



SUMMIT SCHOLARS

HIMALAYAN SUMMER

CAMP



Adventure- Discovery - Growth

ABOUT THE PROGRAM

Welcome to **Summit Scholars Himalayan Summer Camp** – an exclusive trekking adventure by **Trek The Himalayas**, designed especially for young explorers!

Tailored for **ages 8-16 years**, this 7-day all-outdoor adventurous camp is packed with thrilling treks and first-hand nature-based activities. A summer camp like this helps children build their confidence, teamwork skills, and form a deep connection with nature. Here, every trail will be a classroom, and every challenge will spark curiosity.

So, let your child discover the joy of adventure while creating memories in the majestic Himalayas for a lifetime!





CAMP HIGHLIGHTS

We leave no room for compromise when it comes to your child's well-being. From nutritious, healthy meals and comfortable stays to strict safety and security measures, everything is thoughtfully planned. Our experienced team ensures a secure environment where children can explore freely, while parents remain assured of their child's well-being even in the mountains. With us, your child not only enjoys the thrill of adventure but also experiences growth, learning, and care every step of the way.



Duration

7 Days / 6 Nights



Pick-up & Drop-off

Trek the Himalayas Office,
Dehradun



Treks Covered

Dayara Bugyal / Kedarkantha



Age Limit

8-13 - Dayara Bugyal,
10-16 - Kedarkantha



Safety First

24/7 Emergency Support &
Doctor at Every Base Camp



Meals

Nutritious and Inclusive veg
Meal Plan (Dehradun to
Dehradun). Jain food available
on request



Stay

Comfortable Guesthouse &
Camping Accommodation
(twin sharing)

WHY EVERY CHILD NEEDS AN OUTDOOR SUMMER CAMP?



Every child deserves a summer that is more than just a break from school and daily routine. For a child, it's the perfect chance to grow, explore, and discover a side of themselves they never knew existed. An outdoor summer camp encourages children gently step out of their comfort zones and gives them experiences that shape their personality for life. Here are things that your child will inculcate once they join the outdoor summer camp.



Build Confidence

Children learn best when they are given space to explore on their own. At camp, they face small challenges, setting up a tent, speaking in front of new friends, or even just completing a trek. Each small step builds independence and self-belief. Slowly, you'll see your child standing taller, speaking more openly, and carrying quiet confidence wherever they go.

Foster Teamwork & Social Skills

Living and playing with peers teaches children to listen, share, and work together. Group games, shared tasks, and even mealtimes become lessons in communication and collaboration. Many children go back home with friendships that stay with them for years.



Creativity & Curiosity

Outdoor settings naturally push children to think differently. How do I cross this stream? How do we solve this puzzle as a team? These situations ignite problem-solving skills, creativity, and imagination qualities that no classroom can truly teach.

Connection with Nature

In today's world, it's rare for children to spend a full day outdoors without phones or any gadgets. At camp, they find joy in running on open meadows, listening to birds, watching stars, or simply sitting under a tree. This connection with nature often becomes the beginning of a lifelong respect for the environment.



Life Skills for the Future

Outdoor camps gently instill discipline, resilience, and empathy. Waking up on time, helping a friend, or overcoming a tough moment on the trek, these small experiences shape values that go far beyond academics.

WHAT WILL YOUR CHILD LEARN IN THESE 7 DAYS ?



In just 7 days, your child will return transformed. Our carefully designed itinerary is more than just an outdoor adventure camp for your child, it's a journey of growth. Every activity at the camp will definitely help your child connect more deeply with nature and learn life lessons that will stay with them long after the camp is over.

When your child comes back from summer camp, you will notice the difference, they will stand a little taller, speak with more confidence, and see challenges in a whole new light. It's a change that stays with them for life. Along the way, we will also ensure they gain all the valuable learnings and skills that have been listed below.

Outdoor & Adventure Skills

- Basic Trekking Techniques
- Navigation Skills



Creative Exploration

- Nature Journaling & Photography
- Storytelling Sessions



Fun of Learning Outdoor Safety & Survival Skills

- First Aid Basic Skills
- Weather Awareness
- Wildlife Knowledge



Nature & Culture as Teachers

- Understanding Ecosystem
- Learning Local Cultural Traditions
- Stargazing and Natural Science



Fitness & Focus

- Building Fitness & Endurance
- Problem Solving & Adaptability
- Mindfulness & Stress Relief



Team Spirit in the Himalayas

- Learning Group Collaboration
- Leadership Opportunities
- Communication Skills



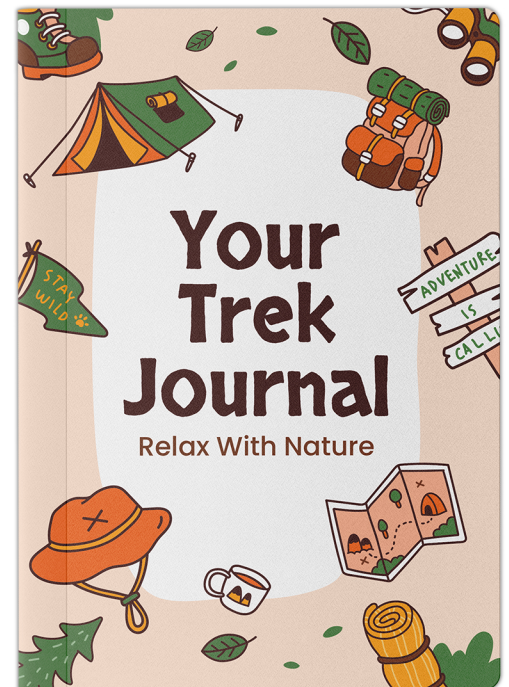
ACTIVITIES THAT YOUR CHILD WILL DO IN THE SUMMER CAMP

What makes children look forward to summer camp every year is the fun activities, exciting games, and little fun challenges that spark their curiosity and team spirit.

This year, to make the experience even more meaningful for your child, our **"Summit Scholars Himalayan Summer Camp"** brings a mix of engaging activities, new learning opportunities, and playful games all while living in the heart of the mountains.

Of course, just being in the Himalayas itself teaches children so much. But along with trekking, we have thoughtfully planned activities that will support your child's growth, confidence, and overall development.

To give them the best of everything, we have grouped these activities into three parts.



TTH WELCOME KIT

Trek the Himalayas
T-shirt, Cap, Water bottle,
Tiffin box, Journal & Pen

Telescope Specifications: Dobsonian GSO 6-inch - ideal for observing the Moon and planets, as well as nebulae and distant galaxies.

Skill Building Activities

Map Reading
Navigation Skills
Basic First-aid Skills
Find It Fast!
Where's That Point?



Nature-Based Activities

Nature Doodles
Stargazing
Bird Watching
Identifying Plants/Animals
/Insects.
Environmental Education
Nature Journaling
Valley Crossing



Team Building Activities

Tug-a-thon
Grab the Gold
Group Reflection
Recreational Activities



HOW TTH ENSURES THE SAFETY AND SECURITY OF YOUR CHILD

Trek The Himalayas has become synonymous with safety in the Himalayas. Over the years, thousands of families have trusted us with their children in the mountains, and we make sure that trust is never compromised. Every measure we take is designed to provide your child a safe environment to explore, learn, and grow. Here's how we make sure that your child is safe with us.

01

Your child will always be guided by an **experienced and professionally trained trek leader**.



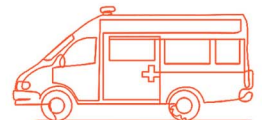
02

All our trek leaders and chefs are **certified wilderness first-aid responders** with at least **5 years of experience** in the mountains, ensuring safety at every step.



03

An **Emergency Vehicle** will be stationed 24/7 at the base camp.



04

At both treks, a **female trek leader** will accompany the children at all times.



05

A **GPS tracker** will be there in every vehicle so that you can always track your child current location.



06

Your child's health will be monitored two times a day ensuring they are safe.



07

A **24/7 medical facility** is set up at the base camp, with a doctor available at both campsites round the clock.



FIND AN IDEAL TREK FOR YOUR CHILD

This year we have finalized two best trekking locations for your child. Both treks are unbelievably beautiful yet easy to do at the same time. These treks are ideal even if you are introducing treks to your child for the first time.



DAYARA BUGYAL (FOR 8-13 YEARS) TREK

UTTARAKHAND

*Map is not scaled

Trek Itinerary

Day 1: Arrival at Base Camp (Natin Village)

Day 2: Acclimatization & Team Building at Base Camp

Day 3: Trek to Gui (Camp 1)

Day 4: Trek to Chilapada (Camp 2)

Day 5: Summit Day – Dayara Top & Trek to Nayata

Day 6: Return to Base Camp & Celebration Night

Day 7: Departure to Dehradun



KEDARKANTHA TREK (FOR 10-16 YEARS)

UTTARAKHAND

Trek Itinerary

Day 1: Arrival at Base Camp
(Sankri Village)

Day 2: Acclimatization &
Team Building at Base Camp

Day 3: Trek to Juda ka Talab
(Camp 1)

Day 4: Trek to Kedarkantha base
(Camp 2)

Day 5: Summit Day- Kedarkantha
Base to Kedarkantha peak, Descend
to Hargaon Camp

Day 6: Return to Base Camp &
Celebration Night

Day 7: Departure to Dehradun

Summit Day
Kedarkantha Peak
(12,500 ft)



*Map is not scaled



Arrival at Base Camp –
Sankri Village (6,400 ft)

Starting point
Pickup from Dehradun
(TTH Office)

WHAT TO PACK FOR YOUR CHILD –



PACKING CHECKLIST

Clothing

- ☐ At least 3 Quick dry/ Synthetic T-shirts
- ☐ Woolen sweater or fleece jacket
- ☐ Windcheater/ Windstopper jacket
- ☐ Padded Warm jacket
- ☐ Thermal Inner (upper & lower)
- ☐ Dry-fit/ Synthetic pants
- ☐ Warm pants/ Thick Track Suit Pants
- ☐ 6 pairs of Regular socks
- ☐ 2 pairs of Woolen socks

Accessories

- ☐ Sun cap
- ☐ Woolen cap
- ☐ Sunglasses
- ☐ Neck gaiter/ Muffler
- ☐ Hand gloves

Gear & Essentials

- ☐ Regular Backpack / Duffle Bag with Enough Space
- ☐ Daypack (20–25 L)/ School Bag
- ☐ Trekking shoes (Preferable)/ Sports Shoes
- ☐ Sandals/Floaters
- ☐ Trekking pole
- ☐ Head Torch with Extra batteries
- ☐ Water bottle (1 L) (provided by TTH)
- ☐ Thermal bottle (1 L)
- ☐ Tiffin box (provided by TTH)

Toiletries & Personal Care

- ☐ Toothbrush & toothpaste
- ☐ Soap
- ☐ Quick-dry towel
- ☐ Toilet paper/ Biodegradable Wet Wipes
- ☐ Moisturiser & Sunscreen
- ☐ Lip balm
- ☐ Antibacterial powder
- ☐ Hand sanitizer

Our trek coordinator will help you choose the right gear for your child, ensuring they have the best experience in the mountains.

You can also rent them from our Rent-a-Gear section. Our rental store offers high-quality trekking gear for children, and all the items mentioned in the list above are available there. Our trek coordinator will assist you in selecting the right gear for your child, ensuring they have the best experience in the mountains.

Please Note: All meals are included in the package. Carrying packaged food to the camp is strictly prohibited, as it harms the environment. We are dedicated to keeping our mountains clean and urge you to join us in this effort.



WHY RENTING CAN BE A SMARTER CHOICE THAN BUYING

If your child is already familiar with trekking and goes at least once a year, then investing in trekking gear is a smart choice. However, if this is your child's very first trek then renting is undoubtedly the best option. Renting not only saves you money but also saves you from the hassle of storing and maintaining the gear.

When you rent trekking gear from **Trek The Himalayas**, be assured of receiving high-quality equipment that feels as good as new at prices starting as low as fifteen rupees. Simply head over to the Rent-a-Gear section on our official website to book your gear.

Please note All equipment will be handed over upon your arrival at our office.



TREKKING POLE



**WATERPROOF
TREKKING GLOVES**



**BACKPACK WITH RAIN
COVER (55+5 L)**



TREKKING SHOES



HEAD TORCH



WINDPROOF JACKET

YOUR CHILD'S MEAL PLAN AT CAMP

At Trek the Himalayas, we ensure your child receives all the essential nutrition needed for a growing mind and an active body. Our dedicated team of nutritionists has carefully curated a well-balanced food menu specifically designed for young trekkers. Every meal is thoughtfully planned to match the physical activities and the demands of the specific trek your child will undertake.

Below is the complete food menu that your child will enjoy during the trek.

Meal Type	Items
Welcome Drink	Lemon Juice, Tang Juice
Breakfast	Mix Paratha, Chola, Curd, Bread Toast, Milk Cornflakes, Pav Bhaji, Pongal, Bread Pakoda, Namkeen Oats, Omelet, Russian Salad, Sandwich (Jam/Butter), Oats, Fruit Salad, Gobi Paratha, Daliya, Dhokla, Poha, Black Chana, Maggi, Pancake, Boiled Egg, Hot Kava & Rusk (at Summit), Puri, Jeera Aloo, Namkeen Semiya, Suji ka Halwa, Rava Idli, Sambhar, Chutney, Medu Vada, Upma
Pack Lunch	Juice, Toffee, Chocolate, Biscuit, Banana, Apple
Lunch	Dal Tadka, Jeera Rice, Roti, Shahi Paneer, Mix Veg, Ice Cream, Papad, Salad, Veg Biryani, Kadhai Paneer, Chutney, Boondi Raita, Veg Kabab, Coconut Barfi, Lobia Dal, Lemon Rice, Dum Aloo, Noodles, Phirni, Rajma, Jeera Aloo, White Sauce Pasta, Kheer, Curry Pakora, Aloo Nutri, Macaroni, Aloo ka Halwa, Masala Rice, Rasam, Aloo Masala, Semiya
Evening Snacks	Soup, Popcorn, Rusk, Namkeen, Momos, Spring Roll, Nutri Chilli, Veg Cutlet, Honey Chilli Potato, Samosa, Chips, Finger Fries
Dinner	Masala Rice, Besan Gatte, Dal Makhani, Roti, Gajar ka Halwa, Fried Rice, Egg Fried Rice, Veg Manchurian, Pasta, Custard, Baingan Bharta, Mix Dal, Jeera Rice, Shahi Tukda, Macaroni, Egg Curry, Kofta Curry, Rice, Arhar Dal, Jalebi, Shahi Paneer, Gobhi Masala, Chana Dal, Gulab Jamun, Mutter Mushroom, Mix Veg, Lauki ka Halwa
Before Bed	Hot Chocolate, Hot Milk

We know kids love variety when it comes to food! That's why our meal plan offers a wide range of delicious dishes with no repetitions, ensuring every meal feels fresh and exciting throughout the trek.

We also cater to your child's specific dietary needs. If your child follows a Jain or any specific diet, you can request it while booking the trek.



WANT YOUR CHILD TO JOIN THE TREK?

HERE'S HOW TO BOOK

We've made the booking process quick and hassle-free, so you can reserve a spot for your child in just a few easy steps. Here's how:

- Visit the official "**Summit Scholars Himalayan Summer Camp**" webpage.
- Click on the "**Book Now**" tab - this will take you to the departure date selection section.
- Choose between the two trek options: **Dayara Bugyal** or **Kedarkantha**. Select the one you'd like your child to join.
- Pick the preferred month, and from the available dates, choose the one that works best for you.
- Fill in your contact information, followed by your child's details - Name, Age, Date of Birth, T-shirt size, Address, and the chosen trek date.
- If you're registering more than one child, click on "Add Participant" and enter their details as well.
- Review the payment summary, then proceed to make the payment.

Once the payment is complete, your child's trek is officially booked!

Need Help? Call us at

+91 96902 40820



Scan the QR code for details and registration for the

**Summit Scholars
Himalayan Summer
Camp**



WHY IS TREKKING BECOMING A PART OF SCHOOL PROGRAMS?

After organizing treks for many schools, we have realised that schools today are increasingly acknowledging the importance of trekking in a student's life. Trekking is no longer just a one time activity but it is something that is gradually becoming a necessity for a healthier and more balanced lifestyle. In a world where digital consumption dominates our daily routine whether it's endless scrolling on social media or constant use of mobile phones, we often forget what it truly means to live outside the screens. Trekking offers a much needed break from this cycle.

When school sends students on treks, they know that the children will be completely screen free for that many days. They also know that the students will experience real-life learning, develop resilience, and discover things that are often missed in everyday life.

They have often observed remarkable changes in students: those who once lacked confidence are now actively participating in school activities, while those who were self-centered have transformed into true team players. Such changes are possible only when students are placed in an environment where they must struggle, plan, cooperate, and accomplish everything together.

If your school is planning to send students on an outdoor summer camp or trek, you can get in touch with our Business Development Manager at

 **+91 96902 40820**

to coordinate the program.

SCHOOLS/COLLEGES THAT TREK WITH US



FREQUENTLY ASKED QUESTIONS

What is the age limit for the Summer Camp?

The camp is open to children aged "8 to 16 years", depending on the selected trek.

- Dayara Bugyal: 8 to 13 years
- Kedarkantha: 10 to 16 years

What kind of accommodation is arranged for the summer camp?

Children will stay in guesthouses and tents during the camp, with separate arrangements for boys and girls, with twin-sharing setups for all participants.

How will parents receive updates during the camp?

Regular messages and photographs will be shared with parents through a dedicated communication channel.

Where will the pick-up and drop-off be arranged?

All participants will be picked up and dropped off at the Trek The Himalayas office in Dehradun.

Why is a medical check-up required before the camp?

A mandatory medical check-up ensures each child's fitness and safety during high-altitude activities. Parents must submit the prescribed medical form at least 15 days before departure.

How will the child's safety be ensured during the trek?

We maintain a 5:1 child-to-staff ratio, follow strict safety protocols, and operate on verified routes suitable for children.

Are mobile phones allowed during the camp?

No. To promote engagement with nature and group interaction, mobile phone use is not permitted (No gadgets allowed).

What happens if a child needs to return midway due to an emergency?

In case of an emergency, a trek leader will escort the child to the base camp, and a staff member will accompany them safely back to the Trek The Himalayas Dehradun office.

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About Trek the Himalayas

Founded in 2010, **Trek The Himalayas** has set the benchmark for safety in the mountains. After guiding more than 5,00,000 trekkers in the mountains, we are proud to say that we have become a go-to name whenever anyone thinks of a safe and reliable trekking experience. Started by two passionate mountaineers themselves, we know the Himalayas inside out and are committed to making trekking accessible for everyone.

Certification/Members



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