecting local customs.
- Cultural Sensitivity: Dress modestly and respect local customs in this predominantly Muslim area.
- Documentation: Carry essential documents, including ID proof.
- Hydration: Stay well-hydrated, especially at high altitudes.
- Cardiovascular Issues: Assess fitness for skiing and consult healthcare providers if you have heart-related concerns.
- Respiratory Conditions: Be prepared for cold, high-altitude environments, and carry necessary medications for respiratory conditions.
- Orthopedic Problems: Evaluate your ability to ski with significant joint or musculoskeletal issues, seeking specialist advice if needed.
- Altitude Sensitivity: Consult healthcare professionals if you have a history of severe altitude sickness.
- Medical History Disclosure: Inform ski instructors of your complete medical history, especially recent surgeries or health concerns.

## BOOKING POLICY

- A booking confirmation will be sent to you within 24 hours of your payment.
- If your desired date is unavailable, our team will contact you to find the best alternative dates. Please understand that real-time inventory views from our vendor partners may not be available.
- You will receive a 100% refund if you decide to cancel your booking before receiving confirmation.

## CANCELLATION POLICY

- Full Refund- If cancelled before 72 hours of scheduled date.
- No Refund- If cancelled by within 72 hours of scheduled date

## PAYMENT POLICY

100% at the time of booking.