

A full-page background image of a high-altitude mountain valley. In the foreground, a wide, muddy river flows through a deep canyon. A paved road follows the river's edge on the left. The canyon walls are steep and show distinct horizontal geological strata. In the background, majestic mountains rise, with the highest peaks covered in snow and partially hidden by a layer of white clouds. The sky is filled with soft, white clouds, suggesting a bright but slightly overcast day.

# ADVENTURUSH



## ADVISORY

- Children below the age of 7 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

- Morning jogs and running 15 days before the trip will help you during the trek.

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.
- Flashlight/Headlamp (with spare batteries).
- Personal toiletries and basic medication (if any).
- Insect repellent.

## **CANCELLATION POLICY**

- Full Refund- If cancelled before 7 days of scheduled departure.
- No Refund- If cancelled by customer less than 7 days of 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 travellers, 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.