

OHTC – 19

Outdoor **H**imalayan **T**rekking **C**amps

To

CHANDRANAHAH LAKE (4200 M)

Pabbar valley – Shimla (H.P.)

LEVEL OF DIFFICULTY : Easy to Moderate.

Age Group : Individual 12 yrs. and above (**Kids 5 years and above can come with family**)

ACTIVITIES DURING THE TREK

Camping, Camp Fire, trekking, Rock climbing and allied sports, Survival Techniques, Star gazing, bird watching, team building games.

Chandranahan lake which is considered the point of origin of the **Pabbar River** is located on the south-eastern slopes of the main Himalayas which lies to the north west of **Rohru** in **Shimla** district of Himachal Pradesh. It is a highly revered lake for the inhabitants of the valley. The Devta at Rohru 'Devta Shikru Maharaj', has its origin here and visits the lake for a ritual bath, once in every eight years or so. The Devta's devotees consider the lake a sacred abode of Goddess Kali, who in turn is considered the caretaker of all the people living in the Rohru valley. The trek to **Chandernahan** takes you to a maximum altitude of around **4200** meters above sea level. It is a moderate level trek. Suitable for most people aged between 15 to 60 years. However, today it is a road less travelled, not known to many ardent travelers.

It lies on a direct route from Pabbar valley (Shimla district) into Sangla valley (Kinnaur District) of Himachal Pradesh and involves crossing of a 4578m high **Buran Ghati Pass**. Dhanwari, near Rohru in Shimla district, is the convenient road head and can be approached from Shimla via Theog and Jubbal. An ancient temple of Hatkoti between Jubbal and Rohru is an added attraction and has a tourist rest house.

CHANDRANAHAN LAKE (4200 M) Trekking Camp

Pabber valley – Shimla (H.P.)

2nd to 11th May 2019 - Indore to Indore

ITINERARY

- Day 01:** **2nd May 19** – Indore to New Delhi by 12415 INDB NDLS EXP (Nizamuddin Train) at 16.35. Assembly at Railway station 15.30 one hour Prior to train departure. Seat Allotment and start journey. Enjoy group songs and chit chat on the way. Have Own Dinner. Train journey by III Ac (subject to availability)
Meals – Own Tiffin
- DAY 02:** **3rd May 19 – Bus Journey**
Reach Delhi by 6.00 am, Board on bus to base camp via Shimla. On route breakfast and freshening up. Transfer to another Vehicle / bus at Shimla outskirts for base camp. Enjoy Lunch on route. Reach Base camp at Night, Tent / Room Allotment, enjoy dinner and surrounding area. Accommodation on dormitory/tent. **Meals** – B + L + D
- DAY 03:** **4th May 19 – Base camp Dudiy - Acclimatization day**
After some breakfast and refreshment, our team will take you through an orientation session to let you know about the camp rules and discuss the plans over the next few days of the journey.
After allotment on rooms/tents and lunch, enjoy some team building activities which will help you and your fellow participants know each other better. After a healthy vegetarian dinner, return to the comforts of your rooms/tents for some much needed rest. **Meals** – B + L + D, Night Stay at base camp
- DAY 04:** **5th May 19 – Base Camp to Camp 1 (Dayara Thach)**
After early breakfast the group will depart for Janglikh village the last road head by jeeps. The group will proceed towards to Dayara Thach Trek from Janglikh village. The trek winds through the thick forests, beautiful meadows and grassy land ascents. It's a moderate trek, takes around 5 hours to reach Dayara Thach. Arrive camp and check into tents. Explore the beautiful meadow around. Go for the climb to the top of the meadow. Gain altitude of appx 4000M Evening tea at the camp with snacks. Dinner and Overnight stay in tents. **Meals** – B + L + D, Night Stay at C I
- DAY 05:** **6th May 19 – Camp 1 to Camp 2 (Litham Thach) (3500M)/ Trek 6kms/ 04 hrs.**
After breakfast start trek to Litham Thach through the meadow of Mounti Thach(3500M)/ Trek 6kms/ 04 hrs. These meadows are truly heaven for nature's lover. After appx 5 hours of ascend you will reach Litham thach campsite. Enjoy the beauty of nature as you are in-front of beautiful Chander Nahan waterfall. Late afternoon, walk to a newly formed Mundar Lake and Back to Litham. Evening tea at the camp with snacks.
Meals – B + L + D, Night Stay at Camp II in Tents
- DAY 06:** **7th May 19 - Camp 2 – Chandranahan Lake (4000 M) / Trek 6kms/ – camp 2**
After breakfast move to the seven frozen Glacial Ponds. Ascend to Chandranahan Lake (4000 -4300M)/ Trek 6kms/ 6 Hrs) with Packed Lunch. Explore Chandranahan Lake (These Seven Glacial Ponds are the source of Pabbar River. Fifth one is the biggest one. Return back to Litham Thach campsite. Evening tea at the camp with snacks. Dinner and Overnight stay in tents at the camping site. **Meals** – B + L + D, Night Stay at Camp II in Tents
- DAY 07:** **8th May 19 – Camp 2 – Base camp**
After early breakfast the group will trek down to Base Camp. The group will be transferred to Base Camp by jeeps. Night stay in the tents/rooms at the Base Camp. **Meals** – B + L + D, Night Stay at Base Camp
- DAY 08:** **9th May – Base Camp to Delhi by Bus**
After breakfast check out from the campsite with sweet memories Group depart by vehicle to Delhi.
Meals – B + L + D, Bus Journey
- DAY 09:** **10th May 19-** Reach Delhi and shift to Hotel or proceed to your destination, Evening board on Train to Indore
Meals – B + L + D, Train journey
- DAY 10:** **11th May 19 – Reach Indore**
Meals – B, Train journey

NET PACKAGE PRICE PER PERSON:

Package Cost till 10th January 2019

Ex. Indore	-	Rs. 20500.00 + 5% GST pp
Ex. Delhi	-	Rs. 17500.00 pp + 5% GST pp

Package Cost after 10th January 2019

Ex. Indore	-	Rs. 21500.00 + 5% GST pp
Ex. Delhi	-	Rs. 18500.00 pp + 5% GST pp

Train Reservations are subject to availability of booking. Please check before any commitment

COST INCLUDES:

- Train Journey (as per package cost), Non A/c Bus / Private Vehicle transfers.
- Accommodation in spacious and comfortable Dormitory / Sharing rooms / tents at base camp.
- Accommodation in Alpine tents (4men/8men) during the trek in higher camps.
- Sleeping bags, Rucksack, Trekking mats.
- A variety of wholesome hygienic vegetarian meals.
- All activities as per the itinerary / Transportation / transfers as per the itinerary.
- Services of qualified instructors/ guides, cook, kitchen helper and mules/porters to carry camping equipment if logistics required.
- First aid kit.

COST EXCLUDES:

- Any accidental, emergency, travel or medical Insurance.
- Any expenses of a personal nature.
- Beverages or drinks of any sort, including soft drinks or bottled / mineral water.
- Any charges to visit monument/ heritage buildings and photography or camera charges.
- Any transportation charges or transfers which are not mentioned in the itinerary.
- Any charges for a manual or helicopter evacuation, hospitalization in case of a medical emergency or the like.
- The Personal portage / horses for carrying of individual kit or baggage.
- Any excursion on route /any Adventure activities etc.
- Personal utensils for the trek
- Washing of the utensils

Note: Those who are on special medication should bring their own necessary medicines. People having **Asthma, Blood Pressure, Heart Problems or any high altitude ailments** are advised not to participate.

Participants please note:

The Program schedule can be changed due to unforeseen circumstances. In case of any illness during the expedition, the expenses for medical treatment, travel and porter etc. are to be borne by the concerned individual. Alcohol consumption is strictly prohibited during the camp. Outdoor Adventures cannot be held responsible for any accident, illness or any unexpected events during the expedition. Primary medical facilities will be available wherever, possible. Participants will be presented with certificates only on successful completion of the expedition / trek.

BOOKING PROCEDURE

- Please deposit **Rs. 5000.00/-** per person (***Non Refundable and non transferable***) as a booking amount so that we can make the reservations ASAP, rest will be paid before 2 months of departure date.
- Participants have to sign an **Indemnity bond** and collect the **things to bring** sheet which is helpful to arrange all essential articles to make the trek happy.
- Participants are requested to attend the preparation meetings and get regular updates.
- Please pay by bank transfer / Check in favor of **Outdoor Learning Resources Pvt. Ltd.** Payable at Indore, or transfer in following account.
- A/c Name – **Outdoor Learning Resources Pvt. Ltd.**
Bank – State bank of India
Current A/c No. 33456676496
IFS Code – SBIN0003432
Old Palasia Branch, Indore

Cancellation Charges:

The following cancellation charges will be applicable in case of cancellation: Applicable only after deduction of non refundable amount of **Rs. 5000.00**

30 days or more prior to start of the program	:	Nil
29-20 days prior to start of the program	:	25%
19-10 days prior to start of the program	:	50%
less than 10 days prior to start of the program	:	100%

CAMP FACILITIES, BOARDING & LODGING

At OUTDOOR, we spare no effort to ensure that all campers are comfortable and well taken care of. All aspects of boarding and lodging have been planned to perfection. In order to cater to all tastes, we serve a variety of vegetarian dishes which are hygienically prepared in well-maintained kitchens. The menu is also selected on the basis of its nutritional value and suitability to the climate.

As far as lodging is concerned, each one of our tents is made from imported materials which are tested to withstand weather extremities. Participants can expect to share a tent with a maximum of 9 others. Most importantly, we provide sleeping bags for all campers. Adequate arrangements have also been made to provide lavatories and bathing areas.

CERTIFICATE

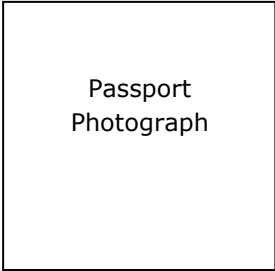
On completion of the trek, every trekker is awarded a Certificate.

NOTES

1. **Outdoor Adventures (a Unit of Outdoor Learning Resources Pvt. Ltd.)** reserves the right to increase the package price, change the number of days or trek route if the situation so desires due to unforeseen reasons.
2. **Outdoor Adventures (a Unit of Outdoor Learning Resources Pvt. Ltd.)** reserves the right to reject any application.
3. The package excludes any kind of personal expenses such as STD calls, laundry, and personal sightseeing or any such expenses that may arise due to unforeseen events like roadblocks due to landslides etc.
4. All disputes subject to Indore jurisdiction strictly.

TOUR BOOKING & INDEMNITY FORM_for "HIMALAYAN TREKKING CAMP TO CHANDERNAHAN LAKE"

I..... wish to join the **"HIMALAYAN TREKKING CAMP TO CHANDERNAHAN LAKE " From 2ND TO 11TH MAY 2019** at my own Risk, Cost & Responsibility. I understand that the nature of the camp/ trek /tour is of adventure where I will be staying in jungles & high altitude remote areas in tents / campsites. I am physically fit and don't have any **ASTHMA / BLOOD PRESSURE / OR ANY OTHER DIESESE** which may cause problem in. I have gone through the information circular in detail & agree to abide by the instruction consent there in.



I acknowledge that during the course of using the overall facility, my photography may be taken by the Releases or an agent or designee of the Releases. I knowingly understand and give consent to any photograph or filmed image taken of me participating in any activity within the facility and said photographs or film shall become the property of the Releases or any of its designees. The Participant hereby grants the Release and/or its agent or designee permission to use any such photographs or films of himself/herself for use in materials promoting the Releases .Such use may include publication in the local newspaper, website, brochures, general advertising and other vehicles that may be distributed to or otherwise seen by large numbers of individuals and potential patrons of the Releases.

I have full faith in the organizers & understand that they have vast experience in organizing the camp/ trek tour and have taken full precaution & safety measures possible for this camp/tour. I will not hold Adventure Activity Promoter/ **Outdoor Adventures (a Unit of Outdoor Learning Resources Pvt. Ltd.)** /it's Staff/subordinates/ agents/members responsible in any way in case of any eventuality, illness, accident, weather political and other factors beyond their control. I also agree to the cancellation policy and terms & conditions as lay down by the organizers.

To be signed by Parent / Guardian in Case of Minor Participant (Below 18 Years)
 I allow my Son / Daughter / Ward _____ for **"HIMALAYAN TREKKING CAMP TO CHANDERNAHAN LAKE" From 2ND TO 11TH MAY 2019** on my responsibility & Cost and agree on above Terms. He /She is physically fit and don't have **any ASTHMA / BLOOD PRESSURE / OR ANY OTHER DIESESE** which may cause problem in High-altitude.

Signature of Parents / Guardian
 Name of Father
 Name of Mother
 Add. (o)

 Mobile Father..... (W)
 Mobile Mother (W).....
 E-mail.....
 FB Id.....

.....
Signature of Participant
 Participants Name
 Date of Birth/..... /..... Age..... M / F.....
 Add. ®.....

 E-mail:-
 FB Id:-
 Participant Mo:
 Participant what's app:

Any Other Info you want to give about participant: -

Any Recent Hospitalization or on Medical:-
 Allergy to (If Any):-

Things to Carry for Himalayan Trek: - Please pack all goods in different transparent strong Polyethylene bags.

Polyethylene No. 1-3

CLOTHINGS:-Clothing should be normally light capable of providing enough warmth Preferable colorful so that dirt is not easily remarkable.

- Shirts / T Shirts / Kurti (long sleeve) 4
- Pants / Dry Pent / Salwar - 3 / 1 nos
- Thermale - Upper and Lower
- Sweater full sleeve -1/2 nos.,
- Balaclava or Monkey Cap -1
- Socks Cotton(3)/Woolen (1) = 4 pair
- Sun Cap - 1 / hand Glooves - 2
- Waist Pouch Parachute cloth - 1
- Under garments - 6 pairs
- Towel (light in weight) - 1
- Wind cheater / water proof Jacket -1
- T- shirts - 1
- Bermuda / Half pant - 1
- Single Bed sheet - 1
- Air Pillow (o)

Polyethylene No. 4

Toiletry kit

- Soap / Soap Strips
- Toothbrush , toothpaste
- Toilet tissue rolls
- Whistle - 1
- 10 feet (6)mm Cotton rope
- Hand Sanitizer
- Wide tooth Comb(o)
- Skin moisturizer(o)
- Hand mirror small(o)
- Lip balm /Sun Cream (o)
- Nail Cutter (o)
(o) = optional

Polyethylene No.5

Tool Kit

- Torch with extra cell
- Sewing kit (Niddle-1)
- Buttons (4)
- U pins (6), All pins(4)
- Thread 20 feet app. (6~8mm)
- Match Box / Chalk
- Odomos
- One Candle (Small)
- Pen, Small diary
- Micodum Antifungal powder

Polyethylene No. 6:- Optional

FIRST AID MEDICAL KITS:-

Those on special medication or with known drugs allergies should bring their own necessary medications.

- Pain Killer, Antibiotic , Vicks Vaporub
- Desi Kapoor, Pudina Hara
- Water Purifier tablet
- Band-aid / Crap bandage
- Electro Powder / Glucose
- Crocine, Combiflame
- Any other what u use usually take

MISCELLANEOUS: - Very Important

- Steel Plate (Preferably PavBhaji Plate with 2~3 compartment)
- Steel Mug, Spoon / Small Tiffin Box - plastic
- One water bottle broad opening (Plastic) (o)
- Goggles other than Blue color
- Sleepers / Floaters (light in weight)
- Rain Coat or Rain Sheet/ Poncho
- Umbrella (1 between 2~3 members)
- Trekking Shoes (Please wash ones and use regularly).
- Two big polyethylene app. Size 2 X 3 feet
- Two big polyethylene of size 3 x 5 feet
- 10 strong white polythene bags app size 18 x 12 inches

Optional: -

- Camera with extra cells and extra Memory Card
- Area Map & Compass (o)
- Rucksack or backpack
- Deo (not for Applying)
- Bringing your favorite snacks are highly recommended - Like biscuits, dry sweets, dry fruits, Chocolates (Cadbury or Amul milk chocolate), Jaljira Pouches

Note:- Please pack in Backpack or Duffel bag which Participant can carry on Back, AVOID Strolly / Suitcases big bags.

Preference one Backpack and one Day Bag only. No iPod, Tabs / Valuables articles are allowed during the trekking camp. We are not responsible for any loss of damage of any Articles.

Happy Rucksack packing

Previous Years Trekking Groups



2017 Lashi thatch trekking Group



2016 Kedarkantha Outdoor Group



2015



2014



2013



Outdoor Adventure Group 2012



Outdoor Adventure Group 2011



Outdoor Adventure Group 2010



Outdoor Adventure Group 2009



Outdoor Adventure Group 2008



Outdoor Adventure Group 2006



Outdoor Adventure Group 2005