



DeStress: Deolsari Butterfly Effect

at Antardhwani: 5Day/ 4Night

S.No	START	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
1	5:00					
2	5:30				-	
3	6:00		-	-	<i>Sunrise Photography Walk - Optional</i>	<i>Sunrise Photography Walk: Infinity Loop "chakkar" - Optional</i>
4	6:30		-	Morning Camp-Tea	Morning Camp-Tea	-
5	7:00		Breakfast at Antardhwani	Breakfast in Deolsari Campsite	Breakfast in Deolsari Campsite	Breakfast at Antardhwani
6	7:30		-	-	-	-
7	8:00		Prepare for the Day & Assemble	Prepare for the Day & Assemble	Prepare for the Day & Assemble	Prepare for the day, De-issue of Sl. Bags and Sl. Mats & Assemble
8	8:30		Get Ready with Packs & Drive to Suakholi (3 hrs)	Packs on/ Start your Day Hike to Lurntsu Peak	Start your Day Hike to visit a Ngo - Titli Trust (a not-for-profit nature conservation organisation) <i>Discover the hidden paradise of umpteen variety of colorful butterflies - Approx 3 hrs</i>	Conclusion & Reflection Session
9	9:00		-	-	-	Programme Closure: Highs & Lows
10	9:30		From Suakholi Start Hiking to Thatyur via Magra Village	Learn about Butterflies, Birds & the Wildlife in this region	-	Take Away & Interviews
11	10:00		Edu-Hike /Trek	Edu-Hike /Trek	Start Hiking Down	Refreshments
12	10:30		-	-	-	-
13	11:00		-	-	-	<i>Explore Landour Cantonment: Kellogg's & St. Pauls Church, Sisters Bazar, Lal Tibba & Char Dukaan - Infinity Loop "chakkar"</i>
14	11:30		Refreshments on Trail	Refreshments on Trail	-	-
15	12:00		Resume Hike /Trek	-	Lunch in Deolsari Campsite	-
16	12:30	Arrival by Shatabdi	-	Explore Nature: On Your Own Opportunity for Reflections/ Photography/ Talks	-	-
17	13:00	Pickup & Transfer to Mussoorie	From Thatyur Village Drive to Bangsheel Village	-	Pack your bags/ Hike down to Bangsheel	Lunch at Antardhwani
18	13:30		From Bangsheel Hike to Deolsari (Hike 30 mins)	-	-	-
19	14:00	-	Lunch on Arrival at the Deolsari Campsite in FRH area	Lunch in Lurntsu Peak	Drive Back to Antardhwani	-
20	14:30	Welcome at Antardhwani	-	-	-	Depart for Dehradun
21	15:00	Lunch at Antardhwani	Campsite Selection, Tent Pitching & 7 D Class	Start Hiking back to Deolsari	-	-
22	15:30	-	-	Discover the hidden paradise of umpteen variety of colorful butterflies	-	-
23	16:00	Possibility bag, Tent Pitching class, Instruction of Camp-life & Camping Gear issue	-	-	Arrive Back to Antardhwani	-
24	16:30	Group Pitches tents & Settles in	Visit Devalsari FRH built in 1935	<i>Engagement with Deolsari Village Community -Optional/TBC*</i>	-	-
25	17:00	Refreshments in Antardhwani	Refreshments in Deolsari FRH	Refreshments in Deolsari Village	Refreshments in Antardhwani	Departure in Shatabdi
26	17:30	Expedition Planning & Guideline on WFA	-	-	-	-
27	18:00	Pack Packing Class & Personal Packing Guidelines	Review Session: Highs/Lows. Briefing for Next Day	Review Session: Highs/Lows. Briefing for Next Day	Review Session: Highs/Lows. Briefing for Next Day	-
28	18:30	Expectations & Methodology	-	-	-	-
29	19:00	Dinner in Antardhwani	Dinner in Deolsari Campsite	Dinner in Deolsari Campsite	Dinner in Deolsari Campsite	-
30	19:30	-	-	-	-	-
31	20:00	Personal Hygiene, How to Sleep Warm & Sleeping bag Demo	Basics of LNT© Ethics* & Camp-Fire	Camp Fun: Garhwali Folklore & Camp Tales	Documentary/Film: Of your choice/ from our collection	-
32	20:30	-	-	-	-	-
33	21:00	Lights out!!	Lights out!!	Lights out!!	Lights out!!	-
34	21:30					
	22:00					