



KUMAON MANDAL VIKAS NIGAM LTD.

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Ph .05942-236356 Fax No. 05942-236897, 08650002515



Respected Adi Kailash - OM Parvat Yatries OM Namah Shivay.....

Being a part of the Kailash family, it gives us immense pleasure in announcing the opening of the Adi Kailash and OM Parvat Trekking expedition /Yatra 2017 with w.e.f First week of June 2017 till September 2017. Kumaon Mandal Vikas Nigam Ltd. (Uttarakhand Tourism) invites the registration application for the holy pilgrimage. The applications will be considered on the first cum first basis and accordingly the short listed yatries will be sent the confirmation letters. The detailed procedure for applying to the Yatra is given below.

Adi Kailash - OM Parvat Yatra/Trekking Expedition 2017

Adi Kailash: (6191 mts.)

(Popularly known as Chotta Kailash) is in many ways replica of the better known Mt. Kailash in Tibet, especially in appearance. Adi-Kailash, however is in Indian Territory close to the Indo-Tibetan border, it is an area of great natural beauty, peace and serenity. Men and women, tired by the incessant roar of urban life, will find here a healing quietude, conducive to looking inward and discoursing with one's inner self.

At the very foot of Mt. Kailash is Gauri kund, whose water reflects the mountain itself. Close by is Parvati Sarovar, also called 'Mansarovar' but much smaller than the original, on the bank of the sarovar local people have erected a temple to Shiv and parvati.

After the Chinese occupied Tibet from Gunji, Indian Sadhus or pilgrims offered their prayer here to Lord Shiva, and took their journey to Kutti followed by Jollingkong at an altitude of over 1550 feet to have a darshan of this mountain. When we enter this magical place, for the moment you feel that why the God choose this place for their abode.

OM Parvat: From Gunji the route branches off to Kalapani where the Kali river originates and then on to Nabidhang (**3987 m**) (Lipupass is only 9 kms ahead). At Nabidhang we can see "Aum Parvat" a miracle of nature, snow lies in the mountain in the shape of a perpetual "Aum" the primordial sound. All other slopes may be bare but this inscription in snow is everlasting and as one observes it, one gets the feeling that the mountain itself is Lord Shiv incarnate- the destroyer, showing himself in a rare glimpse. One can see white (snow) Aum on black background. No hypothesis, no assumption and no imagination are required to visualize "Aum". The symbol and guide to mediation connecting man, God and the Universe chanted at the beginning and finale of all proceedings, extolled in the Upanishads as the best and most effective symbol of God. During Adi-Kailash, Om Parvat Yatra/Trekking expedition, you will come across the mighty splendor of the snow peaks of Api, Nampha, Tinker and Ganesha parvat massive naming western Nepal's Himalayan peak, the gushing Kali river, forest, can see the enchanting beauty of Chaudas, Byans and Darma Valley, tradition villages like Gala,

Zipti, Budhi, Garbiyang, Napalchu, Gunji, Navi, Rongkong, Kutti, enroute when we go Buddhi to Gunji a place Chhiyalekh. From here we can see the mind blowing Bugyal which is full of alpine wild flowers, Himalayan herbs, great Himalayan peaks, peace and serenity. Enroute to Adi-Kailash from Chhiyalekh, Gunji, Nabi, Kutti we see a breath taking view of the Himalayan peaks. You can catch the different and ever changing moods of their snow covered mountains, beautiful rivers, peaks, which seems to touch the sky green meadows and treacherous glaciers make this area a heaven for those seeking high adrenaline closes.

All over the world, only the Uttarakhand section of the Himalayas have traditionally attracted humanity in search of spiritual awakening since the very beginning of human history on this earth. The local folk called “Shauka” “Rang” Garbyang, Napalchu, Gunji, Nabi, Rong-kong Kutti has much to say about their land. The village Kutti is named after Kunti, the mother of Pandavas. Kunti apparently stayed at this spot for some time. Likewise they claim that the great sage Vyash lived here for a long time and wrote many books. The bhotiyas have preserved their heritage assiduously and are always ready to show glimpses of it through dance and music.

Patal Bhuvneshwar: The temple complex with a natural cave. The time rocks inside the cave have various fascinating shapes due to the effect of water. The cave is believed to be the abode of the deities of Hindu Panthon.

Jageshwar: Jageshwar is the cluster of ancient temples from 8th – 12th century A.D. the complex consisting of 124 temples and hundreds of statues is not merely famous for its sevaymbhi lingum named “Naagesh” the main temples are dedicated to Maha Mrityunjaya, Mahishashwar Mardani, Kedarnath, Baleshwar, Surya, Navgraha, Mahakali, Navdurga etc. Jageshwar is amongst the 12 Jyotirlings in india and Adi Shankaracharya also medicated here.

Note: This Yatra/trekking is approved by IMF & Granted for Special Casual Leave to Govt. Employees (O.M.No. 28016/2/84-Estt.(A)Dt.11/04/1985)

TERMS AND CONDITIONS:

1. Application received will be given priority on the first cum first basis.
2. For the confirmation of the Yatra please send rupees 5000/- NonRefundable draft in favour of Kumaon Mandal Vikas Nigam.
3. Allocated batches can be changed subject to the availability.
4. An indemnity bond will also be required for which the format will be dispatched to the selected candidates.
5. Medical fitness Certificate or Police Verification or Photo Copy of Passport or Voter Identification Card or any Identification is required with the form.

The detailed procedure for applying to the Yatra is given below:

17 Days tour Ex Delhi Rs. 48,000/- (Inclusive of service tax)

15 Days tour Ex Kathgodam Rs. 43,000/- (Inclusive of service tax)

12 Days tour Ex Dharchula Rs. 37,000/- (Inclusive of service tax)

*** 25% Special discount for all Yatries.**

FACILITIES: Accommodation, Transport, Food (Vegetarian), Guide, Transport for luggage up to 15 Kg only per Yatri.

Regards,

Kumaon Mandal Vikas Nigam Ltd., Oak Park House, Nainital, Uttarakhand
Email- kmvn@yahoo.com, Contact No. 05942-236356, 08650002515



KUMAON MANDAL VIKAS NIGAM LTD.
ADI-KAILASH, OM PARVAT YATRA/TREKKING EXPEDITION
(Approved by Indian Mountaineering Foundation (IMF), New Delhi)
PROGRAMME NO. 1: FROM DELHI TO DELHI



1. DAY WISE ITINEARY

- 1st Day: **Reporting** Delhi at noon, Departure at Night for Kathgodam (280 Kms by Bus)
2nd Day: Arrival Kathgodam at morning, proceed to Almora 80 Km. **(Night Halt)** (1600mts.)
3rd Day: Almora-Dharchula **(Night Halt)** (Via Patal Bhuvneshwar) (250 Kms) (910mts.)
4th Day: Dharchula-Gala(Via Mangti) **(Night Halt)** (40 km by road,8 kms by trek) (2440mts.)
5th Day: Gala- Budhi **(Night Halt)** (18 kms by trek) (2680mts.)
6th Day: Budhi- Gunji **(Night Halt)** (19 Kms by trek) (3220mts.)
7th Day: Gunji-Kutti **(Night Halt)** (20 Kms by trek) (3600mts.)
8th Day: Kutti- Jolinkong (Night Halt) (14 Kms by trek) (4572mts.)
9th Day: Jolinkong-Adi-Kailash/ Parvati Sarovar-Jolinkong- Kutti **(N/H)** (21Kms by trek) (3600mts.)
10th Day: Kutti-Gunji **(Night Halt)** (20 Kms by trek) (3220mts.)
11th Day: Gunji- Kalapani- Nabhidhang **(Night Halt)** (18 kms by trek) (4246mts.)
12th Day: Nabhidhang-Kalapani- Gunji **(Night Halt)** (18 kms by trek) (3220mts.)
13th Day: Gunji-Budhi **(Night Halt)** (19 Kms by trek) (2680mts.)
14th Day: Budhi-Mangati-Dharchula **(Night Halt)** (20 kms by trek 40 kms by bus) (910mts.)
15th Day: Dharchula-Jageshwar via Pithoragarh **(Night Halt)** (185 Kms by bus) (1870 mts.)
16th Day: Jageshwar to Delhi via Nainital (Departure at night from Kathgodam for Delhi) (390 kms by Bus)
17th Day: Delhi (Arrival morning) before noon.

2 DURATION:

16 Nights 17 Days

3. RATES:

Rs. 48,000/- per person **(25% Special Discount on mentioned rate).**

After discount rates are Rs. 36,000/-per person (Including Service Tax)

4. Yatra Period:

June-September

5. FACILITIES:

Accommodation, Transport, Food (Veg.), Guide charges, Transport for luggage up to 15 Kg. per Yatri. (KMVN will provide share accommodation)

PROGRAMME NO. 2 FROM KATHGODAM TO KATHGODAM

1. DAY WISE ITINEARY

- 1st Day: **Reporting** Kathgodam at morning, proceed to Almora 80 Km. **(Night Halt)** (1600mts.)
2nd Day: Almora-Dharchula **(Night Halt)** (Via Patal Bhuvneshwar) (250 Kms) (910mts.)
3rd Day: Dharchula-Gala(Via Mangti) **(Night Halt)** (40 km by road,8 kms by trek) (2440mts.)
4th Day: Gala- Budhi **(Night Halt)** (18 kms by trek) (2680mts.)
5th Day: Budhi- Gunji **(Night Halt)** (19 Kms by trek) (3220mts.)
6th Day: Gunji-Kutti **(Night Halt)** (20 Kms by trek) (3600mts.)
7th Day: Kutti- Jolinkong (Night Halt) (14 Kms by trek) (4572mts.)
8th Day: Jolinkong-Adi-Kailash/ Parvati Sarovar-Jolinkong- Kutti **(N/H)** (21Kms by trek) (3600mts.)
9th Day: Kutti-Gunji **(Night Halt)** (20 Kms by trek) (3220mts.)
10th Day: Gunji- Kalapani- Nabhidhang **(Night Halt)** (18 kms by trek) (4246mts.)
11th Day: Nabhidhang-Kalapani- Gunji **(Night Halt)** (18 kms by trek) (3220mts.)
12th Day: Gunji-Budhi **(Night Halt)** (19 Kms by trek) (2680mts.)
13th Day: Budhi-Mangati-Dharchula **(Night Halt)** (20 kms by trek 40 kms by bus) (910mts.)
14th Day: Dharchula-Jageshwar via Pithoragarh **(Night Halt)** (185 Kms by bus) (1870 mts.)
15th Day: Jageshwar to Kathgodam via Nainital **(Night Halt at Kathgodam)** (140 kms by Bus)

2 DURATION:

15 Nights 15 Days

3. RATES:

Rs. 43,000/- per person **(25% Special Discount on mentioned rate).**

After discount rates are Rs. 32,250/-per person (Including Service Tax)

4. Yatra Period:

June-September

5. FACILITIES:

Accommodation, Transport, Food (Veg.), Guide charges, Transport for luggage up to 15 Kg. per Yatri. (KMVN will provide share accommodation)

PROGRAMME NO. 3 FROM DHARCHULA TO DHARCHULA

1. DAY WISE ITINEARY

- 1st Day: **Reporting** Dharchula at evening **(Night Halt)** (1600mts.)
2nd Day: Dharchula-Gala(Via Mangti) **(Night Halt)** (40 km by road,8 kms by trek) (2440mts.)
3rd Day: Gala- Budhi **(Night Halt)** (18 kms by trek) (2680mts.)
4th Day: Budhi- Gunji **(Night Halt)** (19 Kms by trek) (3220mts.)
5th Day: Gunji-Kutti **(Night Halt)** (20 Kms by trek) (3600mts.)

6th Day: Kutti- Jolingkong (Night Halt) (14 Kms by trek) (4572mts.)
 7th Day: Jolingkong-Adi-Kailash/ Parvati Sarovar-Jolingkong- Kutti **(N/H)** (21Kms by trek) (3600mts.)
 8th Day: Kutti-Gunji **(Night Halt)** (20 Kms by trek) (3220mts.)
 9th Day: Gunji- Kalapani- Nabhidhang **(Night Halt)** (18 kms by trek) (4246mts.)
 10th Day: Nabhidhang-Kalapani- Gunji **(Night Halt)** (18 kms by trek) (3220mts.)
 11th Day: Gunji-Budhi **(Night Halt)** (19 Kms by trek) (2680mts.)
 12th Day: Budhi-Mangati-Dharchula **(Night Halt)** (20 kms by trek 40 kms by bus) (910mts.)

2 DURATION: 12 Nights 12 Days

3. RATES: Rs. 37,000/- per person **(25% Special Discount on mentioned rate).**
 After discount rates are Rs. 27,750/-per person (Including Service Tax)

4. Yatra Period: June-September

5. FACILITIES: Accommodation, Transport, Food (Veg.), Guide charges, Transport for luggage up to 15 Kg. per Yatri. (KMVN will provide share accommodation)

****Note – This is a proposed itinerary for Adi Kailash 2017, if the schedule for K.M. Yatra 2017 changes, the itinerary will be changed accordingly for Adi Kailash also.**

FOR BOOKING CONTACT KMVN H.Q. OR OUR PRO'S OFFICES AT THE FOLLOWING ADDRESSES :

Tourism Development Officer, KMVN Nainital.	Oak Park House, Mallital, Nainital +91 91 8650002517, 05942-236356, kmvn@yahoo.com
Manager Adventure Tourism, KMVN Nainital.	Oak Park House, Mallital, Nainital +91 91 8650002515, 05942-236356, kmvn@yahoo.com
Sr. Manager Central Reservation Center	Central Reservation Centre C/O Parvat Tours Near Rickshaw stand Tallital, Nainital. Phone No.: (05942) 231436, 236936 Fax No.: (05942) 236374 Mobile No: +91-8650002520 E-mail: crckmvn@gmail.com
PRO KMVN, NEW DELHI	103, Indra Prakash Building, 21, Bara Khamba Road, New Delhi Phone No.:(011) 23319835, 23712246 Fax No.: (011)41519366 Mobile: 09312633181 E-mail: kmvnnewdelhi@yahoo.com
PRO KMVN, LUCKNOW	Uttarakhand Bhawan, Near NTPC Vibhulikhand, Gomti Nagar Lucknow- 226010 Mob. No. : +91-8005181436, +91-9795968747 Ph. : 0522-2723960 E-mail: prokmvnko@yahoo.co.in
PRO KMVN, AHMEDABAD	301, Ashwamegh House, Behind Choice Restaurant, Near Swatik Char Rasta, Navrangpura, Ahmedabad. 380009 Phone No: (079) 26421214 Fax: (079)26421214 Mobile No.: 9426181624 E-mail: kmvnahd@gmail.com
PRO KMVN, MUMBAI	Office No.5, Basement, Arun Chamber, Near A.C.Market, TAD DAV, Mumbai Central (West) 400034 Ph. No.: (022) 23536693 Mobile: 09920593304 E-mail: kmvnmumbai@yahoo.com
PRO KMVN, JAIPUR	43 B, Dak Bunglow Road, Gopal Bari, Jaipur. Phone No.: (0141) 2364430 Mobile: 9829345079, 09983843878 E-mail: prokmvnjaipur@yahoo.co.in
PRO KMVN DEHRADUN	45 Gandhi Road, Drona Hotel, Dehradun Phone No.: (0135) 2749720 Telefax: (0135) 2749720, Mobile No.: +91- 8650666653 E-mail: kmvndehradun@gmail.com
PRO KMVN, KOLKATA	7/2C Chakraberia Road (South) P.S.Bhowanipur. Kolkata - 700025 Ph : 033-24868295 Mobile : 09339878995 E-mail: pro.kolkata@gmail.com
PRO KMVN, PUNE	PRO, KMVN Prestige Chamber, Opposite Sai Service Centre, CTC No. 1262, Deccan Gymkhana, J M Road, Pune-4114004 Telefax : +91-20-25535209 Mob: +91-9665022559, 09869151829 E-mail: kmvnpune@yahoo.in , kmvnpune@gmail.com

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APPLICATION FORM FOR ADI-KAILASH & OM PARVAT YATRA (2017)

(Approved by Indian Mountaineering Foundation (IMF), New Delhi)

PASSPORT SIZE
PHOTOGRAPH

(Form shall be filled up in Capital Letters)

- Name Mr./Mrs./Miss.....
- Father's/Husband's Name.....
- Nationality.....
- Tel.Resi.:..... Tel.Office:..... Mobile:..... Occupation:.....
- Complete Address (As per ID)
..... State..... Pin.....
e-mail ID.....
- Date of Birth:..... Present Age.....
- If Passport holder, Passport No..... Valid Upto.....
- Next to kin (Relationship, Name & Address).....
..... Pin:.....
Tel.No. (Res./Office)..... Email.....
- Further, I hereby give undertaking that:

- I, Mr./Mrs./Miss.....agree to adhere strictly to the discipline of the programme and abide by the directions of the organizers at all times during the programme. Also I agree that Nigam have full right to change the schedule of Yatra in case of any natural calamity, political unrest or any other type of unfavorable circumstances.
- I hereby declare that I am participating in this Trekking Cum Pilgrimage programme on my own risk and responsibility. In case of any accident, illness or injury, resulting to any type of disability, including loss of belongings or death, I will not hold its organizers or organization in any way responsible.
- I understood and agree that incase I am required to give up the programme at any stage, for any reason whatsoever, participation fees paid will be non-refundable. I have read and accept the cancellation rules for Adi Kailash/Om Parvat Yatra 2017.
- I do not have any infectious disease neither physically disabled and I am keeping good health, in support I have attached Medical Fitness Certificate.
- I hereby declares that I am physically fit for the yatra I had read the itinerary and I am capable of walking the entire trek route as per itinerary. In case of any disability(to walk during yatra route) the required arrangements will be made and borne by me.

Note – Please note that any claim, dispute, court case etc. shall be subject to Nainital Jurisdiction only.

I am sending the participation fees Rs.....by
Crossed Demand Draft No.....Dated.....of
Bank.....in favour of "Kumaon Mandal Vikas Nigam Ltd."

Organisers
Stamp

Place:

Date: Signature of Applicant

Note: All forms should be filled in two sets.1....

NOTE: All Forms should be filled in Form should be filled in two sets.

- (1) Every participant must have sound health, with normal eyesight.
- (2) Anyone suffering from - any sort of Heart disease, Blood Pressure problem, Diabetes, Colour blindness, deafness, weak eyesight or any kind of physical disability – is advised **NOT** to participate in this hazardous trekking cum pilgrimage programme.
- (3) Participate should not be suffering from any infectious disease.

MEDICAL FITNESS CERTIFICATE

Address:

Date:

This is to certify that I have examined and investigated Shri/Smt/Miss _____
_____ today and found that he /she is physically fit to undertake high
altitude pilgrimage to Adi Kailash / Om Parvat.

Signature of Shri /Smt/Miss _____

His / Her Blood group is _____

Signature
(Doctor/Medical Authority)
Reg.No.

Application form for Entry Permit in the Notified Area

1. Name of the Applicant : _____
(In Capital with Parentage) _____
2. Sex : _____
3. Identification marks : _____
4. Age : _____
5. Home Address : _____
6. Profession : _____



7. Purpose of visit to
Notified Area : Pilgrimage

8. Name of places where
Applicant wishes to Visit : Jollingkong for Adi Kailash (Chota Kailash)
& Nabhidhang for Om Parvat.

9. Period of stay for which
Permission is sought : 20 days.

10. Name of any two friends/
Relations or reference in
Notified area if known to
Applicant. 1)
.....
.....
2)
.....
.....

Place : _____
Date : _____

(Signature or Thumb Impression Of applicant)

(To be filled in the office of Issue)

Reference of Permit issued : _____
Book No. : _____
Serial No. : _____

(Standard ID proof)
Police Clearance Certificate

Office of the Inspector of Police

Dated : Police Station _____

CERTIFICATE

This is to Certify that Shri / Smt. _____

_____ is staying at _____

_____ since last _____ years.

The area comes in _____ Police Station jurisdiction and there is no any
adverse report against him/her as far as _____ Police Station
concerned record.

Signature and Seal

(Inspector of Police)

_____ Police Station

Note: This form is not necessary to fill out if the candidate have character certificate
(Issued by authorized signatory) and standard ID proof.

Proposed Dates of Departure from Delhi

**June: 10th, 14th, 18th, 22nd, 26th, 30th : July: 04th, 08th, 12th, 16th, 20th, 24th, 28th, 30th
August: 05th, 09th, 13th, 17th, 21st, 25th**

Note; The itinerary is liable to be changed without notice due to any circumstances beyond the control of the organizers eg. Natural disaster, road blockade, vehicle breakdown, political unrest etc. The participants are expected to accept it with grace.

* This Yatra is approved by I M F, hence the yatries from the Central / State Govt. Departments are entitled for the special Leave.

Document Required for Bookings:

1. Duly filled Application form for Yatra 2017 with photo.
2. Medical Fitness Certificate, certified at least by any MBBS Doctor.
3. Duly filled Application form for entry in notified area with passport size colored photo.
4. Copy of identity proof, i.e. Pan card, Voter ID Card, D.L.
5. Two additional Passport size Photograph.
6. **Form should be filled in two sets.**

...Clothing & Equipment...

Adi-Kailash and Om Parvat are in the region of 12,000-14,500 feet, with cold winds blowing in the daytime and in the evening. This is a hazardous trek at high altitudes, on mountainous terrain with occasional bad weather. Do not ignore these instructions or take them lightly, as the consequences could be serious. Clothing should be light, wind proof, water repellent and capable of providing enough warmth. We suggest each trekker to carry the following items:

- | | |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| 1. Wind-proof jacket with parka 1 no. | 2. Sweaters 2 full sleeves 1 half sleeve |
| 3. Balaclava (Monkey cap) 1 no. | 4. Woolen and leather gloves 1 pair each |
| 5. Woolen/cotton long johns 2 pairs | 6. Woolen socks 4 pairs |
| 7. Cotton socks 4 pairs | 8. Jeans Pants 3 nos. |
| 9. Shorts 1 nos. | 10. Shirts/T-shirt 6 nos. |
| 11. Sun glasses (good quality), with chain 1 no. For hanging around neck | 12. Trekking shoes 1 pair (good quality) (Carry extra shoe laces- Normal shoes will be useless for Trekking) |
| 13. Peaked cap or broad brimmed straw hat 1 no. (for protection against the sun) | 14. Water bottle (large) 1 no. |
| 15. Small LED torch light (carry two sets of extra cells and one bulb) 1 no. | 16. Raincoat (large size) 1 no. |
| 17. Belt pouch for camera/money/ medicines/documents 1 no. | 18. Large Plastic sheet for water proofing your luggage 1 no. |
| 19. Toilet paper | 20. Rucksack with cover for luggage 1 no. |
| 21. Sun screen lotion (for sunburn) | 22. Small Rucksack for trekking |
| 23. Rubber slippers 1 no. | 24. Multipurpose knife 1 no. |

CANCELLATION RULES:

1. 90% Refund on cancellation before 15 days.
2. 75% Refund on cancellation before 14-10 days.
3. 50% Refund on cancellation before 09-03 days.
4. No refund before 03 days of departure.

Note:- 1. Service tax amount will not be refunded.
2. Advance amount of Rs. 5000.00 for booking confirmation will not be refunded.

Appeal

- *While trekking, walk towards the hill, not to the drop-side. Don't withdraw towards drop-side to give way to any person or horse/pony.*
- *The yatra time is from morning to noon. So yatries are advised to start early and reach next camp by noon. Wet clothes, due to rain or sweat, should be changed and make your arrangements for next day's yatra.*
- *The arrangements for horses and porters are to be done in the very beginning at Mangati. It is not possible to get them in the middle of yatra.*
- *Trek according to the route. Don't experiment with shortcuts or intruded ways.*
- *During your trek, be cautious, yet confident. Take special care of difficult terrain and watch out for landslides, falling rocks/ boulders, cloudbursts, the Kali River flowing alongside. You should trek as a team, taking care of your other team-members and warning each other of potential hazards.*
- *Use only water of safe springs for drinking. Fill your water bottles from camp. On the wayside, teashops give relief.*
- *During the selection itself Yatries are advised to procure good quality trekking shoes/ walking-stick, raincoats, Polythene and Rucksacks to carry their belongings, goggles, woolens mufflers, hats, jackets/wind-cheaters, couple of pairs of socks, cameras, transistor radios and general medicines. Notebooks and pens can also prove handy.*
- *The weight of your luggage should be upto 15 kg only. Extra weight will be charged.*
- *From Delhi to Jolingkong/Nabhidhang and back from Jolingkong/Nabhidhang to Delhi there are good arrangements by K. M. V. N., but K.M.V.N. or Uttranchal Tourism is not responsible for any accident. If a yatri doesn't attend after selection, money will be not refunded.*
- *The lodging facilities on the way are in tin-sheds, snow-huts. Warm beddings are adequately provided. Onion-less food, rice, Dal, chapatis, vegetables, pickle, puri, paratha, pakori, vegetable soup, sweets, rasna, tea, Bournvita, and local green vegetables are available.*
- *In case of illness, one may have to stop the yatra midway and return, but money is not refunded. In emergencies, a helicopter can also be arranged, on payment and depending on availability.*
- *Rucksack, water bottle, jacket or sleeping bags can be hired from KMVN.*
- *Photography is not prohibited during the yatra, so yatries are advised to carry a sufficient stock of photo rolls & Camera cells.*

: Also available :

Glacier Trekking tours- Pindari Glacier, Kafni Glacier, Sundardunga Glacier, Milam Glacier, Namik & Panchachuli east Glacier.

Adventure activities- Paragliding, Rafting, Rock climbing, Camping.

--- Om Namah Shivay ---

