



Mountain Quest

Address : B1/ B19 Aranyeshwar Park, Pune- 411009

FAQ:-

What is Family trekking?

Family trekking is nothing more than walking with all family members for pleasure but with discipline in the Mountains.

Trekking & mountaineering are same or different?

No they are different. The difficulty level for both is different.

Does one need to be extremely fit for trekking?

Being fit also means that you will enjoy the trek more. Any trekker just needs to be reasonably fit & healthy and have a liking for walking in the Mountains with a sack on your back. This basic level of fitness can be easily achieved by moderate exercise for about 30 to 45 minutes on a regular basis.

What should be the clothing while Trekking and Mountaineering ?

A cap is a must irrespective of the season. A round cap or a hat is the best option. We always recommend full sleeve Cotton T-shirt & track pants, which are comfortable. Full sleeve T-shirts & track pants will protect from cuts & from sunburn. Avoid synthetic garments as they will not absorb sweat and not allow your skin to breathe. Avoid jeans as they can be a nightmare to carry around in case they become wet.

What type of shoes should we use for trekking?

A pair of ankle shoes is always preferred, and it should have good grip on dry and wet surface. While most shoes will have good grip on dry surfaces, they can be extremely slippery on wet ones. Use the shoes at least for a week for walking/running before start of the trek. This will avoid sores and blisters during the trek.

What type of sacks should we use for trekking?

Proper trekking sacks are always preferred. Sacks having good capacity, with soft back cushion, with waist belt & strong but soft padded shoulder belts should be used. While

most sacks will have good capacity but they can be extremely weak for load carrying. Remember bad sack can spoil your entire trek.

What does one need to carry during a trek?

Please refer to the “What to bring” section on our website.

What bedding does one need to carry along during treks?

Bedding should be of minimum weight. Carrying a light weight sleeping mat is recommended and it is advisable to use a sleeping bag during a trek. For all Himalayan treks, due to the extremely low temperatures, high quality sleeping bags fit for use in sub-zero temperatures are recommended. In the Sahyadris, sleeping bags are not compulsory but are preferable.

What protection should be used from rain and/ or snow?

It is equally important to protect your sack and its contents as yourself from rain. You need to carry good quality rain wear to protect yourself from the rain. All your belongings must be packed separately in waterproof bag. If your clothes get wet, the rest of the trek will be a nightmare. A simple solution to keep yourself and your sack dry is to use a 'poncho'. These basically are large enough to cover yourself and your sack at the same time. They also make you look mighty funny in photographs! They are also great to slide on the snow during Himalayan treks without getting a very cold and wet rear end.

How is the accommodation during the treks?

This totally depends on the type of trek/ terrain. Generally, in the Sahyadri Mountains the accommodation is in caves, schools or in temples. We try to keep our camping locations away from villages so as to cause least disturbance to the locals. A stay in caves / temples is always more enjoyable than the tents! In Himalayan treks, accommodation will typically be in tents or mountain huts. In nature camps, it will usually be in a dormitory in the sanctuary.

Why should one trek with Mountain Quest?

Mountain Quest has well experienced leaders & instructors. At Mountain Quest, planning and execution of treks is done in a professional way with the motto of “safety-first”. Mountain Quest is run by experts who have experience of more than 20 years in this field. Lady instructors always accompany the trekking groups. In addition to the field experience, our team members are certified First Aiders.