



# HIMALAYAN FRONTIERS

CULTURE & ADVENTURE TOURS PVT. LTD.

Tel: +91 1902 250384

Email: [info@himalayanfrontiers.com](mailto:info@himalayanfrontiers.com)

WEB: [www.himalayanfrontiers.com](http://www.himalayanfrontiers.com)

## Basic Skiing Course- 7 Days

Rs. 12000/- Onwards

A high-end adventure sport which became much more popular amongst all across India. This is the kind of adventure sport which is possible in Himalayan States only, in Indian sub-continent; Manali, a gem covered with white layer of snow during the winter, is among the best place for ski. A place, where you can play with soft snow/powder snow for hours as you'll get snow all around, which also provide different ski slopes for basic to higher level skiing, amazing view of different peaks (Deo Tibba, Hanuman Tibba, Indrasan), passes like Rohtang, and vast Kullu valley and Hamta Valley. Skiing is kind of imported sport from Europe and very expensive but to do the same in Himalayas, we at Himalayan frontiers, made it very economical for our specialized students' group programme.

<b>Activity &amp; Grade</b>	Skiing & Moderate grade
<b>Season</b>	January to March
<b>Location</b>	Manali

### Highlights

**Manali:** One of the most popular hill stations in the country

**Temperature Level:** -10°C to 5°C

### Skeleton Itinerary

- Day 01: Pick up and Transfer to hotel
- Day 02: Ski Training
- Day 03: Ski Training
- Day 04: Ski Training
- Day 05: Ski Training
- Day 06: Ski Training
- Day 07: Back to Manali & drop

### Itinerary

#### Day 01: Pick up and Transfer to hotel

Morning arrival at Manali, Pick up from Manali bus stand and transfer to Hotel (15 kms, 25-minute drive) by Car. After Lunch equipment distribution, introduction lecture about ski and surroundings.

#### Day 02: Ski Training

Your adventure journey in snow will start from today. After breakfast will move to field to learn Ski position and walk on snow with ski, up to Lunch. After Lunch will again move to field for Duck Step and Side Step.

#### Day 03: Ski Training

After breakfast will move to field, today's session includes Snow plough technique, Fall & Recovery on Snow, for morning session which will continue till lunch and after lunch will again move to field for afternoon session.

#### Day 04: Ski Training





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Today's Session is more about improvisation of previous sessions with new techniques which includes snow plough turn & Basic Swing on snow. That will be learned in regular two sessions before and after Lunch.

## Day 05: Ski Training

On this day will learn some advance technique of Ski like Downhill Balance-Turns, Short and Long Turn. Today's programme will follow the regular schedule.

## Day 06: Ski Training

On this day will practice advance technique of Ski like Downhill Balance-Turns, Short and Long Turn. In evening, will organise competition and get best student of the course.

## Day 07: Back to Manali & drop

The last day of programme, after breakfast equipment collection and certificate distribution. After Lunch will move to Manali market. Drop at bus stand.

Inclusion	Exclusion
<ul style="list-style-type: none"> <li>Accommodation in guest house / local house on 4 sharing basis for 06 nights /07 days.</li> <li>Food will be on APAI plan (i.e. full board, breakfast, lunch, dinner with Hot drinks).</li> <li>Instructor throughout the programme in Manali.</li> <li>Ski equipment, Dress for ski.</li> <li>Transportation as per itinerary (i.e. pick up and drop from Manali Bus Stand)</li> <li>Ski Training.</li> </ul>	<ul style="list-style-type: none"> <li>Adventure activities (river rafting/ paragliding) snow activities at Solang, rope way/gondola.</li> <li>Transportation apart from the Programme.</li> <li>Personal Expenses.</li> <li>Tips to guide or any other staff member.</li> <li>Medical treatment apart from first aid.</li> <li>GST 5%</li> <li>Any Extra expenses not mentioned in Inclusion.</li> </ul>

## Terms & Conditions

**1. Booking:** All booking for the tours /treks are made with Himalayan Frontiers, herein after referred to as 'the company' and are subject to the conditions: the person signing the booking form accepts the conditions and is hereafter referred to as the client.

**2. Liability:** The Company cannot be made liable for the consequences of weather condition, flight cancellations, war or threat of civil war, strikes, industrial action, political unrest or any other force majeure, unusual or unforeseen circumstance. The company reserves the right to use alternate transport, or vary the itinerary if breakdown, sickness or any other force major. Any additional that result, such as extra hotel accommodation, flight or road transport will be on your charge and must be paid directly at the spot.

Please understand, there are certain hazards involved in your adventurous and culture holidays which you must accept at your own risk. The company will not be liable for any illness major or minor





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injury, death sustained during neither the trip, nor it will be liable for any uninsured losses of your property and other losses during the trip.

**3. Insurance:** This is mandatory for all clients travelling on any tour/ trek or independent itinerary arranged by us. You are responsible for obtaining adequate insurance covering expenses of unexpected as mentioned in **liability paragraph**. the loss of baggage, medical expenses, helicopter (air or ground) rescue, injury, death, repatriation, cancellation and curtailment of the itinerary.

**\*It is strongly advised that clients take out insurance to cover the unexpected and cancellation charges.**

**4. Refund:** No refund will be made for any unused services included in the tour / trek cost. No refund will be payable to any client who voluntarily or obliged to leaves a trip enroute, clients are responsible to bare their own expenses, expenses of such as escort, transport, hotels and other related services occurred due to such circumstances.

**5. Decision of Tour / trek leader or Guide:** Client agree to accept the authority and the decision of the tour/ trek leader or escort appointed by the company whilst on tour with the company. If in the opinion of the tour/ trek leader, any client's behavior is detrimental to the safety, welfare or harmonious state of the group as a whole, the client may be asked to leave the tour / trek without any right of refund and all extra expenses caused will be on his/her charge.

## Booking & Cancellation

- 40% of total programme cost should be deposited in advance for booking.
- Balance payment should be made at least 7 days before the tour begins.
- The amount paid once is not-transferable to any other programme/tour or to any other individual(s)/group or for any other service.
- No refund shall be made if participant(s) drop/terminate from program at any point due to any reason.
- One has to take care of his/her individual luggage.
- The organisers or any individual connected with the tour shall not be held responsible of any accident or any unforeseen natural calamity.
- Bank charges has to be paid by the Client.

## Refund Policy

Sr. No.	Cancellation Period (Before the Tour Begins)	Refund%
1	30 days	100%
2	15 days	50%
3	7 days	15%
4	Less than 7 days	Nil

\*T&C Apply

