



Greetings.

I would like to take this opportunity to introduce you to Aquaterra Adventures and its activities. Aquaterra Adventures, a leading adventure operator, are pioneers in helping establish adventure travel throughout the Indian Himalaya, offering the widest range of adventure travel products, from soft adventure trips to challenging expedition travel.

- **Aquaterra Adventures is also the only Indian Adventure Travel Company that is on 2008 & 2009 list of the world's best adventure travel outfitters in the first Authoritative Rating of Adventure Tour Operators, selected in a global survey by National Geographic Society.**
- **Outlook Award March 2014 for Favourite Boutique Tour Operator In India**
- **In May 2013, Atali Ganga won the Traveller's Choice 2013 Award and ranked No. 2 on top 10 Hill Station Hotels in India**
- **In June 2013, the Conde Nast Traveller listed Atali Ganga on the TOP 50 NEW HOTELS IN THE WORLD!**
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**Aquaterra Adventures is:**

- **Recognized by India Tourism as an Inbound Tour Operator**
- **Recognized by India Tourism as an Adventure Tour Operator**
- **A member of The Indian Association of Tour Operators – IATO**
- **A member of Adventure Tour Operators Association of India – ATOAI**
- **A member of The Indian Association of Professional Rafting Outfitters – IAPRO**
- **A member of the India chapter of the International Rafting Federation - IRF**

As current leaders in India of this segment, we lay tremendous emphasis on safety, meticulous planning and top-notch guides and equipment, which form the foundation of each of the tour operated by Aquaterra Adventures. Add to that efficient staff, guides current in First Aid and CPR certification, excellent camp cuisine and an eco-friendly approach to travel, you have a typical Aquaterra Adventures trip. Our range of adventure destinations is unparalleled and our team, is one of the most dedicated and professional teams in the country today.

I am pleased to enclose a brief profile for further insights into Aquaterra Adventures. Please visit us at [www.aquaterra.in](http://www.aquaterra.in) and [www.ataliganga.com](http://www.ataliganga.com) for more info on our product range.

Poised at the cusp of a major drive towards increasing its presence, I look forward to sharing more about Aquaterra, with you.

Regards

Vaibhav Kala





## Kalindi Pass – The Glacial Traverse



|                 |                          |
|-----------------|--------------------------|
| <b>CATEGORY</b> | <b>High Glacial Trek</b> |
| <b>DURATION</b> | <b>16 Days</b>           |
| <b>GRADE</b>    | <b>Challenging</b>       |
| <b>LOCATION</b> | <b>Uttarakhand</b>       |

Bordering Tibet, the region of Garhwal in Uttarakhand, is most famous for the holy sites including the source of India's most sacred Ganges River which each year receives thousands of pilgrims. Located at the very center of the great Himalayan chain Garhwal has a host of 7,000 meter peaks such as Nanda Devi, Kamet and Trishul, and sub 7,000 meter expedition peaks such as the stunning Shivling, and this makes the region a Mecca for mountaineers also. Connecting the two holy shrines of Gangotri and Badrinath, this trail traverses from one glacier to the other to cross the high pass of Kalindi just under 6000m. We begin by following the ages-old 'Pilgrim's Trail' to the source of the mighty Ganges at Gaumukh, and from here we journey into the mountainous heart of Garhwal. We establish a succession of alpine meadow and lakeside camps, with magical views of some of India's biggest peaks including Shivling, undeniably one of the most beautiful peaks in the Himalayas. Beyond Nandanvan, we climb onto the Chaturangi Glacier and for the next 4 days our route is either on or beside this river of ice as we approach the Kalindi Khal (5947m.). The walk now is mostly over the moraines and the snow fields with deep crevasses and gives great opportunities to view the high altitude wildlife. From our highest camp, the short and yet exciting climb to this glaciated pass involves the use of ice axe and crampons. We enjoy breathtaking views of the surrounding mountains before descending to the beautiful Arwa lake. We follow the Arwa Valley to its junction with the Saraswati River and make our return to civilisation through the villages of Ghastoli and Mana.



Walking at an average altitude of 4500m for about 10 days and sleeping at freezing temperatures this trip is a lot more than a trek.

**Only for experienced trekkers !**

### **Trip Itinerary**

#### **Day 01: Dehradun airport to Kuflon**

Fly in to Jolly Grant Airport, Dehradun by 9am. Board the waiting vehicles to be driven 7 hrs to Uttarkashi, overnight at Kuflon Basics.

#### **Day 02: Drive Uttarkashi to Gangotri (3000m), 4-5 hrs**

After a relaxed breakfast drive 4-5 hrs to the pilgrim town of Gangotri. With the new dam coming up on the Bhagirathi valley expect lots of construction activity. The drive gets picturesque as one approaches the village of Sukhi. Closer to reaching Gangotri one starts getting the views of the snow-capped peaks.

#### **Day 03: Trek Gangotri to Chirbasa (3600m) 4 hrs**

Visit the temple and then start the 4 hr walk up towards Gaumukh, the source of the river Ganges. The trail keeps following the river and just short of Chirbasa one gets the first views of the Bhagirathi Peaks. Chirbasa (3600m), literally meaning the home of pine is now a cluster of shops and some pine trees. Walk down from the main trail and setup camp close to the river.

#### **Day 04 : Trek Chirbasa to Gaumukh(4000m) 4-5hrs**

The trail goes along the valley and crosses the campsite of Bhojbasa(3800m), home of birch (now only a few left in the much denuded area). We carry on further to camp close to the snout of the Gangotri Glacier.

#### **Day 05 : An extra day for acclimatisation**

#### **Day 06 : Trek Gaumukh-Nandanvan (4505m) 5-6hrs**

We walk up to the meadow of Nandanvan at the base of Bhagirathi group of peaks. The camp offers majestic views of Shivaling - the Matterhorn of the Himalayas. Meru, Kharchakund & Kedar Dome would be the other peaks in proximity.

#### **Day 07 : Trek Nandanvan-Vasukital (4900m) 6-7hrs.**

Walk along a stream with views of Meru and Bhagirathi. After 5kms, we bypass the outlet of the valley leading towards Bhagirathi and come to a deep gorge eroded by the glacier. Descend diagonally towards the snout of the lateral glacier to reach Vasukital. Camp near the lake at the foot of the North-west ridge of Vasuki Parbat.

#### **Day 08 : Rest day at Vasukital**

A day to rest & recuperate. It helps us acclimatise and get ready for crossing the high pass.

#### **Day 09 : Trek Vasukital to Kharapathar (5115m) 4-5 hrs**

This day's walk is over stony rubble and crossing moraines. We cross the glacier coming down from Satopanth, gaining height steadily. The path descends steeply to Suralaya Bamak from where we walk on undulating glacial moraine to camp at the place known as Kharapattar, where



there is a huge standing rock. Camp.

**Day 10 : Trek Kharapathar to Sweta Glacier (5500m) 4-5 hrs**

Today's walk is fairly tough glacier walk going over mounds of moraine debris. We pass small transient lakes in the glacier and again there are great views of the peaks of Sweta, and Chandra Parvat. Our camp is located just before the junction of the Sweta Bamak which joins the Chaturangi Bamak ( glacier bank) from the SE. The campsite is fairly rocky and may need clearing to be done to pitch the tents. Overnight Camp.

**Day 11 : Trek Sweta Glacier to Kalindi Pass Base**

We continue through similar terrain as yesterday with more moraine rubble and glacial ice but with the most spectacular scenery as we are right in between the big mountains. We can see Kalindi Pass from our campsite

**Day 12 : Trek Kalindi Pass Base camp to Rajparav(4910m) 4-5 hrs**

We make an early start for the climb to the Kalindi pass at 5967m. The trail is on the glacier which is crevassed in places and depending on snow conditions it may be necessary for everyone to rope up. We may also have to negotiate a bergschrund before a final steep slope of approximately 30 metres. After spending some time taking in the breathtaking scenery of snow capped peaks, we begin a steep descent towards the plateau to the east of the pass. We might use fixed ropes for overall group safety. Eventually we cross the permanent snow line and continue the descend to a very pleasant camp by a stream at Rajparav.

**Day 13 : Trek Rajparav – Arwatal (3900m) 5-6 hrs**

We follow an undulating trail along the glacier negotiating the now familiar rubble and boulders for the first hour of the day until we reach the glacier's snout. We now follow the Saraswati river, which may necessitate the occasional fording of its icy waters, to arrive at our overnight camp at Arwa Tal (lake). This is a wonderful place with great views of the towering Arwa Spires and other Himalayan peaks. Overnight Camp.

**Day 14 : Trek Arwatal-Ghastoli (3790m) 5-6hrs.**

Walk down Arwa nalla with its profusion of wild flowers. A leisurely day to camp at the village Ghastoli where our Permits / Passports would be checked.

**Day 15 : Trek Ghastoli-Mana (3135m)-Badrinath (3100m) 5-6 hrs**

A short final trekking day of 3 hours, descending on a well defined pony track beside the Saraswati river brings us to the roadhead at the village of Mana. Here the Saraswati River confluences with the Alaknanda River. Mana village is famous for the fact that Maharishi Vyash wrote the Mahabharata here. The village is also well known for its woollen products such as shawls, blankets and carpets. We have lunch here and then drive direct to Badrinath / Joshimath. After many days of camping this first night in a hotel would be very welcome. 3 hours walk, 53km drive.

**Day 16 : Badrinath-Dehradun Airport (1330m) 4-5 hrs**

Visit the temple of Badrinath(3100m) and drive 10-12 hrs to Dehradun to board the flight back home. Trips ends!



**Important:** This day-to-day schedule should be taken only as a general guide. Although we update our itineraries every year, to take into account such things as: changes to trekking routes and changes in the routing or availability of local transport, it is not possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. A variety of factors, including adverse weather conditions and difficulties with transportation, permission hassles for this trek, can lead to enforced changes. The trip leader would make the necessary changes after consultation with the guests.

**Cost includes:**

- All arrangements for staying and camping while on the trip, accommodation on twin share basis in tents / rest houses / hotels
- All group climbing gear like ropes, anchors, slings etc. and individual climbing kit which would be hired climbing boots, ice-axes, crampons and gaiters, all meals, professional guide fee, permit fee, sanctuary fee / royalty where applicable, all trekking arrangements with India's most experienced guiding team, camp staff, cook etc.

**Cost excludes:**

- Flight/train travel
- Any meals enroute to reaching first days destination and back on the last day (due to road journey being 5 hrs or more)
- Sleeping bag
- Items of personal clothing, expenses of a personal nature like laundry, phone calls, alcohol, cigarettes, insurance, camera fee
- Any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

**Tips & Gratuities :** Our recommendation is a minimum 5-10% of your trip cost for tips to be distributed amongst the team that makes your adventure safe and successful. This includes drivers, guides, cook, kitchen team, porters and horsemen. Of course, this remains a personal choice.

**Extension Options :** This trek combines very well with a couple nights rafting on the Ganga. Our activotel, <http://www.ataliganga.com> offers rafting, kayaking, hiking, climbing, yoga, birding, and a very unique high ropes course. Book your extension at [http://www.ataliganga.com/book-now-or-at Camp Aquaterra](http://www.ataliganga.com/book-now-or-at-Camp-Aquaterra)



## Activity Level

Our expedition trips are designed for energetic and flexible people who have the spirit of adventure and a positive attitude. Previous experience in the outdoors and camping helps, though is not a must. These trips are participatory in nature, and everyone is expected to pitch in, set up and break down their own tent, clean their own dishes. Look up our trip grading before you sign up:

## GRADING OF TRIPS

We have graded our trips in four different categories and you should choose one that suits you the most. Grading of each trip has been done keeping in mind a lot of factors like the trip duration, the altitude, the terrain, the no. of hours of activity every day, temperatures and conditions encountered, and the level of fitness needed. Any kind of exercise which gets you fitter before this trip is advisable, as it will enable you to enjoy the region more.

**Easy** : Most of our camp based trips, with easy activities, that are optional and involve fairly easy travel. Trips may include short hikes of two to three hours or optional walks at low elevations. Includes less demanding whitewater trips with easy support and myriad options.

**Moderate** : Active trips involving hiking over reasonable terrain, within vehicular access, upto elevations less than 4000 meters, or trips with long walking days, multiple rafting days, wilderness camping. Includes more demanding whitewater trips with Class III rapids.

**Demanding** : Hiking and trekking to elevations exceeding 4000-5000 meters, away from vehicular access, over multiple days. Encompasses demanding whitewater with Class IV rapids.

**Challenging** : Our most demanding trips include climbing at high elevations in excess of 5000 meters, in remote and extreme conditions with no access to roads; trips to remote, extreme wilderness; mountaineering trips, and demanding whitewater trips with Class IV-V rapids.

## Why travel with Aquaterra Adventures?

We are a pioneer in active adventure travel, and run the most number of rivers in India, having opened them up over the past several years. We are the first to take guests down demanding rivers like the Brahmaputra, Sutlej, Tons, Lohit. We set the standard and have a strong reputation for excellence. We have a lot to live up to and we ensure we provide the safest, quality trips for our guests.

## References

Should you wish to contact any of our past guests for a trip reference, write to us.

## Services provided

In remote regions, we often use local suppliers who provide services that may include vehicles for transportation, equipment, logistical support, hotels, guest houses etc. We do not own or operate these independent services or suppliers. We work with them as they share our commitment to service and quality.

## Checklist of Essential Personal Items

### Ankle high Trekking Boots (Worn In)

### Clothing Apart from the regular clothes

Thermal Underwears / Long Johns (Upper + Lower)

Quick dry Trousers

Shirt / T- Shirt

Warm Fleece / Jacket

Insulating Layers



Down Clothing (optional)

Wind protection and Rain protection gear

Extremities:

Hands (gloves – 2 pair woolens or hard shell)

Feet (socks – 1/2 pair nylon + 2/3 pairs cotton / woollen),

Head (balaclavas / woollen, sun hat, bandana etc.)

4 Season Sleeping bag (-10 deg C or lower)

A tough duffel bag / rucksack / soft travel bag which is carried by porters

A day pack which one needs to carry oneself (atleast 40lit)

Other Gear

Sunglasses

Headlamp / Torchlight

Trekking Poles (optional)

Water bottle – should have at least two 1 lit bottles (metal or hard plastic to be able to fill in hot water at high camps)

Personal toiletries: toothbrush, comb, sunscreen, lip balm etc.

Personal recreation: camera and film, books, music, cards etc. (*Important for those long boring times when the weather turns bad*)

Hand Sanitizer

Small personal First Aid

#### **Is it a trip for you ?**

**People wishing to undertake this trip should have a good level of physical fitness, and previous experience of trekking to altitudes of atleast 4000-4500m . It is not necessary to have previous experience of technical snow and ice climbing but you should be aware that during the pass crossing fixed rope may be used to safeguard the group over steep slopes and you must be comfortable with a certain degree of exposure. Our trekking pace at altitude is dictated to a great extent by the need to acclimatise which imposes height gain limits on any day. With one or two notable exceptions the trekking day will be around four to six hours. Walking speed is further restricted by the sometimes difficult terrain, especially in consideration of the porters.**

#### **What to expect:**

Temperatures on the trek will vary from 20-30 degrees to minimum of -10 degrees Celsius. Its best to be prepared for lower temperatures due to wind chill or the weather turning bad. The days are hot and the nights refreshingly cool. You should be ready for inclement weather in any case as the weather changes rather quickly at altitude.

#### **What to carry:**

Keep it light – although what you carry with you is a very personal decision. Some of our guests love to travel as light as possible while others are only happy when they have countless bits of



equipment for every possible occurrence, most of which will never be used. The list we sent out covers all essentials that you must carry.

What you are expected to carry during the day on the trail is a day pack - to carry things that you will need throughout the day, such as your camera, extra batteries, water bottle, packed lunch, sweets, rehydration powders, waterproofs, toilet paper, a fleece or a jumper.

### **Good footwear is very important:**

Most trails in the Indian Himalayas are pretty rough and steep so a good pair of shoes is important. Have thin cotton / nylon socks for the day, thick woollen ones would give you blisters – need to be worn only at the campsites to keep the feet warm. Few things will make you more miserable during the trek than blisters. And blisters are almost certain to occur if your boots are not broken in. If you are buying new boots buy them as soon as you can and wear them as much as you can before the trek.

### **Clothes:**

While walking the body heats up and all we need to wear is a T-shirt & cargos/ trousers. However all our warm clothes will come into play in the mornings / evenings when we aren't doing much physically. A good base layer which could be a thermal top (polypropylene), with a T-shirt on top will keep you warm and dry. Mid layers provide insulation so anything that is warm will do e.g. a medium thickness woolen jumper or a mid-weight fleece top, along with another lightweight fleece top will suffice. If you really feel the cold, substitute the thinner layer with a down jacket. The outer layer is the final layer between you and the elements and must be capable of keeping out the wind, rain and snow. Any good waterproof, windproof jacket would do the job. Leg wear in the form of thermal long johns are invaluable. A good sun hat is very essential. Sunglasses which offer 100% UV protection are necessary to combat strong daylight.

### **Accommodation:**

Apart from a night each at a guest house/ hotel in Uttarkashi, Gangotri & Badrinath we will have 12 nights of camping where you will sleep inside two person tents in a campsite with toilet tents (dry pit toilets) and mess tent / dining equipment which will have stools & tables. Rubber mats are provided for you to sleep on, if you have your personal mat / thermarest / inflatable mat, please carry it along.

### **Sleeping Bag:**

A good quality 4 season sleeping bag rated for at least -5 deg C would ensure a good night's sleep after a long day outdoors. Do not compromise on your sleeping bag – err on the side of carrying a warmer bag, than carrying a light one which may give you many sleepless nights.

### **How to carry:**

It's best to carry your belongings in a large, tough duffel bag or a big rucksack. Pack similar things such as clothes, washing things, camping equipment etc. in separate stuff sacks or polythene bags so they are easier to pull out and add to the waterproofing in your bag. *Your main bag should be a tough one as it will be on a porter's bag, not the best place to be for a fragile backpack.*

While trekking you will need to carry a small daypack big enough to carry your camera, water bottle, packed lunch, a warm layer and wind/rain jacket.



### **Baggage allowance:**

Your baggage on trek will be carried by porters. The packed weight of your bag should be no more than 15 kgs. Apart from it you will have a daypack to carry necessary items for the day's walk.

**A day on a trek** begins with breakfast at 7 am by which time; you are expected to vacate your tent so packing can begin. Your help with setting up and packing up tents is always welcome. We aim to usually be on the trail by 8:30 am and reach our camp for the day by 2-3pm, if not earlier. Long days on the trail may mean an earlier start and an 8-10 hour walking day. Lunch is usually had on the walk, and you'd get into camp for a welcome cup of tea.

### **Group Leader and Support Staff:**

The group will be accompanied by an experienced trip leader (a trained mountaineer) throughout the trek. The support crew will consist of cooking staff (along with mules and mule drivers), which would prepare the days meals for the days that we are camping out.

### **Food:**

Menus vary from Indian fare to Chinese, pasta, cold cuts, sandwiches, eggs etc. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. You might want to carry your favourite snack or some power bars with you on the long trekking days.

We will provide you safe drinking water throughout the trek - it will either be bottled or boiled with a dash of iodine.

### **Altitude considerations:**

Travel to any part of the Indian Himalayas deserves a little more respect than many other mountain ranges because most of the regions lie in high altitudes 2500 meters (8000 ft). This is not something that you should worry about. The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of our trips. However, this process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. This trip itinerary gives the best possible acclimatisation programme within the limitations of a 2 and a half week holiday.

Our trek leaders are widely experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. We are always ready to give advice on this subject. We do not take heart or lung patients, or pregnant mothers on such trips.

Headache, Nausea & Dizziness, Loss of appetite, Fatigue, Shortness of breath, Disturbed sleep, General feeling of malaise are fairly common symptoms on arrival by air into Leh. These can also be tackled by complete rest on Day 1, sleeping well and drinking lots of fluids (atleast 4-6 litres of the non-alcoholic kind!) and not smoking too much. On all our Ladakh trips till date, nearly all have acclimatised very well and we have had only one instance of a person being in hospital on the first night, on oxygen after which she seemed to have extra bundle of energy throughout the trip.

Diamox (acetazolamide) and Coca 30 is of some value in the prevention of Acute Mountain Sickness (AMS). Not for people allergic to Sulpha drugs.



**First Aid** accompanies each Aquaterra trip. All trip leaders have appropriate wilderness first-aid training and are experienced in dealing with a range of medical problems associated with adventure travel.

Carry any and all personal medication that you may need, and its an absolute must to let us know well in advance should you be suffering from any particular ailment.

It will help you to have your own personal first aid kit consisting of a broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

It's also a good idea to have a roll of toilet paper accessible should you need to go.

## **General Information**

### **Visa requirements**

A passport (with at least 6 months remaining validity) and a current Indian Visa are required for this trip. Please note that you are required to have a passport with a machine readable bar code. You will need to apply for your Indian Visa in advance, from the relevant issuing authority in your home country.

### **Vaccinations**

You should attend your own doctor and dentist for a check-up. Your doctor will have access to the most up to date information on the required vaccinations for the country you are visiting. In general we recommend vaccinations against the following: Polio, Tetanus, Typhoid, Hepatitis 'A'. Malarial prophylaxis is not required whilst in the mountains. An anti malarial regime may be recommended for Delhi – please check with your doctor. A very good online resource is the Scottish National Health Travellers website at [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### **Preparing for your trip**

It makes a lot of sense to spend some time before coming on a trekking trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 7 hours on some days. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

**Responsible Travel:** We believe that along with the privilege of adventure in the Himalaya comes a serious responsibility, the responsibility to protect and contribute to its ecology, cultures and its tremendous beauty. The “Leave No Trace” philosophy is followed to the letter and we work to minimize the environmental impact of our trips. We are scrupulous in our camping, cooking and sanitation practices; we limit the number of trekkers we allow to join us on our trips and the number of trips we lead in a given area.



Thank you for wishing to book your trip with Aquaterra Adventures (I) Pvt. Ltd., India's premier adventure travel outfitter.

### For Payment in Indian Rupees Into Our INR (Indian Rupee) Account

- 1. By Cash :** Cash is payable at our office. We do not make cash collections from guest locations, if you wish to pay by cash, please drop it over at our office after fixing a time.
- 2. Payments By Cheque for persons residing in India:** We accept cheque payments made out in favor of "Aquaterra Adventures (I) Pvt. Ltd." You may send your cheque by courier to our office address. All cheques to be payable at New Delhi. You could also pay by depositing a cheque in **any HDFC Bank in your city** in favor of "Aquaterra Adventures (I) Pvt. Ltd." **Account number Current Account 00272000010724, payable at HDFC Bank Ltd., E-6, Greater Kailash-2, New Delhi-110048, India.**  
If you live in other parts of India, please send us a demand draft payable at New Delhi.
- 3. Online Bank Transfers :** All bank and account details as above. **RTGS/NEFT/IFSC code required is HDFC0000027**
- 4. Net Banking, Cards and UPI :** Online payments can be made at [payments.aquaterra.in](http://payments.aquaterra.in)
- 5. Telegraphic Transfer in Indian Rupees to our Rupee Account**

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|--|
| <b>You can choose any of the banks below to send us the wire transfer.</b>               |
| <b><u><a href="#">BENEFICIARY BANK DETAILS FOR WIRE TRANSFER IN INDIAN RUPEE</a></u></b> |
| <b>Name of Bank : HDFC Bank Ltd.</b>   |
| <b>Address of Branch : E-6, Greater Kailash – 2, New Delhi</b>                           |
| <b>Name of Account : Aquaterra Adventures (I) Pvt. Ltd.</b>                              |
| <b>Current Account Number : 00272000010724</b>   |

**SWIFT Code : HDFCINBB**

**List of Correspondent Bank Accounts for Remittances - @**  
**[http://www.hdfcbank.com/personal/forex/forex\\_bank\\_table.htm](http://www.hdfcbank.com/personal/forex/forex_bank_table.htm) and pasted FYI on page 2**

Please inform us by email when you send your payment so we can track it and confirm its receipt upon arrival.

**Many Thanks!!**



| List of Correspondent Bank Accounts for Remittances |  |                                 |  |                                  |
|---|--|---------------------------------|--|----------------------------------|
| Currency  | Correspondent Bank                             | Correspondent Bank's Swift Code | Correspondent Account Number   | Additional Account Details       |
| USD   | JPMorgan Chase Bank, NEW YORK                  | CHASUS33                        | 001-1-406717   | CHIPS ABA:0002                   |
|   |  |                                 |  | FEDWIRE ABA:021000021            |
|   |  |                                 |  | CHIPS UID#354459                 |
| USD   | Bank of New York, New York                     | IRVTUS3N                        | V801-890-0330-937  |                                  |
| USD   | Bank of America, New York, USA.                | BOFAUS3N                        |  6550492079  | FEDWIRE ABA:026009593            |
| USD   | Royal Bank of Scotland, New York, USA.         | ABNAUS33                        | 574074818841   | CHIPS ABA No : 0958              |
|   |  |                                 |  | FEDWIRE ABA No: 026009580        |
| GBP   | JPMorgan Chase Bank, London, UK                | CHASGB2L                        | 111-35191  | SORT CODE:609242                 |
| GBP   | Royal Bank of Scotland, London                 | RBOSGB2L                        | 10005149   | SORT CODE : 160034               |
|   |  |                                 |  | IBAN No: GB15RBOS16003410005149  |
| GBP   | Deutsche Bank AG London                        | DEUTGB2L                        | 84003011320000GBP000LDN  |                                  |
| JPY   | Sumitomo Mitsui Banking Corporation, Tokyo     | SMBCJPJT                        | 4313   |                                  |
| JPY   | JPMorgan Chase Bank, Tokyo, Japan              | CHASJPJT                        | 01-42-453539   |                                  |
| EUR   | JPMorgan Chase Bank, Frankfurt, Germany        | CHASDEFX                        | 623-16-02308   | IBAN NO:                         |
|   |  |                                 |  | DE26501108006231602308           |
| EUR   | Royal Bank of Scotland, Frankfurt, Germany     | ABNADEFFRA                      | 5602675019   | IBAN NO: DE96502304005602675019  |
| AED   | Emirates Bank International, Dubai, UAE        | EBILAEAD                        | 1261025056501  |                                  |
| AUD   | ANZ Melbourne, Australia                       | ANZBAU3M                        | 568204AUD00001   |                                  |
| NZD   | ANZ National Bank Limited, Wellington, NZ      | ANZBNZ22XXX                     | 568204NZD00001   |                                  |
| CAD   | Bank of Nova Scotia, Canada                    | NOSCCATT                        | 244511   |                                  |
| CHF   | Union Bank Of Switzerland, Zurich, Switzerland | UBSWCHZH80A                     | 02300000094169050000E  | IBAN No: CH070023023009416905E   |
| DKK   | Nordea Bank, Denmark                           | NDEADKKK                        | 5000015611   | IBAN No: DK1820005000015611      |
| HKD   | Standard Chartered Bank, Hongkong              | SCBLHKHH                        | 447-094-0652-8   |                                  |
| SEK   | Nordea Bank AB, Stockholm, Sweden              | NDEASESS                        | 39527909511  | IBAN No: SE183000000039527909511 |
| SGD   | DBS Bank Ltd, Singapore                        | DBSSSGSG                        | 003-901438-4   |                                  |
| SAR   | Saudi Hollandi Bank, Riyadh                    | AAALSARI                        | 031002605275   |                                  |
| ZAR   | FirstRand Bank, Sandton, Johannesburg          | FIRZAJJ                         | 9020950  |                                  |
| NOK   | Nordea Bank, Oslo, Norway                      | NDEANOKKXXX                     | 60010206408  |                                  |
| OMR   | Bank Muscat, Oman                              | BMUSOMRXXXX                     | 0001000015480037   |                                  |

The SWIFT CODE of HDFC Bank : HDFCINBBXXX.



## Booking form

To join one of our trips, please fill in [this form](#)

### Conditions of Contract

Please read carefully the terms in the Conditions of Contract and waiver of liability as outlined below.

#### 1. How to Book

To reserve your place on one of the tours organised by Aquaterra Adventures India Pvt. Ltd., you should complete the booking form and send it,

By mail / fax to our office.

#### 2. Payment

The prices quoted are for payment by cash, draft, wire transfer, cheque or money order, payable in New Delhi. The tour price is payable to Aquaterra Adventures India Pvt. Ltd., 45 days prior to departure. Failure to pay by that date entitles Aquaterra Adventures India Pvt. Ltd. to cancel your booking without notice and without refund of the deposit.

Prices may be quoted in Rupees / US dollars / Euros. For some special trips, the booking date may be up to 2 months before departure.

#### 3. Cancellations

If it becomes necessary to cancel your tour, you must notify Aquaterra Adventures India Pvt. Ltd. immediately in writing. Once we receive your notice, cancellation will take effect. Please

note that the following charges will apply on cancellation:

- if cancellation takes place more than 45 days prior to departure, your full deposit will be returned except a processing charge of Rs. 5000 or US\$ 120; (60 days for Brahmaputra trip)
- if cancellation takes place between 45 and 30 days prior to departure, 50% of the tour price will be forfeited (between 60 and 30 days for Brahmaputra trip); and
- if cancellation takes place less than 30 days prior to departure, 100% of the tour price will be forfeited.

Some trips attract a minimum processing charge – please check. The tour price is quoted as a package. No partial refunds or credit will be given for services not used. We recommend that you obtain travel insurance upon booking.

#### 4. Health and Fitness Requirements

Participants must be in good health and reasonable physical



condition. It is vital that participants with medical problems make them known to us well before departure. If you suffer from severe muscular, chest, heart or bronchial disorders, or if you are a severe asthmatic, or have high blood pressure, you are strongly advised against participating. Expeditions generally take place in remote areas where there is little or no access to normal medical services or hospital facilities for serious problems. Where necessary, evacuation can be prolonged, difficult and expensive. Medical and evacuation expenses will be the responsibility of the participant.

### **5. Tour Leaders**

Our Tour Leaders take their responsibilities seriously and if a Tour Leader believes in his/her judgment that you should not participate in the trip, before your departure, even if you pass your medical, he/she may exclude you from the trip. In this circumstance you will be offered the option of taking another trip considered suitable for you or a full refund. If during a trip the Tour Leader considers you should not participate further he/she may direct you not to continue and you

must follow the Tour Leader's instructions. In this case you will not be entitled to any refund. Travel insurance may compensate you depending on the circumstances.

### **6. Delay, Cancellation or Change of Itinerary**

Aquaterra Adventures India Pvt. Ltd. reserves the right to cancel any expedition prior to departure (including, but not limited to, by reason of too few people booking on any tour) in which case participants will be given a refund in full. However, you will not be entitled to make any further claim for any injury, loss, expenses or damage (either direct or consequential) or for any loss of time or inconvenience which may result from such cancellation (including but not limited to visa, passport and vaccination charges, or departure, gear purchases, airport and airline taxes).

### **7. Insurance**

Personal travel insurance is not included in the tour price. We strongly recommend that you take out travel insurance including cancellation insurance upon booking.



## **8. Route Changes/Postponement or Delay**

Aquaterra Adventures India Pvt. Ltd. may for any reason change the date of departure or conclusion of the tour, or it is possible that a route change, postponement or delay (either in relation to departure or to the duration of the expedition) may become necessary due to inclement weather, snow and ice conditions, political restrictions or any other cause. In the event of a change, postponement or delay, participants have no right to refund of the tour price (in whole or in part) or other compensation for any injury, loss or damage.

## **9. Package Prices**

Package prices are based on ground costs, airfares and exchange rates. Aquaterra Adventures India Pvt. Ltd. tries its utmost not to increase tour prices (in full or part), however sometimes increases are outside its control. We reserve the right to amend tour prices (or any part) without notice at any time before and including the departure date. Amendments may be necessitated for many reasons including, but not limited to,

exchange rate fluctuations, increased fuel costs, airfares, airport charges etc. Any increase in tour prices must be paid prior to the departure date.

## **10. Exclusions from Tour Price**

The following items are excluded from the tour price:

- visa, passport and vaccination charges;
- departure, airport and airline taxes;
- extra meals not included in the itinerary;
- laundry, postage, personal clothing, medical expenses, personal travel insurance and items of a personal nature;
- emergency evacuation charges; and
- tips and excess baggage charges.

Refer to our trip notes for full details

## **11. Responsibility/Liability**

**THIS IS VERY IMPORTANT, PLEASE READ CAREFULLY**

By my signature as set forth on the booking form I acknowledge and confirm the following:

I waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue Aquaterra Adventures India Pvt. Ltd. and its officers, employees,



guides, agents or representatives (collectively its staff) or the licensor for any personal injury, death, property damage, or loss sustained by me as a result of my participation in an adventure trip with them, due to any cause whatsoever, including without any limitation, negligence on the part of Aquaterra Adventures India Pvt. Ltd., its staff and licensor. I am aware that your adventure trip, in addition to the usual dangers and risks inherent, has certain additional dangers and risks, some of which may include: physical exertion for which

I may not be prepared; weather extremes subject to sudden and unexpected change; remoteness from normal medical services; evacuation difficulties if I am disabled.

I accept all the inherent risks of the proposed adventure trip and the possibility of personal injury, death or property damage or loss resulting therefrom. I

acknowledge that the enjoyment and excitement of adventure travel is derived in

part from the inherent risks incurred by travel and the activity beyond the accepted safety of life at home or work, and that these inherent risks

contribute to such enjoyment and excitement, being a reason for my participation.

I agree that if I suffer injury or illness Aquaterra Adventures India Pvt. Ltd, can, at my cost, arrange medical treatment and emergency evacuation service, as they deem essential for my safety. In entering into this Agreement, I am not relying on any oral, written nor visual representations or statements by Aquaterra Adventures India Pvt. Ltd. or its staff or any other inducement or coercion to go on an adventure trip, hence, only of my own free will. I confirm that I have read and understood the terms and conditions of contract and this Agreement prior to signing it and agree that this Agreement will be binding upon my heirs, next of kin, executors, administrators and successors.



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## Altitude Sickness

### The Golden Rules

1. If you feel unwell, you have altitude sickness until proven otherwise
2. Do not ascend further if you have symptoms of altitude sickness
3. If you are getting worse then descend immediately

\*created by [Dr David Shlim](#)



Members of the Apex 2 expedition on Condoriri, Bolivia.



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## Don't die of altitude sickness.

*Every year, people die of altitude sickness. All of these deaths are preventable. If you are travelling above 2500m (8000ft), read this information and tell your companions about it - it could save your life.*

## What is altitude sickness?

Altitude sickness has three forms. Mild altitude sickness is called [acute mountain sickness \(AMS\)](#) and is quite similar to a hangover - it causes headache, nausea, and fatigue. This is very common: some people are only slightly affected, others feel awful. However, if you have AMS, you should take this as a warning sign that you are at risk of the serious forms of altitude sickness: [HAPE](#) and [HACE](#)\*. Both [HAPE](#) and [HACE](#) can be fatal within hours.

## HAPE

[HAPE](#) is excess fluid on the lungs, and causes breathlessness. It is never normal to feel breathless when you are resting - even on the summit of Everest. This should be taken as a sign that you have [HAPE](#) and may die soon. [HAPE](#) can also cause a fever (a high temperature) and coughing up frothy spit. [HAPE](#) and [HACE](#) often occur together.

## HACE

[HACE](#) is fluid on the brain. It causes confusion, clumsiness, and stumbling. The first signs may be uncharacteristic behaviour such as laziness, excessive emotion or violence. Drowsiness and loss of consciousness occur shortly before death. [HAPE](#) and [HACE](#) often occur together.

## Treatment of HAPE and HACE

- Immediate descent is absolutely essential
- Dexamethasone and acetazolamide should both be given, if available
- Pressure bags and oxygen gas can buy time

## What causes altitude sickness?

Two things are certain to make altitude sickness very likely - ascending faster than 500m per day, and exercising vigorously. Physically fit individuals are not protected - even Olympic athletes get altitude sickness. Altitude sickness happens because there is [less oxygen in the air that you breathe](#) at high altitudes.

## Altitude sickness prevention

Go up slowly, take it easy, and give your body time to get used to the altitude. The body has an amazing ability to acclimatise to altitude, but it needs time. For instance, it takes about a week to adapt to an altitude of 5000m.



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## Can I take drugs to prevent altitude sickness?

As with everything, many 'quack' treatments and untested herbal remedies are claimed to prevent mountain sickness. These treatments can make AMS worse or have other dangerous side effects - many herbs are poisonous. Only one drug is currently known to prevent AMS and to be safe for this purpose: acetazolamide (diamox). It causes some minor side effects, such as tingling fingers and a funny taste in the mouth.

\*[HAPE](#) stands for high altitude pulmonary oedema, and [HACE](#) for high altitude cerebral oedema. These medical terms simply mean 'fluid on the lungs/brain'.

*Please help us to spread this information as widely as possible. Everyone who travels to high altitude should know this. Following these simple rules could prevent many deaths in the mountains each year.*

## **The mild form of altitude sickness: acute mountain sickness (AMS)** Where does acute mountain sickness happen?

Most people remain well at altitudes of up to 2500m, the equivalent barometric pressure to which aeroplane cabins are pressurised. However, even at around 1500m above sea level you may notice more breathlessness than normal on exercise and night vision may be impaired. Above 2500m, the symptoms of altitude sickness become more noticeable.

## What are the other names for acute mountain sickness?

Acute mountain sickness is sometimes colloquially referred to as altitude sickness or mountain sickness and in South America it is called soroche.

## How are the symptoms of altitude sickness measured?

The most prominent symptom is usually headache, and most people also experience nausea and even vomiting, lethargy, dizziness and poor sleep. Symptoms are very similar to a really bad hangover. Acute mountain sickness can be diagnosed using a self-assessment score sheet. If you have recently ascended to over 2500m, have a headache and your total score is 3 points or more on the score sheet, then you have acute mountain sickness.

## Who gets acute mountain sickness?

Anyone who travels to altitudes of over 2500m is at risk of acute mountain sickness. Normally it doesn't become noticeable until you have been at that altitude for a few



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hours. Part of the mystery of acute mountain sickness is that it is difficult to predict who will be affected. There are many stories of fit and healthy people being badly limited by symptoms of acute mountain sickness, while their older companions have felt fine.

There are a number of factors that are linked to a higher risk of developing the condition. The higher the altitude you reach and the faster your rate of ascent, the more likely you are to get acute mountain sickness. On the Apex high altitude research expeditions, flying from sea level to the Bolivian capital, La Paz (3600m), caused over half of the expedition members to have acute mountain sickness on the day after they arrived. If you have a previous history of suffering from acute mountain sickness, then you are probably more likely to get it again. Older people tend to get less acute mountain sickness – but this could be because they have more common sense and ascend less quickly.

## What causes altitude sickness?

There is so much [less oxygen](#) in the high mountains that it is not surprising that travelling to high altitude causes people to feel unwell, but how this shortage of oxygen actually leads to altitude sickness is still not fully understood. Some scientists believe that it is due to swelling of the brain but the evidence for this hypothesis is not conclusive. The theory is that in susceptible individuals, swelling could cause a small increase in the pressure inside the skull and lead to symptoms of acute mountain sickness. The swelling may be due to increased blood flow to the brain or leakiness of blood vessels in the brain.

## What are the treatments for altitude sickness (mountain sickness)?

It is better to prevent acute mountain sickness than to try to treat it. Following the [golden rules](#) should mean that your body can acclimatise as you ascend and so you will be less likely to develop acute mountain sickness. However, if you need to go up more quickly, you could consider taking a drug called acetazolamide (also known as Diamox). There is now good evidence [BMJ. 2004;328:797] that acetazolamide reduces symptoms of acute mountain sickness in trekkers, although it does have some unusual side-effects: it makes your hands and feet tingle, and it makes fizzy drinks taste funny.

As with any form of [altitude sickness](#), if you do have acute mountain sickness, the best treatment is descent. Painkillers may ease the headache, but they don't treat the condition. Acetazolamide may be helpful, especially if you need to stay at the same altitude, and resting for a day or two might give your body time to recover. It is essential that you should NEVER go up higher if you have acute mountain sickness.



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If a travelling companion has symptoms of acute mountain sickness and becomes confused or unsteady, or develops an extremely severe headache or vomiting, they may have a life-threatening condition called high altitude cerebral oedema ([HACE](#)). Read more about [HACE](#).

There are many other remedies touted as treatments or 'cures' for altitude sickness, but there is no evidence to support any of them. On our recent [research expeditions](#) we have conducted drug trials of antioxidants, which did not prevent altitude sickness, and viagra ([Baillie JK et al, QJM 2009 102\(5\):341-348](#)).

## High altitude pulmonary oedema (HAPE)

HAPE is a dangerous build-up of fluid in the lungs that prevents the air spaces from opening up and filling with fresh air with each breath. When this happens, the sufferer becomes progressively more short of oxygen, which in turn worsens the build-up of fluid in the lungs. In this way, HAPE can be fatal within hours.

## What are the symptoms?

HAPE usually develops after 2 or 3 days at altitudes above 2500 m. Typically the sufferer will be more breathless compared to those around them, especially on exertion. Most will have symptoms of acute mountain sickness. Often, they will have a cough and this may produce white or pink frothy sputum. The breathlessness will progress and soon they will be breathless even at rest. Heart rate may be fast, the lips may turn blue and body temperature may be elevated. It is easy to confuse symptoms of HAPE with a chest infection, but at altitude HAPE must be suspected and the affected individual must be evacuated to a lower altitude. If you think you have had HAPE, register on the HAPE database.

## Who gets HAPE?

Unfortunately, it is currently impossible to predict who will get HAPE. This is one of the reasons why we have established the HAPE database. People who have had HAPE before are much more likely to get it again. Therefore, there must be some factor that puts certain individuals at high risk of the condition. However, just like acute mountain sickness, there are some known risk factors. A fast rate of ascent and the altitude attained will make HAPE more likely. Vigorous exercise is also thought to make HAPE more likely and anecdotal evidence suggests that people with chest infections or symptoms of the common cold before ascent may be at higher risk.



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## What causes HAPE?

Despite years of careful research the exact causes of HAPE remain poorly understood. Fluid has been shown to fill up the air pockets in the lungs preventing oxygen getting into the blood and causing the vicious circle of events that can kill people with HAPE. As with many biological processes many factors play a role in the disease and there is good evidence to support a number of theories about how this fluid gets there.

Normally, oxygen gets into your blood and is supplied to the body from your lungs. Each time you take a breath in, air rushes into the tiny air pockets at the end of all the airway branches in your lungs. At the same time, blood from your heart is brought close to these thin-walled air pockets, so that oxygen can move into your blood while waste products move out. Oxygen-rich blood then returns to the heart and is supplied to the body. If, by accident, you inhaled a small object into your lungs, it would become stuck in one of the airways branches. Little oxygen would get to the downstream air pockets. To prevent this area of lung supplying blood starved of oxygen back to the heart (and therefore the rest of body), blood vessels in the area closed down or constrict. This is normally a very good thing and is an example of the body protecting itself.

At altitude however, this same process is a cause of the disease HAPE. Because the whole lung is starved of oxygen, the whole lung reacts in the same way – blood vessels constricting all over the place and not just in small areas. The blood in these vessels is squeezed and the pressure goes up forcing fluid out of blood and into air pockets. Click for a more detailed explanation of what happens to the lungs at high altitude.

Very dangerous and reactive substances are formed in your blood when you are starved of oxygen and these can directly damage the special membrane between air and blood in your lungs causing further fluid leak and worsening HAPE.

## How is HAPE treated?

The most important treatment for HAPE is descent. Providing extra oxygen and/or raising the air pressure around a victim with a Gamow bag (see right) can reverse the underlying process, lack of oxygen, but these measures are really no substitute however for rapid descent down the mountain. Some drugs can be helpful, but should only be used by trained doctors. Nifedipine is a drug that helps to open up the blood vessels in the lungs. By doing so, it reduces the high pressure in those vessels that is forcing fluid out into the lungs. Sildenafil (Viagra®), by a different mechanism, also opens up the blood vessels in the lung and may be a useful treatment for HAPE. Following recent research, medics may also give the steroid, dexamethasone. Drug treatment should only ever be used as a temporary measure; the best treatment is descent.



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## High altitude cerebral oedema (HACE)

HACE is a build-up of fluid in the brain. HACE is life-threatening and requires urgent action.

### What are the symptoms?

HACE is thought to be a severe form of acute mountain sickness. A severe headache, vomiting and lethargy will progress to unsteadiness, confusion, drowsiness and ultimately coma. HACE can kill in only a few hours. A person with HACE will find it difficult to walk heel-to-toe in a straight line – this is a useful test to perform in someone with severe symptoms of acute mountain sickness. HACE should also be suspected if a companion starts to behave irrationally or bizarrely.

### Who gets HACE?

About 1% of people of ascend to above 3000m get HACE. The lowest altitude at which a case of HACE has been reported was 2100m. HACE can also occur in people with HAPE and vice versa. Factors that increase the risk of HACE are similar to those for acute mountain sickness and HAPE. The faster the rate of ascent and the higher the altitude, the more likely it is that HACE will develop. HACE is thought to occur mainly in trekkers or climbers who have ignored symptoms of acute mountain sickness and climbed higher rather than staying at the same altitude or descending.

### What causes HACE?

The cause of HACE remains unknown. Several factors may play a role including increased blood flow to the brain. An increase in blood flow is a normal response to low oxygen levels as the body needs to maintain a constant supply of oxygen to the brain. However, if the blood vessels in the brain are damaged, fluid may leak out and result in HACE. Although we know that reactive chemicals are released when oxygen levels are low and that these chemicals can damage blood vessel walls, it still hasn't been proven that the blood vessels in the brain are actually more leaky.

### How is HACE treated?

Descent is the most effective treatment of HACE and should not be delayed if HACE is suspected. A Gamow bag, or portable altitude chamber, can be used as a temporary measure and, if available, oxygen and a drug called dexamethasone should be given.

Refs: Hackett P and Roach RC. High altitude cerebral oedema. HAMB 2004; 5(2):136-146