



**DURATION:** The TRAIL CADET CAMP duration would be 6 Days.

**Reporting Location:** Solang Valley, Himachal Pradesh. (12 km from Manali)

**Cost:** ₹ 20,000 (per participant) **Minimum Participants required:** 06

## CAMP SESSIONS

- Riding Ability, Equipment & Riding Gear evaluation on Day 1 (before session) - **COMPULSORY**

DAY	MORNING SESSION	EVENING SESSION
Day 1	Basic riding posture and braking techniques	Downhill riding and Climbing techniques
Day 2	Trail riding basics and bike control techniques	Intro to Single-track riding
Day 3	Bike cornering and switchback basics	Trail riding session + Bike-Packing Night Out
Day 4	Rocky climbs and descending techniques	Bunny Hop techniques
Day 5	Technical Trail riding session	Advance + Technical Trail riding session
Day 6	Individual riding assessment + grading	Bike & Riding Gear maintenance

Our expert instructors will teach you these skills in six days and build your confidence to ride trails and obstacles on your own.

PRO MTB CAMP will be held in a controlled environment, allowing your team to learn and practice riding skills without compromising safety and without taking you too far out of your comfort zone.

The coaching is conducted with safety on carefully selected terrain in and around Manali (Himachal Pradesh).

After completion, the participants will become self-sufficient riders ready to take advance challenges in mountain biking.

### BASIC PRIORITIES

**Our first priority at our mountain bike camps is your safety.**

- All the participants attending PRO MTB CAMP should be equipped with proper riding gear (Bicycle Helmets are mandatory) and **MUST** wear a helmet whilst riding.
- All the participants attending PRO MTB CAMP can bring their own mountain bikes. We reserve rights to scrutinize your mountain bike and riding gear to ensure the safety norms.
- All participants accept the risk that Mountain Biking is a dangerous sport. Participants agree to take responsibility for their own actions. Coaching of techniques will be provided to limit the chances of injury, however, Himalayan Mountain Bike Network and its team member's or venue cannot be held responsible for any damage, death or injury caused to (or by the) participant.
- Although participants will be encouraged to learn new techniques, which could result in riding outside the comfort zone, it is the responsibility of the participant to judge their own ability when assessing to complete a particular section or not. Please do not hesitate to back out.
- It is the responsibility of the participant and parents / guardians to clearly highlight any relevant medical conditions during the registration period and carry the necessary medical supplies during our mountain bike camps and expeditions.
- We enforce a very strict drug and alcohol policy and have no tolerance for any infractions. If any participant is found with drugs or alcohol, their parents/guardians will be notified and they will be sent home immediately.

**We ensure that our camp will be an amazing experience and learning opportunity full of action, adventure and fun.**

[www.himalayamtb.com](http://www.himalayamtb.com)

INCLUDED IN PRICE	NOT INCLUDED IN PRICE
Mountain Bike Instructors	Travel-Fare to Manali and back
Camp Stay for 6 days on twin-sharing basis	Personal Expenses
Breakfast, Lunch, Dinner & Refreshments	Bike Spares
NOLS Certified First-Aid Responders	Personal + Local travel expenses
Mechanical Backup	Medical Bills / Evacuation charges (if required)
Souvenir	Extra Beverages, Food and snacks
Certificate	Mountain Bike and Riding Gear

## MINIMUM FITNESS REQUIREMENT

PRO MTB CAMP will be “Moderate” and “Demanding” on various days. In other words, the terrain will be technical and could be harsh and packed with high altitudes on various days which can be challenging. Participants must be fit and capable of riding in arduous terrain for 3 to 4 hours. The number of riding days, altitude change, jet lag and outdoor environment will test the participants. We do not intend to wear you out; we will ride to the ability of the group.

## BIKE AND EQUIPMENT

You will be needing your own mountain bike for the PRO MTB CAMP with bike specific spares. Rental Mountain Bikes can be sourced at additional cost on per-day basis.

You will be required to carry your own riding helmet, 3 to 4 pairs of padded riding shorts, breathable jerseys and 4 pairs of socks to ride comfortably during the camp. You will be riding in the Himalayas where everything depends on Mother Nature. Therefore, you must keep a wind/rain jacket handy in your backpack / hydration bag all the time. Your hydration pack should contain of SPF 50+ sun screen lotion, chapstick, personal medication and your basic riding tool kit. Communication device like cell phone usually work fine in the designated area.

## CLIMATE

PRO MTB CAMP will take place in the alpine areas. The days will be mostly pleasant during day time. The nights will be cold and warm layers are must. A good quality down jacket, warm head cap and gloves are must include things in your luggage. Although blankets and quilts will be provided in the camp, but we advise you to bring your own sleeping bags. The complete detailed list of items will be sent to you upon confirming the camp.

## PAYMENTS

Full payments to be deposited 20 days before the Camp start date.

Payments can be made via online funds transfer / Wire transfer or Cheque at the following bank details:

<b>Bank Name:</b> Corporation Bank (Panchkula Branch)	<b>Account:</b> Himalayan Mountain Bike Network
<b>Account Number:</b> 510101002202580	<b>IFSC Code:</b> CORP0001471

**Account Type:** Current Account

## TERMS AND CONDITIONS

If you wish to register for any expedition/event/camp with Himalayan Mountain Bike Network, please read and understand the following Terms and Conditions and retain for future reference as they form the basis of your contract between us, Himalayan Mountain Bike Network, and all those listed on the booking form on whose behalf the party leader is acting. A contract will only exist when we have received a completed booking form from you, your deposit and proof of appropriate insurance and we have sent to you upon confirmation of your booking and invoice.

### TRAVEL AND MEDICAL INSURANCE

Travel and medical insurance are recommended on all Himalayan Mountain Bike Network – Expeditions and other events. Our mountain biking expeditions/event/camps take place in wilderness areas where there is often little access to normal medical services or hospital facilities. Where necessary, evacuation can be difficult and expensive. Medical and evacuation expenses will be the responsibility of the participant. Expedition’s participants are responsible for purchasing medical insurance.

If you are likely to participate in other activities available in the resort/area (e.g. paragliding, rock climbing, rafting etc.), please make sure the insurance includes full cover for all the activities that you may participate in. It is an essential condition of booking your holiday that you take out adequate holiday insurance to our reasonable satisfaction.

We reserve the right to terminate your booking if you fail to obtain travel insurance. However, it is the responsibility of you and all members of your party to ensure the insurance cover purchased is suitable and adequate for your particular requirements. We cannot be responsible for your costs if you fail to do so.

Any other excursions or hazardous activity in which you participate during our expedition/event/camp, such as paragliding, rock climbing, rafting etc., are at your own risk and liability and may not be covered under the terms of your holiday insurance. Please check the details of your individual policy before participation. If you carry out any activities with a member of our staff or representative of flow, we cannot take any responsibility for injuries/death howsoever caused. At all times clients must use their own judgements based on their abilities and all activities of whatever nature are at their own risk. **To purchase Travel and Medical Insurance please contact your local insurance agent.**

## CANCELLATIONS

### CANCELLATION BY THE PARTICIPANT

All cancellations have to be made in writing and sent by mail or email to Himalayan Mountain Bike Network (info@himalayanmtb.com / himalayanmtb@gmail.com ) by the person named on the booking form. Cancellation assessments will be calculated on the day Himalayan Mountain Bike Network receives your notification. Cancellation charges will be calculated from the date we receive written notice of cancellation via mail or email.

#### If cancelling the following policy will apply:

- 21-30 days prior to your trip: Cancellation charge of 50% of the total cost of the trip / event / camp
- 0-20 days prior to your trip: Cancellation charge of 100% of the total cost of the trip / event / camp

Please note that any payments made to an airline on your behalf may not be recoverable and will be subject to the airlines cancellation policies. No refunds will be made for a cancellation during the course of the tour, nor for unused portions of the trip.

### CANCELLATION BY HIMALAYAN MOUNTAIN BIKE NETWORK

Himalayan Mountain Bike Network reserves the right to cancel a trip/expedition/camp if the minimum number of participants for a trip is not fulfilled. We also reserve the right for making alterations to our website and expedition details before and after bookings have been confirmed. We will notify you for any such modifications.

**If we cancel an expedition/event/camp you will receive a full refund of all monies paid to us.** Please note that once trips are scheduled, cancellations by us are extremely rare. Himalayan Mountain Bike Network cannot assume responsibility for any loss incurred on account of non-refundable air tickets. Please contact us prior to purchasing your flight as to confirm that the required number of participants have signed up for an expedition.

Himalayan Mountain Bike Network cannot be responsible for any loss, delay, cost or the enjoyment of your holiday due to weather conditions. No refunds can be made if weather conditions are unfavorable.

We can accept no legal liability and will pay no compensation.

## FLIGHTS

**Please contact us before you book your flight to confirm that the camp/event/trip has enough participants to run the camp/event/trip.** Each participant is responsible for booking their own flight to the mentioned city or city where the trip begins. Please note most airlines charge an additional fee for bikes. We cannot accept any liability if you are refused entry onto a flight or into any country due to failure on your part to carry the correct passport, visa or other documents required by any airline or authority.

## SPECIAL REQUESTS

If you have a special request, please clearly note this on your booking form, or if later make it in writing, but **we cannot guarantee any request that you ask us to provide** unless we have confirmed it in writing. We cannot guarantee such services will be provided even if we confirm that they have been passed on. Please note that all services are provided subject to the conditions of the relevant supplier, some of which may limit or exclude the supplier's liability to you.

## HEALTH AND FITNESS REQUIREMENTS

Participants should be healthy and are advised to check with their own doctor for their own medical requirements before travelling. It is very important that persons with medical problems make them known to us well before departure. Hospital facilities for serious problems can be difficult to source in remote areas and evacuation can be delayed, difficult and expensive. Himalayan Mountain Bike Network assumes no liability regarding provision of medical care.

## PARTICIPANT RESPONSIBILITIES

Himalayan Mountain Bike Network expects that participants are responsible for: understanding the conditions implied in an expedition/event/camp Itinerary, selecting a trip that is appropriate to their interests and abilities.

We would suggest taking care of your personal belongings. We cannot be held responsible for any loss, damage or theft of your personal belongings.

Please do not try to compete/race with fellow participants on any expedition/event/camp. Reckless riding will not be appreciated.

**Don't Disrespect the Locals or destroy/deface any property.**

We want all our clients to have an enjoyable holiday and best riding experience with us.

Not sure about something or need more information regarding the tour? Feel free to contact us and we will be happy to answer your queries ASAP:

+91 987 202 8808 | Or E-mail us: info@himalayanmtb.com | www.himalayanmtb.com

### Office Address:

Himalayan Mountain Bike Network, C/O: Himalayan Bike Bar (1<sup>st</sup> Floor). Old Mission Road (The Mall). Manali, Himachal Pradesh – 175101 - INDIA