



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child.

The Tirthan Expedition to Serolsar Lake is a high altitude (10,170 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	22 May	30 May
TE2	14-17 yrs	28 May	05 June
TE3	14-17 yrs	03 June	11 June
TE4	14-17 yrs	09 June	17 June
TE5	14-17 yrs	15 June	23 June

Cost: Rs. 38,900



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.

TRAVEL

From Delhi:

Departure: 7:00 pm (report by 6:00 pm)
New Delhi Airport, Terminal 2 Bus parking. Travel in an AC bus till Aut. Onwards to campus by non-AC bus. Arrival at campus by breakfast.



Return to Delhi:

Arrival: 6:00 am at New Delhi Airport, Terminal 2 Bus parking.

Outstation Participants

Participants taking a flight to attend an inme program can avail our airport pick and drop facilities at an add on cost of Rs 1000/- This does not include any overnight stay or boarding.

WEATHER

At the Tirthan campus, temperatures range from 15°C to 35°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.



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 two participants.



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.



INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio. Instructors include a mix of female and male instructors. An instructor trained as a wilderness medic will accompany the children on the trek. 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 exercise a few weeks before the departure 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.

