



Guardian
Giripremi Institute
of Mountaineering

HIGH ALTITUDE CERTIFICATION COURSE

[Certificate Course for those who endeavor
high altitude outdoor fields.]

Duration - 10 Days

Batch 1- 21 May 2026

Batch 2- 28 May 2026

Region - Beas Kund HP

Training Altitude - 3,700 M

Highlights

- Gain Skills of Snow & Ice Craft
- Learn from Giripremi's best mountaineers
- Ideal for Beginners
- No prerequisite
- Chance to Climb Mt. Friendship

Criteria

- Age 16+
- Physically & Medically Fit



ABOUT GGIM

- 1st & only adventure training institute in Southern India
- Brainchild of India's leading mountaineering club - Giripremi
- Team of **14 Everest & 10 Kangchenjunga Summitters**
- Affiliated to Indian Mountaineering Foundation, New Delhi & Akhil Maharashtra Giryarohan Mahasangh, Mumbai
- Associated with Savitribai Phule Pune University, NIM, Uttarkashi, HMI Darjeeling.
- Have trained over 15000 trainees in the last 10 years through various adventure training programmes.



Infographic showing 8 mountain summits with Indian flags and dates:

Summit	Date	Rank
Mt. Everest (8848 m)	19th May 2012	the tallest peak in the world
Mt. Lhotse (8516 m)	16th May 2013	4th tallest peak in the world
Mt. Makalu (8481 m)	25th May 2014	5th tallest peak in the world
Mt. Cho Oyu (8201 m)	14th May 2016	6th tallest peak in the world
Mt. Dhaulagiri (8167 m)	19th May 2016	7th tallest peak in the world
Mt. Kangchenjunga (8586 m)	15th May 2019	3rd tallest peak in the world
Mt. Annapurna -1 (8091 m)	16th April 2021	10th tallest peak in the world

ONLY team to unfurl Indian Flag on 8 of the 14 highest mountains



WHY THIS COURSE?

- The concept behind this course is to provide trainees with a comprehensive introduction to the snow and ice climbing using specialized equipment. This program aims to equip individuals who aspire to venture into mountaineering and ascend towering peaks in the future with the essential skills and experience.
- At this course, trainees will have the unique opportunity to immerse themselves in the challenges and adventures of navigating snow and ice-covered terrains. They will learn the intricacies of walking and climbing on these challenging surfaces, gaining hands-on experience that will serve as a solid foundation for their mountaineering ambitions.



LEARNING CONTENT

High Altitude Equipment Introduction

- **Usage of essential safety gear** such as harnesses, helmets, Crampons, Gators, Ice Axe and many more.
- Detailed instruction on practical application and safety measures in Snow and Ice Craft



Anchor Making in Ice and Snow

- Understand various methods of **building Ice and Snow Anchors** using Ice Axe, Ice Screws, Snow Pickets or without using and equipment.



Ascending/Descending Techniques on Ice and Snow

- Climbers will learn to do **front pointing, edging** on hard ice slopes. Climbers will also learn and try French and German Ascending-Descending techniques.



Belaying Techniques in Ice and Snow.

- Participants will get to understand and build belaying setups and study various belay techniques involving Ice Axes, Snow Pickets, Ropes and boots. e.g. **Boot-Axe, Body-Axe Belay** etc.



Glissading, Self Arrest and Team Arrest

- In this course the climber will learn to arrest the sliding down on snow surfaces. Along with the rope and Ice Axe, you will understand to secure your team mates if they slide down on a snow surface or even take a fall in a crevasse.



Discussion on Key Topics

- Along with practical sessions, participants engage in all round theory sessions including, **High Altitude Medicine, Clothes and Layering, Back Packing, Weather Forecasting** and many more.



ITINERARY- BATCH 1



DAY 1 - 21 MAY 2026 REPOTING IN NAGGAR, HP

1650 MTRS

Arrive at Naggar base camp located near the historic village of Naggar. Post lunch, there will be a course briefing, after which an acclimatization trek will take you to explore the Naggar Heritage Village.



DAY 2 - 22 MAY 2026 ACCLIMATIZATION DAY

2000 MTRS

The acclimatization day will involve several aspects of the course. Firstly, trainees will have the opportunity to engage in the high rope course activity, which will provide them with valuable hands-on experience in navigating challenging ropes and obstacles. Additionally, there will be an informative session where the technical equipment to be used throughout the course will be introduced and explained. Furthermore, there will be a distribution of personal gear, where each participant will receive the necessary equipment they'll use during the course.



DAY 3 - 23 MAY 2026 TREK TO BASE CAMP

3100 MTRS

Transfer to Dhundi by vehicle (about one and a half hour drive), followed by a 3 hours trek from Dhundi to reach the Bakarthach training camp, where we will be based for the entire training period.



DAY 4 & 5- 24-25 MAY 2026 SNOW CRAFT

3500 MTRS

We will begin by mastering the correct handling of technical gear, followed by practicing safe ascent and descent on snow slopes. Key skills such as anchoring, belaying, self-arrest, glissading, and team arrest will be honed. Additionally, there will be in-depth discussions about avalanches and other mountain-related hazards.



Those who plan to do only friendship climbing, should report at Naggar base on day 5th (25th May 2026.) They will do preparation and acclimatization for two days at Naggar and join the course climbing team on day 7th : 27th May 2026 at Bakhartach.

ITINERARY- BATCH 1



DAY 7 & 8- 27,28 MAY 2026 ICE CRAFT

3500 MTRS

Every day, there's a one-hour uphill hike to the glacier for our ice training sessions)

Utilizing specialized gear such as ice axes, crampons, and ice screws, along with adhering to safety protocols, we will engage in training activities involving crampon techniques, fixing ropes, rappelling, setting anchors and belays, glacier traversing, and rescue from crevasses. We will practice climbing ice walls as part of our training regimen. An exam followed by certificate distribution will conclude the course.



DAY 9 - 29 MAY 2026 COURSE RETURNS / EXPEDITION

3900 MTRS

After completing our training at the Bakarthach camp, those who are pursuing only training, will trek back to Dhundi. From there, they will be transferred by cabs to Naggar.

Those who will participate in the Friendship climb, will climb further to the Lady Leg camp (3900 m) with their expedition gears.



DAY 10 - 30 MAY 2026 COURSE CONCLUDED / EXPEDITION

4700 MTRS

The programme will conclude with breakfast. Trainees will be free to go back post 9:00 AM.

The Expedition team shall climb further to the summit camp (4700 m). At this camp, expedition team shall prepare for their maiden summit to Friendship Peak



DAY 11 - 31 MAY 2026 EXPEDITION

3900 MTRS

At 1:00 AM, the team shall depart for the summit bid. It will be a long march of around 10-12 hrs from summit camp to summit and back to Lady Leg Camp



DAY 12 - 01 JUNE 2026 RETURN TO NAGGAR

Team shall depart from Lady Leg Camp all the way to Dhundi and from there, they will board cabs and be transferred to Naggar.

DAY 13 - 01 JUNE 2026 CERTIFICATE DISTRIBUTION

Team shall depart from Lady Leg Camp all the way to Dhundi and from there, they will board cabs and be transferred to Naggar.

ITINERARY- BATCH 2



DAY 1 - 28 MAY 2026 REPOTING IN NAGGAR, HP

1650 MTRS

Arrive at Naggar base camp located near the historic village of Naggar. Post lunch, there will be a course briefing, after which an acclimatization trek will take you to explore the Naggar Heritage Village.



DAY 2 - 29 MAY 2026 ACCLIMATIZATION DAY

2000 MTRS

The acclimatization day will involve several aspects of the course. Firstly, trainees will have the opportunity to engage in the high rope course activity, which will provide them with valuable hands-on experience in navigating challenging ropes and obstacles. Additionally, there will be an informative session where the technical equipment to be used throughout the course will be introduced and explained. Furthermore, there will be a distribution of personal gear, where each participant will receive the necessary equipment they'll use during the course.



DAY 3 - 30 MAY 2026 TREK TO BASE CAMP

3100 MTRS

Transfer to Dhundi by vehicle (about one and a half hour drive), followed by a 3 hours trek from Dhundi to reach the Bakarhach training camp, where we will be based for the entire training period.



DAY 4 & 5- 31 MAY & 1 JUNE 2026 SNOW CRAFT

3500 MTRS

We will begin by mastering the correct handling of technical gear, followed by practicing safe ascent and descent on snow slopes. Key skills such as anchoring, belaying, self-arrest, glissading, and team arrest will be honed. Additionally, there will be in-depth discussions about avalanches and other mountain-related hazards.



Those who plan to do only friendship climbing, should report at Naggar base on day 5th (31st May 2025.) They will do preparation and acclimatization for two days at Naggar and join the course climbing team on day 7th : 02nd June 2026 at Bakhartach.

ITINERARY- BATCH 2



DAY 7 & 8- 02,03 JUNE 2026 ICE CRAFT

3500 MTRS

Every day, there's a one-hour uphill hike to the glacier for our ice training sessions)

Utilizing specialized gear such as ice axes, crampons, and ice screws, along with adhering to safety protocols, we will engage in training activities involving crampon techniques, fixing ropes, rappelling, setting anchors and belays, glacier traversing, and rescue from crevasses. We will practice climbing ice walls as part of our training regimen. An exam followed by certificate distribution will conclude the course.



DAY 9 - 04 JUNE 2026 COURSE RETURNS / EXPEDITION

3900 MTRS

After completing our training at the Bakarthach camp, those who are pursuing only training, will trek back to Dhundi. From there, they will be transferred by cabs to Naggar.

Those who will participate in the Friendship climb, will climb further to the Lady Leg camp (3900 m) with their expedition gears.



DAY 10 - 05 JUNE 2026 COURSE CONCLUDED / EXPEDITION

4700 MTRS

The programme will conclude with breakfast. Trainees will be free to go back post 9:00 AM.

The Expedition team shall climb further to the summit camp (4700 m). At this camp, expedition team shall prepare for their maiden summit to Friendship Peak



DAY 11 - 06 JUNE 2026 EXPEDITION

3900 MTRS

At 1:00 AM, the team shall depart for the summit bid. It will be a long march of around 10-12 hrs from summit camp to summit and back to Lady Leg Camp



DAY 12 - 07 JUNE 2026 RETURN TO NAGGAR

Team shall depart from Lady Leg Camp all the way to Dhundi and from there, they will board cabs and be transferred to Naggar.

DAY 13 - 08 JUNE 2026 CERTIFICATE DISTRIBUTION

Team shall depart from Lady Leg Camp all the way to Dhundi and from there, they will board cabs and be transferred to Naggar.

COURSE FEE- 40500 INR

The seats will be allocated on first come first serve basis. You can reserve your seat by paying Rs.5000.

Additional Fees for Climbing Mt. Friendship - INR 15,000

Fees for Exclusive Friendship Peak Climbing - INR 38500/-

fees INCLUDES:

1. Accommodation in spacious and comfortable tents/Huts at base camp.
2. Accommodation in Alpine tents (2 men/4men) during the training with sleeping bags, fleece inners and trekking mats. (Separate toilet tent facility is provided)
3. A variety of wholesome hygienic vegetarian meals during the programme.
4. Services of a cook, kitchen helpers with the entire necessary kitchen items, utensils etc.
5. Technical equipment such as climbing boots, crampons, gaiters, climbing ropes, ascenders, descenders, helmets, ice screws, carabiners, snow stakes and other technical equipment will be provided.
6. The services of qualified GGIM Instructors.
7. Vehicular transport from Naggar to Dhundi and back to Naggar, after the completion of the training using cabs/Tempo traveller.
8. Insurance of technical staff and camp staff (trainees to obtain their own insurance).
9. First aid kit with oxygen cylinder.
10. All forest and camping charges.

fees DOES NOT INCLUDE:

1. Any accidental, emergency, travel or medical insurance for the climbing party. It is strongly recommended that the trainees to get themselves comprehensively insured before the programme.
2. Any expenses of a personal nature.
3. Any and all evacuation charges (medical emergency or otherwise), or hospitalization or physicians consultation charges. Your own insurance policy should also ideally, cover this.
4. Beverages or drinks of any sort, including soft drinks, alcoholic / non-alcoholic drinks or bottled / mineral water.
5. Any charges for a manual or helicopter evacuation, in case of a medical emergency or the like.
6. Any personal climbing gear or equipment, not mentioned above
7. Any other services not specifically mentioned in the service inclusions.





Get in Touch

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Institute of Mountaineering

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