

ICE CLIMBING WORKSHOP – NUBRA VALLEY, LADAKH
(15 Feb – 28 Feb 2023)



On the cutting edge of climbing lies the cold world of winter climbing, where your fingers and toes become useless, and the mental game takes precedence. This year, learn the fine art and precise science of winter climbing in the High Altitude town of Leh, Ladakh, with India's foremost alpinists and Mountain Guides.

Course Overview : This course will focus on Water Ice Climbing, where we use crampons and ice tools to ascent frozen waterfalls. While learning the basic techniques of Ice Climbing, you will also learn and practice basic ropework, multi-pitch climbing on ice and rock, gear selection strategies, clothing & layering systems, safety and basic self rescue.

All teaching will be outdoors in the field. We will stay in a comfortable and warm guesthouse, where we can recover well after a hard, cold day of climbing.

The techniques and strategies taught are the same ones which will help you waterfall ice anywhere, and also the same techniques that are used while climbing big mountains in the Alpine Style.

Who can participate : The course is aimed at both beginner climbers who have never touched ice, rock climbers who want to extend their skills to the winter and beginner to intermediate alpinists and aspirants.

Individuals who do not want to participate in ice-climbing but just wish to experience the winters in Ladakh or accompany their family members are also welcome to join and indulge in some unique experiences.

Grade: Moderate

Dates 15 Feb 2023 to 28 Feb 2023

Weather: Expect day time temperatures to drop below freezing.

Detailed itinerary

Day	Date	Programme for Workshop participants	Programme for Other guests
Day1.	15 Feb 23	Arrival at Leh.	Arrival at Leh.
Day 2	16 Feb 23	Acclimatization at Leh	Acclimatization at Leh
Day 3	17 Feb 23	Arrive Nubra and Transfer to Homestay	Arrive Nubra and Transfer to Homestay
Day 4	18 Feb 23	Introduction to Ice Climbing – Clothing / Gear / Tool / Ropes / Safety – Tie Ins, Belay Basics	Explore local village and walk to Gonbo monastery (3-4 hrs trek)
Day 5	19 Feb 23	Top rope climbing on Ice – Basic Movement Techniques – Ice Tool Usage, Crampon Usage, climbing with feet, vertical ice.	Sight seeing drive to Charasa castle and Kuri Gonpa . Lunch at Kuri
Day 6	20 Feb 23	Winter Rock Climbing – Climbing with boots, gloves and tools. Multi-pitch basics – Anchors and Belay stations, following a leader, belaying a leader after leaving the ground.	. Drive towards Siachen glacier. Rest in afternoon or interact with local villagers
Day 7	21 Feb 23	Top Rope climbing on ice – Refine ice techniques / inverted 'Y' – Safe descending on ice/rappelling with backup, rapelling with twin ropes.	. Drive to Disket and visit monastery. Visit Samstanling monastery at Sumoor/Lakjung
Day 8	22 Feb 23	Multi-Pitch Ice / rock climbing – Climbers to team up with instructors and climb a multipitch rock or ice route	Drive back to Leh and depart for onward destination
Day 9	23 Feb 23	Introduction to lead climbing – Placing Ice Screws, removing ice screws, mock leading, building anchors.	
Day 10	24 Feb 23	Fun Climbing Day – This is the day to take all you have learned and apply it to the sole idea of having fun and being safe doing it!	
Day 11	25 Feb 23	Climbing	
Day 12	26 Feb 23	Climbing with local youth from the valley	
Day 13	27 Feb 23	closing ceremony at the village with villagers	
Day 14	28 Feb 23	Drive back to Leh	

Cost per person is 50,000₹ from Leh to Leh for the ice climbing workshop, inclusive of

- Accomodation in guest house with breakfast, packed lunch and dinner
- All transfers and local transport
- Qualified Instructors
- Technical equipment including ropes and protection
- Shared ice axes.
- Basic First Aid
- Adventure insurance for the above period of activities.

Cost per person is 28,000₹ for Friends and family interested only in sightseeing, inclusive of

- Accomodation in homestay
- All meals - Local/ Indian simple cuisine
- All transfers and local transport
- Guide for whole trip

Exclusions:

- Any personal expenditure and mandatory travel insurance
- Hotel and meal costs in cities before and after the official trip dates
- Any out of pocket expenses in case of conditions beyond our scope
- Personal clothing / safety equipment /Personal ice tools
- Any items not specifically mentioned as included

Things to be brought by participants

1. Hiking boots
2. UV protected sunglasses
3. Personal toiletries
4. Sun block cream
5. Water bottle
6. Balaclava
7. Thermal layer (2 sets)
8. Thermal socks 2 pairs
9. Gloves 2 pairs (double layer)
10. Hat (Sun block/ warm)
11. Trek pants
12. Soft shell jackets and pants
13. Climbing boots and crampons (ice climbing participants only)

* All Participant have to fill the medical form (attested by MBBS DOCTOR) and Risk Certificate.

** In the interest of safety all decisions taken by the Leader and in his absence the Dy. Leader will be final and binding on the group.