



OUTWARD BOUND HIMALAYA

TO SERVE, TO STRIVE AND NOT TO YIELD

CHAMBA TO SHIVPURI TREK



FAST FACTS

Who its for: Ages 12+

What it is: 6 Day Trekking Journey

When it runs: October to April

Where its held: Chamba, Uttarakhand

Cost: Contact us

BACKGROUND

Growing into the teens often brings about a period of transition and change: moving into young adulthood, needing to make greater decisions, taking on responsibilities. Wanting challenge, adventure, self-reliance and a sense of accomplishment. This course is an opportunity to uncover new strengths, build confidence, master new skills and develop personal leadership abilities.

The first day will be spent getting to know your group, your Instructors through fun adventure-based activities, and learning the basic skills needed to embark on expedition. You get your gear, pack and plan for your expedition. You will learn to travel and camp safely and efficiently. Make important leadership decisions and take responsibility for yourself and your team. At the end of the expedition you may notice, amongst your circle of friends, something that was much harder to see earlier: a quiet sense of inner confidence; the kind of strength that can only be earned through experience



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SUGGESTED ITINERARY

Day 1: Travel to Chamba. Where you will be introduced to the camp and program and form into your teams. We will collect the equipment in preparation for the trek tomorrow.

Day 2: The first day of trekking takes us to Jhajal through villages and fields, where we camp near a stream.

Day 3: Today's easy trek takes us through the river bed and forest to a clearing of Gujjar Huts.

Day 4: The final day of trekking takes us to Shivpuri following a stream down. We finish the trek at beach camp, where we will have chance to reflect during solo time.

Day 5: A chance to change activity we will face the rapids of the Ganga river as we go rafting before we hit the ropes in the trees. There will be chance to gather around the fire for presentations and closing

Day 6: An early start and departure



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EXAMPLE DAY

- 6:30 Morning Energisers
- 7:30 Breakfast
- 9:00 Morning Activities
- 13:00 Lunch
- 14:00 Afternoon Activities
- 5:30 Tea & Snacks
- 7:30 Dinner
- 8:30 Evening Debrief
- 9:30 Bed

WHAT IS INCLUDED?

- Accommodation in tents/hotels as per the itineraries
- All meals as per itinerary
- Professional instructors and facilitators for training.
- All adventure activities with proper instructions and safety equipment
- Transport as per the itinerary

Excludes:

- Travel and medical insurance
- Cold drinks and mineral water
- Expenses arising out of any unforeseen circumstances and situations beyond our control

FOR MORE INFORMATION

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