

# My Experience in trekking with Ibex Hikes – Mrs. Iyer

I, Uma Ramesh Iyer, a retired banker always liked outdoor adventure and travelling. This made me enrol with Ibex Hikes for a trekking expedition in the Himalayas. I had never been on such a trek and was excited with the outcome.

Mr Anirudhha Jadhav and Ms. Vasudha Phalke prepared us for this moderate trek to Patalsu Peak and Bhrigu lake , weeks before the actual dates of the trek. The learning process in Nasik was exciting and enjoyable. They geared us up by weekly trek to Pandavleni hills, Anjaneri hills. The training given by these two dedicated trekkers prepared us both physically and mentally for the expedition. They also advised us to keep ourselves fit with lot of Do'S and Dont's- like regular exercise and diet.

Finally we left for Ambala Cant on 5th June from Nasik . We reached Chandigarh on 6<sup>th</sup> then travelled to Manali by bus on that night and reached Solang Valley on 7<sup>th</sup> June. Excellent staying arrangements were made by the organisers at Solang Valley. We started for Patalsu peak on 8<sup>th</sup> June from Solang Valley. We reached Shagrudugh on 8th afternoon, which was our base camp. The camping arrangements were fantastic. The food served were hot and tasty. We spent the later evening by playing games.

We left for Patalsu peak on 9<sup>th</sup> early morning after a light breakfast. Packed food was provided for the trek. The local people, man and animal who assisted us in this trek were also a good team. They served us well throughout the trek making it more comfortable and easier. Even though it was a moderate trek , it was hardest for me as a beginner. The training, planning and good organising helped me overcome the fear and

tiredness and made me enjoy the whole trek. I was also helped by the co trekkers and younger members of the team, under the ever alert eyes of the two leaders, making it exciting and a fulfilling trek. The entire terrain was scenic and enchanting. At a height of 12000 ft there was snow all around. The place was so beautiful; it was a best reward at the end of a challenging environment. Any thought of tiredness was far away from my thoughts. We returned back to the base camp in the late evening. We were served hot soup and hot food by the local guide.

Next day that is on 10<sup>th</sup> after having breakfast, we started for Kothi. Though it was a long route it was made easier by the cheerful youth brigade. I enjoyed the entire trek to Kothi. At Kothi we rested at night. Next day ie on 11<sup>th</sup> June after having a light breakfast and with a packed lunch we started for Moridugh the next base camp at a height of 12000 ft. Though it was a uphill climb, the task was made easier by great planning of the movements with necessary breaks by the organisers. Here we had camp fire at night. We enjoyed the hot and delicious soup and dinner served by the local guide.

Next day ie on 12<sup>th</sup> we started for Bhrigu lake in the morning. The trek to Bhrigu lake was awesome. The entire trek route was through snow clad mountains making it difficult but enjoyable. Being one of the elderly member I was constantly assisted by Anirudhha, Vasudha and younger members of the group. The return journey from Bhrigu to base camp was thrilling. We had to come down sliding downhill through the snow

After a peaceful sleep on 13<sup>th</sup> we left for Solang Valley through Kothi. After coming back from heavenly abode of serene and peaceful mountains, my mind was filled with tranquillity and peace. We had a restful and relaxed night at Solang Valley. We played, danced and it was funtime. We left for Ambala Cant on 14<sup>th</sup> after a light shopping at Manali. From

Amballa Cant we boarded train to Nasik on 15<sup>th</sup>.

In its entirety the whole trekking experience was enjoyable and exciting. I also overcame my initial fear of this unknown adventure, thanks to the leadership of our organisers Anirudha and Vasudha and co-operation of team members. The amenities provided at such deserted heights were good. I thank the whole group for making my first Himalayan trek a memorable one. A Very Special thanks to Anirudha and Vasudha.