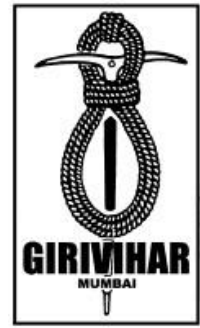


GIRIVIHAR



Roopkund Trek 2018

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.

This trek is open for experienced trekkers, participants should have done min. one high altitude trek before. Just ensure that you are excited about the trip and are in good physical shape (comfortable walking for 4-5 hours in a day). However, it would be wise to discuss it with our Trek Leader before booking.

Roopkund Lake is situated at an altitude of 4700 mts. in the interior of the Chamoli district, Roopkund is famous for the mysterious shallow lake of about 2 mts., with the edges covered with snow almost throughout the year. After the snow melts, skeletal remains which are believed to be 500-600 year old, many theories explain the findings but none seem satisfying. The lake is nestled amidst panoramic mountain scenery.

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 for your adventure.

Instructions:

1. Correspondence : **Saurabh Pathare** (9869252778)
2. Corresp. address : **Kunal Lagu C/O LAGU BANDHU,**
206/207, Shilpin Centre, G D Ambekar Marg, Wadala - Mum 31
Ph: +91-22-2415 0211/21 Email: kunallagu@gmail.com Mobile: 9833697760
3. Minimum age : 14 years complete
4. Trek Fees : Rs. 16000/- **Haridwar to Haridwar** (Transport/Lodging/Boarding & Equipment etc)
5. Trek Duration : 4th June 2018 Arrival at **Kathgodam** and Depart from **Kathgodam** on 11 June 2018
6. Accommodation : Accommodation in multiple sharing Tents /guest house
7. Assembly : On 04th June 2018 at 6.00 am at a pre-designated place in **Kathgodam** to catch the Jeeps/bus to Lohajung. Details will be shared at the participants meeting
8. Return : Depart from **Kathgodam** on 11th June 2018 evening
9. Participant's Meeting: Time and Venue will be informed later

Package includes:-

- **Transportation:** kathgodam to Lohajung and back from Lohajung to kathgodam in Non A/C Jeeps/Bus.
- **Accommodation:** Accommodation in multiple sharing tents (kathgodam accommodation NOT INCLUDED)
- **Food:** Veg. food will be served during the trek (From Lunch on Day 1 to Lunch on Day 8)
- **Safety Equipment** for trekking in Snow will be provided as required
- **Instructors:** The trekking team will be accompanied by qualified guides/instructors
- **Forest Entry 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

Package Excludes:

- Pre/post camp arrival/departure, facilitation/travel cost to and from Camp's joining and dispersal locations, etc
- Personal Porters
- 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 (High Ankle) + 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 & a wind cheater. Rain protection (Poncho/Raincoat), Thermal Inners
- Warm body fit leggings & tops. Balaclava or woollen cap.woollen socks,woollen gloves Sun cap, Vaseline, cold cream, Sun screen etc.
- Water Bottle / Hydration pack of 2 lit capacity.
- Head lamp/Torch with a spare set of batteries.
- 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 : 18th may 2018. (Entry by 1st come 1st served)**
- **Admissions shall be confirmed after fitness screening and only on receipt of full trek fees**
- **Payment:** 50 % payment of the trek fee has to be paid to book your seat on the trek. The balance has to be paid at least 15 days before commencement of the trek
- **Fees include Rs. 5000/- as Non refundable registration Charges.**
- There is a complete 'First-Aid Kit' available at the campsite. Still it is advisable to carry personal medicines and few Band-Aid strips.
- **ON SPOT OFFLOADING** If for some reason a trekker is unable to carry his or her backpack, while on the trek then he/she can offload the same by paying an additional charge. as per charged by the porter to be hired on spot. Part offloading is not allowed. Charges will vary for last minute on slope offloading. The backpack cannot weigh more than 9 kgs. No suitcases/strolleys/duffel bags will be allowed.
- **Drop out during trek:** If for any reason a participant has to drop out from the trek on any day then we will make arrangements for his/her return to the nearest road head on chargeable basis
- **Non-liability:** We are not responsible for any loss/damage of your gears/equipment or other belongings on the trek.
- 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 drugs 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 trek leader 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.

Itinerary	Distance
June 04 (Day 01) Arrival at Kathgodam. Proceed to Lohajung. (2250mtr) Drive	<u>240 kms</u>
June 05 (Day 02) Lohajung to Dedhina (2700 mt). Trek	09 kms
June 06 (Day 03) Dedhina to Bedni. (3354 mt) Trek	13 kms.
June 07 (Day 04) Bedni to Patarnachoni (3650 mt.) Trek	08 kms.
June 08 (Day 05) Patarnachoni to Bhagwawasa (4100 mt.) Trek	05 kms.
June 09 (Day 06) Bhagwawasa to Roopkund (4450 mt.) Juragali (4620 mt), Patarnachoni. (3650 mt) Trek	05 kms. 05 kms.
June 10 (Day 07) Trek from Patarnachoni to Wan (2450 mt). Trek Drive to Lohajung.	<u>17kms</u> <u>15 kms</u>
June 11 (Day 08) After break fast depart from Lohajung to Kathgodam. Drop at Kathgodam.	<u>240 kms</u>

Suggested Train Travel From Delhi to Kathgodam

15013/Delhi Cantt – Kathgodam, Ranikhet Express leaving on 03rd June @ 20:00 Reach kathgodam on 04th June at 05.00 hrs
15035/ Delhi- kathgodam UTR Sampark Kranti Express upto leaving on 03rd june @ 16.00 Hrs reaching kathgodami at 22.45 HRs, Night Halt @ kathgodam

One can even opt for bus travel between Delhi to kathgodam.

Suggested Train Travel From Kathgodam to delhi

15014/Kathgodam- Delhi Cantt, Ranikhet Express leaving on 11 June @ 20:40 Reach Delhi on 12th June at 05.13 hrs

There are lot of train/ Flight options from Mumbai to delhi to catch above mentioned trains

IMP. NOTE FOR RETURN JOURNEY - DO NOT BOOK TRAVEL FROM kathgodam BEFORE 20.30PM ON 11th JUNE. And delhi before 14.00 on 12 June 2018. Since we are travelling by road from Lohajung to kathgodam, there is chance of unforeseen delays.

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

CANCELLATION POLICY

From the date of trek commencement, if cancellation is communicated to Girivihar within -
15 days and less - nil refund
16 days to 30 days - 50% refund.
31 days to 60 days - 75% refund
More than 60 days - Rs. 5,000 cancellation charges

Bank a/c details for direct transfer / credit through e-net / NEFT / RTGS

Account Name	: GIRIVIHAR	Account Type	: Savings
Bank's Name	: IDBI Bank Ltd.	Branch	: Dadar (W) MICR Code: 400259038
S B Account no.	: 0501104000055046 (16 digits)	IFSC Code:	IBKL0000501 (11 digits)

GIRIVIHAR

Roopkund Trek 2018 Application Form:

Photograph
of Participant

To
The General Secretary,
GIRIVIHAR, Mumbai.

Dear Sir,

I declare that I, Mr/Ms _____ am physically fit to participate in the Roopkund Trek 2018 being organized by GIRIVIHAR in May 2018. I understand that in case of any unforeseen event / accident during the trek, the office bearers and Trek's organizing 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 : _____
 7. Any previous High Altitude Trekking Exp : YES / NO(pls. specify max height gained) : _____
- _____
- . Fees Rs 16000/- 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: Facebook / Friend / Internet/ Other (Pl. specify) _____
- Note: Charges include Rs. 5000/- as Registration Charges (Non-refundable)**

Parent / Guardian Name(in case of minor) _____

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