Camping

### ABOUT

## Summer Camp

## Who is this for and what is it all about?

Adventure activities contribute to build discipline, mental co-ordination, team spirit, and physical development. This summer camp is for kids 10+.



for we organize adventure camps students of schools, colleges and individual/family groups in the month of May/ June every year in the vicinity of Manali town. This includes Rock-climbing, Rappelling, River crossing and trekking. These activities are conducted by the experienced and qualified most mountaineering instructors from Manali.

We have modern tents to give you the best holiday experience. Your activities start immediately after you step in the Camp.

# Itinerary

#### Day 1

Visit around Manali After breakfast trek to old Manali, Hadimba temple, shiva temple and evening explore the town. Overnight at camp

#### Day 3

Trek to Jogni fall and Vashisht. Today proceed for day hike of Joghi Fall through some Villages and green fields and Pine forests spend some time at Jogni Fall and later walk down till to vashisht village.there is famous for hot water sulpher and visit vashist temple of saint (vashist rishi) and lord Rama,one can have dip in hot sulpher water which is recommended for skin disease, after walk back through Bahang via to camp site. Overnight at camp.

#### Day 4

River crossing. River crossing (Tyrolean traverse technique) While trekking in mountain, one have to cross several stream, To cross these streams one should have good knowledge that how to cross the mountain stream ? Crossing these streams / rivers with technique and full safety called river crossing and evening Burma bridge activities. After dinner camp fire.

#### Day 5

After breakfast departure.

#### Day 2

Rock climbing and rappelling Type of rock climbing: (1) Natural or Free climbing : When climber climb's a rock without the help of any required equipment using natural hold called natural rock climbing (2) Artificial climbing : During the climbing if climber found that rock is difficult in that case he required technical equipment, therefore climbing a rock with the help of technical equipment is called artificial climbing . Rappelling : When the rock face is difficult to climb down due to steepness, wetness or some other reason, rappelling is the best way to climb down . rappelling or abseiling or roping down as it is most commonly called, is a quick method of descending over a steep face of rock, snow or ice by sliding down a fix single or double rope anchored on top.

Vegetarian food in fixed camp. Packed Lunch While trekking. Adventure Activities with Mountaineering Instructor. Camp fire last day in nights

