

Across the Roof of the World - August 16-31, 2008 A Himalayan Pilgrimage

with Dr. Jeff Salz

Passing through Hindu villages that time has passed by, we enter a true wilderness - a dense primeval forest deep with green grass and dotted with wildflowers. Traversing the Great Himalayan National Park we trek upward through lush meadows that give way to jagged landscape of alpine lakes peaks and glaciers of the high Himalaya until finally crossing the Pin Parvati pass we enter Spiti - a place of wild desolation, deep canyons and thousand year old Buddhist monasteries, high on the Tibetan plateau - the land that time forgot.

Sunshine Adventures welcomes you to **Across the Roof of the World – A Himalayan Pilgrimage with Dr. Jeff Salz.** Covering a daily average distance of ten miles daily with a basic altitude of 13,000 feet – spanning two distinct environments with their own distinctive cultures and exhilarating scenery – this is a journey for those individuals bold of spirit and in good physical condition. Porters carry our packs and an experienced and cheerful team of local guides, cooks and helpers tend to our comfort and safety throughout the trip.

*This is truly the adventure of a lifetime –
Even for those who have spent a lifetime adventuring!*



Ancient Cultures of the Indian Himalayas

Why a Pilgrimage?

Defined as a journey to a shrine or a sacred place, the word *pilgrimage* aptly describes our journey. Our expedition takes us from Kullu – the Valley of a Thousand Gods – up into to the ancient land of Spiti, called by Rudyard Kipling ‘the place where the Gods live’. We make our way along trails shared only by holy men and snow leopards. Utilizing the power of ritual, yoga and council processes we draw ourselves into the sacredness of the landscape... and the sacredness of the landscape into ourselves. Through focus, attention and elevation of spirit, we see clearly that even this amazing journey is but an outward expression of the greatest adventure of all – the adventure within.

Responsible Ecotourism :

Joint Venture with SAHARA- Unlike other tour operators (many of whom are not locally based and often exploit the local population), SHA has a unique relationship with the regional Kullu Valley organization, SAHARA. SAHARA is a non-governmental society (NGO) of locally organized Kullu Valley villagers who are registered with the Government of India. SAHARA is dedicated to helping the local village people improve the quality of their lives by developing sustainable local economies (such as ecotourism). These are linked to the protection of the local environment. Our joint venture with SAHARA ensures that your fees actually help to support the local people and build sustainable livelihoods.



TREK DETAILS :

9 Days - Trekking Manikaran to Sangam over the Pin Parvati Pass

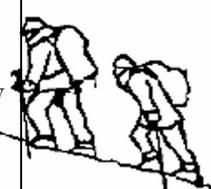
4 Days- High Altitude Jeep Safari (Pin- Dhankar - Tabo- Nako- Sarahan- Jalori)

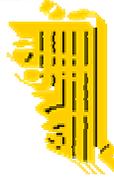
GRADE OF TREK:

Moderate to strenuous.

MAXIMUM ALTITUDE:

5319 meters (17, 600 feet) at the Pin Parvati Pass.

Day	Date	Program details	Over night
Day 01	Saturday 16th August	Arrival Delhi. Escorted to Radisson Hotel near the airport	o/n Radisson Hotel
Day 02	Sunday 17th August	Early morning flight to the Kullu valley. Transfer to Apple valley resorts. Slide show on the Pin Parvati and the Great Himalayan National Park by Sanjeeva Pandey. Introduction to the Park through a slide show and personal meeting with the Parks Director who will brief you about the history and the flora & fauna of the Park. Meet up with scientist/artist Payson Stevens. Evening pre-trek preparations and a cultural evening performed by the street theatre of SAHARA.	o/n Apple Valley Resorts
DAY 03	Monday 18th August	Manikaran- Pulga : Leave early in the morning and drive to Manikaran (1700 Mts.) and then on to a newly opened road till Kalga . Kalga (2200 Mts.) is a small clearing in the thick pine forest. From here we start the trek to Khir Ganga (4 hrs) with packed lunch enroute. The trek through the forest to Khir Ganga (2850 Mts.) is a pleasant walk except for one short steep climb in between. Khir Ganga is a holy place with a hot water spring, small temple of Lord Shiva and a bathing tank. This is the last chance to take a hot water bath on the trek!	O/n Tents 

DAY 04	Tuesday 19th August	Khair Ganga-TundaBhoj (4-5 hrs) The trail is still within the limit of pine trees and is heavily wooded on this section also. TundaBhoj (3200 Mts.) is the upper limit for the pine forests and now on there is an abundance of Bhoj (Birch) trees.. About 9000 feet high, Tundabhuj gets its name from the abundance of birch trees in the area. The camping ground has an ethereal feeling about it. (Imagine a table like structure bound on two sides the raging Parvati river running through deep ravines and surrounded on all sides by hills called the 'Pancha Pandavas')	o/n Tents Camp in a green meadow
DAY 05	Wednesday 20th August	TundaBhoj-Thakur Kuan (4-5 hrs) This is the first challenging day on the trek. The trail is steep and hard in some sections close to Thakur Kuan (3400 Mts.). This area falls within the Kanawer Wildlife Sanctuary and one may encounter small Himalayan Brown Bears at lower elevations and Wild Sheep or the Snow Leopard at higher altitudes.	o/n Tents
DAY 06	Thursday 21st August	Thakur Kuan-Mantalai Lake (6-7 hrs) Trek through flower speckled meadows to mysterious Mantalai Lake. There are some very unusual rock bridges on the way to Mantalai and there is an abundance of quartz and semi precious gems around here.	o/n Tents
DAY 07	Friday 22nd August	Mantalai Lake-Base Camp (6-7 hrs) The trekking is challenging, over a glacier and loose scree slopes. There is a beautiful grassy camp (4500 Mts. approx.) at the base of the pass. The Parvati Kund is located just above Mantalai Lake on way to the Pinparvati Pass. The green colour of the lake is intriguing!	o/n tents
DAY 08	Saturday 23rd August	REST Day Rest at the base of the Pin Parvati Pass if the weather permits. 	o/n tents
DAY 09:	Sunday 24th August	Base Camp-Pin Parvati Pass-Camp (5-6 hrs) The approach to the Pass is over a crevassed snowfield and all possible precautions are taken on this section. Everybody is roped up as the crevasses may not be easily visible. After the pass, descend over a steep scree slope reach the first camp site in the Pin Valley (4500 Mts.)	o/n tents 
DAY 10	Monday 25th August	Pass Camp - Mud (7-8 hrs) A long downhill walk this day gets us you to the first village in Spiti. Mud (3600 Mts.) is the first village of its kind that we have seen till now. It is set below a cliff and inhabited by simple folk of ancient Tibetan origin. This is also the last night on the trek. o/n tents	o/n Home stay at Mud
DAY 11:	Tuesday 26th August	Mud-Sangam-Kungri (5+1 hrs) From Mud you will be picked up by motor transport and driven to Kungri.and Sangam, the largest village in the Pin Valley. From Sangam we travel on to visit Dhanakar and finally camp at Schichling.	o/n Tents
Day 12	Wednesday 27th August	Schichling - Tabo and Nako : This is the most fascinating day when we visit monasteries over 1000 years old on our jeeps . Tabo is called the “ Ajanta of the Himalayas” due to its magnificent murals and amazingly detailed Thankas. . After Tabo we continue over to the Kinnaur valley finally camping in the small town of Nako. Overnight camp at Nako Monastery	o/n Tents 

Day 13	Thursday 28th August	Nako to Sarahan o/n Bhimalaki Temple The wooden Bhimakali Temple is a grand specimen of hill architecture in a mix of Hindu and Buddhist styles. The palaces of the royal families of the Bushahr rulers are nearby. The present Bhimakali Temple is a new one, built in 1927. The old temple, nearby, has an amusing story to it – it got tilted slightly in the 1905 earthquake, and then miraculously straightened back with a subsequent tremor! It is said that the foundations of this temple are very deep and that there is a disused tunnel that connects this to the village of Ranwin, a kilometre away. Pundits (priests) would enter and leave the temple through this secret passage. The complex has smaller temples too, dedicated to Lord Narsingh and Lord Raghunath.	o/n Hotel 
Day 14	Friday 29th August	Sarahan to Jalori to Kullu : This is the last day of our jeep safari through the Jalori Pass which connects the Kullu Valley to the Rampur Valley . We will descend to flowing waters and onwards to Apple Valley hotel. Evening celebration at Apple Valley Resort.	o/n Apple Valley Resorts
Day 15	Saturday 30th August	Morning Flight Kullu to Delhi : Sightseeing – Shopping.	o/n Radisson
Day 16	Sunday 31st August	Morning departure to US by flight.	Arrive USA same morning (8/31- due to date line)



GREAT HIMALAYAN NATIONAL PARK
 ग्रेट हिमालयन नैशनल पार्क
 Eco-Tour Operators



Number of Persons: 12

Trek/tour Land Cost per person: \$2950

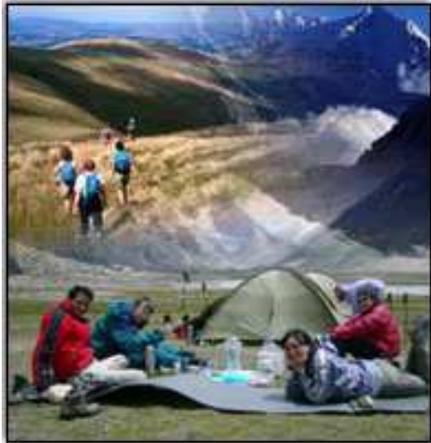
(includes all ground fees and **internal India airfare**)

The total price includes

- All accommodation in the above mentioned properties
- All trek logistic support: porters, cooks, and personal porter (to carry client's main clothing and gear pack of each trekker).
- All group meals during trek/tour
- All ground transport in deluxe a/c Qualis Jeeps.
- A fluent English-speaking guide who will be with you from Day 01 to Day 16.
- All entrance fees to monuments in Delhi, Great Himalayan National Park admission fees and Park Video & Camera Fees.
- Experienced GHNP guide/naturalist.
- A list of required and suggested gear needed by trekkers will be provided to participants.

The above rates do not include:

- International round-trip flight tickets from USA/Abroad to Delhi.
- Changes in programs or flight schedules due to reasons like climate and geographical hazards
- Travel and flight insurance, emergency medical repatriation charges required by Great Himalayan National Park.
- Expenses of personal nature including: liquor/drinks, telephone calls, shopping, etc.
- Tips to porters and trekking staff.
- Any items not mentioned above.



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www.sunshineadventure.com