

Hello Climbers & Mountaineers,

**Girimitra Sanmelaan 2019** is being held on 13-14th July. We are collecting information about rock climbing & Himalayan expedition details of this year from 1 July 2018 to 30 June 2019.

For any queries, please feel free to call Parag Sarode on +91-9699998248.

### **Instructions for submitting details about Rock Climbing Expedition**

- Please fill in all details, as per attached spreadsheet and submit the same using the link mentioned below.
- Filling up of all details is mandatory.
- Kindly submit 3 photos of each expedition in attached word format.
  - Team Photo
  - Summit Photo (If Summited)
  - Climbing Move
- For Virgin rock climbing expeditions, please provide below mentioned details in the write-up.
  - Climbing route height & overall height.
  - No. of bolts used.
  - No. trad gears used
  - No. of Stations until summit.

### **Instructions for submitting details about Himalayan Expedition**

- Please fill in all details, as per attached spreadsheet and submit the same using the link mentioned below.
- Filling up of all details is mandatory.
- Kindly provide 5-10 photos of the expedition in attached word format.

Submit your expedition details here <https://forms.gle/KrasDwArjvf5Q97FA> (note that Google sign-in is required to submit the form)