



Watermark Experiences CIC  
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### **ZANSKAR WHITEWATER KAYAK EXPEDITION AUGUST 2014**



**Expedition Dates 12<sup>th</sup>-29<sup>th</sup> August 2014**

**The trip:** The Youth Expedition to the Zanskar is aimed at young paddlers who are looking for an adventurous and challenging kayaking experience, alongside professional guidance and leadership. The trip was created to offer an amazing opportunity to witness a new culture and environment, as well as the chance to paddle down one of the worlds most beautiful and remote gorges.

## **Why a youth trip?**

As a company we have been lucky enough to travel and paddle in some remote and exciting parts of the world. We would like to share these experiences and provide opportunities to young paddlers from the UK and overseas, offering them an incredible and memorable trip, as well as helping them to develop their paddling skills and experience expedition life in a unique and exciting part of the world. As well as a fantastic kayaking adventure, the expedition will also focus on developing other key life skills.

Throughout the following eighteen months the team will be involved in planning and developing the trip. This will enable us to equip the group with the skills needed to prepare for the trip, building strong bonds and a team spirit within the group before the expedition.

## **The Expedition:** The Zaskar River, Ladakh, India - The Grand Canyon of Asia

You will be immersed in a region of rich culture and ancient Tibetan Buddhist traditions. Starting at an altitude of over 4000m, this is a truly amazing river journey, with some of the most beautiful gorges and white water found anywhere in the world.

## **Trip Dates 12th - 29th August 2014:**

The trip will offer numerous challenges to the team, including cultural differences and altitude acclimatization. The planned itinerary includes time for the team to become accustomed to the altitude, and get used to the water of the Himalaya on some training and preparation paddles, before heading out on the full, multi-day expedition down the Zaskar gorge.

The group will need to ensure that they are well prepared before leaving the UK for the expedition ahead of them. Everyone needs to make a commitment to be physically fit in order to cope with the terrain and altitude that the trip will present. In the meantime there will be more information and physical conditioning training recommendations delivered through frequent emails and training weekends.

The training weekends ahead will help to ensure that the group are not only well prepared with their paddling skills, but have also had the chance to work together as a team and get involved with the planning and development of the expedition.

### Trip Schedule Zaskar Youth Trip 12<sup>th</sup>-29<sup>th</sup> August 2014 – (18 Days)

<b>Tuesday 12<sup>th</sup> August</b>  Fly London-Delhi	<b>Wednesday 13<sup>th</sup> August</b>  Arrive in Delhi  Sightseeing in India's capital Delhi  Stay overnight in Delhi	<b>Thursday 14<sup>th</sup> August</b>  Morning flight Delhi-Leh  Rest and acclimatisation to the thin air in Leh  Stay in the Oriental guesthouse	<b>Friday 15<sup>th</sup> August</b>  Continue to acclimatise in Leh  Visit the ancient Tikse Buddhist monastery  Stay in the Oriental guesthouse	<b>Saturday 16<sup>th</sup> August</b>  Warm up paddle on the top section of the Indus River Spituk to Nimu class II- III  Stay in the Oriental guesthouse	<b>Sunday 17<sup>th</sup> August</b>  Kayaking on the River Indus  Stay in the Oriental guesthouse
<b>Monday 18<sup>th</sup> August</b>  Rest and organise equipment for Zaskar River trip  Afternoon hike to Shanti Stupa  Stay in the Oriental guesthouse	<b>Tuesday 19<sup>th</sup> August</b>  Drive from Leh to Kargil over the Fotu La pass, viewing spectacular scenery  Camp riverside outside of Kargil	<b>Wednesday 20<sup>th</sup> August</b>  Drive Kargil – Rangdum  One of the most scenic drives in the World  Camp on the plateau at Rangdum – under high peaks Num and Kum, on the roof of the World	<b>Thursday 21<sup>st</sup> August</b>  Drive from Rangdum to Remala and into Zaskar over the Pensa La pass (4400m)  Stop to view the glacier that feeds the Zaskar  Camp by the river at Ramala	<b>Friday 22<sup>nd</sup> August</b>  Start of river trip, paddle 30km class II Remala to Karsha Gompa  Camp under the stars close to Karsha	<b>Saturday 23<sup>rd</sup> August</b>  Karsha – Honyo, paddle 25km of class II-III  Camp close to the entrance of the Zaskar canyon
<b>Sunday 24<sup>th</sup> August</b>  Commit to the first day of the Zaskar canyon, class III, 25km to the village of Nyerak in the heart of the Zaskar canyon  Camp in the canyon below Nyerak village	<b>Monday 25<sup>th</sup> August</b>  Rest day in one of the most remote places in the World  Hike to river bridge, Stupa and to Nyerak village  Camp in the canyon below Nyerak village	<b>Tuesday 26<sup>th</sup> August</b>  Kayak 35km Nyerak to Lamaguru, one of the best days of kayaking with big waves and challenging class III-IV  Camp at Lamaguru	<b>Wednesday 27<sup>th</sup> August</b>  Kayak 40km class III-IV from Lamaguru-Nimu  Take out and return to Leh  Stay in the Oriental guesthouse	<b>Thursday 28<sup>th</sup> August</b>  Day in Leh to rest, shop for gifts, organise and pack equipment  Afternoon at school in Leh  Stay in the Oriental guesthouse	<b>Friday 29<sup>th</sup> August</b>  Morning flight Leh to Delhi and onto London  Arrive and pick up at London Heathrow

### **The River:**

The Zaskar River below Padum flows about ninety miles to the Indus confluence. Depending on the river level the Zaskar below Padum, is class three white water and set in one of the most beautiful canyons on earth. The canyon is severely walled in for long sections between Padum and the Indus confluence, making this expedition a real test of commitment and endurance.

### **In Country Agents:**

We will be using an experienced, India-based expedition company to help us run the trip. They will provide us with our local transport and logistics, the rafts to carry all our personal equipment down the river, local guides and a cook team that will look after us on and off the water.

Aquaterra have numerous years of experience running Zaskar expeditions and many other river trips in India and throughout the Himalaya. Aquaterra have twice won Best Adventure Travel Company by National Geographic. Watermark have worked with Aquaterra previously before on three Zaskar expeditions.

For more information on Aquaterra please look at <http://www.treknraft.com>

### **Training Weekends:**

Due to the nature of the Zaskar River and this expedition, it is important that there is adequate training before the expedition. There will be twelve days of training scheduled for participants, prior to the trip. The rough outline of dates for the training weekends and holidays are below

#### **Scheduled And Proposed Zaskar Training 2013/2014**

x 4 Days at the Bitches tidal race May 25 <sup>th</sup> -28 <sup>th</sup> May 2013 - <b>Proposed</b>
x 3 Days River Dart/ Dartmoor October half term 2013
x 2 Days winter 2014
X 3 Days May bank holiday 2014

### **Preparation:**

Life on expedition can be demanding, as well as incredibly rewarding. We aim to ensure that the team have the best preparation and training prior to the trip; to make sure they are ready for the challenges that the expedition will present. The series of training weekends have been designed to offer the group a chance to develop their kayaking skills, fitness and prepare for the kind of water that they will encounter on the Zaskar. In addition to honing paddling technique, we aim to ensure that the team are well prepared for life on expedition by offering training and guidance in areas such as:

- Equipment and expedition packing
- Health and medical awareness
- Team building
- Trip planning and preparation
- Cultural expectations
- Safe travel

The training weekends will focus on team building, paddling skills, leadership, safety and being a responsible and active group member.

Please note that during the training weekends, we will provide full care and transport for all students, so if parents would like to drop their children off, on Friday night or Saturday morning, we are able to take care participants for the entire scheduled training events and re meet at the end of the training.

### **What's Included?**

- A eighteen-day trip in India including a nine-day world class Zaskar expedition and two days, warm up paddling on the Indus River
- Twelve days, of expedition training in the UK
- Professional guiding on and off the water, from accomplished professional kayaker and qualified coaches
- Mentoring and advice on professional development within kayaking
- All food and accommodation in India
- All food and camping fees on training weekends
- Sight seeing in India
- Airport transfers in India
- Raft support provided by National Geographic award winning adventure travel company
- Professional medical advice and guidance for all expedition members

### **What is not included?**

- Flights
- Personal equipment
- Camping equipment
- Kayaking equipment
- Personal Travel Insurance
- Extra Beverages in transit and in Leh

We can advise on the best equipment, where to buy and we can help arrange group discounts on some items.

**Expedition Price - £2500.00**

**Deposit**

A £400.00 deposit will be required by March 29<sup>th</sup> 2013 to confirm a place on the trip.

**Payment**

The remaining payments can be paid in full by 11<sup>th</sup> March 2013 or in three instalments on the payment schedule detailed below:

12<sup>th</sup> August 2013- £300.00

17<sup>th</sup> March 2014 - £1000.00

25<sup>th</sup> June 2014 - £800.00

**Flights\*:**

All flights will have to be booked individually. We can recommend the Flight Centre, (Tel 0207628 9977).

Virgin Atlantic and Jet Airways, fly to Delhi and to date have been kayak friendly, these flights are priced from £350.00 upwards depending on when you book.

Internal flights from Delhi to Leh will be booked through our agents in Delhi and are priced approximately between £170.00 (by booking early in 2013) and £280 for later bookings.

\* Watermark Experiences C.I.C take no responsibility for the booking of and for the payment of international flights, or the payment of the domestic flights or for any extra baggage charge incurred.

**Booking:**

Please e-mail Deb Pinniger, or Matt Tidy – [info@watermarkexperiences.com](mailto:info@watermarkexperiences.com) to confirm your place, then fill out and return the attached booking form to Deborah Pinniger, along with the deposit of £400.00. Deposits should be in the form of a cheque made payable to Watermark Experiences.

C/O Deb Pinniger

24 Chynance Drive

Newquay

Cornwall

TR72AA

**Further questions?**

Deb will call you all individually to arrange flight bookings and discuss any queries.

Please contact Deb Pinniger, or Matt Tidy with any further questions

Tel Deb -07881831921

E-mail – [info@watermarkexperiences.com](mailto:info@watermarkexperiences.com)