



Eklavya A. B. V. J. J. Va. M. Sevabhavi Sanstha's Sanchalit

# ASHVIN RURAL AYURVED COLLEGE & HOSPITAL

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## Trekking Summary Report

Date: 18/2/2025

### Harishchandragad Fort Trek

#### 1. Introduction

Harishchandragad is one of the most ancient and historically significant hill forts located in the Ahmednagar district of Maharashtra, in the Sahyadri mountain range. Known for its rugged terrain, breathtaking views, and historical monuments, the fort stands at an elevation of approximately 1,424 meters (4,670 ft) above sea level.

The trekking expedition to Harishchandragad was organized by ARAC Manchi Hill Sangamner with the objective of promoting adventure, physical fitness, teamwork, leadership skills, and appreciation of nature among students.

Guided by Vd Dnyaneshwar A. Shinde, Vd Jitendra Shimpi, Vd Khandare Jyoti and Mr Amol Harnol.

#### 2. Objectives of the Trek

The main objectives of the trekking activity were:

- To encourage physical endurance and mental strength
- To develop teamwork, discipline, and leadership qualities
- To experience adventure and outdoor survival skills
- To understand the historical and geographical importance of Harishchandragad
- To promote environmental awareness and eco-friendly behavior

#### 3. Planning and Preparation

The trek was planned well in advance under the guidance of Vd Dnyaneshwar A. Shinde, Vd Jitendra Shimpi, Vd Khandare Jyoti and Mr Amol Harnol. Students were briefed about safety measures, discipline, and environmental responsibility.

Preparations included:

- Medical check-up and fitness assessment
- Collection of trekking gear such as trekking shoes, rainwear, torch, backpack, and first-aid kit
- Food and water arrangements
- Group formation and allocation of leaders



- Safety instructions and emergency protocols**

#### **4. Trek Route and Journey**

**We start our journey from ARAC campus at 4:20 AM then we collect Vd Jyoti Khandare and students from Sangammer at 5 am we reach base of Harishchandra Gad at 7:40 am.**

**We took our breakfast there and then we start our trek 8:40 am.**

**The trek to Harishchandragad was undertaken via the Nalichi Vaat. We reach at the top at 11:45am then we visit all attractive places there. Kokan Kada, Harishchandreshwar Temple, Cavese and may more.**

**The trekking path included:**

- Steep rocky patches**
- Narrow trails and forest sections**
- Natural rock steps and ladders**
- Open plateaus with scenic views**

**The climb was challenging yet exciting. Students supported each other throughout the trek, showcasing strong teamwork and coordination.**

#### **5. Major Attractions**

**During the trek, we explored several key attractions of Harishchandragad:**

- Kokan Kada: A famous concave cliff offering a mesmerizing view of the Konkan region and known for its strong winds and cloud formations.**
- Harishchandreshwar Temple: An ancient Shiva temple built in Hemadpanti architectural style, reflecting rich historical heritage.**
- Taramati Peak: The highest point of the fort, offering panoramic views of surrounding hills and valleys.**
- Caves: Natural rock-cut caves that provide shelter and were historically used by travelers.**

#### **6. Challenges Faced**

**The trek posed several challenges such as:**

- Steep ascents and descents**
- Physical fatigue and muscle strain**
- Weather changes and strong winds**
- Limited water availability at certain points**

**Despite these difficulties, proper planning, guidance, and mutual cooperation helped the group overcome all obstacles safely.**

#### **7. Safety Measures**



**Safety was given top priority throughout the trek:**

- Continuous supervision by trek leaders and faculty
- Regular head counts
- First-aid support
- Strict instructions to avoid risky behavior
- No littering and protection of natural surroundings

#### **8. Learning Outcomes**

**The Harishchandragad trek proved to be an enriching experience. Students learned:**

- Importance of teamwork and unity
- Time management and discipline
- Respect for nature and historical monuments
- Self-confidence and problem-solving skills
- Physical and mental endurance

#### **9. Conclusion**

**The trekking expedition to Harishchandragad was a memorable and successful event. It provided a perfect blend of adventure, learning, and enjoyment. The experience strengthened bonds among students and instilled a sense of responsibility, confidence, and appreciation for nature and heritage.**

**Such activities play a vital role in the overall development of students and should be encouraged regularly.**

#### **10. Acknowledgement**

**We express our sincere gratitude to the college authorities, faculty members, trek leaders, and all participants for their support and cooperation, which made this trekking expedition safe and successful.**

**Trek leader: Mr Amol Harnol**

**Faculty Member: Vd Jitendra Shimpi**

**Vd Dnyaneshwar Shinde**

**Vd Jyoti Khandare**

**Students Participant: Aditya Lgad, Makrand Gore, Ashish Sonavane, Akshaya, Amruta, Arya, Divya, Chinmai, Gauri Nandanvar, Maya Rathod, Namrata, Pranav, Sanika, Sanika Vaidya, Sanjeevani, Shikha, Shravani, Shruti, Tanvi, Vaishnavi, Vaishnavi C, Vrushali from 1<sup>st</sup> and 2<sup>nd</sup> year BAMS**



  
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