



Overview

Dates

09th to 18th September 2011

**Starts @
New Delhi**

**Ends @
New Delhi**

**Program Duration
10 Days / 09 Nights**

**Mode
Trek**

**Accommodation Style
Hotel / Guest House / Tents**

**Price Per Person
Pay as you go!**



- About the Trek
 - Itinerary
- Elevation Chart
- Bring Along
- Guidelines
- Contact Us



For the year 2011, Synapses Adventures proudly presents a brand new trail, a never done before trek, it presents to you, 'The Trek to Ghangar Chula – The Patal Ganga Trail'. The trek will take you through obscure villages, thick forests and eventually on to 'never seen before' high altitude meadows and give you an absolutely fresh look at our age old Himalayas!



Of the villages settled along the trail, the major occupation is farming and the trail does pass through quite a few step farms. Starting at 4800ft, the trek meanders along with the Patal Ganga river and eventually climbs up to a height of 13, 970ft. Between these two points, dotted along the way are thick rhododendron forests and the high altitude meadows.

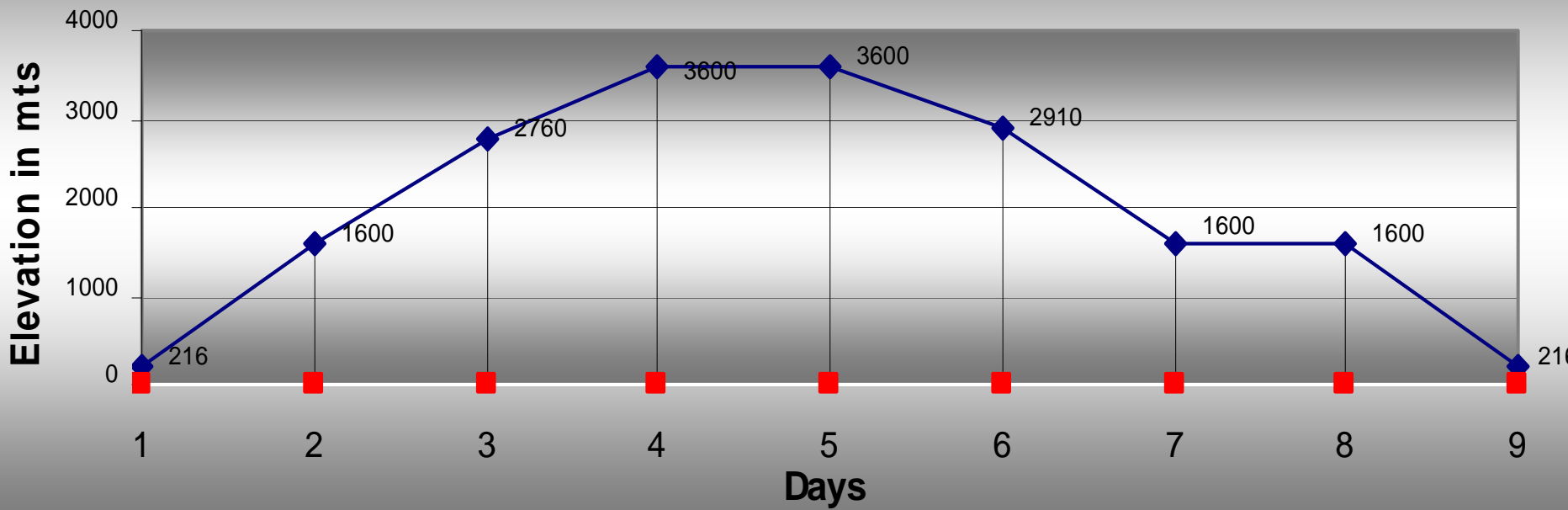


Spread over a distance of 24kms, the trek gains a total elevation of 2kms between the Base Camp and Camp II. While parts of the trail are very comfortable and straight, there are also parts of the trail which are steep and challenging.

Skeleton Itinerary

Days	From	To	O/N	Night Elevation	Activity
1	Delhi(216mts/712ft)	Base Camp(1600mts/4800ft)	Bus		Road Travel
2	Base Camp(1600mts/4800ft)	Base Camp(1600mts/4800ft)	Base Camp	1600mts/4800ft	Arrive
3	Base Camp(1600mts/4800ft)	Camp I (2760mts/9108ft)	Camp I	2760mts/9108ft	Trek
4	Camp I (2760mts/9108ft)	Camp II (3600mts/11880ft)	Camp II	3600mts/11880ft	Trek
5	Camp II (3600mts/11880ft)	Camp II (3600mts/11880ft)	Camp II	3600mts/11880ft	Buffer Day
6	Camp II (3600mts/11880ft)	Camp III (2910mts/9600ft)	Camp III	2910mts/9600ft	Trek
7	Camp III (2910mts/9600ft)	Base Camp(1600mts/4800ft)	Base Camp	1600mts/4800ft	Trek
8	Base Camp(1600mts/4800ft)	Delhi(216mts/712ft)	Bus		Road Travel
9	Delhi(216mts/712ft)	X			

Trek - Night Elevation and Distance Chart



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 rucksack (min 70lbs)

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.