



WINTER CLIMBING WORKSHOP

LADAKH - 2026

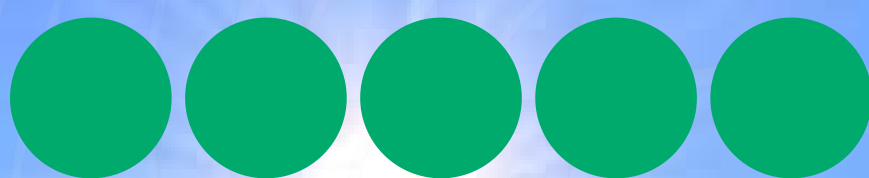
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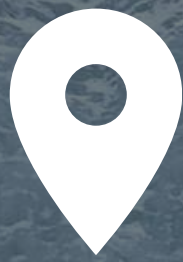
WORKSHOP OVERVIEW

Led by an Everest summiteer in the majestic terrain of Ladakh, the **Winter Climbing Workshop** focuses on providing both practical and theoretical knowledge for **Rock Climbing** and **Ice Climbing**.

The workshop will train adventure enthusiasts to transition from high altitude trekking to semi-technical mountaineering and climbing!



WORKSHOP INFO



Region:
Ladakh, India



Duration:
6 Nights / 7 Days



Difficulty Level:
Challenging



Max Elevation:
3500 m / 11482 ft

ITINERARY

Day 1 - Arrival in Leh and rest.

Day 2 - Rest and acclimatisation.

Day 3 - Introduction to **Rock Climbing techniques** along with gear knowledge.

Day 4 - Continuation of rock climbing technique practices to build strength & flexibility.

Day 5 - Introduction to **Ice Climbing**, gear knowledge and safety protocols.

Day 6 - Practice of Ice Climbing on different walls, understanding of ice conditions & workshop conclusion.

Day 7 - Departure from Leh

WHAT WILL I LEARN?

- Participants will learn the various techniques of climbing high mountain rock and ice walls.
- Understand the use of various equipment like carabiners, ice screws, ice axes, crampons and basic climbing principles of anchor systems & belaying techniques.
- Gain an understanding of **safety protocols** in the mountains & learn to navigate unfavorable situations and difficult weather conditions.
- Gain first hand experience of **challenging winter terrain**, blistering cold at high altitude.

SUCCESS STORIES



Sunil Natrajan participated in our workshop in 2022 and went on to summit Mount Everest (8848 m) & Mount Ama Dablam (6812 m)



Tanuja Krishnan, who joined the workshop in 2023, went on to summit Mount Ama Dablam (6,812 m) in 2024



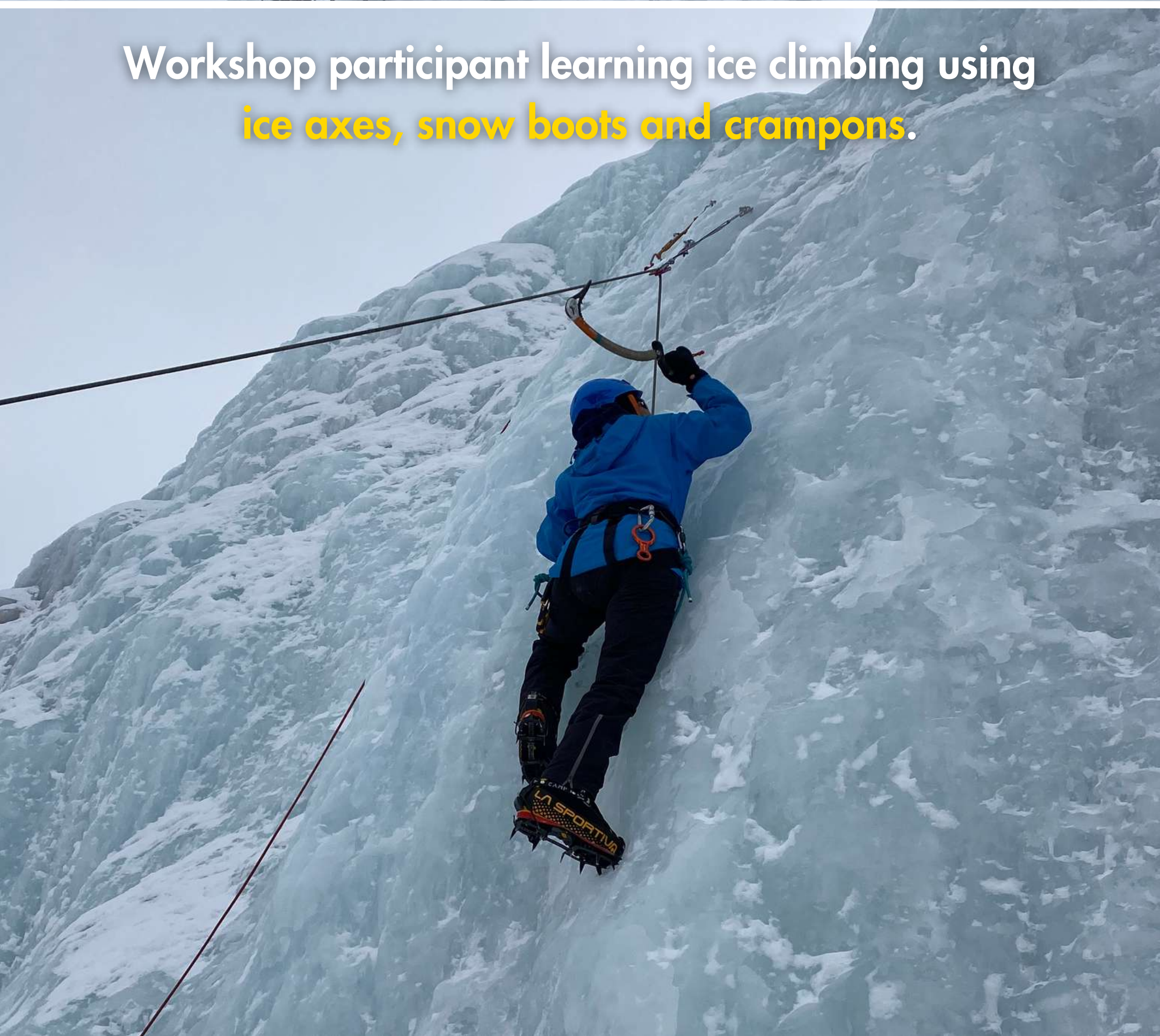
Rahul Oak, after attending the 2022 workshop went on to summit Mt. Ama Dablam (6812 m) & Kang Yatse 1 (6,400 m).



Zeeba Khan, a 2022 workshop participant, has summited several 6,000 m peaks including Lobuche, Island Peak, and Kang Yatse.



Workshop participant learning ice climbing using
ice axes, snow boots and crampons.



HIGHLIGHTS

Ice Climbing: Learn the fundamentals of scaling frozen waterfalls and ice walls using proper technique and equipment.

Rock Climbing: Challenge yourself on Ladakh's rugged natural rock faces and refine your climbing skills in stunning surroundings.

Cold Exposure Training: Experience and understand how to manage extreme cold — one of the toughest aspects of high-altitude climbing.

Cultural Immersion: During acclimatisation, discover Ladakh's rich culture, traditions, and warm hospitality in the quiet beauty of its off-season.

OUR CREDENTIALS



Run and managed by **2 Everest Summiteers.**



100% safety & summit record on all expeditions across India, Africa, Nepal, Bhutan and Russia.



The only Premium Adventure Company to be awarded TripAdvisor Travellers' Choice Award for **6 straight years.**



Holding a record of taking the youngest & oldest person to Everest Base Camp (**6 years** & **72 years** respectively).



Workshop participant practicing rock climbing at the Shey crag near Leh!



INCLUSIONS

- Group pickups on arrival and departure.
- Twin sharing accommodation in Leh on MAP plan (Breakfast & Dinner included) for 6 nights.
- Transportation to the roadhead for hikes & approach to rock and ice climbing areas.
- All climbing permits.
- **All technical climbing equipment** like ropes, anchors, carabiners, axes, boots, harnesses, helmets etc.
- Qualified workshop instructors and support staff.
- Lunch included on days where we are practicing rock & ice climbing.

EXCLUSIONS

- Airfare to and from Leh.
- Additional days in Leh other than the standard itinerary.
- **All Personal Clothing & Apparel** (jackets, socks, gloves, caps, beanies, buffs, sunglasses etc.)
- **Rock Climbing Shoes** (you can bring your own or rent in Leh if you need them - your trekking shoes will suffice for rock climbing)
- Tips & Insurance.
- Any kind of drinks (Alcoholic, Mineral & Aerated)
- Lunch during the hotel stays/non-workshop days.
- Single occupancy in hotel rooms.
- Anything not specifically mentioned under 'Inclusions'.

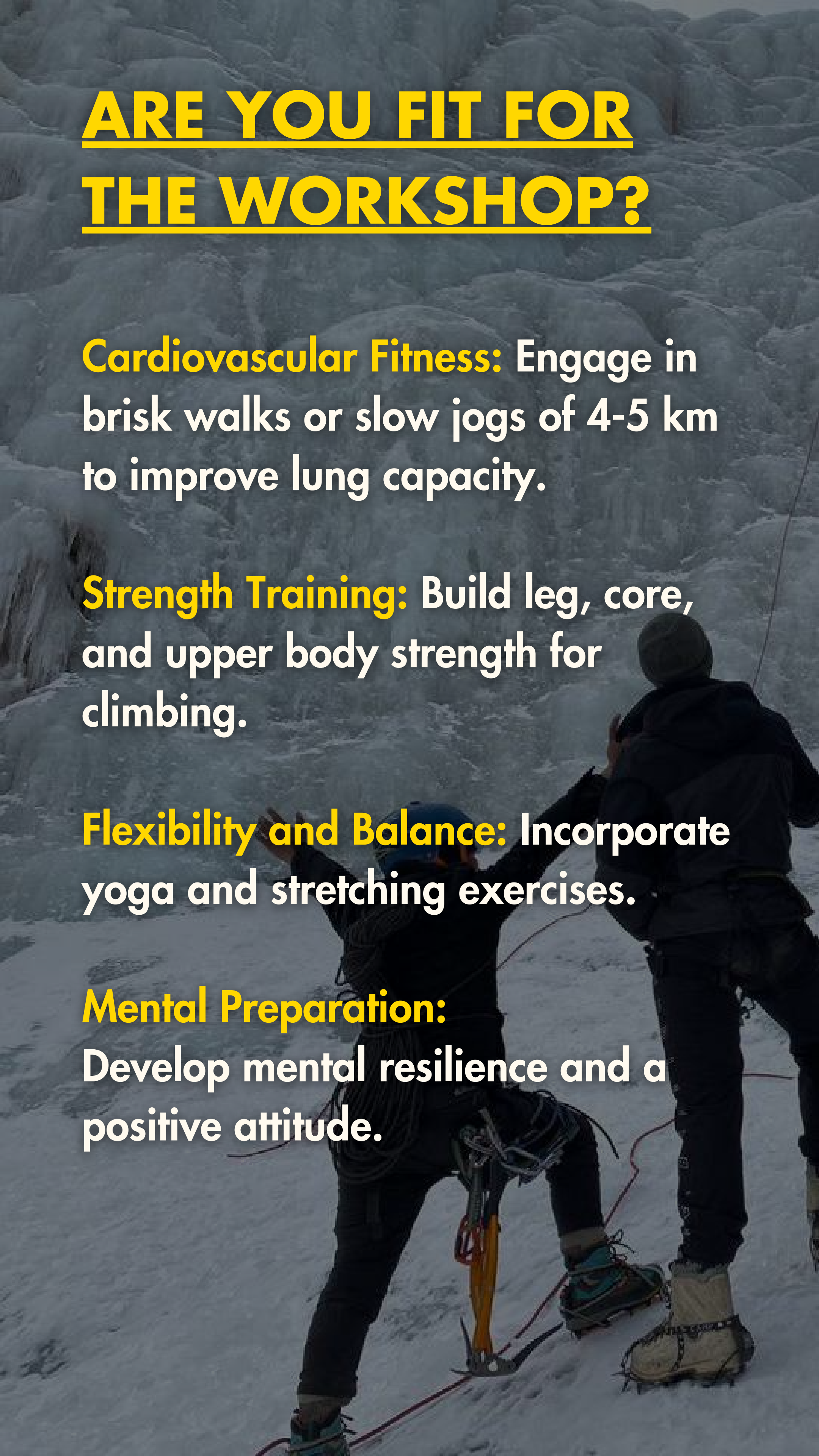
ARE YOU FIT FOR THE WORKSHOP?

Cardiovascular Fitness: Engage in brisk walks or slow jogs of 4-5 km to improve lung capacity.

Strength Training: Build leg, core, and upper body strength for climbing.

Flexibility and Balance: Incorporate yoga and stretching exercises.

Mental Preparation:
Develop mental resilience and a positive attitude.





Certification day & workshop conclusion.





**For
detailed
information
visit our
website or
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