



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## STOK BASE CAMP TREK (SBCT)

### Introduction

Stok Khangri is one of the most fascinating places in Ladakh. The barren surroundings offer a welcome peace to trekkers. The trail is rapidly changing in scenery and is a great way to revel in the natural beauty of the region. This wonderful trek will challenge your resilience and perseverance.

### Key Information

- Duration : 07 days / 06 nights
- Location : Ladakh, J&K
- Age Group : 10 ~ 60 years
- Intensity : \* \* \* (Moderate)
- Batch Size : 08 ~ 40

### Program Highlights

- Trek to base camp of STOK KHANGRI peak in Ladakh
- Total trek distance will be about 40 kms
- Altitude varies between 3500 m ~ 5000 m (11,235 ~ 16,400 feet)
- Best Season (non-technical): 15 June to 15 September

Note: Based on snowfall climbing can be either technical or non-technical. The seasons mentioned above are only an estimate and actual conditions may vary.

### Day by day activity in brief

Day 1: Early morning arrival in Leh, 11,000 feet - On your arrival in Leh transfer to NALS camp. Due to altitude, headache is common and hence acclimatization is compulsory. Please take rest and do not exert yourself. Overnight in guest house

Day 2: Acclimatization day / Taxi drive to Kardungla pass (18,360 feet) after breakfast / highest motorable road in the world / return for late lunch / preparation for trek - packing and briefing sessions. Local sightseeing and shopping, if any. Overnight in guest house

Day 3: Leh to Stok village by taxi. Trek commences with a gradual but steady climb from Stok village to Changma approx. (13,360 feet / 5-6hrs / 8km)

Day 4: Trek from Changma to Mankorma approx. (14,272 ft. / 3-4 hours), night stay in Mankorma. Overnight - tents.

Day 5: Trek from Mankorma to Stok Base camp, approx. (16,400 ft. / 3-4 hours) - We make an early start and reach base camp. One may choose to gain height and later return to Mankorma / hot lunch.

Day 6: Trek down to Stok village & Taxi to Leh approx. (4-5 hours) - From base camp we descend all the way to Stok village. It takes about five hours to reach Stok village where we will board taxi.

We then drive back to Leh and enjoy a late meal or eat packed lunch. Overnight - guest house

Day 7: Leh to airport - Early morning transfer to the airport for your onward journey

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## Program Alteration

It must be borne in mind that the program route and campsite locations can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, Himalayan weather is unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

## Food and Beverages

The participant is assured of a simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks. Participants who are choosy about food are requested to bring their own supplements, as we may not be able to cater to all tastes.

## Package Cost per head (inclusive of GST)

	INR
Program Cost (ex-Leh)	39,000

## Scope & Inclusions

Package includes:

- Accommodation in Leh - guest house with full boarding (vegetarian meals) for 3 nights
- Accommodation in tents during trek with all meals (twin sharing)
- Equipment for camping – tents, dining tent, kitchen tent, utensils, toilet tent, sleeping bag
- Experienced tour leader with group, cook, porters
- Porter / Mule charges for carrying baggage during trek. Participant will carry day sack (about 5-6 kg)
- Camping fee, forest permits, local transfers in Leh.
- Taxi for airport transfers in Leh, Kardungla road trip and local sight seeing.

## Exclusions

- Travel / Flights into and out of Leh
- Additional hotel cost in Leh due to early arrival or late departure
- Unforeseen handling costs due to weather disturbance, land slides, political unrest
- Deviation costs due to poor health of participant leading to additional guides and porters, handling, hotel and meals will be charged extra.
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance, mini bar, room service etc.
- Foreigners must obtain insurances such as accident, emergency evacuation, body repatriation etc

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## General Terms and Conditions

### **PAYMENT TERMS**

1. Payment Mode:
  - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
  - b. NALS Bank account details:
    - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
    - ii. IFSC : SBIN0003061
    - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

Very rarely, NALS may be forced to cancel a program due to *force majeure* (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case, your booking includes flight, cancellations charges will be higher depending on the air carrier and this may vary from time to time. Please check your tickets.

### **CANCELLATION POLICY**

If participant leaves, cancels or does not report for the program for any reason, the following charges will apply:

- |    |  |          |
|----|--|----------|
| 1. | More than 30 days prior to commencement of program | Rs. 7500 |
| 2. | 15-30 days prior to commencement of program        | 20%      |
| 3. | 8-14 days prior to commencement of program         | 50%      |
| 4. | Less than 8 days to commencement of program        | 100%     |

Very rarely, a program may be cancelled due to *force majeure* (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of program or even cancellation. Further, participant may decide to terminate or withdraw from the program due to any reason. In such circumstances, NALS will not be obliged to make any refund. Flight / hotel cancellations - there will be no refund for group booking fares

### **PARTICIPANT BEHAVIOUR AND DISCIPLINE**

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

### **RISK AWARENESS**

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of this program, the participant will be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Some of the wild animals in this area are Himalayan Black Bear, Marmots, Deer and foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither should you call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature are mandatory for participation in our programs.



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## **Physical fitness requirements for Major Outdoor activity / Altitude treks**

### **Introduction:**

One must carefully assess his/her fitness levels before embarking on any form of outdoor activity. Trekking, especially in higher altitudes requires good physical fitness and endurance. It is pointed out that physical fitness and strength cannot be achieved overnight but only through sustained efforts. It is generally advised to consult a physician, especially if one has led a sedentary (poor physical activity) lifestyle.

### **Exercise regimen:**

Having decided to participate in an outdoor program, one must exercise for several weeks before the commencement and focus on improving muscular strength in key areas of the body that are subjected to intense strain during the program. At least 6-8 weeks of exercise is suggested although anything more is beneficial and will allow the participant to enjoy the program rather than come down due to fatigue or stress related injury. It is suggested that the following exercises help in building strength and stamina. The reader should be aware that all bodies are not the same and intensity /duration of workouts differ vastly. Further, rushing into an exercise regimen and improper use of weights can cause injury to the body. Therefore, it is advised to consult a trainer and / or start with your minimum possible distance or repetition.

### **Some minimum benchmarks for SBCT**

As a minimum, a participant for expeditions and long treks can bench mark against the following parameters:

1. Endurance > 2 ~ 3 hours / 12 ~ 16 kms walk AND jogging
2. Strength > Carry backpack (daysack) with about 4 ~ 8 kilos in weight while walking
3. Cardio > Maintain breath continuously for 45 min.

### **Key areas of focus and basic routines**

The following exercises are meant to improve the cardiovascular strength and specific muscle groups that are subjected to maximum strain during mountain treks/expeditions

1. Cardiovascular workout – Improves the heart-lung power.
  - a. Jogging, stair climbing, stepping machines, swimming, cycling
2. Low-back and abdomen muscle – help reduce shock to the spine
  - a. Sit-ups, hyper extension
  - b. Some yoga postures
3. Shoulder muscle – Helps in carrying backpack for long duration
  - a. Back-pull, front and side raise, chin-up etc



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4. Thigh, hamstring, calf and knee joint – Strengthening these areas will increase endurance, avoid injury and reduce fatigue > Squats, hamstring curl & stretch, toe raise, knee curl.

**A seven day workout schedule is provided below as a guideline for the beginner:** One shall plan and gradually increase intensity over the planned period and reach some of these goals

**Day 1** - Breathing Exercises

- Brisk walk or jog for 2 kms > 20 minutes
- Breathing Exercises > 20 ~ 30 minutes
- Meditate > 10 ~ 25 minutes

**Day 2** - Strengthening Day

- Brisk Walk or jog for 2 kms – 15 minutes
- Surya Namaskar (Sun worship yoga) > 10 ~ 40 repetitions – 25 minutes
- Abdomen crunches > 10 ~ 40 repetitions – 10 minutes
- Squats > 10 ~ 30 repetitions - 5 minutes

**Day 3** - Cardio Day

- Stair climbing or step climbing or speed walk on inclined treadmill > 45 min
- Elevate and maintain heart rate between 120 ~ 140 beats per minute
- Warm Down Slowly

Days 4,5 - repeat of Day 1,2

Day 6 - Rest day

Day 7 - Endurance Day

- Brisk Walking or jogging 14 ~ 16 kms – About 100 ~ 180 minutes
- During some days carry 4 ~ 8 kilos back pack for shorter distances

**Note: Follow proper stretching, warm up and warm down procedures**

**Mental fitness**

Outdoor programs may also test the limits of endurance even if one has trained well and has achieved reasonable level of physical fitness. During such situations, the participant can pull through with mental strength and courage. Inner strength is a net result of so many factors – self confidence, courage, previous experience etc. It is well documented that yoga, meditation, faith will greatly help one improve inner strength.