

# MT. KANAMO SUMMIT, SPITI VALLEY, HIMACHAL PRADESH

7 NIGHTS 8 DAYS;

JUN 22-29, 2014



Kanamo peak better known as the 'White Hostess', at 5964M towers above Kibber and Ki gumpa in Spiti valley of West Himachal Pradesh. 'White hostess' is considered a good omen by the locals. Spiti, locally pronounced "Piti", is bounded on its south and west by the valleys of Kulu and Lahaul; the region of Ladakh lies to the north and the Kalpa valley lies to the south-east. Geologically and archaeologically, Spiti is a living museum. The mountains are devoid of any vegetation and erosion by wind, sun and snow over thousands of years has laid bare the rocks. The rugged and rocky mountain slopes sweep down to the riverbeds giving the landscape a moon-like appearance. Surrounded by the Kibber plateau, the region of Kaza is pristine and has its fair share of wildlife ranging from Blue sheep to Himalayan to Tibetan wolves and the elusive Snow leopard.

*For a person keen on hiking but uninitiated into climbing, an attempt on Mt. Kanamo makes for an excellent beginning. Though, a steep climb at places, mountaineering training though a plus but lack of it is not a hindrance for this peak.*

Dates:	Jun 22-29, 2014
Starting point:	Chandigarh
End point:	Chandigarh
No of trekking days:	6
Total road distance covered:	1200 kms
Highest point:	Kanamo peak (5964M)
Grade:	Moderate to tough
Meals:	Dinner on day 1 to Breakfast on day 8
Group size:	8-12
Permits:	Yes, we procure it for you
Document required:	Photocopies of valid nationality proof Photo-IDs (Passport, Driving License, Voters ID, PAN card)

## ITINERARY

### Day 01: Chandigarh- Manali- 8 hrs

Reach Chandigarh by train/ flight and drive to Manali. Settle into your rooms upon reaching. Rest of the evening at leisure. Night stay in the hotel.

### Day 02: Manali- Kaza (3686M) - 8-9 hrs

Drive for 8-9 hrs over Rohtang La (3978M) and Kunzum La (over 4551M) to Kaza. The landscape changes startlingly over a matter of a few hours from lush green forest to meadows to barren moonscape as you move towards cold deserts of Spiti. Overnight stay in Banjar Retreat in Kaza.

**Day 03: Kaza: Acclimatization**

Morning at leisure to acclimatize. After lunch, drive to visit Ki, Kibber monastery and village. Back to Kaza in the evening. Rest of the evening at leisure.

**Day 04: Kaza- Kibber- Acclimatization hike**

Drive from Kaza to Kibber, spending the night in a guesthouse in the Highest Village in the World! Kibber is a beautiful village and well worth a visit on its own. After a leisurely breakfast, visit the Ki monastery and Kibber village. Also, hike around in the area a little. Overnight stay in Kaza.

**Day 05: Kaza- Kibber — Kanamo Base camp- 4-5 hrs**

After breakfast, drive to Kibber. The trek begins today with a walk up to Kanamo Base camp, an easy 4-5 hour trek from Kibber. We set a camp for the night. Turn in early.

**Day 06: Kanamo summit (5964M) - Kaza**

We begin our ascent very early in the morning. This is a longest and most rewarding day on the trail as we summit the peak (hopefully at sunrise hour) and head back to reach by afternoon.

**Day 07: Kaza- Manali**

Drive back to Manali from Kaza via Kunzum La and Rohtang La. Overnight stay in a hotel in Manali.

**Day 08: Drop at Chandigarh- 8-9 hrs**

**COST PER PERSON: INR 44000/-**

**Cost includes:**

1. Stay in Kaza and Manali inclusive of meals.
2. Transfer from Chandigarh- Chandigarh.
3. Stay in local homes/ camping while on trek.
4. Porterage of 7 kgs per person while on trek.
5. Services of a guide for trek.
6. Tips.
7. All applicable taxes.

**Cost does not include:**

1. Any train/ airfare.
2. Any En route/ personal expenses.
3. Any insurance.
4. Bottled mineral water. Boiled water available while on trek.
5. Any expenses incurred due to any factors beyond our control like a natural calamity/ man-made calamity.

## TOUR NOTES

**Accommodation:**

Manali : Johnsons hotel or similar  
 Kaza : Grand Dewachan or similar  
 On tracking : Camping/ Homestay

**Food & Hygiene:**

Food is a mix range from gourmet vegetarian/ non- vegetarian meals to good food with a choice of Indian, Continental & Chinese food while in Banjara retreat. Food will be a little basic while on trek.

**Altitude Sickness:**

Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth. 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. Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, walking hard & dehydration may cause a number of mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise.

The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days or Diamox tablets. If symptoms are severe and the patient is ill DESCEND IMMEDIATELY, 300 meters of descent or more should be sought. This usually gives rapid improvement.

To minimize altitude sickness, never rush into things, walk slowly and firmly. Do not combine walking and sightseeing together. Inspect your track in front and trek slowly

**Fitness:**

You should be in a very sound health. We advise jogging and breathing exercise. Please ensure that you are absolutely medically fit and not suffering from high-blood pressure, diabetes, asthma, heart disease or epilepsy since such conditions might prove fatal at high altitudes. Medical fitness is of utmost importance. Please seek expert medical opinion regarding your fitness to undertake the trip at high altitude from your doctor.

**Tipping & Porterage:**

Tipping is included in this trip. Porterage of up to 7 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 suggest you to bring your own basic first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some painkillers. Be careful not to catch a cold. It is better to be over-clothed than under protected. En route avoid taking bath or drinking water from lakes, streams or rivers as your body is not conditioned for this. Since the dry cold winds tend to make the nose dry, keep your nose smooth by applying Vaseline. Keep your feet dry. For cold weather and while walking, wearing cotton and wool socks in combination serves very well. 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 addition to the medicines for above, your first aid kit should include following

Vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshener, Nose inhaler, Toilet paper, Rubber bands, Dust cover (face mask), Cough drops, Lip balm, Vicks, Elastoplasts, Adhesive tape, 4" crepe bandage & ORS powder - useful for adding to your water bottle and for fluid replacing purposes.

Make a separate pouch for the first aid kit with a list of medicines and their appropriate usage. It is advised to carry glucose and glucose based items (mints, toffees, mini chocolates bars for periodical consumption at high altitude for energy. Multi-vitamin and vitamin C tablets are required for daily consumption as a routine

## List of things to bring:

1. Backpack / duffel bag
  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 option. 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.
- Do not carry disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Try not to bring any non bio-degradable material.

## BOOKING, PAYMENT AND CANCELLATION POLICY

### CONFIRMATION:

100% advance to confirm booking.

### CANCELLATION CHARGE:

Minimum : 20% of full amount.  
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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