



## Centenary Celebration of Youth Hostelling International

&

### 60<sup>th</sup> Anniversary of YHA of India

“HEIGHT OF ADVENTURE”

### NATIONAL MOUNTAIN BIKING EXPEDITION



#### EVENT:

100 mountain bikers will undertake about 600 kms of cycling through world's most hazardous and difficult terrain on Mountain Bikes starting from 19<sup>th</sup> August, 09. They will cover this distance in 17 days climbing Rohtang Pass (13,051 ft.) (3978mtr.), Bara Lacha Pass (16,040 ft.) (4890 mtr), Lachung La Pass ( 16,600 ft. ) (5059 mtr.) and Tanglang La Pass ( 17,582 ft.) (5359 mtr.) and finally to world's highest Motorable Khardung La Pass (18,380 ft.)(5602 mtr).



#### ROUTE:

**Kullu-Manali - Solang Nala-Marhi-Rohtang Pass-Sishu-Jispa-Zing Zing Bar-Sarchu-Whisky Nala-Pang-Debring-Rumtse-Choglamsar-Leh - South Pullu - Khardungla Pass-Leh**

The actual route may change depending upon geographical, social and environmental conditions.

**Duration:** 17 days. Participants will reach at Base Camp, Seobagh, Kullu on 19<sup>th</sup> August 2009. After concluding the expedition, they will leave from Leh on 04<sup>th</sup> September 2009.

#### About Kullu-Manali

Kullu Valley, also known as the “Valley of Gods”, is located on the banks of the Beas surrounded by towering peaks. Manali, (1,950 mt) (6400 ft), an ancient town in the lap of Kullu Valley, is a flourishing orchard industry, a popular tourist destination and trailhead for numerous treks as well as a great countryside ideal for adventure lovers. Manali's major assets are its beautiful landscapes, lush green valleys, meadows of wild flowers, and fruit laden orchards. You will also love to watch captivating view of snow capped mountain peaks.

#### About LEH:

Leh-Ladakh, a part of Jammu & Kashmir State in north of India consisting of two districts Leh and Kargil. Leh with an area of 45110 Sq Km makes it largest district in the country in terms of area.

It is at a distance of 474 Kms from Manali and 434 Kms from Srinagar. Leh district comprises of Leh town and 112 inhabited villages and one un-inhabited village. The total population of Leh district is 117 thousand. Leh is served by three airlines i.e. Jet Airways (Delhi), Air India/Indian Airlines (Delhi, Jammu, Srinagar) & Kingfisher Red (Delhi).

#### How to reach Base Camp at Seobagh, Kullu-Manali

Kullu-Manali is well connected from Delhi, Chandigarh & Pathankot by Bus, Train & Air. Nearest Railway station is Chandigarh & the nearest Airport is Bhuntar(Kullu). The base camp at Youth Hostel Seobagh is 3 km from Kullu bus stand on left bank, near Jairu Mineral Water Plant. Tel. no. +91-1902-230113.

**Criteria for Selection:**

Preferred Age Group: 20 Years – 50 years

The participant (male/female) should be in excellent physical and medical fitness. They must have a taste for adventure and willing to live life in the rough and tough terrain. They should be able to withhold the stress and strain in such high altitude expedition (where oxygen is less) for long duration.

**Right of selection is reserved with Youth Hostels Association of India (YHAI).**

**Participation Fee:**

Rs. 4,500/- per participant.

The actual cost of expedition will be much higher. This is highly discounted/subsidized fee as this is a special event to celebrate Centenary Celebration of Youth Hostelling International and 60<sup>th</sup> Anniversary of Youth Hostels Association of India. The fee is payable immediately on acceptance of application.

**For Foreign Nationals:**

A limited number of foreign nationals who should be member of Hostelling International(HI) can also participate in this expedition by paying a participation fee of USD 100. However, they have to apply as usual and **on acceptance** pay the participation fee immediately. They have to obtain their visa and arrange for their travel to Base Camp at Kullu and then return from Leh. They have to make their stay arrangements for the period not covered by this expedition. They should take adequate insurance cover before participation. They can send their documents/application over e-mail to: **info@yhaindia.org**

**YHA of India will assist you in planning your trip.**

**What YHAI will provide:**

1. Mountain Bike of 21 speed will be provided by Youth Hostels Association of India (YHAI) on returnable basis.
2. Accommodation in tents
3. High Calorie Food at all Camps
4. Fully Equipped Medical Team and Ambulance
5. Oxygen Cylinder at every Camp
6. Escorting Jeep & Backup Jeep
7. Medical Group Insurance

YHAI Group insurance is for accidental death or permanent disability for a limited time & money only. You are strongly advised to take extra insurance cover for your journey and other related matters.

**We shall also provide equipments:-**Helmet, Knee Cap, Elbow Guard, Gloves, Rucksack.

**RISK FACTORS**

This is a high risk adventure programme involving stiff cycling up /down on Himalayan Mountain Passes. The following risk factors can affect the participant:-

1. High Altitude sickness leading to Pulmonary Oedema.
2. Exhaustion due to climb or down
3. Fall during climb or down leading to ordinary or serious injuries.
4. Any unforeseen event.

It is emphasizing again that the above risk can lead to simple injury/serious injury/loss of limb/ temporary or permanent disability/ death.

YHAI will provide adequate assistances in the above circumstances but can not be held responsible for any risk mentioned or not mentioned above.

**ROUTE FOR NATIONAL MOUNTAIN BIKING EXPEDITION**KULLU (1230 mt.) – LEH (3500 mt.) – KHARDUNGLA PASS (5606 mt.) -LEH

Day 1:	19.08.2009	Reporting at Seobagh(Kullu) Base Camp & Orientation.
Day 2:	20.08.2009	Bike Acclimatization, Equipment distribution
Day 3:	21.08.2009	Kullu to Solang Nala (52 km)
Day 4:	22.08.2009	Solang Nala to Marhi (3320 mt.)( 23 km)
Day 5:	23.08.2009	Marhi – Sishu (3100 mt.) (43 km)
Day 6:	24.08.2009	Sishu – Jispa(3142 mt.) (58 km)
Day 7:	25.08.2009	Jispa - Zing zing bar (4150 mt.) ( 31 km )
Day 8:	26.08.2009	Zing zing bar –Sarchu Plain (4253 mt.) (54 km)
Day 9:	27.08.2009	Sarchu Plain - Whisky Nala(4700 mt.) (46 km)
Day 10:	28.08.2009	Whisky Nala – Pang (4240 mt.)( 29 km)
Day 11:	29.08.2009	Pang – Debring(4572 mt.) (43 km)
Day 12:	30.08.2009	Debring - Rumtse (48 km)
Day 13:	31.08.2009	Rumtse - Choglamsar ( 57 km)
Day 14:	01.09.2009	Choglamsar – Leh( 3500 mt.) (08 km) Participating in Ladakh Festival, Leh.
Day 15:	02.09.2009	Leh to South Pulu(4636 mt.) ( 26km)
Day 16:	03.09.2009	South Pulu to Khardungla (5606 mt.) ( 12 km)
	03.09.2009	Khardungla to Leh , (50 km) Valedictory Function.
Day 17:	04.09.2009	Group breaks after Lunch.

**Note: There may be changes in the mountain biking route and final programme due to any unforeseen event.**

# MAP OF MOUNTAIN BIKING



YHA OF INDIA IS COMMITTED TO PRESERVE THE FRAGILE ECO SYSTEM OF THE GREAT HIMALAYAN RANGE DURING NATIONAL MOUNTAIN BIKING EXPEDITION

**What you should bring:**

Jeans/ Cotton shirt, Jeans /cotton pants, woolen jersey or jacket, woolen muffler & cap, hand woolen gloves, sports shoes (grippe), sun cap, socks, water bottle, lunch box, goggles, cold cream, Toilet requisite, personal medicine, etc.

**Participants may bring valuables but only at their own risk.**

**How to enroll:**

Participants may apply in our prescribed application form (download from: [www.yhaindia.org](http://www.yhaindia.org)) and send it or mail it to us alongwith three (3) passport size photos and registration fee of Rs. 200/- (non-refundable) in favour of 'Youth Hostels Association of India' payable at New Delhi by way of demand draft / cheques / pay order along with medical certificate and other documents (mentioned in application form) to:



**Chief Executive Officer  
Youth Hostels Association of India  
National Office  
5, Nyaya Marg, Chanakyapuri  
New Delhi – 110 021  
Phone:- +91-11-26110250, 26871969  
Fax :+91-11-26113469  
Email: [info@yhaindia.org](mailto:info@yhaindia.org)**

Once approved, you need to send participation fee of Rs. 4,500/-(DD) / USD 100 in favour of Youth Hostels Association of India payable at New Delhi by post.

**Cancellation:**

50% cancellation charges of the participation fee will be charged till 1<sup>st</sup> August 2009 and no refund afterwards.

**Last date for Registration** is 31<sup>th</sup> May 2009. The YHAI reserves the right to close the registration early or extend the date of registration.

**Date of announcement for selected Participants:- 6<sup>th</sup> June 2009**

**Last date of submission the Participation fee:- 15<sup>th</sup> June 2009**

- Every participant who successfully completes the expedition will be awarded a special Certificate of Merit by YHAI.
- This expedition may be recorded in Limca book of World records or Guinness record in the largest number category.
- A special Kit to each participant by YHAI will be provided.



nominees, at all times and shall not deviate from the set route of expedition during the programme. I undertake to indemnify YHAI of all claims, expenses and demands, monetary as well as non-monetary, made by it to me pursuant to any fault, mistake, or any other act detrimental to interests of YHAI, its officials and /or any other co-participants etc.

\*This is my application for registration only. The YHAI have the right to accept or reject my application for participation. If selected I will pay the participation fee of Rs.4500/- within 7 days of notice of selection.

\*IN CASE OF ANY ACCIDENT, ILLNESS OR INJURY OR DISABILITY OR DEATH, I WILL NOT HOLD THE YOUTH HOSTELS ASSOCIATION OF INDIA WHOLLY OR PARTLY RESPONSIBLE.

\*I further declare that I have not been suffering from any infectious disease for the past one month and that I am keeping good health.

Signature.....

&  
60TH ANNIVERSARY OF YHA OF INDIA  
"HEIGHT OF ADVENTURE"  
NATIONAL MOUNTAIN BIKING EXPEDITION

**SPONSORSHIP FOR NATIONAL MOUNTAIN BIKING EXPEDITION**

I am pleased to know that YHA of India is celebrating Centenary Celebration of Youth Hostelling International and 60th Anniversary of YHA of India. YHAI is organizing a very challenging and adventurous programme –National Mountain Biking Expedition on world's highest roads Kullu-Manali to Leh – Khardungla Pass in the month of August – September, 2009.

I am supporting this most challenging and adventurous programme by sponsoring one / two/ or more cyclists by sending a contribution of Rs. 19,500/- for each of them by DD/Cheque in favour of **Youth Hostels Association of India and payable at New Delhi.**

Name & address of the Sponsor: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Contact Nos.(Tel/Mobile) \_\_\_\_\_  
\_\_\_\_\_  
E-mail: \_\_\_\_\_

I also wish the used Mountain Bike may be kept for the future use of YHAI   
or  
the used Mountain Bike be sent to my place after the expedition   
is over

Date : ..... SPONSOR SIGNATURE

Please note the selection of the cyclist will be done by the YHA of India as per their criteria.

**YHA OF INDIA THANK YOU FOR YOUR CONTRIBUTION FOR THE SUCCESS OF THIS EXPEDITION**

**PLEASE GIVE THE DETAILS:**

**DD/CHEQUE NO.....DATE : ..... AMOUNT.....  
BANK.....**

## MEDICAL CERTIFICATE

### Name

Mr / Ms			
	Surname	1 <sup>st</sup> Name	Middle name

### Fathers Name /Husband's name

	Surname	1 <sup>st</sup> name	Midle Name

Date of Birth	Date			Month			Year		
Address									
City	District			State			P Code		

Present illness / Past illness / Physical Disability	Is The Applicant suffering from		
	An Infectious Disorder	yes	No
Any known Allergy to Drugs / Foodstuff	Hypertension	Yes	No
	Bronchial Asthma	Yes	No

History of Taking Drugs for Chronic Disease		Diabetes Mellitus	Yes	No
		Epilepsy	Yes	No
		Heart Disease	Yes	No
Above 45yrs	BP	ECG Report	Blood Sugar Report	
Male /Female				
Female	Hb			

I have medically examined Mr /Ms \_\_\_\_\_

on (Date) \_\_\_\_\_ and found him / Her medically / Mentally fit to undergo a Trekking expedition in high altitude areas & in the mountains and as per history and clinical examination he/she is not suffering from any chronic disease

Name of Dr \_\_\_\_\_ Degree \_\_\_\_\_ Reg No \_\_\_\_\_

Applicant's Signature

Signature & Seal