

NANDA DEVI EAST & MILAM GLACIER



View of Milam valley



HIGHLIGHTS

- This trek is in the Kumaon Himalayas of northern India- it goes from Munsiyari to the deserted village of Milam, surrounded by 6,000m peaks, and then on to explore the valley that leads to the Base Camp for Nanda Devi East.
- The trek has superb views of Nanda Devi (7,816m) and the surrounding peaks in the Sanctuary, as well as Trishul I (7,074m), Panch Chuli peaks and Nanda Kot (6,861m).
- We pass through a relatively unspoilt area in sub-tropical vegetation and forest of bamboo and chestnut; there is wildlife including black bear, leopard, Himalayan thar, bharal and snow leopard along with a rich diversity of birdlife.
- This is an opportunity to see a less busy region of the Himalaya- the trek includes a combination of some spectacularly beautiful mountain vistas with an interesting cultural side.



NANDA DEVI EAST AND MILAM GLACIER

Total number of days	17 days
Grade & days trekking	Moderate, 12 trekking days
Accommodation	9 nights hotel, 13 nights camping
2011 price ex Delhi	£1,495 (US\$2,495)
Minimum group size	2
Dates	April 14 th to 30 th 2011 September 29 th to October 15 th 2011 April 12 th to 28 th 2012 October 4 th to 20 th 2012



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Train to/from Delhi and Kathgodam.
- All transfers including airport collections.
- Twin share room at Hotel White House in Delhi.
- Breakfast only at hotels in Delhi, all meals included while on trek.
- Twin share tents while on trek.
- All trekking arrangements including permits and fees, tents, TMC guide, ponies and cook.
- Financial protection insurance with International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£POA
Single tent supplement	£75 (US\$120)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Delhi (from £400).
- Travel & trekking insurance.
- India visa up to 6 month (£30).
- Lunch and evening meals in Delhi.



- Personal clothing & equipment please see the Appendix for suggested kit list.
- Tips.
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.



The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

This is a superb trek in the Garwhal Himalaya exploring the rarely visited Nanda Devi East Base Camp and Milam Glacier.

Garwhal Himalaya is a beautiful area of the Himalaya adjacent to the western end of Nepal and includes the famous mountain of Nanda Devi which at 7,816m is the highest peak that sits wholly within India. This part of the Himalaya attracted many of the famous explorers and mountaineers with most of them trying to unlock the secret of approaching Nanda Devi.

This trek follows the Gori Ganga gorge to the village of Milam and then approaches the East Base Camp of Nanda Devi. From the ruins of Milam village one can see it was once a large village, it used to be a significant trading centre for caravans crossing high passes to reach Tibet. The trail enters one of the most dramatic mountainous areas of the Himalayas near to Nanda Devi and the surrounding peaks in the Sanctuary, this scenery combined with the fascinating historical background of the region make this a superb trek.



DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Delhi and join the tour at the hotel.

A driver will be sent to collect you on your arrival at Delhi airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer.

Day 2. Sightseeing in Delhi, overnight train to Kathgodam.

Today we explore Delhi with a good local guide, the day is flexible depending on what you would like to see but the most popular places generally are the Red Fort, Jama Masjid, Qutub Minar and the Mughal gardens.

In the afternoon we get a transfer to the Old Delhi railway station where we board the Inter City Radjhani Express train in the two tier air conditioned section. This is always a very pleasant journey through the ever changing Indian landscape with all food and drink provided. Sheets and blankets are also given for your couchette in the evening.

Day 3. Drive to Munsyari (2,290m)- 210 km by road.

We arrive at Kathgodam early in the morning where our transport will be waiting for us for the transfer to Munsiyari. This is a picturesque drive that takes you through Almora, Bageshwar, Chowkori, and Tejam. Overnight camping or resthouse.

Day 4. Drive to Selapani, trek to Lilam (1,800m)- 2 ½ hours walking.

From Munsyari a 10km drive takes you down to Selapani where the trail up Milam valley begins. The village of Lilam is an easy 7km walk where we camp for the night.

Day 5. Trek to Bugdiar (2,700m)- 7 hours walking.

From Lilam the trail enters the spectacular 25km long gorge called the Gori Ganga. Above the Gori Ganga the hill sides above are covered in dense bamboo thickets and mixed rain forest. After the junction of the Ralam and Gori Ganga rivers the trek climbs to a tea shop at Radgari, and then goes to a small rest house at



Bugdiar. A memorial commemorates villagers and army personals lost in the avalanche of 1989, and now only a few houses remain on the edge of a waste land.

Day 6. Trek to Martoli (3,385m)- 7 hours walking.

The valley opens up after climbing quite steeply to an overhanging cliff which shelters a local deity. The route enters progressively drier terrain, but there are two water falls of about 100m one opposite a tea shop at Mapang. The trek continues to climbs to the village of Martoli-- this village used to be a thriving village of several hundred people until trading was stopped on the closure of the border with Tibet in 1962.

Day 7. Trek to Milam (3,423m)- 4 hours walking.

This is a superb day with great views of the high Himalayas including the main peak of Nand Deva at 7,816m and the other mountains surrounding the Milam glacier.

In the morning we walk through meadows and small shepherd settlements until we reach Milam, it was from this village where several locals were trained by the British as pundits to secretly survey and gather intelligence in Tibet.

In the afternoon we walk up to a high point at 3,500m looking down on the Milam glacier, there are many peaks visible on a clear day such as Trishul (7,074m), Hardeol (7,151m), Nanda Pal (6,306m) among many others.

Day 8 and 9. Trekking to the Nanda Devi East Base Camp (4,150m).

We take two days to explore the valley leading to the Nanda Devi East base camp. We descend to the village of Martoli from where we start the climb up the Pacchu Glacier and on to the small village of Lawan (3,600m).

From Lawan we follow the valley up to the meadows at base camp on a mix of terrain from moraine and snow to easier paths across meadows.

Day 10. Trek to Sumdu village (3,400m) - 4 hours walking.

We return to Martoli where we cross the river and pass Tola village and camp close to Sumdu village which is at the base of the Brijganga pass.



Day 11. Trek to Ralam (3,700m)- 7 hours walking.

There are superb views on the steady climb to the top of the pass- the razor sharp Panchulis dominate the south while the twin peaks of Nanda Devi are straight ahead. We arrive at Ralam village after a steep descent from the pass.

Day 12. Rest day at Ralam/ Trek up Ralam Glacier- 5 hours walking.

Today you can take a rest day or go for a day trek up the Ralam glacier (4km one way) along the watershed between the rarely visited Ralam and Dharma valley (8 km).

Day 13. Trek to Lungrani (3,200m)- 5 to 6 hours walking.

The trek takes us through bamboo jungle and for some of the way we follow a tributary of the Gori Ganga, the Ralam Nala. Camp by the river.

Day 14. Trek to Lilam (1,800m)- 5 to 6 hours walking.

Today there are impressive views down to the Gori Ganga Gorge- we cross over to the left bank to get to Lilam.

Day 15. Trek to Munsyari (2,290m)- 4 to 5 hours walking.

We retrace the route back to Munsyari to finish the trek.

Day 16. Drive to Kathgodam, overnight train to Delhi.

Day 17. Arrive in Delhi, day at leisure and evening flight back home.

The train arrives early morning in Delhi where we will be transferred to the hotel. The rest day is free for you do your own thing whether sightseeing or shopping.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

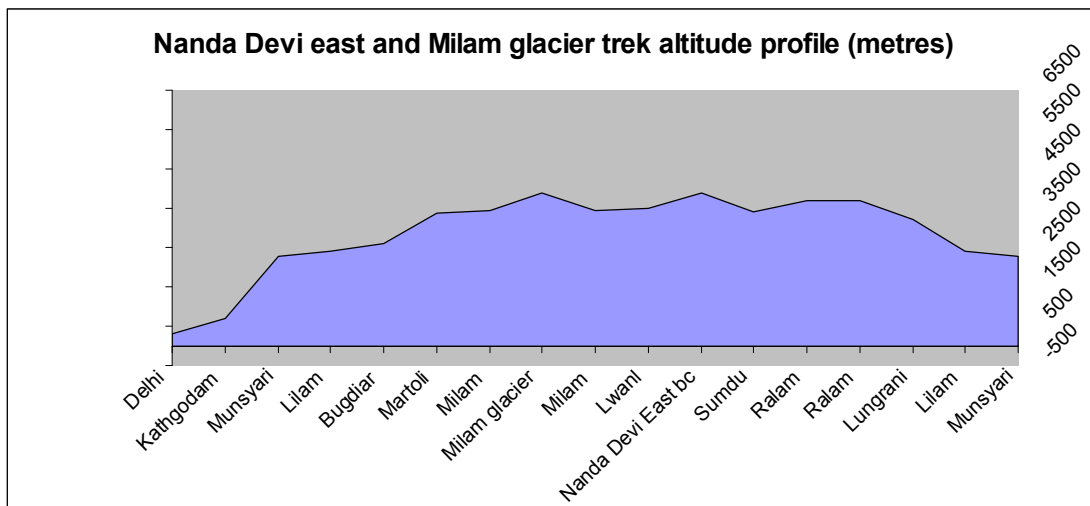




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Nanda Devi itinerary has been designed for gradual acclimatisation to take place. See the altitude profile below for the Nanda Devi east and Milam itinerary:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.

For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: Rolandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN DELHI

In Delhi we normally use the White House hotel which is located centrally in the Karol Bagh district of New Delhi. It is a short walk from the hotel to the Metro station and five minutes into Connaught Place. For more information take a look at their website www.hotel-whitehouse.com

We will book hotels of a similar quality if we are unable to get reservations at these ones.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the pony men have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the leader will



discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

FOOD

In **Delhi** there is a wide range of excellent restaurants close to the hotel in Connaught Circus from upmarket, local dhabas to western style. Some of the more popular ones are: Spice Route (in the Imperial hotel), Banana Leaf, Nirulas, Baristas, Parikrama, United Coffee House and Standard. Breakfast is provided each morning by the hotel.

While on the trek you will get breakfast with porridge and cereal, toast or chapattis, omelettes and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. On arrival at the camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking seasons in Uttaranchal are late September to October and April to June.

The trek will have a range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 20°C to -10°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the NandaDevi East and Milam Glacier has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.



If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a pony or yak. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

Citizens from the UK, US, Canada, Australia and New Zealand require an entry visa, it is your responsibility to obtain the entry visa. The Indian High Commission in London has updated the procedure for obtaining tourist visas. The decision on whether to grant a visa has been retained by the High Commission; however the application and collection process has been outsourced to VFS Global.

All applications have to be made online at <http://in.vfsglobal.co.uk/> You still have to apply online if you are submitting your application by post or using a visa agency. Walk-in applicants also need to fill out the online form before visiting VFS's office.

It should take 2 to 3 days to process your visa from submission although many people have experienced delays so please allow longer than this. Postal applications might take up to 15 days plus postage time. We suggest you carefully read the VFS website taking particular care in calculating the fee payable and also the rules for acceptable passport photos in order to avoid further delays.



VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in India. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.



To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.

CULTURAL CONSIDERATIONS

For those of you who are visiting India for the first time we have provided some cultural information to help ensure your behaviour is acceptable to your hosts in India:

- Both men and women should dress conservatively wearing full length trousers and a shirt.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but should not go nude. Women should try and be as modest as possible in these situations.
- Indians consider the left hand to be unclean, therefore do not eat food with your left hand and make sure you give or receive food only with your right hand
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything and on entering a temple you should remove your shoes.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.



- When visiting a monastery or gumpa it is customary to give a donation for its upkeep.

SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

- Six mountain travel books (Nanda Devi, Blank on the map, Upon that mountain, Mountains of Tartary, Mt Everest reconnaissance expedition 1951, Land of Tempest) by Eric Shipton
- Nanda Devi: exploration and ascent by Shipton and Tilman
- Nanda Devi: The Tragic Expedition by John Roskelley
- Nanda Devi by Hugh Thomson
- Nanda Devi Affair by Bill Aitken
- The Ascent of Rum Doodle by WE Bowman

MAPS

- Kumaon Garhwal Indian Himalaya Maps Sheet 8 Pindari Glacier, Badrinath and Nanda Devi area scale 1:200,000 Leomann maps
- Kumaon Garhwal Indian Himalaya Maps Sheet 7 Gangotri, Har Ki Doon and Mussoories area scale 1:200,000 Leomann maps
- Garhwal-Himalaya Ost Schweizerischen Stiftung fur alpine Forschungen scale 1:150,000
- Garhwal-Himalaya West Schweizerischen Stiftung fur alpine Forschungen scale 1:150,000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in camp/lodge in the evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket.

Handwear:

- Fleece gloves.
- Warm mittens and/or gloves.

**Headwear:**

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag.
- Backpack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).



Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a pony or yak). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment- Compeed patches are the best.
- Rehydration powder eg Dioralyte.
- Analgesic (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (optional), helps with acclimatisation.



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.