



# **KEDARKANTHA SNOW EXPEDITION**

The Kedarkantha Snow Expedition is a high altitude (12,500 ft.) trekking expedition in the Garhwal Himalayas in North India. Participants learn the basics of a snow trek, self-rescue techniques and snow route creation during the expedition. This is a self-contained expedition where participants

pitch their own tents to set up camp at a different location every day, cook their own food and manage resources and share responsibilities. The trekking route meanders through snow covered

meadows and pine & oak forests. The trek has a gradual climb with beautiful camping spots in the middle. The Kedarkantha peak offers a spectacular panoramic view of the Himalayas.

Har-ki-Doon area in Uttarakhand.



**GENERAL AREA** 

where the rivers Rupin and Supin meet to form the Tons. Our Tons campus (25 km from Sankri) serves as the base camp to prepare, pack and acclimatize. Our Tons campus is near village Mora in Uttarakhand, 180 km from Dehradun. The largest town nearby is Purola, 40 km from campus.

The start point is Sankri, a village ahead of Netwar

**WEATHER** 

24°C during this period.



### Once the group starts the expedition they experience much colder conditions with night temperatures going

down to 2°C-3°C. The sleeping bags provided are adequate for the

At the Tons campus, temperatures range from 10°C -

weather. Participants must pack personal items as per the specified list.

**TRAVEL** 

Delhi to Dehradun by Nanda Devi Express (AC 3 tier). Departure from Delhi at 11:50 pm from New Delhi Railway Station. Dehradun to Tons campus by non-AC

bus. Arrival at Tons campus by lunch.



#### The road can get a bit bumpy over some uneven stretches, so be prepared!

Alternately, participants can fly into Dehradun to join the program. Extra charges apply. **ACCOMMODATION** 

inme Tons campus has a separate area allocated for the Kedarkantha group. On the expedition, participants pitch tents to set up camp at a different location every

3-person tents (provided by inme) are allotted to a



### group of three participants.

**TOILETS** There are no fixed toilets and baths on the trek. We carry a portable toilet tent with us to ensure

participant privacy and safety. However, there is no provision for a bath on the trek.

The inme campus has built up toilets and baths with



# **INSTRUCTORS & MEDICAL SUPPORT**

hot water.

1:6 instructor to child ratio. Instructors include a mix of lady and male instructors. An instructor trained as a wilderness medic will accompany the children on the trek. A doctor is available at the Tons campus.

On the expedition, the group carries its own rations and cooks its own meals. Participants are given a

experienced staff members. The food is largely vegetarian with a non-veg dish served 2-3 times

the items – all part of the learning.

nutritional trail mix, which is refilled regularly. The group is involved in planning its meals and selecting

The Tons campus has a fully functional kitchen run by



#### (usually dinner) on a program. There is variety and we take care of both taste and nutrition in planning the menu.

**FOOD** 

FITNESS & PREPARATION This program might be more demanding than the usual physical activities you're used to. We recommend a little jogging, stretching and exercise a few weeks before the departure to gain the flexibility and agility needed to truly enjoy the

experience. Do this wearing the shoes you want to carry for the program—it'll help break into them.

**DAY WISE PLAN** Subject to weather and logistics

New Delhi Railway Station.

the bonfire.

DAY 1 - DEPARTURE From New Delhi at 11:00 pm from

DAY 2 - SETTLING IN Arrival at inme Tons campus by lunch. Settle in and get to know your instructors and other participants. Tent pitching and basic camping skills. DAY 3 - ACCLIMATIZATION A short but strenuous trek

helps participants prepare for the challenge. After returning to the camp the group prepares and packs for the expedition. Post lunch the group will go for another short trek. Evening is spent relaxing around

DAY 4 - STARRY STARRY TREK Leave early morning by jeeps for Sankri (1 hour) to begin the trek. Trek through rocky terrain and meadows to reach Juda ka talab (9,500 ft.). Pitch tents and set up camp. First night under the stars!

DAY 5 - SNOW WALKING The day is spent at Juda Ka Talab learning different techniques like snow walk, selfrescue in the snow, creating snow routes. The group will also do an acclimatization trek to get used to the altitude. <u>DAY 6 - SNOW ROUTE CREATION</u> Continue trekking to

DAY 7 - SUMMIT Start the day early to summit Kedarkantha (12500 ft.). Conquer the peak! Trek down and camp out at Juda Ka Talab.

DAY 8 - INME CAMP Reach Sankri by noon and then return back to inme Tons campus by bus around lunch. Rest and bathe! Special dinner to mark the success of

reach the base camp (12000 ft.). The Kedarkantha peak

can be seen from this point. Pitch tents and do activities around the camp in the evening.

the expedition!

DAY 9 - HOMEWARD Leave campus post lunch. DAY 10 - HOME! Arrival at Delhi by 5:30 am. New Delhi

Railway Station.