



**KARNATAKA CLIMBERS AND EXPLORERS
LAUNCHES 'TREKKING, CAMPING AND TRAINING TRAIL/CAMP'
IN MANALI, HIMACHAL PRADESH**

*In collaboration with and under the aegis, guidance and expertise of
THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)*



HIGH ALTITUDE TREKKING, CAMPING AND TRAINING PROGRAMME

SHIRGUN TUNGU BASE

HIMACHAL PRADESH, INDIA

3 Batches in May 2024



ABOUT THE TREK:

Karnataka Climbers and Explorers is launching trekking trails to ShirganTungu Base in Himachal Pradesh during May 2024. This time around we are launching 3 batches. It is generally observed that such trails attract tremendous response from the outdoors loving community. We are sure that this effort of ours too would be a great success. This is one of the most sought after mild trekking destinations in HP due to its scenic surroundings. The trek winds through lush green valleys, log bridges, cute mountain settlements, alpine meadows, dazzling landscape, enchanting mountain streams, forested hillsides, grassy knolls and snow capped peaks. Leaving Manali, the trek winds through evergreen cool forests of cedar, silver fir, walnut, oak and pine forests. The entire Kullu valley can be viewed on this trail. The trek is immensely rewarding as it encompasses the mountainous vistas of the divinely beautiful Kullu and Manali valleys. The trek to Shirgan Tungu Base (3,750 Mts.) starts from Shuru village and winds through the Pirpanjal area through spectacular terrain. Keeping you company will be the peaks of the Pir-Panjal range in the far Beas Kund area, viz., Hanuman Tibba, Shikarbay, Ladakhi, Friendship etc. The route has been carefully chosen, keeping in mind the first timer as well as the experienced – without compromising on the challenge and scope the route offers. **Training will also be imparted in basic outdoor adventure activities during leisure time, like rappelling, Jumaring, glissading, river crossing, survival techniques, outdoor cooking etc,**

The group strength is restricted to 30 and registration would be on first come first basis. So, why wait, enroll, participate and explore the beauty and the mystery of the Himalayas – while taking a break from the hustle and bustle of city life.

PROGRAMME DETAILS:

Period	1st Batch – 3 rd to 12 th May 2024 - : Shwetha Nagendra : 99451 97790 2nd Batch – 9 th to 18 th May 2024 - : Kishorri P Jain : 98455 00112 3rd Batch – 17 th to 26 th May 2024 - : Vasumathi Srinivasan: 99456 02188
Duration	10 days (Bengaluru to Bengaluru) if journey to Delhi and back is performed by air. Add 4 more days (2 for onward and 2 for return), if journey to Delhi and back is performed by train.
Nature of Programme	Trekking, camping, allied adventure activities, outdoor training, fun filled evenings with camp fire.
Group Strength	Minimum: 25; Maximum: 30
Age Group	15 to 50 years (exception for experienced trekkers)
Trek Distance/Altitude	70 Kms approx. – 3500m-3750m (12,500ft) approx..
Grade	Easy / Moderate
Fee	Rs.12,500/- (Manali to Manali)*+ GST 5% = Rs.625, TOTAL: Rs.13,125/- In terms of transportation, food, accommodation, administrative expenses, tent age; complete camping facilities, technical gear, experienced instructors, guides, camp helpers, etc. * Up to Manali and back, the participants will have to make own transport arrangements as per their convenience. Talk to the group lead in this regard.
Registration	20.02.2024 by full payment of fee. Once registered, no switching between the batches allowed. Hence take your time, decide for sure and then register.
Mode of Payment	Get in touch with the group lead for details and guidance
Cancellation Charges	> 30 days before date of departure : - Rs. 3,000/- 20-30 days before date of departure : - Rs. 4,000/- 10-19 days before date of departure : - Rs. 5,000/- 05-09 days before date of departure : - Rs. 6,000/- < 05 days before date of departure : - Rs. 7,500/- (PLUS GST ELEMENT)
Briefing	All details pertinent to the expedition like items to carry, bus timings, reporting point, contact numbers etc., will be given on the day of briefing which will be held at least 10 days prior to the date of departure.

Please note that registration will close once the target number is reached irrespective of the last dates mentioned. So do not delay.

OTHER INFORMATION:

- Average trek per day would be around 10 kms. Max height gained is 3750 meters (12,500 ft) appx.
- Tented accommodation (separately for ladies and gents). Excellent wholesome vegetarian food
- Excellent & enjoyable route for first timers
- An experienced and qualified instructor from the organiser's side will accompany the team. Complete support staff will join in Manali
- Route carefully chosen to provide for other related adventure activities like river crossing, rappelling, etc. (conditions permitting) Exclusive training sessions
- Talks on tent pitching, expedition planning, mountain hazards, usage of ice axe etc. in the evenings. Campfire during dinner time. A centralised medical kit will be carried.

ITINERARY:

1st Batch: 3rd to 12th May 2024

Contact: Shwetha Nagendra: 99451 97790

DAY	DATE	PROGRAMME
01	03.05.2024	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI
02	04.05.2024	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	05.05.2024	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	06.05.2024	TREK – BASE CAMP TO NEGI DUGH(2350 Mts.,) – 4 Hrs.
05	07.05.2024	TREK – NEGI DUGH TO KURRDI (3030 Mts.) – 4 Hrs.
06	08.05.2024	TREK – KURRDI TO DHARANU DUGH (3420 Mts.) – 5 Hrs.
07	09.05.2024	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	10.05.2024	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	11.05.2024	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI
10	12.05.2024	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

2nd Batch: 9th to 18th May 2024

Contact: Kishorri P Jain: 98455 00112

DAY	DATE	PROGRAMME
01	09.05.2024	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI
02	10.05.2024	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	11.05.2024	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	12.05.2024	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	13.05.2024	TREK – NEGI DUGH TO KURRDI (3030 Mts.) – 4 Hrs.
06	14.05.2024	TREK – KURRDI TO DHARANU DUGH (3420 Mts.) – 5 Hrs.
07	15.05.2024	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	16.05.2024	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	17.05.2024	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI
10	18.05.2024	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

3rd Batch: 17th to 26th May 2024

Contact: Vasumathi Srinivasan: 99456 02188

DAY	DATE	PROGRAMME
01	17.05.2024	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI (Overnight Volvo bus journey) – 14 hours
02	18.05.2024	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	19.05.2024	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	20.05.2024	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	21.05.2024	TREK – NEGI DUGH TO KURRDI (3030 Mts.) – 4 Hrs.
06	22.05.2024	TREK – KURRDI TO DHARANU DUGH (3420 Mts.) – 5 Hrs.
07	23.05.2024	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	24.05.2024	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	25.05.2024	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI (Overnight Volvo bus journey) – 14 hours
10	26.05.2024	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

Outdoors demands leaving your comfort zone. Prospective participant should be physically and medically fit with a love for the outdoors and should not be suffering from any ailments related to lungs, heart, asthma, hypertension etc.

FOR MORE INFORMATION & REGISTRATION PROCEDURE, PLEASE CONTACT THE CONCERNED PROGRAMME CO-ORDINATOR **ONLY.**



NOTE:

- ❖ *Outstation participants who propose to join the team in Manali are requested to avoid carrying bulky suitcase / baggage / trolley cases. For such participants sacks will be issued in Manali.*
- ❖ *Do not carry excessive cash, expensive mobiles, jewelry and electronic gadgets etc.*
- ❖ *Prospective participants should be physically and medically fit. should have no health issues related to BP, asthma, sight, hearing, cardio, pulmonary etc*
- ❖ *Submission of declaration and medical fitness certificate mandatory*
- ❖ *The registration form / Google form (as forwarded by the group lead) duly and legibly completed in all respects should be submitted simultaneously along with fee payment. Transfer of fee without submission of registration form or submission of registration form without payment of fee will not be entertained. Payment details like transaction Id / cheque number etc should be mentioned in the google form in the relevant box before submission.*
- ❖ *Attending briefing and participating in a couple of day hikes / practice outings mandatory*

