

# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## SHETHIDHAR SUMMIT CAMP TREK (SSCT)

### **Introduction**

The Shethidhar Summit Camp Trek is a challenging trek and a test for your determination and perseverance. The steep gradient and the altitude are formidable but conquerable. The beautiful scenic route all the way to the top will energize you.

### **Key Information**

- Duration : 06 days / 05 nights
- Location : Manali, HP
- Age Group : 14 ~ 55 years
- Intensity : \* \* \* \* (High)
- Batch Size : 15 ~ 50

### **Program Highlights**

- Participants will trek to the Summit camp (4670m/15000 feet) of Shethidhar peak (5358m/17,200feet)
- This program is designed for Business leaders, Entrepreneurs, Senior Managers who wish to discover their resilience and perseverance
- This program is also ideal for student groups wishing to plant their institution flag on the summit camp
- Altitude varies between 2180 ~ 4670 m (7000 ~ 15,000 feet)
- Total trek distance will be about 23 kms; maximum trek distance on any day < 8 kms
- Best Season: 15 June ~ 20 July / 20 August ~ 30 September

### **Day by day activity in brief**

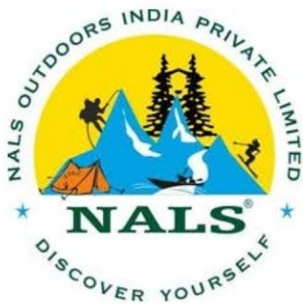
Departure from Delhi about 1630 hrs previous day

- Day 1 SSCT – Arrive in Manali by AC Volvo bus about 0700 hrs  
NALS campsite / safety briefing / acclimatisation / tents
- Day 2 SSCT - Taxi to Dhundhi, Trek to Bakarthach, 4 kms, tents
- Day 3 SSCT - Trek to Beas Kund valley, 4 kms, tents
- Day 4 SSCT - Trek to Summit Camp 15000 ft / 4670m & return, 7 kms, tents, snow possible
- Day 5 SSCT – Trek to Dhundhi, 8 kms
- Day 6 SSCT - Taxi to Manali – lunch / Return equipment / collect own baggage / freshen up  
Issue certificates / debriefing / departure - AC Volvo bus leaves for ND at about 1700 hrs / Arrive in Delhi about 0630 hrs next day

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## 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 / events of the program. Participants' physical condition will also dictate if they are fit for trek to summit camp and to ensure the safety of the entire group, weak participants may have to stay back at Beas Kund camp.

## Program Restrictions

The vicinity of Beas Kund, a small water body below the summit camp, is restricted for women as per local customs and traditions. We hope you will understand and respect this.

## 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 well designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks.

## Fitness and Skill requirements

The 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 5~8 kilos. It is advised that participants exercise and undergo strength training rigorously for 5~6 months prior to arriving at the campsite.

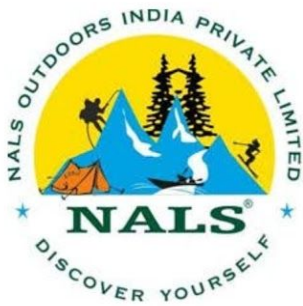
## Cost per head (inclusive of GST)

Description / Group Size	15 ~ 50 persons	Remarks
Program Cost (ex-Delhi)	Rs. 29,900	
<b>Optional</b> - Delhi Transfers / flights from CBE*	Rs. 19,400	*Subject to change
Total =	Rs. 49,300	

## Scope & Inclusions

- AC Volvo bus Delhi – Manali – Delhi
- Vegetarian Meals and beverages during the trek program
- Porters / Mules to carry main rucksack of participant.
- Camping and Forest Permits / Shared accommodation in tents (3 ~ 4 pax per tent)

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## Exclusions

- Transport into and out of Delhi (from home town - see optional cost above)
- Transfers / transit accommodation + breakfast (for freshening up during the return leg) whilst in Delhi (see optional cost above)
- Meals during AC Volvo bus journey
- 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, beverages, insurance etc.

## HOW FUNDRAISING FOR A CHARITABLE CAUSE WORKS

1. This program can be used for raising funds for a charitable cause. NALS will brief volunteers on the benefits of such a mission and the permanent impact it can have on one's self esteem and health
2. Once some of the volunteers agree for the program they will:
  - a. Make Rs. 10,000 payment to NALS and register their participation
  - b. Identify a charitable cause and design a mission statement
  - c. Commence physical training
  - d. Propagate their concept and mission to family, friends and social contacts.
  - e. Collect donations from well wishers and maintain a register of donors
  - f. Transfer balance payment to NALS
  - g. Transfer remaining fund to Charitable cause or NGO - collect acknowledgement letter on the name of each donor.
3. **Benefits**
  - a. Exceptional improvement in organising skills
  - b. Improved empathy and bonding with the cause
  - c. Improved salesmanship and persuasion skills
  - d. Dramatic improvements in attitude towards fitness and health.
  - e. Exciting and challenging experience in the Himalayas
  - f. Excellent bonding with fellow participants
  - g. Overall improvements to self esteem due to higher sense of social responsibility

## 4. **Fund / Cost Plan**

Funds Raised / Own funding	Rs. 75,000
NALS cost / flights / transfers / expenses	Rs. 49,300 + Rs. 700
Balance amount available, per head	Rs. 25,000
<b>Total donations for approx 50 participants</b>	<b>Rs. 12.5 lacs</b>

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## General Information / Guidance

### **Note: 1 > Registration Process**

- As a policy, NALS has made this entire process paperless and request your kind concern for Nature and ecosystem
- One can register online at the link provided on program page,
- Once registration is completed an email 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 to you 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](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 / triple sharing / 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 the 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.

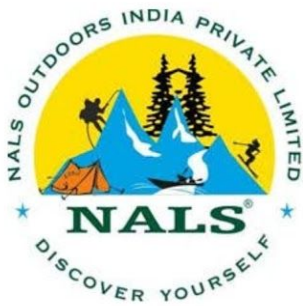
### **Note: 4 > Meals during AC Volvo Journey**

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 / 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. 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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