

A rider wearing a black jacket, a red and white helmet with goggles, and a backpack is sitting on a Royal Enfield motorcycle. The motorcycle has a black saddlebag with a yellow 'HSA' logo and 'HIGHWAY 200' text. The background shows a vast mountain range under a blue sky with scattered white clouds.

Nomadic Knights

LIVE LIFE. LOVE ADVENTURE™

Your Information Pack

Thank you for booking a place on our Himalayan Adventure. This information pack requires information from every participant, the information you supply is essential to ensure that we provide the best possible experience for you... *it's the only dull bit of this adventure I promise you.*

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3 things you now need to do.

1

Complete pages 2, 3 & 4 and bring with you to India.

2

Provide 2 (two) photocopies of the following documents.

Passport
Visa for India
Drivers Licence
International Driving Permit
Travel Insurance Policy

3

On the Booking page you have ticked the box to confirm you have read, understood and agree with our terms & conditions.

If you have any questions regarding how to fill in any aspect of the forms, please email me, reachus@nomadicknights.com

Looking forward to sharing a fantastic adventure with you.

Thank You

Alex Pirie
Nomadic Knights

PLEASE TICK

- Completed forms (pages 2 - 4) and bring to India
- Bring 2 (two) photocopies of the following documents
 - Passport*
 - Indian Visa (if applicable)
 - Driving licence (photo card only)*
 - International Driving Permit*
 - Travel Insurance*
 - 4 Passport sized photographs for possible check points

***IT IS VITAL THAT YOU BRING THESE ORIGINAL DOCUMENTS WITH YOU.**

If you are travelling with other participants, please provide their names opposite:

Insurance Details & Emergency Contacts

Please provide full details of your travel insurance policy and their contact details plus the names of 2 people who should be contacted in the event of an illness or accident, please write clearly and in CAPITAL LETTERS and include international dialing codes on all contact numbers.

Name of participant:

Name of Insurance Company:

Policy Number/Expiry Date:

24 hour Emergency Tel Number:

Emergency Contact No.1

Name

Relationship

Daytime Telephone Number:

Evening Telephone Number:

Mobile with country code:

E-mail address:

Emergency Contact No.2

Name

Relationship

Daytime Telephone Number:

Evening Telephone Number:

Mobile with country code:

E-mail address:

Name of Participant:

It is for your own safety that we find out as much as possible about your medical history. Your answers will be treated in the strictest confidence and will not necessarily have an adverse effect on your chances of participating. Please advise us in the space below of any condition, past or present, which you think may have a bearing on your ability to take part.

Please be advised that a letter will be required from your doctor or consultant should any doubts arise concerning your health.

Please tick the appropriate box:

- | | |
|--|--|
| Are you allergic to any drug / medicinal product? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| Are you suffering from or are you a carrier of any infectious disease? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| Are you allergic to any food or drink products? | Yes <input type="checkbox"/> No <input type="checkbox"/> |

If 'Yes' to any of the above, please give full details below together with any other information which may be relevant:

- | | |
|--|--|
| Are you taking regular and/or occasional medication? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
|--|--|

If yes please give full details of ALL regular medication and dosages in the space provided below. Also include any occasional medication that you will be using on the event which could affect your ability to take part.

Your health:

You will be riding in varied conditions and in changing climates, often for long periods; therefore it is important that you are in reasonable health. If you have any medical condition which could be adversely affected by strenuous exercise or heat, or are in any doubts concerning your health, or taking any medication, you must get clearance from your doctor before returning this form. It is also your responsibility to inform us of any conditions that may arise in the period between completing this form and the event. It is important that we know about any potential problem well in advance.

You do not need to bring excess clothing unless you are planning to stay in India after the trip. Do not bring clothing, baggage or any equipment that you are worried about damaging as facilities during the event are at times basic. All luggage will be carried by truck.

IF YOU ARE RIDING A MOTORCYCLE.

A general note about clothing for the Himalayas:

It is important that you are as comfortable as possible in your riding kit to ensure that you can direct as much of your attention as possible to the road or track ahead. Temperatures can change significantly during a day's ride, so a good tip is to wear several layers to give you the ability to adjust your kit to suit the conditions.

HYDRATION PACK (ESSENTIAL – 3 LITRE CAPACITY STRONGLY RECOMMENDED)

This is the best way to carry drinking water; the pack is carried in a purpose-made rucksack and the water fed through a drinking tube. This enables the rider to keep hydrated without the need to remove the helmet. The rucksack can also be used to carry small items of kit.

HELMET (ESSENTIAL)

Any helmet that has approval for road use is acceptable and must be worn at all times when on the bike. The ideal type is the motocross or enduro helmet as it has the best compromise of features for riding in the Himalayas. The peak acts as a sunshade, the chin guard gives good protection and ventilation, and the overall design allows the comfortable wearing of goggles – strongly recommended for keeping out dust! Tinted goggles are advisable over sunglasses for the same reason. However, your road lid is suitable for the event but please bear in mind that the difficult terrain and conditions in the Himalayas may mean that some damage to the helmet may be sustained.

UPPER BODY ARMOUR (ESSENTIAL)

There are a few different styles of body armour available; the hard plastic 'rooster-tail deflector' or tabard style, the 'all-in-one' mesh jacket (which includes hard armour in all the vulnerable areas and a kidney belt) or separate pieces of hard armour fitted into a jacket. It is down to personal choice as to which is most comfortable. It is important that elbows, back, shoulders and chest are as well protected as possible.

JACKET (ESSENTIAL)

A warm textile motorcycle jacket is highly recommended as they usually feature a removable lining. This is ideal as it allows adjustment of kit according to temperature changes during the day.

PROTECTIVE TROUSERS (ESSENTIAL)

Hard wearing and breathable are the important features, beyond that it is down to personal choice. Textile, as opposed to leather, is preferred as leather is too hot and restrictive for the conditions. Motocross or enduro pants are ideal, although alternatives such as reinforced denim jeans or combats could be considered. It is essential that adequate knee protection is worn, the hard type being recommended.

MOTORCYCLE BOOTS (ESSENTIAL)

Sturdy, over the ankle, motorcycle boots are essential.

GLOVES (ESSENTIAL)

Two pairs of gloves are strongly recommended – one lightweight/summer pair and one waterproof/winter pair. Temperatures and conditions can vary greatly during a day's ride, so ensure that you have both with you every day.

THERMAL BASE-LAYER (ESSENTIAL)

Basically, thermal underwear! It is worth purchasing a base layer specifically designed for outdoor pursuits as it will have properties built in to keep moisture away from the body and keep the wearer dry and warm. Separate top and bottoms rather than an all-in-one suit are recommended.

WATERPROOFS (ESSENTIAL)

The changeable conditions in the Himalayas mean that there is the very real possibility of rain or even snow during the rally. A lightweight waterproof suit serves a dual purpose – it keeps the rain out but can also act as an extra insulator against wind and cold. Suits are available as either a one or a two-piece, both of which have their advantages. For example, the one-piece is more watertight, whereas the two-piece can be worn as separate items and is easier to put on and remove.

TANK BAG

Not required as all the bikes are fitted with soft panniers. Please bring some type of waterproof bag for your valuables, mobile phone, camera etc.

PASSPORT PHOTOGRAPHS

Please bring 4 passport style photographs, we often need them to cross borders and obtain inner line permits.

BASIC FIRST AID KIT (ESSENTIAL)

To include a sufficient supply of any personal medication. Items that may be very useful include rehydration salt sachets, paracetamol, ibuprofen, antiseptic cream and sticking plasters.

ANTISEPTIC ALCOHOL-BASED HANDWASH (ESSENTIAL)

SUN BLOCK (ESSENTIAL)

A high factor is strongly recommended.

SLEEPING BAG

Although bedding will be provided every night, you may prefer your own sleeping bag for nights in the more remote locations. A lightweight 2-3 season bag is recommended.

SUNGLASSES

MOSQUITO REPELLENT

Only required in transit through Delhi.

TORCH

A head torch is very useful.

WASH BAG, SCARF / BANDANA (TO PROTECT NECK), FLEECE / PULLOVER, TOWEL, TRAINERS OR SANDALS, T-SHIRTS, FLEECE, CASUAL TROUSERS, SWIMWEAR, BUNGEE CORDS...

and finally EAR PLUGS - *To protect against snoring room mates!*

Ok, first things first. India is different, very different. Riding and driving conditions vary greatly as it's huge country. We operate in fourteen states all across India and they are all very unique, mainly due to the weather and climate. India has a four month monsoon season of heavy rain however our adventures are scheduled to miss most of this as it hits different parts of the country at different times. It's not so much about your riding or driving ability. It's more about your attitude in tackling the situations we find ourselves in.

Each of us have different riding and driving capabilities, but we all tend to share a positive attitude, a sense of humour and a passion for adventure. Every day is invigorating, some days more than others. Conditions during the adventure will challenge us all, however it will be easier to take it in your stride when surrounded by a like-minded bunch of people. Our days are planned so we can stop and take photographs of the incredible scenery, have regular breaks to take in fluids, and grab something to eat. You will soon grow to love chai. (Sweet Tea).

Here is a description of the riding and driving conditions as I know them. India is unpredictable and this is as accurate as I can get having ridden and driven all of them.

Min Temp - 3 degrees
Max Temp - 28 degrees
Sunshine - Yes
Rain - Sometimes
Snow - Rarely
Challenge level - 80%

Riding and driving conditions in the Himalayas are challenging to say the least. It can be stunning sunshine one minute, however round a bend or ride over a high pass and we can be confronted by rain, fog or snow. During our adventure we ride a mixture of forest trails, graded roads (pot holes, loose gravel and rocks), beautiful smooth sections of tarmac, high mountain passes and occasional sections of mud, slush and sand.

Acute Mountain Sickness (AMS)

This applies to our Himalaya adventures only. AMS can affect anybody and the condition has no connection as to whether you are fit or not. It can generally affect you at over 2,500 metres and as we ascend to 5,600 metres on some of our trips you need to be aware of this condition. It can occur due to the lack of oxygen and the symptoms are usually temporary. The symptoms are a headache, nausea and dizziness.

It can also disrupt sleep. Symptoms can be reduced by staying well hydrated with water and by taking Diamox tablets. Please ensure that you bring your own supply of Diamox tablets with you. We always carry a supply of Diamox tablets however it's essential that they are kept for emergency use only. We also have oxygen cylinders readily available in case you need it.

From our own personal experience it only affects around three people in every one hundred and is usually dealt with very quickly by our travelling medics/doctor/team. You should consult with your doctor or GP for further advice on Diamox doses before travelling to India. You will have time to acclimatise when you reach the Himalayas and Diamox is readily available in India.

What should I expect with regards to the accommodation and will I have to share a room?

The accommodation we stay in during the rally will vary. It may not always be up to top standards but it will always be safe, clean and the best we can secure in the remote areas we visit. Wherever possible, rooms are allocated on a twin-share basis. If you are travelling with a friend or partner we will do our best to accommodate you accordingly, provided we are aware of the situation well in advance of the trip. If you are travelling alone you will be expected to share with another solo participant. Due to the remoteness of parts of the route, at times it may be necessary to sleep more than two to a room and in some of the accommodation our requirement for twin-bedded rooms may exceed the supply and only double rooms may be available. This will mean that, at times, your space will be limited. We recommend a sleeping bag for those concerned about personal space! Think basic and then nothing will shock you. Expect everything from cabin-style accommodation to luxury hotels and even a night camping under the stars – it's all part of your adventure.

Do I have to return from India on the date specified?

No, If are you able to extend your stay we would recommend that you do so. India is a wonderful country and offers much to those wishing to explore.

Do I book my flights through you?

No, you will be responsible for booking your own flights. You will find the travel arrangements in the “HOW TO GET HERE” section on your trip page.

Do I need to be an experienced rider?

It is important that you feel comfortable and confident on a motorcycle for riding in the Himalayas. We usually suggest that you have at least two years recent riding experience and strongly recommend that you take part in an off road training day as this will, for 99% of riders, improve not only your safety but your overall enjoyment of the event.

Can I bring a pillion?

Yes, but be warned! Riding conditions in the Himalayas can be very difficult indeed and long, bumpy days in the saddle may not suit everyone. It very rarely happens, but the organisers reserve the right to request a pillion passenger to dismount and travel in one of the support vehicles at any times when weather or road conditions deem it necessary. Pillion passengers will need to pay the full price, less \$200.00 USD (two hundred US dollars) to take part in the event. Please make sure that any intended pillion passenger is able to complete the trip on the bike as space in our support vehicles is severely limited. Any such space has to be prioritised for any participant with an injury or illness and pillion passengers will not be able to choose to hop in and out of vehicles at will.

Do I need to be reasonably fit?

You do not need to start marathon training but it would not hurt to increase your cardiovascular workout. If you are not doing any exercise and have no desire to join a gym then we recommend that you try to walk at a fast pace for a minimum of twenty minutes three or four times a week. For those of you who are members of a gym carry on as usual. Stamina is important because the combined effects of long arduous rides at altitude in hot and/or cold conditions, on badly maintained roads can leave you exhausted. Combine this with early starts, little sleep and new food it becomes clear your body needs as much help as it can get. A small amount of effort prior to departure can make all the difference.

How much will it cost?

The cost of participation in our Himalayas events can vary depending on the trip. We require a booking deposit of \$850.00 USD (eight hundred and fifty US dollars) which is non-refundable but deductible from the overall total.

What is provided?

Almost everything depending on trip participant numbers. Use of the motorcycle, your fuel, accommodation, breakfast and dinner, mechanics, medics, team leaders, radio crews, luggage services and support vehicles.

Continued overleaf.

What is not provided?

Costs which are the responsibility of the participant, not Nomadic Knights, include: travel arrangements out with our proposed itinerary, any costs pertaining to inoculations; the cost of your visa and personal travel insurance; lunch/snacks; your drinks in the evenings; telephone calls.

How much luggage can I bring?

Some airlines usually restrict hold luggage to around 20kg so pack light! Please check with your airline to confirm these details as they do vary.

Is there anything I should not bring?

Nomadic Knights recommends that you do not bring any valuables; this includes laptops and other electrical equipment. We recommend that you do not bring clothing or footwear that you are worried about ruining. Expensive camera equipment should be insured and well protected.

How much spending money will I need?

How much spending money will I need? You will need to bring some spending money with you but you will not need a great deal! Whilst recognizing that everyone's spending patterns are different, as a rule of thumb we recommend that you allow 2000.00INR (around \$30.00 USD) per day. This should cover any drinks or food that you may want to buy throughout the day and evening

Do you tip?

Tipping is discretionary, it is usual to tip porters at a hotel but they should not expect it. Please ask if you are unsure how much to tip. At the end of the challenge we will hold a collection for the drivers and mechanics that help us throughout the trip. You will find them invaluable and incredibly helpful.

Should I bring pens / sweets / gifts for the children?

No – please don't. We travel through rural areas of India which see very few tourists. From past experience this can lead to problems where the kids very quickly come to expect gifts of this sort. Let's just keep it to smiles and handshakes.

Will electricity be available?

Most of the time, yes – but this cannot be guaranteed at all times. Power cuts are likely in all destinations on the trip, but these are usually short-lived. Remember to pack a world adaptor if you need to charge your camera, phone, etc.

Will laundry facilities be available on the trip?

Yes, but probably only once during the ride, so consider this when packing! Due to damp conditions it can be difficult to thoroughly dry clothing and other equipment overnight.

What will the food be like?

Forget almost every Indian restaurant that you have ever been in, the food in India is incredible! There is enough choice to keep everyone happy and, contrary to popular belief, not every dish is heavily spiced or ridiculously hot. Whilst we encourage you to try as many different dishes as possible we also understand that Indian food on a daily basis is not to everyone's liking. Taking this into consideration breakfast will usually consist of toast, butter, jam, scrambled eggs, porridge, fruit, tea and coffee. Dinner will usually be Indian but the proximity to China and Tibet means that food of a more "Chinese" nature also finds its way onto the menu. The food will be a mixture of vegetarian and non-vegetarian.

When you are on the road we recommend that you try to avoid meat. Whilst most roadside vendors offer nothing but the best and well cooked food there is always the possibility that you may get one who is not so scrupulous. Should you decide to have meat, make sure that it is thoroughly cooked. Any fruit should be of the peelable variety. The most important thing is to think before you eat.

Continued overleaf.

The variety of foods is endless and it will not take long to find a favourite, just remember before you take any risks that it is your stomach which will have to bear the consequences! Biscuits, chocolate and soft drinks are readily available at chai stops throughout the day for an added energy boost. Bottled water is also readily available – always make sure that the seal is secure. One of the best drinks is chai – hot tea as sweet as a tin of condensed milk which can be bought at the roadside. Despite the sweetness it is strangely refreshing and can be bought for pennies a cup, offering you the chance to buy a round at every stop! If you have time, watch the tea being made and poured, it beats throwing a tea bag in a cup and adding a splash of milk any day.

What will the weather be like?

We travel in the Himalayas from June to September and sometimes into October. This is the time when the rest of low-lying India is dealing with the monsoon rain however due to the high altitude of the Himalayas we miss most of it. It's at a time when the snow clears from the high passes and the weather is at it's best. We can get occasionally get rain however most of the days are warm and sunny. We can experience light snow or sleet on some of the very high passes (5,000 metres) however this is short lived as we drop down very quickly. Some of the mornings can be quite cool as we set off but it soon heats up when the sun eventually clears the mountain peaks.

Min Temp: 3 °C, Max Temp: 28°C.

What visa do I need?

All participants will require a visa to visit India. You will most likely require a tourist visa. There are numerous agencies that can process your visa application for you and details for filling in your visa can be found in the "Important Information" section on our website The visa you need is a multiple entry tourist visa. This is a non-extendable visa and becomes valid from the day of issue, so please be sure not to mistime your application. Please remember to state that you require a 'Tourist' visa. Whatever your nationality, please check with your local Indian Embassy/ Consulate / High Commission. It is your responsibility to ensure that you are in possession of all necessary travel documents before departure.

What inoculations would you recommend?

You will be travelling in the states of Himachal Pradesh and Jammu Kashmir, North India so check with your GP for advice.

Do I need travel Insurance?

YES - participants MUST be covered by suitable travel insurance. This must include adequate provision for riding a motorcycle or driving a motor vehicle in a foreign country and medical and repatriation insurance. You are NOT required to cover the motorcycle or motor vehicle itself – third party cover is provided by the organisers but if damage to the motorcycle or motor vehicle occurs due to rider or driver error you are liable for the cost of repair. The organisers strongly recommend that suitable travel insurance is obtained by the participant as soon as possible after signing up for the event as this should provide cover against cancellation charges, unexpected curtailment of the event, medical expenses arising overseas, loss or damage to luggage and personal liability claims. It is your responsibility to ensure that you have suitable cover. You must carry the original of this insurance document with you at all times during the event.

Do I need an International Driving permit (IDP)?

YES. You must carry the original document with you at all times during the rally. You can generally find out how to obtain your International Driving Permit by contacting a motoring organisation within your own country.

How is the ride structured?

Shortly after arriving in the Himalayas you will take part in a 'warm-up' session which will enable you to get used to the motorcycle and the riding conditions before embarking on the rally. Each morning during the rally there will be a briefing on safety aspects and that day's route and some evenings will include a 'cultural' briefing about the areas you are travelling through. Each day will have some planned stops but there will be plenty of opportunities for you to travel at your own pace and stop where required. We encourage you to do this – the photo opportunities are second to none and you must take some time out to meet the incredible people of the Himalayas.

The group will be accompanied by medical back up and there will be team members on a motorcycle who will move amongst the riders throughout each day. Nomadic Knights team members will spread out amongst the group to offer any help that may be required and to ensure that the appropriate pace for that day's ride is being maintained. We will allow you as much flexibility and freedom as we can in this regard, but because of the hugely changeable conditions in the region, there may be times when we will have to impose some control over your riding to ensure that we reach that night's destination at an appropriate time – i.e. before dark !!!

Do I need a Full Motorcycle Licence?

Yes. You must hold a current and full motorcycle licence at the time of the event. Riders will not be able to participate without proof of a valid licence. A provisional licence is not sufficient for participation in this event.

Can I use the motorcycle in the evening?

No, we cannot allow you to ride independently of the group for both safety and insurance reasons.

All participants will require a Visa to visit India.

There are two types of visa that you can apply for.

1. Visa upon arrival/ Visa on line (This is the most popular)

You can apply for this visa online and collect it at the airport when you arrive.

It costs less and it's suitable for a short stay and single entry to India.

<https://indianvisaonline.gov.in/visa/index.html>

2. Multiple Entry Visa

You would apply for this visa if you are intending to stay in India for more than 30 days and plan to leave and re-enter.

Here are a few links to the official visa application services for the Multiple Entry Visa however each country has consulate approved agencies:

UK <http://in.vfsglobal.co.uk/>

Australia <http://www.vfs-in-au.net/>

USA <https://indiavisa.travisaoutsourcing.com/homepage>

You will not be traveling in any restricted areas or states.

Whatever your nationality, please check with your local Indian Embassy/Consulate / High Commission. It is your responsibility to ensure that you are in possession of all necessary travel documents before departure.

When filling out your visa application you will be asked to provide the hotel details you are staying at, here are the details.

HOTEL. Tethys Resort, Village Nagrot, Post Office Narkanda, Shimla Hills, Himachal Pradesh, 171213. INDIA.
TEL: 0091 1782 242641

You will be asked for the details of a reference in India, here are the details.

Alex Pirie*.

Address. No 35/1, Pequeno, Vanalim, Salcete, Goa, INDIA. 403708

TEL NO. 0091 9623 048879

*This is 'Alex' owner of Nomadic Knights.

If you have any other questions regarding your adventure, please email reachus@nomadicknights.com

