



Overview

Dates

13th to 23rd August 2011

Starts @

New Delhi

Ends @

New Delhi

Program Duration

11 Days / 10 Nights

Mode

Trek

Accommodation Style

Hotel / Guest House / Tents

Price Per Person

Pay as you go!



- Kinnaur
-
- Kinnaur Kailash Parikrama
-
- Itinerary
-
- The Raw Deal
-
- Bring Along
-
- Guidelines
-
- Contact Us



The District of Kinnaur, in the northeast corner of Himachal Pradesh, about 235 km from Shimla is picturesquely endowed with three high mountains ranges i.e. Zaskar, Greater Himalayas and Dhauladhar. These ranges enclose within them the valleys of Sutlej, Spiti, Baspa rivers and their tributaries. All the valleys are strikingly beautiful. The slopes are covered with thick wood, orchards, fields and quaint hamlets.



The people of Kinnaur have a strong culture that practices, generally following Buddhism and Hinduism. Ancient scripts have dictated the people of Kinnaur as Kinners, the demi-gods, halfway between men and gods. Century old monasteries still exist in the area. Both the Buddhists and Hindus live in perfect symbiotic relationship, representing the traditional belief of peace, brotherhood and friendship of both the faiths.



As per religious rites to perform a parikrama is to circumambulate a holy place, a temple, a lake or in this case a mountain. The Kinnaur Kailash Parikrama circles around the majestic Mt Kinnaur Kailash. It starts from Thangi / Lambar the left bank of the Satluj, trails over the Charang pass and finally drops into the Baspa valley. Best time for the trek is between mid-July to mid-September. This a high altitude trek. The Charang Pass is at a height of 5300 mts. That apart the base of the Charang Pass is also at an approximate elevation of 5000 mts. It is at this base that trekkers must stay overnight before crossing over to Chitkul.

Dates	Days	Itinerary	Activity	O/N
13th August 2011	1	Delhi - Shimla	Bus Journey	Bus
14th August 2011	2	Shimla - Reckong Peo / Kalpa	Bus Journey	Guest House / Hotel
15th August 2011	3	Reckong Peo / Kalpa	Plan your trek	Guest House / Hotel
16th August 2011	4	R. Peo / Kalpa - Lambar - Charang	Drive / Trek	Camp
17th August 2011	5	Charang	Acclimatize	Camp
18th August 2011	6	Charang - Lalanti Pass - Lalanti	Trek	Camp
19th August 2011	7	Lalanti - Base Camp	Trek	Camp
20th August 2011	8	Base Camp - Charang Pass - Chitkul	Trek	Camp
21st August 2011	9	Chitkul	Rest Day	Guest House / Hotel
22nd August 2011	10	Chitkul - Shimla - Delhi	Bus Journey	Bus
23rd August 2011	11	Arrive Delhi		

Note:

- This is a self sustained trek.
- You will carry your own rucksack, sleeping bag, tent, ration, fuel, water etc. We are talking about 20kgs minimum!
- There will be no porters or mules to carry your gear. Keep yourself fit.
- Prior trekking experience will help you a lot.
- You pay as you go!
- That means, you pay on the spot for all expenses you incur. E.g.: travel by bus, overnight stay in guest house or meals
- You get to cook your own food and eat it too while on the trek. You may want to brush up on your cooking skills.
- You also get to plan and buy your own rations accordingly. This too falls under the 'pay as you go' plan.
- There will be a Synapses Trip Leader as your guide. Otherwise you are pretty much on your own!
- We do rent out basic equipment like rucksacks, sleeping bags, sleeping mats, stove etc. Let us know what you need.
- We will charge you only for the Trip Leader and for any equipment you rent from us.
- Travel, meal and accommodation expenses for Synapses Trip Leader will be borne by the participants.
- This is not for any pampered brats!
- Join in, only if you are absolutely sure about yourself. It's a tough one!

Bring Along

- Hat / Cap 01 nos.
- Woolen cap / Balaclava 01 nos.
- Warm Scarf 01 nos.
- Pair of Woolen Gloves
- Round neck T-shirt, min 03 nos.
- Fleece Sweatshirt / Sweater min 01 nos.
- Windproof Jacket 01 nos.
- Leggings from a Track-suit, min 01pair
- Shorts min 01 pair
- Pair of sturdy sports shoes with rubber sole
- Cotton Socks, min 03 pairs
- Woolen Socks, min 02 pairs
- Thermal Inners, Lower & Upper, min 01 pair
- Raincoat / Poncho 01 nos.
- Hand / Face Towel min 01 nos.
- Full Body Towel min 01 nos.
- Torch with spare batteries, 01 set
- Umbrella 01 nos.

- Sunscreen lotion, min 30 SPF
- A pair of eye shades
- Medicines as specified by doctor
- Toiletries
- Extra Pair of shoe laces
- A duffel bag
- A small day pack

Please Note:

It is very important that you line the inside of your rucksacks with a big polythene sheet. Doing so will ensure, that in in the event of rain, even though your bag may get wet, your clothes will still remain dry!

Batteries in High Altitude and cold weather drain out rather fast. Carry enough spares for your cameras.

- **There will be 1 Synapses Trip Leader for every 3 to 6 participants. Should the number of participants increase, then the number of Trip Leaders will increase accordingly.**
- **Cost of one Synapses Trip Leader is INR 1,500.00 per day. Cost to be divided between the number of participants.**
- **We, Synapses Adventures Pvt. Ltd. reserve the right to cancel, change the route or number of days of the event if the situation so desires.**
- **The event is subject to 'Force Majeure' conditions, following which refunds shall be made as deemed necessary by us.**
- **Requests for cancellation/refund will not be entertained without a written application.**
- **Participants are to duly fill up and send registration form, medical form and indemnity bond to register for the event. Incomplete forms or any 1 of the 3 forms not sent will result in the registration being cancelled for the participant.**
- **If you cancel 31 days before date of departure, we will refund 100% of the amount**
- **If you cancel 30 -16 days before date of departure, we will retain 50% of the fee and return the balance amount.**
- **If you cancel less than 15 days before date of departure, or after the event has begun, there will be NO REFUND.**

For details, clarifications or bookings, listed below are our contact details –

Call: +91 9910053205 / +91 9910043205

E-mail: connect@synapses.in

Website : <http://www.synapses.in>

Our planet has never been as vulnerable as it is now. We have taken a pledge, to carry with us, at all times, a commitment to conservation.