



## **TRIP TO NAINITAL**

### ***LEADERSHIP CAMP PINE RIVIERA, PADAMPURI, NAINITAL***

***“An experience for life”***

***Date : 18<sup>th</sup> June, to 23<sup>d</sup> June'18***

***Classes : V – VIII***

**Objectives** -Outdoors bestow individuals an excellent opportunity to develop ability in themselves, which one would need in life to lead on all frontiers. Present program is themed to provide participants to explore some of these “New Frontiers” and develop skills by means of experiencing and exploring to handle situations smartly in times to come. The proposed program focuses on -

- ✓ Getting to know each person's unique strengths (reflection) and utilizing them productively in a team
- ✓ Setting goals and taking a group successfully through challenging tasks
- ✓ Create an open atmosphere to share learning and provide feedback
- ✓ Being creative & innovative
- ✓ Developing leadership skills

### ***Highlights –***

- ✓ **Camping** - Experience the real wilderness
- ✓ **Tyrolean Traverse&Flying Fox** – A method of crossing rivers/valleys
- ✓ **Rappelling** – Descending in vertical walls with the help of equipment
- ✓ **Jumaring** – A method of ascending on a fix rope with the help of ascending devices
- ✓ **Cliff Jumping** – Thrill & One of the greatest way to conquer hydrophobia
- ✓ **Kayaking and Swimming in natural pool**
- ✓ **River Fording** – An ultimate method of negotiating river – water fall – ponds etc.
- ✓ **Commando Obstacles Course** – A challenge course particularly designed for Teamwork, Coordination, and Motivation etc.
- ✓ **Simulations** - Based on Communication, Leadership & Teamwork
- ✓ **Village visit** – To understand Himalayan village life
- ✓ **Nainital excursion** – Boating, Naina Devi Temple, Mall Road etc.
- ✓ **Cultural Event** – Team & Individual performances
- ✓ **Bonfire, Energizers** etc.

### ***Trip Details –***

- ✓ **Duration** - 5 nights and 6 days (Gwalior to Gwalior)
- ✓ **Food** - Hygienic & nutritious food (vegetarian & non-vegetarian)



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- ✓ **Eligibility** - Mentally & physically fit participants of 10 years & above
  - ✓ **Accommodation** - Tented accommodation on sharing basis

***Cost includes -***

- ✓ Transportation
- ✓ Tented accommodation on sharing basis
- ✓ All meals – both veg & non veg options (nutritious and hygienic)
- ✓ Juice, Biscuits and packaged drinking water while travelling
- ✓ Facilitation, coordination, professionals and safety gear
- ✓ Set up of obstacles and other camp games
- ✓ First aid assistance
- ✓ Participation Certificates
- ✓ Mementos for excellent performers
- ✓ Nainital Excursion – Boating, Visit to Naina Devi Temple, Tibetan Market & Mall Road etc.
- ✓ Insurance Cover of INR200000/participant
- ✓ All taxes

***Cost does not include -***

- Any expenses of personal nature like laundry, phone-call etc
- Expenses arise due to natural calamity.



**Tentative itinerary** – \*\*\*Proposed itinerary is subject to change due to any unforeseen reasons like traffic jam, weather condition etc.

<i>Day/Time</i>	<i>Activity/Program</i>
<b><i>Day 01</i></b>	<b><i>Gwalior - Delhi – Overnight travel to Camp Pine Riviera</i></b>
1900 hours	Reporting at Gwalior Railway Station
1944 hours	Departure to Delhi by Shatabadi Express Train
2330 hours	Delhi arrival and transfer in the bus (2x2 Pushback AC coach)
0000 hours	Light refreshment and departure to Camp Pine Riviera, Bhimtal
0200hours	Stop for freshen up at Gajraula
<b><i>Day 02</i></b>	<b><i>Camp Pine Riviera</i></b>
0730 hours	Arrival at Nearest Road-head
0745 hours	Start walking to the Camp
0800 hours	Camp Arrival
0815- 0845 hours	Camp briefing and Tent Allocation, freshen up
0845-0930 hours	Breakfast
1000 hours	Acclimatization Walk in the forest
1100 hours	Team Formation
1145 – 1330 hours	Simulation based on Team work, Leadership and Communication and Cliff Jumping
1330-1430 hours	Lunch
1500-180 hours	Commando Challenge Course
1800-1830 hours	Evening Snacks
1930-2030 hours	Bonfire
2030-2130 hours	Dinner
2200 hours	Lights off
<b><i>Day 03</i></b>	<b><i>Camp Pine Riviera</i></b>
0600 hours	Wake up call
0630 hours	Morning tea
0700 hours	Morning exercises/Yoga
0830 hours	Breakfast
0930 hours	Swimming in Natural Pool, Cliff Jumping, Kayaking and Jumaring
1300 hours	Lunch
1500 hours	Tyrolean Traverse and Rappelling
1800 hours	Evening Snacks
1930 hours	Bonfire and Cultural performances
2100 hours	Dinner



2215 hours	Lights off
<b>Day 04</b>	<b><i>Camp Pine Riviera – Organic Farm, Orchard and Village visit</i></b>
0600 hours	Wake up call
0630 hours	Morning tea
0700 hours	Morning exercises/Yoga
0830 hours	Breakfast
0930 hours	Leave to visit Organic Farm, Orchard and Village with our expert team
1330 hours	Return to the camp for Lunch
1500 hours	Flying Fox
1800 hours	Evening Snacks
1930 hours	Bonfire and Cultural performances
2100 hours	Dinner
2215 hours	Lights off
<b>Day 05</b>	<b><i>Camp Pine Riviera – Nainital - Overnight Travel to Delhi</i></b>
0600 hours	Wake up call with Morning tea
0700 hours	Breakfast
0800 – 0830 hours	Closing Ceremony and Prize Distribution
0900 hours	Departure to Nainital
1030 hours	Nainital Arrival
1100-1200 hours	Boating in Naini Lake
1230 -1330 hours	Lunch
1330-1730 hours	Shopping, Temple Visit, Mall Road etc.
1830 hours	Departure to Delhi
2030-2130 hours	Dinner in Kathgodam
2130 hours	Departure from Kathgodam
0100-0130 hours	Stop at Gajraula for Freshen up
<b>Day 06</b>	<b><i>Delhi - Gwalior</i></b>
0500 hours	Delhi arrival
0600 hours	Departure to Gwalior by Shatabadi Express Train
0928 hours	Gwalior arrival
	<b><i>Conclusion of the Camp</i></b>



## *Things to Carry*

### *Personal Clothing -*

- ✓ 3-4 Shirts/T-Shirts (FULL/HALF SLEEVES)
- ✓ 2-3 Pairs of Track Lowers/Trousers/Jeans
- ✓ Walking Shoes (with good grip) with 5-6 Pairs of Socks
- ✓ Warm Jacket-preferably water resistant (very essential)
- ✓ Short Pant/Capri & Floaters (essential for water based activities)
- ✓ 1 Sweater & Thermals
- ✓ Cap/hat & Hankies
- ✓ Under Clothing

### *Toiletries -*

- ✓ Tooth Paste & Toothbrush
- ✓ Comb/Hair Brush, Soap & Shampoo
- ✓ Toilet Paper, Vaseline & Moisturizer
- ✓ Sunscreen lotion & Mosquito Repellent
- ✓ Towel

### *Miscellaneous -*

- ✓ Writing material- Note book, Pencil, books on birds/wild life
- ✓ TORCH- with extra batteries(most important)
- ✓ Binoculars /Camera/Sunglasses (optional)
- ✓ Raincoat/umbrella
- ✓ Water bottle (very important)
- ✓ Small backpack to carry things for day excursions
- ✓ Prescribed Medication if any

### *Please Note -*

- ☒ Kindly note that all personal items are to be carried at own risk. Girls are requested to keep their jewellery to bare minimum.
- ☒ Kindly carry your belongings in a rucksack (a bag pack carried by strap on your back or shoulder) to make hassle free travel or to minimize the risk of losing things.



**Location** - The riverside nature camp- Pine Riviera situated at village Aksora, Padampuri, besides Kalsa river stream, on Bhimtal - Champawat road in Nainital district of Uttranchal. Famous hill station Nainital is situated at only 28kms & Bhimtal at 13kms from the camp.

**Access** -

- ✓ **By train** – Kathgodam is the nearest railway station; trains from Delhi, Lucknow & Dehradun are prominent. Paid taxicabs can be hired at Kathgodam Railway Station to reach at the campsite.
- ✓ **By road** – The Camp is well connected by road from Delhi it takes you through Hapur-Gajrola-Moradabad-Rampur-Haldwani-Kathgodam-Bhimtal-Padampuri. The total distance is approx. 330kms (8-9hours) from Delhi.

**Medical Facility** - We provide basic medical facilities at the camp and the main hospitals are situated at a distance of 13kms at Bhimtal and 28kms at Nainital. We have doctor on call facility at the camp.

**Other Amenities at the Campsite** -

- ✓ Glass fitted riverside dinning which could be used as Conference hall as well with a capacity of 50 people
- ✓ First Aid assistance
- ✓ Leisure huts and umbrellas
- ✓ T.V & Audio Player
- ✓ Taxi/Doctor on call
- ✓ Soft riverbed 2' to 3' deep throughout the camp length
- ✓ Bonfire
- ✓ 13 Swiss Tents with attached bath& 24 hours running water and 10 tents with common washrooms
- ✓ Electric lighting in each Tent/rooms, 24hrs electricity
- ✓ Proper demarcation of all the places, tents and barricading of corridors
- ✓ Permanent Kitchen with provisions of hot Multi-Cuisine Sumptuous Meals