



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child. The tirthan explore program is a week long experience run at our riverside Tirthan campus in Himachal Pradesh.

Everyone does River Craft. Second activity is selected from Rock Climbing or Backpacking. Participants spend 3 sessions doing each activity. Apart from outdoor activities, the program also focuses on learning initiatives and group games that develop team work skills and builds confidence to take on new challenges.



Code	Age-Group	Departure	Arrival
TR1	12-14 yrs	10 April	18 April
TR2	13-15 yrs	16 April	24 April
TR3	12-14 yrs	10 May	18 May
TR4	12-14 yrs	16 May	24 May
TR5	12-14 yrs	22 May	30 May
TR6	12-14 yrs	28 May	05 June
TR7	12-14 yrs	03 June	11 June
TR8	15-17 yrs	09 June	17 June
TR9	12-15 yrs	15 June	23 June

Cost: TR1-TR2: Rs. 31900, TR3-TR9: Rs. 36900



CAMPUS AND AREA

Our riverside 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.



Water activities are run in the Tirthan river next to the campsite. Large natural rockfaces and boulders are a short walk away. The campus has beautiful trekking trails and routes that take you through mountains and forests.

TRAVEL

From Delhi:

Departure: 7:00 pm (report by 6:00 pm)

Arrival: 6:00 am.

New Delhi Airport, Terminal 1 Bus parking. Travel in an AC bus till Aut. Onwards to campus by non-AC bus.



Outstation participants

Fly into Delhi to join the program. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost of Rs. 1000.

WEATHER

The summer temperatures range between 15°C to 30°C. Afternoons tend to get a little hot.



ACCOMMODATION

In Tents - separate for boys and girls. Usually 4-5 children stay in a tent, with camping mats and sleeping bags provided by us.



TOILETS

The campus has built up toilets and baths. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.



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 campus.



FOOD

The campus has a fully functional kitchen. Wholesome nourishing meals are prepared by trained staff. The food is largely vegetarian with non-veg dinners served 2-3 times on the program. Other than breakfast, lunch and dinner, snacks and refreshments are served at appropriate times with emphasis on hydration.



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.



TYPICAL DAY ON THE PROGRAM

- 6:00 am** **Wake Up:** Enjoy a hot cup of milk/tea/coffee with biscuits.
- 7:00 am** **Elastic Limbs:** Power up for the day!
- 8:00 am** **Breakfast:** Enjoy delicious breakfast to gain energy.
- 9:00 am** **Wonderful Outdoor World (WOW)**
Participants do the selected outdoor activity in their activity groups.
- 1:00 pm** **Lunch:** Nutritious and much needed lunch awaits the adventurers once they return to the campus after their outdoor experience.
- 1:30 pm** **Free Wheeling Time** to freshen up and relax.
- 2:30 pm** **Cool Time**
Participants engage in different activities focussed on action, awareness and attitude. A mix of fun and learning activities takes the experience beyond outdoors and adventure.
- 5:00 pm** **Tea Time:** Milk, tea and snacks up the energy levels.
- 5:30 pm** **Cool Time**
Continue with cool time with a change of activities. This time may also be used for activity de-brief, group sharing sessions and personal reflection.
- 7:30 pm** **Soup Time**
- 8:00 pm** **Dinner:** The much-awaited dinner caps off a power packed day for all.
- 9:00 pm** **Lights off**
Get into your sleeping bags as the day's weariness starts to kick in. Slip into a golden-slumber and wake up fresh for another exciting adventurous day.

