

**IF YOU WANT
YOUR
CHILDREN TO
TURN OUT
WELL, SPEND
TWICE AS
MUCH TIME
WITH THEM,
AND HALF AS
MUCH MONEY**

"DEAR ABBY"



**OUTWARD BOUND
INDIA - HIMALAYA**

PARENT & CHILD ALPINE MEADOWS TREK

An Outward Bound India Experience

WHO IS IT FOR?

Parent and Child aged 7 - 11 years

WHAT IS IT?

A 4-day camping and hiking experience

WHEN IS IT?

Scheduled Departures: May 19th to 22nd, 2018

WHERE IS IT?

In the alpine meadows of Kashmir!

HOW WILL YOU GET THERE?

Fly in to Srinagar

HOW MUCH DOES IT COST

An all-inclusive cost of Rs. 36,860/- per person



OUTWARD BOUND
INDIA - HIMALAYA

Experience the Wilderness

This summer holidays step up to the Outward Bound India Himalaya (OBIH) challenge!

With forest trails as your walkway and the Himalaya as your backdrop, this is a unique opportunity for a parent and their child to deepen their appreciation for one another and strengthen their bonds.

You will do challenging wilderness activities like backpacking, hiking, orienteering, eating camp food, sleeping in expedition tents on mountain tops, by the river side and in the green meadows of Gulmarg!

BUILDING THE "YES I CAN" SPIRIT THROUGH FUN FAMILY EXPERIENCES



The program is designed for the parent and child to work together to accomplish common, challenging goals, acquire valuable outdoor and safety skills, and also learn much about themselves. Throughout the expedition, OBIH instructors facilitate discussions about family dynamics, values, traditions and priorities, and strategies to bring Outward Bound values and design principles into the home.

Our programs are designed to instill self-belief, confidence, resilience and compassion. And we do this by helping you discover yourself, your group, your surroundings and ultimately your own true potential.



TO BUILD CONFIDENCE, RESILIENCE, COLLABORATION AND COMPASSION

The Alpine Meadows trek starts in Tangmarg, a 90 minute drive from Srinagar airport. This 4-day OBI experience takes you to Khilanmarg near the Gondola, used to transport skiers in the winter, and includes a day hike into the pine forests of the valley.



Day 1: Arrive at Srinagar airport. It's a short 90 minute drive to Tangmarg. Introduction to the program. Meet your instructors, equipment allocation. From Tangmarg another 20 minutes diversion brings you to the beautiful Drung Valley. It's a 2 - 3 hour trek, depending on your pace.

Camp overnight on the banks of the Drung River.

Day 2: After breakfast, cross the river and start slowly climbing up through the tree line towards Khilan Marg. Along the way you will cross under the Gondola cable car which takes skiers up to the higher slopes of Afarwat. It's a 4 - 5 hour hike to your camp tonight at Hakkar Pathri, an enchanting location with a carpet of green meadows offering some great views. Alt: 2900m

Camp Overnight at Hakkar Patri.

Day 3: Today you will hike into the pine forests of Kashmir, it is a day-hike designed to stretch yours and your child's limits to the best extent possible. You will eat a packed lunch in the open meadows and return to Hakkar Patri. Overnight at the same campsite as yesterday. The entire circuit will take around 6 hours.

Day 4: Today you will need to wake up early. You will hike up to the Gondola and take a ride down in the cable car to Gulmarg where your car will be waiting to take you to the airport.

It's a 90 minute drive to Srinagar airport and we recommend you give yourself at least 5 hours before your flight. There are two check-in points on the way to Srinagar airport, where you will be asked to get off and pass all your luggage through X-Ray machine.



WHAT DO YOU DO IN CASE OF A MEDICAL EMERGENCY?

All OBI instructors are medically trained with a nationally accredited Wilderness First Aid qualification. All trips carry a complete first aid kit. If there are any serious injuries during the program, your family will be immediately notified. If further medical treatment is required, a decision will be taken whether the injured person needs to rest at Hakkar Patri or be taken to the nearest doctor/hospital as required. The closest multi-specialty hospital is at Srinagar, which is a 1.5 hour drive from Hakkar Patri. The address of the hospitals are:

FLORENCE HOSPITAL

Chanpora, Srinagar - 190015

Phone Number: +91 194 2440860

SMHS HOSPITAL

Karan Nagar, Srinagar

Phone Number: +91 194 250 4114



DO I NEED TO BRING ALONG A MEDICAL KIT?

It is recommended that a small personal medical kit be packed for yourself and the youngster. This should include their preferred painkillers, throat lozenges, Moov/Volini spray, plasters, strapping tape for blisters (band-aid). If you or your child are on any regular medication, please ensure that the OBI team is informed of this in advance and an EXTRA SUPPLY of those medicines must be packed separately, in case one pack is lost or gets wet.



WHAT IF I HAVE TO CONTACT OUR FAMILY?

You will have almost complete mobile connectivity (unfortunately!), but as per Outward Bound SOPs, access to your phones will be limited. The whole point of the exercise is to keep away the gadgets and enjoy the wilderness!



WHAT KIND OF FOOD IS AVAILABLE ON THE PROGRAM?

We're founded by an army-man, and we firmly believe that an army marches on its stomach! The food served will be hot, wholesome, and hearty. At the same time, your child will be shown the wisdom of "eat local", i.e., when in the wilderness, eat food that is local to the area - it's the best way to ensure fresh food that hasn't travelled miles to get there.



WILL I AND MY CHILD BE COMFORTABLE IN TENTS AND A SLEEPING BAG?

We believe in sustainable, ethical and responsible tourism. Both of you will be in a remote location and in the wilderness - your expectations should be reduced accordingly. Camping in expedition tents, warmly tucked in your sleeping bags, is a unique experience no child should ever have to grow up without!



WILL THERE BE ANY SHOWERS? WHAT ABOUT TOILETS?

There are no showers, however bucket bath will be available depending on time restraints and weather. Water and hand sanitizers are always available. Hygiene is one of the most important factors of any OBI program, and your child will learn that their hygiene reflects on the health of the entire group. The toilets are dry pit loos - a basic toilet with a pit dug into the ground. A wooden box with a potty seat, like the one you have at home, is placed strategically on top of this pit. There is a pile of mud/sand/lime lying just outside the loo tent, with a scoop on top to cover up what is left behind. This bio-toilet breaks down the fecal matter very quickly due to greater microbial activity in the ground. In a couple of weeks there is nothing left and a pit can be dug in the same spot again.



WILL OBI HELP WITH THE INSURANCE?

In simple words - yes. You and your child will have adventure travel insurance that will insure them for medical evacuation, hospitalization and medical repatriation. The OBI team will have all the relevant details and these will be provided to you for your family before your departure.



WHAT LEVEL OF FITNESS IS REQUIRED OF MY CHILD AND I?

An average level of fitness is all that is required. The level of physical challenge is always appropriate to the group. Most importantly, the group always stays together and can only move at the pace of the slowest member - the golden rule for any trekking expedition.



WILL WE BE ALLOWED TO BRING ALONG ANY GADGETS - LIKE IPAD OR LAPTOPS?

You are more than welcome to travel to and from the OBI program with gadgets such as cell phones, iPods, tablets and laptops. Once you arrive at Tanmarg you will be asked to leave it all behind with your luggage and you will not be allowed to take it on the program - barring cameras of course (and no, the camera on your cell phone will not be allowed unless you remove the SIM Card!) You might want to consider purchasing a waterproof bag or box for the camera, batteries, and memory cards. A zip lock bag works well too. Disposable waterproof cameras aren't such a bad idea either.



IF MY DAUGHTER HAS HER PERIOD, CAN SHE STILL PARTICIPATE FULLY IN ALL THE ACTIVITIES?

In simple words - yes. It also depends a lot on her comfort levels. There are many opportunities for privacy during the program. And as we usually camp by a stream, there are plenty of opportunities for her to wash and maintain hygiene standards. Your daughter should carry her own supply of sanitary requirements.

₹ WHAT DOES THE COST OF RS. 35,540/- INCLUDE?

In two words - almost everything.

- All meals starting from Lunch on Day 1 to Breakfast on Day 6. Fruits and snacks while travelling.
- Filtered boiled water or treated drinking water is provided.
- Accommodation in twin sharing expedition tents at the campsites, and in twin sharing rooms while on the houseboat.
- Transportation by Innova cars to and from airport and back-up vehicle while on the trek.
- All camping equipment including sleeping bags and mattresses and all trekking arrangements and staff including kitchen equipment, cook, tents etc.
- Cost of OBI Facilitators and Instructors and their travel and medical insurance.
- Adventure travel, medical evacuation and hospitalization insurance.
- Shikara ride to the floating vegetable market
- OBI T-Shirts, Journal, and Certificates.
- All government taxes.

The following are not included:

- Air fares to and from Srinagar.
- Any expenses of a personal nature, like purchase of cool drinks and/or mineral water (neither is encouraged), on any other hot/cold beverages or snacks while enroute.
- Unforeseen expenses that demand a change in itinerary like natural forces, changes in weather, road blockages, flight/train cancellations and illness or any other situation beyond our control.

If you have any questions or require any clarifications, please do not hesitate to email Dilshad, our Director, at dilshad@outwardboundindia.com or call our office at +91 11 4356 5425