



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## ICE CLIMBING ON BEAS KUND GLACIER (ICBKG)

### **Introduction**

Ice climbing, one of the most exciting of adventure sports, has become exceedingly popular as a recreational activity. Ice climbing is as invigorating as it is challenging. Climbers, using all kinds of equipment, spend long hours climbing faces of ice. With us, you not only get an amazing ice climbing experience but also an adventurous camping and trekking experience. A fantastic way to challenge yourself.

### **Key Information**

- Duration : 11 days / 10 nights
- Location : Manali, HP
- Age Group : 15 ~ 55 years
- Intensity : \* \* \* \* (High)
- Batch Size : 08 ~ 25

### **Program Highlights**

- Learn a rare and challenging skill – Technical Ice Climbing
- Trek distance will be about 58 kms
- Maximum trek distance on any day < 12 kms
- Visit Beas Kund – the source of river Beas
- Altitude varies between 2180 ~ 3895 m (7000 ~ 12,500 feet)
- Stay at Kalath camp for 2 days and trek to higher camps above tree line
- Adventure Activity > Ice Climbing, Rappelling, River Crossing
- Best Season: May ~ 15 July & 01 Sep ~ 30 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 – briefing – orientation – local sight seeing -put up in tents at NALS campsite

Day 2 Acclimatization trek + adventure activities on river – kitting up - put up in tents.

Day 3 Jeep trip to Manali town and later trek to Solang, about 12 kms / 2480m

This trek is through old Manali town, Manu Mandir, rural villages and apple orchards. The trek is gentle and allows one to explore the countryside at leisure. Solang valley is well known for its winter ski tourism in addition to its place in the tourist spots of HP. Tents

Day 4 Trek to Bakarthach (3270m), about 6 kms, Tents

The trek meanders beside River Beas, terrain gives way from tall trees to shrubs, first sight of peak Hanuman Tibba

Day 5 Crampon and ice climbing practice, Tents

<b>Head Office:</b> 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	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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Trek to Beas Kund Glacier and practice crampons and ice climbing. This will be a very exciting and challenging session and perhaps once in a lifetime chance considering that these glaciers may not last very long.

Day 6 Crampon and ice climbing practice - Lead climbing and rope fixing on ice. Tents

Day 7 Crampon and ice climbing practice - Lead climbing and rope fixing on ice.

Trek to Beas Kund (6 kms) and see source of River Beas, return to Bakar Thach. Tents

Day 8 Trek to Solang and jeep transport to Manali – Return equipment, Debriefing and departure after evening tea by AC Volvo bus about 1700 hrs

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. Eggs are provided on some days. 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 a High level of fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 15~20 kms, ascend moderate to steep gradients, whilst carrying a backpack of about 5~ 6 kilos. Participants require higher strength in the arms, lower back and calf muscles to accomplish ice climbing task. It is advised that participants exercise themselves and undergo strength training rigorously for 3~4 months prior to arriving at the campsite.

## Cost per head (inclusive of GST)

Description / Group Size	8 ~ 25 persons	4 ~ 7 persons	1 ~ 3 persons
Program Cost (ex-Delhi)	Rs. 23,700	Rs. 29,500	Rs. 33,100
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
- Technical equipment for ice climbing / ice boots, crampons etc

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- Shared accommodation in tents

## Exclusions

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