

MT FRIENDSHIP TREK



A Mountaineering Expedition in Pir Panjal Range of Himalayas!

With a view to promote Youth into the less explored field of Mountaineering or Mountain Hiking, Invincible – the youth run NGO welcomes all interested young minds for a beginner level mountaineering expedition in Pir Punjal Range of Himalaya, near Manali, Himachal Pradesh for 7 days. Definitely it is a High-Altitude trekking peak, but the technical challenges are raised during the months of September/October. Invincible has successfully attempted on this peak in 2016 & 2018.

For more information, visit invinciblengo.org/events or call on 9099400699

Mt Friendship Trek

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About Mount Friendship Peak Expedition:

Mt Friendship is 5289 m tall mountain near Manali, Himachal Pradesh. It is graded as trekking peak by the Indian Mountaineering Foundation (Ref: indmount.org).

A majestic 17,300+ feet high mountain offers fantastic panoramic views and comparatively demanding high altitude trek to reach on the top. Breathtaking views of *the Great Himalayas*, *the Dhauladhar* and *the Pir Punjal* are the most famous attractions.

To climb Mt Friendship, one doesn't require technical knowledge and experience but the last stretch towards the summit definitely demands fixed rope climbing and crampons. So, in a manner, the climber is supposed to physically fit and expected to have a proper pre-expedition briefing and knowledge of well to do with basic equipment.

The trek passes through different terrains from Rocky Mountains to Open Glacier crevasses to Snow Clad Summit! Let us do it together! Jai Hind!

Fact Files about Mt Friendship:

Detailing a mountain on paper actually do not show all the aspects, but though the below mentioned information may become helpful to you to understand this expedition...

Name of the Peak	Mt Friendship
Altitude of the Peak	5289 m / 17355 ft
Region	Pir Panjal Range, Himachal Pradesh
Grade	Easy / Beginner
Type	Trekking Peak
Latitude:	32 24 00 N
Longitude:	77 12 00 E
Duration	7/8 Days
Strength of Team	12 + 12 Climbers
Starting Point	Solang Valley, Manali
Base Camp	Lady Leg
Base Camp Altitude	9500 ft
Route	Naggar > Manali > Solang Valley > Dhundhi > Bakkar Thatch > Lady Leg > Advanced Base Camp > Summit

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Detailed Itinerary of the Expedition:

Day 1 | Arrival at Naggar Campsite

As the team of climbers are coming from the distance, they will arrive at Manali by afternoon and then will have briefing & equipment allotment at *Invincible's Manali Basecamp* near Naggar. Afternoon will be free for sight seeing and rafting where the evening for introduction and team formation. We will focus on basic mountaineering knowledge and backpacking too.



Day 2 | Drive from Manali to Dhundhi, Trek to Lady Leg Base Camp

Team will set off for Dhundhi early in the morning by car and will start hiking to occupy Lady Leg Base Camp. The trek offers panoramic beauty of various mountains. Some of the notable peaks are the Seven Sisters, Deo Tibba, Hanuman Tibba, Shetidhar & other Pir Punjal mountains.

Initially the hike will pass through small bushes and deodar forests and end into large bugyal. Above the glacier moraine and flow of the holly beas river, we will set our base camp at Lady Leg – the famous camping ground facing the gigantic Hunuman Tibba.

Altitude: Naggar (5600 ft), Manali (6700 ft), Solang Valley (8400 ft), Lady Leg (9800 ft)

Day 3 | Acclimatization, Load Ferry to Advanced Base Camp

The first half of the day will be spent for better acclimatization and preparation of the summit route. The climbers will learn about basic Skills of ice-axe, crampons and safety rules.



The team will head towards the advanced base – ABC camp during afternoon for a load ferry and to look out proper camping place for the next day.

After setting up the Advanced Camp, the team will trek down to Base Camp for night halt.



Day 4 | Occupy the Advanced Base Camp

After the morning breakfast, the whole team along with the supporting staff and porters will leave the campsite for the Advanced Camp. The advanced camp is close to the glacier snout and is generally set above the moraine rocks. Stay here is temporary and team tries to pack their backpacks for the final summit.

Glacier and open crevasses can be seen from the ABC.

Horrifying sounds of breaking glaciers and frequent rockfalls threatens the firmness of climbers and help to build a high level of team spirit.



After reaching the ABC and having the lunch, the members will wish each other "Good Night" and will take rest for the summit approach which will be starting at the midnight.

Day 5 | Summit Attempt

The most important day for the expedition. The team will leave the campsite (ABC) very early in the morning (can be said midnight) and will try to reach the col/shoulder of the mountain by sunrise. Crampons and Ice Axes will be used for traversing glacier slopes and the rope would be fixed for an ease of climbing.



Summit Attempt & Last Push

For beginners, it is going to be tough and the thin air will test the spirit of mountaineering where the climbers will be having a challenge to summit the top before afternoon and start the return journey safely.



Day 6 | Extra Day for Summit Attempt

In case of bad weather conditions or any other unforeseen conditions, if the expedition fails to attempt the summit on the prior day, then one day is spared for the summit. However, if the summit is done, then the next day schedule will be followed and the team will descend for the road head one day earlier than the schedule.



Day 7 | Return to Road Head (Dhundhi)

The team will pack up the camp and will start climbing down for Dhundhi. After reaching there, vehicles will pick them up and will drop to *Invincible's Manali Basecamp* at Naggar.

Celebrations! An evening for music, dance & bada khana!

Day 8 | Valedictory Session and Departure

The lazy morning will be led to the valedictory session. The friends from mountains are friends forever. Experience sharing session and vote of thanks!

Departure after breakfast!

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Schedule

The expedition is scheduled 24th September onwards. The interested are requested to reach the campsite one day prior to the schedule for the better acclimatization and spare one day in the end too.

Participation Fees:

The expedition is partially sponsored by Invincible – the NGO.

Type	Fees	Note
Invincible Volunteers	0	Selected Volunteers will be fully sponsored for this expedition.
Open Entry	₹22,400/-	Those who want to participate without clearing the physical test and applying for sponsorship.
Sponsored Participant	₹11,990/-	Invincible has thought to sponsor up to 25 climbers for this expedition. Interested are requested to apply online.

Selection & Physical Test for Sponsorship:

After the form submission, all interested will be called for an interview and physical test. Those who are not in Ahmedabad, will appear in this in a different way.

Invincible is looking for such youth to sponsor who are lacking opportunities to climb a peak and are able to be flag holders to motivate others.

Differently abled and especially skilled (Photography, Blogging, Vlogging) can also apply for this expedition sponsorship.

Basis Physical Qualification:

Running/Jogging on toes: 5000 m in 35 min

Squats: 10 with each leg

Push Ups: 20 in a set, 2 sets

Pull Ups: 10 in a set

Helpline: invinciblengo.org / +91 9537242830

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Invincible – the NGO



Invincible - the NGO is a Non - Profit Organization being run by young individuals with a vision to enhance the good qualities lying within the Youth of India for a constructive and better future of the Nation. Embracing the theme of 'Youth Empowerment' and keeping the moral values and ethics in center; the NGO will prove to be a benchmark in training the Young citizens especially the students to make them understand their need for the society and thereby serve the Nation in whole.

Vision: Keeping the core values and the ethics in center, INVINCIBLE – the NGO will be a benchmark in training the youth for a better situation. The NGO will work for enhancement of all good qualities in the modern youth with a brighter way...

Mission: The motive of the NGO is to moderate the young thinking for a happy and developed world. The youth become responsible and understand their own need for the society and country is the heart value of the mission.

Rushiraj Mori (Founder & Chief Instructor)



Rushiraj Mori is the Managing Trustee of Invincible NGO & Chief Instructor at Youth Brigade. He is an alumnus officer training cadet of National Defense Academy (NDA) & Himalayan Mountaineering Institute (Darjeeling).

He had scaled Mt Bidhan Chandra (18,176 ft) in 2013 and had become the first Gujarati to climb the same peak. He also climbed Mt Gangotri III (21,920 ft) in 2015 and became the youngest climber of world to summit the same peak. Along with this he is also the only person to take Shrimad Bhagwad Geeta up to 21,000 feet. He was also awarded with iSCALE award in 2014 & prestigious "iVolunteer Award" in 2015.

He has got his skiing training from ABVIMAS (Manali). He is dedicated with his selfless services and dreaming for a better INDIA. Being a mountaineer, he is expert in expedition planning and executive manners. Under his kin guidance, Invincible has trained more than 42,000 youth and all-round youth development activities are continuously undergoing covering almost more than 3 states.