

A high-angle, wide shot of a rugged mountain valley. In the foreground, a dark, winding road follows the edge of a wide, shallow river. The river's water is a milky, light brown color, typical of glacial meltwater. The surrounding mountains are steep and rocky, with visible erosion patterns and patches of light-colored soil or rock. In the distance, a range of jagged, snow-capped peaks rises against a sky filled with heavy, grey clouds. The overall scene conveys a sense of vastness and adventure.

# ADVENTURUSH

## ADVISORY

- Age limit 18+
- 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.
- If you can Jog 5 kms in 30 minutes, your stamina is good to go.

### While on trek –

- Take chocolates, chewing gums etc. Due to low oxygen levels, you will feel tired easily, that's when chocolates and energy bars will come to your rescue.
- Stay hydrated. Drink lots of fluids. Avoid drinking alcohol as it can cause dehydration. Acclimatization causes fluid loss, so drink at least 4 to 5 litres of water per day.
- Eat your food regardless of not being hungry, for high altitude acclimatization. However, eat light.
- Avoid tobacco, alcohol, sleeping pills and other depressant drugs.

### What to carry

- ID Proof (PAN card will not be considered as a valid 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 date
- No Refund- If cancelled within 7 days of scheduled date

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable.

## **PAYMENT POLICY**

100% at the time of booking.