



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

CAMPUS GUIDELINES - NALS KALATH, MANALI, HIMACHAL PRADESH

General Guidelines / Information to Participants

Welcome to NALS Kalath Campus and we sincerely hope your stay will be exciting and memorable. With your active support and cooperation, we believe the program will be beneficial and safe. This campus is located right beside River Beas and one should be gifted to be here and watch the river take away melt ice to the plains.

General Information

1. Outdoor programs require participants to sacrifice some of their comforts and adjust to environment that may be hot / cold / rough or wet
2. Amenities are basic and accommodation will be in tents / shared
3. Vegetarian Meals are provided in all campuses of NALS
4. Drinking water is glacier melt / stream water
5. Toilets are brick and mortar structures with Indian / Western closets. Hot water is not available in bath rooms.
6. For campers in higher altitudes, toilet tent is provided around a hole in the ground
7. Burning of firewood for entertainment is not allowed. As a result campfire is not part of our programs
8. Smoking / alcohol consumption or being under the influence of alcohol or drugs is not permitted in any of our campuses, and NALS may expel persons indulging in this.
9. NALS may be forced to re-schedule or even cancel a program due to onset of adverse weather condition, lack of access roads, social unrest or other disturbances over which we have little or no control

Do's & Don'ts

1. Do remember that this is not a holiday but an outdoor activity in off road conditions. Take care of your personal safety and adhere to guidelines / safety briefings
2. Do understand your limits and feel free to express your fears / inability to accomplish a task
3. Do extend a helping hand to someone in need of it
4. Do not consume drugs / alcohol as they will affect your performance and safety
5. Do not bring plastics / other waste and litter them on this campus
6. Do not indulge in friendly pranks and mischief as this will surely invite trouble and derail the objectives of the program
7. Damages to NALS property and equipment due to misuse / abuse are recoverable from user

NALS / Kalath Guidelines / 24 Jan 2019

Page 1 of 3

Head Office: 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	Regd. Office: 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
---	---	---



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Safety Measures

1. Mountaineering Instructors are certified in Mountaineering and First Aid.
2. State of the art equipment and strict adherence to procedures.
3. Nearest Major Hospital – Lady Wellington Hospital, Manali

Things to Bring

Trekking shoes, bathroom slippers, torch, water bottle, small backpack (30 ltr), full sleeve sweater, thermals, wind proof, rain sheet, full length jeans or pants, shirts or t-shirts, sun cap, sun glasses, sun control etc

(please refer full list available on website against each program)

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. Further, Acute Mountain Sickness (AMS) or High Altitude Sickness may affect some individuals mildly or even seriously. 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, snakes 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 retreat if necessary. 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, parent consent and signature is mandatory for participation in our programs.

Address: NALS Kalath campus, near Indo Swiss Buddhist School, Kalath Village, Manali

GPS Coordinates: Latitude: 32°11'25.57"N / Longitude: 77°11'27.72"E

<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, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
--	--	--



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Location and How to Reach from Delhi

Manali is a large town in Himachal Pradesh and is located in District Kullu. Manali is about 500+ kms by road from Delhi, about 300+ kms from Chandigarh and roads are generally good except on the ghat section.

By Flight – Direct flight from Delhi to Bhunther (Kullu) airport (45 min) and from thereon by road (45 min). Flights generally depart around 0630 hrs from Delhi. Please check with your travel agent.

By Road - Several Buses ply between Delhi and Manali and vice versa. The journey is about 13 hours and cost about Rs. 550 to 1200 per person, depending on the class of vehicle. If you are traveling by bus, please ask the driver to offload you at Kalath Sulphur spring or Indo Swiss Buddhist School. This place is about 8 kms before Manali town. After disembarking, you have to cross the suspension bridge across River Beas and enter NALS campus. NALS can arrange for bus reservations, please note.

Other Information

1. **Weather:** Himalayan weather is generally unpredictable. Afternoons can be wet and cold despite bright sunshine in the forenoon. One is requested to pack light and carry warm clothing and rain protection. Footwear is likely to get wet soon and hence spare socks/shoes are recommended.

Summer: May ~ Oct
Maximum Day Temperature – 28 Deg C
Minimum Night Temperature – 10 Deg C

Winter Nov ~ Apr
Maximum Day Temperature – 12 Deg C
Minimum Night Temperature – around 0 Deg C

Rainfall Dense rainfall during July / Aug
Sparse rainfall during Oct / Nov
Snowfall during Jan ~ Mar

2. Altitude of Manali – 7500 feet / 2330 m

3. **Emergency Contact Numbers** – These numbers are listed for you to contact in case of any emergency only. We request you to avoid casual calls to the campus for general enquiry.

a. NALS Kalath Camp In-charge +91 9816840155

NALS / Kalath Guidelines / 24 Jan 2019

Page 3 of 3

<p>Head Office: 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>Regd. Office: 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5</p>
---	--	---