



Himalayan
Hikers

10 DAYS ADVENTURE COURSE

12 Dec - 21 Dec 2020



Organized By
District Administration at Uttarkashi



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INTRODUCTION



Team Himalayan Hikers is the most **Trusted Trekking Community** and **Neighborhood Organization** in India. We have been working in the adventure area with a vast length of Experience and Knowledge since 30 years.

Being the locals we were always passionate about traversing Mountains and when trekking was not even properly known by the people in India, from that era we have opted Sustainable Trekking as our carrier. The scope has increased now and many people till date have joined us.

The team we have is 200+ professionals serving in the mountains with full cooperation and dedication. The Guides and Trek Leaders are certified in various Mountaineering courses (Basic and Advance) from Nehru Institute of Mountaineering (NIM). Apart from guides and trek leaders we have support staff which includes cooking team and porters.

Choose the best suitable treks amongst the variety of 500 Treks and 12 Expeditions in different regions for yourself, friends and family. We organize trekking with other adventure activities, so explore and get the best experiences of your life with team “Himalayan Hikers”.

WHY ADVENTURE COURSE ?



Adventure & Trekking, Expedition Palace, Sankri is a beautiful Market and hill Station.

Rock climbing:

There is Natural Wall in camp site immense pleasure to be found climbing natural rock, learning the characteristics of each type of rock and the different skills that each requires. It is art as much as a science!

Rappelling:

Rappelling Is a hugely enjoyable method for descending rock faces. It is great fun in its own right, but also a vitally important expeditionary technique.

River crossing:

River Crossing In times of heavy rains rivers can become uncross ably swollen, bridges may collapse or a casualty may be unable cross the flow alone. River crossing practice shows you how to overcome such obstacles!.

Zip Line/ Rope Line:

A zip-line (or zip line, zip wire, aerial runway, aerial rope slide, death slide, flying fox, a cable or rope stretched between two points of different heights, down which a person slides for amusement by means of a suspended harness, pulley or handle. But we use to only static Rope etc zip Line Activates very Special



Adventure course: Our basic adventure course for participants gives a solid grounding in all climbing and camping activities. Knots, rope handling, safety procedures and camp craft are all taught. Trainees then have the chance to try out sport climbing, rock climbing, rappelling and river crossing. A short but intense program!

More times means that skills can be further developed, with more time available to perfect

the various techniques. is initially followed, and those skills rehearsed, but time is also given to basic expedition planning and Advance techniques search-and-rescue techniques. A Three days trek Kedarkantha Peak (3812mt) and overnight stay is the challenging culmination of the course ideal for those looking to kick-start their adventurous career!

TRAINING SYLLABUS

of Ten Days

“First Responder” Search & R rescue Course

1. Training Syllabus for Search & Rescue Course is given in the succeeding paragraphs as follows:
 - A) Part I Planning Data and Block Syllabus
 - B) Part II Detailed Syllabus
 - C) Part III Daily Training Program
 - D) Part IV Check Sheet
2. The following instructions are to be noted by all trainees undergoing Search & Rescue course.
 - a. No Sunday or holidays will be admissible during the course.
 - b. The duration of each period will be 40 minutes followed by break of 5 minutes
 - c. Personal administration will be done during spare time.
 - d. 15 minutes will be devoted at the end of each day's training towards the maintenance of equipment.
 - e. **Age group** – Between 18- 40 years physically fit persons.
 - f. Each participant will have to submit the registration form before the commencement of the training

Planning Data and Block Syllabus

1. Planning Data

- | | |
|----------------------------------|------------|
| a) Number of days for the course | 10 days |
| b) Periods per day | 08 Periods |

Total Periods 100

2. Block Syllabus

- | | |
|-----------------------------|------------|
| a) General Studies | 24 Periods |
| b) Search & Rescue Subjects | 56 Periods |

Total Periods 100



युवाओं ने सीखे साहसिक खेलों के गुर

एडवेंचर फाउंडेशन कोर्स के प्रशिक्षुओं ने केदारकांठा पर किया आरोहण

अमर उजाला ब्यूरो

उत्तरकाशी/पुरोला। पर्यटन विभाग की ओर से उत्तरकाशी और सांकरी में आयोजित किए गए दस दिवसीय एडवेंचर फाउंडेशन कोर्स शनिवार को प्रमाणपत्र वितरण के साथ संपन्न हुए। कोर्स में कुल 66 स्थानीय युवाओं ने साहसिक गतिविधियों के गुर सीखे। सांकरी में चल रहे कोर्स में शामिल प्रशिक्षुओं ने पांच फीट से अधिक बर्फ से ढके ट्रेक को पार कर केदारकांठा शिखर पर सफल आरोहण भी किया।

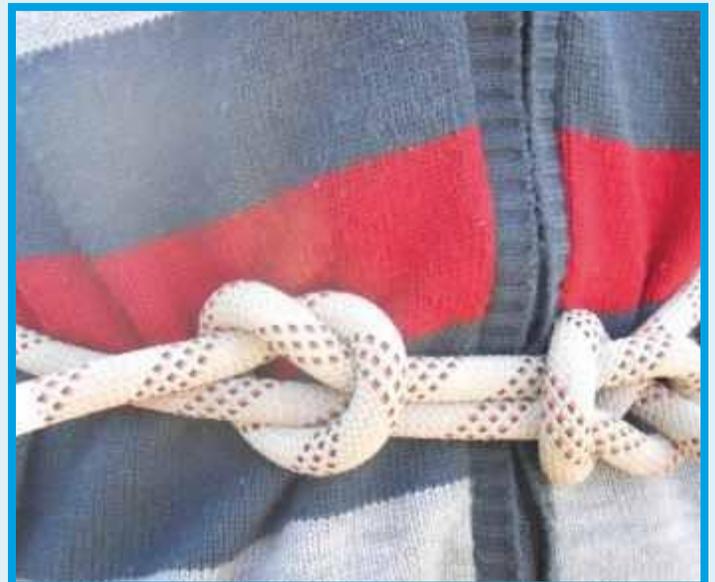
यमुना घाटी में पहली बार सांकरी में आयोजित इस कोर्स में 31 युवा शामिल हुए। हिमालयन हाईकर्स के प्रशिक्षकों ने इन युवाओं को रॉक क्लाइम्बिंग, रैपलिंग, जुमारिंग, रीवर क्रॉसिंग, जिप लाइन आदि साहसिक गतिविधियों के गुर सिखाने के साथ ही ट्रेकिंग और पर्वतारोहण का अनुभव भी कराया गया। समापन पर हरकीटून



उत्तरकाशी जिले के सांकरी मोरी में एडवेंचर फाउंडेशन कोर्स के तहत बर्फ से लकड़क केदारकांठा पहुंचे प्रशिक्षु। अमर उजाला

प्रोटेक्शन एंड माउंटेनियरिंग एसोसिएशन के सचिव चैन सिंह रावत ने प्रशिक्षुओं को प्रमाणपत्र वितरित साहसिक पर्यटन के क्षेत्र में स्वरोजगार के लिए प्रेरित किया। इधर, गंगा घाटी में गणेशपुर गांव में चल रहे एडवेंचर कोर्स के दौरान हाईलैंड ट्रेक एंड दूर के मास्टर ट्रेनर यशवंत पंवार ने प्रशिक्षुओं को विभिन्न साहसिक गतिविधियों के गुर सिखाए। कोर्स में शामिल 35 युवक-युवतियों ने अयाणादेवी तक

ट्रेकिंग कर इसकी बेसिक जानकारी हासिल की। शिविर के दौरान उन्हें रेडक्रॉस सोसायटी के माधव जोशी, राजेंद्र रावत एवं जुगलकिशोर ने प्राथमिक चिकित्सा के गुर सिखाए, जबकि एसडीआरएफ के दुर्गेश, प्रदीप, संदीप एवं गजेंद्र, ने उन्हें आपदा प्रबंधन का प्रशिक्षण दिया। प्रशिक्षुओं ने गणेशपुर गांव में सफाई अभियान चलाकर ग्रामीणों को स्वच्छता का संदेश दिया।



DETAILED SYLLABUS

A) General Subjects

Sl. No.	Subjects	Code Ref.	Type	Period Allotted
1.	Arrival, Opening address and administration and closing of course, Departure.	GS 1	L	6
2.	Definitions, Types of Disasters, General Problems of Disaster Associated Characteristics, Associated Problems of Disasters, Counter measures and grouping of Response measures.	GS 2	L	1
3.	Search &Rescues : Elements, stages, Qualities of rescuer and Dos and Don'ts and movement on the Mountainous and land Slide Terrain	GS 3	L/D/P	1
4.	First Responders Kit/Equipment: Personal protective equipments, Team Kit etc.	GS 4	L/D/P	1
5.	Communication for First Responders:, SOS Distress Signal ACP 135 Calls.	GS 5	L/D/P	1
6.	First Aids and Medical Care: Physiology , circulatory system, Respiratory system, Fractures, Wounds, Shock, Bandages & Transportation of casualties.	GS 6	L/D/P	6
7.	Fire Fighting Techniques: Theory Of Combustion different types of fire, extinguishers and Application areas, familiarization with improvised fire fighting equipments and techniques.	GS 7	L/D	1
8.	Flood Rescue: Flood and their cause, Improvised flood Rescue techniques.	GS 8	L/D	1
9.	Knots Test, Final test, test review	GS 9	L/ P	6
			Total	24



B) General Subjects

Sl. No.	Subjects	Code Ref.	Type	Period Allotted
1.	Introduction of terrain, Rescue and Rock Climbing Equipments, its uses, Rope Coiling		L/D/ P	5
2.	Uses of ropes, rope knots, lashings and roping up	RS – 2	L/D/P	8
3.	Principles of rock climbing and rock hold. P practice on elementary rocks,	RS – 3	L/D	3
4.	Anchoring, belaying and Practicing climbing in a team	RS – 4	L/D	1
5.	Practicing of Rock climbing (using proper holds and belay drill) on short and long rocks, chimney traverses and laybacks.	RS – 5	P	6
6.	Preparing of base, Methods of Descending; dos and don 'ts, Descending (side and long sling,) and Jumaring.	RS – 6	L/D/ P	6
7.	Stretcher making by Hand, ladders, rope stretchers and Bamboos etc,	RS – 7	L/D/P	6
8.	Various methods of River crossing (One& three rope bridge)	RS – 8		6
9.	Fire Rescue techniques (Chair Knot lift, Rescue Crawl, Bow line Drag and Toe Drag)	RS – 9	P	2
10.	Rescue From Flood, and DEMO of Higher Rescue Techniques	RS – 10	P	2
11.	Pre final exercise and debriefing.	RS – 11	P	6
12.	Camping and tent pitching.	RS – 12	L/D/P	5
			Total	56

Note: - Abbreviations used:

“GS” for General Studies.

“RS” for Rescue Studies

“L” For Lecture.

“D” For Demonstration.

“P” for Practical



DAY TO DAY ACTIVITIES OF ADVENTURE COURSE (10D AYS)

Day 01

Date - 12-12-2019

All – Students - Arrival, at Sankri base Camp District of Uttarkashi, Reception and Instructions about Course. With team Himalayan Hikers Instructor

Day 02-06

Date 13 -12-2019 to 17-12-2019

HIMALAYAN HIKERS TEAM AND CHIEF INSTRUCT OR

Today is Reveille & Retreat, Adventure Conditioning , Obstacle race (Lecture and study or Demonstration), Distribution into Patrols, Administrative Talk, Opening Address, Tea with Staff, Visit to Himalayan Hikers Campus Oath Ceremony, Introduction to Mountaineering Equipment, Issue of technical Equipment, and note booked Medical Inspection, Day use Packing of your Rucksack, Deposition of Cash & Valuables, Lecture on Mountain Manners & Customs, Tent Pitching, most important Discipline, talk to your teacher your trekkers, others , (Oath Ceremony, Introduction to Rope, Coiling of Rope, Rope Knots, Roping up, Briefing for first outing, others Games, and Daily Class

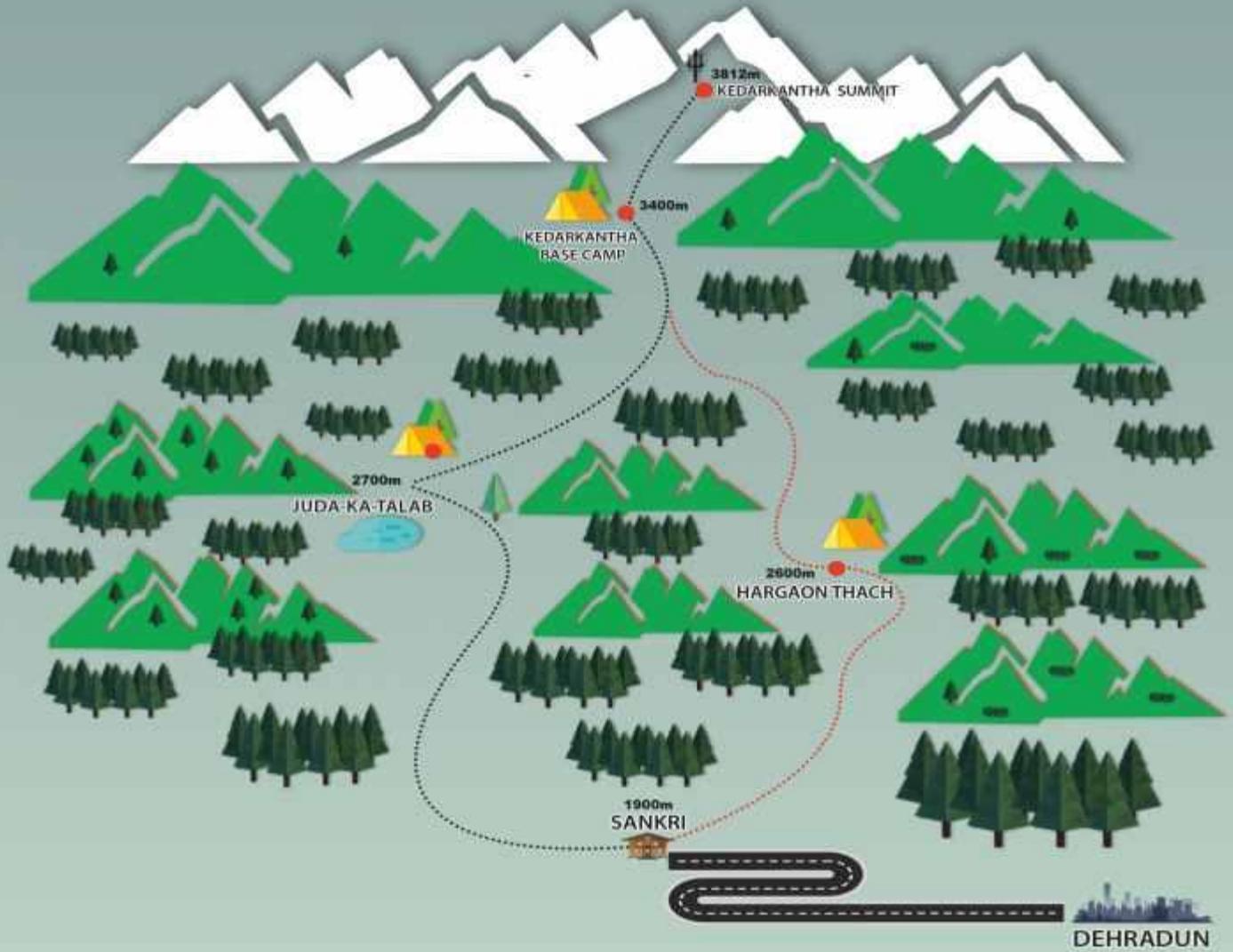
Day 07 to 10

Date – 18-12-2019 to 21-12-2019

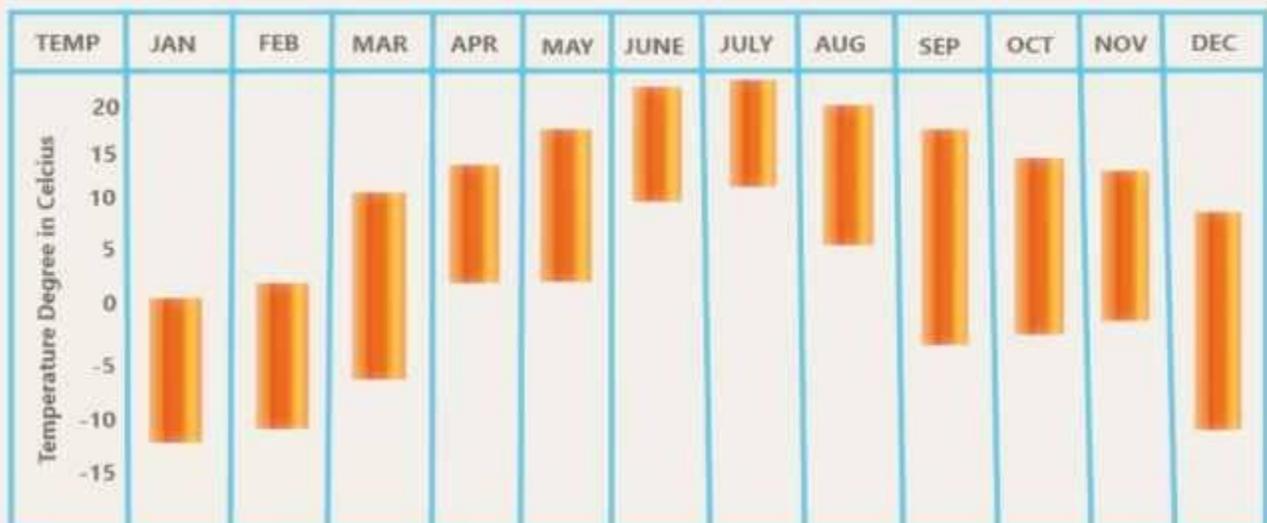
Reveille & Retreat, Lecture on First Aid, Natural Wall Climbing Practice & Competition, Cross Country Race Competition, Lecture or Trekking , Expedition, Competition, Obstacle Race Competition, Maintenance & Return of Equipment/Medical Inspection, Feed Back,



KEDARKANTHA ROUTE MAP



Temperature Chart



HISTORY OF KEDARKANTHA EXPEDITION



Overview

The Prominent Winter/Summer trek in Garhwal Himalayas. Uttarakhand INDIA

Kedarkantha is perched at an altitude of 3,800 m in Uttarakhand. And, the Kedarkantha trek offers 6 days sojourn with the taste of perfect adventure and jaw dropping experiences. Arguably, Kedarkantha trek is the prominent winter trek! It has got unmatched beauty in winters.

The trail hides in thick blanket of snow. The lush verdant forests turns white making it a small wonderland! The Kedarkantha trek is not only for experienced trekkers but for amateurs and children too!

Why Kedarkantha trek?

Kedarkantha is a beautiful place and the sacred abode of Lord Shiva! According to the mythology and beliefs this is the favorite place of Shiva.

People of village Saur, Sankri, Sidari, Kotgaon, Pati Sigtur believe that when Adi Shankracharya started telling about God and Goddess then he heard a sound of a cow which came from Leka Dannda. After it he proceeded to Kedaarnath instead of Kedarkantha because he did not wanted to be late while making the temple

This is the reason now temple of Shiva is in Kedarnath instead of Kedarkantha.

On the peak is the temple of Lord Ganesha where a unique statue can be seen which is highly worshipped by the people. Nowadays also the villagers after 15th July organize a grand fair at the top of Kedarkantha and the people from almost 36 villages attend it with pure heart and devotion.

Kedarkantha is one of the most beautiful places in India with best panorama mountain views! It remains covered in snow most of the time and is the most loved winter destination among trekkers.

Now, it is in the league of India's Top Most Winter Treks! This magnificent place attracts people all across the globe. If you are in search of tranquility and beauty then no other place can beat Kedarkantha.

Sometimes, trekkers talk to villagers about, how lucky they are to live in such heavenly place amidst the serenity. And, yes in reality whoever visits this place take unforgettable memories to cherish.

The villagers so heartily welcome trekkers that



they surely come again to do another trek. The nature of Uttarakhand- meadows, rivers, streams, birds, animals and flowers everything is attracting people to visit it. Really, Uttarakhand is no less than a paradise which is also known as Dev Bhoomi.

Kedarkantha trek lies in the Uttarkashi district of Uttarakhand. It starts from a small but busy village of Sankri which is in the Govind Wildlife Sanctuary.

If you visit it once, then no doubt you will visit it again, the charm is the most attractive thing about this place.

Many of the trekkers now believe that Sankri is their second home.

About Sankri - What Sankri is?

Sankri is a beautiful small and busy market. There are small shops and some hotels; the most beautiful one is Swargarohini hotel which offers amazing scenic views of the perfect nature.

Witness unique wooden houses made of Deodar wood. You can get most of the things in Sankri because it is the main market of 15 villages.

Sankri is the base camp of 25+ treks. Some treks are of Himachal or Kinnaur village, some treks lead back to Sankri and others to Uttarkashi.

Around 5 expeditions start from Sankri -



OUR MISSION

➤ PROMOTE TREKKING

➤ GROWTH OF SUSTAINABLE TREKKING

➤ SATISFY OUR CLIENTS WITH BEST QUALITY AND SERVICES

➤ SAFE TREKS

➤ GROWTH OF LOCALS

➤ WORK SOCIALLY



Promote Trekking

- We are in this field of Adventure since 8 years and we feel very proud to see the growth rate of "Trekking". People have accepted this activity and the youth is passionate about it, they are ready to opt it as their carrier. Who doesn't want to wander in the serenity of Mountains, well everybody does.
- The scope has widely increased but still some people are confused about the benefits of trekking and trekking as a carrier. But we have set an example for them by working successfully and with reputation in this field.
- It is very great to see that the people are rising and establishing their companies but the experience is very important so we help

Them in their activities because our motive is to promote trekking all over India.

Growth of Sustainable Trekking

- Only Promotion of Trekking is not an objective but we want to aware everybody of Sustainable Trekking which means maintaining the dignity of Nature and balance while our activities.
- We believe that "Actions Speak Louder Than Words" so the environment friendly events are organized by us on a regular basis and various methods and techniques are used to preserve the environment.
- Other companies are influenced by "Trekking Sustainably" and it is good to see that, they have started practicing it. We motivate others to do the same because in this way environment can be preserved.

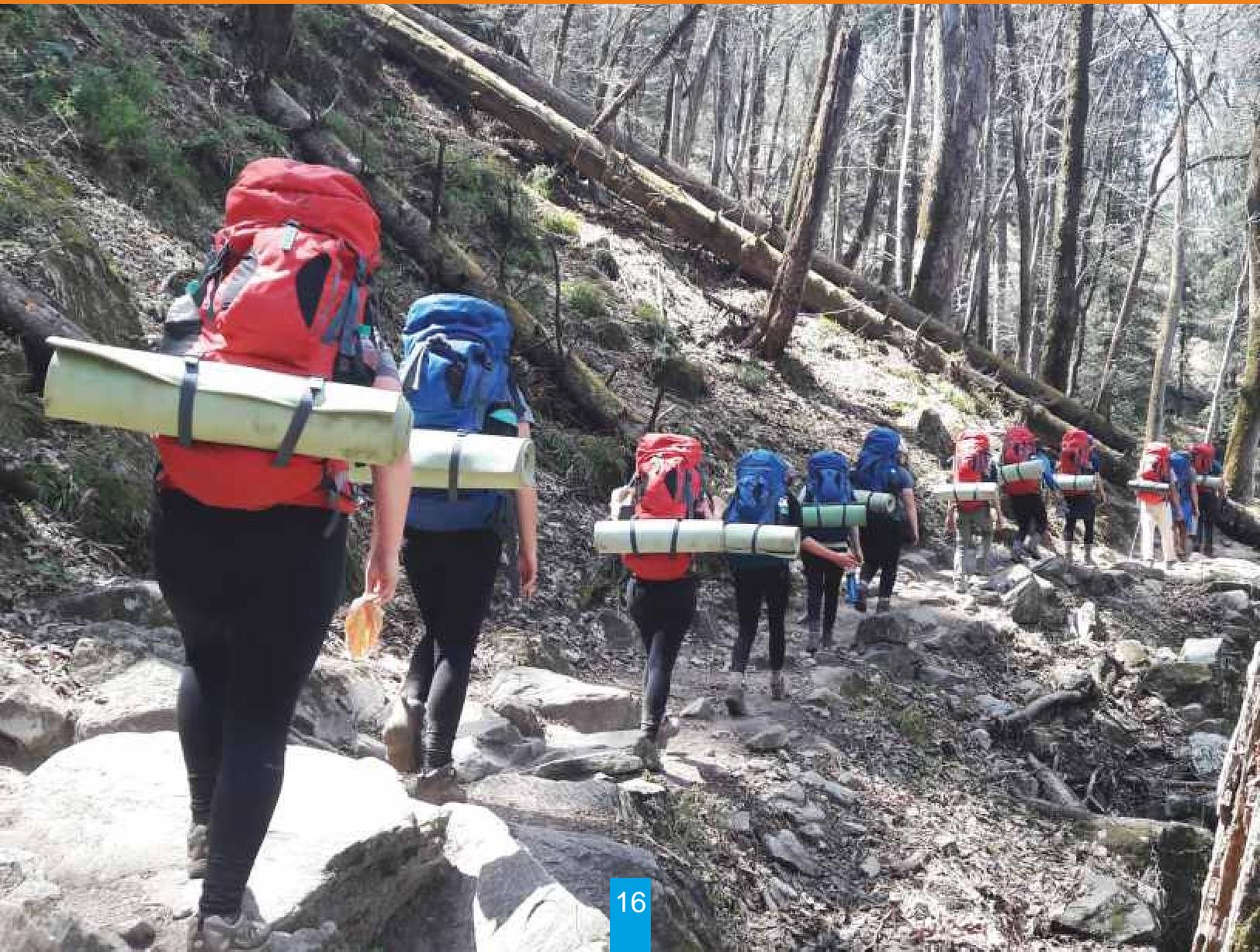


Safe Treks

- Safety is the main concern of people when it comes to trekking in mountains and it should be because taking risks which can be reduced is foolishness. It is important to go with the people who are providing safety.
- For us your safety is a priority and we do everything to make your treks safe. We provide high quality equipment, professional trekking guides and first aids on all treks.
- It is important for us to make every trek safe and we work on it in every possible way. We are focusing on providing safest treks.

Satisfy our clients with best Quality and Services

- Quality and Services plays a crucial part in growth of a company. “*Himalayan Hikers*” has a special focus on this point because a person spends a specific amount to have good experiences in return so it becomes our responsibility to provide the best.
- For trekking several equipment are needed and we never compromise on their quality, not only equipment but we offer high quality services. Serving in the mountains is not easy but we have managed to do it because for us satisfaction is very important.





Growth of Locals

- Our mission is providing opportunities to the locals. The people in need of work should be provided jobs for their growth. Remote areas with very less facilities have no way to earn a living
- We train the people who have potential and then after their training they join us on work. The earning is good and the further options are wide.
- The culture is promoted; people are more aware about the surroundings and education. There are a lot more activities we are doing and it is our mission to help them in growing.

Work Socially

- Contributing for the benefit of environment, people and economy is one of our Mission. Working for the people who cannot repay is the best help you can do, maintaining the dignity of Nature is our responsibility because it has given us so much, contribution in development of Nation, what else can be great than this?
- We organize different camps of Awareness, Health and Education for the villagers for their health and other benefits.
- Social work can help things in many ways if you are able to contribute a little to others do not hesitate because little things can make the difference.

SAFETY AND COMFORT

Trekking is an adventure which people do for the thrill and it has enormous risks associated, this factor cannot be terminated but can be reduced. Safety is one of the most important aspects and it is our responsibility to make your trek safe.

A person before coming on a trek should come mentally and physically prepared but some people commit the mistake of coming unprepared and they face problems while ascending to high altitude. You should be prepared but in case you get any injury or any sudden medical problem then we have a Mountaineering and Wilderness First Aid certified Trek leader.

We carry oxygen and first aid in all our treks. Many people ask about the signals on the trek, but there are no signals in the places which lie at high altitude, communication through phones is not possible so we carry radios to communicate with our team.

When it comes to Comfort we provide three times meal with soup and snacks in the evening, packed lunch is also provided when needed. Our staff is very co-operative and helps whenever you need it, we make you feel secure and comfortable.



THINGS TO CARRY ON A TREK



Trekking is the top most adventure activity that takes one close to nature's exquisiteness. It makes you dive deep into the pulchritude amid the serenity. India has tremendously beautiful regions that offers numerous trekking opportunities.

For a successful trek, before anything; you need to prepare! It is very important to be aware of 'What Things to Bring on a Trek'

Here is a List of Things to Bring on a Trek

Follow this and make your hikes less worrisome.

Documents

(It is mandatory to carry these documents)

- Original and photocopy of

government photo identity card- (Aadhar Card, Driving License, Voters ID, etc.)

- Medical Certificate (First part should be filled by the Doctor and Second part by the Trekker)
- Risk Certificates

Things To Carry On A Trek

HIMALAYAN HIKERS
The Trekking Community in India

- Documents**
Original and photocopy of government photo identity card, Medical Certificate Risk Certificates
- Clothes**
Clothes depends on the trek Weather and The Trek Session (Summer and winter)
- Sturdy Trekking Shoes**
The shoes should be strong enough with good support. The people ask if sports shoes would be comfortable but it is good to bring the right trekking shoes.
- Backpack**
A strongly built backpack with good support is compulsory for a trek.
- Toiletry Items**
It Includes -Toilet paper, Toothbrush, Toothpaste, Sanitizer, Sunscreen (40+ SPF), Moisturiser, Lip balm, Small towel, Face wash and Comb.
- Basic Requirements**
Water Bottle, Cap or Balacava, Sunglasses, Woolen and Waterproof Gloves
- Personal Medical Kit**
Diamox, Digene, Crocin Advance, Aspirin/Combiflam, Disprin/Saradon Avomine, Avil, Norflox TZ & Lomofrn, ORS, Band aid, Cotton, Stretchable/Elastic bandage, Gauze (Carry minimum 5 tablets and maximum 10)



ESSENTIALS ON A TREK

· (Choose your Backpack and Shoes wisely)

• Backpack (50 to 60 liters)

A strongly built backpack with good support is compulsory for a trek. In case of Rainfall the bag needs to be protected so you will need Rain cover.

A good backpack is expensive so you can also rent it from Himalayan Hikers

• Sturdy Trekking Shoes

The shoes should be strong enough with good support. The people ask if sports shoes would be comfortable but it is good to bring the right trekking shoes.

• Clothes

This depends on the season in which you are

trekking (Summers or Winters).

• Trek Pants

The jeans are never suitable for a trek so you need at least 2-3 trek pants for treks like *Kedarkantha, DayaraBugyal, RupinSupin* etc. Carry more for longer treks.

• Jackets

Jackets are very important to carry on a trek it protects you against the chilly weather. So carry 2 jackets on a week long trek.

• Layers Of Warm Clothing

Including Jacket you should carry warm woollen layers or fleece. Carry more layers during winter season and less during summer.



- **Thermals**

The Temperature decreases at night so you might need Thermals for night.

- **T- shirts**

The sunburns are very common at high altitude so carry full sleeved light t shirts which covers the neck and arms. But only bring those t shirts which dry fast.

- **Poncho**

They are needed if you are trekking on a Rainy day it will keep you dry.

- **Basic Requirements**

- Water Bottle
- Cap or Balaclava

- Sunglasses
- Woollen and Waterproof Gloves
- Socks (Woollen and Regular)
- Torch
- Hiking pole

- **Toiletry Items**

It Includes -

Toilet paper, Toothbrush, Toothpaste, Sanitizer, Sunscreen (40 + SPF), Moisturiser, Lip balm, Small towel, Face wash and Comb.

(Wet wipes are harmful for the environment as they are not bio-degradable so do not carry them.)

(If you are carrying sanitary napkins bring





Dexamethasone



Pulse Oximeter



Portable Stretcher



Diamox



Portable Oxygen Cylinder



Portable Altitude Chamber

Personal Medical Kit

(Carry minimum 5 tablets and maximum 10)

- Diamox – (Prevents altitude sickness)
- Digene – (It cures ~~diarrhoea~~ in stomach, acidity)
- Crocin Advance – (~~Quinine~~ and headache)
- Aspirin/Combiflam – (Pain reliever)
- Disprin/Saradon – (Cures headache)
- Avomine – (Prevents motion sickness)
- Avil – (It treat allergies)

- Norflox TZ & Lomofrn – (Prevents Diarrhoea)
- Ranitidine – (Reduces the amount of acid in stomach)
- Volini/Moov spray – (For sprains)
- Betadine/Savlon – (Antiseptic cream)
- ORS
- Band aid
- Cotton
- Stretchable/Elastic bandage
- Gauze



YOUR TREKS ARE SAFE WITH HIMALAYAN HIKERS



The safety has always been our top priority and we make sure every team mate has special focus on this aspect. The leaders are highly trained to resolve safety issues.

Professional Trek Leaders - You trek will be under the guidance of professional trek leaders, they are certified in wilderness first aid and other mountaineering courses. They will guide you throughout your trek.

Medical Kit - Trek leader carries complete medical kit for high altitude which also includes medicines to prevent altitude sickness and oxygen cylinders are also carried on every trek.

High Quality Equipment - Trekking on snowy

trails is fun and adventure but the snow makes the trek difficult, we provide gaiters to prevent snow from entering the shoes. Whole camping gear for high altitude is given with best quality of sleeping bags.

Salubrious Food- On every day of the trek we serve a variety of tasty and healthy food to keep you fit on the trek. Snacks and soup are served in the evening and packed lunch is provided to have in between of your trek.

Stay Hydrated - It is very important to stay hydrated on high altitude trek else you may lose energy and body will get dehydrated. Keep enough water with you and keep refilling your water bottles from the water sources.



MOUNTAIN LESSONS

The Lessons are not always learnt inside 4 walls and under a roof, the mountains are bigger classrooms with no roofs at all. The learnings are gracious and unforgettable because we learn them only after conquering the challenges. These life lessons will take you further in life by enhancing the way you are. Go on a trek away from city life in the serene environment and gain experiences.

The Mountains Are Good Teachers

✓ **Adjust Without Complaints**

- On a Trek you live with no Luxuries but Necessities getting unexpected small things is the real happiness there, when you get a little facility it becomes a luxury

there. The moment you dream to traverse a mountain then at the same moment you have to accept the associated challenges, the risks are a part of journey.

- In the Wilderness you learn to adjust according to the situations, you don't often change your clothes because you don't have to be fashionable there, all you need to do is protect yourself against the cold and living in the chilly cold without bathing for days. All these things teach you to adjust accordingly.
- In the journey to be successful in anything all you need is patience and adjustment in some places with saying a word. Just think of the things which are small issues in the

mountains why do they expand when you are at home? The reason is you are used to them and when you go out you learn to adjust which changes you as a person.

v **Enhances Team Spirit**

- If you have to achieve big then work together by forming a team and when every member is passionate to achieve then the activity becomes hundred times more exciting. In the Wilderness when a group treks together it is important to look after everybody so that no one is left behind. Helping each other becomes common, you all are there for every member of the group.
- Sometimes it becomes important to keep someone else in the first place and help them even if it risks us. Everybody is treated with respect and it is important to do that to get respect in return. The trek teaches us to leave no one behind and

work as a team and also improves the management.

v **Nothing Is Planned**

- We plan for the things and most of the time we get so busy in only planning things out that we don't understand that time keeps running and all the plans are not going to work because the situations doesn't remain same. Similarly the Mountains are also unpredictable they can change at any time.
- In Adventure you get prepared and go for the things which are not known in search of success. Sometimes the weather gets harsh and you have to return but sometimes nothing happens and you complete your trek, you have no control over the things so you should let them flow.
- A trek prepares you for the unplanned things, they can be anything weather,



snowfall, rainfall, incidents etc. As you can't control all these things but can face them with confidence. Coping in this environment makes a person stronger physically and mentally. No one wants bad outcomes but the situations are not going to change what needs to be changed is our perception. Life cannot be planned completely so try to overcome instead of just thinking about the changes.

v **Live In The Present**

- Thinking about the future stressing out, leaving all the happiness of today for tomorrows. Is it ok to leave everything for the sake of future? People thinking of the past and future forget to live in the moment People study to get jobs , after getting jobs they seek for better job, never satisfied with their salaries once they are stable they start saving for their future and for their children. But when are you going to live? Are you always going to live in the future withoutliving the moments?

- By breaking this monotony when people go to mountains in search of peace then there they observe the peaks change their colour when the sun rays fall on them making them absolutely beautiful. In these moments you fall in love with them and do not even take out cameras to capture them because one blink and the sight would be vanished.
- Living these moments in present is the real inner peace in the hustle and bustle of busy life, wait and live in the moment. Stop always thinking aboutthe future else you would be missing the fun which life hides.

v **You Come Close To TheEnvironment**

- When you spend days in the lap of Mother Nature it helps you in understanding its importance. The treasure it has given us cannot be repaid but we can maintain to preserve it. People harm the environment through some activities like littering waste, Bonfires, loud noises and music.





- Trekking helps in better understanding of Nature and gets you close to it. The eco-friendly techniques and methods should not only be followed in mountains but also at home.
 - After a trek we come to know the importance of Water, Air, Land and other things. We stop other from harming the Nature and tell the techniques which can be used to preserve it. Whether the pollution occurs in the cities or in mountains, it harms all the places by global warming, melting glaciers etc. -
- ✓ **Don't Give Up**
- You should never keep "Giving Up" as an option because only those people succeed who have strong will power and never giving up attitude. The problems are for everyone but everybody deals differently, failures are a part of life some get successful and some unsuccessful but it doesn't mean they didn't try it just means they need more tries.
 - On high altitudes there is chilling cold in which a person has to survive, the terrains are rough, walking on heavy snow gets difficult but despite these challenges people complete the treks because the zeal and will power is always stronger than the challenges and they do not give up. Sometimes it gets very harsh but they don't keep "giving up" as an option.
 - The more hardships you see the more you get satisfied after conquering because all the hard work pays off. It gets tough sometimes to make decisions on a trek or in life the negativity doesn't last for long if you think with a strong mind. If you fail do not start underestimating yourself because one failure can't decide someone's future. Stay positive and keep trying until you succeed.



The Adventure Course
was flagged off from
at
Sankari on 12th Dec. 2019
By **Honourable MLA**
Purola Vidhan Sabha
Mr. RAJKUMAR JI

District Tourism Officers:
MR. PRAKASH SINGH KHETARI
Mori Block Pramukh:
MR. BHACHAN RANA

TEAM HIMALAYAN HIKERS



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