

A high-angle, wide shot of a rugged mountain valley. In the foreground, a winding asphalt road follows the curve of a river. The river is a milky, light brown color, typical of glacial meltwater. The surrounding mountains are steep and rocky, with various shades of brown, tan, and grey. In the distance, a range of jagged, snow-capped peaks rises against a sky filled with heavy, grey clouds. The overall atmosphere is one of wild, untamed nature.

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/road blocks 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 atleast 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 are able to 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 & woolen)
 - Sunglasses
 - Sun Cap
 - Knee cap
 - 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 before 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

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