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Dated 02/05/17

ਪ੍ਰਿੰਸੀਪਲ/ ਡਾਇਰੈਕਟਰ,
ਆਈ.ਕੇ. ਗੁਜਰਾਲ. ਪੀ.ਟੀ. ਯੂ. ਨਾਲ ਸੰਬੰਧਤ ਸਾਰੇ ਕਾਲਜ/ਸੰਸਥਾਵਾਂ।

ਵਿਸ਼ਾ: **Summer Coaching/Training Camp** ਲਗਾਉਣ ਲਈ **ABVIMAS, Manali** ਵੱਲੋਂ ਜਾਰੀ ਕੀਤੇ
Schedule ਸਬੰਧੀ।

ਸ਼੍ਰੀ ਮਾਨ/ ਸ਼੍ਰੀਮਤੀ ਜੀ,

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸੰਬੰਧ ਵਿੱਚ ਆਪ ਜੀ ਦੇ ਧਿਆਨ ਵਿੱਚ ਲਿਆਦਾ ਜਾਂਦਾ ਹੈ ਕਿ **ATAL BIHARI VAJPAYEE INSTITUTE OF MOUNTAINEERING AND ALLIED SPORTS (ABVIMAS), MANALI** ਵੱਲੋਂ **Summer Coaching/Training Camp** ਲਗਾਉਣ ਲਈ **Schedule** ਜਾਰੀ ਕੀਤਾ ਗਿਆ ਹੈ (ਕਾਪੀ ਨਾਲ ਨੱਥੀ ਹੈ ਜੀ)। ਇਹ ਕੈਂਪ ਮਈ 2017 ਤੋਂ ਅਗਸਤ 2017 ਤੱਕ ਲਗਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਜੇਕਰ ਕੋਈ ਕਾਲਜ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਹ ਕੈਂਪ ਕਰਵਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ ਤਾਂ **ABVIMAS, Manali** ਨਾਲ ਸਿੱਧਾ ਸੰਪਰਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ ਜੀ।

ਆਪ ਜੀ ਦੀ ਜਾਣਕਾਰੀ ਹਿੱਤ ਪੇਸ਼ ਹੈ ਜੀ।


ਸਹਾਇਕ ਡਾਇਰੈਕਟਰ ਸਪੋਰਟਸ

ਉਤਾਰਾ:

1. ਨਿਰਦੇਸ਼ਕ ਵਿਦਿਆਰਥੀ ਭਲਾਈ : ਜਾਣਕਾਰੀ ਹਿੱਤ।
2. ਡਿਪਟੀ ਰਜਿਸਟਰਾਰ : ਕੰਪਿਊਟਰ ਵਿਭਾਗ, ਵੈਬਸਾਇਟ ਉਪਰ ਪਾਉਣ ਹਿੱਤ।
3. ਕੰਟਰੋਲਰ ਪ੍ਰੀਖਿਆਵਾਂ: ਕਾਲਜ ਦੇ ਲਾਗਇਨ ਵਿੱਚ ਪਾਉਣ ਸਬੰਧੀ।
4. ਫਾਇਲ।

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Brief History

Mountaineering Institute was established in the natural geographic environs of Manali in the picturesque Kullu valley, with the name "Western Himalayan Mountaineering Institute", on the 16th September, 1961, under the dynamic leadership of Pt. Jawaharlal Nehru, the first Prime Minister of India as the Kullu valley, better known as the valley of gods, came into limelight after his regular visits, resulting in a big boost to adventure tourism. It is one of the largest adventure training institutes in the world. It has been doing yeoman's service in the field of adventure training, especially adventure sports like Mountaineering, Rock Climbing, Trekking, Skiing, Water Sports, Outbound adventure, Search & Rescue (Disaster Management).

The great son of India, the former Prime Minister, Shri Atal Bihari Vajpayee who as a lover of nature and an adventure enthusiast has special passion for Manali and the Mountaineering Institute, always made it a point to visit the Institute whenever he happened to be in Manali. He visited the Institute many times and chaired number of conferences, seminars and poetry sessions. In the year 2006 Himachal Pradesh Government renamed the Institute as "Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali, Himachal Pradesh".

Since its inception, the Institute has trained about 1, 70,000 youth, women & men from India and abroad in different disciplines of adventure activities at its Manali headquarters and the other Centres located at various places in Himachal Pradesh. The Institute produced national and international level prominent mountaineers who climbed Mount Everest and other many high peaks and participated in winter Olympics and Asian winter sports championships. It is also proud to have faculty of qualified and professional instructors and officers having number of permanent peaks, including the Mount Everest, to their credit.

Scenic beauty,ylvan surroundings and salubrious climate are most conducive to the training in the field of adventure activities and, therefore, the area is a paradise for adventure lovers.

The abbreviation "ABVIMAS", whenever mentioned in this prospectus, means "Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali, Himachal Pradesh".

The Institute conducts training courses and adventure activities as per detail given in the "TRAINING PROGRAMME FOR THE YEAR 2017 ONWARDS".
The ABVIMAS Manali arranges requirement based Special Adventure Programmes/Activities also, like:

- (a) Mountaineering Expeditions (b) Mountaineering Courses (c) White Water Rafting Expeditions (d) Summer Skiing Courses/ Camps (e) High Altitude Treks (Crossing prominent high passes), (f) Disaster Management courses

1. Educational Qualification and eligibility criteria for Courses:

(A) EDUCATIONAL QUALIFICATION

- (i) Minimum 10th pass for Methods of Instruction Course: In Mountaineering, Skiing & Water Sports.
(ii) Matriculation or above (except for Service/ Armed Forces personnel) for Basic & Advance Mountaineering Courses. Knowledge of English and Hindi is essential.

(B) ELIGIBILITY CRITERIA

Basic Mountaineering Course "A" grade eligible for	Advance Mountaineering Course
Advance Mountaineering Course "A" grade eligible for	Method of Instruction (Mountaineering) Course
Basic Course Skiing having "A" or "B" grade eligible for	Intermediate Skiing Course
Intermediate Skiing Course having "A" grade eligible for	Advance Skiing Course
Advance Skiing Course having "A" grade eligible for	Method of Instruction (Skiing) Course
Basic Water Sports Course having "A" grade eligible for	Intermediate Kayaking & Canoeing Course (White Water) & Advance Water Sports Course (Sailing)
Intermediate Kayaking & Canoeing Course (White Water) having "A" grade eligible for	Advance Water Sports Course (White Water Kayaking)
Advance Water Sports (Sailing or Kayaking) having "A" grade eligible for	Method of Instruction (Water Sports Course)

2. Course fee

The course fee, mentioned in the "TRAINING PROGRAMME FOR THE YEAR 2017 ONWARDS", includes accommodation in hostel/ tents in training area/ field; food and training.

3. Travel expenses

Participants (trainees) have to pay for their travel expenses on their own, from their home to the Institute/ Regional Centre/ Sub Centre (place of training) and back to their home.

4. Selection:

Candidates are selected for the courses on "first come first served" basis subject to fulfillment of all conditions.

5. Discipline:

- All the training courses and programmes are conducted by the ABVIMAS at its Manali headquarters and Regional and Sub Centers in Himachal Pradesh on army pattern. Therefore, participants of all training courses and programmes must maintain discipline of the highest order. In case of any misconduct, misbehavior or indulgence in intoxication and anti-social activity, the trainee concerned will be expelled from the course instantly, legal action initiated against him/her and no refund of fee will be made in such disciplinary cases.
- If any trainee is absent from the Course/Programme for more than 2 days in 26/28 days Courses and 1 day in any short duration Course/Programme, he will be disqualified.
- Late arrival for joining the course will be allowed only in case of train/ bus arriving late due to adverse weather conditions, landslides, accident, strike or any other unavoidable reasons including death or serious illness of a family member or relative or examination/ interview etc. A trainee will be allowed to join the course late by maximum 2 (two) days only.

6. Physical Conditioning/Fitness:

All trainees must be physically fit for their respective courses & a medical certificate from a recognized MBBS/GAMS Doctor should be deposited at the Institute before joining any course. All activities conducted by the Institute are physically demanding. Trainees must ensure that before joining any course, they should do long walks, jogging & running along with warm up, cooling down exercises & breathing exercises (Yog).

7. Identity Card:

Photo fixed identity card will be issued to the participants / trainees. It will be valid for availing all the facilities while in the Institute, Regional Centre / Sub Centre.

8. Procedure of obtaining Application Form:

Application form can be downloaded from the Institute's website www.adventurehimalaya.org. It can also be obtained from ABVIMAS headquarters (Manali) or its Regional and Sub-Centers personally or by sending self addressed and stamped envelope to the Director, ABVIMAS, Manali-175131 or the Incharge of the Regional / Sub Centre concerned. The names, addresses and telephonic contact numbers of the Institute as well as the Regional and Sub Centres are mentioned below:-

- Director, Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali (HP) 175131. Telephones: 01902-253841, 252342, 250337 e-mail: (1) dmas_manali@yahoo.com (2) abvimasmanali@gmail.com
- Incharge, Regional Mountaineering Centre, Mcleodganj, Dharamshala, Distt. Kangra (HP) 176219, Telephone: 01892-221787, e-mail regionalmountaineeringcentre@gmail.com
- Incharge, Regional Water Sports Centre, Pong Dam, Post Office Sansarpur Terrace, Tehsil Fatehpur, Distt. Kangra (HP) 176501, Telephone: 01893-202253, Cell No. 09805242288, e-mail- rwschpgovt@gmail.com

4. Incharge, Skiing Centre, Solang (Manali) Post Office Palchan, Tehsil Manali, Distt. Kullu (HP) C/O Director, Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali (HP)-175131. Telephone: 01902-253841, 252342. e-mail: dmass_manali@yahoo.com (2) abvimasmanali@gmail.com
5. Incharge, Regional Adventure sports Centre, Hatkoti, Distt. Shimla (HP) : 71206 Telephone : 01781-238839, e-mail rasc_hatkoti@yahoo.com
6. Incharge, High Altitude Trekking and Skiing Centre, Narkanda, Distt. Shimla (HP) 171213 Telephone: 01782-242406. e-mail: Trekkingnarkanda1987@gmail.com
7. Incharge, River Rafting Centre, Pirdi, Distt. Kullu (HP) C/O Director, Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali (HP) - 175131. : dmass_manali@yahoo.com (2) abvimasmanali@gmail.com
8. Incharge Water Sports Centre, Bilaspur, Distt. Bilaspur (HP) C/O Director, Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali(HP)- 175131.
9. Incharge, Mountaineering Sub Centre, Jispa, Distt. Lahaul and Spiti (HP) : 175132 Telephone: 01900-233230, Cell No. 94187-08377
10. Incharge, Mountaineering Sub Centre, Bharmour, Distt. Chamba (HP) 173315 Telephone: 01895-225036

9. Procedure for booking of seats / courses:

- (i) The photo fixed application form complete in all respects with one spare photograph, medical certificate and copy of birth certificate should be submitted at least 45 days prior to the commencement of the course applied for along with full course fee by Demand Draft/RTGS/NEFT/ESC payable at the Kangra Central Co-operative Bank Ltd., Manali-175131 (H.P.) Bank Code 035, IFSC Code KACBOJ00035 payable in saving bank account No. 50055073959 and drawn/deposit in favor of Director, ABVIMAS, Manali or in favour of Incharge of the Centre where you are interested to attend the course / programme.
- (ii) The courses covered under code No. 003 & 007 are conducted in the Lahaul Valley, across the Rohtang Pass. Therefore, the participants are requested to bring ` 1000/- extra towards bus fare from Manali to the place and back Manali. The course fee will be 30% extra for the activities conducted at Mountaineering Sub Centre Jispa & Mountaineering Sub Centre Bharmour.
- (iii) Participants of Skiing Courses organized at Solang have to arrange transportation for themselves to reach Solang and back Manali.
- (iv) For Foreign National Only:- Foreign Nationals are not required to deposit the course fee in advance. Seats in all courses can be provisionally booked by sending Application form, Medical Certificate, a copy of Passport & a copy of Educational Certificate. Fee can be remitted at the time of enrollment at ABVIMAS Manali.

10. Refund of Course Charges

The course charges paid by a trainee must be utilized by him/her before 31st March of the following year failing which no refund will be made and the course charges deposited will be forfeited for causing financial loss to Institute and its Centres and loss of opportunity to other candidates. If he/ she is not able to utilize the seat allotted for a particular course then he/she will be entitled to undergo next course in the line or any other course subject to the condition that he/she will have to pay the difference before attending the other course having different course charges. However, if a trainee reserves a seat in a course having more course charges and attends a course having less course charges within the 31st March of the following year then the different of the course charges will be refunded by the Institute. In case of refund course charges on individual's request within time it will be made after the deduction of 25% amount of the charged course charges.

11. Age limit

Different age limit has been prescribed for different courses keeping in view the nature and rigours of training. The age of a participant for a course will be considered as on 1st January of the year in which he/she is to attend the course. Therefore the participants are advised to submit an attested copy of their birth certificate alongwith the application form.

12. Check list

Participants must ensure that following documents are submitted by them for securing a seat on the course of their choice:-

- Application Form and Medical Certificate complete in all respects.
- Photo copy of the Demand Draft/RTGS/NEFT/ESC by which fee has been paid.
- Attested copy of the birth certificate.
- Attested copy of the educational qualification certificate.

13. Confirmation about the reservation of Seat/Course applied for

The Institute or the Regional Centre/ Sub Centre, where one wants to undergo the course, will intimate the reservation of Seat/Course applied for or rejection of the application, as the case may be, telephonically or through letter/E-mail. Applicants must therefore write their phone / mobile number/E-Mail ID on the application form besides complete postal address.

14. How to Reach

(1) Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali

The participants can reach by bus /taxi from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. The Institute is located near village Aleo on the Manali-Kullu left-bank road at a distance of 3(three) Kilometers from the Manali bus stand. Taxi car and Auto rickshaw are available at the bus stand. Those travelling by air can reach Manali by taking bus or taxi from the Kullu-Manali airport (known as Bhuntar Airport) from where Manali is at distance of only 41 kms. The Institute staff will be glad to provide required information on telephone as well.

(2) Regional Mountaineering Centre, Dharamshala

The place is well connected by bus service from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. The Regional Mountaineering Centre is located at Mcleodganj at a distance of 10 kms from the Dharamshala bus stand. One can reach here by bus or taxi. Nearest airport is Gaggal Airport from where bus and taxi is available. The Centre staff will be glad to provide required information on telephone as well.

(3) Regional Water Sports Centre, Pong Dam

One can reach Regional Water Sports Centre Pong Dam by bus from Chandigarh and Pathankot railway stations. The Centre staff will be glad to provide required information on telephone as well.

(4) Skiing Centre, Solang (Manali)

The participants have to reach Manali first and report at the Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali. They can reach Manali by bus /taxi from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. The Institute is located near village Aleo on the Manali-Kullu left-bank road at a distance of 3(three) Kilometers from the Manali bus stand. Taxi car and Auto rickshaw are available at the bus stand. From the Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali, the participants will go to Skiing Centre, Solang walking on foot or by bus as directed by the Course Incharge. The distance is 12 Kms. The Institute staff will be glad to provide required information on telephone as well.

(5) Regional Adventure Sports, Hatkoti

Participants can reach Shimla either by train or by bus from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. From Shimla, one can travel to Hatkoti by bus or taxi, on the Shimla-Rohru highway. The Centre staff will be glad to provide required information on telephone as well.

(6) High Altitude Trekking and Skiing Centre, Narkanda

Participants can reach Shimla either by train or by bus from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. From Shimla, one can travel to Narkanda by bus or taxi. The Centre staff will be glad to provide required information on telephone as well.

(7) River Rafting Centre, Pirdi

The participants can travel to the River Rafting Centre, Pirdi by bus /taxi from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. The River Rafting Centre is situated between Kullu-Manali Airport (Bhuntar Airport) and Kullu town, only 5 kms short of Kullu. Those travelling by air can reach the centre by bus or taxi from the Airport by covering only 5 kms. The Institute staff will be glad to provide required information on telephone as well.

(8) Water Sports Centre, Bilaspur

The participants can travel to the Water Sports Centre, Bilaspur by bus /taxi from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. The Water Sports Centre is situated on Luhna Ground on the bank of Govind Sagar reservoir and is quite near to the ISBT Bilaspur, one can go walking or by autorickshaw. The Centre staff will be glad to provide required information on telephone as well.

(9) Mountaineering Centre, Jispa

After reaching Manali as mentioned above, one can travel to Jispa by direct bus from Manali to Keylong. Keylong is situated at 115 kms from Manali on the Manali-Leh highway. From Keylong onwards to Jispa one can travel by local bus. Distance is 25 kms. The Centre staff will be glad to provide required information on telephone as well.

(10) Mountaineering Centre, Bharmour

First one has to travel to Chamba by bus from New Delhi, Ambala, Chandigarh, Kalka, Kiratpur and Pathankot railway stations. Bharmour is at a distance of 65 kms from Chamba town and one can travel by bus. The Centre staff will be glad to provide required information on telephone as well.

15. What to bring with you

Certain Essential training equipments and clothing items are provided by the Institute, Regional Centre or Sub Centre where one wants to attend the course. However, the participants are required certain articles personally which are mentioned in the enclosed list titled "WHAT PERSONAL ARTICLES TO BRING WITH YOU FOR THE COURSE". These items can be carried from home or purchased locally at the place of training on arrival.

16. Important

Participants are advised to go through the information/ instructions carefully for filling and sending the Application Form.

- One should start the journey only after receiving confirmation from the Institute /Regional Centre/Sub Centre concerned.
 - Head Quarter Institute/Regional Centre/Sub Centre concerned will not be responsible for postal delay concerning receipt of application as well as confirmation/ reservation of the seat or course, if any.
17. Pleasure seekers joining the courses, only to have fun & frolic are advised not to participate. Undergoing any course/adventure programme in this Institute requires seriousness, dedication, devotion and hard work.

18. Disputes:

Dispute, if any, will be subject to Kullu District jurisdiction for HQ Manali & respective places of the concerned Centres.

TRAINING PROGRAMME FOR THE YEAR 2017 ONWARDS

Activity Code	Activity Name & Duration	Activity Venue	Capacity (Seats)	Fee in (₹)		Age Limit	Remarks M (Men) W (Women)
				Indians	Foreigner		
BASIC MOUNTAINEERING COURSE (26 DAYS)							
001 002 003 004 005	01 May to 26 May 01 June to 26 June 01 July to 26 July 01 Sep. to 26 Sep. 01 Oct. to 26 Oct.	MANALI	75	17160	57200	16 to 45 Years	M & W M & W M & W M & W M & W
ADVANCE MOUNTAINEERING COURSE (28 DAYS)							
006 007 008	30 May to 26 June 29 June to 26 July 30 Aug. to 26 Sep.	MANALI	30	18480	61600	16 to 45 Years	M & W M & W M & W
METHODS OF INSTRUCTION MOUNTAINEERING COURSE (28 DAYS)							
009	29 Sep. to 26 Oct.	MANALI	25	18480	61600	16 to 45 Years	M & W
SPECIAL BASIC MOUNTAINEERING COURSE (26 DAYS)							
010		MANALI	75	20280	67600	16 to 45 Years	M & W M & W
SPECIAL ADVANCE MOUNTAINEERING COURSE (28 DAYS)							
011		MANALI	30	21840	72800	16 to 45 Years	M & W
BASIC SKIING COURSE (14 DAYS)							
012 013 014 015 016 017	11 Jan to 24 Jan 27 Jan to 09 Feb 11 Feb to 24 Feb 27 Feb to 12 Mar 14 Mar to 27 Mar 29 Mar to 11 Apr		40	10500	33600	10 years and above	M & W
INTERMEDIATE SKIING COURSE (14 DAYS)							
018 019	11 Feb to 24 Feb 01 Mar to 14 Mar	MANALI (SOLANG)/ NARKANDA	25	10500	33600	11 years and above	M & W
ADVANCE SKIING COURSE (14 DAYS)							
020 021	11 Jan to 24 Jan 29 Mar to 11 Apr	MANALI (SOLANG)	20	10500	33600	11 years and above	M & W
METHODS OF INSTRUCTION SKIING COURSE (21 DAYS)							
022	04 Feb to 24 Feb	MANALI (SOLANG)	15	15750	50400	16 Years and above	M & W
023	BASIC NORDIC SKIING COURSE (14 DAYS) 01 Mar to 14 Mar	MANALI (SOLANG)	20	10500	33600	10 years and above	M & W
024	BASIC GRASS SKIING COURSE (07 DAYS) 01 Aug to 07 Aug	MANALI (SOLANG)	20	5250	15000	11 years and above	M & W
025	SPECIAL BASIC SKIING COURSE (14 DAYS)(Customized based) Jan, Feb, Mar & Apr.	MANALI (SOLANG)	15+	10500	33600	10 years and above	M & W
ELEMENTARY SKIING COURSE (07 DAYS)							
026 027 028 029 030 031 032 033 034	15 Jan to 21 Jan 24 Jan to 30 Jan 02 Feb to 08 Feb 09 Feb to 15 Feb 15 Feb to 21 Feb 24 Feb to 02 Mar 09 Mar to 15 Mar 16 Mar to 22 Mar 23 Mar to 29 Mar	MANALI (SOLANG)	15	5250	16800	10 years and above	M & W
035	HIGH ALTITUDE TREKKING PROGRAMME(08 DAYS) (Customized based) Apr. May, Jun. Sep.& Oct.	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	20+	6000	19200	No age Bar	M & W
036	ROCK CLIMBING (08 DAYS) (Customized based) Apr. May, Jun. Sep.& Oct.	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	20+	6000	19200	No age Bar	M & W
037	ADVENTURE COURSE (14 DAYS) (Customized based) Apr. May, Jun. Sep.& Oct.	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	20+	10500	33600	12 TO 17 YEARS	M & W
038	ADVENTURE CAMP (10 days or more) (Customized based) (Apr. to Nov.)	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	20+	7500		No age Bar	M & W
039	ADVENTURE CAMP 05 to 09 days (If participants are below 20 in number and duration is also less) (Customized based) (Apr. to Nov.)	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	05+	1000/- PER HEAD PER DAY	3400/- per day per person	No age Bar	M & W
040	TREKKING GUIDE COURSE (14 days) (Customized based) Apr. May, Jun. Sep. & Oct.	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	20+	10500	22000	16 to 45 Years	M & W
041	SEARCH & RESCUE COURSE (DISASTER MANAGEMENT) (14 days)(Customized based) Apr. May, Jun. Sep. & Oct.	MANALI	14+	14000	----	16 to 45 Years	M & W
042	ELEMENTARY SEARCH & RESCUE COURSE (DISASTER MANAGEMENT) (07 days) (Customized based) Apr. May, Jun. Sep. & Oct.	MANALI, DHARAM SHALA HATKOTI, NAR CANDA JISPA, BHARMOUR	20+	7000	—	16 to 45 Years	M & W
BASIC WATER SPORTS (14 DAYS)							
043 044 045 046 047	01 May to 14 May 01 June to 14 June 01 Aug to 14 Aug 01 Sep to 14 Sep 01 Dec to 14 Dec		60	10500	33600	12 years and above	M&W

ADVANCE WATER SPORTS (SAILING) COURSE 21 DAYS

048	01 JULY To 21 July	PONG DAM	25	15750	50400	14 years and above	M&W
049	ELEMENTARY WATER SPORTS COURSE 07 DAYS	PONG DAM		7000	16800	12 years and above	M&W
050	WATER SKIING COURSE 07 DAYS	PONG DAM		10500	28000	12 years and above	M&W
BASIC RIVER RAFTING COURSE (14 DAYS)							
051	01 Oct to 14 Oct	PIRDI (KULLU)	30	14000	44800	14 years and above	M&W
INTERMEDIATE KAYAKING & CANOEING COURSE (WHITE WATER) 14 DAYS							
052	15 Oct to 28 Oct, 01 Nov to 14 Nov	PIRDI (KULLU)	30	14000	44800	14 years and above	M&W
053	SPECIAL WATER SPORTS COURSES (REQUIREMENT BASED) Sept. Nov.	PONG DAM & BILASPUR	10+	1500 PER HEAD PER DAY	2400/- PER HEAD PER DAY	12 years and above	M&W
054	Special White water Kayaking Course (REQUIREMENT BASED) Sept. Nov.	PONG DAM & BILASPUR	10+	1500 PER HEAD PER DAY	2400/- PER HEAD PER DAY	12 years and above	M&W
055	ADVENTURE CAMP (10 Days) (Customized based) Sr.No. Dates Capacity (persons) (1) 6 Apr to 15 Apr 80 (2) 17 Apr to 26 Apr 80 (3) 28 Apr to 7 May 80 (4) 4 May to 13 May 80 (5) 10 May to 19 May 80 (6) 15 May to 25 May 120 (7) 21 May to 30 May 120 (8) 27 May to 5 Jun 120 (9) 2 Jun to 11 Jun 80 (10) 7 Jun to 16 Jun 80 (11) 13 Jun to 22 Jun 80 (12) 18 Jun to 27 Jun 120	MANALI	For Groups of 20+	6000 6000	No age bar	M&W
056	TREKKING/ADVENTURE CAMP (8 Days) (Customized based) (1) 6 Apr to 13 Apr (2) 17 Apr to 24 Apr (3) 28 Apr to 5 May (4) 19 May to 26 May (5) 10 Jun to 17 Jun	MANALI	For Groups of 120+ 20 20 20 20	4800	19200	No age bar	M&W
059	Mountain Biking	MANALI	as per itinerary	2000/- per day per person (Minimum strength is 5 persons)			
060	Special Adventure Camp (For Corporate/ Govt. Officials/ Executives)	MANALI	1 day & above	2400/- per day per person (Minimum strength is 5 persons)			
061	Special Basic Mountaineering Course (For Corporates/ Govt. Officials/ Executives)	MANALI	26 Days	2500/- per day per person/- (Minimum strength is 10 Persons)			
062	Special Advance Mountaineering Course (For Corporates/ Govt. Officials/ Executives)	MANALI	28 Days	2500/- per day per person/- (Minimum strength is 5 persons)			
063	Mountaineering Course Cum Expedition	MANALI	as per climbing itinerary (Excluding transport)	3000/- per day per person (Minimum strength is 7 persons)			
064	High Altitude Trekking	MANALI & ITS CENTRES	as per Trek itinerary (Excluding transport)	3500/- per day per person (Minimum strength is 5 persons)			
065	Special Mountaineering Expedition	MANALI	as per climbing itinerary 5 days & above	5000/- per day per person (Strength 5 & above persons)			
066	Special Mountaineering Expedition	MANALI	as per climbing itinerary 5 days & above	8000/- per day per person (If less than 5 persons)			

FOR MORE DETAILS PLEASE VISIT OUR WEBSITE

www.adventurehimalaya.org

WHAT PERSONAL ARTICLES TO BRING WITH YOU FOR THE COURSE

MOUNTAINEERING COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	TRACK SUIT	01 set
2.	GLOVES	02 Pairs.
3.	TREKKING SHOES (Good Rubber soled)	01 Pair.
4.	WATER BOTTLE	01 No.
5.	SUN HAT /CAP	01 No.
6.	SNOW GOGGLES	01 No.
7.	SUN BLOCK CREAM	01 No.
8.	WARM PULLOVER	01 No.
9.	WRITING MATERIAL	As required
10.	WOOLEN SOCKS	02 pairs
11.	STEEL MUG	
12.	SPOON	
13.	WARM UNDER GARMENTS	
14.	TORCH (with spare batteries)	01 No.
15.	CAMERA/BINOCULAR	optional

SKIING COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	TRACK SUIT	01 set
2.	GLOVES	02 pairs
3.	WATER BOTTLE	01 No.
4.	SUN HAT /CAP	01 No.
5.	SNOW GOGGLES	01 No.
6.	SUN BLOCK CREAM	01 No.
7.	WARM PULLOVER	01 No.
8.	WRITING MATERIAL	As required
9.	COTTON SOCKS	02 Pairs
10.	WARM UNDER GARMENTS	One Set

WATER SPORTS COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	SWIMMING COSTUMES	02 Nos.
2.	BIG TOWEL	01 No.
3.	IDENTITY CARD	required
4.	MOSQUITO REPELLENT	01 No.
5.	WRITING MATERIAL	As required

ADVENTURE COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	WOOLEN / COTTON SOCKS	02 Pairs
2.	TRACK SUIT	01 No.
3.	GLOVES	01 pair
4.	SUN BLOCK CREAM	
5.	SUN HAT/CAP	
6.	WATER BOTTLE	
7.	SUN GLASSES	01 No.
8.	TORCH (with spare batteries)	01 No.
9.	WRITING MATERIAL	As required