

CHANDRATAL TREK, HIMACHAL PRADESH - BARALACHA LA TO KUNZUM LA

8 NIGHTS 9 DAYS;

JUL 19-27, 2014



This is one of the most exciting treks in Himachal Pradesh. We begin the hike from close to Suraj Tal near Baralacha la in Lahaul valley and end at Kunzum La in Spiti valley. The highlight of trek is the stay near Chandratal (Moon Lake), considered to be source of Chandra River. You get magnificent views of glacier and peaks of Mulkila & C.B. ranges from here. The Chandra River joins Bhaga River few kilometers down the valley and forms Chenab that flows into Pakistan. Crystal clear water shadows the massive glaciers. Incredibly changing colors with the passage of day, peaceful and sublime, the lake is simply enchanting.

High altitudes, cold deserts, streams, rivers and lakes make this trip a trekker's and photographer's delight.

Dates:	Jul 19-27, 2014
Starting point:	Chandigarh
End point:	Chandigarh
No. of trekking days:	06
Total trekking	60 kms
Total road distance covered:	1200 kms
Grade:	Moderate
Highest point reached:	Kunzum La (4551M)
Group size:	8-20
Meals:	Dinner on day 1 to breakfast on day 9
Permits:	Not required
Booking deadline:	Jun 19, 2014

Itinerary:

Day 1: Chandigarh - Manali – 8-9 hrs

Reach Chandigarh by Shatabdi train / bus/ flight and drive to Manali. Night stay in a hotel/ lodge in Manali.

Day 2: Manali – Jispa (3300M) - 145 km/6 hr

We leave early in the morning today and drive over Rohtang la to reach Jispa by early evening. A short walk in the surrounding hills on arrival. Night stay in hotel/ lodge.

Day 3: Jispa- Acclimatize

Today is the acclimatization day in Jispa. We for a hike in the hills in the morning. Rest of the afternoon at leisure/ prepare for the trek. Night stay in Jispa.

Day 4: Jispa- another acclimatization hike

We drive up to Baralachala (4830M) and go for a short hike in surrounding area.

Day 5: Jispa – Suraj Tal (4800M)-Tokpo Yongma (4640M)- 30 kms drive and 8 kms hike- 3-4 hrs

On way to Baralachala is Suraj Tal. Three rivers viz Pass-Tokpa Chandra, Bhaga and Yunam originate from here. From here, we walk down to Yongma Tokpo Yongma (literally means small river). Night stay in tents.

Day 6: Tokpo Yongma - Tokpo Gongma (4400M)- 10 km/4 hr

Gongma is literally large. The river has to be crossed either early morning or T Gongma over a snow bridge later in the day. Camp by the stream side.

Day 7: Tokpo Gongma – Chandratal (4270M)- 12 kms/ 4-5 hrs

Chander Tal, literally Moon Lake, offers good views of the glaciers and peaks of Chandratal, Mulkila and C.B. ranges. Also on view are some peaks on Bara Shigri. Camp overnight a little away from the lake.

Day 8: Chandratal- Kunzum la (4551M)- Manali - 14 kms hike and 5 hrs drive

Walk up to Kunzum Pass (meeting place of the Ibex). This Kunzum La-Losar pass joins the twin valleys of Lahaul and Spiti. From here, we drive back to Manali. Stay the night in a lodge.

Day 9: Manali- Chandigarh drop- 8-9 hrs

COST PER PERSON: INR 48000/-

Cost includes:

1. Accommodation on twin/ triple share basis including all meals.
2. Transfers from Chandigarh- Chandigarh as per itinerary
3. Camping arrangements with all meals 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: Johnson Hotel & cafe
 Jispa: Padma Lodge & Campsite
 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. 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 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 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.
- *The hikes itself are not very demanding in terms of gradient but it is demanding as you will be walking in high altitude and a lot of it in snow. Mornings and evenings are likely to be in sub-zero temperatures.*
 - *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**)





Banjara Camps & Retreats Pvt. Ltd.
A26, Nangal Devat, Vasant Kunj, New Delhi- 110070
Phone no: +91 11 65152334/5/6
Email: info@banjaracamps.com / www.banjaracamps.com

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