

*Climbing the frozen waterfalls of Lahaul & Spiti · Himachal Pradesh, India*

| Duration      | Group Size | Altitude       | Course Fee     |
|---------------|------------|----------------|----------------|
| <b>7 Days</b> | <b>12</b>  | <b>3,800 m</b> | <b>₹62,000</b> |

A 7-day immersive ice climbing course on the spectacular frozen waterfalls of Lahaul & Spiti. Whether you are a complete beginner, hiker, mountaineer or adventurer — if you want to experience the raw core of winter, this is for you. Taught by seasoned instructors, limited to 12 participants.

| INCLUDED                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>— 7 nights homestay (twin/triple sharing)</li><li>— All meals — breakfast, packed lunch &amp; dinner</li><li>— Inland transport during the course</li><li>— Ice axes, crampons, harness, helmet, ropes</li><li>— Mountaineering boots</li><li>— Guiding fees</li></ul> |

| NOT INCLUDED                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>— Travel to/from Kaza</li><li>— Personal clothing &amp; snacks</li><li>— Food outside provided meals</li></ul> |

## 7-Day Course Schedule

| Day               | Activities                                                                                      |
|-------------------|-------------------------------------------------------------------------------------------------|
| Day 1 — Arrival   | Course briefing, gear allotment. Meet your instructors and fellow climbers. Orientation walk.   |
| Day 2             | Clothing & layering systems, equipment use & care. Acclimatisation hike at altitude.            |
| Day 3             | Belaying — the fundamental safety skill. Introduction to ice: first time on a frozen waterfall. |
| Day 4             | Top roping and footwork. Learn to read ice, place your feet and move efficiently on the wall.   |
| Day 5             | Ice anchors, screw placement, V-threads — the skills that make a complete ice climber.          |
| Day 6             | Lead climbing, rappelling and advanced anchors. Push your limits on technical ice.              |
| Day 7 — Departure | Short final session. Gear sorting, farewell dinner, certificate presentation and departure.     |

## Venue & Accommodation

**Sakya Abode, Kaza** — the foremost homestay in Kaza, run by Tsering Bodh. Twin/triple sharing rooms with electric blankets and a heated dining area. Breakfast and dinner served hot; packed lunches to the crag. Unlimited chai.

Kaza is at 3,800 m in Spiti Valley — temperatures 0°C to -25°C in winter. Climbing areas are 1-2 hours by road. Accessible year-round from Shimla.



## Personal Kit to Bring

All climbing gear (ice axes, crampons, harness, helmet, ropes) and **mountaineering boots** are included. Bring the following personal items:

| Item               | Notes                                                             |
|--------------------|-------------------------------------------------------------------|
| <b>Base layers</b> | Thermal top & bottom — wool or synthetic (NOT cotton)             |
| <b>Mid layer</b>   | Fleece or softshell jacket                                        |
| <b>Down jacket</b> | Warm down or synthetic insulation jacket                          |
| <b>Shell</b>       | Waterproof outer jacket and waterproof trousers                   |
| <b>Gloves</b>      | Two pairs — thin liner gloves + thick outer mitts                 |
| <b>Head</b>        | Balaclava or warm hat, buff/neck gaiter                           |
| <b>Eyes</b>        | UV-protective sunglasses (essential at 3,800 m)                   |
| <b>Sunscreen</b>   | SPF 50+ — UV is very intense at altitude                          |
| <b>Day pack</b>    | 20–30 litre pack for water, lunch, extra layers                   |
| <b>Medications</b> | Personal meds + basic first aid. Diamox recommended for altitude. |

## How to Book

### 1 Pay the advance

Transfer ₹15,000 (non-refundable) via bank transfer to confirm your spot (details on next page). Seats are limited to 12 and fill quickly.

### 2 Fill the registration form

Complete all fields at [pitidharr.com/register](https://pitidharr.com/register) — emergency contacts, medical history, experience level.

### 3 Receive confirmation

You'll hear from us within 24 hours with your booking confirmation and a pre-course information pack.

### 4 Pay the balance

Transfer the remaining ₹47,000 no later than 30 days before your course start date to complete your booking.

### 5 Receive packing checklist

We'll send a detailed packing checklist and final logistics 2 weeks before your course start date.

## Payment Details

### Bank Transfer

**Himalayan Climbing Initiative Foundation**

### Account No.

**50200058534300**

### IFSC

**HDFC0009238**

### Branch

**HDFC Bank, Noida Sector 135**

### Account Type

**Current Account**

### Register Online

**[pitidharr.com/register](https://pitidharr.com/register)**

## Get in Touch

### Phone / WhatsApp

**+91 84476 79280**

**+91 98404 04469**

### Instagram

**[@pitidharr](https://www.instagram.com/pitidharr)**

### Email

**[pitidharr@gmail.com](mailto:pitidharr@gmail.com)**

### Website

**[pitidharr.com](https://pitidharr.com)**



*On the ice wall, Kaza*

**HOD — Himalayan Outdoor Development** is a community initiative for climbing in the Indian Himalayas. Piti Dharr is India's premier ice climbing festival and training programme — bringing together experienced and beginner climbers on frozen Himalayan waterfalls since 2017. Our mission: grow a culture of ice climbing in India through mentorship, community and adventure.

## The Instructors

### Bharat Bhushan

Instructor & Founder

[@climberbharat](https://www.instagram.com/climberbharat)

### Prerna Dangi

Instructor & Co-founder

[@thepahadigirl](https://www.instagram.com/thepahadigirl)

### Anil Belwal

Technical Head

[@climbertony](https://www.instagram.com/climbertony)

### Vivek Mehta

Instructor & Gear

[@broken.brain](https://www.instagram.com/broken.brain)

*Piti Dharr is run under the aegis of HOD (Himalayan Outdoor Development), a not-for-profit initiative headquartered in Lahaul & Spiti, Himachal Pradesh.*