



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## HAMPTA CIRCLE (3650 M / 11,700 FEET) TREK PROGRAM (HCTP)

### **Introduction**

The Hampta Circle Trek takes you on a circuit through luxuriant green vegetation, trickling streams, and beautiful snow clad mountains. You will see a new place and a new trail everyday, make wonderful memories and experience new cultures.

Besides having an unforgettable trekking experience, you will also have the opportunity to do some exciting adventure activities during the program.

### **Key Information**

- Duration : 10 days / 09 nights
- Location : Manali, HP
- Age Group : 10 ~ 55 years
- Intensity : \* \* \* (Moderate)
- Batch Size : 08 ~ 30

### **Program Highlights**

- Spectacular trek through an altitude of 3650m
- Base camp at NALS Manali campus at Kalath
- Experience the culturally rich rural landscape of Himachal Pradesh
- Adventure activities in Manali – river crossing, acclimatization walk
- Sight seeing at Manali town
- Best Season: April ~ October

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

- AC Volvo leaves Delhi one day before program day at about 1630 hrs
- Day 1 Arrive in Manali from Delhi by AC Volvo coach at about 0700 hrs  
Safety briefing and orientation, plan & pack for trek
- Day 2 Adventure activity (River crossing) / acclimatization trek
- Day 3 Trek from Kalath campsite to Bogi approx 2100m , 4~5 hours, over night in tent
- Day 4 Trek to Sarotu 2710m, 5~6 hours over night in tent
- Day 5 Trek to Jogi Dugh 3000m, 4~5 hours over night in tent. Jogi Dugh occupies a very famous place in the Hindu mythology especially for the local habitants of the valley. This is said to be a holy place of Takshak Nag (serpent God)
- Day 6 Trek to Lama Dugh 3200m, 4~5 hours over night in tent.
- Day 7 Trek to Raulikholi 3500m, 5~6 hours over night in tent.
- Day 8 Trek to Piangniru 3300m, 5~ 6 hours over night in tent.
- Day 9 Trek to Jobdhi 2900m, 5~6 hours and taxi to Kalath campsite over night in tent.

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Day 10 Manali sight seeing & shopping, certificate distribution, departure to Delhi at 1700 hrs, by AC Volvo coach  
AC Volvo bus arrives in Delhi the next day about 0630 hrs

## 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 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 medium level fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 11 ~ 12 kms, ascend moderate to steep gradients, whilst carrying a back pack of about 4 ~ 6 kilos. It is opined that any average person who exercises 30 minutes every day will have medium 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 ~ 30 persons	4 ~ 7 persons	2 ~ 3 persons
Program Cost (ex-Delhi)	Rs. 22,900	Rs. 28,600	Rs. 32,100
Delhi Transfers (optional)	Rs. 3,500	Rs. 4,000	Rs. 4,500

## 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)
- Meals during AC Volvo bus journey

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- Unforeseen handling costs due to weather disturbance, land slides, 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.

## General Information / Guidance

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

- As a policy, NALS has made this entire process paperless and requests 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.

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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.

### 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, cancellation charges will be higher depending on the air carrier and this may vary from time to time. Please check your tickets.

### 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.

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