



ALL WOMEN TREK AND ADVENTURE CAMP

(27 May 2017–31 May 2017)



5 days of glorious splendor in the Himalayas

In the middle of nowhere we welcome you to find yourself.



Program Info

Ladies, no matter where or why you travel, there's always something wonderfully new to be found. Star Trail Adventures invites you to be adventurous this summer and gift yourself a holiday. We will take you for trekking, camping, rock climbing, rappelling, valley crossing and fun filled picnic by the riverside. After tent pitching session, we will let you pitch your own tent to sleep in. That is not all; there will be yoga sessions to start your mornings with and bonfire with music to end the day with. Do not forget to get your dancing shoes 'coz you will be letting your hair down on the DJ night.

Easy to Moderate Suitable preferably for ladies from 16 (only with written consent of parents for minor) to 60 years of age, though we believe age is just a number but one should be physically fit. Not suitable for people with ailments like Asthma, heart Disease, Knee Problem, Bronchitis or obesity as this trek is physically demanding. *Don't forget to get train reservation done well within time. Everything else will be taken care by us!!*

Detailed Itinerary

27 May 2017- BINSAR (DAY 1)

Depart from Delhi at 0600hrs by New Delhi – Kathgodam Shatabdi Express (Train No. 12040) and reach Kathgodam at 1140hrs. From Kathgodam you will be picked up and driven to Binsar (Three and a half hours). After sumptuous meal and an hour of rest we take you for adventure activities and raise your adrenalin. Day ends with evening tea with snacks, bonfire, music and a hearty meal.

Overnight at: Kasar Jungle Resort or Similar Meals:
Lunch, Evening Tea with Snacks & Dinner Transport:
Chartered Bus/ Taxi (Kathgodam to Binsar)



28 May 2017- CAMP 1 (DAY 2)

The day will begin with yoga while breathing fresh air of Himalayas. After early breakfast we trek for about 10 kms to Camp 1 through mesmerizing jungle of pine and oak trees. You will learn about the flora and fauna of Himalayas. On reaching Camp 1 you will be served with hot organic meal after which you will learn to pitch tents. Amidst the wildlife there will be lots of fun filled activities. You might also be able to spot a leopard. Your day will end with evening tea; star gazing, Bonfire and dinner.

Overnight at: Tents

Meals: Morning Tea, Breakfast, Lunch, Evening Tea with Snacks & Dinner

29 May 2017- CAMP 2 (DAY 3)

You will wake up to the humming of Himalayan birds and in the cool breeze purify your soul with meditation and yoga. After early breakfast we trek for about 10-12 kms to Camp 2. You will be able to spot rare species of birds and lots of picturesque view to capture. On reaching Camp 2 you will be served with hot organic meal after which you will pitch the tents. There will be lots of fun filled activities and games in the jungle. The day will end with evening tea, star gazing, Bonfire and dinner. **Overnight at: Tents**

Meals: Morning Tea, Breakfast, Lunch, Evening Tea with Snacks & Dinner

30 May 2017- BINSAR (DAY 4)

On fourth day after early breakfast we trek back to Binsar. After rejuvenating and relaxing for about an hour, you will visit the local handlooms where you can shop exclusive Himalayan hand-woven/ knitted stuff, spices and herbs. After an hour of shopping, there will be picnic at riverside where you will be served hot lunch along with lots of fun filled activities. But you sure have to save your energy to dance on electrifying DJ music to dance the night away.

Overnight at: Kasar Jungle Resort or Similar

Meals: Morning Tea, Breakfast, Lunch, Evening Tea with Snacks & Dinner



31 May 2017- BINSAR (DAY 5)

Wake up to the golden sunrise and breathtaking view of Panchchuli. After a relaxed breakfast depart from Binsar at 1130 hrs by road to Kathgodam. From Kathgodam depart to Delhi by Kathgodam Shatabdi-New Delhi Express at 1535 hrs (Train No. 12039).

Meals: Morning Tea & Breakfast

Transport : Chartered Bus/ Taxi (Binsar to Kathgodam)



When was the last time you did something for the first time?

Fitness Requirement

Past experience in trekking is useful but not essential for this program. Though like any other Himalayan trek, this camp also requires you to be physically fit. If you have a medical condition, we recommend discussing it with your physician. Generally, we recommend everyone to undergo a medical check-up before engaging in training exercises for mountain climbing. Every day is long and ranges around the 10 km. You must be able to walk 4.5 km in 30 minutes before commencement of the adventure camp. This makes your lungs strong and gives it ability to process less air for more work. It also helps the body to acclimatize better to the change in climate. In addition you need to add some strength and flexibility training to your workout.

On your trek, it is important that you arrive on the slopes with your muscles relaxed. Carrying a backpack (7-8 kgs min for this trek), however light, can become a strain after a while.

How to prepare

Please note that you can add more exercises as per your previous regime .

<u>Week 1</u>		<u>Week 2</u>	
20 minutes	Alternate jogging for 60 seconds and brisk walking for 90 seconds	20 minutes	Alternate jogging for 90 seconds and brisk walking for 120 seconds
2 minutes	Continuous stair climb	5 minutes	Continuous stair climb (2 sets for 2.5 min each)
10 repetitions	Squats (2 sets)	20 repetitions	Squats (2 sets)
10 repetitions	Leg Raises – Sides (2 sets each leg)	20 repetitions	Leg Raises – Sides (2 sets each leg)
10	Leg Raises – Back (2 sets)	20	Leg Raises – Back (2 sets)

repetitions	each leg)	repetitions	each leg)
10 repetitions	Crunches/ Sit ups (2 sets)	20 repetitions	Crunches/ Sit ups (2 sets)

INCLUSIONS:

- All stays + meals + transfers to and fro Kathgodam
- Adventure activities
- All logistics and meals during the trek like tents, guide, cook and porters for central equipments
- All currently applicable taxes including service tax
- A knowledgeable English speaking trekking guide during the entire trip

EXCLUSIONS:

- Airfare / Rail fare
- Any private individual Transfer Cost
- Porter for personal belongings
- Any kind of personal expenses or optional tours, extra meals and beverages ordered
- Insurance, laundry and phone calls, medical expenses
- Bottled water during the trek and alcoholic beverages during the entire program
- Anything that is not included in the Inclusions list (see above)
- Any expenses caused by reasons beyond our control such as road blocks, accidents & any medical evacuations. Any train delays, or re-scheduling etc
- Any tips to staff, porters, local guides, drivers etc

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NOTE: Transfer to and from Kathgodam is a group transfer, so everyone has to reach Kathgodam by 11:40 am on 27 May 2017. If your train timing does not match with rest, you will have to take a private transfer to Binsar at your own cost (prepaid cabs).



PACKAGE COST:

Twin Share Cost – Rs. 25,990/- per person
100% advance payment

Please be aware that Star Trail Adventures shall not be responsible for the following:-

- o Any travel arrangements like visa, flight tickets, train tickets etc NOT done by Star Trail Adventures
- o Loss of luggage, passport or any personal belongings during trip
- o Health issues declared or undeclared prior to the trip

FOR ENQUIRIES & BOOKING CONTACT:

PREETY/ VIRENDER

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