



Gulabi Kantha Trek

KAUSHIK'S CAFÉ & TREK

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Table 1: Detailed Itinerary for Gulabi Kantha Trek

Day	Time	Description
Day-1	5:30-7 am	Pickup from Prince Chowk
Day-1	3:00pm-4pm	Arrival at Hanuman Chatti. Trek to Nishni Village for 30 minutes.
Day-1	5:00-5:30 pm	Snacks & Tea
Day-1	5:30-7:30 pm	Take some rest, play board games.
Day-1	7:30-8:30 pm	Dinner
Night-1	8:30pm-6:00 am	Sleep
Day-2	3:30-4:00 am	Breakfast
Day-2	9:00 am-3:00 pm	Trek to the Seema Thach (April to November)/Kandola (December to March) and camp. Packed Lunch
Day-2	4:00-5:00 pm	Snacks
Day-2	7:00-8:00 pm	Dinner and go to Sleep
Day-3	5:00 am	Trek to Gulabi Kantha for Sunrise.
Day-3	11:00 am-12:00 noon	Return back to Seema Thach/Kandola and lunch.
Day-3	3:00-4:00 pm	Return back to Homestay
Day-3	5:00 pm	Snacks
Day-3	8:00 pm	Dinner
Day-4	8:00 am	Departure for Dehradun (Expected arrival 2-3 pm)

Table 2: Food Menu

Meal	Description
Breakfast	Maggi, Aloo Puri, Tea, Coffee and Biscuits
Lunch	Rice, Rajma, Salad and Pickles
Snacks	Pakoda, Maggi, Tea
Dinner	Roti, Boiled Rice, Daal Fry, Seasonal Vegetables, Salad, Papad, and Sweet
Pack Lunch	Roti & Jeera Aloo/Dry Vegetable OR Pulao

Table 3: Price Description for Gulabi Kantha Trek

Package Description	Number of Trekkers	Hanuman Chatti- Gulabi Kantha- Hanuman Chatti (INR)	Dehradun-Gulabi Kantha-Dehradun (INR)
<ul style="list-style-type: none"> 11 Meals (3 Breakfast +2 Lunch + 3 Snacks + 3 Dinner) Washroom facility for changing, bathing and toilet. Triple Sharing tent accommodation Double layer sleeping bag with liner and sleeping mat. Toilet Tent Guide and cook Permits, fees and taxes Public Transport 	1	8,300	<ul style="list-style-type: none"> By Bus add: INR 1000/per person By Taxi add: INR 14000 (seats 8)
	2	5,800	
	3 or more	4,300	

- Trekkers are expected to carry proper gears or pre-inform for rental as local rental for trekking gears is not available in Hanuman Chatti. Every trekker is expected to have Poncho (INR 100), Waterproof trekking shoes (INR 500), headlamp with spare batteries (INR 100), trekpole (INR 100), UV protected sunglass, Jacket atleast -5 degree Celsius rated (INR 500).
- (All our gears are from Decathlon and together can be rented at INR 1200)

Payment Terms & Condition

Please visit your general physician to check your Blood Pressure, Blood Oxygen Level and Physical Fitness condition before making the booking.

- Dehradun to Dehradun: INR 1,000 nonrefundable advance per person. Balance payment on arrival at Nishni Homestay. ***Please carry enough cash as there is limited banking facility and network in Nishni is intermittent for electronic transfer.***
- One can also make full payment at the time of booking. In this case if one goes for cancellation then we will refund the balance amount after deducting the amount as mentioned above. Transfer of refund amount may take upto 3 working days.

Table 4: Security Deposit (INR) if you Rent/Use the Gears

Item	Security Deposit	Loss	Damage due to Use	Definition of Damage
Gaiters	NA	1,000	100	Chain is not working. Stripes that go below shoes is torn off. Non-Repairable damage will be considered as loss.
Micro spikes	1,500	Non Refundable	700	Breaking the stretchable hold of the micro spikes. Damage of chains.
Trek Pole	NA	650	650	Loss or damage of any part of collapsible trek pole that will make it unusable. (Fixing it with Jugaad will not be considered as repaired).
Poncho	NA	650	650	Tearing of Poncho at non sewable parts. Please check carefully before taking the poncho or bring your own poncho or rain suit. Please take photograph if there is any damage/repair done at start only to avoid any confusion while returning.
Headlamp	NA	500	500	It is nonoperational even when new batteries are put in the socket. Please check that it is operational as soon as it is given to you.
Milton Thermosteel Flask	NA	800	800	You misplace any of the three parts of the bottle or crack the inner cover lid. Dents don't count as damage but use it cautiously as the next person to use it would also like to have nicely shaped bottle.

- *We know that it is inconvenient to deposit security for gears, but over the time we have observed that trekkers do not take the value of gears and mountain ethics seriously and mistreat the valuable lifesaving gears. In case we observe that gear is actually damaged due to demand of situation (trying to save oneself or the other or due to use over period of time) then you will be exempted from paying the penalty amount in case of damage.*
- **Commonly observed practices which damage the gears**
 - **Gaiters:** Improper operation of chain or removing it without opening the brace.
 - **Micro spikes:** Stretching beyond requirement, walking on stones/rocks instead of snow/ice, or Kicking.
 - **Trek pole:** Adjusting pole again and again, putting all your body weight on pole, Scratching the hold with nails, forget to pickup the pole after taking rest, loosely tying it to the bag.
 - **Poncho:** Using it as slide on snow, carrying snow, untying the buttons improperly (it is observed that trekkers try to pull off all the buttons by holding it at one end only, right method is to unbutton by holding each button individually).
 - **Headlamp:** They rarely get damaged (becomes nonfunctional only if you put them in water or hammer them). People generally loose it.
 - **Milton Thermosteel Flask:** They generally loose the cap or the inner lid. Sometime the bottle is lost in total as they are not put properly in the side pockets and may fall off in snow while sliding or any other activity. We recommend you to keep it in the bag as they don't leak.

Inclusions:

Accommodation: All accommodation on the trek will be on Twin/Triple sharing basis in Hotel/Tents.

Trek Leader and Guides: A team of an experienced and certified Trek Leader, as well as a professional guide, will accompany you for the trek.

Services of a Professional Trekking Team: A team of an experienced Cook, Camp Staff, Porters/Mules will accompany you for all the arrangements on the trek.

Meals: All Meals on the Trek are included. We will serve Vegetarian Indian food on the trek which will be cooked by our high-altitude chefs. It will be a five meal plan including Morning Tea, Breakfast, Lunch, Snacks and Dinner. You will be provided with clean mountain water from the streams to drink. Fruits and munchies will be provided during trek at regular interval as and when desired. Item requiring cooking will be only provided at campsite or in lunch boxes

Trekking and Safety Equipment: All the camping equipment such as Tents, Sleeping bags, Toilet Tents, Dining Tent, sleeping mat, and other things will be provided by us and we guarantee the quality. Medical kit will be provided by us. Certain safety gears are available on rental.

Permits and Forest Camping Charges: Only for Indian Clients, All the applicable trekking permits, Camping Charges, Forest Entry Fee etc will be paid by us. Foreigners have to pay these charges if not mentioned.

Games: Ludo, Chess, Jenga, Plot 4, Scrabble, Uno and Cards as per package.

Exclusion

GST and Other Taxes: Taxes is excluded in the price mentioned with the trek. They will be charged once you add the trek in your cart. They are subjected to be charged according to government rules of India.

Food During Transit: Food during transit is not included in the package. We can recommend a few good options.

Flights and Transportation: Flights or other means of transport is not included in the package unless included in package. Transportation from home to designated pickup point and vice versa is not included in the package. We can arrange a cab for you according to your requirements but you will be liable to pay for the same. Any expenses occurred during the journey are not included in the package cost.

Personal Trekking Equipment: Your Rucksack, personal clothing, shoes, trek poles (We provide wooden trekking sticks of good Quality), and other personal trekking gear is not included in this package. You have to bring your own gear according to that weather and difficulty of the trek or you can ask us for renting the gears.

Portage of Personal Bags (Offloading): We highly advise you to carry your own burden (your rucksack) but due to any reason if you wish to not carry your rucksack, we can arrange for a porter/mule to carry it. For this service, you will be charged over and above the trek cost. The charges for offloading vary and may cost between INR 1,000 per day per bag (upto 10 kg) INR 2,500 per day for a mule to carry upto 30 kg of load.

Travel Insurance: Travel Insurance is not included in this package. We recommend you to have travel insurance before opting for such adventures.

Personal Expenses: Any personal expenses incurred (laundry, Bottled Water, Beverages, snacks, orders tea houses or dhabas, Tips for guides etc) are not included in the package.

Emergency Expenses: Any costs arising out of unforeseen circumstances such as accidents, bad weather, landslides, road conditions and any other circumstances beyond our control are not included in the package.

Anything not mentioned in Inclusions of the package.

Things to Carry

1. Thermal Inner – 1 Nos
2. Cotton/Quick Dry T-Shirt – 2 Nos
3. Trek Pants/Lower – 1 Nos
4. Undergarments – 2 pairs
5. Pullover/Sweat Shirt
6. Jacket/Wind Cheater
7. 1 Pair Sports Socks + 1 Pair Warm Socks (Please wash the socks or used them atleast once before using them on trek)
8. Trekking Shoes (Please break in your new shoes)
9. Sunglasses (If possible, UV protected)
10. Hat
11. Sunscreen (optional)
12. Gloves (Water proof with lining is more suitable)
13. Water Bottles
14. Sanitizer
15. Photocopy of Id Proof

Table 5: Exercise/Preparation Schedule

	Jog	Stairs Climbing (Nos)	Squats	Pushup	Yoga	Massage
Day 1	2.0 Km	200	15	5	Anulom Vilom few times	Massage your ankles, knees and shoulder with mustard oil mixed with camphor. (Sarso ka tel kapoor mila ke)
Day 2	3.0 Km	250	20	5		
Day 3	3.5 Km	250	20	5		
Day 4	4.0 km	300	25	10		
Day 5	4.5 Km	300	25	10		
Day 6	5.0 Km	350	30	10		
Day 7	5.0 Km	350	30	10		
<ul style="list-style-type: none"> • Please do stretching exercise at the end of each session. • Please visit your general physician to check your Blood Pressure, hemoglobin, and oxygen level before making the booking. • Cut your toe nails. 						

Company Details

Organization Name: Kaushik Enterprises

Contact Number: +91-9625702599

GSTIN: 05CAMPS5530F1ZM

Bank Details:

- **Bank Name:** Punjab National Bank
- **Bank Address:** Pantwari, Tehni Garwal
- **Account Holder:** Kaushik Enterprises
- **Account Type:** Current Account
- **Account Number:** 2000002100000706
- **IFSC Code No.:** PUNB0200000

Google Pay Number: 9891381146

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Website: www.uttarakhandtrek.com

Email: lostintrekking@gmail.com

Instagram: <https://www.instagram.com/trekwithkaushikscafe/>

Facebook: <https://business.facebook.com/kaushikscafe/>

Tripadvisor: <https://www.tripadvisor.in/Profile/kaushikscafe>