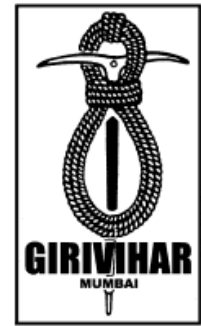


# GIRIVIHAR

## Rupin Pass Trek - June 2015



GIRIVIHAR, has since its conception in 1964, been devoted to outdoor adventure activities like hiking, rock climbing and mountaineering.

Adventure Activities inculcate courage, patience, determination, leadership, confidence, team spirit and cultivate a love for the environment and respect for nature.

Rupin pass is one of the most fantastic treks in the Himalayas. The trek begins from the sleepy Hamlet of Dhaula in Uttarakhand and moves onto via Rupin pass to Sangla in Himachal Pradesh. In terms of landscape, gradient and altitude, it offers a wide range with the trail being full of streams, waterfall, river, mountain views, snows, beautiful meadows full of flowers etc.

One can witness the Garhwali culture as well as the Kinnauri culture. There is a stark difference between the two and the most prominent indicator is the style of houses. During the early summer months it is highly likely that one may encounter snow leading up to the pass. This makes this trek enthralling.

**This is not an easy trek.** Some sections (the water fall, and the final climb to and over the Rupin pass) of the trek are so steep that you cannot bring pack animals on this trail. It can be a very tiring trek. As for the dangers, you will have to traverse many snow bridges and steep snow fields on the way and you'll have to be extremely careful while crossing them. The snow would be hard and slippery and any fall would take you straight down the slope and to the river below. It's not life threatening but yes there are risks of slipping on snow. **Prior Experience of Himalayan Trekking in Snow conditions essential. Entry may be restricted to some participants**

Of course, a question most likely to occur to you will be, why you must choose GIRIVIHAR..... Here's the answer.

- GIRIVIHAR is one of the oldest and most reputed mountaineering clubs in Mumbai
- We have decades of experience conducting Adventure Activities, and enjoy an enviable safety record
- With a long list of pioneering ventures, we are an organisation of genuine mountain experts
- Unlike commercial set-ups, the program is managed and conducted by "true blue" mountaineers
- And last, but not the least, we conduct the treks on a NO-PROFIT basis, making it one of your wisest and most economical investments in your future.

### Instructions:

1. Corresp. address : **Mr. Prasanna Joshi. C/O LAGU BANDHU,**  
206/207, Shilpin Centre, G D Ambekar Marg, Wadala - Mum 31  
Ph: +91-22-2415 0211/21 Email: [prj4@yahoo.com](mailto:prj4@yahoo.com) Mobile: 9819828845  
**Mr. Saurabh Pathare,** Tel : 9869252778; Email: [pathare.saurabh@gmail.com](mailto:pathare.saurabh@gmail.com)
2. Minimum age : 16 years complete
3. Trek Fees : Rs. 18,500/-Dehradun to Shimla (Transport/ Lodging/ Boarding & Equipment etc.)
4. Trek Duration : 4<sup>th</sup> June 2015 Arrival at **Dehradun** 13<sup>th</sup> June 2015 Depart from **Shimla**
5. Accommodation : Accommodation in multiple sharing (Hotel at Shimla & Camping in other places) (Separate arrangement for Boys & Girls)
6. Assembly : **Dehradun.** On 4<sup>th</sup> June 2015 at 6.00 am at a pre designated place in Dehradun to catch the Jeeps to Dhaula. Details will be shared later at the participants meeting
7. Return : **Shimla.** Depart on 13th June 2015, from Shimla
8. Participant's Meeting: At 1930 hrs. on Saturday, 23<sup>rd</sup> May 2015 at R. A. Podar College, L. Napoo Marg, Matunga (Central), Mumbai – 19.  
Minor participants will attend this meeting along with their parents.

### Package includes:-

- **Transportation:** Dehradun to Dhaula and back from Sangla to Shimla in Non A/C Jeeps/Bus.
- **Accommodation:** Accommodation in multiple sharing (Hotel at Shimla & Camping in other places) with separate arrangement for Boys and Girls
- **Food:** Delicious and nutritious Veg food will be served during the trek once you reach Dhaula on Day-01, upto Dinner at Shimla on Day-09 (Food during Jeep/Bus travel from Dehradun to Dhaula will not be included.)
- **Equipment** required for trekking in Snow will be provided; participants are to bring their warm clothing.
- **Instructors:** The trekking team will be accompanied by qualified guides/instructors
- **Forest Entree fee and required Permits**
- **Back Pack carrying:** Participants are expected to carry their own personal belongings. Common Equipment and sleeping Bags, Tents etc will be provided & carried by porters
- **Certificate:** Participants will be awarded with a certificate on successfully completing the trek.

### Package Excludes:

- Pre/post camp arrival/departure, facilitation/travel cost to and from Camps joining and dispersal locations, etc
- Cost of any form of insurance, rescue, evacuation, hospitalization, etc
- Costs incurred due to delays in arrival/departure of any means of transportation resulting from landslides, floods, or other natural or manmade causes over which Girivihar has no control
- Anything which is not mentioned above

### Camp Kit (Essential):

- Trekking Shoes + Cotton Socks (4 Pairs)
- Slippers / Chappal (After activity time)
- Loose Tough light weight trousers (Cotton preferred) or Track pants (2 Nos.)
- Loose Tough light weight Full-Sleeve Shirts / Dry fit (Cotton preferred) (2 Nos.)
- Personal Undergarments (2/3 sets minimum); light weight towel (Pancha)
- One Full Sleeve Sweater / fleece Jacket & a wind cheater. Rain protection (Poncho/Raincoat)
- Warm body fit leggings & tops. Balaclava or woollen cap. Sun cap, Vaseline, cold cream, Sun screen etc.
- Water Bottle / Hydration pack of 2 lit capacity.
- Torch with a spare set of batteries.
- Tooth Brush, Tooth Paste, Soap, small quantity talcum powder, 4 'Band-Aid' Strips, 2-3 Plastic bags.
- Good Quality Sun Glasses (with UV protection)

### Additional Information:

- Attending the Participant's Meeting is a MUST.
- Please submit your Photo id (Pan Card/Passport/Aadhar Card/Students School Id) along with the form
- **Last Date for submitting entry form : 5<sup>th</sup> May 2015. ( Entry by 1<sup>st</sup> come 1<sup>st</sup> served)**
- **Admissions shall be confirmed after fitness screening and only on receipt of full trek fees**
- **Fees include Rs 3000/- as Non refundable registration Charges.**
- **Cancellation** : Since all the necessary arrangements like purchase of food, transport, equipments etc., are made well in advance, cancellations, if any must be communicated immediately & at least 15 days before commencement date of the trek (20<sup>th</sup> May) in writing at the above address. Trek in-charge will take final decision about the refund amount after the trek.
- There is a complete 'First-Aid Kit' available at the campsite. Still it is advisable to carry a few Band-Aid strips.
- Please inform the trek-in-charge about any long term medical treatment the participant is undergoing for any illness. They should also inform about hypersensitivity (to antibiotics, sulpha etc.) / allergies if any.
- The instructors are fully trained and have wide experience in all the activities they will carry out.
- We have always followed the precautions of safety. The participant's safety at any point is the first priority. Keeping this in mind, the instructors may not allow some members to participate in some of the activities.
- **The Trek-in-charge's decision in any matter related to this Trek is final.**



## Day wise Program:

### Itinerary –

Day 01 4 <sup>th</sup> June	Pick up at Dehradun, Drive to Dhaulta. Lunch on the way. Arrival at Dhaulta (1555 mt.) Overnight stay.	Drive	210 kms.
Day 02 5 <sup>th</sup> June	Morning trek from Dhaulta to Sewa (1875 mt.) (Long climbs with short gentle walks in between) Arrival at Sewa. Overnight stay.	Trek	12 kms
Day 03 6 <sup>th</sup> June	Trek from Sewa to Jhaka (2650 mt.) (Long climbs with short gentle walks in between) Arrival at Jhaka. Overnight stay.	Trek	14 kms.
Day 04 7 <sup>th</sup> June	Morning trek start from Jhaka to Saruwas thatch (3125 mt.) (Mostly climbs with one gentle walk in between) Arrival at Saruwas Thatch. Overnight stay.	Trek	08 kms
Day 05 8 <sup>th</sup> June	Trek from Saruwas thatch to Dhanderas thatch (3560 mt.) (lower water fall camp) (Initial short climb followed by easy undulating walks) Arrival at Dhanderas Thatch. Overnight stay.	Trek	05 kms.
Day 06 9 <sup>th</sup> June	Morning trek from Dhanderas thatch to Upper Waterfall camp (4053 mt.) (Steep climb) Arrival at Dhanderas Thatch. Overnight stay.	Trek	03 kms.
Day 07 10 <sup>th</sup> June	Upper Waterfall to Rupin Pass (4646 mt.) to Ronti Gad (4090 mt.) (Steep climb initially, followed by a gradual ascending trail. Short sharp climb up to the pass followed by a steep descent) Arrival at Ronti Gad. Overnight stay.	Trek	09 kms.
Day 08 11 <sup>th</sup> June	Trek from Ronti Gad to Sangla (2682 mt.) (Via Sangla Kanda - Gradual to steep descent)	Trek	12 kms.
Day 09 12 <sup>th</sup> June	Drive from Sangla to Shimla. Arrival at Shimla. Overnight stay.	Drive	225 kms.
Day 10 13 <sup>th</sup> June	Depart from Shimla to Chandigarh/Delhi		

- **Suggested Train Travel up to Haridwar:**

**1<sup>st</sup> Choice:** 12137/ Punjab Mail upto Delhi leaving on 2nd June @ 19.40 reaching Delhi 21.15 on 3rd June and then change the train to Overnight journey by 12205 NDLS DDN EXP (Nanda Devi Express) departing on 3rd June at 23.50 reaching Dehradun at 06.00 on 4th June

**2<sup>nd</sup> Choice:** 12171/Mumbai LTT - Haridwar AC Express leaving on 2nd June @ 07:55 Reach Haridwar at 13.10 on 3rd June. Further Reach Dehradun by Jeeps and night Halt at Dehradun

- **Suggested Train Travel back from Shimla**

**1<sup>st</sup> choice:** Shimla to Chandigarh by Jeeps. Then train 22926 Pacchim Express leaving Chandigarh (CDG) 11.20 on 13th June reaching Mumbai 14.45 on 14th June

**2<sup>nd</sup> choice:** Shimla to Ambala Cantonment by Jeeps. Then train 12472 Swaraj Express leaving Ambala 18.00 on 13th June reaching Mumbai 18.05 on 14th June

These are just suggested travel options. Participants may choose any other alternative to reach Dehradun and Return from Shimla on their own. Girivihar shall not be responsible for train delays etc.

# GIRIVIHAR Rupin Pass Trek – June 2015

Photograph  
of Participant

## Application Form:

To  
The General Secretary,  
GIRIVIHAR, Mumbai.

Dear Sir,

I declare that I, Mr/Ms \_\_\_\_\_ am physically fit to participate in the Rupin Pass Trek being organised by GIRIVIHAR in June 2015. I understand that in case of any unforeseen event / accident during the trek, the office bearers and Trek's organising members of GIRIVIHAR shall not be held responsible for loss of life/property. I have read the instructions and assure you that I shall abide by the discipline of the trek.

I understand that GIRIVIHAR is a seasoned adventure club and they shall take utmost care to ensure safety of the participants of the trek. I am participating in the trek on my own responsibility.

Signature of Participant

Signature of Parent in case of Minor

1. Name : Mr/Ms \_\_\_\_\_
2. Date of Birth : \_\_\_\_\_ Age : \_\_\_\_ years. T-Shirt Size \_\_\_\_\_
3. Address : \_\_\_\_\_  
\_\_\_\_\_ Email id \_\_\_\_\_
4. Telephone No. : \_\_\_\_\_ Cell No. : \_\_\_\_\_
5. In case of Emergency contact : \_\_\_\_\_
6. Name of School/College: \_\_\_\_\_ Class: \_\_\_\_\_
7. Any previous Hiking/Trekking Experience : YES / NO (If 'YES' please specify) : \_\_\_\_\_
8. Other interests : Hobbies / Sports : \_\_\_\_\_
9. Fees Rs 18500/- paid (Cash/Online Transfer/Cheque/ No. \_\_\_\_\_ drawn on \_\_\_\_\_ Bank in favour of "GIRIVIHAR". Fees handed over to: \_\_\_\_\_
10. I came to know about this trek thru: News paper / School / Friend / Internet/ Other (Pl. specify) \_\_\_\_\_

**Note: Charges include Rs. 3000/- as Registration Charges (Non-refundable)**

Parent / Guardian Name \_\_\_\_\_

---

---

### Medical Certificate:

Name of family doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Name of the participant: \_\_\_\_\_ Blood Group \_\_\_\_\_

Recent Illness: \_\_\_\_\_ Allergies: \_\_\_\_\_

Hyper sensitivity (to antibiotics/sulpha): \_\_\_\_\_

Personal Medications: \_\_\_\_\_ Chronic disease if any \_\_\_\_\_

I understand the nature of the trek and have examined Mr/Ms \_\_\_\_\_

and in my opinion he/she is medically fit to participate in the program.

Signed: \_\_\_\_\_

Name of the Doctor: \_\_\_\_\_

Regn No. & Stamp