

Himalaya Existence: Nature & Sustainability

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>Infinity Loop "chakkar" Sunrise Walk to Ridge-top - Optional</i>	-	-	<i>Infinity Loop "chakkar" Sunrise Walk to Ridge-top - Optional</i>
4	6:30		-	-	-	-
5	7:00		Breakfast at Antardhwani	Breakfast at Antardhwani	Breakfast at Forest Campsite	Breakfast at Antardhwani
6	7:30		-	-	-	-
7	8:00		Explore Landour Cantonment, Bazar & Mullingar Walking	Prepare for the day & Assemble	Prepare for the day & Camp sweep.	Prepare for the day, de-issue of Sl. Bags and Sl. Mats & Assemble
8	8:30		-	Drive to the Benog Mountain Quail Sanctuary;	Drive to SIDH in Kempty village area	Conclusion & Reflection Session
9	9:00		-	-	-	Highs & Lows
10	9:30		-	Arrive at Company Bagh, Hathipaon	-	-
11	10:00		-	Packs on/ Start your Hike to the Benog Wildlife Reserve	Arrive at SIDH: Bodhshala (School Campus)	-
12	10:30		-	-	Meet the Village Women behind Himalaya Haat	-
13	11:00		Refreshments	Refreshments on Trail	Refreshments in Bodhshala	Refreshments
14	11:30		-	-	-	Take Away & Interviews
15	12:00	Split in 2 groups for Community Service via Clean up Drive along the trail-walk	-	Arrive at the Forest House Campsite	Learn about organic & natural food, its process and the cause of empowerment of women behind this initiative	-
16	12:30	Arrival by Shatabdi	-	-	-	-
17	13:00	Pickup & Transfer to Mussoorie	Back for Lunch at Antardhwani	Lunch in Forest/ Campsite	Lunch in Bodhshala	Lunch at Antardhwani
18	13:30	<i>*Packed Lunch On Request</i>	-	-	-	-
19	14:00	-	-	Settle in the tents at campsite in Benog's Forest area	Explore the Bodhshala campus area on your own	-
20	14:30	Welcome at Antardhwani	-	-	-	Depart for Dehradun
21	15:00	Lunch at Antardhwani	-	Meet the Divisional Forest Officer for a session	Pick-up & Drive back to Antardhwani	-
22	15:30	TTH: Possibility bag, Tent Pitching class, Instruction of Camp-life & Camping Gear issue	-	Explore Nature & Learn about the flora-fauna around Benog Wildlife Sanctuary	-	-
23	16:00	-	Refreshments in Antardhwani	Refreshments in Forest House	Refreshments in Antardhwani	-
24	16:30	Group pitches tents and settles in	Talk on Landour, Mussoorie's History & Heritage	Explore the flora-fauna around Benog Wildlife Sanctuary	-	-
25	17:00	-	-	-	-	Departure in Shatabdi
26	17:30	<i>Infinity Loop "chakkar" Optional Acclimatization Walk</i>	-	-	-	
27	18:00	Refreshments in Antardhwani	Expectations & Methodology	Review Session	Review Session	
28	18:30	-	-	-	-	
29	19:00	Dinner in Antardhwani	Dinner in Antardhwani	Dinner at Forest House Campsite	Dinner in Antardhwani	
30	19:30	-	-	-	-	
31	20:00	Personal Hygiene & Sleeping bag Demo	Short films /Stories on Landour & Mussoorie	Camp fun: Garhwali Folklore & Music	Documentary or Film on Mount Everest	
32	20:30	-	-	-	-	
33	21:00	Lights out!!	Lights out!!	Lights out!!	Lights out!!	
34	21:30					