



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

ADVENTURE EXPEDITION STOK KHANGRI 6153 m (STOK)

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. The peak offers a magnificent panoramic view of the Zaskar and Indus Valley. This wonderful trek will challenge your status quo and expand your boundaries forever.

Key Information

- Duration : 11 days / 10 nights
- Location : Ladakh, J&K
- Age Group : 12 ~ 65 years
- Intensity : * * * * (High)
- Batch Size : 08 ~ 40

Program Highlights

- Summit of a 6000m peak in Ladakh, highest peak in the STOK range
- Total trek distance will be about 43 kms
- Altitude varies between 3500 m ~ 6153 m (11,235 ~ 20,182 feet)
- Best Season (non-technical): 15 June to 15 September
- Season for technical climb: May / October

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 Participants arrive in Leh (3500m) from Delhi by flight. Rest day for acclimatization as altitude can cause headaches and nausea. Sightseeing, leisurely interaction with other participants and staff. Overnight guest house
- Day 2 Acclimatisation walk / packing and briefing for the expedition. Overnight guest house
- Day 3 Leh: Continue acclimatization and visit highest motorable road - Kardungla pass (18,360ft) by taxi / local visit of monasteries and Leh bazaar. Briefing and preparation for expedition. Overnight guest house
- Day 4 Leh to Stok village by taxi. Trek begins here. Trek to Changma approx (8 kms / 5-6 hours / 4350m), packed lunch. Overnight tents
- Day 5 Trek to Mankorma approx. (4650m / 3-4 hours) and enjoy hot lunch. Overnight tents
- Day 6 Trek to Basecamp approx. (5000m / 3-4 hrs) and enjoy hot lunch. Overnight tents
- Day 7 Base camp: Acclimatization Day + learning ascending and descending techniques. Overnight tents
- Day 8 Summit Day – Depart very early and trek to Stok Khangri peak approx. (6153 m / 7-9 hours) and return to Base camp. Overnight tents
- Day 9 Spare Summit window day for weather disruptions. Overnight Tents
- Day 10 Trek to Stok Village and overnight in guest house, packed lunch

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Day 11 Departure from Leh by early morning flight towards Delhi or hometown

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 it is not possible to cater to individual tastes..

Package Cost

Cost per participant INR (Rs.) 54,750 inclusive of taxes

Note: **The rate quoted is for Indian Nationals only** as foreign nationals require permits from Indian Government to scale this peak. Permit fee and other expenses depend on group size and current regulations. Quotation will be available on a case by case basis for foreign nationals.

Scope & Inclusions

Package is ex-Leh and includes:

- Arrival / departure transfers at Leh, sightseeing tour at Leh, by private van/car/coach
- Whilst in Leh, accommodation in guest houses, twin sharing for 3 nights + all veg meals
- Accommodation in tents, shared, with all vegetarian meals + refreshments, during treks
- Equipment for camping – tents, dining tent, kitchen tent, utensils, toilet tent, sleeping bag
- Experienced tour leader with each group, cook + camping helpers
- Porter / Mule charges for carrying baggage during trek
- Camping permits, forest charges, IMF permits (foreigners - charges may vary), local sightseeing

Exclusions

- Travel costs into and out of Leh (from home town)
- Unforeseen handling costs due to weather disturbance, landslides, political unrest
- Deviation costs due to poor health of participant leading to additional guides and porters, handling, hotel and meals will be charged extra.
- Additional hotel cost in Leh due to early arrival or late departure
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance, etc
- Foreigners must insurances such as accident treatment, emergency evacuation, body repatriation, etc.

Altitude Sickness and Acclimatization

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An expedition of this altitude and intensity is bound to cause altitude sickness and related symptoms. For regular mountaineers, this is something they have got used to it and hence go about it methodically and systematically. However, with beginners, we find some participants totally taken off guard and thus aggravate their symptoms. Although they tend to recover, many of them were found mentally unprepared to handle this challenge.

In order to help the participant prepare and cope with altitude sickness we suggest the following:

1. Quit smoking, if you are a smoker.
2. Regular breathing exercises, for at least 3-4 months prior to the trek.
3. Travel to Leh
 - a. The best way to acclimatise well before this important expedition, **is to reach Leh by road from Delhi or even Manali**
 - b. The road journey Delhi - Manali - Leh is a 2 day affair and takes one through some of the spectacular altitude passes and valleys - Rohtang, Spiti valley, Baralacha, Sarchu, Tanglangla etc
 - c. One may even fly into Manali and later board a bus / taxi to Leh and this road journey is about 14 hrs (600 kms)
 - d. The road journey will take the participant to altitudes of 17,000 feet and thus help speed up acclimatization and minimise altitude sickness.
4. The duration, activities and camping altitudes are so planned in order to increase the chances of your summiting successfully. Short cuts can lead to serious health hazards and premature termination of your stay in Leh.
5. We feel sorry for several participants who have made an error in judgement by choosing some short duration program and later end up walking down the mountain within 2-3 days.

Expedition Leader's decision is final in matters related to Altitude Sickness and your continuing the program...!

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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, 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. 5000
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 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 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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Physical fitness requirements for Major Outdoor activity / high 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 necessary to note that physical fitness and strength cannot be achieved overnight but only through sustained efforts. It is generally advised to consult a physician to make sure that you can participate in vigorous activity, 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 STOK

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

1. Endurance > 3-4 hours / 18-20 kms walk AND jogging
2. Strength > Carry backpack (daysack) with about 4~5 kilos in weight while walking
3. Cardio > Maintain breath continuously for 45 ~ 60 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, rowing
2. Low-back and abdominal muscles – help reduce shock to the spine
 - a. Sit-ups, Back 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 Salutation) > 10 ~ 50 repetitions – 30 minutes
- Abdomen crunches > 10 ~ 50 repetitions – 10 minutes
- Squats > 10 ~ 40 repetitions - 5 minutes

Day 3 - Cardio Day

- Stair climbing or step climbing or speed walk on inclined treadmill > 45 ~ 60 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 12 ~ 18 kms – About 100 ~ 180 minutes
- During some days carry 5 ~ 8 kilos backpack 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 and faith will greatly help one improve inner strength.

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