



Dear HACer,

Welcome to the pre-race information that you will find very useful. Do ensure your entire team reads it, as it will be quite useful on the big day.

Note on Covid-19:

Given the extraordinary times we live in with Covid-19 having affected the entire world, our teams at Aquaterra Adventures & Atali Ganga are following the strictest of procedures to keep everyone safe in the outdoors.

Our activotel in Rishikesh reopened on July 10, 2020 with proper sanitization and protocols in place and has been successfully running since then hosting guests regularly.

Camp Aquaterra has also reopened post the monsoons and river rafting trips have started as per the Uttarakhand Government protocols.

Here are a few videos and links to guidelines, do go through them. Should you have any questions for us, do drop us an email on info@hacrace.com or info@aquaterra.in

- [Covid-19 Mitigation and Operating Plan](#)
- [Safe Procedures - On-site video](#)
- **Guest Experiences - Feedback post Covid-19:**
 - [Sudhanshu & Pooja Workation in the Himalayas](#)
 - [Christian & Katja - First Holiday post lockdown](#)
 - [Aparna Gupta's vacation with her son at Atali](#)

The Himalayan Adventure Challenge

December 16 to 18, 2022



Atali Ganga & Camp Aquaterra are right next to each other on a hill and are the race venue
If you are staying elsewhere, please arrange to attend all race briefings, timings, orientation, closing etc.

Himalayan Adventure Challenge

Atali Dogi, Milestone 30, Badrinath Road, Rishikesh, Uttarakhand, India

Google Maps: [Location](#) | W: www.hacrace.com | E: info@hacrace.com

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December 16 to 18, 2022



How to get here?

By Road: Delhi to Atali Ganga (Race Venue)

Driving Time and Distance: 6 hrs | 270 kms (with a short-breakfast break)

Note: Try to leave Delhi between 4-5 a.m as driving time increases beyond 6 hours due to morning congestion in towns like Modinagar and Roorkee.

DISTANCES & LANDMARKS

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By Air: Delhi to Atali Ganga (Race Venue)

JOLLY GRANT AIRPORT, DEHRADUN

This is the fastest and most convenient way of getting here. Three airlines – Indigo, Spicejet & Air India have direct flights to Dehradun from Delhi (25 min) apart from other metros. There are also connecting flights via Delhi and reaching us has never been easier. We are 75 mins from the airport by road. Take the morning flights so you can reach well before the orientation starts by 2pm on Friday, December 11.

Note - Pickup from the Airport can be arranged by us | Ask us for rates

By Train: HARIDWAR RAILWAY STATION

We are 1.5 hrs from the closest railhead at Haridwar. The morning Dehradun Shatabdi from Delhi or the overnight Mussoorie Express are both convenient ways of getting here. The Mussoorie Express gets you here on time to enjoy a full day after a good night's sleep on the train.

Note - Pickup from the Railway Station can be arranged by us | Ask us for rates

HAC Point System: We use a points system where times get adjusted for age and gender. This is based on age/gender adjustments for qualifying times used by international marathons of Boston, London and New York. The time to complete HAC of every individual team member is taken and adjusted. The individual adjusted times are then totalled to give the final adjusted team time. This is then used to decide HAC winners and runners-up. It means people of any age or gender have just as much chance as anyone else.

Arrival & Accommodation: We look forward to seeing you at the Race! Please email us your correct arrival and departure details. We are also attaching the race waiver that your team can sign and email prior, or bring it along when you arrive. **We recommend** you arrive a day earlier to relax, or travel early on that day, but certainly be present at the latest, for the **2 pm rafting and biking orientation followed by the race briefing at the river [orientation venue](#) or at bike orientation at [Camp Aquaterra on December 16](#).**

Upon arrival, head to the arrival desk at Atali Ganga (lobby level) to collect your team bibs, T shirts, race jacket etc. You need to be wearing a bib and jacket at all times to facilitate easy recognition for your timing to be noted.

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Contact Information:

For Participants staying at Camp Aquaterra: +91 98370 52439 - Jetandra Rana

For Participants staying at Atali Ganga: +91 70603 70405

For Challenge related enquiries: info@hacrace.com

For Participants staying elsewhere / own arrangements: Please send information of your stay to us and your travel details so we can advise you on the best ways to coordinate your travel to us over the weekend. It is your responsibility to reach us for race briefings and be present at race start points etc.

Orientation: December 16, Friday : Zealot Bike Orientation will begin at 1pm. This will happen at the lobby level at Atali Ganga. You can check your bike, set it up for your comfort, get it allotted, tagged before we take possession of them till the race starts.

Zealot and 30 Km Open Challenge: Paddle orientation will happen at the beach ([location](#) - 750m drive and 5 mins walk downhill) - please reach on time if you miss the shuttle from Camp/Atali. Paddle orientation will begin at 2 pm at the above location.

Once you are satisfied with your team orientation, please feel free to join us for the race briefing that evening to settle expectations, clarifications etc.

Early dinner at your respective accommodations and prep for an early start.

Please also tag us on any social media posts [@thehacrace](#) [@aquaterraadventures](#) [@ataliganga](#) on Instagram and Facebook you upload during or after the challenge.

The best photo/video makes it our official 2022 HAC video!

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Race Day - December 17, Saturday: 55 km Zealot gets a food pack, and 30 km Open Challenge teams need to be ready for a 5am breakfast at Camp Aquaterra.

Expectations!

Morning temperatures will be between 06-15 degrees Celsius (with wind chill) depending on cloud cover. Most of the trail is along the valley and in the shade, & except for the second hour, you will not feel too hot. We are sending some recommended packing info for what to wear during race day.

See temperature chart on the last page

Zealot 55 km teams set off at 0400 hrs for a 90 min drive to their start point at Silsu Malla. Zealot end leg is 20 km away near Mahadev Chatti - please see entire cycle leg at <https://goo.gl/maps/W4CG1jEqqdKmF1hR8>

Open 30km depart at 6:30am to their start point and drives 15 mins for a 10 min downhill to the start of their leg ; race starts at 7:00 AM
Expect a cool morning breeze.

10 Km Open has a relaxed morning, and head out for orientation *after* lunch 1:00pm to the race start site (*possible for some participants of 10 km Open Challenge to also race in Zealot or 30Km Open Challenge if they back themselves to reach by 2pm at the river leg start point*)

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Race Formats & Categories (you can sign up solo and we will help you make a team!)

- 1. 55 km Zealot Challenge (Teams of 4):** 20 km Bike + 21 km Hike + 14 km White Water Rafting
The Zealot allows for an extra element to test your limits of endurance, complete 55 km in 3 different disciplines in a single day !
- 2. 30 km Open Challenge (Teams of 4):** 16 km Hike + 14 km White Water Rafting
This is the Open category endurance race where you complete 2 disciplines. Bring your team and race against the clock.
- 3. 10 km Open Challenge (Teams of 4-6):** 5 km White Water Rafting + 5 km Hike
This is the Open category short distance race designed for all folks to enjoy with family and friends. Get the youngsters (10+ yrs) to get into the outdoors, and experience the rush!

The long distance HAC itself is broken into 3 segments :

Bike : 20 km Bike Segment is a traverse along the Upper Ganga valley. Part of the jeep track is being worked on after Beas Ghat and some portion under construction. It is a series of ups and downs, but with no sustained ascent or descent. Expect stiff competition on this leg as it can provide you the whisker of an advantage for the hike and paddle.

Route :

Kinsar village to Kandi gaun	3.5 km traverse
Kandi to Semal Khet	4.5 km traverse
Semal gaun to Mahadev Chatti	6.0 km uphill first, then downhill
Mahadev Chatti to Dangu	6.0 km traverse

Top Tip: Hydrate, and carry whatever gets you going for a long day. Wear clothing that will see you through all 3 legs. At the end of the biking leg, deposit your bikes with the race truck at the hike starting point. Carry hydration, till end of bike leg.

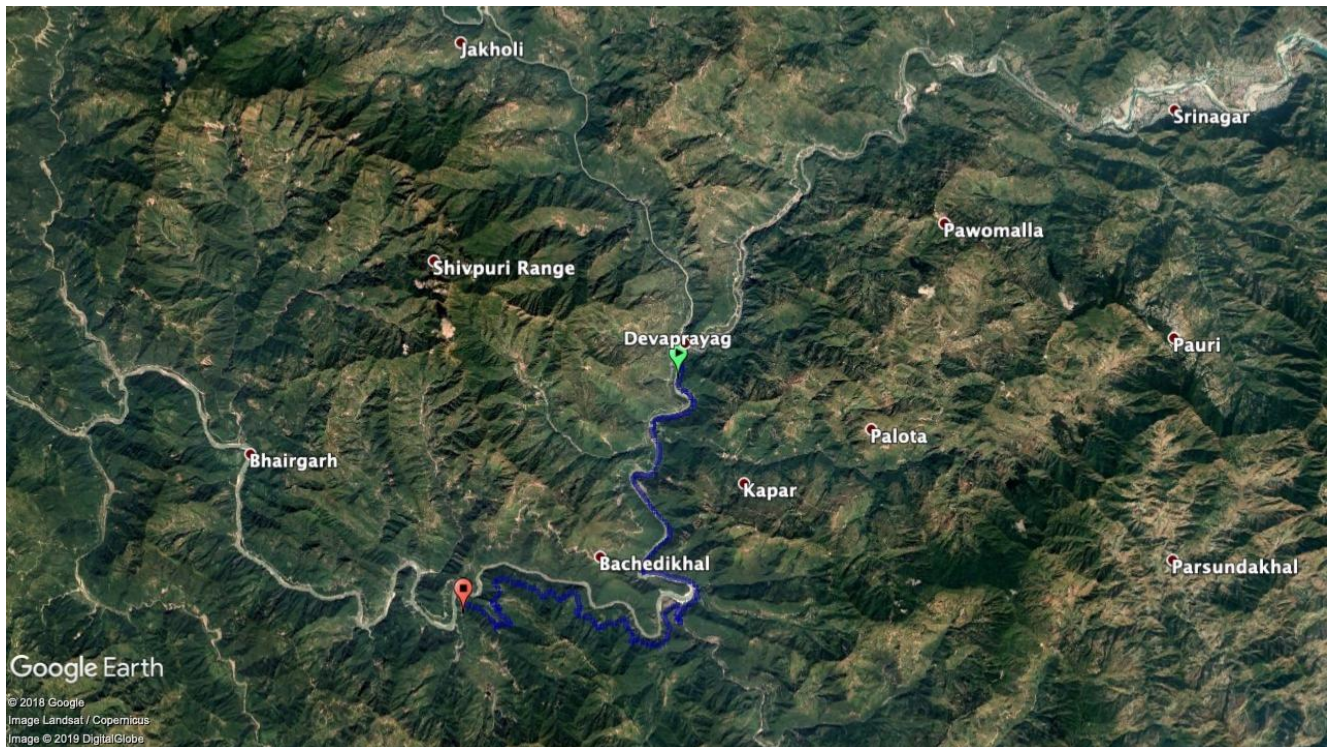
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THE OFF-ROAD TRAILS ON-ROUTE

Trek : The 21 km Trek section for Zealot (and 16 km for Open) can be broken up into three sections.

The Warm Up - The leg starts at the Mahadev Chatti bridge and soon after with a 3 km uphill climb to Dangu, where a refreshment check post awaits. *This leg is where the Open 30 k leg begins.* Race Tip - take it easy, get the breathing going, the Crux awaits!

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The Crux - You continue for 8 km on an uphill traverse which is preceded by a quick nip downhill after the refreshment stop. You climb steadily up the hill - we are on the old pilgrims trail to Badrinath. At the end of this leg is our 2nd checkpoint, with refreshments and refills for your water bottles.

Tip: Carry any change of clothing or river sandals, helmet, in your backpack if you will change into them before going on the river. Whether you choose to change or not, it's your team decision.

Keep the pace on this leg steady, and not try to avoid over extend yourself, lest you burn out. Carry rehydration salt mixes, and sip slowly. There is plenty of ground to cover this day where you can move faster, easier.

The Home Run : The last 6 km is all downhill, can be steep so watch your step. You cruise past Nakurchi village and reach the Malakhunti bridge. It's not over as a final small ascent brings you to the path going down to the river, an almost perfect finish point! Race Tip : Be careful on the descent, you don't want injuries to knock you out of the challenge. Any team can sniff victory if you are in the leading pack on this leg. Lunch is available at the finish point of the hike. The river leg starts together with the cut off at 2:30 pm.

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Paddle : 14 km Paddle section begins with ensuring your Personal Floatation Devices are checked and secure before you go. Transition time from hike to paddle is not counted for Zealot and Open. The timing will begin at 2:30pm so ensure you've had lunch! The section is a Class 3+, with rapids like Three Blind Mice, Cross fire, Return to Sender, Roller Coaster, Golf Course and ClubHouse. There will be 4 of your team and a guide to help you paddle and get to the finish. Safety kayakers will be at each rapid, and do not forget to look out for the end point from where the final dash begins.

Top Tip : Focus on the Orientation and get the paddling right the day before Race Day! When you get to the river, your guides will fit you into your life jackets. **Do not take them off or loosen them till you finish the race.** Waiting rafts will have 4 paddles and a dry bag each. Board and go hard, this leg is the decider!

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10 km Open Challenge (Teams of 4-6) : 5 km Paddle + 5 km Hike



#HACRace Route Recce - Zealot Challenge

Kayak Section

Wednesday, November 22, 2017, 12:28 PM - 1:53 PM
Devaprayag → Lansdowne, Uttarakhand (India)

13.6

Distance - km

1:25:20

Duration

The short distance Open 10 km HAC is broken into 2 segments:

Paddle : 5 km Paddle section begins with ensuring your Personal Floatation Devices are checked and secure before you go. The section is float sections. Safety kayakers follow you downriver and do not forget to look out for the end point from where the final dash begins. Top Tip : Focus on the Orientation and get the paddling right the day before Race Day! When you get to the river, safety kayakers will fit you into your life jackets. **Do not take them off or loosen them till you finish the race.** Waiting rafts will have 4 paddles and a dry bag each. Board and go hard!

Himalayan Adventure Challenge

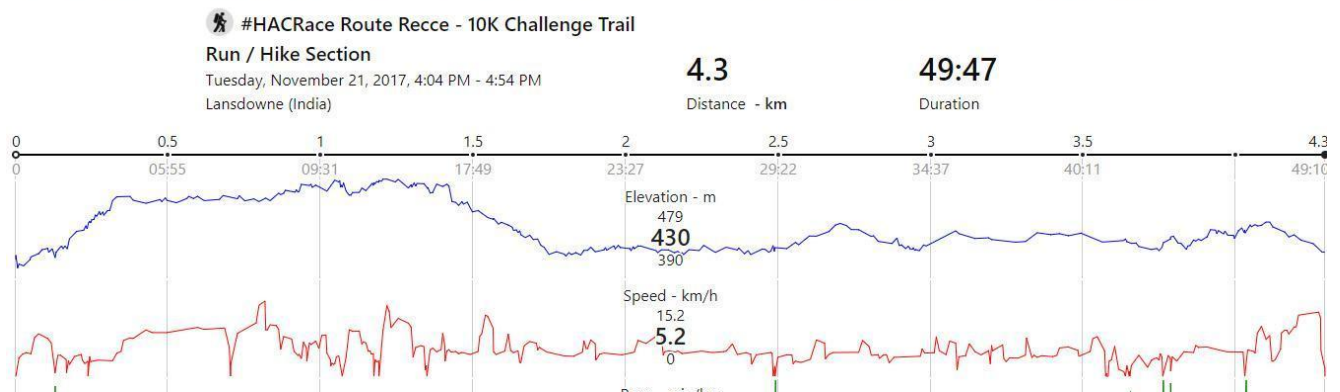
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Trek : The 5 km Trek section is following the trail back upstream from Sirasu to Malakhunti, following the same route as the Paddle down.



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VERY IMPORTANT PACKING INSTRUCTIONS :

Packing For The Race: When you arrive, please come with a race day pack - with everything you need for the race day.

Gear and other essentials

Each team should have at least the following items :

- A personal first aid kit and your contact phone
- A platypus, Camelback or similar hydration system - 2 litres of water
- Energy bars, gel or similar race food to eat en-route
- Wind and waterproof outer layers ; thermal undergarments
- Race clothing to provide layers to keep you warm including hat
- Watch / Fully Charged Phone / Battery Pack

General Packing List:

1. Woolens/ thermal under garments
2. Wind/rain proof jacket
3. GOOD sandals - something which will last the trip. If you have a good pair of sandals, that will suffice. Or, spare sneakers/flip flops will be handy for camp.
4. Socks
5. Flash light - important. Don't forget spare batteries.
6. Sun Shade/Hat
7. Sunscreen/Sunblock with SPF 70 and above
8. Vaseline/Lip Salve
9. Insect Repellent
10. Personal Toiletries - towels/soap etc.
11. Long trousers/long shirts/t-shirts etc.
12. Good pair of shorts, quick dry clothes for raft
13. Swim suit for ladies or a bikini top and bottom is great for wearing under a quick drying T shirt
14. Alcohol/cigarettes are not available at camp
15. Sunglasses with eyeglass retainers
16. Power banks for charging cell phones or car chargers.

Zealot 55 km : Start in a bike kit and bike wearing your trail shoes. River Sandals on backpack. Pack towel/spare T shirt, shirts (bring your own) and any spare kit, food,

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replenishments in the raft dry bag. Transition time counts on this leg so prepare well for this bit. Pls carry all you need. **Do not expect your kit to meet you at any point.**

Open 30 km : Start in trail shoes, carry sandals for the river leg along with whatever you anticipate needing for the challenge. Shoes can be left at the end of the hike and they will meet you at the end of the race.

Open 10 km: Start race in river sandals and dry fit kit. Pack trail shoes/towel/spare T shirt, shirts (bring your own) and any spare kit, food, replenishments in the raft dry bag. You then dry off and change into trail shoes at the end of the river leg. Transition time counts on this leg so prepare well for this bit.

Team Arrival @ Checkpoints & Timing Procedure: Timing and tracking solutions will record timings for each leg. The time taken transitioning from bikes to trail (for Zealot), and rafts to trail (Open 10k) is included in your total time for each team. Raft start leg for Zealot and Open 30k will be a gun start.

Please arrive at checkpoints and record your timings at the Time Control. Faster team members can help their team points by recording a faster individual time. Total team timing will be relevant for each leg.

International marathon time adjustments will be applied based on your age and gender to calculate a final adjusted total time for your team.

Teams on Trail & Start Times : As mountain trails go, please ***remember to look for arrows, ribbons, or race direction markers***, especially on the trek leg. They will be there at all points where there may be a diversion. ***It is entirely your responsibility to first determine the right trail***, and you will lose a lot of time if you have moved along on the wrong trail. We will also have a Race Marshall every 2-3 teams and at crucial junctures. Should you be unsure or have missed the markers, you are better off determining the trail before hurtling on.

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Trail from Mahadev Chatti



Look out for these arrows & markers

Basic Toilets will be available at Beas Ghat, Dangu & Naut Khal.

Water, Food & Refilling : For Zealot and 30 km Open please carry **2 litres** per person in bladders or bottles in your trail backpack. For 10 km Open please carry **1 litre** per person. We will refill at Beas Ghat, Mahadev Chatti, Dangu and Naut Khal. Of course, and on at the lunch break if you wish. Remember to pick your bag lunch at Dangu if you want to keep energy levels up. Please carry your supplies of mints, chewies, gels, energy bars etc. in case you want to stay light. ***It is your responsibility to ensure you have adequate replenishment of water at all times.***

Trail Etiquette : Since you're all starting together, if you are faster than the person ahead of you and would like to pass, a simple "May I" with a smile, keeps race etiquette warm. If you feel you need to stop for a break, please do so where other people may pass you without breaking pace.

Timing Procedure : Teams will be timed at the start point and at the end of the trail for timing and individual and team points. Individual bike leg timings will also be recorded. The time taken transitioning from bikes to rafts, and rafts to trail is included in your total time for each team. **Ask for age and gender adjustments!**

Safety & First Aid : Prevention is the best form of keeping your team safe. Do not run on the trail, you will twist your ankle, quite easily. Walk carefully on some of the narrow bits, be mindful of others on the trail. Carry your trash in your pockets, please

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do not litter. We will have a sweep team carrying a comprehensive first aid. Please carry your own rehydration salts, band aids, basic medication for headaches etc. Except intermittent coverage on the last leg of the trail, mobile coverage is good on the entire race route. We will give your team leader a sheet with contacts for race Marshall's, as well as other teams, in case of an emergency.

Fitness & Getting Ready:

Try to walk at 30 to 40 km per week if you are doing the Zealot or 30 km Open. If possible walk with your team so that you can figure out each others' pace and rhythm. It's important to build team coordination this way, and helps you complete the walking leg together.

[all in Running](#) are offering online training plans that are personalized to your fitness levels and will help you to achieve your maximum potential during the challenge. Their instructors will be constantly in touch, guiding you through your training journey over the coming month. Do reach out to them if you'd like to train for HAC. Please call or drop a WhatsApp message to +91 98113 97774 or email info.allinrunning@gmail.com to know more.

If doing Zealot, try and cycle 10 km every couple days, it's great for your calves and hamstrings. It's very important to build up your stamina and physical endurance as you would want to cycle that leg in good time. It's always better to keep a slower average speed than trying to go really fast and tire yourself out. Remember, you still have a river stretch to complete!

Paddling uses muscles that are hard to work out, even in the gym. You could go to the gym and train on the rowing machine, if you're game. A little bit of weight training never hurt anyone - it'll just build your anaerobic strength, which is really useful over a multi-day event such as this. Remember that this is a multidisciplinary event, so build your endurance accordingly. You want to be as fit or fitter than your teammates so that you can help them if they are in trouble; and to maintain team spirit, level of humour, morale and mood!

Lastly, stay warmed up the start point. Stretch, stretch, stretch. You will need to stretch yourself to win this!

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Clothing

Ensure that you are wearing wicking, performance sports clothing only. Cotton is not recommended, because when you exert yourself, your body naturally sweats and produces moisture, no matter what the outside temperature. Cotton absorbs and retains moisture, cooling you down which may not be a great idea when you're walking a long day in the mountains. Moreover, sweaty cotton will chafe your skin unbearably (carrying Vaseline recommended), create blisters on your skin, and also flash cool you when you stop.

So start with a thin base layer made with polypro, polyester sports fabrics or merino wool. This is also great thermal underwear, which wicks away all the moisture from your body and transports it to the surface of the fabric where it evaporates instantly. You may want to wear a long sleeved dri-fit T shirt, comfortable walking trousers, and a fleece mid layer for the morning start. A very lightweight poncho in case we get rain will be great protection as well. If you have a tendency to get a runny nose when you work out, carry a small handkerchief, your nose will run in the first two hours!

Don't forget to ensure that your socks are made from wicking material or sports fabrics. Wool is actually a great natural fibre that also wicks moisture instead of retaining it (which is why, in cold countries, most people historically wore wool clothing - not cotton). Carrying a change of socks helps to change mid-way. Please wear your shoelaces tight on the downhill, if your feet move inside the shoe, the chances of blistering increases.

Trail running or sturdy walking shoes are essential due to the uneven rocky terrain.

Expected temperatures below:

Do keep jacket handy for early mornings and late evenings.

As always, champagne weather during race time promises a fantastic weekend!

We Wish All Racers The Very Best

For detailed weather report, please refer to the [AccuWeather Website](#)

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