

GADDI TREK: SHEPHERDS' TRAIL, HIMACHAL PRADESH

SEP 6-15, 2014;

9 NIGHTS 10 DAYS



Gaddis are a sheep herding nomadic tribe of Himachal Pradesh. They lead an interesting and lonely life. Each year, a Gaddi with his sheep begins his journey in March/ April from western lowlands of Himachal Pradesh and Punjab to Lahaul, Spiti and further on, on Pir Panjal range crossing over high passes of about 5500M and returning back in Sep/ October. For 7-8 months every year, solitary existence for these shepherds becomes a way of life. For a Gaddi, every day is a new day and survival is of the fittest. Gaddis believe in Lord Shiva and live in perfect harmony with nature.

On this trek, we follow a section of trail from Lahaul to Bharmaur that is usually followed by Gaddis in the month of September. They usually stay in Lahaul from beginning to mid- September before starting the return journey to reach Chamba before winter sets in.

Dates:	Sep 6-15, 2014
Starting point:	Chandigarh
End point:	Pathankot
No. of trekking days:	07
Total trekking	about 58 kms
Road distance covered:	1000 kms
Grade:	Moderate to tough
Highest point reached:	Kugti Pass (5040M)
Group size:	8-18
Meals:	Dinner on day 1 to lunch on day 10
Permits required:	No
Booking deadline:	Aug 6, 2014

Itinerary:

Day 01: Chandigarh-Manali- 8-9 hrs drive

Reach Chandigarh around 1100 hrs and drive to Manali. Check into a retreat on arrival and settle into your rooms. Night stay in Manali.

Day 02: Manali-Tandi- 6 hrs drive

Leave Manali after breakfast and drive over Rohtang Pass to enter into Lahaul Valley. It is a beautiful drive for about three hours to Rohtang Pass. The pass offers beautiful view of the Green Kullu valley on one side and the high Himalayan peaks of Lahaul valley on other. You will notice a dramatic change in the landscape one you cross over to the other side of Rohtang Pass-the green kullu valley is suddenly replaced by dry dessert of Lahaul valley. Reach Tandri early in the evening. Overnight stay in tents.

Day 03: Tandri- Acclimatization day

Today is the day to acclimatize to rarefied atmosphere. Drive upto Khardong monastery. Walk from Khardong monastery to Keylong. Drive back to Tandri for night stay in tents.

Day 04: Tandri- Trilokinath- Samsha- Rapey

After breakfast, drive to Pattan, the green valley of Lahaul. Pattan valley is known for growing crops like green Peas, hops, potatoes etc. Visit the ancient temple of Trilokinath. From Shansha, we cross over Chanderbhaga River to get to Rapey village where we camp for night stay.

Day 05: Rapey- Khurlu (3900 M)- 12 kms/ 5 hrs

The real trek starts today from Rapey to Khurlu, a temporary shepherd camp. All Gaddi shepherds camp here for a few nights before going over Kugti Pass.

Day 06: Khurlu- Kugti Pass (5040 M)- Lahes (4000 M)- 6-7 hrs

Today's is a steep ascent to reach Kugti Pass. We have to walk over huge glacial morain and the last 1 kms to the pass is a steep ascent over snow and ice. From the pass we descend down to Lahes, another temporary shepherd camp area on the other side of the pass. From the pass, one has to follow the route on the glacier down to Lahes. During August/September the crevasses start to develop on the glacier and to avoid this one has to take a longer route on the ridge. Set up tents at Lahes for overnight stay.

Day 07: Lahes- Duggi (3200 m)- 3-4 hrs

It is downhill walk to Duggi, an open pasture where Gaddi Shepherd spend few days before heading down on their return journey to Bharmaur and Kangra.

Day 08: Duggi- Kelang Temple- Kugti Village (2590m) - 3-4 hrs

Kelang Temple is dedicated to Lord Kartikeya and every Gaddi family from all over the foothills of Dhauladhar must visit this temple once in their lifetime. Kugti, is the first Gaddi tribal village en route. Camp near the village for night stay.

Day 09: Kugti- Hadsar- Bharmaur- Chamba- 2 hrs walk & 5 hrs drive

Walk down to the road-head at Dharol and then drive to Bharmaur and Chamba. In Bharmaur, you can visit the ancient Chaurasi Temple. Reach Chamba late afternoon/ early evening. In the evening, visit Chamba bazaar and the famous Laxmi Narayan Temple. Night stay in a hotel.

Day 10: Chamba- Pathankot- Delhi- 6 hrs drive and overnight train

Explore the town of Chamba in the morning. Later, drive to Pathankot to board overnight train to Delhi.

COST PER PERSON: INR 66000/-

Cost Includes:

1. Accommodation in Manali and Chamba on twin/triple share with meals.
2. All trekking/camping arrangements including accommodation in alpine Tents on twin sharing, kitchen tent, dinning tent with camping stool, dry pit toilet tents, etc.
3. Transport from Chandigarh to Tandi and Dharol to Pathankot.
4. All meals starting with dinner on day 01 till dinner on day 09.
5. Portage of up to 7 kilos per person.
6. Services of a trekking guide, a cook and camp helpers.
7. Service charge/ tips.
8. 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.

TRIP NOTES

Accommodation:

Manali:	Johnson Hotel & cafe
Jispa:	Padma Lodge & Campsite
On tracking:	Camping/ Homestay
Chamba:	Hotel Cityheart

Food & Hygiene:

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

Medicine:

We suggest you to bring your own 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 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 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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