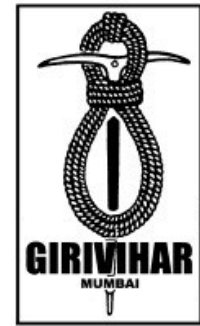


GIRIVIHAR



Bagini Glacier and Changbang Base Camp 2017

GIRIVIHAR, has since its conception in 1964, been devoted to outdoor adventure activities like hiking, rock climbing and mountaineering.

Adventure Activities inculcate courage, patience, determination, leadership, confidence, team spirit and cultivate a love for the environment and respect for nature.

This trek is open for first timers as well as veterans. Just ensure that you are excited about the trip and are in good physical shape (comfortable walking for 4-5 hours in a day). However, it would be wise to discuss it with one of our Trip Leaders before booking.

Bagini Glacier trek, in the region of Uttarakhand, is the base camp of many captivating peaks like Changa Banga peak, Dunagiri and Kalanka peaks. Walking in the Garhwal Himalayan region, where the gentle wind holds the fragrant smell of alpine flowers is the experience that cannot be described by words.

Situated at the height of 14816 feet, Bagini Glacier trek incorporates a highland walk through some fascinating villages of Garhwal. Here, you can view the meadows of Bagini and Changbang covered with magnificent purple and yellow wildflowers. Bagini Glacier trek undoubtedly provides an opportunity to the trekkers to explore and know more about the Himalayan mountain regions.

Trekkers are usually amazed by the natural beauty of the trek. This trek encompasses all the characteristic features of the Uttarakhand region. Ascending in between in the thick rows of rare species of alpine flowers, the serene atmosphere of the trail, the unpolluted fresh and crisp air and crystal clear water of the rivers is everything a trekker usually dreams of and desires in his trail. The stay in the base camp without the chaos of daily life and commercialization makes you feel refreshed and rejuvenated.

Of course, a question most likely to occur to you will be, why you must choose GIRIVIHAR..... Here's the answer.

- GIRIVIHAR is one of the oldest and most reputed mountaineering clubs in Mumbai
- We have decades of experience conducting Adventure Activities, and enjoy an enviable safety record
- With a long list of pioneering ventures, we are an organisation of genuine mountain experts
- Unlike commercial set-ups, the program is managed and conducted by "true blue" mountaineers
- And last, but not the least, we conduct the treks on a NO-PROFIT basis, making it one of your wisest and most economical investments for your adventure.

Instructions:

1. Corresp. address : **Parag Lagu C/O LAGU BANDHU,**
206/207, Shilpin Centre, G D Ambekar Marg, Wadala - Mum 31
Ph: +91-22-2415 0211/21 Email: paraglagu@gmail.com Mobile: 9833097768
2. Minimum age : 14 years complete
3. Trek Fees : Rs. 14,000/- **Haridwar to Haridwar** (Transport/Lodging/Boarding & Equipment etc)
4. Trek Duration : 20th May 2017 Arrival at **Haridwar and** Depart from **Haridwar on 27th May 2017**
5. Accommodation : Accommodation in multiple sharing Tents (Separate arrangement for Boys & Girls)
6. Assembly : **Haridwar.** On 20th May 2017 at 6.00 am at a pre designated place in **Haridwar** to catch the Jeeps to Joshimath. Details will be shared at the participants meeting
7. Return : Depart from **Haridwar on 27th May 2017**
8. Participant's Meeting: At 1930 hrs. on Saturday, 6th May 2017 at R. A. Podar College,
L. Napoo Marg, Matunga (Central), Mumbai – 19.
Minor participants will attend this meeting along with their parents.

Package includes:-

- **Transportation:** Haridwar to Joshimath and back from Joshimath to Haridwar in Non A/C Jeeps/Bus.
- **Accommodation:** Accommodation in multiple sharing tents with separate arrangement for Boys and Girls
- **Food:** Delicious and nutritious veg. food will be served during the trek (From Lunch at 01 to Lunch 08)
- **Equipment** required for trekking in Snow will be provided; participants are to bring their warm clothing.
- **Instructors:** The trekking team will be accompanied by qualified guides/instructors
- **Forest Entree fee and required Permits**
- **Back Pack carrying:** Participants are expected to carry their own personal belongings. Common Equipment and sleeping Bags, Tents etc will be provided & carried by porters
- **Certificate:** Participants will be awarded with a certificate on successfully completing the trek.

Package Excludes:

- Pre/post camp arrival/departure, facilitation/travel cost to and from Camp's joining and dispersal locations, etc
- Cost of any form of insurance, rescue, evacuation, hospitalization, etc
- Costs incurred due to delays in arrival/departure of any means of transportation resulting from landslides, floods, or other natural or manmade causes over which Girivihar has no control
- Anything which is not mentioned above

Camp Kit (Essential):

- Trekking Shoes + Cotton Socks (4 Pairs)
- Slippers / Chappal (After activity time)
- Loose Tough light weight trousers (Cotton preferred) or Track pants (2 Nos.)
- Loose Tough light weight Full-Sleeve Shirts / Dry fit (Cotton preferred) (2 Nos.)
- Personal Undergarments (2/3 sets minimum); light weight towel (Pancha)
- One Full Sleeve Sweater & a wind cheater. Rain protection (Poncho/Raincoat)
- Warm body fit leggings & tops. Balaclava or woollen cap. Sun cap, Vaseline, cold cream, Sun screen etc.
- Water Bottle / Hydration pack of 2 lit capacity.
- Torch with a spare set of batteries.
- Tooth Brush, Tooth Paste, Soap, small quantity talcum powder, 4 'Band-Aid' Strips, 2-3 Plastic bags.
- Good Quality Sun Glasses (with UV protection)

Additional Information:

- Attending the Participant's Meeting is a MUST.
- Please submit your Photo id (Pan Card/Passport/Aadhar Card/Students School Id) along with the form
- **Last Date for submitting entry form : 6th May 2017. (Entry by 1st come 1st served)**
- **Admissions shall be confirmed after fitness screening and only on receipt of full trek fees**
- **Fees include Rs. 2000/- as Non refundable registration Charges.**
- **Cancellation :** Since all the necessary arrangements like purchase of food, transport, equipments etc., are made well in advance, cancellations, if any must be communicated immediately & at least 15 days before commencement date of the trek (6th May) in writing at the above address. Trek in-charge will take final decision about the refund amount after the trek.
- There is a complete 'First-Aid Kit' available at the campsite. Still it is advisable to carry a few Band-Aid strips.
- Please inform the trek-in-charge about any long term medical treatment the participant is undergoing for any illness. They should also inform about hypersensitivity (to antibiotics, sulpha drugs etc.) / allergies if any.

The instructors are fully trained and have wide experience in all the activities they will carry out.

We have always followed the precautions of safety. The participant's safety at any point is the first priority.

Keeping this in mind, the instructors may not allow some members to participate in some of the activities.

The Trek-in-charge's decision in any matter related to this Trek is final.

Day wise Program:

Itinerary –

May 20 :- Haridwar to Joshimath.

May 21 :- Joshimath to Jumma & trek to ruin village (3 kms, 9,180 ft).

May 22 :- Ruing Village to Dronagiri Village (8 kms, 11, 844 ft).

May 23 :- Dronagiri village to Basecamp (10 kms trek)

May 24 :- Base camp to Bagini Glacier and Back to Base camp (10kms, 14, 814 ft).

May 25 :- Base camp to Dronagiri village (10 kms).

May 26 :- Ruing Village to Joshimath(11 km trek, 45 km drive)

May 27 :- Joshimath to Haridwar

Suggested Train Travel up to Haridwar:

1st Choice: 12171/Mumbai LTT - Haridwar AC Express leaving on 18th May @ 07:55 Reach Haridwar at 13.00 on 19th May. Night Halt at Haridwar

2nd Choice: 12137/ Punjab Mail upto Delhi leaving on 18th May @ 19.40 reaching Delhi 21.15 and then change the train to Overnight journey by 12205 NDLS DDN EXP (Nanda Devi Express) departing on 19th May at 23.50 reaching Haridwar 4.00 on 20th May

Suggested Travel back from Haridwar

1st choice: On 28th May 12206 Nanda Devi Express departing at 00.55 reaching GZB/Ghaziabad Junction at 04.33 and then change the train to 12904/ Golden Temple Mail departing from Ghaziabad Jn. At 06.20 on 28th May to reach Dadar at 04.53 on 29th May

Members staying back for rafting should book their tickets accordingly

These are just suggested travel options. Participants may choose any other alternative to reach Haridwar on their own. Girivihar shall not be responsible for train delays etc.

GIRIVIHAR

Bagini Glacier and Changbang Base Camp Trek 2017

Application Form:

Photograph
of Participant

To
The General Secretary,
GIRIVIHAR, Mumbai.

Dear Sir,

I declare that I, Mr/Ms _____ am physically fit to participate in the Bagini Glacier and Changbang Base Camp 2017 Trek being organised by GIRIVIHAR in May 2017. I understand that in case of any unforeseen event / accident during the trek, the office bearers and Trek's organising members of GIRIVIHAR shall not be held responsible for loss of life/property. I have read the instructions and assure you that I shall abide by the discipline of the trek.

I understand that GIRIVIHAR is a seasoned adventure club and they shall take utmost care to ensure safety of the participants of the trek. **I am participating in the trek on my own responsibility.**

Signature of Participant

Signature of Parent in case of Minor

1. Name : Mr/Ms _____
2. Date of Birth : _____ Age : ____years. T-Shirt Size _____
3. Address : _____
_____ Email id _____
4. Telephone No. : _____ Cell No. : _____
5. In case of Emergency contact : _____
6. Name of School/College: _____ Class: _____
7. Any previous Hiking/Trekking Experience : YES / NO (If 'YES' please specify) : _____
8. Other interests : Hobbies / Sports : _____
9. Fees Rs 14,000/- paid (Cash/Online Transfer/Cheque/ No. _____ drawn on _____ Bank in favour of "GIRIVIHAR". Fees handed over to: _____
10. I came to know about this trek thru: News paper / School / Friend / Internet/ Other (Pl. specify) _____

Note: Charges include Rs. 2 000/- as Registration Charges (Non-refundable)

Parent / Guardian Name _____

Medical Certificate:

Name of family doctor: _____

Address: _____

Name of the participant: _____ Blood Group _____

Recent Illness: _____ Allergies: _____

Hyper sensitivity (to antibiotics/sulpha): _____

Personal Medications: _____ Chronic disease if any _____

I understand the nature of the trek and have examined Mr/Ms _____

and in my opinion he/she is medically fit to participate in the program.

Signed: _____

Name of the Doctor: _____

Regn No. & Stamp