



## Basic Rock Climbing Course



### **GGIM Introduction:**

GGIM is a joint venture of Guardian Corporation and Giripremi Mountaineering Club. On 24<sup>th</sup> January 2015, the institute is launched by Indian Boxing Champion Ms. Sarita Devi. GGIM, first ever mountaineering institute of Maharashtra with 11 Everesters on board, has already trained more than 1500 participants in various treks, expeditions and courses.

### About Basic Rock Climbing Course:

- Duration: 4 Days, 3 nights
- Category: Technical
- Max Group Size: 35
- Level of Difficulty: Moderate
- Cost/participant: INR 6000/-
- Location : Fort Sinhagad

### Course Highlights:

- Mentoring by Everesters & experienced mountaineers including lady instructors
- 6:1 student: mentor ratio for personal attention
- Equipment of international standards
- Assessment & Certification by GGIM in association with Giripremi
- Food and Accommodation (4 days, 3 nights)
- To and from Transport from Pune city to course venue



### Course Objectives:

- **Basic Safety Systems:** Rock Climbing is a great fun only when you take proper care and safety otherwise it could turn out to be dangerous. You will learn usage of basic safety systems such as harness, helmet and mitons etc.
- **Learning Basics of Rock Climbing:** Through practical and theory sessions, you will understand techniques and science of Bouldering, Natural Rock Climbing, Sport Climbing, and Traditional Climbing, Rappelling, Jumaring and belaying.
- **Practical Training:** Rock climbing is a skill and you need to develop it with practice. Reading rock climbing theory books and watching climbing movies will add to your excitement. You will spend most of the time on rock faces, boulders and climbing wall under professional guides.
- **Rock Climbing Knots & Equipment Management:** Rope is the lifeline of a climber. In the evolution of rock climbing and mountaineering, mountaineers have invented variety of Rope knots for safety purposes. In this course the climber will learn basic knots & and their usage. Along with the rope, you will know about the technical equipment and their usage in belaying, anchoring, rescuing and climbing.
- **Environmental ethics:** Respecting the wilderness will be the most important learning curve of this course. You will learn, discuss and adopt environmental impact minimization practices and be able to implement them in your daily front country life as well.
- **First Aid – Map Navigation – Backpacking:** You will be oriented about First Aid treatments in outdoors, understanding maps, route finding and how to prepare yourself before going for a trek. These skill sets will surely be valuable to your personal excursions in future.

In the end, participants will be assessed and graded based on their performance and those who will score 'A' grade, will be eligible for GGIM's Advance Rock Climbing Course.

### Expectations from the Students:

- **Basic Fitness Level:** Basic Course in Rock Climbing is relatively easy as opposed to any Himalaya Mountaineering Course; however, it comprises of spending times in outdoors for activities such as Rock climbing for 5-6 hours daily for 3 days. Hence you are expected to have attained a basic fitness level for outdoor travel.
- **Interest in learning Rock Climbing:** GGIM is a platform for learning through experiences and interactions. Sahyadri mountain ranges have ample of opportunities for rock climbing. So with a primary interest in learning rock climbing, you can acquire necessary safety skills and learn enjoyable climbing in future.

### REGISTRATION PROCESS:

- All the necessary forms are put up on website (<http://ggim.in/basic-rock-climbing-in-sahyadri/>). You can download, print, fill up and send back to us.

### PAYMENT DETAILS:

#### Payment methods:

Option 1 – Pay the fees by either cash or cheque in the name of “Guardian Giripremi Institute of Mountaineering”

Option 2 – Transfer fees in our bank account

Bank details are given below –

A/c Name – Guardian Giripremi Institute of Mountaineering

Bank Name – HDFC Bank, Mayur Colony

A/c No. – 50200009999572, IFSC code- HDFC0000149, A/c Type – Current A/c.

### CONTACT DETAILS:

**GGIM** Office: 102, Chintamani Pride, Near City Pride Kothrud, Pune 38  
(Office hours: 10:30 – 17:30 Mon -Sat)

Ph. No. : 9890499955, 9769302934, 9822323147

Email id: [ggimpune@gmail.com](mailto:ggimpune@gmail.com)

Website: [www.ggim.in](http://www.ggim.in)

**Giripremi** Office: 1207 B, Asmita Apartments, Apte road, Deccan, Pune 4  
(Office Hours: 18:30 – 20:30 Thurs)

Email id: [giripremi@gmail.com](mailto:giripremi@gmail.com)

Website: [www.giripremi.com](http://www.giripremi.com)

