



No. AAI/SPB/CHQ/All India Trekking/2022-23

Date : October 25, 2022

CIRCULAR

Subject :- All India AAI Trekking Expedition to Kuari Pass (12516 ft.) in Joshimath area of Chamoli Distt. Of Uttarakhand in Garhwal Himalayas w.e.f. 04.12.2022 to 13.12.2022 (in three groups).

Reference may please be made to the SPB-CATC circular No. AAI/SPB/CATC/All India Trekking/2022/ 807-814 dated 21st October 2022 regarding All India AAI Trekking to Kuari Pass (12516ft.) in Joshimath area of Chamoli Distt. Of Uttarakhand in Garhwal Himalayas w.e.f. 04.12.2022 to 13.12.2022 (in three groups).

SPB-CHQ invites applications from the interested participants those comes under the administrative control of SPB-CHQ. All the applicants are requested to ensure about their fitness before applying for the said expedition. However General fitness and Medical conditions of the participants will also be checked at the Base Camp on the day of arrival and unfit candidates will not be permitted to proceed further and may be relieved immediately from the expedition.

For remaining instructions, Prescribed Application form, Medical Fitness Certificate performa and Do's and Dont's for the said Trekking Expedition may please refer to SPB-CATC circular dated 21st October 2022.

All the interested applicants are requested to submit the Willingness on email id spbchq@aai.aero and kcarora@aai.aero latest by 31.10.2022 (16.00 Hrs.) names of the successful candidates will also be published on 31.10.2022 at 17.00 Hrs or as decided by the competent authority after the draw of lots if required.

This issues with the approval of President Sports Promotion Board, CHQ

(Vikas Sahni)

Vice President SPB-CHQ

1. ES to Member ANS/Fin/HR/Ops/Plg.
2. PS to President SPB, CHQ & ED (Admn.)
3. All HODs and AAI web site
4. Branch Secretary, AAEU-CHQ.



1. The first part of the document is a list of items.

1.1 Introduction

The purpose of this document is to provide a comprehensive overview of the project's objectives and scope. It is intended for use by all stakeholders involved in the project.

The document is organized into several sections, each covering a different aspect of the project. The first section, 'Introduction', provides a general overview of the project and its goals. The second section, 'Objectives', details the specific goals and outcomes that the project aims to achieve.

The third section, 'Scope', defines the boundaries of the project and identifies the key areas of focus. The fourth section, 'Methodology', describes the approach and tools used to conduct the project. The fifth section, 'Timeline', provides a detailed schedule of the project's activities and milestones.

The sixth section, 'Resources', lists the personnel, equipment, and other resources required for the project. The seventh section, 'Risk Management', identifies potential risks and outlines strategies to mitigate them. The eighth section, 'Conclusion', summarizes the key findings and recommendations of the project.

The final section, 'Appendix', contains supplementary information that supports the main body of the document. This includes a glossary of terms, a list of abbreviations, and a bibliography of references.

The document is a living document and will be updated as the project progresses and new information becomes available.

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Project Manager

1. To identify the project's objectives and scope.
2. To define the project's key areas of focus.
3. To describe the project's methodology and tools.
4. To provide a detailed schedule of the project's activities and milestones.



भारतीय विमानपत्तन प्राधिकरण
AIRPORTS AUTHORITY OF INDIA
Sports Promotion Board, CATC

No. AAI/SPB/CATC/All India Trekking/2022/807-814

21 Oct. 2022

To,

The Regional Executive Director & President,
Regional Sports Control Board, Northern
Region / Southern Region / Eastern Region/
Western Region / North Eastern Region

The Airport Director & President.
Airports Sports Control Board
Chennai / Kolkata

The Executive Director (Admin) and President
Sports Promotion Board CHQ

The Secretary,
AAISCB,
CHQ

Subject: Trekking Expedition to Kuari Pass (12,516ft.) in Joshimath area of Chamoli Distt of Uttarakhand in Garhwal Himalayas wef 04.12.2022 to 13.12.2022 (in three groups)

Sir,

The Sports Promotion Board, CATC, Prayagraj is organizing a **"Trekking Expedition to Kuari Pass (12,516ft.) in Joshimath area of Chamoli Distt of Uttarakhand in Garhwal Himalayas w.e.f 04.12.2022 to 13.12.2022 (in three groups)"**

The **eligibility criteria** is sound health and physical fitness.

Seat allocation for the different RSCBs/ASCBs/SPBs is in accordance with the AAISCB's letter no. AAI/SCB/INTER ZONAL / CONDUCT/241/2022 dated 30.08.2022, is as under:

17 each from RSCB NR/WR ; 12 each from RSCB SR/ER/NER/SPB CHQ ; 05 each from ASCB Chennai, ASCB Kolkata & SCB ; 03 from SPB CATC.

You are requested to send the duly filled applications of the nominated participants of your region/station, along with medical certificates, disclaimer etc., through proper channel to the undersigned **by 04.11.2022, and scanned copy by email (ranbeer@aai.aero). The track suit and T-Shirt size may also be mentioned in the list of the nominated participants.**

Encl:- Application form, medical form , Disclaimer form & Information Brochure.

Yours faithfully

(Ranbeer Singh Chauhan)

Secretary

Sports Promotion Board, CATC, Prayagraj

Mobile: 9415364846

Email:- ranbeer@aai.aero

Copy to:

1. The OSD to ED & Principal CATC for information please.
2. The AGM-IT, CATC- with a request to upload this letter on the AAI's website and cfm action, please.



भारतीय विमानपत्तन प्राधिकरण
AIRPORTS AUTHORITY OF INDIA

Airports Authority of India
Sports Promotion Board, CATC
Prayagraj-211012

Application cum Willingness Form for Kuari Pass (12,516ft.) in Joshimath area of Chamoli Distt of Uttarakhand in Garhwal Himalayas wef 04.12.2022 to 13.12.2022
(Group I / Group II / Group III)

(Please tick the Group no.)

1. Name : _____
 2. Designation : _____
 3. Male/Female : _____
 4. Place of Posting : _____
 5. Region : _____
 6. Date of Birth : _____
 7. Kit size : Track Suite size _____
T-Shirt Size _____
- {Small (36) / Medium (38) / Large (40) /
Extra Large (42) / Extra-Extra Large (44)}

Undertaking

I _____ s/o / d/o / w/o _____
_____ R/O _____
_____ is willing to participate in the trekking expedition to Kuari
Pass (12,516ft.) in Joshimath area of Chamoli Distt of Uttarakhand in Garhwal Himalayas in
Group I / Group II / Group III (Tick the appropriate one).

Signature of the applicant: _____
Name of the applicant : _____
Designation : _____
Place of Posting : _____
Emp. No. : _____
Mobile/contact no. : _____
Email id : _____

Recommended By HOD/APD:- _____

MEDICAL CERTIFICATE

To be filled in and signed by a registered medical practitioner only
Submit to your AAI Trek Leader at the base camp

Please paste
passport size
photograph

Participant's Name: _____ Height: _____
Age: _____ Weight: _____
Blood group: _____ BMI: _____

Medical Details	Comments
Does the participant suffer from any chronic illness? <i>If yes, please mention details</i>	
Is the participant under medication of any kind? <i>If yes, please mention details</i>	
Respiratory rate at rest	
Blood pressure reading	
Overall physical fitness	
Any drug allergies	
Any other information related to the health of the participant that would be useful in emergencies.	

I have medically examined Mr /Ms _____ on
(Date) _____ and found him/her fit to undergo a trekking expedition in the high
altitudes of Himalayas.

As per history and clinical examination he/she is not suffering from any chronic disease or any other
ailment that can be a deterrent to a trekking expedition.

Doctor's Name:

Degree:

Signature and Seal of the Doctor

PERSONAL MEDICAL RECORD

This document has to be filled in, signed and handed over to your AAI Trek Leader at the base camp

Medical Details		Comments	
1	Any previous illness - past 3 months <i>If yes, mention the nature and duration of illness</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2	Any previous injuries – past 6 months (accident / sprain / fracture etc. <i>If yes, what is the present condition?</i>)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3	Any operation undergone – past 6 months <i>If yes, mention the nature and result of the operation</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4	Are you under medication of any kind? <i>If yes, please mention details & medicines being taken</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5	Do you have any drug or food allergies? <i>If yes, please mention details</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6	Do you have any experience with high altitude treks? <i>(If yes, please mention the name of the trek and altitude gained)</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7	Did you encounter any altitude related problems on your previous trek? <i>If yes, please mention details</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8	Do you have any history of breathlessness	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9	Do you have any history of chest pain	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10	Have you ever suffered from Asthma or Pleurisy	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11	Any history of giddiness or fainting attacks	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12	Any history of Epilepsy or any other fits	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13	Any history of palpitations	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14	Any history of dysentery or jaundice	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15	Any history of recurring pain in the abdomen	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16	Any other information related to your health that would be useful to us in the case of emergencies		

I (name) _____ certify that the information mentioned above is true and correct to the best of my knowledge. I have not hidden any medical condition and have disclosed all my medical information to AAI which will be useful to them in the case of an emergency.

Signature:

Place:

Date:



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Sports Promotion Board, CATC
Prayagraj-211012

Disclaimer and Declaration

(To be filled in by the participant)

The Kuari Pass trek route in the Himalayas has its share of risks and dangers, especially with respect to the terrain, weather, high altitude and desolate nature.

On a trek, altitude related issues/accidents can cause one to fall ill, get injured or may even lead to death.

I hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. I will not hold Airports Authority of India wholly or partly responsible in case of any accident, illness, injury or death on the trek.

Name: _____ Place: _____

Date: _____

Signature: _____

Emergency Contact Information

(Enter the details of the emergency contact – family member only)

Name: _____ Relationship: _____

Mobile: _____ Landline: _____

Green Pledge

I promise to be a responsible trekker and leave the mountain trails in a better condition than I find them. I will not pollute the trails, campsites or water bodies. I will bring back 'all' my own waste. As my contribution to leave the trail in a better condition, I will participate in activities to undo damage done by others to the environment.

Name: _____ Signature _____

Information Brochure

Trek to Kuari Pass

Overview

The motto to organize this activity is to increase the harmony and bonding among the employees of the various regions, in addition to the above.

About Kuari Pass

Kuari pass is a mountain lovers' delight during the winter season. You have an unending vista of the biggest mountains in India opening up right from day one. You even get to see the clearest view of the full face of Mt Nanda Devi, India's second highest mountain.

More than this, Kuari Pass is a near-perfect trek. You go through ancient forests filled with oaks and rhododendrons. Just as your eyes are getting used to the tree canopy above, the trail opens into meadows. This interplay of different kinds of landscapes makes the trek very exciting.

You camp at outstanding locations on this trek. Whether it is the forests of Chitrakantha or the Khullara meadow in the shadow of Mt Dronagiri, each campsite leaves you in awe of your surroundings.

Apart from a display of natural beauty there is an array of diversity in culture and heritage for which India is known for ages. The array of culture can be seen by travelers during their voyage through remote Himalayan settlements.

Description in brief:

a) No. of participants : 100

Sr. No.	Group No.	SR	NER	NR	SPB-CHQ	WR	ER	ASCB-Chennai	ASCB-Kolkata	SCB	SPB-CATC	Total
1	I	4	4	6	4	6	4	2	2	1	0	33
2	II	4	4	5	4	6	4	2	2	2	1	34
3	III	4	4	6	4	5	4	1	1	2	2	33
	TOTAL	12	12	17	12	17	12	5	5	5	3	100

- b) Activity Area : Joshimath area of Chamoli Distt of Uttarakhand
c) Duration : 08 Days, Each group
d) Max Altitude : 12516 ft, Kuari pass
e) Grade : Moderate
f) Proposed Dates : 04-13 Dec. 2022 (in Three Groups)

Preparedness :-

Cardiovascular endurance

The stretch from **Karchi village to Akrogheta camp is 3 km stretch**, with a steep ascent. This stretch will require a good amount of endurance. You can **begin by jogging everyday**. Ideally, you should be able to **jog 4 km in 20 minutes** before the start of the trek. It takes time to be able to cover this distance in the given time. Start slow and increase your pace everyday. Swimming, cycling and stair climbing without too many breaks in between can help too.

Strength

This is another area you should work on. Carrying your rucksack (backpack) and ascending will require core body strength and also strong legs. For this, add squats to your routine. Do around **3 sets of squats, with 8 squats in each set**.

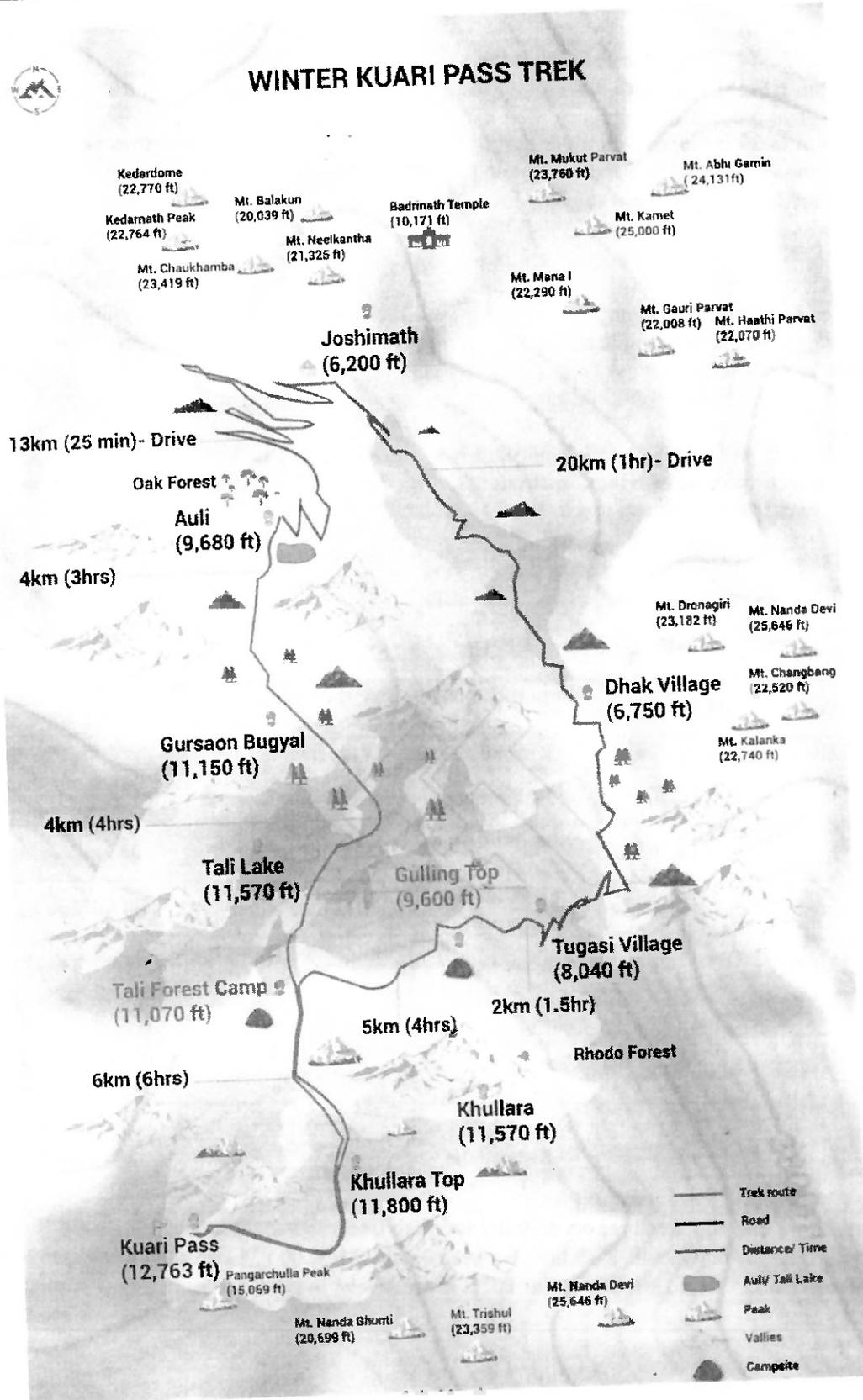
Flexibility

Another aspect that will help you trek comfortably is flexibility. For this, you can do some stretching exercises – **stretch your hamstrings, quadriceps, hip flexors, lower back muscles and shoulders** regularly. These exercises will help you to be in good shape before the trek.

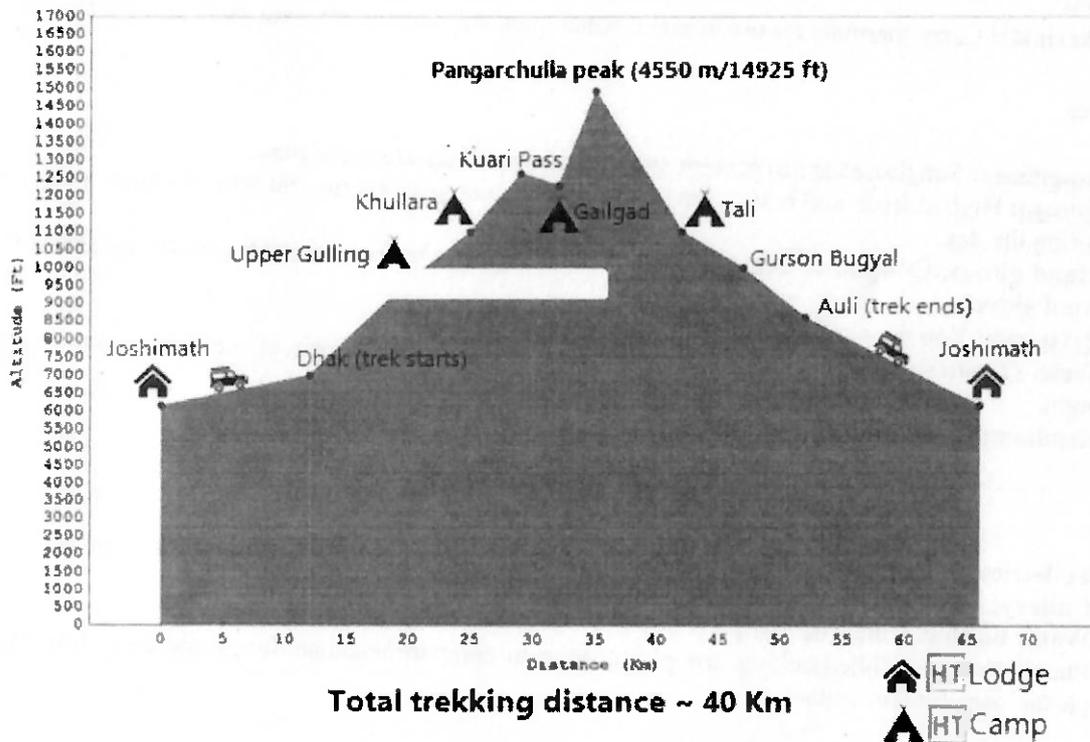
Itinerary

Sr. No.	No. of Days	Dates	From	To	Distance (in km apprx)
1.	Day 1	04.12.2022	Report at GMVN Bharat Bhoomi complex, Near Natraj Chowk, Rishikesh between 03.00 PM-06.00 PM		
2.	Day 2	05.12.2022	Rishikesh	Joshimath	265 kms by bus
3.	Day 3	06.12.2022	Joshimath	Karchi village camp	20 km by shared transport
4.	Day 4	07.12.2022	Karchi village camp	Akhrotgheta camp	03 km(trekking)
5.	Day 5	08.12.2022	Akhrotgheta camp	Khullara camp	04 km (trekking)
6.	Day 6	09.12.2022	Khullara camp	Tali camp via Kuari pass	09 km (trekking)
7.	Day 7	10.12.2022	Tali Camp	Auli Auli to Joshimath	10 km (trekking) 17 km by shared transport
8.	Day 8	11.12.2022	Joshimath	Rishikesh (will be relieved in the afternoon of 11.12.2022)	265 kms by bus
Similarly Grp 2 and Grp 3 will report on 05th and 06th December 2022 at GMVN Bharat Bhoomi complex, Near Natraj Chowk, Rishikesh between 03.00 PM-06.00 PM and will be relieved from Rishikesh on 12th and 13th December 2022, respectively, in the afternoon, from Rishikesh.					

Map of the Route:



Altitude Graph of the Kuari Pass trek:



Things to bring alongwith:-

The Kuari Pass trek is being organised in December (winter) . Despite the time of the year, make sure you **carry a poncho (Raincoat)**, as there might be unexpected showers.

Since you're trekking in winter, five layers of warm clothes are mandatory (2 sweaters, a fleece jacket, a light weight padded jacket and thermals).

Bare necessities

1. **Trekking shoes:** Your trekking shoes need to have a good grip so that you can manage slippery trails. You can get Forclaz 100 from Decathlon. Sports shoes will not be comfortable enough. You can watch this video to learn to choose the right trekking shoes.
2. **Backpack (40-60 litres):** A backpack will be provided to the participants.

Clothes

1. **Three warm layers:** At the campsites, especially at the higher campsite, Khullara, the temperature after sundown will drop to around 2-5 degrees in Summer and about -5 degrees in winter. There might even be snow at Khullara. You will need at least three warm layers (two light layers such as fleece and woollen and one padded jacket) for this trek.
2. **Two trek pants:** Two pairs of pants should suffice for this trek. You can carry tights to wear inside your pants for trekking to 'Kuari Pass' Highest point of the trek, as you'll set out at 8 am.

3. **Two collared t-shirts:** Carry light, full sleeved t-shirts that prevent sun burns on the neck and arms.
4. **Thermals:** Carry thermals for use at night. Keep them fresh and don't wear them while trekking.

Accessories

1. **Sunglasses:** Sunglasses are to prevent snow blindness. They are mandatory.
2. **Suncap:** High altitude sun is very harsh and will zap out your energy. So you will need a suncap during the day.
3. **Hand gloves:** One pair of fleece or woolen hand gloves. One pair of water proof/resistant, wind proof gloves.
4. **Balaclava:** You may use woolen scarves instead as well.
5. **Socks (2 pairs):** Apart from two sports socks, you can take a pair of woolen socks for the night.
6. **Headlamp/LED torch:** Mandatory

Others

1. **Toiletries** (Sunscreen, moisturiser, light towel, lip balm, toilet paper, toothbrush, toothpaste)
2. **Cutlery:** Carry a spoon, coffee mug, plate and bowl.
3. **Water bottles:** 1 litre (02 nos.)
4. **Plastic covers:** While packing, use plastic bags to compartmentalise things and carry few extra plastic bags for wet clothes.

Mandatory Personal Medical Kit

Avil 25mg – 4 tablets (allergies)	Diamox – 10 tablets (to prevent AMS)
Avomine – 4 tablets (motion sickness)	Digene – 10 tablets (acidity)
Band aid – 10 strips	Disprin – 6 tablets (headache)
Betadine or any antiseptic cream	Gauze – 1 small roll
Combiflam – 4 tablets (Pain killer)	Moov spray (aches, & sprains)
Cotton – 1 small roll	Norflox TZ & Lomofen– 6 tablets each (diarrhea)
Crepe bandage – 3 to 5 meters	Omez/ Rantadine – 10 tablets (antacids)
Crocin – 6 tablets (fever)	ORS – 04 packets

Mandatory Documents

Please carry the below documents. Document 2 and 3 need to be filled in, signed and handed over to the AAI trek leader at the base camp.

1. Original and photocopy of government photo identity card- (Aadhar card , COVID Vaccination Certificate etc.)
2. Medical Certificate and Disclaimer (to be filled by the trekker)
3. Medical certificate (to be filled by a doctor)

**Basecamp- GMVN Bharat Bhoomi complex, Near Natraj Chowk, Rishikesh
Uttarakhand**