

**Centenary Celebration of Youth Hostelling International**  
**&**  
**60th Anniversary of YHA of India**  
**“HEIGHT OF ADVENTURE”**  
**NATIONAL MOTOR BIKE EXPEDITION**

**EVENT:**

100 Motor Cyclists will undertake about 2500 km journey starting from New Delhi to Chandigarh, Kullu-Manali, Leh & Khardungla Pass covering the most challenging mountain route via Rohtang Pass (13,051 ft.) (3978mtr.), Bara Lacha Pass (16,040 ft.) (4890 mtr), Lachung La Pass ( 16,600 ft.) (5059 mtr.) and Tanglang La Pass ( 17,582 ft) (5359 mtr.) and finally to world's highest Motorable road reaching Khardungla Pass (5602 mtr, 18380 ft.). They will return via Kargil, Drass through Zozila Pass (3528 mt, 11575 ft ), Srinagar, Jammu & Ludhiana, Delhi.

**ROUTE:**

Delhi-Panipat-Ambala-Chandigarh-Kullu-Manali -Tandi- Sarchu – Upshi- Leh-Khardungla-Leh--Kargil-Drass –Zozila Pass-Srinagar-Jammu-Ludhiana-Karnal-Delhi.

The actual route may change depending upon geographical, social and environmental conditions.

**Duration:** 17 days. Participants will report at Base Camp, International Youth Hostel, New Delhi on 24th August 2009. After expedition, they will leave from New Delhi on 09th September 2009.

**About Delhi:-**Delhi, the Capital of India is one of the most populous metropolis in the world and one of the historically significant among towns and cities in India. Delhi is full of ancient historical monument that dates back to the Mughul period along with many highly acclaimed modern buildings, and these can all often be enjoyed whilst whizzing around in the city. Delhi is spread over an area of 1483 sq kms, with population of around 14 million. It happens to be the political hub of India,.

**About LEH:**Leh-Ladakh, a part of Jammu & Kashmir State in north of India consisting of two districts Leh and Kargil. It lies at an altitude of 10,800 ft. above sea level.

It is at a distance of 434 kms from Srinagar and 474 kms from Manali. The total population of Leh district is 117 thousand. Leh has quite a few interested place on offer. The main attraction of this area include the captivating Leh Palace, Buddhist Monasteries, Stok Palace Museum etc. and beautiful valleys.

It is considered to be coldest desert in winter.

**How to reach Base Camp at International Youth Hostel, New Delhi:**

International Youth Hostel, New Delhi is 10 km from Domestic Airport & 16 km from International Airport, 11 km from Nizamuddin Railway Station,8 km from New Delhi Railway station & 16 km from Old Delhi Railway station. Nearest Metro station is Central Secretariat (3 km).

International Youth Hostel Tel. no. 011-26116285, 24101246, 26110250, 26871969 Ext.11,  
E-mail : [hostelbooking@yhaindia.org](mailto:hostelbooking@yhaindia.org)

**Criteria for Selection:**

- Preferred Age Group: 20 Years – 50 years
- The participant (male/female) should be in excellent physical and medical fitness.
- They must have a taste for adventure and willing to live life in the rough and tough terrain.
- They should be able to withhold the stress and strain in such high altitude expedition (where oxygen is less) for long duration.
- The participants must have a driving License for Two wheeler valid in India.
- The participant must own a Motor Bike as per specification given below (for foreign national, the bike can be hired by them locally)
- **Only single Rider per Motor Bike. No Pillion Rider will be allowed.**

**Right of selection is reserved with Youth Hostels Association of India (YHAI).**

**Participation Fee:**

Rs. 9,500/- per participant (USD 225 for foreign national)

The actual cost of expedition will be much higher. This is highly discounted/subsidized fee as this is a special event to celebrate Centenary Celebration of Youth Hostelling International and 60th Anniversary of YHA of India. The fee is payable immediately on acceptance of application.

**Specification of Bike:-**

Minimum 100/125 cc bike, Registered after 1st July 2006, Fully Insured. The participant must possess a valid national driving license (International driving license for foreign national valid in India).

Bikes with 150 cc Registered after 1<sup>st</sup> July 2004.

**NB:-** All selected participants should send/bring their bike on 22nd/23rd August 2009 at International Youth Hostel, New Delhi for inspection & approval.

**For Foreign Nationals:**

A limited number of foreign nationals who should be member of Hostelling International (HI) can also participate in this expedition by paying a participation fee of USD 225. However, they have to apply for registration through e-mail and **on acceptance** only pay the participation fee. They have to obtain their visa and arrange for their travel to International Youth Hostel, New Delhi and then return from New Delhi on their own.

They have to make their stay arrangements for the period not covered by this expedition. They should take adequate insurance cover before participation. They can send their documents/application through e-mail to: [info@yhaindia.org](mailto:info@yhaindia.org)

**They have to hire a suitable bike for this expedition in India. Such bikes are available on rent. YHAI can assist in hiring these bikes. The average charges will be approx. US \$ 20 per day.**

**YHA of India will also assist you in planning your trip.**

**What YHAI will provide:**

1. Accommodation in tents / Guest Houses.
2. High Calorie Food at all Camps.
3. Petrol & Oil during expedition from Delhi to Delhi
4. Fully Equipped Medical Teams and Ambulances.
5. Oxygen Cylinders at every Camp.
6. Escorting Jeeps & Backup Jeeps/vehicles.
7. Medical Group Insurance.
8. Technical Assistance for minor repairs

YHAI Group insurance is for accidental death or permanent disability for a limited time & money only. You are strongly advised to take extra insurance cover for your journey and other related matters.

**RISK FACTORS**

This is a high risk adventure programme involving stiff motor cycling up /down on Himalayan Mountain Passes. The following risk factors can effect the participant:-

- 1.High Altitude Sickness leading to Pulmonary Oedema.
2. Exhaustion due to stressful driving
- 3.Fall during climb or down leading to ordinary or serious injuries.
- 4.Any unforeseen event.

It is emphasized again that the above risk can lead to simple injury/serious injury/loss of limb/ temporary or permanent disability/ death.

**YHAI will provide adequate assistances in the above circumstances but can not be held responsible for any risks mentioned or not mentioned above.**

**What you should bring:**

Motor Bike of above 110 cc - 150 cc capacity and registered after 1st July 2006 only, Motor bikes 150 cc above – registered after 1<sup>st</sup> July 2004 will be permitted, fully insured, Valid National Driving Licence (International Driving Licence for foreign national valid in India), Helmet, Leather Gloves, other safety gears (if any), Cotton shirts, Jeans /cotton pants, woollen jersey or jacket, woollen muffler & cap, woollen gloves, sports shoes, sun cap, woollen socks, water bottle, lunch box, goggles, cold cream, Toilet requisite, personal medicine, etc.

YHAI may prescribe to display a suitable placard on your bike for identification & publicity. You will wear wind-cheaters /Jacket and other accessories provided by YHAI during the expedition. You are requested not to carry any other sponsor's flag or advertisement material during this expedition.

**Participants may bring valuables but only at their own risk.**

**Participants will have to abide by the terms and conditions laid down by YHAI.**

**How to enroll:**

Participants may apply in our prescribed application form (download from: [www.yhaindia.org](http://www.yhaindia.org)) and send it to us along with three (3) passport size photos, registration fee of Rs. 500/- (non-refundable) in favour of 'Youth Hostels Association of India' payable at New Delhi by way of demand draft / cheques / pay order, medical certificate, copy of driving license and vehicle registration certificate to :

**Chief Executive Officer  
Youth Hostels Association of India  
National Office  
5, Nyaya Marg, Chanakyapuri  
New Delhi – 110 021  
Phone:- +91-11-26110250, 26871969  
Fax :+91-11-26113469  
Email: [info@yhaindia.org](mailto:info@yhaindia.org)**

Once approved, you need to send participation fee of Rs. 9,000/- (Demand Draft/Cheque in favour Youth Hostels Association of India payable at New Delhi, with documents mentioned in application form by post.

**Cancellation:**

50% cancellation charges of the participation fee will be charged till 1st August 2009 and no refund afterwards.

**Last date for Registration** is 31th May 2009. The YHAI reserves the right to close the registration early or extend the date of registration.

**Date of announcement for selected Participants:- 6th June 2009**

**Last date of submission of the Participation fee:- 15th June 2009**

- Every participant who successfully completes the expedition will be awarded a special Certificate of Merit by YHAI.
- This expedition may be recorded in Limca Book of World Records or Guinness Book of World Record in the largest number category.
- A Special Kit to each participant by YHAI

**ROUTE FOR NATIONAL MOTOR BIKE EXPEDITION**

Day 01:- 24.08.09	Reporting at International Youth Hostel New Delhi & Orientation (Stay at Youth Hostel, New Delhi)	
Day 02:- 25.08.09	Briefing Programme, Group formation & Reception . Youth Hostel, New Delhi)	(Stay at International
Day 03:- 26.08.09	New Delhi to Chandigarh ( 255 km),Stay at Chandigarh	
Day 04:- 27.08.09	Chandigarh to Kullu (232), Arrival at YHAI camps in Kullu Seobagh/Dobhi)	(Stay at
Day 05:- 28.08.09	Rest day at Kullu.	
Day 06:- 29.08.09	Kullu to Tandi( 147 km):	
Day 07:- 30.08.09	Tandi to Sarchu (115 kms)	
Day 08:- 31.08.09	Sarchu to Upshi ( 202 km)	
Day 09:- 01.09.09	Upshi to Leh, (49 km)Participating in Ladakh Festival, (Youth Hostel, Leh )	Rest Day at Leh
Day 10:- 02.09.09	Leh - Khardungla-Leh (78 kms.): (Youth Hostel Leh)	
Day 11:- 03.09.09	Leh – Kargil (231 kms)	
Day 12:- 04.09.09	Kargil-Drass-Srinagar-( 203kms) : - (Youth Hostel, Srinagar)	
Day 13:- 05.09.09	Rest Day at Srinagar	
Day 14:- 06.09.09	Srinagar to Jammu ( 293 kms) :-	
Day 15:- 07.09.09	Jammu to Ludhiana ( 278 kms) :	
Day 16:- 08.09.09	Ludhiana to New Delhi, ( 305 kms ) Youth Hostel, New Delhi	
Day 17:- 09.09.09	Check Out after Lunch	

**Note: There may be changes in the route and final programme due to any unforeseen circumstances.**

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&  
60TH ANNIVERSARY OF YHA OF INDIA  
"HEIGHT OF ADVENTURE"  
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**MEDICAL CERTIFICATE**

( To be filled by a registered Medical Practitioner only)

1 NAME : Mr. / Ms.

SURNAME	NAME
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2 FATHER'S / HUSBAND'S NAME :

SURNAME	NAME
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3 ADDRESS & TELEPHONE No:

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4 DATE OF BIRTH :

Date	Month	Year					

		Is the Applicant suffering from			
Present illness /Past illness/ Physical Disability	An Infectious Disorder	Yes			No
	Hypertension	Yes			No
Any known allergy to Drugs / Foodstuff	Bronchial Asthma	Yes			No
	Diabetes Mellitus	Yes			No
History of Taking Drugs for Chronic Disease	Epilepsy	Yes			No
	Heart Disease	Yes			No

Above 45 Years Male /Female	BP	ECG report	Blood Sugar Report
Female	HB		

I have medically examined Mr./ Mrs. / Ms. \_\_\_\_\_  
on (Date)\_\_\_\_\_ and found him / her medically and mentally fit to undergo  
Motor Bike Expedition in high altitude areas & in the mountains and as per history and  
clinical examination he/she is not suffering from any chronic disease.

Name of Dr \_\_\_\_\_ Degree: \_\_\_\_\_

Registration No.: \_\_\_\_\_

Signature of the Medical Officer  
and seal

Date:.....

Applicant's Signature



Valid upto

Have you attended any of the Motor Bike Expedition - give particulars by attaching photocopies of certificates

Payment Details: Cheque/DD/PO of Rs.500/-(non-refundable)in favour of Youth Hostels Association of India payable at New Delhi

Cheque/D.D No.

Bank

Branch

Please enclose self attested photocopies of :

- (i) Identity Proof (copy of Passport, Voter Card)
- (ii) Copy of Vehicle Registration Certificate
- (iii) Copy of Driving License

\*I agree to adhere strictly to the discipline of the programme and abide by the directions of the organising authorities or their nominees, at all times and shall not deviate from the set route of expedition during the programme.I undertake to indemnify YHAI of all claims, expenses and demands, monetary as well as non-monetary, made by it to me pursuant to any fault, mistake,or any other act detrimental to interests of YHAI, its officials and /or any other co-participants etc.

This is my application for registration only. The YHAI have the right to accept or reject my application for participation. If selected I will pay the participation fee of Rs.9000/- within 7 days of notice of selection.

IN CASE OF ANY ACCIDENT, ILLNESS OR INJURY OR DISABILITY OR DEATH, I WILL NOT HOLD THE YOUTH HOSTELS ASSOCIATION OF INDIA WHOLLY OR PARTLY RESPONSIBLE.

I further declare that I have not been suffering from any infectious disease for the past one month and that I am keeping good health.

Signature.....

Date:.....