



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

NALS FIT TREKKER PROGRAM (NFTP) @ Manali, HP

Introduction

Women today are taking up so many different roles at once and woman empowerment is unbelievably important for the world. Empowerment starts with self-confidence, fitness and leadership. Leadership is the ability to think and act beyond one's limitations. Women today need to do more than leading, they need to face adversity and be resilient. They need to be agile and constantly on their feet. There is a tremendous amount of pressure and competition. To be able to take on all these challenges, we need to push our horizons a little. Women need to know their value and know what they are capable of. They also need a great amount of physical and mental strength and endurance. What can you possibly do that can help you build on all these aspects?

Adventure offers an amazing opportunity for women to step out of their comfort zone, break out of personal limitations and reach heights that they have never dreamt of achieving. If not for anything else, this is a must do for the welcome disconnect it provides from the fast-paced, high tech world that we are all used to, a truly beautiful way to connect to nature and yourself. NALS will provide the perfect platform for women to discover their strengths and take Leadership to a whole new level.

Key Information

- Duration : 07 days / 06 nights
- Location : Manali, HP
- Age Group : 12 ~ 55 years
- Intensity : * * * (Moderate)
- Batch Size : 8 ~ 60
- Best Season : 20 Apr ~ 15 July & 01 Sep ~ 30 Oct

Program Highlights

- This program is for women only and the program is lead by Srinidhi Seshadri, fitness trainer, nutritionist and mountaineer.
- Personality development through courage and confidence building activities
- Fitness and Health Building, Self Defence Training, Nutritional Guidance
- Trekking and camping experience in spectacular Kullu-Manali valley
- Summit of Patalsu Peak (4220m)
- Altitude varies between 2180 ~ 4220 m (7000 ~ 13,845 feet)
- Total trek distance will be about 32 kms / Maximum trek distance on any day < 12 kms
- Stay at Kalath camp for 4 days and trek to higher camps around tree line for 3 days
- Adventure Activity - Rappelling, River Crossing

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- Eligible for IAYP Award (the Duke of Edinburgh)

Day by day activity in brief

29 April	1130 Departure from Coimbatore airport / arrive in Delhi 1430 / transfer to AC Volvo Dinner enroute / 12 ~ 14 hr night journey
30 April	Arrive in Manali – briefing – orientation – major activity on river, Manali visit and acclimatisation - put up in tents at NALS campsite, leisurely interaction with other participants and staff
01 May	Morning walk, breakfast, major activity - rock rappelling + lunch, minor activity after tea, yoga, self defence sessions, early dinner
02 May	Morning walk, breakfast, trek to shaleen village with packed lunch - group tasks and lecture on health & nutrition, early dinner.
03 May	Taxi, about 13 kms + Trek to ShaghaDhug via Solang valley, about 4 kms / 2950 m. Walk through dense forests, cross many cool water streams and Solang village, which is over a 100 years old.
04 May	Participants will summit Patalsu Peak after breakfast, carry packed lunch and return to Shaghadhug camp. The steep ascent to the peak is tough but steady walking is enough. Snow is possible during May.
05 May	Trek to Solang Nalla, taxi to Kalath camp, hot lunch, dip in hot springs
06 May	Mountaineering museum visit, exchange equipment, certificate distribution, debrief after lunch. AC Volvo bus leaves for ND at about 1700 hrs / dinner enroute
07 May	Arrive in Delhi about 0630 hrs next day / transfer to 3 star hotel 90 minutes / breakfast / transfer to airport / departure from Delhi at 1330 hrs / arrive CBE at 1630 hrs / disperse

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.

Fitness and Skill requirements

Participant is required to have medium 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 to steep gradients,

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whilst carrying a backpack of about 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	INR
Program Cost (ex-Delhi)	Rs. 23,500
Flight CBE-DEL-CBE + Delhi Transfers (optional) (Please note: Flights charges are subject to change)	Rs. 18,500

Scope & Inclusions

Package includes:

- AC Volvo bus Delhi – Manali – Delhi + dinner during both trips
- Vegetarian Meals and beverages during the trek program
- Porters / Mules to carry the main rucksack of participant.
- Other provisions:
 - Camping and Forest Permits
 - Shared accommodation in tents (3 ~ 4 pax per tent)
- Flight + transfers into and out of Delhi from Coimbatore (Optional)
- Three star hotel for 90 minutes during return journey + breakfast in Delhi, on return leg (Optional)

Exclusions

- Transfers in Coimbatore, Personal clothing, shoes, etc
- 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.

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Important info for parents (who are not participating in the program):

1. While we appreciate the anxiety and angst towards your child attending this program, calls to the campus for general enquiry and repeated requests to speak to your child are STRICTLY not allowed. In our experience, this distracts the trainers from their main focus of running the program safely. Further, modern day children get weak when the parent, sometimes, become emotional on the phone. This also upsets other children in a cyclical process. We hope you will understand..! We also do not encourage your visit to the campus during the program.
2. As a policy NALS does not rate or rank children. Neither do we give a “performance report” as this requires that the children be compared with each other. It is our belief that each child is unique and comparing them in the outdoors during this short span of period is doing injustice to them. Some parents, in the past, have insisted on a performance report of their wards much to our chagrin. We hope you will understand that this is not possible.
3. For children who may become weak or sick, NALS adopts a wait and watch policy for 24 hrs and we manage the situation with the best of our abilities that may also include a visit to the local hospital. Parents will be informed by telephone in case of a hospital visit.
4. Parents should assure themselves that their children are toilet trained fully as this is an area were NALS cannot help much other than guiding a child to clean himself properly. It would be inappropriate for our staff to handle the child inside a bathroom.
5. NALS may take efforts to update status on the camp through SMS or Whatsapp. This is subject to availability of cell range / data roaming. As we are far in the outdoors, this always remains a challenge. Some parents have demanded, in the past, immediate response, after not seeing their child’s photo in the whatsapp message. Please relax.

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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 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 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, quoting your PRN number, after the program is over.

Note: 2 > Delhi Transfers - This service is optional and the 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 arrive 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

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 / windcheater or sweater + your balaclava 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. 2500 |
| 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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