



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## FAMILY CAMPING AND MENTORING PROGRAM (FCAMP)

This is a spectacular program for rejuvenating family bonding, love and role modelling for children. Set amidst lush green Kullu valley and sparkling glacial melt water streams, the treks and camps will reduce stress, improve attitudes towards health and fitness.

Modern career pressures and double income families spare little time for the child to observe the parents and learn. Absence of joint families causes loss of opportunity for role modeling. It is therefore important for families to take time off and spend in the outdoors, participate in joint activities that will provide opportunity for role modeling and inspiration.

### **Key Information**

- Duration : 04 days / 03 nights
- Location : Manali, HP
- Age Group : 10 ~ 55 years
- Intensity : \* \* (Low)
- Batch Size : 08 ~ 40

### **Program Highlights**

- Total Trek distance will be less than 15 kms
- Maximum trek distance on any day < 5 kms
- Altitude varies between 2180 ~ 2800 m (7000 ~ 8000 feet)
- Stay at Kalath camp for 4 days
- Adventure Activity
  - Rock Climbing, Rappelling
  - River Crossing

### **Day by day activity in brief**

- Day 1 Arrive in Manali – briefing – orientation – local sight seeing -put up in tents at NALS campsite
- Day 2 Acclimatization trek – adventure activities on rock / river - put up in tents. Morning walk, breakfast, major activity on the rocks / river + lunch, minor activity after tea, group discussions, early dinner
- Day 3 Morning walk, breakfast, major activity – group tasks and discussions. Minor activity after tea, games
- Day 4 Dip into hot springs (if not covered by the river), exchange equipment and de-brief after lunch. Participants will break-off and depart after tea.

### **Program Alteration**

NALS / PDK – FCAMP / 29 Jan 2019

Page 1 of 4

<u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	<u>Regd. Office:</u> 36A, Bhoma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
---	--	---



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

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 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.

## Fitness and Skill requirements

Participant is required to have basic fitness and endurance to accomplish the tasks / activities in the program. This means that he must be able to walk 5~6 kms and ascend moderate gradients, whilst carrying a backpack of about 10 kilos. It is opined that any average person who exercises 30 minutes every day will have basic fitness. However, it is advised that participants exercise themselves rigorously for 2~3 months prior to arriving at the campsite.

## Cost per head (inclusive of GST)

Description / Group Size	8 ~ 40 persons	4 ~ 7 persons	1 ~ 3 persons
Program Cost (ex-Delhi)	Rs. 10,000	Rs. 12,400	Rs. 14,000
Delhi Transfers (optional)	Rs. 3,700	Rs. 4,200	Rs. 4,750

## Scope & Inclusions

Package is ex-Delhi and includes:

- AC Volvo bus Delhi – Manali – Delhi
- Vegetarian Meals and beverages during the program
- Taxi, Forest permit fee, porters
- Shared accommodation in tents

## Exclusions

- Transport into and out of Delhi (from home town)
- Transfer / meals / accommodation whilst in Delhi (see optional cost above)
- Meals during AC Volvo bus journey
- Unforeseen handling costs due to weather disturbance, landslides, political unrest
- Deviation cost due to poor health or any other reason leading to additional porters, guides, hotel, meals
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance etc.

NALS / PDK – FCAMP / 29 Jan 2019

Page 2 of 4

<p><u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA</p>	<p>T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in</p>	<p><u>Regd. Office:</u> 36A, Bhooma Nivas, 4<sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5</p>
---	--	---



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## General Information / Guidance

### **Note: 1 > Registration Process**

- As a policy, NALS has made this entire process paperless and request your kind concern for Nature and the ecosystem
- One can register online at the link provided on the program page,
- Once registration is completed an e-mail will be sent to your registered email ID with links for program related documents. Check your spam box also for this mail
- In this mail, options are provided for payment - use these based on your convenience
- Once payment is made, inform NALS the payment details so that we can track and confirm your registration. This may take upto 3 working days based on payment modes.
- Your registration will be confirmed by email. Receipt + program related documents will be sent to you, once again, by email.
- Final invoice will also be sent by email within 1 ~ 7 days of program completion.
- NALS can send hard copy of the invoice - please send an email request to [webmaster@nals.in](mailto:webmaster@nals.in), quoting your PRN number, after the program is over.

### **Note: 2 > Delhi Transfers - This is an optional service and cost includes**

- Onward Journey - Receiving from airport / railway station and transfer to AC Volvo bus stand
- Return journey - Receiving from AC Volvo bus (from Manali), transfer to 3 star hotel for 90 minutes to freshen up / followed by breakfast / transfer to airport or railway station
- If accommodation required is for longer period (due to late departure of flight / train or any other reason) - actual cost to be borne by participant(s)

### **Note: 3 > Reporting for AC Volvo journey at Delhi**

Participant has to report at the reported hour, date and place (see confirmation slip for details) for boarding AC Volvo bus at Delhi. Late reporting may lead to cancellation of booking, as alternative modes of transport cannot be arranged at short notice.

### **Note: 4 > Meals during AC Volvo Journey**

This cost is to be borne by the participant and we suggest packed dinner from home. NALS is unable to provide this due to inconsistency about the dinner stops by the AC Volvo bus operator. However, during the return leg NALS will endeavour to provide packed dinner for consumption during the bus journey

Avoid oily / spicy meals during AC Volvo journey as they can cause nausea on the ghat section and give a miserable experience. Water bottle + nausea bags are provided in the bus. Please ask the conductor.

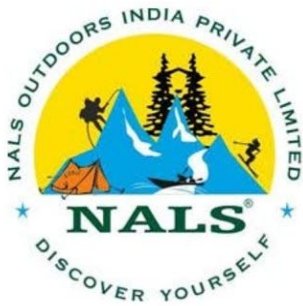
### **Note: 5 > AC Volvo Journey can be cold**

Please keep your jacket / wind cheater or sweater + your balacalava inside the bus. We suggest you avoid the shawl provided by the bus operator due to hygiene concerns.

NALS / PDK – FCAMP / 29 Jan 2019

Page 3 of 4

<b>Head Office:</b> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	<b>T :</b> +91-422-2542800 +91-422-2543800 <b>E :</b> enquiry@nals.in <b>W :</b> www.nals.in	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 <b>CIN :</b> U74999TZ201PTC018364 <b>PAN :</b> AAECN0223F <b>GST :</b> 33AAECN0223F1Z5
---	---	---



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## 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.

### CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

- |    |  |          |
|----|--|----------|
| 1. | More than 30 days prior to commencement of program | Rs. 1500 |
| 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, 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, hotels and / or transfers, cancellation charges will be higher depending on the air carrier and other service providers and this may vary from time to time.

### 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 the program design, the participant may be required to 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 are you advised to 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.

NALS / PDK – FCAMP / 29 Jan 2019

Page 4 of 4

<b>Head Office:</b> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	<b>T :</b> +91-422-2542800 +91-422-2543800 <b>E :</b> enquiry@nals.in <b>W :</b> www.nals.in	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 <b>CIN :</b> U74999TZ201PTC018364 <b>PAN :</b> AAECN0223F <b>GST :</b> 33AAECN0223F1Z5
---	---	---