

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 with a guardrail follows the river's edge on the left. The canyon walls are steep and composed of layered rock and scree. In the background, majestic mountains rise, with the highest peaks covered in snow and partially hidden by a sky filled with heavy, grey clouds. The overall color palette is dominated by earthy browns, greys, and the white of the snow-capped peaks.

ADVENTURUSH

ADVISORY

- Children below the age of 8 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/road-blocks can happen unexpectedly on your way so carry snacks, biscuits etc. with you.

PREPARATION BEFORE TREK

- This is a moderate to difficult 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.
- As a preparation cover 5 Kms in 30 mins

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.

PREP - WEAR, CARRY, FITNESS

- ☐ 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.
- **No Refund**- If cancelled by customer less than 7 days

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order to cause inconvenience to the other travellers, the expedition will continue without participant.

PAYMENT POLICY

100% at the time of booking

