



NOLS ALUMNI INDIA TREK TRAVEL AND LOGISTICS OCTOBER 11 – 23, 2011

STARTING DATE: October 11, 2011, 5 p.m. The Legend Inn, New Delhi, India

ENDING DATE: October 23, 2011, 8 p.m. New Delhi, India

BEGINNING OF TRIP

The trip begins on October 11 at 5 p.m. with an orientation meeting at the The Legend Inn in New Delhi, India. We recommend that you arrive in New Delhi on the evening of October 10 to give time for jet lag recovery. You are responsible for your lodging on October 10— we suggest you stay at the The Legend Inn. Please make your lodging reservations through pstcr@hotmail.com (details below) as soon as possible.

TRIP LOGISTICS

After our orientation meeting at the The Legend Inn, the group will depart by all-night train and jeep ride to NOLS' India base in Ranikhet, arriving at about 11 a.m. on October 12. We'll spend the day organizing gear, packing mule loads, sightseeing, and learning some basic Hindi.

On October 13, we will take a 6-hour jeep ride to the village of Karmi where our hike begins.

The trip returns to Ranikhet on October 22. We'll de-issue gear, get cleaned up and spend the night of 5th at the NOLS India Base. The group will travel early by Jeep for three hours to catch the morning train to Delhi, arriving there about 3 p.m. on October 23. In Delhi, as a group you will move into the Legend Inn and wrap-up the trip with a group dinner. Depending on your travel plans, you may depart New Delhi later that day, or the next. If you tell us your travel plans and need lodging, we will reserve you hotel space on October 23; however, you are responsible for payment.

On previous trips, people have enjoyed staying an extra day or two in India to travel to Agra for a visit of Taj Mahal.

END OF TRIP

The trip ends in New Delhi, India on October 23 at 8 p.m. after dinner. NOLS India will organize an airport drop for people leaving that night. Any one leaving later will have to use the Taxi service provided by the hotel they stay in. It should not cost more than INR 800 +/- (US \$ 18) or use the Delhi Metro. Most international flights leave around midnight. Anyone not departing on October 23 will be taken to The Legend Inn that night. The hotel is close to downtown with a noon checkout on October 24. Lodging will be organized by NOLS India for the last night, participants are responsible for the cost.

PRIOR PREPARATION

Once enrolled please read “Travel Arrangements” below. Call the alumni office if you have any questions.

You will need to have the following for your trip:

- Valid passport for trip duration
- India Tourist Visa
- 4 passport sized photos (extras just in case)
- Medical Insurance that will cover you while you are in India.
- Inoculations suggested
- \$350 minimum in Travelers checks is suggested.

PASSPORT

You will need a valid passport for the duration of your stay. If you have a passport, check the expiration date. Passports are generally valid for a period of ten years from the issue date.

For current traveler information, contact the U.S. State Department’s website: http://travel.state.gov/passport_services.html

TRAVEL ARRANGEMENTS

GETTING TO NEW DELHI

Since many major airlines service New Delhi, you have a range of travel options. If you’re having trouble connecting to New Delhi on your own, we suggest contacting Inspired Journeys (830-890-5125 or inspire@stx.rr.com). They have considerable experience routing NOLS students to and from India.

ONCE YOU GET TO NEW DELHI

For hotel reservations and airport pickup, send an email to pstcr@hotmail.com with a subject line “NOLS India” and addressed to “Rajender Singh”(Raju). Raju will arrange for a driver to meet you in the airport with your name and NOLS on a placard. His office is close to Airport/The Legend Inn, so he can help you with arrangements there as well. His web site is www.pstc-india.com

The Legend Inn is centrally located close to downtown New Delhi.

The Legend Inn, Delhi

E-4 East of Kailash, New Delhi-110065

Tel:91-11-46153333 email:thelegendinn@gmail.com

www.thelegendinn.com .

The best way to get from the airport to the The Legend Inn is to reserve a PSTC Taxi. Their driver, carrying a NOLS placard, will wait at the airport arrival lounge and take you directly to the The Legend Inn. The PSTC taxi costs INR 1200/- (US \$ 25).

The second best way to get to the The Legend Inn is to hire a pre-paid taxi at the airport. The pre-paid taxi counters are located at the arrival terminal with big signs (PRE-PAID TAXI). It takes about 40 minutes from the Airport to Hotel. You have to pay at the counter in advance for which you will be given a receipt with the Taxi # which will drop you at The Legend Inn. Please be specific when you pay at the counter INR 600/- (US \$ 14) say The Legend Inn, E-4 East of Kailash.

TOURIST VISA

As of this writing, U.S. citizens entering India are required to have a Visa. The Indian Consulate will require an explanation as to why you wish to enter the country; simply state that you are a TOURIST on a backcountry trek, and would like a 6-month tourist visa. If the application asks where you will be trekking, say “the Kumaon/Garhwal area of Uttaranchal”. We suggest that you do not state that you are a student nor mention the word “school.” Saying that you are attending a “school” will trigger extensive red tape since NOLS differs from a traditional school.

To obtain a Tourist Visa, you must send, via Certified Mail, 1) your passport, 2) a passport-size photograph, 3) completed Indian Visa Application Form, 4) a money order for \$60.00, and 5) a self-addressed stamped return envelope to the Indian Consulate that has jurisdiction over your home State. If you prefer, you may take the information to the Consulate in person. See: <https://indiavisa.travis outsourcing.com/get-a-visa> for details and forms.

You may find it helpful to contact the Indian Embassy in Washington, DC for details on which Indian Consulate is responsible for visas for residents of your home state. See: Embassy of India 2107 Mass. Ave. NW, Washington, DC 20008. (202) 939-7000 / Fax (202) 265-4351 or <http://www.indianembassy.org>

The Visa application may ask for the name and address of a contact in India. If so, please use the name of our transportation services in India or our India Program Supervisor.

Mr. Singh
14 Nanakpura Commercial Plaza
Patna Sahib Tourist Co.
Moti Bagh,
New Delhi. 110 021 INDIA
Tel: +91 9811052118

N. Ravi Kumar
NOLS India, Vaniya Heritage Cottage
Mall Road, Ranikhet - 263645
Uttaranchal. INDIA.
+91 5966 221428
+91 9410159900

APPEARANCE

As individuals visiting a foreign country, please recognize local social customs and act accordingly as respectful guests. A neat “clean-cut” appearance will help expedite your processing by customs and immigration officials. Be thoughtful about what you bring into the country.

- Avoid the “rugged youth” look; old, worn-out clothes are in poor taste.
- Shorts are not well regarded; we should limit their use to the mountains.
- Do not bring Army surplus clothing that resembles military fashion.
- T-shirts with political or sexual commentary are not appropriate.
- You will need two pair of pants/skirts, three shirts and sandals for airline travel, while in New Delhi, and hiking to the mountains. It will be hot in New Delhi, so consider light-colored clothing. We recommend wearing full-cut drawstring style pants for travel to and from the mountains.

TRAVEL HEALTH AND MEDICAL INFORMATION

International travel poses special health considerations. NOLS strongly advises that all participants traveling to international locations carefully consider what vaccinations or inoculations are required, recommended or suggested for their specific travel itinerary by:

- Reading the NOLS trip description for information on where the trip travels within the country. Most NOLS trips do not follow typical tourist itineraries.
- Consulting with a physician, travel medicine specialist or other health care professional.

To guard against infection while traveling in a foreign country, routine immunizations should be current. These include tetanus and diphtheria, measles, mumps and rubella, and polio. A series of inoculations can take time, so we suggest you begin early.

Regulations and recommendations can change. NOLS suggests some specific inoculations based on information from the U.S. Centers for Disease Control, through consultation with health officials in the specific region of the countries where courses are conducted and through our experience in the specific country. The final decision for inoculations that you receive is your responsibility. There are many sources of information and some of the information is contradictory. In addition to consulting with your health care provider, the following organizations provide useful information.

- U.S. Centers for Disease Control either via the CDC International Travelers Hotline 404-332-4559 or their web site at <<http://www.cdc.gov/travel/index.htm>>.
- International Association for Medical Assistance to Travelers (IMAT) 417 Center St., Lewiston, NY 14092, 716-754-4883.
- Shorelands Travel Health Online <<http://www.tripprep.com>>

Your inoculations should be recorded in the official document, *International Certificate of Vaccination*, available from the U.S. Public Health Service or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, or other information of a medical nature. Please record your blood type on the front page of this booklet.

INDIA SPECIFIC INOCULATIONS

At this time, there are no inoculations required by the United States or India for entry or re-entry. As of July 31, 1998 the CDC recommends the following vaccines (as appropriate for age):

- Hepatitis A or immune globulin (IG).
- Hepatitis B, if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than 6 months, or be exposed through medical treatment.
- Rabies, if you might be exposed to wild or domestic animals through your work or recreation.
- Typhoid, particularly if you plan to visit rural areas or stay longer than 6 weeks.

- As needed, booster doses for tetanus-diphtheria and measles, and a one-time dose of polio for adults. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

MALARIA

As in equatorial regions around the world, malaria exists in India. Malaria is caused by a parasite that is transmitted by mosquitoes. **You and your physician should choose your drug regimen for a malaria prophylaxis.** Three possibilities are: 1) Mefloquine, 2) Doxycycline, 3) Chloroquine Phosphate with Proguanil. The Center For Disease Control in Atlanta, GA, also has a Malaria Hotline (404) 332-4555.

We recommend that you begin your medications **before** arrival in India, to gauge your body's reaction to the drug. You should take malaria prophylaxis during your entire stay in India and after you leave India so the drug remains present in your body to help prevent malaria. Regardless of the prevention method, it is still possible to contract malaria.

TRAVELER'S DIARRHEA

Diarrhea is by far the most frequent health problem of travelers to India. Diarrhea is caused by a variety of infectious agents; the spectrum of clinical illness varies considerably. This illness is usually not severe, and complete recovery often occurs in the absence of treatment.

We treat our drinking water and we are careful of what we eat. We also suggest you consider the prophylactic use of anti-microbial medications such as Bactrim along with some pro-biotic, as you will be eating at local restaurants. Please consult your personal physician in regard to obtaining a prescription. We have also found that regular intake of garlic capsules is an effective prophylaxis for diarrhea. Consuming one 250mg garlic capsule with each meal has reduced the incidence of diarrhea. We suggest you purchase enough garlic capsules to begin taking them on the starting day of the trip and continue through one week after the trip. If you plan to travel in India after the trip you may want to continue this regimen for the duration of your travels. If a significant problem with diarrhea does occur during the trip, the leaders carry additional medication to treat the condition in the field or the participant may be evacuated to where the school's physician in India will be able to monitor the individual carefully and provide treatment.

COMMUNICATION

Once the expedition begins, do not plan on making or receiving any phone calls until you return to New Delhi. If someone needs to contact you with a true emergency message, they should contact the NOLS Alumni Department in Lander, Wyoming (800.332.4280). There is no guarantee that they will be able to contact the expedition once the trip begins.

MONEY AND PERSONAL EXPENSES

Participants are responsible for personal clothing and equipment, medical services, meals and lodging while in town and expenses en route to India. NOLS will cover the cost of food on the expedition, transportation in India and equipment as indicated on the Group Equipment List.

Travelers checks, cash and credit cards are all viable options in India. ATM's are increasingly available and banks and currency exchanges are common. Consider changing Dollars for Rupees in the New Delhi Airport before leaving the secure area. It's a good idea to warn your credit card company that you're traveling abroad, otherwise automatic fraud detection measures may put a stop on your cards.

Although thievery is no more prevalent in India than the U.S., you should consider how you carry your valuables. A lost or stolen passport creates a major hassle. Many outdoor stores sell thin pouches with neck cords allowing them to be tucked inside your shirt and still be handy.

APPLICATION FORMS/TUITION PAYMENT

Please send your APPLICATION, MEDICAL HISTORY, RELEASE AND ASSUMPTION OF RISK, and INSURANCE FORMS along with \$200 non-refundable deposit to:

NOLS Alumni Office
284 Lincoln St.
Lander, WY 82520

For this international trip, **final payment is due August 31, 2011**. Please send a copy of your passport page and photo with final payment. You may pay the deposit and final balance over the phone with a Visa or Mastercard and fax the application forms. To enroll, and pay via telephone, call 800-332-4280 or fax: 307-332-8811.

FITNESS RECOMMENDATIONS

The Kumaon Himalaya provides an excellent setting for expedition camping: it also provides an opportunity to apply mountain travel skills at high altitude. Being physically fit enables you to take full advantage of this opportunity; it will also make your trip a safer and more enjoyable experience.

It is essential that everyone participating in this trip arrive in good physical condition and health. High altitude mountain travel is demanding, no matter how fit you are. We strongly encourage you to consider your physical condition now.

If you observe a need for additional aerobic conditioning, begin at least 8-10 weeks prior to the start of the trek and adhere to the following **F.I.T.T.** principle:

Frequency - Exercise 3-5 times per week.

Intensity - Exercise at about 60-80% of maximum effort. Use the "talk test;" if you are breathing so hard that you can't converse with a partner, you're working too hard - slow down a little.

Time - Exercise sessions should involve an expenditure of about 300-600 calories per session. That's approximately the equivalent of:

3-6 miles of jogging;

or 10-25 miles of bicycling over rolling terrain;

or 20-60 minutes of aerobic activities such as cross-country skiing, rowing, or swimming

Type - The activity selected should be "total-body" - involving the large muscle groups - and should be rhythmical and continuous.

Since hiking is primarily a lower body activity, running and cycling perhaps provide the greatest training benefit. Progress gradually to avoid over-stress and injuries. Work on Time (duration) first, and then begin to increase Intensity.

Flexibility (range of motion) exercise is also important and should involve stretching for all muscle groups. Select a number of stretches for all areas of the body. Stretch "easy" - don't bounce or over stretch. Maintain each stretch for 10-20 seconds and don't hold your breath or strain.

ALUMNI OFFICE CONTACT INFORMATION

The alumni office is located at the NOLS Headquarters in Lander, Wyoming. We can be reached at (800) 332-4280. Email : alumni@nols.edu. If you have any travel problems on arrival day, please contact us right away.

READING RESOURCES

Ackerley, J. R. Hindoo Holiday. Penguin Books.

Aitken, Bill. Riding the Ranges. Penguin Books.

Aitken, Bill. Footloose in the Himalaya. Permanent. Black. 2003

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Ali, Salim. The Fall of a Sparrow. Oxford University Press.

Alter, Stephen. Sacred Waters. Penguin Books.

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Bumiller, Elizabeth. May You Be the Mother of a Hundred Sons: A Journey Among the Women of India. Fawcett Books, 1991.

Cameron, James. An Indian Summer. Penguin Books.

Corbett, Jim. My India. Oxford University Press.

David, J.C. A Century of Natural History. London: Oxford County Press, 1988

Delacy, Richard. Hindi/Urdu Phrasebook. 2nd ed. Australia: Lonely Planet Publications, 1998

Frater, Alexander. Chasing the Monsoon. Penguin Books, 1991.

Gadgil, Madhav and Guha, Ramachandra. This Fissured Land: An Ecological History of India. New Delhi: Oxford University Press, 1992 .

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Moraes, Dom. ed. Journeys. An Anthology of Indian Travel Writing. Penguin Viking.

Niven, Christine, et al.. Lonely Planet India. 8th ed. Australia: Lonely Planet Publications, 1999.

Rushdie, Salman. Midnight's Children. Penguin Books, 1995

Weare, Gary. Lonely Planet Trekking in the Indian Himalaya. 3rd ed. Australia: Lonely Planet Publications, 1997.