

DAY TO DAY ITINERARIES

High Altitude Trekking Camp



D1	Arrival, Briefing, Registration, Issue of equipment. Knot practice of the rope, games for physical fitness.
D2	Morning: Exercises, acclimatization trek and visit neighbouring village to learn about local culture and traditions.
D3	Trek to Camp 1 for physical and mental endurance Lecture on Mountain walking and hazards.
D4	Rock Climbing, Rappelling Tent Pitching, Nature watch, Self-cooking, Camp group activities, River Crossing to strengthen ability to take risk.
D5	Trek to Camp II to build self-confidence and awareness. Lecture on Camp Hygiene healthy environment
D6	Trek to the highest point to strengthen physical fitness, self-confidence and sense of achievement
D7	Trek to Camp-I & practice on bush craft. Lecture on local flora and fauna
D8	Trek back to base camp. Lecture on Disaster Management.
D9	Visit to the places of interest to learn local culture, traditions and architecture
D10	Deposit of equipment, Closing Ceremony

Adventure & Leadership Camp



D1	Arrival at the Institute, Briefing, Registration, Issue and introduction of equipment. Rope management and knot practice. Group activities.
D2	Warm Up exercises, Rock climbing and Rappelling. Lecture on Do's & Don'ts and Mountain Walking. Obstacle training.
D4	Rock Climbing, Rappelling Tent Pitching, Nature watch, Self-cooking, Camp group activities, River Crossing to strengthen ability to take risk.
D5	Trek to Camp II to build self-confidence and awareness. Lecture on Camp Hygiene healthy environment
D6	Trek to the highest point to strengthen physical fitness, self-confidence and sense of achievement
D7	Trek to Camp-I & practice on bush craft. Lecture on local flora and fauna
D8	Trek back to base camp. Lecture on Disaster Management.
D9	Visit to the places of interest to learn local culture, traditions and architecture
D10	Deposit of equipment, Closing Ceremony

Water Sports Camp



D1	Arrival & Registration and familiarization of Campus. Opening address, Administrative Instructions, Issue of equipments. Introduction and practice of Swimming
D2	Morning exercise. Practice of Swimming. Lecture, demonstration and practice of Kayaking.
D3	Introduction and practice Sailing and Kayaking
D4	Introduction and practice Rowing & Boating
D5	Practice Kayaking, Sailing, Rowing and rescue
D6	Introduction and practice of White Water Surfing and Skiing
D7	Visit to the places of interest to learn local culture, traditions and architecture. Lecture on Disaster Management
D8	Practice long distance Sailing and rescue operations
D9	Group activities in Swimming/Sailing/Boating/Rowing/ Kayaking/Surfing
D10	Return of Equipment, Closing Ceremony

White Water Rafting



D1	Arrival & Registration, Opening address, Admn. Instructions, Issue and introduction of equipment. Familiarization of River & Rapids.
D2	Warm Up Exercises. Introduction & Practice of Swimming & Rafting
D3	Warm Up Exercises. Practice Rafting and Introduction of Kayaking
D4	Warm Up Exercises. Practice Rafting & Kayaking and Introduction of Water Safety measures
D5	Warm Up Exercises. Practice Rafting & Kayaking in Grade-II Rapids.
D6	Visit to the places of interest to learn local culture, traditions and architecture. Lecture on Disaster Management
D7	Practice Rafting and Capsizing in Rapids and River Crossing
D8	Practice Rafting, Kayaking and Rescue Operations
D9	Practice Rafting, Kayaking and Rescue Operations
D10	Group activities. Return of Equipment, Closing Ceremony.

Sport Climbing Camp (Artificial Rock Wall)



D1	Arrival & Registration, Issue and Introduction of Equipment, Climbing Infrastructure Opening Address, Basic Lecture on Sport Climbing and Rope Knots Practice.
D2	(i) Warm Up, Stretching, Walking & Jogging (ii) Lecture & demonstration on anchoring, belaying, Bouldering and safety (iii) Practice Bouldering (iv) Tuning muscles and power building exercises (v) Practice Top Rope Climbing; Adventure Movie
D3	(i) Warm Up, Stretching, Walking & Jogging (ii) Lecture & demonstration on Top Rope Climbing (iii) Practice Top Rope Climbing (iv) Tuning muscles and power building exercises (v) Practice Rope Knots & Bouldering Climbing
D4	(i) Visit to the places of interest (ii) Practice of Lead Climbing; Adventure Movie

D5	<ul style="list-style-type: none"> (i) Warm Up, Stretching, Walking & Jogging (ii) Introduction & demonstration of Lead Climbing (iii) Practice of Lead Climbing (iv) Finger Power Exercise (v) Practice of Lead Climbing
D6	<ul style="list-style-type: none"> (i) Climbing Rappelling on Natural Rocks (ii) Introduction and Demonstration on Rock Climbing Climbing & Rappelling (iii) Practice Rock Climbing & Rappelling (iv) Back to Campus by evening (v) Group activities; Adventure Movie
D7	<p>Warm Up, Stretching</p> <p>Introduction & Demonstration of Speed Climbing</p> <p>Practice Speed Climbing</p> <p>Practice Bouldering Climbing</p> <p>Group Activities</p>
D8	<p>Introduction and demonstration of Tyrolienne Traverse</p> <p>Practice of Tyrolienne Traverse</p> <p>Practice of Speed Climbing</p> <p>Group Activities, Adventure Movie</p>
D9	<p>Climbing & Rappelling on Natural Rocks</p> <p>Introduction and Demonstration on Rock Climbing & Rappelling</p> <p>Practice Rock Climbing & Rappelling</p> <p>Revision (Bouldering, top rope climbing, lead climbing, belaying)</p> <p>Group activities</p>
D10	<p>Test (Practical & Viva), Closing Ceremony, Disburse</p>

DESERT SAFARI



Camel Safari is one of the unique way to explore small villages in Rajasthan. Camel Safaris at the top of this ship of the desert is most exciting and soft adventure. Riding a camel is not easy as people consider. It is neither a great test for endurance. It is a great experience to explore The Thar - a vibrantly, living, desert, very colourful and hospitable.

Itineraries of 2 to 7 days can be arranged traversing approx. 40-50 kms a day on camel. These itineraries are planned in the region of Bikaner, Khimsar, Osian and Jaisalmer. Night halts are usually given near the village to provide opportunities to mingle with the local village folks and to provide insight to the traditional way of their life and culture.