



MT. KAMET & ABI GAMIN TWIN PEAK EXPEDITION

ALTITUDE : 7756 M, 7077 M

(GRADE: 9/10 - DIFFICULT)

- 29 DAYS -

(UTTARAKHAND, GARHWAL, INDIA)

(23RD SEP – 21ST OCT)

MT. KAMET & ABI GAMIN CLIMBING EXPEDITION –

AN ELABORATE DESCRIPTION

OVERVIEW

REGION: GARHWAL HIMALAYAS, UTTARAKHAND, INDIA

PEAKS:

MT. KAMET – 7,756 M (25,446 FT)

MT. ABI GAMIN – 7,355 M (24,131 FT)

EXPEDITION DURATION: 28 DAYS

DATES: 20TH SEPTEMBER – 17TH OCTOBER 2025

GRADE: EXTREMELY CHALLENGING

STYLE: FULLY SUPPORTED EXPEDITION

WHY THIS EXPEDITION IS UNIQUE

- **RARE OPPORTUNITY:** CIVILIAN ACCESS TO THESE PEAKS IS EXTREMELY LIMITED DUE TO PROXIMITY TO THE **INDIA-CHINA LAC (LINE OF ACTUAL CONTROL)**.
- **TWIN SUMMIT CHALLENGE:** ATTEMPTING **TWO 7000ERS** IN A SINGLE EXPEDITION – A RARE FEAT IN INDIAN MOUNTAINEERING.
- **YEARS OF PLANNING:** METICULOUS ROUTE PLANNING, PERMISSIONS, AND LOGISTICS IN PLACE.
- **LED BY AN EXPERIENCED EXPEDITION LEADER** WITH A FOCUS ON SAFETY, ACCLIMATIZATION, AND SUMMIT SUCCESS.

ABOUT THE PEAKS

MT. KAMET – 7,756 M

- **SECOND HIGHEST MOUNTAIN IN INDIA** (AFTER NANDA DEVI, WHICH IS RESTRICTED).
- **CONSIDERED ONE OF THE CLOSEST 8000M-LIKE** EXPEDITIONS IN TERMS OF TECHNICALITY, EXPOSURE, AND CONDITIONS.
- THE FINAL SUMMIT RIDGE IS LONG, DEMANDING STRONG ENDURANCE AND WEATHER PLANNING.

ABI GAMIN – 7,355 M

- **LIES ON THE NORTHERN SHOULDER OF KAMET.**
- **CLOSE PROXIMITY TO THE SUMMIT CAMP OF KAMET (CAMP 5).**
- **SHORTER BUT TECHNICALLY DEMANDING DUE TO EXPOSURE, SNOW CONDITIONS, AND WEATHER UNPREDICTABILITY.**

KEY CAMPS & ACCLIMATIZATION PLAN

- **BASE CAMP (4725 M)**
- **CAMP 1 (5040 M)**
- **CAMP 2 (5540 M)**
- **CAMP 3 (6140 M)**
- **CAMP 4 (6640 M)**
- **CAMP 5 (7050 M) – COMMON HIGH CAMP FOR BOTH SUMMITS**

AMPLE REST AND ROTATION CLIMBS INCLUDED FOR GRADUAL ACCLIMATIZATION.

WHAT'S INCLUDED

- **COMPLETE EXPEDITION LOGISTICS**
- **ALL REQUIRED PERMISSIONS (MOD, MHA, IMF)**
- **CERTIFIED GUIDES, HIGH-ALTITUDE SHERPAS, AND SUPPORT STAFF**
- **TECHNICAL EQUIPMENT AND OXYGEN BACKUP**
- **ACCOMMODATION AND MEALS THROUGHOUT THE EXPEDITION**
- **SAFETY PROTOCOLS, MEDICAL BACKUP, AND EVACUATION PLAN**

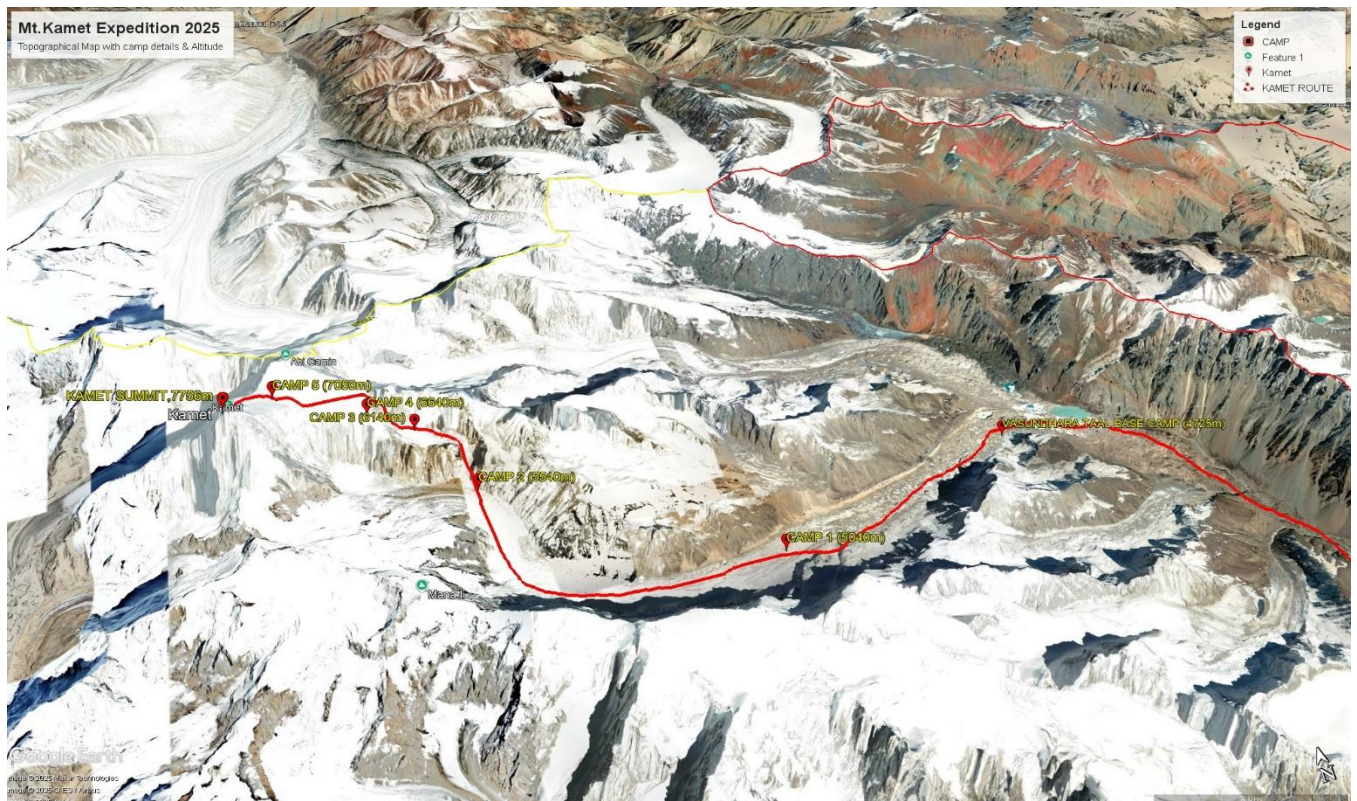
ELIGIBILITY & REQUIREMENTS

- **PRIOR EXPERIENCE OF CLIMBING 6000 M+ PEAKS HIGHLY RECOMMENDED**
- **EXCELLENT PHYSICAL CONDITIONING AND MENTAL ENDURANCE**
- **FAMILIARITY WITH TECHNICAL GEAR USAGE AND HIGH-ALTITUDE SURVIVAL**

FINAL NOTE

THIS IS MORE THAN JUST A CLIMB – IT'S A **LEGACY EXPEDITION, RARELY GRANTED AND EVEN MORE RARELY ACCOMPLISHED. IF YOU'RE LOOKING TO CHALLENGE YOUR LIMITS AND ETCH YOUR NAME INTO HIGH-ALTITUDE HISTORY, THIS TWIN SUMMIT ADVENTURE IS YOUR CALLING.**

- **REGION:- GHARWAL HIMALAYAS, CHAMOLI DISTRICT,UTTARAKHAND , CLOSE TO BORDER WITH TIBET**
- **FIRST ASCENT: FRANK SMYTHE, ERIC SHIPTON, R.L.HOLDSWORTH AND LEWA SHERPA ON 21ST SEP 1931**
- **3RD HIGHEST PEAK IN INDIA , 2ND HIGHEST PEAK WITHIN INDIAN BOUNDARIES**
- **29TH HIGHEST PEAK IN THE WORLD**
- **TECHNICALLY DIFFICULT, WITH VARIOUS OBSTRUCTIONS**
- **CONSIDERED AS A GOOD PRE 8000 METRE EXPEDITION**
- **SURROUNDING PEAK : MUKUT PRABAT (7242 M), ABI GAMIN (7355 M) MANA (7202 M),MANA NW (7092 M)**
- **STANDARD ROUTE: EAST KAMET GLACIER**
- **ASCENDING VIA MEADE'S COL BETWEEN MT. KAMET AND MT. ABI GAMIN**
- **ASCENT TO MEADE'S COL INVOLVES STEEP GULLIES, MIXED CLIMBING BETWEEN C3 & C4 AND LARGE HIDDEN CREVASSE BETWEEN C1 TO C2 AND GLACIER CLIMBS**
- **FINAL ASCENT TO SUMMIT INVOLVES STEEP SNOW/ICE**





DAY 1:

ARRIVAL IN JOSHIMATH (1890M)

REST, ACCLIMATIZATION AND SHOPPING FOR PERSONAL OR RELATED THINGS FOR THE EXPEDITION. AFTER AN INTRODUCTION AND BRIEFING SESSION, YOU ARE FREE TO EXPLORE JOSHIMATH. EXPLORE THE MARKET AND WHILE DOING SO YOU WILL BE GETTING ACCLIMATIZED AND USED TO THE WEATHER.

TIP FOR THE DAY: EAT WELL SLEEP WELL.

DAY 2 :

REST AND ACCLIMATIZATION IN JOSHIMATH (1890M)

HIKE TO GURSONBUGYAL FOR ACCLIMATIZATION.

REST AND ACCLIMATIZATION AND REMAINING POSSIBLE SHOPPING.

TIP FOR THE DAY: EAT WELL AND SLEEP EARLY AS THE NEXT DAY WE WOULD MOVE FOR THE NEXT DESTINATION EARLY IN THE MORNING.

DAY 3 :

DRIVE TO MALARI (2,900 M)

**3–4 HOUR SCENIC DRIVE ALONG THE DHAULI GANGA RIVER
CROSS ITBP CHECKPOINTS (RESTRICTED AREA)
MEET LOCAL LIAISON OFFICIALS
FINAL PREPARATIONS FOR RESTRICTED ZONE ENTRY
OVERNIGHT: GUESTHOUSE OR HOMESTAY IN MALARI**

TIP FOR THE DAY : KEEP YOURSELF HYDRATED AS MUCH AS YOU CAN IN ORDER TO AVOID FATIGUE.

DAY 4 :

MALARI TO NITI VILLAGE (3,300 M)

- **SHORT DRIVE OR TREK TO NITI, THE LAST INDIAN VILLAGE BEFORE TIBET.**
- **MEET ITBP AND LOCAL SUPPORT STAFF.**

OVERNIGHT: CAMP IN NITI VILLAGE

DAY 5 :

NITI VILLAGE TO SHEPUK KHARAK (4,054 M)

- **BEGIN TREKKING INTO HIGH ALPINE TERRAIN.**
- **GRADUAL ALTITUDE GAIN.**

OVERNIGHT: CAMP AT SHEPUK KHARAK

TIP FOR THE DAY: SAVE YOURSELF FROM AMS AND CONSERVE YOUR ENERGY.

DAY 6 :

SHEPUK KHARAK TO BASE CAMP (VASUDHARA TAL, 4725 M)

- **TREK TO EXPEDITION BASE CAMP NEAR VASUDHARA TAL.**
- **SET UP LONG-TERM BASE INFRASTRUCTURE.**

OVERNIGHT: BASE CAMP

TIP FOR THE DAY: SAVE YOUR ENERGY.

DAY 7 :

REST & ACCLIMATISATION (ROUTE OPENING BY SHERPA)

WAKE UP EARLY AND START THE TREK TO KUN BASE CAMP. THE TREK IS BEAUTIFUL, AWE-INSPIRING AND CHALLENGING. IT WILL TAKE 8-9 HOURS TO COVER THE DISTANCE OF 18 KMS. WITH A PANORAMIC VIEW OF SURROUNDING PEAKS AND DINNER, RETIRE FOR THE NIGHT.

TIP FOR THE DAY: SAVE YOURSELF FROM AMS AND CONSERVE YOUR ENERGY.

DAY 8 :

BASE CAMP TO CAMP 1 (5040 M)

DAY 9 :

ROUTE OPENING BY SHERPA & ACCLIMATISATION WALK

DAY 10 :

CAMP 1 TO CAMP 2 (5540 M)

DAY 11:

ROUTE OPENING BY SHERPA & ACCLIMATISATION WALK

DAY 12:

CAMP 2 TO CAMP 3 (6140 M)

DAY 13:

ROUTE OPENING BY SHERPA C3 – C4

DAY 14:

CAMP 3 TO CAMP 4 (6640 M)

IN CASE OF BAD WEATHER OR OTHER DIFFICULTIES, DAY 14 IS RESERVED FOR A SECOND SUMMIT ATTEMPT. THIS WILL ONLY GET USED IF UNEXPECTED AND UNFORESEEABLE CONDITIONS PRESENT THEMSELVES AT THE LAST MINUTE PREVENTING THE FIRST SUMMIT PUSH.

DAY 15:

ROUTE OPENING BY SHERPA C4 – C5

DAY 16:

CAMP 4 TO CAMP 5 (7050 M) – SUMMIT CAMP

DAY 17:

SUMMIT PUSH FOR ABI GAMIN 7355 AND BACK TO C5

DAY 18:

REST DAY AT C5/SUMMIT PUSH FOR KAMET TEAM A

DAY 19:

SUMMIT PUSH FOR KAMET TEAM B

DAY 20:

BUFFER DAY 1

DAY 21:

BUFFER DAY 2

DAY 22:

BUFFER DAY 3

DAY 23:

REST DAY AT CAMP 5

DAY 24 :

CAMP 5 TO CAMP 3

DAY 25 :

CAMP 3 TO BASE CAMP

DAY 26 :

BASE CAMP TO NITI VILLAGE

DAY 27 :

NITI VILLAGE TO MALARI

DAY 28 :

MALARI TO JOSHIMATH

DAY 29 :

DISPERSAL FROM JOSHIMATH

YOUR TRIP IS OFFICIALLY COMPLETED HERE , SO FROM HERE YOU CAN TRAVEL TO YOUR RESPECTIVE CITIES TO FIND YOUR NEXT ENDEAVOURS. THE CHECK OUT FROM THE HOTEL WILL BE AT 09/ 10:00 AM.

**“WE USE BRAND NEW EQUIPMENTS FOR SAFETY PRECAUTIONS & BELIEVE
IN MAGICAL AND LUXURIOUS EXPERIENCE”**

WHAT'S INCLUDED

- **CAMPING DURING THE TREK AND GUEST HOUSE/HOTEL STAY DURING THE TREK**
 - **VEG MEALS AS PER MENU DURING THE TREK**
 - **TECHNICAL EQUIPMENTS : TENTS,SLEEPING BAGS,SLEEPING MATS,GAITERS AS REQUIRED**
 - **TREK PERMISSIONS FEE, IF ANY (UPTO THE AMOUNT CHARGED FOR INDIAN NATIONALS)**
 - **EXPERIENCED GUIDES AND SUPPORT STAFF**
 - **CERTIFIED MOUNTAIN RESCUERS AND INSTRUCTORS**
 - **FIRST AID MEDICAL KITS AND OXYGEN CYLINDER.**
 - **TRANSPORT FROM & TO ROAD HEAD AND RETURN.**
 - **CAMPING DURING THE TREK.**
 - **HOTEL/GUEST HOUSE STAYS AS PER THE RELEVANT DATES .**
 - **MOUNTAINEERING COURSE CERTIFIED GUIDE (BMC, AMC, S&R , MOI : (GRADE A) WITH WILDERNESS ADVANCED FIRST AID CERTIFICATION + CPR FROM HANIFL & SEARCH & RESCUE COURSE FROM HIMALAYAN MOUNTAINEERING INSTITUTE (GRADE A WITH LEADING THE OPERATION)**
-

WHAT'S NOT INCLUDED

- **MEALS DURING HOTEL STAY**
- **MEALS DURING ROAD JOURNEYS**
- **ANY KIND OF PERSONAL EXPENSES**
- **ANY KIND OF INSURANCE**
- **MULES OR PORTER TO CARRY PERSONAL LUGGAGE**
- **PORTERS FOR PERSONAL LUGGAGE AVAILABLE FOR EXTRA COST.**

- ANYTHING NOT SPECIFICALLY MENTIONED UNDER THE HEAD INCLUSIONS.
- INNER LINE PERMIT FEE AND IMF FEE

PACKING LIST

THIS IS A LIST OF ESSENTIAL ITEMS FOR EVERY INDIVIDUAL. ALL THE ITEMS IN THE LIST ARE ESSENTIAL EXCEPT FOR THOSE MARKED AS OPTIONAL.

GEAR

- RUCK SACK BAG WITH RAIN COVER.
- DAY PACK BAG/PLASTIC BAG – TO KEEP THE THINGS SAFE AND DRY WHILE YOU ARE AWAY FROM THE CAMP
- HEAD TORCH WITH SPARE BATTERIES.
- U V PROTECTION SUNGLASSES. VLT: 5-8 % IS RECOMMENDED.
- WATER BOTTLES: 2 BOTTLES OF 1 LITRE EACH

FOOTWEAR

- NON-SKID, DEEP TREADED, HIGH-ANKLE TREKKING SHOES
- PAIR OF LIGHT WEIGHT SLIPPER/SANDALS

CLOTHING

- QUICK DRY WARM LOWER OR TREK PANTS. QTY - 2
- FULL SLEEVES T-SHIRTS/ SWEATSHIRTS. AS PER YOUR BODY NEEDS
- PAIR OF THICK WOOLLEN SOCKS. 1 PAIR FOR EVERY TWO DAYS OF TREKKING
- THERMAL BODY WARMER UPPER & LOWER. QTY-1
- UNDERGARMENTS.
- WARM JACKET CLOSED AT WRIST & NECK (WARM ENOUGH FOR SUMMIT PUSH)
- RAIN WEAR (JACKET & PANTS) .
- PAIR OF WATERPROOF WARM GLOVES.

- WOOLLEN CAP.
- SUN SHIELDING HAT.

TOILETRIES

- PERSONAL TOILETRIES KIT (SMALL TOWEL, TOILET PAPER, PAPER SOAP, BAR SOAP, TOOTHBRUSH, TOOTHPASTE, COLD CREAM, ETC.)
- SUN SCREEN LOTION SMALL PACK TO STAY SAFE IN THE BRIGHT SUNNY OUTDOORS.
- LIP BALM SMALL PACK.
- UTENSILS (OPTIONAL)
- SMALL SIZE, LIGHTWEIGHT & LEAK PROOF LUNCH BOX.
- PLATE. QTY- 1 (OPTIONAL)
- SPOON.QTY-1 (OPTIONAL)
- TEA/COFFEE (PLASTIC) MUG. QTY-1

MISCELLANEOUS

- CAMERA (OPTIONAL)
- CARRY YOUR MEDICINES IN PLENTY IN CASE YOU HAVE ANY SPECIFIC AILMENT. CONSULT YOUR DOCTOR BEFORE JOINING THE EXPEDITION.
- DRY FRUITS, NUTS, CHOCOLATE BARS.

NOTE :

MOUNT KAMET EXPEDITION IS MADE ONLY FOR EXPERIENCED HIGH ALTITUDE CLIMBERS WHO WANT TO TEST THEIR LIMITS. THE CHALLENGES FACED IN THE CLIMB SHOULD NOT BE UNDERESTIMATED. YOU SHOULD ATTEMPT THIS PEAK ONLY IF YOU HAVE ALREADY DONE MULTIPLE EXPEDITIONS THAT CLIMBS TO 6000M+. IT IS RECOMMENDED NOT TO OPT THIS EXPEDITION IF YOU CANNOT GET ACCLIMATIZED IN THE MOUNTAINS. BESIDES YOU NEED TO HAVE A STRONG PHYSICAL ENDURANCE TO COMPLETE THIS CLIMB.

~ DIFFICULTY GRADE ON MAN TO MOUNTAIN RATING SCALE : 9/10 ~
