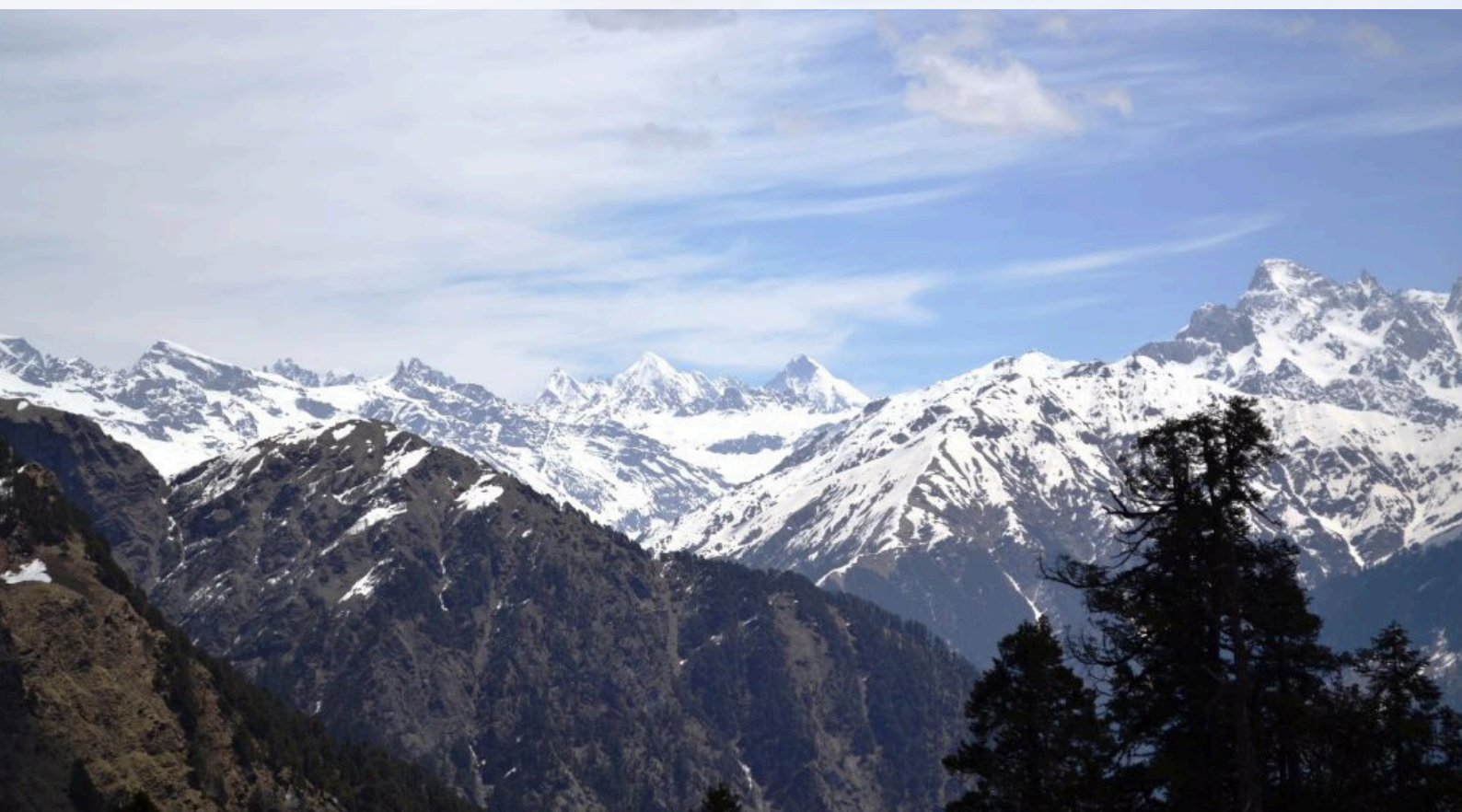




Himalaya

Progamme for Young Explorers

Duration - 10 days
12 - 21 May 2026

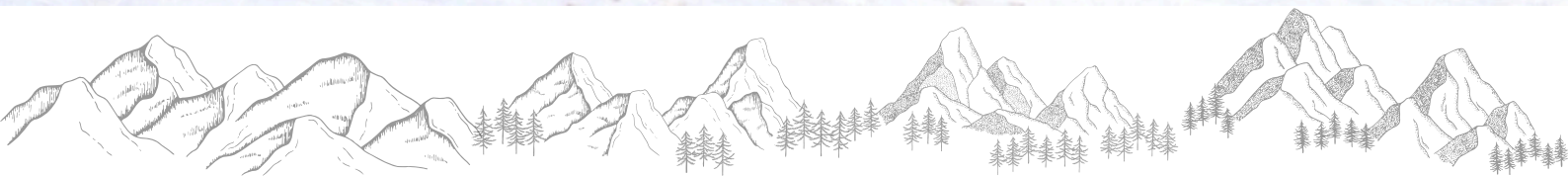


What is this program?

The Himalaya has always been a symbol of strength, endurance, and inspiration. This programme is designed as a first step into that world of adventure. It introduces beginners to the beauty of the mountains through safe, guided experiences that build confidence, fitness, and awareness.

Participants will learn the basics of trekking, outdoor living, and teamwork while enjoying the pristine landscapes of the Himalayas. The focus is not on scaling heights, but on discovering the joy of the journey—connecting with nature, understanding mountain culture, and developing a spirit of resilience and responsibility.

This beginner-level programme aims to nurture curiosity and instill a love for the outdoors, laying a foundation for future adventures in the great Himalayas.



What all things you can expect?

- Trekking and exploring in the interiors of Himalayas
- Learning survival skills like, tent pitching, gathering firewoods, cooking in to the wild
- Learning risk management skills through various activity based sessions.
- Getting introduced to various technical skills of outdoors such as making the knots, Rappelling (descending with the help of rope), Jumaring (ascending with the help of rope), Navigation etc.



Day wise Itinerary

Date	Programme
Day 1	Travel by 3 tier AC train from Pune To Delhi
Day 2	Reach Delhi and in the evening depart to Manali by an overnight bus journey
Day 3	Naggar (1650 m) Arrive at Naggar base camp. After lunch and a briefing, go on an acclimatization trek to explore Naggar Heritage Village, Naggar Castle, Roerich Art Gallery, and ancient temples. Overnight at base camp.
Day 4	Naggar – Baltha – Saura Geen (2500 m, 3–4 hrs) Drive 45 mins to Hallan (Baltha) and begin the trek. Pass the Vasuki Nag Temple and enjoy views of Chanderkhani Pass and the lower Kullu Valley. A gradual ascent through pine and deodar forests leads to the serene meadow of Saura Geen. Camp overnight
Day 5	Saura Geen – Dunda (3200 m, 4–5 hrs) Trek uphill via Shedu Pathar and Chokhi Gaur streams, with views of the Himalaya. Climb through dense maple, pine, ban, and bhoj patra forests to reach Dunda, a scenic campsite with a natural water source.
Day 6	Dunda – Parkoon (3900 m) – Dunda (7–8 hrs) Ascend to the vast, scenic meadow of Parkoon (3900 m) with stunning views and serene surroundings. Return to Dunda camp by evening
Day 7	Dunda – Dashal – Naggar (6–7 hrs) Descend through dense forest to the scenic village of Dashal, then drive back to Naggar base camp
Day 8	After breakfast, bid farewell with lasting memories of the Himalayas. Explore Manali, then begin your return journey to Delhi by bus.
Day 9	Arrive in Delhi and board a train to Pune.
Day 10	Arrive in Pune



Safety Measures

- Qualified and experienced GGIM instructors will be accompanying the kids throughout the programme (both gents and ladies)
- Accompany of local team of experienced guides
- Equipped with First Aid kit throughout the journey
- Daily update to parents as much as possible
- Veg meals during the trek and travels
- Mineral Water during the travels



Role of GGIM Instructors

- 24 X 7 attention to students during the travel times
- Assisting the local trek guides during the trek/activities
- Keeping a watch over students' overall activities - meals, hydration, health, sleep, behavior, proper clothing throughout the trek etc.
- Daily update to GGIM office **as much as possible**



Programme Fees - INR 29500 /-

The above cost includes:

1. Train & bus travel as discussed in itinerary
2. Accommodation in spacious and comfortable Huts/tents, at Naggar
3. Accommodation in Alpine tents (2/3 men) during the expedition with sleeping bags, fleece inners, and trekking mats. (A separate toilet tent facility is provided) at base camp.
4. A variety of wholesome hygienic veg. meals during the entire program (Except Lunch on Day 8).
5. Services of cook, kitchen helpers with the entire necessary kitchen items, utensils etc.
6. GGIM instructors accompanying throughout the programme including lady instructors.
7. The services of high altitude porters for assisting with load ferry and camp establishment.
8. Bus transport from Delhi to Naggar and back.
9. Vehicular transport from Naggar to Bharatpur and back to Naggar, after the completion of the climb using Sumo / Tempo Traveler or similar.
10. Insurance of technical staff and camp staff (Members to obtain their own insurance).
11. First aid kit with oxygen cylinders

The above cost does not Include:

1. Any accidental, emergency, travel or medical insurance for the climbing party.
2. Expenses of a personal nature.
3. All evacuation charges (medical emergency or otherwise), or hospitalization or physicians consultation charges.
4. Beverages or drinks of any sort, including soft drinks or bottled / mineral water.
5. Charges for an evacuation, in case of a medical emergency or the like.
6. Personal kitlist not mentioned above
7. Any other services not specifically mentioned in the service inclusions



Registration Process:

- Pay the first installment - **Rs. 10,000** / person. Balance can be paid 1 month prior to the trek. (Rs. 5,000 from first installment are Non-refundable, Non-transferable)
- One-time online enrollment form. (Ignore if already filled)
- Medical Form: Medical form should be duly filled, signed and stamped from a doctor (MBBS and above)
- Indemnity Bond: Print the first page of the indemnity bond on INR 500 stamp paper and remaining pages on normal paper and notarize the bond.

Bank Transfer:

Account Name: GUARDIAN GIRIPREMI INSTITUTE OF MOUNTAINEERING

Bank Name: HDFC BANK, Mayur Colony Branch

A/c No.: 50200009999572

IFSC: HDFC0000149

UPI:

G-Pay Number: 9284863609

UPI: 8380044906@okbizaxis

(Please mention participant's name and activity
name in the remarks section)



Scan QR CODE

Cancellation Policy:

- If cancellation is made one month or more prior to the trek, we will refund 100% of the paid amount (excluding Rs. 5000 from first installment)
- If cancellation is made 15 to 30 days prior to the trek, we will refund 50% of the paid amount.
- If the cancellation is made within 15 days prior to the trek, there will be no refund.
- If the trek gets cancelled due to any any natural calamities like Uttarakhand floods, Nepal Earthquake, Covid-19 pandemic, we will refund the trek fees deducting actual expenses incurred depending on the stage of the trek.



Suggested Kit List

	Footwear:	Qty	Unit	Remark
1	Trekking Shoes	1	Pair	Preferably shoes with ankle support. Hunter shoes not recommended; Suggested brands: Quechua, wildcraft, action trekking etc.
2	Floaters	1	Pair	No slippers
3	Normal Socks	3	Pairs	preferably synthetic/woolen.
4	Woolen Socks	2		
	Clothing:	Qty	Unit	Remark
4	T- Shirt (Full Sleeves)	2	No	Preferably Synthetic (Sports jersy/ dry fits)
5	T- Shirt (half Sleeves)	2	No	
6	Fleece Jacket & Down Jacket	1 each	No	Look for a high FF down jacket. Use during Trek & at Night
7	Wind proof jacket	1	No	To be used during the trek
8	Track pant / Trousers	2	No	Use during Trek. Quick Dry pants preferred. Very thin pants not preferred.
9	Inner wears	4	sets	During Trek. Bring Separate set for stay in hotel as per use.
10	Thermal inner set	1	set	To be used at high altitude at night.
11	Gloves (Thin woolen)	2-3	pair	Normal use if cold conditions persists
12	Gloves (water resistant)	1	pair	during windy/snowy conditions
13	Balaclava	1	Pairs	Trekking/ night use
14	Buff	2	No	During Trek. Good for protection against wind and UV rays.
15	Sun hat (normal design or round design)	2	No	For use during Expedition & at BC
16	Casual cloths	2	Pair	Use at hotels
17	Towel	1	No	Big size light weight - for use during Trek
18	Handkerchief / Small napkins	2	no.	Normal use
19	Rain coat/ Jacket/ poncho	1	no.	Thin size
	Accessories	Qty	Unit	Remark
20	Sunglasses:	1	No	Preferably good quality dark BLACK glasses. You can keep extra.
21	Head Torch	1	No	Good Quality with one set of batteries
22	Food items: dry fruits, candies, chikkis, chocolate bars, glucose powder			Used during the trek. Don't bring too much. It should be just enough to keep you going.
23	Trekking poles / Walking sticks	1	Pair	If required
	Camping Gear	Qty	Unit	Remark
24	Backpack during Trek	1	No	45-50 l rucksack is suitable
25	Water bottle (Nalgene or equivalent)	1-2	No	No Cold drink bottles (Nalgene bottles are recommended as they can store boiling hot waters)
26	Personal medication and toilet kit			As per the prescription and necessity.

GET IN TOUCH

GUARDIAN GIRIPREMI INSTITUTE OF MOUNTAINEERING

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