



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

ADVENTURE BASED FITNESS PROGRAM (ABFIT 16)

Introduction

Challenge yourself with an adventure based fitness program and improve drastically your self esteem and confidence. Above all gather psychological strength to deal with lifestyle issues in the future.

We believe that your outlook and personality will improve dramatically. Be assured – no crash diets and medicines during the program, but simple & nutritious vegetarian food that can be sustained for the rest of your life.

Key Information

- Duration : 16 days / 15 nights
- Location : Manali, HP
- Age Group : 14 ~ 45 years
- Intensity : * * * (Moderate)
- Batch Size : 08 ~ 30

Program Objectives

- To introduce participants to a long term fitness cum weight loss program that will improve their cardiovascular fitness, self esteem and eating habits. The objectives are achieved through a carefully and meticulously designed program that will keep the participant mentally and physically occupied.
- To introduce one to the basics of camping, trekking and medium altitude
- To establish a healthy nutrition and physical fitness schedule
- To transform participants into role models in self grooming and confidence

Program Highlights

- 16 Days / 15 Nights expedition in Himachal Pradesh, India
- Trek distance will be about 90 kms during camping.
- Maximum trek distance on any day < 15 kms
- Altitude varies between 2180 ~ 3895 m
- Adventure Activity
 - Rappelling, River Crossing
 - Rock Climbing, Trekking

Tasks to be achieved

- Himachal Pradesh – 15000 ft (minimum)

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Program Description

The program offers the participant to prepare hard for about 6 months and visit Himachal Pradesh for an intense outdoor activity.

- a. Medium to extreme adventure activities will be introduced here – Medium altitude trekking, camping outdoors, endurance treks and camping at or around 15000 feet.
- b. The altitude and environment will be a major challenge for the mind and body. We believe that this activity can boost one's self confidence drastically.
- c. Other activities involve trekking and camping at various altitudes

Why most weight loss programs fail?

Most weight loss programs fail because the methods used cannot be sustained over long periods of time. Further, some of the methods adopted – crash diets, reduced intake of food for long periods of time, actually do more harm than good, although short term loss of weight can be demonstrated. It has been documented in several scientific journals that the lost weight actually bounces back with a vengeance.

Why ABFIT?

Any fitness or weight loss program must address the long term sustainability of a healthy lifestyle that is required to maintain an optimum weight. This requires attitude change, improved self confidence and self esteem. This program has been designed to do exactly that. The program will gradually introduce the participant to walking and eating habits that can be sustained for long. Some of the physical and mental activities are meant to develop self esteem and confidence without which maintaining a healthy lifestyle is impossible. Participants will also be exposed to adventure activity which will improve their confidence to a very large extent. Food provided is definitely not a crash diet but healthy, delicious and nutritious.

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, Beverages and Accommodation

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. There is no starving, no powders to consume, and no medicines to eat. Accommodation will be tents / shared.

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Consult your physician

Some of the program activities will elevate heart rate and demand physical strength and endurance. Persons with the following medical conditions are requested to consult their physician:

- Thyroid malfunction / osteoporosis / arthritis
- High BP / Diabetes
- Physically weak / severe back ache / knee problems
- BMI over 35
- Consume prescription drugs for acute ailments.

Fitness and Skill requirements

Participant is required to have a medium level of fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 10~15 kms, ascend moderate gradients, whilst carrying a backpack of about 6 kilos.

Cost per head (inclusive of GST)

Description / Group Size	8 ~ 30 persons	4 ~ 7 persons	1 ~ 3 persons
Program Cost (ex-Delhi)	Rs. 37,700	Rs. 47,100	Rs.52,700
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 and shared accommodation in tents, during the program.
- Taxi, Forest permit fee, porters
- Porters to carry main baggage of participant

Exclusions

- Transport into and out of Delhi (from home town)
- Meals during AC Volvo bus journey
- Transfer / meals / accommodation whilst in Delhi (see optional cost above)
- 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

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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 eco system
- One can register online at the link provided on 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 a hard copy of the invoice - please send an email request to 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, 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.

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