

FIVE DAY ITINERARY FOR CAMPING AND TREKKING (7-11 June & 12-16 June 2018)

<u>Time</u>	<u>Day-1</u>	<u>Day-2</u>	<u>Day-3</u>	<u>Day -4</u>	<u>Day-5</u>
Morning session 6.30am-8.30 8.30-9.30am. 10 am	Departure: Shatabdi Express : New Delhi railway station	Wakeup -folding up tents–prayer –morning Meditation.- breakfast Preparation and initiation Programme – Trek to waterfall	Wake-up –folding up tents–prayer –morning Meditation.- breakfast Preparation and initiation Programme- nature walk Jabarkhet nature reserve(JNR)	Wake-up–prayer – morning Meditation.- breakfast Preparation and initiation Fun at mall	Wake up–prayer – morning Meditation.- breakfast . . . Packing up time
Afternoon Session 12pm.-2pm. 3.30pm-5.30pm	Arrival : via shatabdi Dehradun -(cabs) Landour Lunch Settling –in Tea / snacks	Trek to waterfall . . Return to lodge -Lunch . . Informal time . tea/snacks	Trek through JNR . . Packed lunch –picnic . . Return to the lodge . . tea/snacks	Visit to the mall road Return to the lodge tea and snacks	Group photo Departure – Landour- Dehradun- Delhi (shatabdi)
Evening session 6.pm.-7.30 pm 8-9pm. 9-10.30pm.	Briefing : orientation into camping Pitching of tents{ on campus Dinner Camp fun Lights- out	Dinner Camp fun Lights- out .	reflection and conclusion of the 2day camping programme dinner informal group time lights-out	informal group activities/ fun with nature- creating art installation dinner informal group time lights out	<u>Arrival : at New Delhi railway station</u>