

25th April, 2023

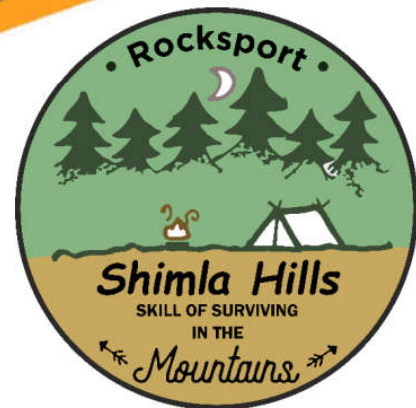
**Dear Parents,
Greetings of the day!**

We are organizing an adventure cum outstation **Trip to Shimla Hills** for the students of **Grade V to XII**. The dates for the same are Tuesday, 13th June, 2023 (departure in evening) to Sunday, 18th June 2023 (arrival in morning). The charges for the same are 15500/-. All the details related to the trip are given in the attachment. Interested parents may send their consent (through an application) alongwith the amount to the class Teacher latest by Wednesday, 03rd May, 2023, So that the bookings can be done accordingly.

Note:- The tour will be organized for the students in Batches of 40.

**Thanking You,
Regards,**

**Ms. Archana Pal Singh
Principal**



About Rocksport Residential Programs

Rocksport Residential Programs are experiential learning holidays for 9-17-year olds. Campuses for these programs are located near popular tourist destinations and are nestled in the lap of nature, providing a superior alternative over traditional holidays. During the course of the program, students perform adventure activities, explore the local towns, converse with the communities and learn new skills. The programs also offer a unique experience of being one with nature as students learn about flora and fauna and appreciate the calmness and beauty of nature. By working together, they learn the importance of teamwork; identify their strengths, challenge their fears & become confident and responsible individuals.

Rocksport Shimla Hills

SKILL OF SURVIVING IN MOUNTAINS

Learn to survive in the wild by trekking in the wild by trekking and cycling on treacherous mountain trails and use natural resources for survival

Students participate in orienteering activities and learn about survival skills. They take over the forest in small groups using map and compasses to explore the mighty Himalayan terrains. During the course of the camp, they learn to pitch their own tent, visit the local communities and experience the thrill of ziplining and guerilla warfare. They also trek through the deodar forest, learning about flora fauna before arriving at a spot with a glorious view of snow clad peaks.



Travel Away

335 km from Delhi and 20 km short of Shimla into the foothills of Himalayas.



Check Out

Virgin Mountain Forest



Medical Support

Nearest Medical support is 4 km from campsite, backed by a nurse on campus.



Camp In

29 cottages with attach washrooms facility.



A Day at Camp

At Rockspport Residential Programs, experiences are designed in accordance with *ayurvedic doshas* to enhance self-discipline and promote an active lifestyle. The day is divided into 5 phases that aligns students with their natural body clock and helps them master the art of being their most productive selves.

6:00 – 9:00 AM Mastering the art of waking up early

This is the time of the day when rigorous exercise, breathing and meditation are most beneficial. Staying active and eating healthy keeps students energised throughout the day.



9:00 – 2:00 PM Mastering the art of hard work

The best time of the day to get things done and complete the most difficult tasks. The hardest challenges and the most important tasks can be easily completed during this phase.



2:00 – 5:00 PM Mastering the art of creative thinking

This time of the day is most suited to do creative thinking, problem solving or other activities that require brain power. Doing mental activities can reap wonderful rewards at these hours.



5:00 – 7:00 PM Mastering the art of introspection

The most ideal thing before the day ends is to sit back and reflect. Sitting in solace, introspecting or writing a journal allows learning and helps prepares for another productive day.



7:00 – 10:00 PM Mastering the art of de-stressing

These last few hours of the day should be spent doing calming activities with friends & family. Activities such as singing and sharing stories promoted bonding amongst peers, releases stress and prepares for a restorative night.



Schedule

Departure Day

Assembly at Jaipur Railway Station to board 12983 Aii Chandigarh Garib Rath for Chandigarh at 1915hrs. Departure at 2010 hrs. Dinner En-route
Overnight in train

Day 1

Arrival at Chandigarh Railway station at around 0645 hrs. Luggage transfer. Departure for Rockspport, Shogi. En-route Breakfast
Arrival at the Camp & Lunch
Orientation & Cottage/Tent allotment & Rest Time
Hang Man
Evening Tea
Camp Games
Journal Writing
Reflection at Bonfire
Dinner
Overnight at camp

Day 2

Jogging & Morning Exercise
Breakfast
Mountain biking
Lunch
Zip Line
Evening Tea
Camp Games
Journal Writing
Reflection at Bonfire
Dinner
Night Trek
Overnight at camp

Day 3

Wake up
Survival Skills
Breakfast
Day Trek & Self Cooking
Lunch
Guerrilla warfare
Back to the Camp & Rest
Dinner over Bonfire (Music and Dance)
Overnight in camp

Day 4

Wake up & Morning Exercise
Breakfast
Camp Pack up, De Briefing and Feedback
Mall Road Visit
Lunch at Mall Road
Departure for Chandigarh Railway Station.
Dinner En-route
Board 12984 CDG Aii Garib Rath to depart for Jaipur at 1940 hrs.
Overnight in train.

Arrival Day

Arrival at Jaipur Railway Station.
Camp Dispersal

Note: Above mentioned schedule is tentative and may change as per weather conditions and student's age group.

Cost Include:

- Transport from school to Shimla Hills & back in 2X2 luxury AC coaches in multiple of 40 students only
- Transfer from Shimla Hills to camp and back in non-AC small cabs/coaches
- Stay In Tents/Cottages
- All veg. – non veg. meals as per itinerary designed by nutritionist
- All activities as mentioned in the itinerary
- Services of trained, experienced instructors & camp leaders with healthy mix of female instructors
- First Aid assistance with nurse on campus and backup vehicle for emergency evacuation
- Mineral water while travel
- GST

Cost does not include:

- Any personal expenses like soft drinks, mineral water, telephone calls
- Any insurance
- Any cost not explicitly covered in the list of inclusions

Cancellation & Change in Dates:

Cancellation before 30 days of departure	50% Refund
Cancellation between 15 - 30 days before departure	25% Refund
Cancellation within 15 days of departure	No Refund