



Registration form

Trek Himachal

Confirmed departure from 4 people.

Be sure to fill out this form with the greatest attention.

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This form is composed of the following 4 parts, thank you to fill out a form for each participant.

- page 1:* **Planning**
- page 2:* **Terms & conditions**
- page 3:* **Information**
- page 4:* **Registration**

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SURNAME
FIRST NAME
ADDRESS
.....
TEL
E-Mail
Passeport number

Done in on
Signature preceded by the words "read and approved"

PLANNING

- Day 1:* Reception at the airport. Final checks. Departure to Delhi.
- Day 2:* Arrival at New Delhi International Airport. Transfer to Maharana Pratap Inter-state bus terminus. Bus Deluxe (AC Sleeper) to Dalhousie in the early evening.
- Day 3:* Arrival at Dalhousie Hill Resort. Transfer Lall Ji Tourist Resort. Rest.
- Day 4:* Free day.
- Day 5:* Excursion to Khajjiar Wild Life Sanctuary. Back to Lall Ji Tourist Resort.
- Day 6:* Transfer to the village of Holi, the starting point of the trek. First bivouac.
- Day 7:* Long hike to the base of Holi pass. Discovery of very remote Gaddij hamlets.
- Day 8:* Short day, passage of Holi pass then down to Lake Manimahesh. Bivouac in Shiva's lands, at the base of Mount Kailash.
- Day 9:* Steep rise to Chobu Pass and camp at the foot of Mount Kailash. Day quite technical and dependent on weather conditions.
- Day 10:* Down to the charming and picturesque village of Kugti. Bivouac on the edge of it.
- Day 11:* Easy hike up to Alyas (base of Kugti pass). Passage through the Kelang temple, meetings with many Gaddij shepherds.
- Day 12:* Early morning departure to facilitate the transition of Kugti pass (most likely snowy paths). Entry in the district of Lahaul.
- Day 13:* Long descent to the river Chenab. Transfer by jeep to Keylong. Accommodation in guest house.
- Day 14:* Transfer to Manali. Passage of the legendary Rohtang Pass.
- Day 15:* Rest in Manali.
- Day 16:* Rest in Manali. (Safety day in case of delay in the program). </br> In the evening transfer to Delhi (Deluxe Sleeper bus).
- Day 17:* Arrival in Delhi, little free time. Transfer to the airport.
- Day 18:* Landing back in Paris.

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TERMS & CONDITIONS

1. A medical certificate for physical activity at high altitude needed.
2. You must at all times be able to show an insurance policy covering emergency expenses for evacuation, hospitalization and repatriation.
TreknXplore disclaims any liability in case of a major incident occurring during the trip.
3. Accommodation (Dalhousie and Manali) will be provided half board in residential luxury. During the trek, the camping equipment and food needed for this activity are provided. There are 3 meals a day plus a tea-time in mid-afternoon.
4. Portage of your personal effects is provided by holders of trust, however, we recommend you to carry a small hiking bag for your personal (smartphone, camera, ..) and other papers (passport, cash, ..)
5. Because freezing temperatures can occur in altitude (even in summer), you are asked to wear "technical" mountain clothes:
 - 1 jacket (GORE-TEX type).
 - 1 good fleece.
 - 1 hat.
 - 1 pair of gloves.
 - 1 pair of trousers (waterproof).
 - 1 sleeping bag for altitude.
 - 1 survival blanket.
6. In India, the water quality is more than random. In town, you will find bottled water of good quality. During the trek, the water is usually boiled by us, but if you think you are prone to stomach disorders, we advise you to bring and to use purification tablets.
7. Religion in India is something important, it is asked to show the utmost respect when visiting places of worship.
8. Supervision is provided by an English speaking guide and a local guide, both possess a thorough knowledge of the field. During the trek, cooks and porters will also always willing to help you in case of difficulty.

For more details, see terms on the website:

<http://treknxplore.com/terms.html>

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INFORMATION

(The following questionnaire is given as a basic guide to ensure you a good trip and stay in the best conditions)

1. Why do you choose to com in this trek ?

Precision.....
.....
.....
.....

2. Is that the first time you are participating at that kind of adventure ?

Yes No,precision.....

3. What's your mountainering experience ?

Precision.....
.....
.....

4. In a scale from 1 to 5, can you evaluate your ability in mountain.

(1: mini / 5: maxi)

5. What's the maximum altitude you've reached by yourself ?

.....

6. Are you afraid of heights ?

Yes No

7. Do you practise sport ?

Yes No

which
..... heures / semaine.

8. Do you have any medical antecedent (injuries, allergies,...) which could go against the good running of the trek ?

Yes, precision..... No

9. Do you take any medication, homeopathy ?

Yes, precision..... No

10. During the trek, would you prefer to eat :

- Locale food (hindu, tibetan, spicy,...).
- Occidental food.
- Indifferent.

11. Do you speak English ?

Yes No

12. Do you have any questions, any information about this trek ?

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REGISTRATION

Person to contact in case of emergency :

SURNAME
FIRST NAME
ADDRESS
.....
TEL

Relationship (family, friend, professional)

.....

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I, *(your name)* certify that the above information is accurate. I declare on my honor, to hold an insurance policy covering my expenses for emergency evacuation and repatriation in the event of a major accident. I also certify, to keep out of liability in any case Treknxplore and / or its officers, in case of serious accident.

I also have to respect the terms of the contract for the trek organized in Himachal Pradesh in June 2014.

Form to send to:

ROUSSEAU Jérôme ~ TreknXplore
16, rue du 8 Mai
37150 BLERE
FRANCE

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