



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.

GENERAL AREA



Har-ki-Doon area in Uttarakhand.

The start point is Sankri, a village ahead of Netwar 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.

WEATHER



At the Tons campus, temperatures range from 10°C to 24°C during this period.

Once the group starts the expedition they experience colder conditions with night temperatures dropping down to even to 2°C or 3°C. The sleeping bags provided are adequate for the weather. Participants must pack personal items as per the specified kit 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.

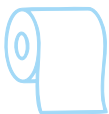
ACCOMMODATION



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 day.

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 hot water.

INSTRUCTORS & MEDICAL SUPPORT



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.



FOOD

On the expedition, the group carries its own rations and cooks its own meals. Participants are given a nutritional trail mix, which is refilled regularly. The group is involved in planning its meals and selecting the items – all part of the learning.

The Tons campus has a fully functional kitchen run by experienced staff members. The food is largely vegetarian with a non-veg dish served 2-3 times (usually dinner) on a program. There is variety and we take care of both taste and nutrition in planning the menu.



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

[DAY 1 - DEPARTURE](#) From New Delhi at 11:00 pm from New Delhi Railway station.

[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 the bonfire.

[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, self-rescue in the snow, creating snow routes. The group will also do an acclimatization trek to get used to the altitude.

[DAY 6 - SNOW ROUTE CREATION](#) Continue trekking to 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.

[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 the expedition!

[DAY 9 - HOMEWARD](#) Leave campus post lunch.

[DAY 10 - HOME](#) Arrival at Delhi by 5:25 am. New Delhi Railway Station.

