#### AVHAAN 2025-26 (Group A & Group B)

Month	Trek/Activity	Learning Content	Fees		
	15-Jun-25 Sunday - BRIEFING MEETING				
06 July	Kalyangad	Introductory Glimpses of mountain Ranges, famous mountains and valleys, overview of mountaineering and its disciplines, famous mountaineers from the world and India; About Giripremi and GGIM.	1200		
03 August	Taju bai waterfall	How to walk on uphill and downhill, How to choose appropriate shoes for trekking, Backpacking for one day trekking, Tree plantation activity	1200		
14 September	Disu Waterfall	Do/s and Dont's in mountains with reference to LNT principles	1200		
16-17-18 24-25-26 24-25-26 26-27-28 28-29-30 October	Sinhagad Adventure Course 2N/3D	Tent pitching, outdoor cooking, rock craft, intro to equipment, first aid basics, map making, backpacking, Fort History and Geography of surroundings, Introduction to forts in Sahyadri, Star gazing			
09 November	Rohida Fort	Introduction to Figure 8, clove hitch,overhand, backup knot	1200		
07 December	Sarasgad	Evolution of Sahyadri and its geographical overview, features, rock types etc.			
04 January	Madhe Ghat Upande Ghat	Ghat Vaata and their significance in ancient times and today, discussions on famous ghats			
01 Feb	Duke's Nose	Introductory Mountain Terminology			
May	Himalyan Trek	Himalyan Adventure Trek Manali- 10000 Ft. Height Gain	TBA		

Avhaan Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis.

Once chosen, you will not be able to switch to the other in between the programme.

#### AVHAAN 2025-26 (GROUP C & GROUP D)

Month	Trek/Activity	Learning Content	Fees		
	15-Jun-25 Sunday - BRIEFING MEETING				
13 July	Kalyangad	Introductory Glimpses of mountain Ranges, famous mountains and valleys, overview of mountaineering and its disciplines, famous mountaineers from the world and India; About Giripremi and GGIM			
10 August	Taju bai waterfall	How to walk on uphill and downhill, How to choose appropriate shoes for trekking, checklist for one day trekking	1200		
21 September	Disu Waterfall	Do/s and Dont's in mountains with reference to LNT principles	1200		
16-17-18 24-25-26 24-25-26 26-27-28 28-29-30 October	Sinhagad Adventure Course 2N/3D	Tent pitching, outdoor cooking, rock craft, intro to equipment, first aid basics, map making, backpacking, Fort History and Geography of surroundings, Introduction to forts in Sahyadri, Star Gazing			
16 November	Rohida Fort	Introduction to Figure 8, clove hitch,overhand, backup knot			
14 December	Sarasgad	Evolution of Sahyadri and its geographical overview, features, rock types etc.			
11 January	Madhe Ghat Upande Ghat	Ghat Vaata and their significance in ancient times and today, discussions on famous ghats			
08 Feb	Duke's Nose	Basic Mountain Terminology			
May	Himalyan Trek	Himalyan Adventure Trek Manali- 10000 Ft. Height Gain	TBA		

Avhaan Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis.

Once chosen, you will not be able to switch to the other in between the programme.

#### AVHAAN ADVANCE 2025-26 Group A & Group B)

Month	Month Trek Learning Content		Fees				
	15-Jun-25 Sunday - BRIEFING MEETING						
06 July	Kenjalgad	Wildlife and flora-fauna of Sahyadri region	1200				
03 August	Telni Waterfalls	Hazards in Sahyadri (Objective and Subjective) – Scree, Rockfalls, Snakes & Honeybees – ways to negotiate them, precautions in monsoon treks	1200				
14 September	Raireshwar	History of Swarajya in brief reference to Raireshwar, and surrounding region, Geological features of Sahyadri	1200				
24-25-26 26-27-28 28-29-30 Oct	Harishchandragad, Kaladgad, Bhairavgad	Tent pitching, Star Gazing, History, culture and Geography of surroundings regions	TBA				
09 November	Tamhini Trails	Common injuries in treks and practical skills of immobilization of injury, making use of available resources for immobilization, treatment for shock	1200				
07 December	Sudhagad	Knots - Fisherman, Reef, Bowline Exploration of Sahyadri forts, maps & their features	1200				
04 January	Paymodi Ghat	Basics of weather, critical factors that constitute weather, Basics of Geography from weather perspective					
01 Feb	CBD Belapur Quarry	Bouldering Activity					
May	lay Himalyan Trek Dhana Kunnu Pass Trek, Naggar-12500 Ft. Height Gain						

Avhaan Advance Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis. Once chosen, you will not be able to switch to the other in between the programme.

### AVHAAN ADVANCE 2025-26 (Group C & Group D)

Month	Trek	Learning Content				
	15-Jun-25 Sunday - BRIEFING MEETING					
13 July	Kenjalgad	Wildlife and flora-fauna of the Bhor & Wai region				
10 August	Telni Waterfalls	Hazards in Sahyadri (Objective and Subjective) – Scree, Rockfalls, Snakes & Honeybees – ways to negotiate them, precautions in monsoon treks	1200			
21 September	Raireshwar	History of Swarajya in brief reference to Raireshwar, and surrounding region, Geological features of Sahyadri				
24-25-26 26-27-28 28-29-30 Oct	Harishchandragad, Bhiravgad, Kaladgad	Tent pitching, Star Gazing, History, culture and Geography of surroundings regions				
16 November	TamhiniTrails	Common injuries in treks and practical skills of immobilization of injury, making use of available resources for immobilization, treatment for shock				
14 December	Sudhagad	Knots - Fisherman, Reef, Bowline, fort exploration, maps & their features				
11 January	Paymodi Ghat	Basics of weather, critical factors that constitute weather, Basics of Geography from weather perspective				
08 Feb	CBD Belapur Quarry	Bouldering Activity 1				
May	Himalyan Trek	Dhana Kunnu Pass Trek, Naggar-12500 Ft. Height Gain				

Avhaan Advance Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis.

Once chosen, you will not be able to switch to the other in between the programme.

### NIRMAAN 2025-26 (Group A)

Month	Trek	Learning Content			
	15-Jun-25 Sunday - BRIEFING MEETING				
06 July	Hadsar	Figure 8 tie in, butterfly knots	1300		
03 August	Pandavgad	Introduction to contour lines and topo maps, how to identify the feature	1300		
14 September	Kusur to Waghoba	Learn to make stretcher and various carrying technique	1300		
24-25-26 26-27-28 Oct	Salher - Salota- Mulher-Mora	Risk assessment & management, Introduction to MMRCC & its work   Outdoor Clothing   Learn about Sahyadri of Nashik region	TBA		
09 November	Andharban	Introduction to Compass, its parts			
07 December	Umbarkhind to Dukes Nose	History of Umbarkhind   About Duke's Nose and other Sahyadri Rock Climbing pinnacles	1300		
04 January	Rajmachi via Kodane caves	Hydration & Nutrition Basics			
01 Feb	Rock Craft	Rock Climbing / Rappelling / Jumaring			
May	Himalyan Trek	Pindari Glacier Trek - 13500 Ft. Height Gain			

### NIRMAAN 2025-26 (Group B)

Month	Month Trek Learning Content		Fees			
	15-Jun-25 Saturday - BRIEFING MEETING					
13 July	Hadsar	Figure 8 tie in, butterfly knots	1300			
10 August	Pandavgad	Introduction to contour lines and topo maps, how to identify the feature	1300			
21 September	Kusur to Waghoba	Learn to make stretcher and various carrying techniques				
24-25-26 26-27-28 Oct	Salher - Salota- Mulher -Mora	er Risk assessment & management, Introduction to MMRCC & its work   Outdoor Clothing   Learn about Sahyadri of Nashik region				
16 November	Andharban	Introduction to Compass, its parts				
14 December	Umbarkhind to Dukes Nose	History of Umbarkhind   About Duke's Nose and other Sahyadri Rock Climbing pinnacles				
11 January	Rajmachi via Kodane caves	Hydration & Nutrition Basics				
08 Feb	Rock Craft	Rock Climbing / Rappelling / Jumaring				
May	Himalyan Trek	Pindari Glacier Trek - 13500 Ft. Height Gain				

#### NIRMAAN ADVANCE 2025-26 (GROUP A)

Month	Trek	Learning Content			
	15-Jun-25 Sunday - BRIEFING MEETING				
06 July	Katraj - Bopdev ghat	Double Fig 8, Prussic Hitch Public Transport	1300		
03 August	Mengjai Temple via vinzar	Anchor set up making AND ROPE FIXING	1300		
14 September	Korai ghat Gavalan ghat	Introduction to Ointment & Basic Medicines for first aid	1300		
24-25-26 26-27-28 Oct	Kalsubai Kulang	Introduction to GNSS, Learn to take & plot bearing with the help of compass & map	TBA		
09 November	Thanale caves via Waghjai ghat	Learn about types of clouds and their significance from weather forecast point of view			
07 December	Lohgad-Visapur	Rope care and Rope Maintenance	1300		
04 January	Rock craft	Rock Climbing, Rappelling, Jumaring, Boudlering, anchoring systems and fixed roping and change over	1300		
01 Feb	Elphistone To Lordwick Point	What are wildfire, how do they occur, Safety in wildfire,			
May	Himalyan Trek	HIMALAYAN TREK - Pangharchulla Peak 14500 ft	ТВА		

### NIRMAAN ADVANCE 2025-26 (GROUP B)

Month	Trek	Learning Content			
	15-Jun-25 Sunday - BRIEFING MEETING				
13 July	Katraj - Bopdev ghat	Double Fig 8, Prussic Hitch Public Transport	1300		
10 August	Mengjai Temple via vinzar	Anchor set up making AND ROPE FIXING	1300		
21 September	Korai ghat Gavalan ghat	Introduction to Ointment & Basic Medicines for first aid			
24-25-26 26-27-28 Oct	Kalsubai Kulang	Introduction to GNSS, Learn to take & plot bearing with the help of compass & map			
16 November	Thanale caves via Waghjai ghat	Learn about types of clouds and their significance from weather forecast point of view			
14 December	Lohgad-Visapur	Rope care and Rope Maintenance			
11 January	Rock craft	Rock Climbing, Rappelling, Jumaring, Boudlering, anchoring systems and fixed roping and change over			
08 Feb	Elphistone To Lordwick Point	What are wildfire, how do they occur, Safety in wildfire,			
May	Himalyan Trek	HIMALAYAN TREK - Pangharchulla Peak 14500 ft			

#### **UDAAN 2025-26**

Month	Month Trek Learning Content		Fees	
15-Jun-25 Sunday - BRIEFING MEETING				
13 July	Endurance Test Trek,travel  13 July Katraj Sinhagad by public transport, safety measures during monsoon trekking, role of trek  leader and how to handle group dynamics		700	
10 August	Varoti To Railing	Use of compass ,maps, altimeter, and online application	1300	
21 September	Jambhivali To Kusur	Navigate the trek independently; new knots: Bowline on the bight, Italian Hitch	1300	
24-25-26 Oct	Ghisar te Raigad	Outdoor cooking, public transport, Accidents in Rock climbing, precautions to avoid them, plan of action in case of accidents, Exploreation of Raigad and its special historical and geographical significance.		
16 November	Thibthiba ghat Telyachi nal	Make your own first aid kit, Learn to handle Pulse Oximeter, Portable and manual BP machine		
14 December	Baildara To Phendyadevi	Coiling: casualty and butterfly coiling		
11 January	Lenyadri to Hatkeshwar	Rock Climbing, Rappelling, Jumaring, Boudlering, anchoring systems and fixed roping and change over		
08 Feb	Overall Revision session	Overall Revision Session		
May	Himalyan Trek	15000 ft. LAKSHYA POINT CLIMBING EXPEDITION - Sundru Valley		

#### **GENERAL INSTRUCTIONS:**

- · All the ANU related updates and information, activities, payment options, etc will be put up on weblink: www.ggim.in/avhaan-nirmaan-udaan
- All the trek related other details and instructions will be shared to in due course of time.
- · Sinhagad Adventure Course is a residential course, and it will be conducted at GGIM campsite at fort Sinhagad. Each batch will have roughly 40-45 kids based on first come first served basis. Remaining details of the course will be shared 2 weeks before the course begins.
- Avhaan Adv. Nirmaan, Nirmaan adv. Udaan Groups will have their long, multiday trek during the same period as mentioned in the schedule above.
- · The registration fee INR 400 is a one-time fee for every year for all participants, that covers admin expenses
- · The Kit fees INR 600 includes: GGIM cap, GGIM notebook, rope sling, book
- The trek fees mentioned include transport, educational fees, equipment usages, guidance, first aid treatment if any. For 1 day treks, participants are expected to bring their own breakfast & lunch packs. For overnight treks, participants are expected to bring the dinner packs. Breakfast, lunch and evening snacks for the next day, will be provided by Team GGIM.
- · We shall form WA groups of each level and share further trek related updates on the respective groups.
- · Details of the Himalayan Treks will be shared by the end of Dec 2025.

# AVHAAN NIRMAAN UDAAN 2025-26 KIT LIST

	Things to carry	Quantity	Remarks
	Trekking Gears		
	Small Daypack (sack)	1	Preferably 30 lit capacity
	Shoes pair	1	Trekking/Sports
	Socks pair	1	
	Сар	1	
	Rope sling (2m) (Provided in reg. kit)	1	For specific Treks
GENERAL	Clothing		
	T-shirt/shirt (Full Sleeves)	1	
	Full Track Pant	1	
	Rain wears (Especially in rainy days)	1	Jacket / suit / poncho
	Sweater/ warm jacket	1	
	Woollen cap/ Scarf	1	
	Towel	1	Optional
	Extra pair of cloths	1	Packed in polythene bag
	Personal medication if any	As prescribed	
	Food		
	Breakfast	Packed Breakfast	
	Lunch	Packed Lunch	
IMPORTANT	Water bottle	2 litre	
	Chocolates/ dry fruits/ snacks	Optional	

Extra Things For Overnight Trek				
Personal toiletry kit	Set	As per needed		
Head Torch/hand torch	1			
Mattress and thin blanket/sleeping bag	1			

#### **PAYMENTS STRUCTURE:**

Fee Structure:

Rs. 400/- person for yearly registration for all ANU participants. Trek fees are as mentioned in the schedule.

Rs. 600/- person for the ANU Kit (notebook - 100, Mountaineering book - 100, cap - 200, rope sling 200)

#### **PAYMENT METHODS:**

Option 1 – Pay the fees by either cash or cheque in the name of "Guardian Giripremi

**Institute of Mountaineering**"

Option 2 – NEFT to 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

Option 3 – Pay online: ggim.in/online payments



PLEASE NOTE: After the payment is Successful, please share the screenshot to following whatsapp number – 9284863609