



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

NALS ADVENTURE AND CULTURAL EXPERIENCE – 10 DAYS (NACE10)

Introduction:

An excellent program to experience humility, compassion, cultural values and at the same time enjoy exciting adventure activities and discover strength and courage in the pristine & beautiful environs of Himachal Pradesh.

Key Information

- Duration : 10 days / 09 nights
- Location : Manali, HP
- Age Group : 12 ~ 17 years
- Intensity : * * * (Moderate)
- Batch Size : 8 ~ 30

Program Highlights

- Adventure + cultural experience of Himachal Pradesh
- Summit of Patalsu Peak (4470 m)
- Total trek distance will be about 32 kms / Maximum trek distance on any day < 12 kms
- Altitude varies between 2180 ~ 4470 m (7000 ~ 14,350 feet)
- Stay at Kalath camp for 4 days and trek to higher camps around tree line for 3 days
- Home stay in Manali villages for 3 days
- Adventure Activity > Rappelling, River Crossing
- Best Season: April ~ 15 July & 01 September ~ 30 October

Day by day activity in brief

- AC Volvo leaves Delhi one day before program day at about 1630 hrs
- Day 1 Participants arrive in Kalath and after reporting / registration, given tents, lunch and prepare for orientation + minor activity.
- Day 2 Sight seeing, leisurely interaction with other participants and staff
- Day 3 Morning walk, breakfast, major activity on the rocks / river + lunch, minor activity after tea, group discussions, early dinner
- Day 4 Morning walk, breakfast, major activity – group tasks and discussions.
- Day 5 Trek to next campsite Solang Valley, about 11 kms / 2950 m. Walk through dense forests, cross many cool water streams and villages over a 100 years old.
- Day 6 Participants will summit Patalsu Peak after breakfast. Packed lunch will be provided. The trek is through moderate to steep gradient, passes through solang village and into dense forests before coming to the base of the peak. The steep ascent to the peak is tough but steady walking is enough. Once on top of the peak, a lot of other peaks come in view. Snow is possible during May. Return to Solang valley campsite

<p><u>Head Office:</u> 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><u>Regd. Office:</u> 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5</p>
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- Day 6 Trek to Kalath camp, about 11 kms,
 Day 7 Dip into hot springs (if not covered by the river), exchange equipment, certificate distribution, de-brief after lunch.
 Day 8 ~ 10 Home stay with village family and participate in daily chores of the house. Experience the traditional and ancient cultures of India. Departure on 10th day 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 a 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. During the home stay, the student will consume the same vegetarian food as the host.

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, whilst carrying a back pack of about 10 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 / Group Size	8 ~ 30 persons	4 ~ 7 persons	2 ~ 3 persons
Program Cost (ex-Delhi)	Rs. 23,900	Rs. 29,900	Rs. 33,500
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
- Shared accommodation in tents during trek and homestay during last 3 days
- Bulk programs - One staff member is complimentary for every 10 students
- Camping, Forest permit fee & porters

Exclusions

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- 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 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, 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

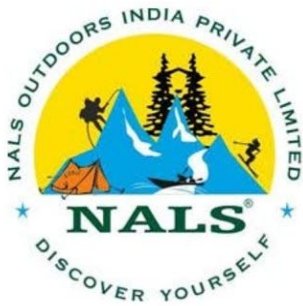
This cost is to be borne by the participant and we suggest packed dinner from home. NALS is unable to provide this due to inconsistency about the dinner stops by the AC Volvo bus operator. However, during the return leg NALS will endeavour to provide packed dinner for consumption during the bus journey

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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