

THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)

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HIGH ALTITUDE TREKKING EXPEDITION

SHIRGUN TUNGU BASE

HIMACHAL PRADESH, INDIA

5 Batches in May 2019



ABOUT THE TREK:

Buoyed by the success of the summer trekking trails in Himachal Pradesh like Hampta Pass, Mantalai Lake, Rourikhori frozen lake, Sourtal, DeoTibba etc, over the past decade, wherein hundreds of youngsters were initiated to the thrill of outdoors; the association has once again planned to launch trekking trails to ShirganTungu Base in Himachal Pradesh during May 2019. Again, going by the encouraging participation, this time round we are launching 5 batches. Considering the tremendous response the previous treks generated, we are sure that this one 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 to indulge in basic outdoor adventure activities during leisure time, like rappelling, Jumaring, glissading etc,

The group strength is restricted to 40 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 – 2nd to 11th May 2019 - Purnima – 98451 32367 2nd Batch – 5th to 14th May 2019 - T S Siddalingaswamy – 9448607602 3rd Batch – 11th to 20th May 2019 - Sudhakar S – 9448677683 4th Batch – 14th to 23rd May 2019 - Sudhakara P N – 9845604799 5th Batch – 18th to 27th May 2019 - Madhu Kiran – 9900262432
Duration	10 days (Bangalore to Bangalore), 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, fun filled evenings with camp fire.
Group Strength	Minimum: 30; Maximum: 40
Age Group	15 to 50 years (exception for experienced trekkers)
Trek Distance/Altitude	70 Kms approx. – 3500m - 3750m (12,500 ft) approx..
Grade	Easy / Moderate
Cost	Rs.14,500/- (Delhi to Delhi)* In terms of transportation (Ex. Delhi), food, accommodation, administrative expenses, tentage; complete camping facilities, technical gear, experienced instructors, guides, camp helpers, etc. * Up to Delhi and back, the participants will have to make own transport arrangements as per their convenience.
Registration	28.02.2019 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	Cash/Cheque or DD drawn in favour of The Karnataka Mountaineering Association
Cancellation Charges	> 30 days before date of departure : - Rs.3,500/- 20-30 days before date of departure : - Rs.5,000/- 10-19 days before date of departure : - Rs.7,500/- 05-09 days before date of departure : - Rs.10,000/- < 05 days before date of departure : - 14,500/-
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 gain is 3750 meters (12,500 ft) approx.
- Tented accommodation (separate for ladies and gents). Excellent wholesome vegetarian food
- Excellent & enjoyable route for first timers
- Two experienced and qualified instructors from the Association will accompany the team
- Route carefully chosen to provide for other related adventure activities like river crossing, rappelling, etc. (conditions permitting)
- 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 – 2nd to 11th May 2019

Contact Purnima – 98451 32367

DAY	DATE	PROGRAMME
01	02.05.2019	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI (Overnight Volvo bus journey) – 14 hours
02	03.05.2019	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	04.05.2019	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	05.05.2019	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	06.05.2019	TREK – NEGI DUGH TO KURRDI (3030 Mts.) – 4 Hrs.
06	07.05.2019	TREK – KURRDI TO DHARANU DUGH (3420 Mts.) – 5 Hrs.
07	08.05.2019	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	09.05.2019	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	10.05.2019	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI (Overnight Volvo bus journey) – 14 hours
10	11.05.2019	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

2nd Batch – 5th to 14th May 2019

Contact T S Siddalingaswamy - 9448607602

DAY	DATE	PROGRAMME
01	05.05.2019	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI (Overnight Volvo bus journey) – 14 hours
02	06.05.2019	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	07.05.2019	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	08.05.2019	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	09.05.2019	TREK – NEGI DUGH TO KURRDI (3030 Mts.) – 4 Hrs.
06	10.05.2019	TREK – KURRDI TO DHARANU DUGH (3420 Mts.) – 5 Hrs.
07	11.05.2019	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	12.05.2019	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	13.05.2019	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI (Overnight Volvo bus journey) – 14 hours
10	14.05.2019	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

3rd Batch – 11th to 20th May 2019

Contact Sudhakar S – 9448677683

DAY	DATE	PROGRAMME
01	11.05.2019	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI (Overnight Volvo bus journey) – 14 hours
02	12.05.2019	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	13.05.2019	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	14.05.2019	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	15.05.2019	TREK – NEGI DUGH TO KURRDI (3030 Mts.) – 4 Hrs.
06	16.05.2019	TREK – KURRDI TO DHARANU DUGH (3420 Mts.) – 5 Hrs.
07	17.05.2019	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	18.05.2019	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	19.05.2019	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI (Overnight Volvo bus journey) – 14 hours
10	20.05.2019	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

4th Batch – 14th to 23rd May 2019**Contact Sudhakara P N – 9845604799**

DAY	DATE	PROGRAMME
01	14.05.2019	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI (Overnight Volvo bus journey) – 14 hours
02	15.05.2019	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	16.05.2019	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	17.05.2019	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	18.05.2019	TREK – NEGI DUGH TO KURRDI (3030 Mts.,) – 4 Hrs.
06	19.05.2019	TREK – KURRDI TO DHARANU DUGH (3420 Mts.,) – 5 Hrs.
07	20.05.2019	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	21.05.2019	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	22.05.2019	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI (Overnight Volvo bus journey) – 14 hours
10	23.05.2019	ARRIVE AT DELHI (Programme ends) AND ONWARD TO BANGALORE

5th Batch – 18th to 27th May 2019**Contact Madhu Kiran – 9900262432**

DAY	DATE	PROGRAMME
01	18.05.2019	REPORT AT DELHI (Programme starts) AND ONWARD TO MANALI (Overnight Volvo bus journey) – 14 hours
02	19.05.2019	ARRIVE AT SHURU BASE CAMP - MANALI (Briefing, Issue of Equipment, etc.)
03	20.05.2019	TREK – ACCLIMATISATION TREK & BACK TO BASE CAMP – 4 Hrs.
04	21.05.2019	TREK – BASE CAMP TO NEGI DUGH (2350 Mts.,) – 4 Hrs.
05	22.05.2019	TREK – NEGI DUGH TO KURRDI (3030 Mts.,) – 4 Hrs.
06	23.05.2019	TREK – KURRDI TO DHARANU DUGH (3420 Mts.,) – 5 Hrs.
07	24.05.2019	TREK – DHARANU DUGH TO SHIRGUN TUNGU BASE (3750 Mts.,) AND BACK TO BANNAD/JUMMU DUGH (2500 Mts.,) – 7 Hrs.
08	25.05.2019	TREK – BANNAD / JUMMU DUGH TO SHURU BASE CAMP VIA SAJLA VILLAGE – 4 Hrs.
09	26.05.2019	MORNING FREE & IN THE EVENING DEPART MANALI TO DELHI (Overnight Volvo bus journey) – 14 hours
10	27.05.2019	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.

