

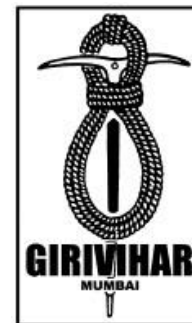
GIRIVIHAR

Bhrigu Lake (4300m) 14000ft

Region: Kullu, Himachal Pradesh

Maximum Elevation: 4300Mtr

Grade: Moderate to tough



GIRIVIHAR, has since its conception in 1964, been devoted to outdoor adventure activities like hiking, rock climbing and mountaineering.

Adventure Activities inculcate courage, patience, determination, leadership, confidence, team spirit and cultivate a love for the environment and respect for nature.

Girivihar is announcing High Altitude trek to Bhrigu Lake, located in Kullu, region of Himachal Pradesh. This trek is open for experienced trekkers as well as veterans. Just ensure that you are excited about the trip and are in good physical shape (comfortable walking for 6-8 hours in a day). However, it would be wise to discuss it with our Trek Leader before booking.

Bhrigu Lake is a lake located at the elevation of 4300 Meters in Kullu, Himachal Pradesh, India. It is located to the east of Rohtang Pass and is around 6 kilometres (3.7 mi) from Gulaba village. It can be reached by trekking either from the Vashishth temple, which is famous for its hot water springs, which is close to the town of Manali or from Gulaba village. Bhrigu Lake is the sacred lake among Hindus. Legend has it the sage used to meditate near the lake and used to take baths in it. That is why people believe the lake is holy and doesn't freeze even at Sub-Zero temperatures. The *Bhrigu Lake Trek* greets you with a high altitude alpine lake, verdant meadows, and everything your heart wished for!

Of course, a question most likely to occur to you will be, why you must choose GIRIVIHAR.....Here's the answer.

- GIRIVIHAR is one of the oldest and most reputed mountaineering clubs in Mumbai
- We have decades of experience conducting Adventure Activities, and enjoy an enviable safety record
- With a long list of pioneering ventures, we are an organisation of genuine mountain experts
- Unlike commercial set-ups, the program is managed and conducted by "true blue" mountaineers
- And last, but not the least, we conduct the treks on a **NO-PROFIT basis**, making it one of your wisest and most economical investments for your adventure.

Instructions:

Instructions:

1. Correspondence : **Sharvi Oka (Trek Leader) 9920202656, Saurabh Oka (Co-Leader) 9920202170**
2. Corresp. address : **Parag Lagu C/O LAGU BANDHU,**
206/207, Shilpin Centre, G D Ambekar Marg, Wadala - Mum 31
Ph: +91-22-2415 0211/21 Email: paraglagu@gmail.com Mobile: +919833097768
3. Minimum age : 16 Years
4. Trek Fees : Rs.18,000/- **Delhi-Delhi** (Transport/Lodging/Boarding & Equipment etc.)
5. Trek Duration : 08th May 2022 Arrival at **Delhi and** Depart from Manali **on 14th May 2022**
6. Accommodation : Accommodation in multiple sharing Tents (Separate arrangement for ladies & gents)
7. Assembly : **To be informed at the Pre-Trek meeting**
8. Return : Depart from **Manali on 14th May 2022**
9. Participant's Meeting : At 1930 hrs. on Saturday, 04th May 2022. Location will be conveyed at a later date

Trek Itinerary

<u>Dates</u>	<u>Day</u>	<u>Particulars</u>	<u>Accomodation</u>	<u>Distance</u>	<u>Approx time</u>
08-May-22	Day -1	Assemble at Delhi and proceed to Manali by Bus		Overnight	14-15 hrs
09-May-22	Day-2	Reach Manali and proceed to Iceland Hotel. Acclimatization walk in the evening and General Instructions	Hotel	100 kms	3-4 hrs
10-May-22	Day -3	Leave Iceland and Travel to Kulang by Jeep and further Trek to Jammuthach	Tents	8 kms	4-5 hrs
11-May-22	Day-4	Jammuthach to Panduropa	Tents	6kms	4-5 hrs
12-May-22	Day-5	Panduropa – Bhriku Lake - Panduropa	Tents	N. A	N. A
13-May-22	Day-6	Trek from Panduropa – Vashisht. Drive to Iceland Hotel by Jeep.	Hotel	10 kms	5-6 hrs
14-May-22	Day-7	Bus from Manali to Delhi in the Evening			

Package includes:-

- **Transportation: Delhi to Manali & Manali to Delhi in A/c Volvo Bus & also Non-A/c Jeep from Manali to Solang and back to Manali**
- **Accommodation:** Accommodation in multiple sharing tents & hotel/ Guest house @ Kullu, Manali with separate arrangement for ladies & Gents
- **Food:** Veg food will be served during the trek (From Breakfast on Day 2 to Breakfast on May 7)
- **GROUP Equipment** required such as sleeping bag, Tents; participants are to bring their warm clothing.
- **Instructors:** The trekking team will be accompanied by qualified guides/instructors
- **Forest Entree fee and required Permits**
- **Back Pack carrying: As this is porter trek** Participants are expected to carry their own personal belongings. Common Equipment and sleeping Bags, Tents etc will be provided & carried by porters
- **Certificate:** Participants will be awarded with a certificate on successfully completing the trek.

Package Excludes:

- Pre/post trek arrival/departure, facilitation/travel cost to and from trek joining and dispersal locations, etc
- Cost of any form of insurance, rescue, evacuation, hospitalization, etc
- Costs incurred due to delays in arrival/departure of any means of transportation resulting from landslides, floods, or other natural or manmade causes over which Girivihar has no control
- Personal Porters
- Mineral water, cold drinks
- Anything which is not mentioned above

Camp Kit (Essential):

- Trekking Shoes (High Ankle) + Cotton Socks (4 Pairs), Slippers / Floaters (After activity time)
- Loose Tough light weight trousers (Cotton preferred) or Track pants (2 Nos.)
- Loose Tough light weight Full-Sleeve Shirts / Dry fit (Cotton preferred) (2 Nos.)
- Personal Undergarments (2/3 sets minimum); light weight towel (Pancha)
- One Full Sleeve Sweater & a wind cheater. Rain protection (Poncho/Raincoat), Thermal Inners
- Warm body fit leggings & tops. Balaclava or woolen cap, woolen socks, woolen gloves, Sun cap, Vaseline, cold cream, body warmers etc.
- Water Bottle / Hydration pack of min 2 lit capacity.
- Head lamp/Torch with a spare set of batteries.
- Good Quality Sun Glasses (with UV protection)

Additional Information:

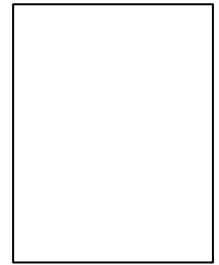
- Attending the Participant's Meeting is a MUST.
- Please submit your Photo ID (Pan Card/Passport/Aadhar Card/Students School Id) along with the form
- **Last Date for submitting entry form: 31 March 2022.**
- **Batch will be closed once 20 seats are filled (Entry by 1st come 1st serve basis)**
- **Admissions shall be confirmed after fitness screening and only on receipt of 100% trek fees**
- **Fees include Rs. 5000/- as Non refundable registration Charges.**
- **Cancellation :** Since all the necessary arrangements like purchase of food, transport, equipments etc., are made well in advance, cancellations, if any must be communicated to the leader immediately & at least 15 days before commencement date of the trek (22nd April) in writing at the above address. Trek leader will take final decision about the refund amount after the trek.
- **ON SPOT OFFLOADING** If for some reason a trekker is unable to carry his or her backpack, while on the trek then he/she can offload the same by paying an additional charge as per charged by the porter to be hired on spot. Part offloading is not allowed. Charges will vary for last minute on slope offloading. The backpack cannot weigh more than 9 kgs. No suitcases/strolleys/duffel bags will be allowed.
- **Drop out during trek:** If for any reason a participant has to drop out from the trek on any day then we will make arrangements for his/her return to the nearest road head on chargeable basis
- There is a complete 'First-Aid Kit' available with us. Still it is advisable to carry a your personal medicines.
- Please inform the trek-leader about any long term medical treatment the participant is undergoing for any illness. They should also inform about hypersensitivity (to antibiotics, sulpha drugs etc.) / allergies if any.
- Girivihar is not responsible for the Covid Rules and Regulations prevalent in Delhi as well as State of Himachal Pradesh. Participants should check the same and make their own arrangements for the RT-PCR Test if necessary. Girivihar can help and organize the RT-PCR Test in Manali if possible and necessary.
- **CANCELLATION POLICY**
- From the date of trek commencement, if cancellation is communicated to Trek Leader within -
- 15 days and less - nil refund
- 16 days to 30 days - 50% refund.
- 31 days to 60 days - 75% refund
- More than 60 days - Rs. 5,000 cancellation charges

.The Trek leaders decision in any matter related to this Trek is final.

IMP. NOTE FOR RETURN JOURNEY - DO NOT BOOK TRAVEL FROM DELHI BEFORE 1600 Hrs. ON 15th May2022. Since we are travelling by road from Manali to Delhi, there is chance of unforeseen delays.

Participants have to reach Delhi on their own. Girivihar shall not be responsible for train delays etc.

GIRIVIHAR
Bhrihu Lake Trek 2022
Application Form:



Photograph
of Participant

To
The General Secretary,
GIRIVIHAR, Mumbai.

Dear
Sir,

I declare that I, Mr/Ms _____ am physically fit to participate in the Bhrihu Lake Trek being organized by GIRIVIHAR in May 2022. I understand that in case of any unforeseen event / accident during the trek, the office bearers and Trek's organizing members of GIRIVIHAR shall not be held responsible for loss of life/property. I have read the instructions and assure you that I shall abide by the discipline of the trek.

I understand that GIRIVIHAR is a seasoned adventure club and they shall take utmost care to ensure safety of the participants of the trek. **I am participating in the trek on my own responsibility.**

1. Name : Mr/Ms _____
 2. Date of Birth : _____ Age : _____ years. T-Shirt Size _____
 3. Address : _____
_____ Email id _____
 4. Telephone No. : _____ Cell No. : _____
 5. In case of Emergency contact : _____
 7. Any previous Trekking/ Himalayan trek Exp : YES / NO (If 'YES' please specify) : _____
 9. Fees Rs 18,000/- paid (Cash/Online Transfer/Cheque/ UTR no. _____ drawn on Bankin favour of "GIRIVIHAR". Fees handed over to: _____
 10. I came to know about this trek thru _____
- Note: Charges include Rs. 5000/- as Registration Charges (Non-refundable)***

Signature of Participant

Signature of Parent in case of Minor

Medical Certificate:

Name of family doctor: _____

Address: _____

Name of the participant: _____ Blood Group _____

Recent Illness: _____ Allergies: _____

Hyper sensitivity (to antibiotics/sulpha): _____

Personal Medications: _____ Chronic disease if any _____

I understand the nature of the trek and have examined Mr/Ms _____

and in my opinion he/she is medically fit to participate in the program.

Signed: _____

Name of the Doctor: _____

Reg: No. & Stamp