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Ganga Base Camp Briefing, Himalayan River Runners

Welcome to Himalayan River Runners' Ganga Base Camp. Given below are our camping DO's & DON'T'S in order to make your stay simple, comfortable, eco friendly and above all safe. The instructions are given verbally at camp and are endorsed through this note. We request you to sign this paper as an acknowledgment of understanding its contents. Thank you for your cooperation and have a pleasant stay.

Drinking Water: is sourced from the spring that you see across the river from camp. This water has been tested and found suitable for drinking. However, iodine has been added as an extra precaution. Should you be allergic to iodine do let the camp in-charge know. The drinking water is stored in the big steel drum called "Igloo" under the dining canopy. Your tents have been provided with a bottle of this drinking water. Do replenish the water yourself as and when required



Washing Water: is provided in steel drums with taps near your tents, toilets and the dining canopy. This is river water and only for washing. DO NOT DRINK this water

Showers: are simple and located in the forest behind the toilets. Do let the staff know when you would like to shower so they could have the water ready. Normally the showers are filled once in the morning before breakfast and once in the afternoon/early evening

Toilets



- The toilets are basic yet functional. The dry pit toilets that you find in camp are the only toilets that have been permitted by the Forest Department on beach camps. They are eco-friendly, no fuss toilets. There is a hole in the ground with a western style wooden "thunder box" placed over the hole. No squatting required. The back of this "thunder box" is open so that it is easy to scoop in sand from the back for covering up. A scoop is provided for this purpose. Toilet paper is provided
- The toilets are checked by the staff every morning and evening. And a fresh supply of toilet paper is provided as and when required

- The toilets are changed daily

Meals

- All meals are served under the main dining canopy/parachute. Generally the timings are: Breakfast 0800 hrs, Lunch 1330 hrs, Tea time 1630 hrs, Dinner 2000 hrs
- There could be a slight change in the timings which will be informed to you around the campfire every evening. Younger children can be served their dinner earlier on request. Please speak to the Camp Manager for this and inform him about the timing at breakfast

Tents

- Each tent has two beds, 2 chairs and a small table. The tents will have a 3rd bed on request for an infant or a small child
- The lighting in each tent comprises of 2 candles, a matchbox and an earthenware candle stand. The candles can be replenished as often as required. Please be in touch with the Camp Manager for this. Please ensure you blow out the candle at night before retiring. This is very important!
- There is a plastic bottle in each tent filled with drinking water from a spring source you are welcome to replenish the water bottle from the "Igloo" water container under the main parachute





Camp Activities

A few of your group who might have paid a basic package rate for either 1 rafting trip and/or camping and meals only with the option of choosing and paying for all other activities at base camp. For this basic package the complimentary activities are all the beach games. Beach Games Volley ball, basket ball, badminton and Frisbee are on offer as beach games.

Additional Activities

Please book up and pay for additional activities at the "Activities Tent". A rate list for the different activities is available in the Activities tent. In order

to achieve a truly enjoyable time for all and therefore for the smooth running of the operation we request you to follow the designated timings for the camp activities as close as possible



- **Rafting** - Is the main activity. A detailed safety briefing will be given by our professional guides before you embark on a raft trip. Safety equipment buoyancy aids, helmets, paddles etc, are all included

- **Kayaking** - Flat water kayaking is offered in the relatively calmer waters of the bay area in front of the Camp. Morning and afternoon session timings are detailed for those interested in learning basics under guidance from our skilled

instructors with necessary safety equipment. Do not kayak without first checking with the guide in charge/Camp Manager

- For those with skills and inclination, you may request taking on the white water rapids in inflatable kayaks or "duckies". These are fun and safe as long as you have a higher challenge threshold. Check with the trip leader on accompanying raft trips in an inflatable kayak. This is considered a separate category of trip

- **Rappelling** - There is an 80 ft cliff face on the opposite bank which we use as our rock face for rappelling activities. You will be briefed by our guides and will be kitted out suitably for the exercise
- **Rock Climbing** - A 100 ft cliff, (15 mins drive and 30 mins walk away from camp) offers rock climbing challenge for some who have climbed before
- **Ayurvedic Massages** - Are on offer at the Himalayan Hideaway. Please inform the Camp Manager if you are interested and he will coordinate with the Himalayan Hideaway
- **Yoga and crystal healing** - Is on offer, at camp and at The Himalayan Hideaway. Should you be interested in a session, the Manager should be informed in order to coordinate



Children's Activities

Usually in the children's package one rafting trip on the children's stretch is paid for. Often on a 3 days/ 2 nights package it is possible to schedule only 1 children's rafting trip after lunch on day 02. However should you like your child to repeat the same stretch on another day

timings permitting you are welcome to make a booking at the Activities tent. We would require a minimum of 6 children for the trip. Children must adhere to timings for the bay area activities and must follow all safety requirements

Safety

The river looks deceptively calm in front of Camp. Be warned that the current is much stronger in the middle and on the opposite bank. All water based activities have to be pursued while wearing life jackets. You must inform a staff member before you go out for a swim. All water based activities for children and adults will be in a stipulated schedule. Should you or your child want to be in the water at any other time then you must take full charge and responsibility or request a guide to remain posted on the beach. We do not take responsibility for any accident that happens due to non adherence to our clear instructions.

Note for Accompanying Staff Drivers / Ayahs

All vehicles will be parked at the HRR Base Ops. 2 kms upstream from the Camp. This is for the safety of your vehicle. Please ensure that your driver adheres to meal timings at the base camp / base ops. We assume that your accompanying Ayah has been charged the appropriate amount for staying in the guests' tents and for dining at the table with the rest of the guests and children.

Use of Plastic

We restrict the use of plastic in our operations. We discourage tetrapak drinks, namkeens in plastic pkts and aluminum foil pkts. Our plastic waste is carried to Rishikesh for disposal and recycling. We request you to carry your plastic waste back with you.

General Cleanliness

It's a sandy beach! That cigarette butt may seem safely buried but its bound to show up again tomorrow or later today with the shifting sands! Please use the small earthen ware pots in the parachute tents as an ash tray. Please throw all your bottle caps etc. into the dustbin. Please help us keep the beach clean so that you may walk on it bare-foot, foot loose and fancy free!!

Checklist of Items to Take Along to Ganga Camp for Rafting

Above all peace and quietude!!
Apart from the thrill of the white water, we are also here for the experience of solitude and the close proximity to nature. Please help us maintain low decibel levels in man-made sounds so that we might hear the spring on the opposite river bank, the barking deer and all those numerous birds chirping in the forest.

Please sign this form as an acknowledgment that you have been through and understood these instructions.

Have a pleasant stay and come back soon. Your feedback and suggestions are important to us. Please feel free to write to our office in Delhi or leave a note behind at Camp should there be any suggestions from you.



- T - Shirts / shorts (quick drying clothes for rafting) Change of clothes for the camp
- Pairs of shoes 1 for raft and 1 for Camp (No "flip-flops" for rafting)
- Personal toiletries / towel etc. Toilet paper is provided, towels are not provided, please bring your own
- Sun Block, sunshade, cap etc.
- Torch light with extra battery
- Any personal medication (ventolin inhalers etc) we provide First Aid only
- Please bring biodegradable soap/shampoo

Expected Temperatures in Jan:

Night Time: 10 to 12 Celsius

Day Time 18 to 20 Celsius



Note

- Please check temperatures with the office at the time of booking
- Alcohol is not provided. We provide bottled soda water and soft drinks at an extra charge
- Our drinking water comes from a fresh water spring. The water has been tested and found free of amoeba and harmful bacteria and therefore safe to drink. Additionally, we add a few drops of aqueous iodine solution to the water