

Introduction

Himachal Pradesh is a small state tucked away between the steamy plains of North India and the massive ranges of the Great Himalaya to the north. Given its location the geographic spectrum of the state is vast, ranging from the rolling Shivalik foothills to the massive 6000m peaks of the Pir Pinjal. Not surprisingly, there is a wildlife diversity to complement this, with sub-tropical forests, temperate woodlands and alpine meadows in close proximity. Similarly, given its strategic position between the former Northwest Frontier, the sub-continent and the Tibetan plateau the region has long been a melting pot of diverse cultural and spiritual influences.

The Dhauladhar range forms part of the outermost Himalaya and rises dramatically from the low foothills to stark peaks of over 5000m. These mountains are the traditional stronghold of nomadic traders and shepherds. The Gaddis are charismatic folk of Aryan descent who raise flocks of sheep and goat between the foothills and the high grazing meadows bordering Ladakh and Tibet. The Gujjars are hardworking Muslims who tend buffalo herds, selling much of their milk based produce to the sweet makers in the plains. The steeply sloping flanks of the Dhauladhar provide winter homes for these traditional traders as well as a base for their families who make a good living from the land in their absence. Thankfully, Himachal Pradesh has escaped the notice of mainstream trekkers and is still an unspoilt part of the Himalayas with most of the local customs, cultures and landscapes still intact.

Day 1 : ARRIVE PATHANKOT, TRANSFER TO DALHOUSIE, CHECK-IN AT HOTEL

You will be reaching Pathankot railway station early morning and afterwards transferred to Dalhousie which usually takes around 3-4 hrs. We will arrange for the pick-up. After arrival at Dalhousie you will check-in in Hotel and breakfast will be served.

After light lunch there shall be an Orientation session with our management, guides and support staff. An acclimatisation of approximately 2-3 hrs in which we shall descend towards the Panjpulla valley. After the walk the activities of Mountain Rippling, River Crossing and Mountain Climbing shall follow prepare once mind and body for the upcoming trek. In evenings you can check out the local market and also have a leisure trip of Dalhousie town. Dinner will be served at the Hotel.

Day 2 : TREK TO GANGI PAHARI (MOUNTAIN) THROUGH THE PANJPULLA STREAM. CAMP AT GANGI PAHARI.

Approximately 4/5 hour walk. A soft trekking route starting from Panjpulla waterfall. This trek flags off from the foothill of the Gangi Phari (mountain) through the off track often used by the villager to come down. The trek is around 4-5 K.M on a terrain that is usually not rough or un-conventional.

The view from the mountain top is simply breathtaking. With the entire valley stretched in front of you & plenty of open space to roam around you will feel as if you have grown wings and can fly. And that not all after the sun sets down a dark

Dalhousie Adventure

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night under the cosmos will present a offer an once in a lifetime opportunity to lay down and wondered what lies beyond

DAY 3 : DRIVE TO PATHANKOT

After a late morning and breakfast. Approximately 4 hours drive time. We drive to Pathankot to proceed for our onwards journey.

ACCOMMODATION:

We shall provide Hotel Mongas (www.hotelmongas.com) or Hotel Monal (www.hotelmonal.com) for our stay at Dalhousie. Both hotels offer a clean and hygienic environment and are at a stone through distance from the town's main market Gandhi Chownk (G.P.O).

MEAL PLAN:

Bed, Breakfast, Lunch and Dinner in Dalhousie. Full board on Trek.

NOT INCLUDED:

Air travel / Train travel. Alcohol, bottled water or soft drinks.

TRANSPORT:

Transport is by private car/coach/tempo with safe and responsible drivers.

EQUIPMENT CHECKLIST TO BE ARRANGED INDIVIDUALLY:

- ✓ Comfortable walking boots with good grip on ankles
- ✓ Rucksack / Daypack
- ✓ Waterproof warm jacket
- ✓ Woollen/tennis socks and stockings
- ✓ Personal toiletries and clothes
- ✓ Sunglasses, Headgear
- ✓ Water bottle, Swiss army knife
- ✓ Personal Identification
- ✓ Sunscreen and Insect Repellent

ACTIVITIES: *Rock Climbing*

Builds confidence of mind on capabilities of the body. It teaches every individual that undertakes the activity the skills required to hold the mind, body and spirit in unison.

Rappelling

Builds the ability to trust other people and material equipment. The descend produces butterflies in the stomach and replicates the experience of a controlled fall.

River Fording / Crossing

Enables the individual experience the power of nature and ability of human beings to overcome challenges through use of technique and material.

EQUIPMENT PROVIDED.

We provide 'A' frame or dome tents which have room for two / four people plus all of your equipment. A toilet tent exclusively for group use, and a kitchen and staff tent. There are camp chairs or stools, a kerosene/gas lamp or candles for reading in the dining tent at night, stainless steel crockery and tableware and foam sleeping mats. **We strongly recommend you bring your own karrimat or thermal-rest as well.** The staff complements of cooks and assistants are always in attendance. They put up and take down the tents, make the tea, cook the food, wash the dishes, load the porters and carry a load of their own. They work extremely hard and are always willing to help. If you want to join in putting up tents and taking them down, you are free to do so, but it is not expected.

A TYPICAL DAY ON TREK

Soon after dawn you are served tea or coffee while still in your sleeping bag. A few minutes later a washing bowl of hot water is placed outside your tent. You can wash inside or outside the tent. Once

dressed you can pack your kit-bag and day-pack in preparation for the day's hike, and place these outside the tent. The camp staff will take down the tents. While this is happening, breakfast is served. In the Himalaya breakfast usually consists of cereals and/or porridge with milk, eggs, usually served with chapatis, (unleavened bread that is cooked on a hot iron plate). There is always plenty of tea and coffee. **The camp will be being struck while you are eating, and you will need to be packed and out of your tents before breakfast.**

If you have not filled up your water bottle the night before ask the cook to fill your bottle with boiled water. Usually you may have a packed meal at the lunch stop. Departure from camp could be from any time between dawn and 9.00am, depending on the days itinerary, but generally you will start walking at around 8.00am.

Depending on the length of the day's walk, you will walk for three or four hours before stopping for lunch. The lunch stop will last for about an hour.

You usually arrive at the next camp site by 4:00pm. Camp may already set up by the time you get there, and tea/juice and biscuits will be ready to welcome you. Supper will be ready soon after dark, and will be served in the dining tent or in some instances, around the camp fire. Camp fires will only be made if dead wood is available. Menu vary, but typically we offer plain nutritional vegetarian meal. Our meal is finished with tea, coffee. After dinner, the usual practise is for your water bottle to be filled with hot water and used as a hot water bottle for your sleeping bag and for drinking water the next day.

We would like you to enjoy the serenity of the unhurried atmosphere that exists in these wilderness regions. Our day to day

camp routine on your trekking adventure is geared to allow you to make the most of your holiday.

Important: We believe that the preservation of ecology is preservation of human spirit. We would appreciate if you make any honest effort in not disturbing the ecology and natural habitat, no matter. Please also respect the local tradition and culture.

All itineraries are subject to change without prior notice.