IN THE FOOTHILLS OF THE HIMALAYA

Duration: 3 nights / 4 days | Max Altitude: 1320 feet / 402 meters | Physical Rating: Moderate
Max Group size: 14 People | Meal Plan: Full board

Trip Highlights:

✓ Hike the foothills of the Himalayas and experience the warm hospitality of the locals
✓ Raft the exciting rapids on the mighty Ganges, India’s holiest river
✓ Zipline 200 feet high over the river Ganges, with views of the Ganges and the Himalayas.
✓ Listen to the hymns of Ganga aarti (prayers) on the ghats(banks) of Ganges in Rishikesh
✓ Walk through the Rishikesh’s bustling bazaars and across the iron suspension bridges over the Ganges.
✓ Witness the Sadhus (holy men) emerging from their ashrams
✓ Spot the Asiatic elephants, in the Rajaji Tiger reserve in the Shivalik range of the Himalayas.

Rafting on the Ganges
Yoga on the beach by the Ganga River
Jeep Safari Rajaji NP
Ganga aarti by the ghats
Zip Lining across
Hike in the hills nearby
**Programme**

**Thu, 6 Dec: Bhopal – Delhi – Dehradun – Snow Leopard Adventures Camp Panther**

**Flights:** Bhopal – Delhi: 9W 894 (07h30 / 08h55) & Delhi – Dehradun: 9W 149 (11h05 / 12h00)

- On arrival at Dehradun airport, met by our team.
- Transfer to SLA Camp Panther in the foothills of the Himalaya (about 90 minutes drive)
- Welcome at the camp followed by check-in.
- 3h30 to 5h30 PM: Hike in the Himalayan foothills.
- 7h30 PM: Welcome dinner.

**Fri, 7 Dec: At the Camp**

- 6h30 AM: Yoga session on the beach by river Ganga.
  Return back to camp for breakfast.
- 9h00 to 12h30: Rafting trip
  Transfer to put-in-point for the exciting rafting session. Safety briefing and gearing up. Begin rafting. Rafting on Grade 2 and 3 rapids on River Ganges. Return to camp in time for sumptuous lunch.
- 4 to 7 PM: Walking tour of Rishikesh and Ganga aarti
  Drive to Rishikesh town for a walking tour of this interesting town. Walk across Laxman Jhulla (a suspended bridge across the Ganges), walk past several temples, ashrams, and yoga centers to Ram Jhulla. Witness the “aarti” ceremony. In Hindu homes and temples, “aarti” ceremony performed at twilight, is one of the most important parts of the day. The lighting of lamp as the sun is setting is supposed to ensure the presence of the god of light and fire in the house. Amid singing and chanting of devotional songs and hymns, the devotees line up along the banks of the river and float lit “diyas” (earthen lamps) in the Holy Ganga.
- 7h30 PM: Return to camp.

**Sat, 8 Dec: Snow Leopard Adventures Camp**

- Zip Lining across the Ganges
  The exciting zip lining activity entails the person zipping 400 meters across, while you slide 200 feet high with the support of strong steel ziplines, the incredible views beneath of Himalayan peaks, alpine meadows, green trees, the gigantic Ganga, and the tiny rafts as seen from above, will leave you spell-bound. It takes about an hour for the whole action to complete, including safety instructions, practice, and short trek.

- Tour of camp Leopard Heights (located across the Ganges)
  Located atop a hill across the river Ganges, this is the first camp in the world where accessibility is via a two-way zip line. Surrounded by a thick Sal forest, the camp overlooks the Ganges river at Shivpuri Village. The camp has 16 tents with attached utilities offering guests an exceptional camping experience. Leopard Heights uses solar energy for lighting and endeavors to be a carbon neutral enterprise.

- 2 to 6 PM: Safari in to Rajaji National Park
  Transfer to the entrance to the Rajaji National park for a jeep safari to try and spot Asiatic elephants in the wild.
- 7PM: Return to camp.
- Barbeque dinner around a campfire.

**Sun, 9 Dec: Camp – Dehradun – Delhi 9W 639 (12h30 / 13h30)**

- Breakfast at the camp.
- About 9h30 AM: Transfer to Dehradun airport (about 60 minutes drive)
- Flight to Delhi

*End of program*

**Proposed domestic flights:**

- Thu, 6th Dec: Bhopal – Delhi: 9W 894 (07h30 / 08h55)
- Thu, 6th Dec: Delhi – Dehradun: 9W 149 (11h05 / 12h00)
- Sun, 9th Dec: Dehradun – Delhi: 9W 639 (12h30 / 13h30)

*Note: The above suggested flights are subject to change unless tickets are issued.*
**Inclusions & Exclusions**

**Inclusions:**
- 3 nights accommodation on twin share or single occupancy basis at Camp Panther.
- All meals (Lunch to Breakfast) including morning & evening tea with snacks.
- Transportation from arrival in Dehradun till departure in Dehradun.
- Adventure activities under supervision of our qualified outdoor instructors.
- Use of adventure equipment.
- Bottled drinking water.

**Exclusions:**
- Any Airfare /Train fare.
- Travel insurance covering medical evacuation, hospitalization, air evacuation, baggage insurance and trip cancellation charges.
- Any meals or optional trips other than specified in the program.
- Personal equipment like clothes, daypacks, toiletries, medical kit etc.
- Personal expenses such as alcoholic / non alcoholic beverages, telephone calls, laundry service, tips/ gratuities etc.
- Any exigency expenses caused by or liability for disturbance in trip program due to circumstances beyond our normal control such as airline delays/ cancellation, road blocks, vehicle malfunctions, weather conditions, sickness, natural disasters, riots etc.
- Any other item not specified above

**Important Notes:**

- Minimum age for rafting on River Ganges is 14 years.
- For Zip Lining minimum height should be 4 feet and 7 inches and maximum weight allowed in the zip is 115 kilograms.
- Our zip tour requires a moderate degree of agility, strength and stamina.
- If participants have medical concerns, including but not limited to heart disease, high or low blood pressure, diabetes, vertigo, epilepsy, asthma or any other medical or physical condition which might be aggravated by the activities, they are advised to consult their doctor in advance of taking part in the activities.
- Participants with an existing medical condition who wish to take part in the rafting or zip tour will be required to sign an Existing Medical Condition form to certify that they will not hold Snow Leopard Adventures or Flying Fox responsible for any medical condition triggered or aggravated by the activities.
- We reserve the right to refuse entry if we have any concerns that a medical condition may be aggravated by the activity. Our site manager’s decision on this is final.
- It is mandatory for every participant to sign the liability waiver form for every adventure activity they participate in.

**Packing List:** The following is a basic checklist to help you with your packing. We recommend using layered clothes for changing climatic conditions.

**Luggage:**
- Medium to large duffle bag
- Day pack: 30-35 liters

**Clothing:**
- T-shirts
- Long sleeve shirt with collar
- Mid-weight fleece/ soft shell
- Hiking Trousers / Leggings
- Light rain / windproof jacket
- Underclothes (quick drying)
- Woolen Socks
- Sleepwear
- Warm hat (for cold evenings)
- Thin buff/ neck scarf

**Footwear:**
- Basic Hiking boots (ankle length)
- Comfortable shoes/beach sandals for camp use/ rafting

**Assorted Personal Items:**
- Water bottles
- Sun block and lip balm with SPF
- Sun hat
- Sunglasses
- Personal first aid kit, medications
- Insect repellent
- Camera/memory cards/battery
- Toilet Kit

**Optional items:**
- Earplugs and eye shade
- Trekking poles (collapsible)
- Sleeping bag liner
- Pocket-knife (note: always pack sharp objects in checked baggage)
- Repair kit (eg. needle, thread, duct tape)

**Basic First Aid Kit:** A broad spectrum antibiotic, antiseptic cream, throat lozenges, painkillers, Insect repellent and rehydration salts (Dioralyte).
About Your Trip

Accommodation on the trip
You will spend all 3 nights at our Camp Panther in Shivpuri, Uttarakhand.
Thu, 6 Dec, 2018: Camp Panther, Shivpuri
Fri, 7 Dec, 2018: Camp Panther, Shivpuri
Sat, 8 Dec, 2018 : Camp Panther, Shivpuri

Preparing for your Adventure
You will enjoy your trip much more if you are physically fit. We suggest that you adopt a sensible weekly exercise regimen and stay fit.

Food
Indian cuisine offers a wide variety of veg and non-veg dishes. Indian food is generally spicy. Rice, wheat, pulses, fish, meat and vegetables is part of an Indian meal. Indian curries are cooked in clarified butter, vegetable oil, peanut oil or mustard oil.
At our camp we serve a combination of Indian, Chinese and Continental cuisines. Fruit and vegetables are obtained locally. All the meals are served buffet – style.

Dietary Requirements
Please do let us know in advance if you have any specific dietary requirements. We will take care of it. In case you have severe allergies and at risk of anaphylaxis please make sure you carry along an EpiPen.

Medical Conditions
In case you have any medical conditions that could affect you while on the trip (current injuries, diabetes, allergies, other chronic conditions, any recent surgeries, etc) please make sure you consult your physician regarding your participation in this trip. By signing up we assume you do not have any medical conditions that would prevent you from participating in our adventure. If you have any questions regarding the trip activities, please do let us know.

Adventure Travel Insurance
Please ensure that you are insured for medical emergencies and personal accidents. The insurance should cover repatriation costs, air ambulance and helicopter rescue services. Request you to share the insurance policy details with us before the trip.

Baggage allowance
The only baggage limit is imposed by the airline. We recommend that the weight of your packed bag does not exceed 15 kilos / 33 lbs.

Dressing
Modest dressing is preferable in the towns and cities. Full-length trousers/skirts are recommended.

Altitude
We do not expect any altitude issues on this trip as the maximum height you get up to is about 4000 feet.

First Aid
Our outdoor instructors carry a comprehensive First Aid kit.

Climate
The best period for this region is October through till April. December is a pleasant month but can get hot midday rising to 30°C / 86°F degrees centigrade, falling to around 15°C / 59°F at night. You will need a warm jacket for early morning and late evenings.

Group Leader & Support staff
The group will be led by an experienced, English speaking tour guide.

Phone and Internet coverage
Phone coverage is available on most parts of the itinerary. Internet 3G coverage will also be available. We will provide a Wi-Fi access point but it may be erratic. Please do keep in mind that a big part of why we love the mountains is because it offers us an opportunity to disconnect from the grid and connect to the nature.

Electricity Supply and Voltage
India uses 230 Volts, 50 Hz alternating current as the power source. Plugs and sockets have grounded / earthed 3 Pin connections (Type D) or ungrounded 2 pin connections (Type C).

Responsible Travel
We believe in low impact or ‘positive impact’ tourism. Broadly speaking, this means that we try to minimize the negative aspects of tourism on the local culture and environment, while maximizing the positive aspects. We design these tours in a way that maximizes benefits for local communities. Whenever possible we hire local staff in the areas where we operate.