



**Explore Spiti, be a part of Solar Conservation Project**

A Gold Level Adventurous Journey and Residential Project

Dates: 8<sup>th</sup> – 23<sup>rd</sup> June 2018



In collaboration with Award Partner

## **Greening the Desert – Build a Greenhouse**

# **8<sup>th</sup>**

## **Gold Level**

### **Adventurous Journey and Residential Project**

### **International Award for Young People, India**

Proud to deliver



## **in collaboration with Ecosphere**

#### **The International Award for Young People**

First Floor, 86/1 Shahpur Jat, August Kranti Marg,  
Near Asian Games Village, New Delhi - 110049, INDIA

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### **Trip Essentials**

Dates	:	8th – 23rd June 2018
Duration	:	16 days
Route	:	Delhi - Shimla – Spiti – Manali – Delhi
Maximum Altitude	:	5000 mts.
Key features	:	Volunteering on projects mitigating the impacts of Climate change, Homestays, weekend excursions

During this journey you will be assisting the local community in construction of a Solar bath/ Greenhouse. The volunteers will participate in the actual construction of the solar bath and the setup of a solar water geyser (Evacuated Tube Condenser) or a greenhouse and will be assisted by a dedicated team of a qualified mason and representative from Ecosphere. The activity will entail physical work. The construction period will be 7 to 8 days. The trip is intermixed with work and pleasure. During this trip you will also be visiting some of the highest villages in the world, going on a high-altitude trek, visiting some ancient monasteries dating back to over a 1000 years and take a yak/horse safari and mountain bike if interested. Traditional homestays further enrich the experience by giving one an authentic understanding of the life and culture in a Spitian home.

### **Significance of this Program**

#### **Greenhouse**

The green-house project is of special significance in Spiti since the region is devoid of green vegetables. Most of the supply comes from the neighbouring cities of Shimla and Manali which takes 2 days. This excessive transportation makes the vegetables both expensive as well as high in their carbon footprint. Moreover in the 6 month long winters there is no availability of green vegetables as access to the neighbouring regions is cut off. The greenhouses developed by Ecosphere enable locals to cultivate vegetables not only in the summers but also in the winters at temperatures as low as -25 degrees centigrade. These greenhouses contribute to better health for the locals, reduction in emissions and also in providing them with an additional source of income.

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## The Journey

### Day 01 : Delhi arrival and depart for Shimla (overnight bus)

Mode : Overnight Bus  
Gradient : Gradual to steep Ascent & Descent  
Duration : 9- 10 Hours

### Day 02: Shimla to Kalpa

**O/N KALPA**

Mode : Bus/Jeep  
Gradient : Gradual to steep Ascent & Descent  
Duration : 8-9 Hours  
Accommodation: Hotel/Guesthouse

Today we travel from Shimla via the apple growing belt of the State to the Satluj valley. We follow the Satluj for a while till Puwari from where we start the ascent for Kalpa through some lovely sections of forests. Kalpa offers some beautiful views of the Kinner Kailash range.

### Day 03: Kalpa to Kaza

**O/N KAZA**

Mode : Bus/Jeep  
Gradient : Gradual to steep Ascent & Descent  
Duration : 8-9 Hours  
Accommodation: Hotel/Guesthouse

Today we follow the Satluj River again till a place called Khab where the Spiti River meets the Satluj. From here we follow the Spiti River till we reach Kaza. The landscape today will slowly transition from the lush green Himalayas to the cold desert terrain of the Trans-Himalayas.

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### **Day 04: Kaza -- Orientation, visit an existing site and settle into the project location**

#### **O/N PROJECT LOCATION**

Mode : Jeep  
Gradient : Gradual Ascent & Descent Duration: 1 Hour (travel time)  
Accommodation: Homestay/Guest House/ Camping

Today after breakfast we will visit the office of Ecosphere and get a brief insight into Spiti, its culture, people and ecology. We will also get details on Ecosphere's various developmental activities in the region along with their initiatives on responsible travel and conservation of nature & culture. Subsequently we will be briefed about our project in the region and the preparation for the next few days.

We then get into our jeeps and head to the project location where we will settle into our living quarters, meet with the team who we will be working alongside.

### **Day 05 to Day 07: Project Village**

#### **O/N PROJECT LOCATION**

Accommodation: Homestay/Guest House/ Camping

We will spend the next 3 days working on our building a solar bath/greenhouse.

### **Day 08 to Day 11:**

We will spend the next 4 days exploring the Spiti valley and get to see the various facets of Spiti valley ranging from visits to over 1000 year old Tibetan Buddhist Monasteries, living in traditional Homestays giving one a peep into culture and lifestyles in Himalayan villages, trekking along wildlife habitats with diverse flora and fauna.

We begin early **on Day 08** and trek to Asia's highest village at 4500 meters. Here we spend the night in Homestays and also visit the monastery adorning this village.

**On Day 9** we trek across alpine pasturelands to a village called Demul (5 – 6 hours trekking). One can opt for a yak/horse safari\* in case one would rather not trek. The route traverses

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across the hunting grounds of the endangered Snow Leopard and Himalayan Wolf where spotting of the Blue Sheep will be possible. We spend the night at Demul in Homestays.

**On Day 10** we will trek/ yak or horse safari\* up to 5000 mtrs to a vantage spot which provides a birds eye view of the Spiti Valley. Reaching this vantage spot is thrilling and well worth the effort. We return to Demul for the night and if keen can try our hand at a traditional Spiti game.

**On Day 11** we trek to lahlung village and further by jeep on to Dhankhar village which was the erstwhile capital of Spiti by jeep. Dhankhar is famous for its monastery and the remains of the fort still remain. The location of the Monastery perched precariously between wind eroded structures leaves one spell bound at the architectural ingenuity of yester years. We visit the Dhankhar monastery and fort and trek up to the Dhankhar Lake (a 1 hour trek from the village). Today we head back to our project village.

### **Day 12 to Day 13: Project Village**

**O/N KAZA**

Accommodation: Homestay/Guest House/ Camping

We will spend the next few days completing our project. On the last day the project will be inaugurated. Later we head back to Kaza for the night.

### **Day 14: Kaza to Manali**

**O/N MANALI**

Mode : Bus  
Gradient : Gradual to steep ascents and descents  
Duration : 8—10 hrs (travel time)

After breakfast we drive back to Manali along the same route that we took to reach Kaza. If time permits and the road is open we take a short detour\* after crossing Kunzam La (4551 mts) to Chandra Tal (4270 mts), the lake of the moon goddess.

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### **Day 15: Manali to Delhi**

Mode : Overnight Bus  
Gradient : Straight to gradual ascents and descents  
Duration : 12-14 Hours

Today we spend the day at Manali at leisure and in the evening catch the overnight bus to Delhi.

### **Day 16: Arrival Delhi**

## **Costs**

INR 34,400/person for a group of 12 persons (taxes extra) = INR 36120 including taxes

### **Includes:**

- All accommodation starting Day 2 to Day 14
- Meals starting Day 4 dinner to Day 13 lunch
- All bus/ jeep transfers Day 1 (with bus from Delhi to Shimla) to Day 15 (bus from Manali to Delhi)
- Project support
- Support staff starting Day 2 to Day 15
- [Lifestraw](#) bottle for all your drinking water requirements in Spiti and to take back with you

### **Excludes:**

- Mineral water and beverages (other than those provided)
- Monastery Fees
- Tips
- Insurance
- Expenses arising out of unforeseen circumstances which may include change in route due to the road being closed, etc.

## **Transfer Details:**

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Bank – State Bank of India  
Branch – Kaza, Spiti, Himachal Pradesh, India  
Swift Code – SBININBB288  
Account Name – Ecosphere  
Account Number – 30769923704  
IFSC Code – SBIN 0003337

### **Please Note:-**

- a) This is a carbon neutral trip. It is Ecosphere's endeavour to generate minimum emissions on this journey and whatever emissions that we do generate are calculated and offset through investments in our in-house renewable energy projects within the region. These include construction of passive solar houses, green houses and investing in other sustainable renewable energy alternatives such as solar water heating systems, solar cookers, solar lighting, etc.
- b) A different kind of holiday - Ecosphere is a social enterprise and your travel with Ecosphere will contribute to the development and conservation of the region. Insights into the local development and conservation issues and a peep into Ecosphere's initiatives to ensure the sustainable development of this Trans-Himalayan region can be seen during your trip.
- c) Accommodation:
  - a. Homestays - provide you with a clean and comfortable room in a local house with environment friendly and clean toilets. Hot water can be made available on request. Cuisine comprises of local delicacies. However if you would prefer to stick to basic Indian meals (lentils, pulses, rice, chappati/ local bread) you can inform your hosts in advance. Boiled water is provided for drinking purposes.
  - b. Guesthouse – comprises of a clean and comfortable room with attached/common bath and toilet.
  - c. Camping – alpine tents with sleeping bags
- d) Kindly inform us in advance of any food preferences.

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- e) Spiti is a high altitude region. Since few people have been to such altitudes, it is hard to know who may be affected by high altitude sickness. There are no specific factors such as age, sex, or physical condition that correlate with susceptibility to altitude sickness. Some people get it and some people don't, and some people are more susceptible than others. If one has not travelled to these altitudes before, it is recommended that you consult your doctor. We usually advise dosage of Diamox 2/3 days before reaching kaza as a safe precautionary for this trip, however please consult your doctor before considering to take this medication. While booking the tour we will provide more details on high altitude mountain sickness and possible precautions you could take. Please note that there will not be any reimbursements in the event that you are unable to complete the trip due to high altitude sickness, other personal reasons, weather conditions or road blockages.

For more details and registrations please connect with

Ishita Khanna, Ecosphere

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