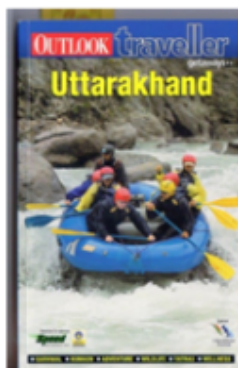




MOUNTAIN SKILLS COURSE



MOUNTAIN SKILLS COURSE: INTRODUCTION

A great introduction for anybody looking to do harder treks and beginner mountaineering summits, this mountain skills course focuses on navigating through snow and ice fields safely and for building confidence and enabling you to tackle difficult terrain with competence.



FACT SHEET

DURATION: 09 Days

REPORTING POINT: Kashmere Gate ISBT, Delhi

GRADE: Challenging

HEIGHT: 3200 M

ACCOMMODATION

DAY	ACCOMMODATION	MEAL PLAN
DAY 1	OVERNIGHT BUS TO MANALI	N/A
DAY 2	OAKWOOD CHALET/ SIMILAR	ALL INCLUSIVE
DAY 3-8	TREKKING CAMP	ALL INCLUSIVE
DAY 9	OVERNIGHT BUS TO DELHI	BREAKFAST & LUNCH

ITINERARY CHART

DAY	START POINT	END POINT	DISTANCE	TIME	ALT.
DAY 1	DELHI	MANALI	538 KM	13 HRS	2050 M
DAY 2	MANALI	MANALI	REST / EXPLORE	-	2050 M
DAY 3	MANALI	BAKARTHACH	DRIVE 20 KM TREK 6 KM	5 HRS	3200 M
DAY 4-8	BAKARTHACH	BAKARTHACH (TRAINING AND PRACTICE)	-	-	3200 M
DAY 9	BAKARTHACH	MANALI	TREK 6 KM DRIVE 20 KM	5 HRS	TRIP ENDS!

MOUNTAIN SKILLS COURSE: DETAILED ITINERARY

DAY ONE: DELHI – MANALI

Arrive at ISBT Kashmiri Gate by 8 pm to board the bus to Manali. The Volvo Semi –Sleeper bus takes 13 hours to reach our destination. Board waiting vehicles to drive to our lodge away from the bustle of the city at Haripur – 15km away.



DAY TWO: MANALI

Reach Manali by early morning and transfer to the hotel. Relax in the morning. Afternoon hike to Lamadugh to get acclimatized.



DAY THREE: MANALI - BAKARTHACH

Drive 1.5 hours to reach Dhundi. From Dhundi we take a steadily ascending trail to reach Bakarthach, our base for the next few days. We learn some basic navigation enroute. Learn how to choose a campsite and set it up.

DAY FOUR: TRAINING & PRACTICE

Spend the day on the slopes near camp practicing ascending & descending using toe-kicking & edging techniques on snow. The instructors help participants get the body position & body balance right. By the end of the day, you should be able to navigate steep snow slopes confidently.

DAY FIVE: TRAINING & PRACTICE

Another day on the snow slopes. Practice everything learnt yesterday. Learn arresting your falls and get introduced to basic rope work.



DAY SIX: TRAINING & PRACTICE

On the snow slope again, we practice yesterday's class and learn how to move roped up in a group and how to navigate a glacial field. Also practice belaying and team arrest.

DAY SEVEN: TRAINING & PRACTICE

Move to the glacier for some ice climbing! We practice the same skills learnt on the snow fields but with much more commitment. Come back to camp for the evening.



DAY EIGHT: HEIGHT GAIN

We go up to a high point and get to utilise some of the skills we've learnt in the past few days. Back to the base camp for the night.

DAY NINE: MANALI - DELHI

We wrap up camp and move back down to Dhundi where our cars await us. Drive back to Manali and catch the evening Volvo bus back to Delhi.



MOUNTAIN SKILLS COURSE: **COST BREAKDOWN**

COST INCLUDES

ALL TRANSFERS IN A NON-AC VEHICLE AS PER THE ITINERARY
ALL ARRANGEMENTS FOR STAYING AND CAMPING WHILE ON TRIP
ACCOMMODATION ON TWIN SHARING BASIS IN TENTS/HOTEL
ALL MEALS AS MENTIONED IN ITINERARY & SAFE DRINKING WATER
INDIVIDUAL CLIMBING, COMMON CAMPING AND TREKKING EQUIPMENT
ALL ARRANGEMENTS WITH INDIA'S MOST EXPERIENCED GUIDING TEAM, CAMP STAFF AND COOKS
PORTERAGE UPTO 15KG/PERSON
PEAK FEE/SANCTUARY FEE/ROYALTY/PERMITS WHERE APPLICABLE

COST EXCLUDES

SLEEPING BAG
ANY TRANSFERS OR MEALS OUTSIDE OF ITINERARY
BOTTLED WATER
ITEMS OF PERSONAL CLOTHING
EXPENSES OF ANY PERSONAL NATURE (LAUNDRY / PHONE CALLS / ALCOHOL / CIGARETTES / INSURANCE / CAMERA FEE / ETC.)
ANY EXPENSE INCURRED DUE TO FORCE OF NATURE SUCH AS LANDSLIDES, BAD WEATHER OR REASONS BEYOND OUR CONTROL
FLIGHT & TRAIN TRAVEL

MOUNTAIN SKILLS COURSE: THE NEXT STEPS

Have any questions? [Email us](#)

Ready to go?

Book your place by filling in this [form](#).

Make your payment [here](#).

Once you fill in your form, we'll get in touch with you with all the necessary details.

PLEASE NOTE:

Filling in the booking form does not guarantee a spot on any trek. You will receive a separate confirmation email once the booking form is submitted.

We look forward to hosting you on your next Adventure!

