

# A KINNER KAILASH CIRCUMAMBULATION

## 09 NIGHTS 10 DAYS - 2017



Hindus and Buddhists have a tradition of Parikrama or circumambulation. There are several such parikramas in Indian Himalayas. One of these is Kinner Kailash considered to be home of Lord Shiva. There are small, temple and monasteries on this route and the scenery is fantastic. This region, Kinnaur is the land of fairy tales and fantasies, has a spectacular terrain of lush green valley, orchards, snow clad peaks and cold desert mountains and it is the border district of Himachal Pradesh. Kinnaur is also rich in flora & fauna and its culture and language is different from other parts of the state. Kinnaur, the tribal district of Himachal Pradesh, is about 250 km away from Shimla. The landscape of the area varies from the lush green orchards of the scenic Sangla Valley to the stark magnificence of the Hangrang Valley. The massive snow clad ranges that provide a regal dignity to the scene are dominated by the peak of Kinner Kailash.

Dates:	
Starting point:	Chandigarh
End point:	Chandigarh/ Kalka
No of trekking days:	06
Total trekking distance:	47 kms
Total road distance covered:	960 kms
Highest point:	Charang La (5200M)
Grade:	Moderate to Difficult.
Meals:	Dinner on day 1 to Breakfast on day 10
Group size:	4-20
Permits:	Foreigners require permit for Kinner Kailash trek

### ITINERARY:

#### Day 01: Delhi-Chandigarh- Thanedhar- 195 kms/5-6 hrs

Reach Chandigarh by mid- morning by train/ flight. Met by our representative and drive to Thanedar via Shimla; the summer capital of the British at the time of their rule. Night stay in Banjara Orchard Retreat.

#### Day 02: Thanedhar- Sangla- 158 kms- 6 hrs

After breakfast, drive to Sangla. Settle into your tents on arrival. After tea/ coffee, we go for a short walk to Batseri village. Evening around a bonfire. Night stay in tents.

For six months every year, the Himalayan valleys of Kinnaur and Spiti emerge from a thick cloak of snow to reveal a different, secret world to man. Your discovery of the lesser-known Himalayas can begin at the Banjara Camp in the Sangla Valley. At a height of 2,700 Mts the Banjara Camp is surrounded by towering mountains on all





sides and is set on the banks of the Baspa River that surges through the valley. Long walks to discover the amazing fauna and flora of the valley, treks to view snow covered Himalayan peaks, angling for trout, experiencing some of the local culture and traditions, rock climbing, rappelling are only some of the delights that are on offer.



**Day 03: Day 04: Sangla Visit Chitkul (3,450M) - 20kms one way**

Go for acclimatization walk to Nagasthi . It's a day visit to the Chitkul village. This is the last village on the old Indo-Tibetan trade route. From here, we can hike up to Nagasthi, the last border outpost that civilians are allowed to. It is a lovely 3.5 kms walk along a stream. Lunch along the glacier fed mountain stream. Drive back to Camp in the afternoon. Rest of the day at leisure. You could also try your hand at rappelling, rock climbing or river crossing and also go to visit Batseri village. Evening around a bonfire. Night stay in tents/rooms.

**Day 04: Sangla- Thangi (2650M)- Lambar(2875M) - Charang (3600M)- 92 kms/ Min 4 hrs drive**

We start early. After breakfast carry packed lunch and drive to Thangi, 2966M. Thangi is on the Silk route and well connected to Shimla. Drive to Lambar and Charang village where we set up camp for the night. We camp along a stream or in Charang Village.



**Day 05: Charang (3600M) - (Village visit and acclimatization)**

Walk along the river Lambar Gad. Visit an ancient monastery at Surting, supposed to have been built by Pandavas of Hindu Mythology. Medium gradient. Rest Day for proper rest and acclimatization. Here we will also do some parallel walk and you will enjoy the day at leisure.

**Day 06: Charang- Lalanti (4200M) – 7 kms/ 4 hrs**

Lalanti is a high altitude shepherd pastures and snow leopard is also seen here in winters. This area is also famous for Ibex. Trail ascends gradually to Lalanti 4520m. This is moderate level of ascending and we will camp below/near Lalanti Pass.

**Day 07: Lalanti- Base of Charang la 4800M) - 6 kms/ 4 hrs**

Today the walk is essentially over the boulders with limited space for camping. We will trek from Lalanti to Base of Charang La. This trail goes through Moraine and boulder upwards till base camp, camp on glacier field on the moraines.

**Day 08: Base- Charang la (5200M) – Chitkul (3450m) - Sangla- 9 kms trek & 20 kms drive**

Cross over the 5200M high Charang Pass. Walking time 8-9/11 hrs. Hard day should be early started. Walking though impressive terminal moraine and then steep walk down to Chitkul, 3450M. Drive to Banjara Camp for night stay.



**Day 09: Sangla- Thanedar – 156 Kms- 6.5 Hrs Drive**

After a leisurely breakfast, drive back to Thanedar. You can also visit Bhimakali Temple Sarahan. It will increase your drive by 02 hrs. Overnight stay in Banjara Orchard Retreat in Thanedar.

**Day 10: Drop at Kalka/ Chandigarh- 06 hrs**

After breakfast drive back to Kalka or Chandigarh station.

**COST: INR /-PER PERSON**

**1. QUOTED COST INCLUDES:**

- Accommodation in all places.
  - (Thanedar– Sangla – Camping –)
- Transportation cost for all Day's as per itinerary (Pick up and Drop from Chandigarh in 01 Innova/similar).
- Trekking arrangements including, tenting, food, portorage (up to 09 kilos) and guide.
- Services of a guide for trek as per itinerary.
- Meals- Dinner at day 01 to Breakfast at 10<sup>th</sup> last day with buffed services(packed lunch wherever its required).
- All applicable taxes and Service Charges.

**2. COST DOES NOT INCLUDE:**

- Beverages at retreat except those served on buffet table.
- Any En route/ personal expenses.
- Any expenses incurred due to factors beyond our control like a natural calamity/ man-made calamity.
- Any air/train fares.
- Insurance.
- Bottled mineral water (Aquaguard purified water is served free of cost at all our properties. Boiled water available while on trek.
- Expenses on account of factors beyond our control like flight/train cancellations, any expenses incurred due to any factors beyond our control like a natural calamity/ man-made calamity.

**TOUR NOTES**

**Accommodation:**

Thanedar:	Banjara Orchard Retreat
Sangla:	Banjara Camps & Retreat
Camping/trekking	Banjara



**Food & Hygiene:**

Food is a mix range of vegetarian/ non- vegetarian with a choice of Indian, Continental & Chinese food. All meals are buffet meals. There is no room service at most places.

**Altitude Sickness:**

Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. These changes plus the effect of intense sunlight, walking & dehydration may cause loss of appetite, fatigue, headache, nausea, dizziness, sleeplessness, mild shortness of breath etc. The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days/Diamox tablets. If symptoms are severe, DESCEND IMMEDIATELY.

**Fitness:**

You should be in good health if you wish to hike. Please take your doctor's advice if you are a heart patient, asthmatic, pregnant or suffer from epilepsy. Please note that you will have to climb down about 90 odd steps to reach the retreat.

**Porterage:**

Porterage of up to 07 kgs per person while on trek is included.

**Photography:** Carry photography gear. Please ask your guide before taking photographs inside any monastery. Taking photographs at Army Camps/Check-points is prohibited. It will not be possible to charge your equipment while camping.

**Medicine:**

We keep a first aid kit. It would be anyway a good idea to bring your own basic first aid kit with medicines for motion sickness, nausea, some painkillers etc. Please carry sun block and chapstick. Keep your face, feet and hands well protected. Request your doctor to prescribe effective medicines to cover the following: Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes. We do carry a first aid box though. In case you have any illness of any sort, please do inform us in advance so that we can take necessary precaution. You could also carry vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshener, Nose inhaler, Cough drops, Lip balm, Vicks, Elastoplasts, Adhesive tape, 4" crepe bandage.

**List of things to bring:**

1. Backpack with supporting frame.
2. Sleeping bag (should be good for -20 degrees centigrade)
3. A small day backpack to carry water, food, jacket and camera
4. Hiking shoes- you need good traction in shoes and these should be at least water resistant. Forclaz 500 is a good. Your shoes should be well broken-in and not new.
5. 3 pairs of lowers (no jeans) with at least one of these should be quick drying pants.
6. 4-5 full sleeves T-shirts
7. A fleece jacket
8. A full sleeve thick jacket
9. Underclothing
10. 2 pairs of thermal inners
11. 3-4 pairs of sports socks. 3-4 pairs of woolen socks
12. Woolen cap/ balaclava that covers the ears
13. Woolen gloves + waterproof gloves or waterproof gloves with good fleece lining.
14. Sun glasses- ones that are 100% UV protected and cover your eyes completely. No blue colored sunglass. Sunglasses prevent snow blindness. People who wear spectacles should use contact lenses or photo- chromatic glasses.
15. A woolen head-scarf or muffler
16. Trekking pole.
17. Light towel (should be quick drying kind).
18. Lip balm
19. Cold cream and sun screen lotion (SPF 40+).
20. 2 Water bottles (1 L each). The insulated water bottles are good but even normal water bottles will suffice. Please do not carry throwaway plastics.
21. Flash light with extra set of cells (head lamps preferable).
22. Personal toilet kit (minimal) and toilet paper.
23. Personal medicine kit containing: diamox, crepe bandage, band aids, ORS packets and any personal medication that you might be using.
24. Small repair kit consisting of safety pins, needle, thread and string.
25. Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available on the slopes.
26. Water proof backpack liner else put all belongings in polythene and put in backpack.

• **Leave your denims behind – these are ill suited for treks and add weight.**

• **Do not carry disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Try not to bring any non bio-degradable material. BOOKING, PAYMENT.**

## BOOKING, PAYMENT AND CANCELLATION POLICY

**CONFIRMATION:**

**100% advance to confirm booking.**

**CANCELLATION CHARGE:**

<b>Minimum</b>	<b>: 20% of full amount.</b>
Less than two weeks of arrival date (or tour start date)	: 50% of full amount.
Less than one week of arrival date (or tour start date)	: Full amount.

**PAYMENT MODES & METHODS:**

1. **ONLINE TRANSFER** into our **current** accounts in Axis Bank **or** Standard Chartered Bank

2. **DIRECT CHEQUE DEPOSIT** into our **current** accounts in Axis Bank **or** Standard Chartered Bank at any branch/ ATM in India
3. **DIRECT CASH DEPOSIT**, into our **current** account at any branch in India
4. By **CASH** or **CHEQUE** handed over personally (or by your rep) **AT OUR DELHI OFFICE**
5. **OUTSTATION CHEQUE** payments are acceptable **only if** they are delivered (or we get a scan of the bank deposit slip) at least 4 working days before the payment due date.
6. **OUTSTATION PAYMENTS** by a **Payable at Delhi** DD sent to our Delhi Office by courier/post.

**IMP:** CHEQUE / DD to be made in **favour of "Banjara Camps & Retreats Pvt. Ltd."**

**AXIS BANK:**

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : **015010200017806**
- Branch address : K-12; Green Park Main; New Delhi – 110016
- Branch Code : UTIB0000015 (for direct cheque deposit)
- IFSC Code : UTIB0000015 (**for online transfer**)

**STANDARD CHARTERED BANK:**

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : **525-0-509-319-3**
- Branch address : 10 Sansad Marg; New Delhi – 110 001
- Branch Code : SCBL0036027 ( for direct cash/ cheque deposit)
- IFSC Code: : SCBL0036027 (**for online transfer**)



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-- Himalayas with Banjara, The Experience that matters --