



SATOPANTH TAAL TREKKING EXCURSION- DETAILS

Satopanth is a mountain in the Gangotri region of the Garhwal Himalayas, in Uttarakhand. The nomenclature of the peak is derived by an amalgamation of two Sanskrit words 'Sato' meaning truth and 'Panth' meaning devotion, when combined means *"The True Figure of Devotion and Veneration"*.

Mythologically, the trimurtis, Bhrama, Vishnu and Mahesh bathe in the famous lakes (Taal) of Satopanth on auspicious days. Also, some unique birds found here pick up the pollutants of the lake and keep the lake clean and auspicious.

These birds are not found anywhere in the world. The locals believe that, they are the Gandharva disguised, who guard the lake against evils.

This unique trek in October 2022 is planned by Yoga & Happiness on dates coinciding with the auspicious period as per Indian mythology.

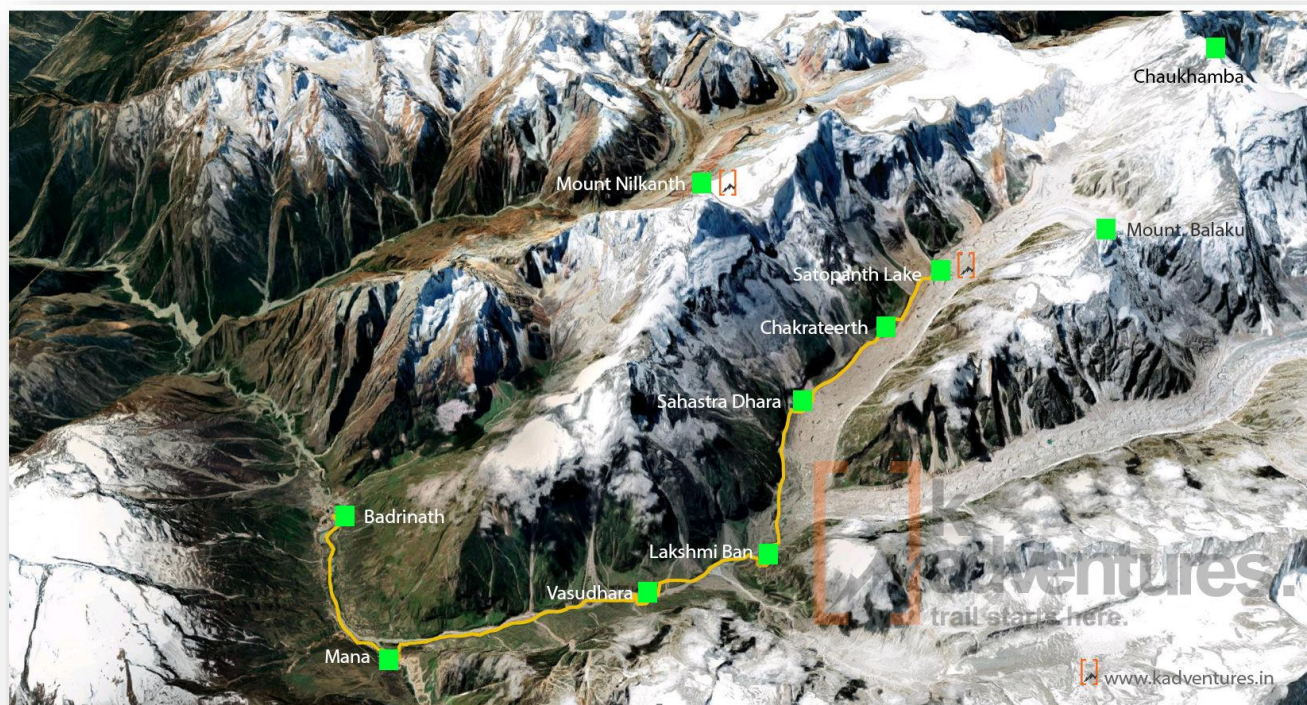
This trek aims to take the yogis to a different level of yog and spiritual journey. A journey amidst like-minded people and under the guidance of trained faculty.

This detailed document will help the enthusiasts in preparing both mentally and physically for a lifetime experience.

Welcome onboard!



ITINARARY – HARIDWAR TO HARIDWAR





SATOPANTH TAAL TREKKING EXCURSION

SATOPANTH TAAL TREKKING EXCURSION

Date: 07.10.2022

Reporting at Haridwar Station - 9.00 a.m.
Breakfast – 9.00 – 10.00 a.m.
Leaving Haridwar by 10.00 a.m.
Reaching Badrinath by 8.00 p.m.
Dinner – 9.00 p.m.

Date: 08.10.2022

Breakfast at Badrinath – 6.00 a.m.
Leaving Badrinath – by 7.00 a.m.
Travel by Car till Mana – by 9.00 a.m.
Trekking till 6 – 7 k.m. from Mana – reach by 1.00 p.m.
Lunch – 3.00 p.m.
Roaming around as per your capabilities/Sight scene
Dinner – 8.00 p.m.



Date: 09.10.2022

Breakfast – 7.00 a.m.
Start trekking – 8.00 a.m.
Trekking till 7 k.m. – reach by 1 p.m.
Lunch – 3.00 p.m.
Roaming around as per your capabilities/Sight scene
Dinner – 8.00 p.m.

Date: 10.10.2022

Breakfast -- 7.00 a.m.
Start Trekking – 8.00 a.m.
Trekking till Satopanth – reach by 1.00 p.m.
Lunch – 3.00 p.m.
Roaming around as per your capabilities/Sight scene
Dinner – 8.00 p.m.



STAY IN TENT BESIDE THE SATOPANTH TAAL WITH THE FULL MOON NIGHT VIEW– ENJOY THE BEAUTY OF NATURE

Date: 11.10.2022

Breakfast at Satopanth – 7.00 a.m.
Start trekking for three kundas – 8.00 a.m.
Lunch – 3.00 p.m.
Dinner – 9.00 p.m.

STAY IN TENT BESIDE THE SATOPANTH TAAL WITH THE FULL MOON NIGHT VIEW– ENJOY THE BEAUTY OF NATURE

Date: 12.10.2022

Breakfast – 7.00 a.m.
Start Trekking for downhill - 8.00 a.m.
Trek half the way – by 1.00 p.m.
Lunch – 3.00 p.m.
Roaming around as per your capabilities/Sight scene
Dinner – 8.00 p.m.



Date: 13.10.2022

Breakfast – 7.00 a.m.
Start Trekking for downhill - 8.00 a.m.
Reach Badri – by 1.00 p.m.
Lunch – 3.00 p.m.
Roaming around as per your capabilities/Sight scene
Dinner – 8.00 p.m.

Date: 14.10.2022

Breakfast – 7.00 a.m.
Leaving Badrinath by 8.00 a.m.
Reach Haridwar by 7.00 p.m.

End of Program



COST

Cost of the Trekking: **INR. 40000.00** Per Head

1st Installment: ₹20000

(By 15-07-2022)

2nd Installment: ₹20000

(By 15-09-2022)

TREK ESSENTIALS

▪ **Equipment:**

- Backpack (Rucksack) (60ltr -70ltr) with comfortable shoulder straps and back pack rain cover
- Walking Stick
- Water Bottle
- Head Torch & with Extra Batteries
- Lighter

▪ **Clothing:**

- Down Jacket
- Fleece Jacket & T-Shirt
- Windproof Jacket
- Windproof & Waterproof Trek Pant
- Thermal Trouser
- Woolen Hat
- Waterproof Woolen Gloves
- Gaiters
- 2 Pair Woolen Socks & Light Cotton Socks



WHAT TO CARRY ON A HIGH ALTITUDE TREK?

- Head Torch
- Balaclava
- Scarf
- Sunglasses
- Cap
- Neck Gaiters

- Torch
- Power Bank
- Small Towel
- First Aid Kit

- Lunch Box
- Spoon & Fork
- Mug
- Water Bottles
- Protein Bars, Snacks

- Sun Screen
- Moisturizer
- Lip Balm

- 3 Full Sleeve Quick Dry T-Shirts
- 3 Pants, Undergarments for each day

- Valid ID Proof
- Travel Documents
- Sufficient Cash

- Tooth Paste
- Tooth Brush
- Soap
- Toilet Paper
- Hand Sanitizer
- Quick Dry Towel

TREKKING 101
Fold your clothes in rolls to save space

- Trekking Shoes
- 2 Pair Wollen Socks
- 2 Pair Sports Socks
- Floaters

- Fleece Jacket
- Thermal Inners
- Padded Jacket

- Sleeping Bag
- Trekking Pole
- Climbing Rope

- Camera
- Gorilla Pod
- Drone
- Extra Batteries

BECAUSE BAGPACKING IS THE ART OF KNOWING WHAT NOT TO TAKE

▪ **Foot Wear:**

- Trekking Shoes

▪ **Miscellaneous Items:**

- Sun Block for Lips
- Sun Protection Cream
- Sun Glasses it should be U/V Protected
- Toilet Kit (Toilet Paper) & Quick Dry Towels
- Water Purifying Tablets
- Medical & First-Aid Kit

FITNESS

A trekking requires a lot of preparations to make sure that are physically and mentally ready for adventure. Here you can learn some basic life and survival skills, planning and organizing in this phase. We are giving some suggestions to make sure you are safe and enjoy your trekking adventure, Because of the changing environment, altitude, and terrains you'll be facing Climbing & trekking is no small undertaking, so it is necessary that you give some time to prepare before you going to trekking & expedition in Himalayan Mountain.

WHAT DO YOU ACTUALLY NEED TO DO BEFORE GOING TO TREK?

1. **Running, Walk, Running**

Running & Walking is the easiest and best for good health and trekking. Since the daunting of trekking & climbing requires long hours of public walk, ride, or drive, you must practice running or walking ablest one hour daily. Long walks during trekking make you tired those times and walk increase your fitness levels.

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2. **Walking with solder-load or weighted bag**

Since trekking requires long time walks with a bag 5 kilos on your solder, a sudden weight on your shoulders. Put 5-6 kilos bag and try to walk 2-3 minutes and repeat this 10 times in 24 hours. If you have weight vest the try to run if you have not weighted vest the fill your bag with some books and wasted newspaper to weight.

3. **Climb stairs Up & Down**

A mandatory aspect of trekking is ascending and descending trek. Ascend and descend walking is the most difficult tasks one faces during such trekking. For fitness practice, you regularly climb stairs. Regular climbing stair provides stronger muscles and better mental reflexes. Every day 5-10 minutes of stair climbing or 45 min walk or 20 min running reduces the risk of heart problem and increasing your stamina.

4. **Leg Exercises**

Sports like football and hockey which involve running can be the best exercise. Cycling is also best exercise to boost up your muscles. You also follow leg exercises.

- ✓ Sit-ups
- ✓ Leg Curls
- ✓ Cycling
- ✓ Dumbbell lifting
- ✓ Swimming
- ✓ Swiss Ball Wall Squat
- ✓ Stairs walk
- ✓ Leg Curls

Repeat those exercises 2-3 time in a day to prepared for trekking in Himalayas.

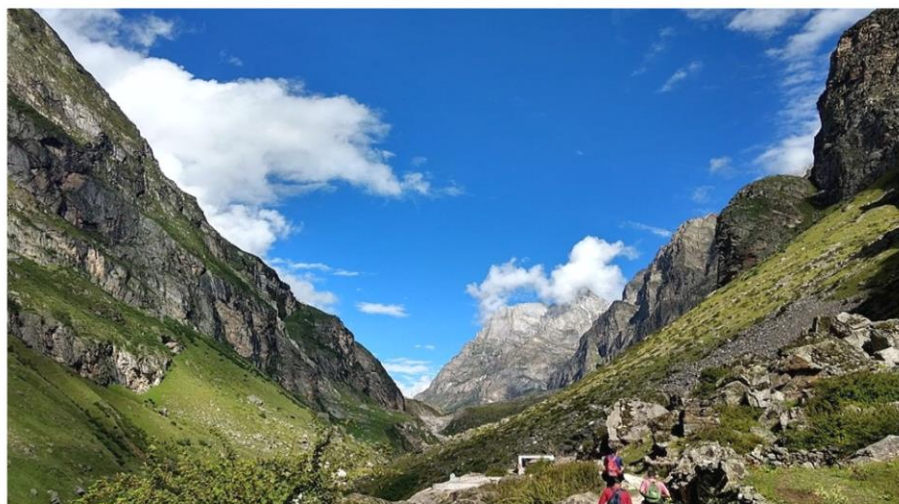
5. **Mental and physiological fitness**

Mentally and physiological fitness is more important for fitness. If you find some time for yourself then meditate. Meditation is best exercise for the Mental and physiological fitness.

One of the most impotent things for trekking and maintaining is support and encouragement of your family and friends.

6. Some other type to exercise your body that would give advantages and more benefit during ascent and descent trek way-

- **Yoga, stretching which helps maintain flexibility of your body**
- **Stretching helps maintain flexibility**
- **Aerobic exercise**
- **Stair up and down**



HIGH ALTITUDE SICKNESS & PRECAUTION

Sl No	SICKNESS	SYMPTOM	MANAGEMENT	PRECAUTION
1	HACE (High altitude cerebral oedema)	Extreme fatigue, drowsiness, confusion, loss of coordination, Headache, disorientation, Memory loss, Hallucination. Psychotic behaviour, lassitude, progressive mental status changes, difficulty in keeping up with the group	It is very rare, but it can be fatal. Descent to lower altitude. Complete rest, Take warm drinks	Should not go quickly ascend to 9000 feet, instead go gradually to 8000 feet & take some rest for 1 days, then ascend to higher level to cope with the situation, & oxygen level. Should practice yoga & asana before ascend high altitude.
2	HAPE (High altitude pulmonary Oedema)	Shortness of breath, weakness, Persisting cough, bringing up white watery fluid, tightness of chest, cyanosis i.e blue ness of skin, nail, face, eye sclera, Feeling like suffocating at night, confusion	Descend immediately to avail the much more oxygen. Take deep, short, quick respiration to increase the oxygen level. Sit in recumbent position, Lie on abdomen	Doing breathing exercise, pranayam, light food diet, precaution to take antacid / antifatulent drug.



3	AMS (Acute Mountain Syndrome)	<p>Very common, usually occur after 800 feet altitude-</p> <p>A) <u>Mild AMS</u>-12-24 hour after arriving high altitude Body adjust it within a few time symptom feel- dizziness, fatigue, loss of energy, Shortness of breath, Loss of appetite Sleep problem</p> <p>b) <u>Moderate AMS</u>- along with All above ams symptom increased, severe headache, nusea, vomiting, chest tightness, difficulty doing regular activity, though you can walk independently.</p> <p>C) <u>severe AMS</u>-all above symptom of Moderate AMS are highly intensified & shortness of breath even when resting, inability to walk, confusion, fluid accumulation in brain & lungs.</p>	<p>A) Mild AMS- body will adjust it. Esp moving on lower altitude.</p> <p>b) moderate AMS- body can adjust within 24 hours if you descend 1000- 2000 feet down. Within 3 days you will completely better.</p>	<p>Doing breathing exercise, pranayam, light food diet, regular yoga & free hand exercise to build up your physique. Altitude no higher than 2,500 m the first night, ascent of <304to 610 m/day, high-carbohydrate diet, mild to moderate exercise only, good hydration, avoidance of alcohol</p>
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Who is at risk for altitude sickness?

Anyone can get altitude sickness. Your age, sex and general health don't seem to affect your risk. You may be at higher risk if you:

- **Age:** any applicant who is below the age of 13 years or above the age of 75 years and to.
- **Have a lung or heart condition:** the applicant who had undergone bypass surgery or even had implanted stents are not issued. healthcare provider may recommend avoiding them in view of the high altitude of the Yatra route level of oxygen in the Yatra area, difficult terrain, steep ascent in the Yatra route at high altitude if possible.
- **Are pregnant:** pregnant lady with 6 weeks pregnancy.
- **Live at low elevation:** Since your body isn't used to higher altitudes, you have a greater risk for symptoms. If you're planning a trip to a high-altitude location, be aware of the symptoms of altitude sickness and how to treat it.
- **Previously had altitude sickness:** Talk to your provider about prevention and treatment before your next trip.
- **CO- MORBIDITY:** Have you suffered from or have history of any of the following:
- **Breathlessness:** IF You have the repeated episode of it either any cause, you should be cautious, & doing regular breathing exercise, yoga, pranayam, regular medication.
- **Diabetes:** are higher risk of hypoglycemic attack, & other major problem include respiratory & renal insufficiency. Regular check up & medication & doing regular exercise, yoga to cope out of any situation.
- **Respiratory/ lung ailment:** lung fibrosis, post covid pneumonia (severe form) COPD, tuberculosis active, pleural effusion. Should check up from your physicians this problems



can become fatal any time at high altitude. Must check up, medication, yoga, respiratory support.

- **High Blood pressure:** very cautious. regular medication, diet restriction-monitoring the BP at normal range at least 2 month with any stress condition.
- **Blood disorder:** few coagulopathy, severe anaemia, thalassaemia, sickle cell anaemia. must correct it otherwise higher risk of AMS.
- **Asthma:** very high risk to climb up, can only ascend low altitude with inhaler,
- **Bleeding tendencies:** epistaxis are very common in high hilly area as the BP will rise easily, so other cerebral hemorrhage vcan occur any time. So, treatment should be previously should be done along with hypertension Rx
- **Epilepsy:** very high risk.
- **Heart ailment:** unstable angina, heart failure, bypass surgery, major heart operation.
- **Nervous breakdown:** any nervous disorder like insomnia, anxiety neurosis, schizophrenia, bipolar disorder etc. This patient are unstable, can get any time severe so try to avoid the journey as HACE may develop anytime.
- **Joint Pains:** OSTEOARTHRITIS, RHEUMATOID ARHRITIS person are very difficult to stay at this high level better doing exercise if you are able to cope with the pain & deformity then only plan.
- **High altitude/mountain sickness:** Anyone can develop altitude sickness, no matter how fit, young, or healthy they are -- even Olympic athletes can get it. In fact, being physically active at a high elevation makes you more likely to get it
- **Discharge from ear:** CSOM, MEINER''s disease, ear obstruction may have difficult to cope with high pressure of air in mountain. it is better to previously check up 7 correct it.
- **History of stroke/ paralysis:** are higher risk of repeat attack as pressure will rise at any time. Regular yoga, eercise, 7 medication can help few person to climb up.
- **Are you a smoker:** very serious issue to avoid the habit, as in high altitude it is not advisable to smoke.
- **Are you pregnant:** as mentioned earlier.
- **History of Heart Attack:** very cautiously to climb up, as it can be happen any time, so medicine should be continued, & cardiologist fitness must be taken before climb up.

You may develop High Altitude Sickness with following symptoms:

loss of appetite, nausea, vomiting, fatigue, weakness, dizziness, light-headedness and difficulty in sleeping, visual impairment, bladder dysfunction, bowel dysfunction, loss of coordination of movements, paralysis on one side of the body, gradual loss of consciousness and mental status changes, drowsiness, chest tightness, fullness, congestion, fast breathing and increased heart rate.

Dos for prevention of High-Altitude Sickness.

1. Do prepare for the Yatra by achieving Physical Fitness – it is advisable to start a preparatory Morning/ Evening walk, about 4-5 km per day, at least a month prior to the Yatra
2. Start deep breathing exercise and Yoga, particularly Pranayam for improving oxygen efficiency of the body.
3. Do check with your physician prior to travelling to higher elevations, if you have any existing pre-existing medical conditions.
4. Do walk slowly while ascending and take time to acclimatize- relax for a short while on steep inclines.
5. Do avoid exerting beyond your normal capacity.
6. Do take compulsory rest at various locations and ensure time logging and take ideal walking time while moving towards next location.
7. Do check with your physician prior to taking any medications.



7. Do drink lots of water to combat dehydration and headaches – about 5 liters of fluid per day.
8. Do follow the prescribed food menu.
9. Do consume plenty of carbohydrates to reduce fatigue and prevent low blood sugar levels.
10. Do bring portable oxygen with you as it is helpful in case you have difficulty in breathing.
11. Do descend immediately to a lower elevation, if you start having altitude illness symptoms.
12. Don't commence journey on an empty stomach. If you do so, you may attract a serious medical issue.

Don'ts for prevention of High-Altitude Illness-

1. Don't ignore the symptoms of high altitude illness.
2. Don't drink alcohol, caffeinated drink, or smoke.
3. Don't ascend any further if you have altitude illness. Instead, descend immediately to an elevation where you can acclimatize.
4. 4. Don't vigorously exercise for the first 48 hours
5. Don't medications such as sleeping pills, especially for the first 48 hours

How can altitude sickness be prevented?

The best way to prevent altitude sickness is to go slow — called acclimatization. This process allows your body time to adjust to the change in oxygen levels. Take your time when traveling up. For instance, spend a day at a point midway up before continuing to ascend.

General

The rate of ascent and a prior history of altitude illness are the major determinants of a person's susceptibility to altitude illness. Aerobic fitness does not correlate with the likelihood of acquiring AMS.

Gradual ascent is the cornerstone of prevention. Current recommendations are to avoid abrupt ascents to altitudes higher than 3,000 m and to spend 2 or 3 nights at 2,500 to 3,000 m before further ascent. The altitude at which a person sleeps is of key importance, and sudden increases of greater than 600 m should be avoided. Moderate activity with day hikes to higher altitudes and a high-carbohydrate diet seem to aid in acclimatization, whereas physical exhaustion, consumption of alcohol, or use of sedative-hypnotics will predispose a person to altitude illness.

Acetazolamide

Acetazolamide, when given prophylactically, has been shown to reduce the incidence of AMS. You can also talk to your healthcare provider about taking Acetazolamide, 125 mg twice daily for adults before your trip. Taking it 24 hours before traveling to a high altitude and continuing for five days can help prevent altitude sickness.

This carbonic anhydrase inhibitor causes bicarbonate diuresis and resultant metabolic acidosis. Its effects are numerous, but perhaps of most importance, the drug increases nocturnal minute

Acetazolamide decreases the incidence of AMS in persons rapidly transported to altitudes higher than 4,000 m. Indications for its use include rapid ascent (1 day or less) to altitudes greater than 3,000 m, rapid gain in sleeping altitude (higher than 900 m), or a past history of AMS or HAPE.

Dexamethasone

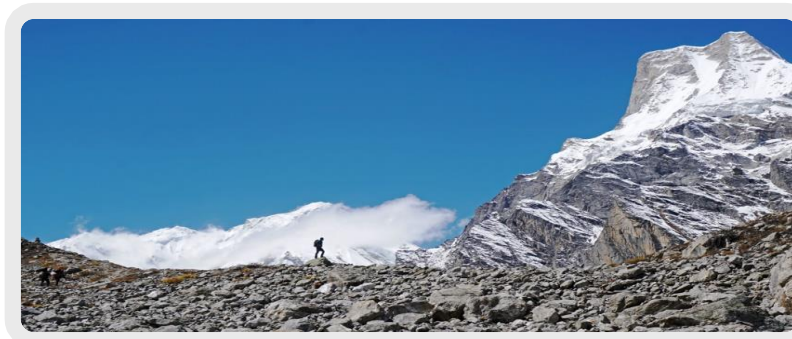
The use of dexamethasone is controversial. It is generally not recommended for the prevention of AMS, but it has been used by rescue personnel involved in sudden, forced ascents.



If I'm planning a hike to a very high elevation, how can I hike safely without getting altitude sickness?

These steps can help your body acclimate:

- Walk up: Start below 10,000 feet and walk to a high altitude instead of driving or flying. If you drive or fly to an elevation higher than 10,000 feet, stay at your first stop for at least 24 hours before going higher.
- Go slow: Once above 10,000 feet, don't increase your altitude more than 1,000 feet a day.
- Rest: Build a rest day into your schedule for every 3,000 feet you climb.
- "Climb high and sleep low": If you climb more than 1,000 feet in a day, come down to sleep at a lower altitude. Going slowly helps your lungs get more air through deeper breaths and allows more of your red blood cells to carry oxygen to different parts of your body.
- Know your body: Recognize the signs and symptoms of altitude sickness. Move to a lower altitude (or avoid climbing higher) if you notice any symptoms.
- Stay hydrated: Drink 3-4 quarts of water per day.
- Avoid alcohol: Alcohol can dehydrate your body. It also has stronger effects at higher elevations, which can impair judgment.
- Eat carbs: Eat a diet that's more than 70% carbohydrates.
- Know the "don'ts": Avoid tobacco and depressant drugs, such as sleeping pills and tranquilizers.



NOTE FOR THE INTERESTED PARTICIPANTS:

- YOU DO NOT NEED TO CARRY LUGGAGE; PORTER WILL BE THERE FOR YOU TO CARRY YOUR LUGGAGES – SO WOULD REQUEST YOU TO KEEP EXTREMELY ESSENTIALS WITH YOU AS YOUR LUGGAGE.
- DO NOT THROUGH YOUR GARBAGE HERE AND THERE IN THE HILLY REGION - PLEASE ASK YOUR PORTER FOR DISPOSAL OF YOUR GARBAGE – HE WILL GUIDE YOU FOR THE SAME.
- PLEASE TAKE PREPARATIONS/PRECAUTIONS BEFORE-HAND (AT LEAST START 2 MONTHS BEFORE THE TREK); YOU CAN TAKE COCA MOTHER (HOMEOPATHY MEDICINE) 5 DAYS BEFORE STARTING THE TREK; EVEN YOU CAN TAKE THIS MEDICINE IN BETWEEN THE WHOLE TREK.
- IF SOMEONE FALLS SICK IN BETWEEN THE TREKKING DAYS, PORTER WILL RESCUE HIM OR HER TO BADRINATH; DOCTOR'S CHECKUP WILL BE DONE IF REQUIRED.