

# **CERTIFICATE COURSE IN HIGH ALTITUDE MOUNTAINEERING**

## **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



**Duration - 10 Days**

**Batch Date - 22-31 May 2025**

**Region - Beas Kund HP**

**Training Altitude - 3,700 M**



# About GGIM



- 1st & only adventure training institute in Southern India
- Brainchild of India's leading mountaineering club - Giripremi
- Team of **13 Everest & 10 Kangchenjunga Summitters**
- Affiliated to Indian Mountaineering Foundation, New Delhi & Akhil Maharashtra Ghyarohan Mahasangh, Mumbai
- Associated with Savitribai Phule Pune University, NIM, Uttarkashi, HMI Darjeeling.
- Have trained over 12000 trainees in the last 8 years through various adventure training programmes.



19th May 2012  
Mt. Everest (8848 m)  
the tallest peak in the world



16th May 2013  
Mt. Lhotse (8516 m)  
4th tallest peak in the world



25th May 2014  
Mt. Makalu (8481 m)  
5th tallest peak in the world



14th May 2016  
Mt. Cho Oyu (8201 m)  
6th tallest peak in the world

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



19th May 2016  
Mt. Dhaulagiri (8167 m)  
7th tallest peak in the world



26th September 2017  
Mt. Manaslu (8153 m)  
8th tallest peak in the world



15th May 2019  
Mt. Kangchenjunga (8586 m)  
3rd tallest peak in the world



16th April 2021  
Mt. Annapurna -1 (8091 m)  
10th tallest peak in the world





# 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.

## Skills you will learn:

- Ice & Snow Climbing
- Glacier Traversing
- Crevasse Rescue
- Rope Fixing
- Self Arrest Techniques

- Anchor Making in Ice & Snow
- Belaying techniques in Ice & Snow
- Glissading
- Team Arrest Skills
- Crampon techniques



# Itinerary



## **DAY 01: REPORTING AT NAGGAR, HIMACHALPRADESH (1,650 Mts)**

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 02: ACCLIMATISATION AND ACTIVITY DAY**

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 03:**

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 04 & 05 : SNOW CRAFT**

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 2024.) They will do preparation and acclimatization for two days at Naggar and join the course climbing team on day 7th at Bakhartach.**

## **DAY 06, 07 & 08: Ice Craft**

(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 09:**

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:**

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:**

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:**

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:**

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



# Course Fees : 40,500/-

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:**

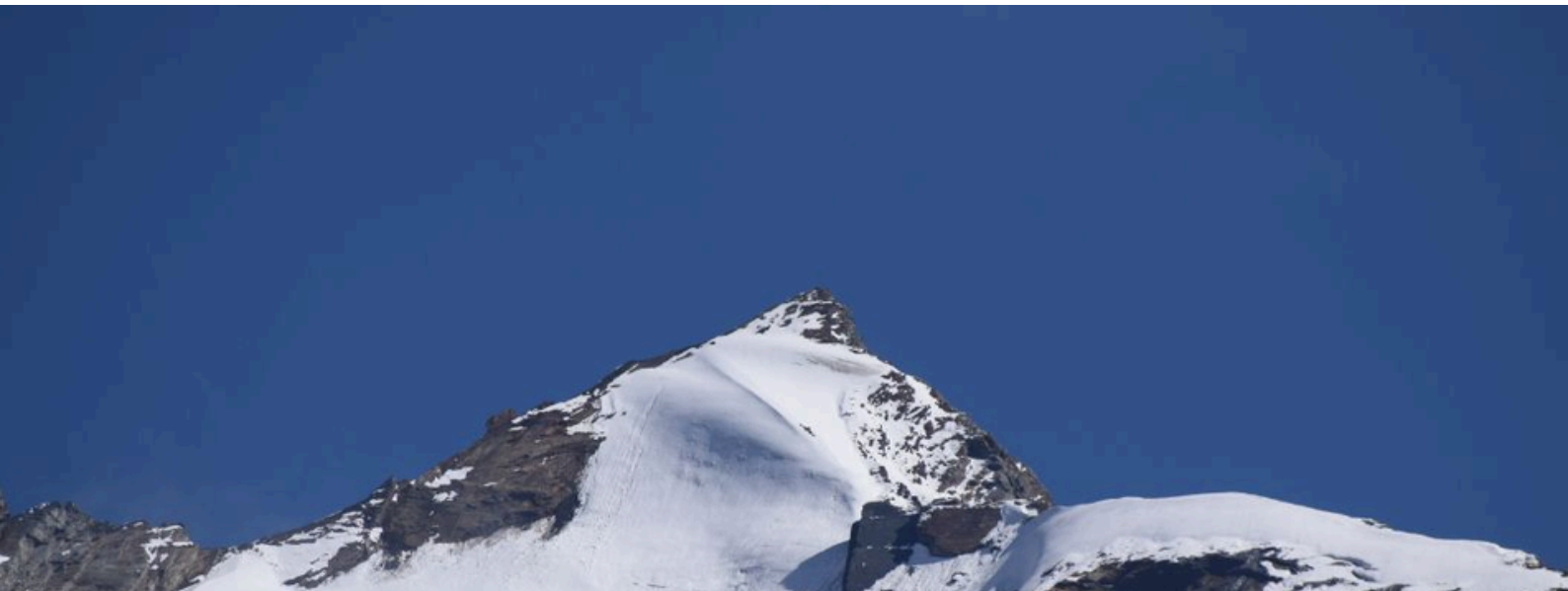
1. Accommodation in spacious and comfortable tents/Huts at base camp.
2. Accommodation in Alpine tents (2 men/4men) during the training with sleeping bags, fleece inners and trekking mats. (Separate toilet tent facility is provided)
3. A variety of wholesome hygienic vegetarian meals during the programme.
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

## Guardian Giripremi Institute of Mountaineering

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