

INTRODUCTION

The Goa Hiking Association is Pioneer in Hiking Trekking and Mountaineering in Goa since 1974.

The association organizes hiking trekking and other allied activities like rock climbing, rappelling and river crossing activities in Goa. The association also participates in High Altitude Mountaineering expeditions to Himalayas for last many years.

AIM

The aim of the expedition is to inculcate the spirit of adventure amongst the youth of Nation. It also aims at overall development of the personality of the adolescents by inducing in them self confidence, a sense of achievement & making them know their own limits through adventure activities. The program is structured to bring out the best in boys and girls by challenging their physical and mental endurance and encouraging them to give their best.

This year GHA is organising National High Altitude Himalayan Trekking Program at , Bahang Manali H.P. , from 1st to 13th May 2014. The three groups of 40 to 44 participants will take part in the Expedition. The Base camp will be at Bahang (5 kms from Manali Bus stand) and the the highest camp will be at Khari- Mandari via Sarai boggi & Fa Khanda. The height which will be gained will be 12500 ft above sea level.

Day to Day Itinerary from Goa to Goa:-

Date	Group 1	Group 2	Group 3
1.4.14	Leave at 11 am from Margao Railway station by Sampark Kranti Train.	Leave At 3pm by Goa Express Train from Vasco railway Station	Leave At 3pm by Goa Express Train from Vasco railway Station
2. 4.14	Reach Delhi by 5 pm, travel overnight to Manali by bus	In train	In train
3. 4. 14	Report Base camp, Visit Manali Town/Mall Road after Lunch	Reach Delhi by 7 am, transfer tour M.P. residence. Free day in Delhi till Evening. travel overnight to Manali by bus	Reach Delhi by 7 am, transfer tour M.P. residence. Free day in Delhi till Evening. travel overnight to Manali by bus
4. 4. 14	Trek camp 1	Report Base camp, Visit Manali Town /Mall Road after Lunch	Report Base camp, Visit Manali Town/Mall Road after Lunch
5. 4. 14	Trek Camp 2	Trek camp 1	Acclimatization, Visit to Rohtang Pass.

6. 4. 14	Trek camp 3, ENJOY SNOW	Trek camp 2	Trek camp 1
7. 4. 14	Back to Base camp	Trek camp 3 ENJOY SNOW	Trek camp 2
8. 4. 14	Visit to Rohtang Pass, night stay base camp	Back to base camp	Trek camp 3 ENJOY SNOW
9. 4. 14	Free Day at Manali till Evening, Departure to Delhi in the Evening by bus	Visit to Rohtang Pass & back by evening .Departure to Delhi in the Evening by bus	Back to base camp by Evening. Departure to Delhi in the Evening by bus.
10. 4. 14	Reach Delhi early morning, accommodate in room on sharing basis. Free day in Delhi.	Reach Delhi early morning, accommodate in room on sharing basis. Free day in Delhi.	Reach Delhi early morning, accommodate in room on sharing basis. Free day in Delhi.
11. 4. 14	Leave for Goa at 9 am from Nizamuddin station.	Leave for Goa at 9 am from Nizamuddin station.	Leave for Goa at 9 am from Nizamuddin station.
12. 4. 14	Reach Goa by Late Evening at Madgao Railway Station	Reach Goa by Late Evening at Madgao Railway Station	Reach Goa by Late Evening at Madgao Railway Station

Note:-

• **Inclusions:-**

1. Food during travel in train will not be providing by association.
2. Local transport like Rickshaw/Taxi will be borne by Participants.
3. Accommodation at all Places and Food from Delhi to Delhi will be borne by association.
4. Fees Charged will be 7950/- from Goa to Goa.

• **Exclusions:**

- Expenses occurred due to any unforeseen circumstances such as bad weather, road blocks due to landslides etc.
- Doctor/Telephone/Soft Drinks/mineral water/alcohol/ laundry or other personal expenses.

Please note that:

1. We have limited seats on this trip on first come first served basis.
2. If you register, it is advisable to start walking for 45 minutes each day to build up your stamina..
5. Since this is mostly a virgin trek, meals served will be mostly vegetarian.
- essentials for the trek.
7. Once you register, we will mail you Details regarding things to carry for the trip.

HIMALAYAN EXPLORATORY TREKKING EXPEDITION 2014

ITINERARY Base camp to Base Camp:

Manali-Boggi -SaraiBoggi -Fa Kanda –KhariMandari.

- Day01 Report at Bahang base camp situated near Govt. Sr. Sec. School,(5 Km. from Manali bus stand and on the Manali -Leh highway . After briefing allotment of tent and freshening up followed by lunch.
- Day 02 Acclimatization trek to Jogani waterfall after lunch .Briefing about the trek and issue of equipment.Camping.
- Day03 Trek to Boggi : Transfer to JagatSukh after breakfast by Jeep. Gradual climb to Boggi(Alt. 2500 Mt.) passing through Banara village and forest. Trekking with, pack lunch. Campsite surrounded by Pine trees. Evening free for team games. Trek : 10 Km. Overnight stay will be in tents.
- Day 04 Trek to Sarai- Boggi : Leave after breakfast for SaraiBoggi Camp(Alt.3050 Mt) . Gradual climb passing through beautiful meadows and forest of Pine, Oak and Raitosh. Campsite situated on a beautiful meadow. Reach by lunch time. Afternoon team games.
Trek: 10 Km. Overnight stay in tents.
- Day05 Trek to Khari-Mandari : Trek consists constant climbing and gaining height up to Fa-Kanda ridge (Alt. 3500 Mt.) With pack lunch. Panoramic view of peaks of Pirpanjal and CB ranges .Evening free for team games.
Trek 14 Km. Overnight camping.
- Day06 Trek to Tilgan,Suru&Pirini : Trek again passes through forest to reach Tilgan, Suru&Pirini . Group will be picked up by the vehicle at Pirini near old bridge and transferred to base camp by lunch time. Evening free for visiting Vashisht .Overnight at Base camp.
Trek : 14 km.
- Day07 Programme concludes after breakfast. Trek to Manali for visiting

Fees .Rs. 5200/- pp

TO BE PROVIDED:Tented accommodation during Camping on sharing basis, Veg. food during the programme. Pack lunch during trekking. Internal transfers. Services of experienced instructors/ guides (Two guide with one group).Trekking equipment like tents, sleeping bags, rucksacks,Carrymatts, etc., Activities & other camping and allied charges.

Application cum Bio-Data Form for Himalayan Trekking For Expedition 2014

Name ;

Date of birth/age :

Address :

Tel. No. :

Email.:

Weather Student :Yes/ No

Name of Institute :

Weather Employed : Yes/No

Office Address :

High Altitude Mountaineering & Allied Qualification:

Sr no.	Weather attended any prog./ courses	Through which association /institute	Month &year	Remarks

State Level Participation

Sno.	Event in Which Participated	Through which Asso./inst.	Month &year	Remarks

Preferences of joining Date :

Certificate : I.....S/o,
d/o..... hereby volunteer to participate in GHA sponsored Expedition. In case any injury (including fatality) arising on account of any accident or mishap during the training/travel Undertaken in conjunction with the expedition no claim, Whatsoever, Would be raised against the GHA.

DATE:

Signature of Applicant