

Trekking equipments like sleeping bags, rucksacks, ropes etc.
Bus travel from Delhi to Manali & back will be by 2 x2 Luxury Volvo. Train travel from Goa To Goa will be by IInd Class Sleeper. (A/c train tickets can be booked by extra cost).

To be Managed By Participants :-

Mineral water, Cold drinks, expenses of personal nature transportation from home to base camp in case joining base camp. Medical /treatment expenses in case of falling sick and injury /accident. Porter /mules expenses for carrying rucksacks.

Participants Should Bring with them the following :- Cotton shirt, Jean/Pants, woollen pull over, jacket, muffler/woollen caps, socks, gloves, trekking shoes, lite towel, light rain coat (Must) ,goggles other then blue colour, torch with cells, water bottle, electrol powder, lunch box , petroleum jelly, Vaseline, cold cream, toiletries, pen and note book, personal medical kit etc. rucksack, sleeping bag and mattress if available.

A Note For Participants

1. The programme schedule/trek route may be change due to unforeseen circumstances.
2. In case of any participant falling sick during the trek, the expenses for medical treatment, travel and porter charges etc. will have be borne by the concerned individual.
3. Alcohol consumption/smoking is BANNED during the expedition. Any participant found guilty of violating the norms will be barred from completing the trek.
4. Guidelines of Forest Department of the concerned area/IMF are binding and must be adhered to. These will be issued to you at the time of reporting at the base camp.
5. GHA cannot be held responsible for any accident, illness, loss of valuables or any other unforeseen events during the expedition.
6. Primary First Aid facilities and one escort guide with each group will be made available for the safety of the participants.
7. In case of any dispute arising during the course of the expedition, the decision of the Field Director will be final and binding.
8. Subject to Goa Jurisdiction

How To Participate :

Fill up application form with details and send it along with photograph (Compulsory) along with fees in Cash/DD drawn in Favour of GOAHIKING ASSOCIATION payable at Panaji –Goa.

One can go to our website www.goahikingassociation.in.org download application form and submit online.

For More details you may contact below representatives.

Mr. Pramod Kamat

President – Goa Hiking Association,
Mahalsa Prasad, Near old O Herald Printing Press, Mercas Goa
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9822984848 /9922925955

Mr. Mangurish Pal
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9420164130

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Field Director 09673701894
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Mr. Mukesh Naik — 09503052536
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Cancellation and Refund:

If Cancelled 15 days before reporting date: 50 % refund
Less than 15 days: No refund

All the trekking expeditions conducted are Approved by Indian Mountaineering Foundation (IMF), New Delhi.

Incredible Himalayas.....A life time experience.



GOA HIKING ASSOCIATION

Since 1974

organises

National Himalayan Trekking Expedition from April to June 2018

Recognised by Sports Authority of Goa

&

Indian Mountaineering Foundation

The Goa Hiking Association (GHA), a Voluntary organisation registered under societies Registration Act 1980 recognised by Sports Authority Of Goa (SAG) and Indian Mountaineering Foundation (IMF) IS Committed for promotion of Adventure activities amongst Goan and nearby youth since 1974. GHA has championed the cause of HIKING, TREKKING, MOUNTAINEERING & CLIMBING in Goa. Over the last 35 years it has successfully promoted and popularised such adventurous activities including mountaineering enabling youth to derive the numerous benefits of these sports. GHA takes participants of all section in the Himalayan ranges, mountain ridges interwoven with brooks, streams and cascades under the emerald blue sky. India proudly beholds the most glorious crown to its North...The Himalayas. With the world's greatest peaks like Mt. Everest & Kanchanjunga the Himalayas invite the Adventure enthusiastic to enjoy tremendous trekking option at different locations.

This year GHA Organises Various Trekking Expeditions/Programmes in Manali – Himachal Pradesh from April to June.

We also organise Special Educational Programs for School going Students.

Schedules of Trekking Expeditions and Programmes

Programme 1. Educational Camping For School Students

Duration : 6 days of camping with full time engaging activities in addition participants will learn about the surroundings and environment awareness from our experience instructors.

Starts 15th April to 10th June

Day – 1 : Transfer to base camp Ghoshal. Post arrival at manali before noon, lunch at the base camp followed by allotment of tents. Orientation on camp life and Do's & Don't of camp in Himalayas. Team building exercise and games followed by dinner.

Day – 2 : Wake up at 6 am ; warm up with morning exercise followed by cleaning of camp site. Breakfast. Basics of Rock climbing (talk & demo plus practical) after noon : session on use of various Knots : evening : team games , dinner.

Day – 3 : Morning exercise session : Trek to Jogni falls with Picnic pack lunch. Elementary training in Rappelling enroute. Back to camp early evening. Evening snacks followed by dinner.

Day – 4 : Yoga session : Trek to Anjani Mahadev with picnic pack lunch : After lunch for optional para gliding /cable car ride . (fees additional to be paid in advance at base camp) back to base camp in the evening followed by tea & snacks. Camp fire at night.

Day – 5 : After early morning breakfast leave for snow point. Lunch on way back. Back to camp. Dinner & camp fire. Valedictory and award ceremony. Your feedback narration.

Day – 6: After breakfast drop at Manali. Programme concludes.

Participation Fees:

Rs. 4700/- per person (Report at Base camp to Base camp departure)

Rs. 7800/- per person (Joining Delhi to Delhi departure)

Rs. 10800/- per person (joining Goa to Goa departure)



Trekking Expeditions -- (1st May to 30th May 2018)

Programme – 2 : Bhrighu lake (Alt. 14400 ft)

Day – 1 : : Report at base camp Ghoshal Manali situated at 3 kms from manali mall road before lunch. Orientation, allotment of tents and Do's & don't in Himalayas.

Day – 2 : Trek to Anjani Mahadev and Solang Nala 12 kms. Back to base camp in the evening. Activities like Rock climbing/ Rappelling in the evening. Camp fire at night.

Day – 3 : Trek to mori dung for 3 hrs. gain height of 9000 ft. trek through forest and meadows full of flowers via vashist kund. Night halt at Mori dung.

Day – 4 : Trek to bhrighu Lake . Trekking consists of walking on the snow for about 6 to 7 hrs and climbing above the bhrighu lake (Alt. 14400 ft) and descend to camp Mori Dung . Night halt at Mori Dung.

Day – 5 : Trek Back to base camp. Reach by afternoon for lunch. Evening award of certificates & sharing experiences.

Day – 6 : Programme concludes after breakfast.

Participation Fees :-

Rs 5900/- Per Participants (Reporting Base camp to base camp departure)

Rs 8900/- per participants (Joining Delhi to Delhi Departure)

Rs. 12800/- per participants (Joining Goa to Goa Departure)

Programme 3 :- Beaskund (Alt. 11975 ft)

Day – 1 : : Report at base camp Ghoshal Manali situated at 3 kms from manali mall road before lunch. Orientation, allotment of tents and Do's & don't in Himalayas.

Day – 2 : Trek to Anjani Mahadev and Solang Nala 12 kms. Back to base camp in the evening. Activities like Rock climbing/ Rappelling in the evening. Camp fire at night.

Day – 3 : Start trekking to Dhundi . (8 Kms , 10334 ft) You will first pass the enchanting valley of Solang, which is a popular holiday destination in India. From here, you will walk to the campsite. Dhundi is a scenic spot with the Beas River filled with boulders flowing through here, and forested hills lining its banks. In the distance, you will be able to see the peak of Hanuman Tibba.

Day – 4 : You now begin your Beas Kund trek, and in its first leg, trek to Bakartach. It is a gradual and long climb through the mountains to this picturesque camping site. After walking for about four hours you will reach Beas Kund (11975 ft) .Return back to camp Dhundi .

Day – 5 :- Trek back to Base Camp. Reach by afternoon for lunch. Evening award of certificates and sharing experiences. Camp fire at night followed by dinner.

Day – 6 : After breakfast departure .

Participation Fees :-

Rs5700/- Per Participants (Reporting Base camp to base camp departure)

Rs 8700/- per participants (Joining Delhi to Delhi Departure)

Rs.12600/- per participants (Joining Goa to Goa Departure)

Note :- Inclusions in fees for all above programmes-- Tented Accommodations during Camping, Veg / Non Veg food , Pack Lunch during Trekking. Internal transfers after reporting at base camp. Services of trained and experienced mountaineers/ instructors for conducting adventure activities and training. Services of Guides with the group during trekking.