

BASHLEO PASS TREK: JALORI PASS- BASHLEO



DURATION: 9 NIGHTS/10 DAYS

Bashleo Pass, perched at an altitude of 3277 m above sea level, is located in Kullu District of Himachal Pradesh. The region abounds in natural beauty and is a famous trekking region as well. From here, one can view the Mahadev range and the trail down to the Beas Valley.

The trip is focused on a trek that joins two great valleys of Himachal namely; Beas River and Sutlej river valleys. Walking on the periphery of Great Himalayan National Park, following an age old trail joining two great valleys which have nurtured many myths and legends of Hindu religion besides being cradle for a great way of life. The unique ecological aspects of the Western Himalaya led to the creation of the Great Himalayan National Park (GHNP) in the Kullu district of India's mountain state of Himachal Pradesh. These features include biodiversity, sparse human populations, inaccessibility, little tourism, and a local economy based on traditional livelihoods. Because of its complex geography and its great variations in altitude, the limited area of this region encompasses an enormous range of species, which span the subtropical to the alpine and include those characteristic of the south-east Asian forests as well as those found across Siberia and the Asian steppes. Few ecological sanctuaries present such a variety of wildlife habitat and biological diversity in such a small area.

ITINERARY

Day 01: Chandigarh- Sojha (8700ft.) - 3 hrs train ride and 8 hrs road drive
Reach Chandigarh around 1050 hrs. Drive to Sojha. Night stay in Retreat.
Overnight stay: Banjara Retreat and Cottage
Meals: Dinner

Day 02: Sojha- Acclimatization hike to Raghupur for acclimatization
In the mountains, if you want to be rewarded well by nature in its full glory, you must make an early morning start. The same is true of this hike to Raghupur Fort meadows that overlook the Tirthan Valley in Kulu district in the West and Shimla district in the East. This five kms uphill drive will test your car as well as your mountain driving skills! From Jalori, it is a level walk in the open for about hundred meters towards Satluj Valley before it heads straight into the forest on a well-defined trail. Half a kilometer later, a short steep climb takes one to a small meadow that offers a photo-op. A short rest and off you go into the Oaks and Rhododendrons forest slowly climbing up and then shifting gear for a final steep climb of 15 to 20 minutes. Here the tree line finishes and we

move into a lush green meadow. A little up and we are rewarded with a 360 degrees view of The Himalayas, Dhauladhar and Kinnaur ranges, all of them in one sweeping glance. All around you are swathes of lush green meadows that gently descend into the oak and blue fir forests. Keep strolling and in a while we end up at the dilapidated Raghupur Fort. The local people believe that an erstwhile king of Mandi province got this fort constructed hundred of years ago. Theories abound as to why this fort was constructed on a ridge where scarcity of water was a perennial issue. One of them will have us believe that this retreat was made in case the king had to retreat in to the mountains in case his kingdom was attacked by the enemy forces from the plains. Yet another popular belief is that the fort was constructed for the pleasure of the king away from the prying eyes of his family and subjects. Whatever the truth, the King could not have chosen a better location. One look and you would not want to go back.

Overnight stay:Banjara Retreat and Cottage

Meals: Breakfast, lunch, dinner

Day 03: Sojha- Jalori pass- Serolser lake- 5 kms drive and 6 kms hike/ 4 hrs

We begin the trek to Bashleo pass today. Himachal Pradesh, with most of it lying in the lap of Himalayas, has an abundance of lakes. One such lake is in Tirthan valley (Kulu District). Located 11 kms (5 kms by car from our retreat to Jalori Pass and 6 kms on foot from there to the lake) from Banjara Retreat in Shoja, it is one of the better hikes for the families. A drive to Jalori pass will take 15-20 minutes from the retreat. From there, a well-defined trail takes one to the lake. Few hundred meters on the trail and then you get in to the Oak forest. The sun rays filtering through the tree cover, the blue of the sky through the foliage, the up and down of the trail, an occasional sight of a bird, a clearing showing the huge green vistas cascading down to the Sutluj valley, all of this and more will keep you an enchanting company all the way to the lake. The lake makes up in crystal clear clarity what it lacks in size. The local belief is that no one has ever found a leaf floating in the lake though leafy trees surround the lake itself. You will certainly not find a leaf floating in the lake. Nearby is a small temple beyond which the meadows start. A couple of teashops regularly come up between April-October. They have also some local sweets and savories- worth trying. During summer a lot of Gujjars come with their buffaloes and cows to these pastures. It won't be unusual if you bump into some carrying Khowa and paneer to the local market.

Overnight stay:Campout

Meals: Breakfast, lunch, dinner

Day 04: Serolser lake- Dim village- 11 kms/ 4-5 hrs

We start the walk after breakfast. This is a lovely walk through oak and pine forest, open skies and farmed land. Camp close to Dim village.

Overnight stay:Campout

Meals: Breakfast, lunch, dinner

Day 05: Dim village- Tarala (9000 ft)- 10 kms/ 4-5 hrs

We start the walk after breakfast. This is another perfect day on the trail wherein we walk through the pine forest. Today we have a bit of steep climb and rest is nice and gentle. Camp overnight at Tarala.

Overnight stay:Campout

Meals: Breakfast, lunch, dinner

Day 06: Tarala- Kullu Sarahan- 22 kms/ 6-7 hrs

Today is the longest day on the trek wherein the 80% of the trek is level walk and 20% is steep climb. We start with a steep climb of half a km that gets you to a mountain top, offering excellent views of Shrikhand Mahadev. Climb for a few minutes and then level walk for 5 kms to a waterfall. The walk is through an oak forest. This is the rest point. From here, we carry on a gentle upward slope for 3½ kms that gets you to another mountain top. Another 2 ½ kms upward gentle walk gets us to lunch point in a small meadow.

7 kms of down ward slope walk gets us to Daler village from where it is a 3 kms gentle upward walk to Kullu Sarahan where we camp in an open meadow. Kullu Sarahan is a small village set in a beautiful bowl shaped meadow. Visit the local temple in the evening.

Overnight stay:Campout

Meals: Breakfast, lunch, dinner

Day 07: Kullu Sarahan- Bashleo pass- 7 kms/ 4-5 hrs

Today is the toughest day of the trek but worth every step taken. Bashleo pass offers great views of high Himalayas. We camp in a clearing just a little below the pass.

Overnight stay:Campout

Meals: Breakfast, lunch, dinner

Day 08: Bashleo pass- Bathad- Sojha- 10 kms/ 4-5 hrs

Descend to Bathad and drive to Sojha. Rest of the day free to relax. Stay at Banjara Retreat.

Overnight stay:Banjara Retreat and Cottage

Meals: Breakfast, lunch, dinner

Day 09: Sojha- Rest day

Spend the day in Sojha relaxing, recuperating. Evening, around bonfire followed by a dinner.

Overnight stay:Banjara Retreat and Cottage

Meals: Breakfast, lunch, dinner

Day 10: Sojha- Chandigarh- 8-9 hrs

After breakfast, drive back to Chandigarh to board evening Shatabdi back to Delhi.

Meals: Breakfast,

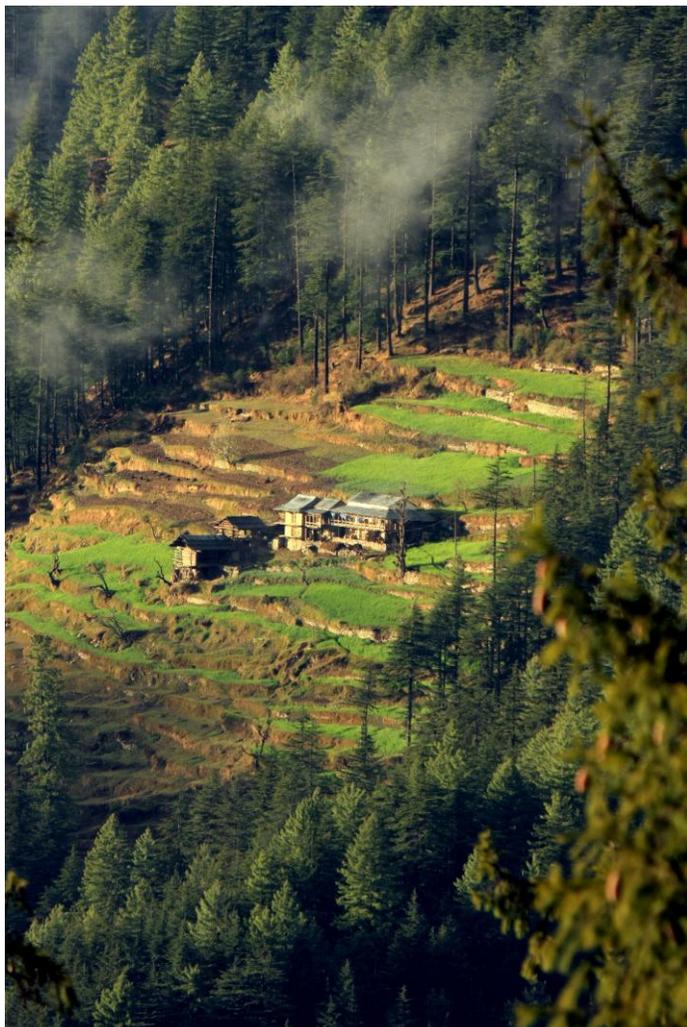
COST PER PERSON:

Cost includes:

1. Accommodation on Sgl share basis.
2. Transport from Chandigarh to Sojha and Bathad to Chandigarh drop.
3. Trekking arrangements for 6 nights 7 days with kitchen and trek support and staff.
5. Taxes.

Cost does not include:

1. Any train/ airfare.
2. Any En route/ personal expenses.
3. Any insurance.
4. Bottled mineral water. Boiled water available while on trek.
5. Any expenses incurred due to any factors beyond our control like a natural calamity/ man-made calamity.



Accommodation:

Sojha : Retreat Room at Banjara Retreat and Cottage
On trek : Camping/ Homestay

Food & Hygiene: Food is a mix range from gourmet vegetarian/ non- vegetarian meals to good food with a choice of Indian, Continental & Chinese food while in Banjara retreat. Food will be a little basic while on trek.

Altitude Sickness: Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth. Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, walking hard & dehydration may cause a number of mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise.

The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days or Diamox tablets. If symptoms are severe and the patient is ill DESCEND IMMEDIATELY, 300 meters of descent or more should be sought. This usually gives rapid improvement. To minimize altitude sickness, never rush into things, walk slowly and firmly. Do not combine walking and sightseeing together. Inspect your track in front and trek slowly. On this trek, the chances of you facing altitude sickness are rather low.

Fitness: You should be in a sound health. We advise jogging and pranayam. Please ensure that you are absolutely medically fit and not suffering from high-blood pressure, diabetes, asthma, heart disease or epilepsy since such conditions might prove fatal at high altitudes. Medical fitness is of utmost importance. Please seek expert medical opinion regarding your fitness to undertake the trip at high altitude from your doctor.

Tipping & Porterage: Tipping is NOT included in this trip. Porterage of up to 7 kgs per person while on trek is included.

Photography: You could carry photography gear. Taking photographs at Army Camps/Check-points is prohibited. It will not be possible to charge your equipment while camping.

Medicine: We suggest you to bring your own basic first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some painkillers. Be careful not to catch a cold. It is better to be over-clothed than under protected. En route avoid taking bath or drinking water from lakes, streams or rivers as your body is not conditioned for this. Since the dry cold winds tend to make the nose dry, keep your nose smooth by applying Vaseline. Keep your feet dry. For cold weather and while walking, wearing cotton and wool socks in combination serves very well. Keep your face, feet and hands well protected. Request your doctor to prescribe effective medicines to cover the following: Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes. We do carry a first aid box though.

In addition to the medicines for above, your first aid kit should include following

Vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshener, Nose inhaler, Toilet paper, Rubber bands, Dust cover (face mask), Cough drops, Lip balm, Vicks, Elastoplasts, Adhesive tape, 4" crepe bandage & ORS powder - useful for adding to your water bottle and for fluid replacing purposes.

List of things to bring:

1. Backpack with supporting frame.
2. Sleeping bag (should be good for sub zero temperatures).
3. A small day backpack to carry water, food, jacket and camera
4. Hiking shoes- you need good traction in shoes and these should be at least water resistant. Forclaz 500 is a good. Your shoes should be well broken-in and not new.
5. 3 pairs of lowers (no jeans) with at least one of these should be quick drying pants.
6. 4-5 full sleeves T-shirts
7. A fleece jacket
8. A full sleeve thick jacket
9. Underclothing
10. 1 pair of thermal inners
11. 3-4 pairs of sports socks. 3-4 pairs of woolen socks
12. Woolen cap/ balaclava that covers the ears
13. Woolen gloves + waterproof gloves or waterproof gloves with good fleece lining.
14. Sun glasses- ones that are 100% UV protected and cover your eyes completely. No blue colored sunglass. Sunglasses prevent snow blindness. People who wear spectacles should use contact lenses or photo- chromatic glasses.
15. A woolen head-scarf or muffler
16. Trekking pole (optional)
17. Light towel (should be quick drying kind).
18. Lip balm
19. Cold cream and sun screen lotion (SPF 40+).
20. 2 Water bottles (1 L each). The insulated water bottles are good but even normal water bottles will suffice. Please do not carry throwaway plastics.
21. Flash light with extra set of cells (head lamps preferable).
22. Personal toilet kit (minimal).

23. Personal medicine kit containing: diamox, crepe bandage, band aids, ORS packets and any personal medication that you might be using.
 24. Small repair kit consisting of safety pins, needle, thread and string.
 25. Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available on the slopes.
 26. Water proof backpack liner else put all belongings in polythene and put in backpack.
- Leave your denims behind - these are ill suited for treks and add weight.
 - Do not carry disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Try not to bring any non bio-degradable material.

BOOKING, PAYMENT AND CANCELLATION POLICY

CONFIRMATION:

100% advance to confirm booking.

CANCELLATION CHARGE:

Minimum	: 20% of full amount.
Less than two weeks of arrival date (or tour start date)	: 50% of full amount.
Less than one week of arrival date (or tour start date)	: Full amount.

PAYMENT MODES & METHODS:

1. ONLINE TRANSFER into our **current** accounts in Axis Bank or Standard Chartered Bank
2. DIRECT CHEQUE DEPOSIT into our **current** accounts in Axis Bank or Standard Chartered Bank at any branch/ ATM in India
3. DIRECT **CASH** DEPOSIT, into our **current** account at any branch in India
4. By CASH or CHEQUE handed over personally (or by your rep) AT OUR DELHI OFFICE
5. OUTSTATION CHEQUE payments are acceptable **only if** they are delivered (or we get a scan of the bank deposit slip) at least 4 working days before the payment due date.
6. OUTSTATION PAYMENTS by a **Payable at Delhi** DD sent to our Delhi Office by courier/post.

IMP: CHEQUE / DD to be made in **favour of "Banjara Camps & Retreats Pvt. Ltd."**

AXIS BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : 015010200017806
- Branch address : K-12; Green Park Main; New Delhi - 110016
- Branch Code : UTIB0000015 (for direct cheque deposit)
- IFSC Code : UTIB0000015 (for online transfer)

STANDARD CHARTERED BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : 525-0-509-319-3
- Branch address : 10 Sansad Marg; New Delhi - 110 001
- Branch Code : SCBL0036027 (for direct cash/ cheque deposit)
- IFSC Code: : SCBL0036027 (for online transfer)

