



INME Adventure Camps offer unique and safe learning opportunities to build life skills through fun, exciting, engaging and memorable adventurous experiences in unmatched outdoor locations.

The Tirthan Expedition to Serolsar Lake is a high altitude (10,171 feet) trek through forest and lush green meadows. Our Tirthan campus serves as the base camp. This is a self-contained expedition where participants pitch their own tents to set up camp at a different location every day, cook their own food and manage resources and share responsibilities.

Serolsar Lake presents a breath-taking view to people who trek up to the summit. The lake is situated amidst dense Oak and Pine forests. The crystal clear water of the lake reflects the beauty of the environment around it.



Code	Age-Group	Departure	Arrival
TE1	14-17 yrs	24 April	02 May
TE2	14-17 yrs	22 May	30 May
TE3	14-17 yrs	03 June	11 June
TE4	14-17 yrs	09 June	17 June



CAMPUS AND AREA

Serolsar Lake is a high altitude lake which is located in the district Kullu. It is about (10,171 feet) above the sea level. This lake is surrounded by thick forest cover. Our Tirthan campus serves as the base camp to prepare, pack and acclimatize.



Our Tirthan campus is located in the Great Himalayan National Park, a UNESCO World Heritage Site. The campus is surrounded by mountains populated with large Deodar trees.

Location: 65 kms from Mandi, Himachal Pradesh.

TRAVEL

From Delhi:

The departure is at 7 pm sharp (report by 6:15 pm) from New Delhi Airport, Terminal 2 Bus parking by AC buses till Aut. The group is then shifted into smaller non AC busses considering the terrain. ETA at camp is by breakfast time.



Return to Delhi:

Estimated Time of Arrival is 6 am at New Delhi Airport, Terminal 2 Bus parking

Outstation Participants

Outstation participants will need to fly into Delhi the same day as the departure date. Inme provides airport pick up and drop service and meals at an added cost of 2000 per child. This does NOT include an overnight stay as the departure is in the evening.

ACCOMMODATION

Inme Tirthan campus has a separate area allocated for the Tirthan Expedition group. On the expedition, participants pitch tents to set up camp at a different location every day. 3-person tents (provided by inme) are allotted to a group of three participants.



WEATHER

At the Tirthan campus, temperatures range from 15°C to 30°C during this period. Once the group starts the expedition, they experience colder conditions with night temperatures dropping down to even 7°C. The sleeping bags provided are adequate for the weather. Participants must pack personal items as per the kit list.



TOILETS

There are no fixed toilets and baths on the trek. We carry a portable toilet tent with us to ensure participant privacy and safety. However, there is no provision for a bath on the trek. The inme campus has built up toilets and baths with hot water.



SAFETY AND SECURITY

Our children's safety and security is given the highest priority at Inme Learning. We take several steps to ensure the transport (driver and vehicle) is checked thoroughly before departures.

All our technical equipment like ropes, carabiners, helmets, harnesses, etc are of the highest approved quality and all the equipment is regularly audited by our certified team.

Our Camp Chief and Instructors are extremely well trained, experienced and certified by us as well as by external agencies like NOLS, NIM, JIM, HMI, etc. on a regular basis.

We have a doctor and all the necessary medical equipment available 24x7 on all our camps throughout the duration of the program. We also have an emergency vehicle on hand for quick response time in case of any unforeseen emergencies. These are all precautionary measures that we follow.

However, we have had an excellent track record on safety and security of more than 100,000 children over the last 26 years.

INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio.

Instructors include a mix of female and male instructors. All instructors are experienced and certified outdoor experts.



A resident doctor is available at all times on the Tirthan campus.

FOOD

On the expedition, the group carries its own rations and cooks its own meals. Participants are given a nutritional trail mix, which is refilled regularly. The group is involved in planning its meals and selecting the items – all part of the learning.



The Tirthan campus has a fully functional kitchen run by experienced staff members. The food is largely vegetarian with non-veg served 2-3 times on the program. There is variety and we take care of both taste and nutrition in planning the menu.

FITNESS & PREPARATION

This program might be more demanding than the usual physical activities you're used to. We recommend a little jogging, stretching and exercising a few weeks before the departure date to gain the flexibility and agility needed to truly enjoy the experience. Do this wearing the shoes you want to carry for the program—it'll help break into them.



DAY WISE SCHEDULE

- Day 1** **DEPARTURE** at 7:00 pm from New Delhi Airport Terminal 2 Bus parking.
- Day 2** **SETTLING IN, ACCLIMATIZE, RIVER FUN** Arrival at inme Tirthan campus by breakfast. Settle in and get to know your instructors and other participants. A short but strenuous trek helps participants prepare for the challenge followed by relaxing and fun time in the Tirthan River
- Day 3** **PLAN & PREPARE, WATERFALL SLIDE** Morning is spent in planning and preparing for the expedition, rationing for meals, division of the load to carry and packing the rucksack. Afternoon hike to the Chhoie waterfall. Fun time under the waterfall followed by waterfall slide.
- Day 4** **STARRY STARRY TREK** Leave early morning by jeeps for Ghiyagi Village (45 minutes drive) to begin the trek. Trek through parts of the Great Himalayan National Park to reach Sajwar (7,000 ft.). Pitch tents and set up camp. First night under the stars!
- Day 5** **SEROLSAR LAKE** Continue trekking to Serolsar lake (10,170 ft.). Pitch tents and set up camp. Fun activities around the lake along with water activities. Second night under the stars.
- Day 6** **LAMBRI VIEW POINT** Trek to the Lambri peak view point and return for lunch to Serolsar Lake. Afternoon is spent on reflection and self-realisation activities.
- Day 7** **JALORI PASS & INME CAMP** Pack up from Serolsar early morning and trek to Jalori Pass. Return to inme Tirthan campus for lunch by jeeps. Unpack, Rest and bathe!! Relaxed evening with river time.
- Day 8** **HELTER SKELTER** Helter Skelter brings the experience to a close. Leave campus post lunch
- Day 9** **HOME** Arrive in Delhi by 6:00 am. New Delhi Airport, Terminal 2 Bus parking.





KITLIST

Follow this list strictly - Over or under-packing is not recommended as it will impact your child's comfort, safety and overall program experience.

BASIC CLOTHING

- 7-8 T-Shirts (Quick dry & in dark colours)
- 3 Pairs Shorts (Quick dry)
- 2 Sweatshirts (full sleeves & warm)
- 3 Track pants (1 warm)
- 7-8 pairs Socks (1 woollen)
- 1 Towel (quick dry)
- 1 cap / sun shade
- Undergarments - sufficient
- Disposable Face masks - sufficient



WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 fleece jacket – regular one used in winter
- 1 poncho/ raincoat
- 1 warm cap



OTHER ITEMS

- Personal Toiletries - Must include hand sanitizer, sun screen, lip balm, cold cream & mosquito repellent.
- A pair of sunglasses – should cover the eyes completely.
- A torch or headlamp (bring spare batteries)
- Medicines, if you are under treatment (provide details with medicine name in the medical form)
- Extra pair of spectacles in case you use them (contact lenses not recommended).
- Water bottle – at least 750 ml capacity.
- Avoid thermoses with glass inners



FOOTWEAR

- 1 pair of comfortable rubber soled shoes in good condition. Must be worn in, not new.
- 1 pair hiking sandals – strapped footwear usable in wet condition. Not Clogs (Crocs), Flip-Flops or leather sandals.



SLEEPING BAG

- We recommend participants buy and carry their own sleeping bag as per international camping norms.
- If you need to buy a sleeping bag we recommend one that is rated suitable for temperatures of 10°C. (Quechua – Forclaz is an option).
- We provide sleeping bags to those who are not carrying their own. Please note these are used by previous participants and then cleaned and sunned. In such cases, we recommend you carry a polyester sleeping bag liner.



PACKING

- Pack everything in a rucksack or duffle bag with straps
- Limit to one piece of luggage.
- You are expected to carry your own bag during transfers at the station and the camp. (No wheels)
- Do not pack in a suitcase or stroller.
- Small Knapsack/ Day pack to carry your personal items with you.



*Recommended Rucksack size is 60-70 litres



LIMITED MONEY, IF YOU WISH

- Inme takes care of all needs from the time we take charge of the participants, so no money is needed for meals, incidentals or kit items.
- We do have a store on the camp and participants may like to buy memorabilia like t-shirts, caps, keychains etc. However, we advise you not to carry more than Rs 3000.
- Do note that participants are responsible for the same unless it is handed to the Instructor / Camp Chief to be deposited in the camp safe.

INME YOREKA MERCH STORE

- Shop for Inme Yoreka T-shirts, Hoodies and other cool memorabilia from our merch store. New designs and classics available!
- To buy go to: www.inmeyorekamerch.com
- Avail 10% discount on the merch by using coupon code **backoncamp**

NO JEWELLERY / EXPENSIVE CLOTHES / GADGETS

- Do note that on outdoor and camp based programs there are many opportunities to lose and damage things. Inme does not take responsibility of any item like jewellery, gadgets or expensive clothes.
- Participants may carry a camera that they can take care of themselves.



Please understand that we do not want you to purchase things unnecessarily. However, for an outbound program, these items are essential. You can get most of the above mentioned things in stores like Decathlon and other online sellers. Most items should last and serve you a long time in the outdoors.