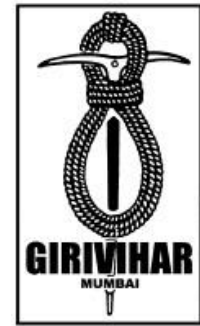


# GIRIVIHAR



## Kedar Taal (4750 m) Trek 2019

Region: Garhwal Himalayas of Uttarakhand

Maximum Elevation: 4920 mts

Grade: Moderate to Difficult

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.

Girivihar is announcing its High Altitude trek to Kedar Taal, located in Gangotri region of Garhwal Himalayas. This trek is open for experienced trekkers and veterans. Just ensure that you are excited about the trip and are in good physical shape (comfortable walking for 6-8 hours in a day). However, it would be wise to discuss it with one of our Trek Leader before booking.

Kedartal (also known as Shiva's lake) is a glacial lake situated at an altitude of 4,750 metres (15,580 ft) in the Garhwal region of the Himalayas in India.

From Gangotri, the trek takes you through the gorge of the Kedar Ganga passing by the forest which slowly converts to bushes, then to grasses and then finally found only in sparse between rocks as you gain altitude very fast, since Gangotri itself is over 3000 meters from where you start your trek. The first campsite of Bhojkharak is already over tree line. Another 2 days of trek brings you to the ultimate setting of a serene lake surrounded by white snow clad peaks giving you great views of Thalay Sagar and Bhrigupanth. The glacial lake of Kedar Tal is located in spectacular settings with the elegant peaks of Bhrigupanth and Thalaysagar making a perfect background. Continued walks on the moraine from Kedar Tal takes us to the Advanced Base Camp of Jogin Group

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 (Trek Leader) 9869252778, Abhijeet Athavale (8779489569)
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 : 16 years complete
4. Trek Fees : Rs. 17,500/-. Haridwar to Haridwar (Transport/Lodging/Boarding & Equipment etc)
5. Trek Duration : 17th May 2019 Arrival at Haridwar and Depart from Haridwar on 25th May 2018
6. Accommodation : Accommodation in multiple sharing Tents (Separate arrangement for ladies &
7. Assembly : Haridwar. On 17th May 2019 at 6.00 am at a pre-designated place in Haridwar to catch the Jeeps to Uttarkashi. Details will be shared at the participants meeting.
8. Return : Depart from Haridwar on 25th May 2019 (Late Evening)
9. Participant's Meeting: At 19.30 hrs. on Saturday, 04th May 2019 at R. A. Podar College, L. Napoo Marg, Matunga (Central), Mumbai – 19.

## Trek Itinerary

<u>Dates</u>	<u>days</u>	<u>Particulars</u>	<u>Accomodation</u>	<u>Distance</u>	<u>Approx time</u>
17-May-19	day -1	Haridwar Assembly 6 a.m. And proceed to Uttarkashi (1450mtrs) by jeep/ bus	Hotel/lodge	190 kms	7-8 hrs
18-May-19	day-2	Uttarkashi to Gangotri(3140mtrs), drive by jeep/ bus, short walk for acclimatization	Hotel/lodge	100 kms	3-4 hrs
19-May-19	day -3	Gangotri (3140mtrs) to Bhoj Kharak (3780mtrs), Trek	Tents	8 kms	4-5 hrs
20-May-19	day-4	Bhoj Kharak(3780mtrs) to Kedar Kharak (4270mtrs)	Tents	6kms	4-5 hrs
21-May-19	day-5	Rest day @ Kedar kharak	Tents	N. A	N. A
22-May-19	day-6	Kedar Kharak (4270mtrs) to Kedar Taal(4750mtrs), proceed towards jogin ABC (4920mtrs) & Back if Weather permits	Tents	10 kms	5-6 hrs
23-May-19	day-7	Kedar Taal (4750mtrs) to Bhoj Kharak (3780mtrs)	Tents	11 kms	5-6hrs
24-May-19	day 8	Bhoj Kharak(3780mtrs) to Gangotri trek, Gangotri (3140mtrs) to Uttarkashi(1450mtrs) drive	Hotel/lodge	100 kms	4 hrs
25-May-19	day 9	Uttarkashi to Hariwar drive, Trek ends after reaching Hariwdar	N. A	190 kms	7-8 hrs

### Package includes-

- **Transportation:** Haridwar to Uttarkashi & Gangotri and back from Gangotri & Uttarkashi to Haridwar in Non A/C Jeeps/Bus.
- **Accommodation:** Accommodation in multiple sharing tents & hotel/ Guest house @ Uttarkashi with separate arrangement for ladies & Gents (Haridwar accommodation NOT INCLUDED)
- **Food:** Veg food will be served during the trek (From Lunch on Day 1 to Lunch on Day 9)
- **Equipment** required (sleeping bag, Tents); 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: As this is porter trek** 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:

- Accommodation at Haridwar.
- Breakfast on day one.
- Pre/post trek arrival/departure, facilitation/travel cost to and from trek 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
- Personal Porters
- Mineral water, cold drinks
- Anything which is not mentioned includes

### 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, body warmers etc.
- Water Bottle / Hydration pack of min 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: 31 March 2019.**
- **Batch will be closed once 15 seats are filled ( Entry by 1<sup>st</sup> come 1st serve basis**
- **Admissions shall be confirmed after fitness screening and only on receipt of 100 % trek fees**
- **Fees include Rs. 5000/- 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 to the leader immediately & at least 15 days before commencement date of the trek (14<sup>th</sup> May) in writing at the above address. Trek leader will take final decision about the refund amount after the trek.
- **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 charged by the porter to be hired on spot. Part offloading is not allowed. Charges will vary for last minute on spot 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

- There is a complete 'First-Aid Kit' available with us. Still it is advisable to carry your personal medicines.
- Please inform the trek-leader 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.
- **CANCELLATION POLICY**
- From the date of trek commencement, if cancellation is communicated to Trek Leader 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

**The Trek leader's decision in any matter related to this Trek is final.**

**Suggested Train Travel up to Haridwar:**

**1<sup>st</sup> Choice:** 22917/Bandra Terminus – Haridwar - Haridwar SF Express leaving on 15<sup>th</sup> May @ 13:05 Reach Haridwar on 16<sup>th</sup> May at 15.50 hrs.  
On 16<sup>th</sup> May. Night Halt at Haridwar

**2<sup>nd</sup> Choice:** 12137/ Punjab Mail upto Delhi leaving CST on 15<sup>th</sup> May @ 19.30 Hrs reaching Delhi on 16<sup>th</sup> May 21.15 HRs and then change the train to Overnight journey by 12205 NDLS DDN EXP (Nanda Devi Express) departing on 16<sup>th</sup> May at 23.50 reaching Haridwar 04.00 Hrs (4 am) on 17<sup>th</sup> May

**Suggested Travel back from Haridwar**

**1<sup>st</sup> Choice:** On 25 may - 12206 Nanda Devi Express departing Haridwar at 00.55Hrs (26<sup>th</sup> Early Morning) and reaching New Delhi at 06.00 Hrs (6.00am) and then by train/flight to Mumbai.

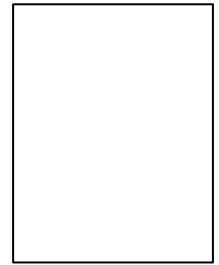
**2<sup>nd</sup> Choice:** On 25 may - 12206 Nanda Devi Express departing Haridwar at 00.55Hrs (26<sup>th</sup> Early Morning) and reaching GZB/Ghaziabad Junction at 04.33Hrs (4.33am) and then change the train to 12904/ Golden Temple Mail departing from GZB/Ghaziabad Junction at 06.20 Hrs (6.20 am) on 26 May to reach Dadar at 04.50Hrs (4.50am) on 27<sup>th</sup> May 2019

**2<sup>nd</sup> Choice:** On 25 May – 14042 Mussorie Express departing Haridwar Jn. At 23.20 Hrs and reaching Delhi railway station (DLI) at 07:40 Hrs (7.40am) on 26 May. There are many option from Delhi to Mumbai.

**IMP. NOTE FOR RETURN JOURNEY - DO NOT BOOK TRAVEL FROM HARIDWAR BEFORE 10PM ON 25 th May. Since we are travelling by road from Uttarkashi to Haridwar, there is chance of unforeseen delays.**

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

GIRIVIHAR  
Kedar TaalTrek 2019  
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 Kedar Taal Trek being organized by GIRIVIHAR in May 2019. 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.**

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 Trekking/ Himalayan trek Experience: YES / NO (If 'YES' please specify): \_\_\_\_\_  
\_\_\_\_\_
9. Fees Rs 17,500/- paid (Cash/Online Transfer/Cheque/ UTR no. \_\_\_\_\_ drawn on Bank in favour of "GIRIVIHAR". Fees handed over to: \_\_\_\_\_
10. I came to know about this trek thru \_\_\_\_\_

***Note: Charges include Rs. 5000/- as Registration Charges (Non-refundable)***

Signature of Participant

Signature of Parent 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