



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## FRIENDSHIP PEAK SUMMIT CAMP TREK (FSCT) - 4573m / 15,000 feet

### Introduction

Friendship peak is in the Pir Panjal range and is an ideal non-technical peak for trekking and summiting a 5000+m peak. This program will take you to the summit camp (4573 m / 15,000 feet) of this peak and allow to experience some expedition techniques of altitude trekking and also get a view of Friendship peak. The best route is through Dhundhi & Bhakarhach and one will get to cross Beas river at several places, some of which will be physically..

### Key Information

- Duration : 8 days / 7 nights
- Location : Manali, HP
- Age Group : 12 ~ 55 years
- Intensity : \* \* \* (Medium)
- Batch Size : 08 ~ 45
- Best Season : 15 June ~ 15 July & 01 Sep ~ 10 Oct (one can expect snow above Lady Leg camp during June ~ July and hence trekking may be challenging above 12,500 feet)

### Program Highlights

- Trek to the summit camp of Friendship peak
- Altitude varies between 2180 ~ 4573m (7000 ~ 15,000 feet)
- Total trek distance will be about 55 kms; maximum trek distance on any day < 14 kms
- Stay at Kalath camp for 2 days and trek to higher camps above snow line.
  - Adventure Activity
  - Trek over snow - subject to season
  - Rappelling, River Crossing

### Day by day activity in brief

Travel Day	Flight departure from CBE / Land in Chandigarh / Transfer to AC Volvo bus / 10 hrs night journey to Manali
Day 1	FSCT - Arrive in Manali 0730 / briefing & acclimatisation / river crossing & knot practise / Lecture on AMS and program schedule / tents
Day 2	FSCT - Rappelling / equipment check / local sight seeing & shopping / tents
Day 3	FSCT - Taxi to Solang / trek to Dhundhi (9000 feet), 3 hrs - 9 kms / tents / acclimatisation walk
Day 4	FSCT - Trek to Bakarhach (10,800 feet), 3~4 hrs, 5 kms, tents
Day 5	FSCT - Shift camp to Lady Leg, 12,500 feet, 4 ~ 5 hrs, 9 kms, tents

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- Day 6 FSCT - Trek to Summit Camp, 15,000 feet, and return back to Lady Leg, 8~9 hrs, 9 kms, tents
- Day 7 FSCT - Trek to Dhundhi, Taxi to Manali – lunch / 5 hrs - 7 kms, tents, Return equipment / collect own baggage / freshen up
- Day 8 FSCT - Issue certificates / debriefing / departure by AC Volvo bus at 1700 hrs
- Travel Day Arrive in Chandigarh (next day 0300 hrs) / freshen up / transfer to airport for flight

## 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. Excessive rain or snow on the higher slopes may make the program unsafe / difficult and the group may have to terminate the onward journey and return to Manali. Participant's physical condition will also dictate if they are fit for the program and to ensure safety of the entire group, unfit participants may have to stay back at the Base camp.

## Camp details

Tents and camping are the most exciting part of this program and children simply love this experience. While at base camp 5~6 students will share a tent and at the higher camps, 3-4 students will share a tent. This component of sharing helps build team spirit and most importantly humility, tolerance and adaptability.

## Safety and Trainer team

NALS team members are all experienced and certified in mountaineering. We have a healthy ratio of one trainer for every 8 students. Female staff are also on our role to help with personal issues of girls in the group. The group will also have the services of a qualified nurse to attend to first aid matters, if any.

## 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 also included in menu on some days and are optional. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks. NALS provides drinking water from glacial streams either boiled or candle filtered.

## 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 14 ~ 16 kms, ascend moderate to

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steep gradients, whilst carrying a backpack of about 5~8 kilos. It is advised that participants exercise and undergo strength training rigorously for 3 ~ 4 months prior to arriving at the campsite.

## Communication

For a brief period of about 5 days, the group will be out of communication range due to altitude camping. Intra group communication is possible with local sets. During the entire program, we do not recommend parental calls to the training team / students as this distracts our safety focus and mission objectives. Further some emotional discussions trigger homesickness in some children and affect the program seriously.

## Package Cost, inclusive of GST

Program cost per participant	Rs. 28,500	ex-Chandigarh
Flight > CBE - CDG - CBE + transit costs both ways, <b>ESTIMATE ONLY</b>	Rs. 23,500*	ex-Coimbatore
Total =	Rs. 52, 000	

\* Flight costs + transit costs are an estimate only and this may change. Actual costs will be provided based on group size / date of program

## Scope & Inclusions

Package ex-CBE includes:

- Economy class flight CBE - Chandigarh (CDG) - CBE along with packed lunch
- Transfers in Chandigarh > airport - Volvo Bus - airport
- Return leg in CDG > Hotel Room to freshen up + breakfast - Room for 90 minutes only
- AC Volvo bus CDG – Manali – CDG along with packed dinner
- Vegetarian Meals and beverages during the trek program
- Porters / Mules to carry main rucksack of participant, Camping and Forest Permits
- Shared accommodation in tents (4 ~ 6 pax per tent)
- One staff complimentary for every 20 students or pro rata charges will apply

## Exclusions

- Unforeseen handling costs due to weather disturbance, landslides, political unrest, traffic issues or breakdown or accidents where NALS has no control

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- 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 request 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 > 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. 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, cancellation charges will be higher depending on the air carrier and this may vary from time to time. Please check your tickets.

### 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, harassment of fellow participants are examples of behaviours 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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