



# NATURE'S CLASSROOM

Empowering Minds through Outdoor Discovery





## Out-of-the-box educational experiences - the need of the hour

In today's rapidly changing world, traditional classroom learning often falls short in fostering critical life skills. As such, innovative learning programs are becoming increasingly important. Students need to be provided with opportunities to learn beyond textbooks, encouraging them to collaborate, communicate, problem-solve, and adapt to real world scenarios.



## Harnessing the power of the great outdoors

Nature is a great educator. A class in the outdoors where one can learn through experience will have a great lasting impact on the impressionable minds of young students.

At Trek the Himalayas, we have put together our years of learning and experience in the great outdoors for designing our experiential learning program for students. This is an educational approach that involves taking students outside of the traditional classroom environment and into the outdoors to offer them learning through hands-on experiences. The program typically involves various activities and challenges divided into age appropriate levels that promote teamwork, problem solving, communication, leadership, and personal growth.





# Our Experiential Learning Blueprint

We've meticulously designed our program to encompass a diverse spectrum of experiences. From invigorating team-building activities that foster camaraderie to immersive leadership development sessions that cultivate confidence, the outdoor training approach is quite impactful. We also believe in nurturing environmental consciousness, hence we integrate comprehensive environmental education to inspire responsible stewards of nature. We embrace adventure-based learning through thrilling wilderness expeditions, empowering individuals to step outside their comfort zones and discover their untapped potential. These outdoor skills impart practical knowledge that goes way beyond textbooks.





# Our Programs

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## Team Building Activities

Team Building Activities are excellent ways to foster a sense of community among students. By participating in group activities that promote teamwork, communication, and trust, students learn to work together towards a common goal, build relationships with one another, and develop their leadership and collaboration skills. These activities also provide opportunities for students to challenge themselves and develop their confidence, resilience, and problem-solving skills. As a result, students who engage in team-building activities are often better equipped to work effectively in teams and to succeed in their academic and personal lives.

### Leadership Development

Our team-building activities are designed to hone the leadership capabilities of students. By providing students with guidance and training on how to effectively lead teams and make decisions in outdoor settings, they gain valuable skills that can be applied in all aspects of their lives. Leadership development helps students to identify and build upon their strengths, learn how to communicate effectively and develop problem-solving and critical thinking skills. As students take on leadership roles, they also gain self-confidence and learn to accept responsibility for their actions. In addition, leadership development fosters teamwork, collaboration, and a sense of community, which can lead to stronger relationships and a more positive learning environment.





These programs are an essential aspect of outdoor education that helps students understand and appreciate the natural world. By learning about the importance of conservation and sustainability, students become more aware of the impact of their activities on the environment and how they can minimize it. Environmental education covers a wide range of topics including ecology, conservation, sustainability, and environmental issues. By learning about the interconnectedness of living and non-living things, students develop a deeper understanding of the world around them and their role in preserving it. In addition, environmental education helps students to develop critical thinking and problem-solving skills and to see the world from new perspectives, which can foster creativity, innovation, and a lifelong commitment to environmental conservation.



### Outdoor Skills Training

As an integral part of the Environmental Education Program, Outdoor skills training plays an important role towards the goal of a well-rounded education. By learning essential outdoor skills such as navigation, wilderness survival, and first aid, students become more self-sufficient and confident in their ability to manage risk and respond to emergencies. These skills also promote physical and mental wellness, as students learn to appreciate and connect with the natural world. In addition, outdoor skills training can foster teamwork, leadership, and problem-solving skills, making students better equipped to work together and tackle challenges as a team. Overall, outdoor skills training provides valuable life skills that can be applied in a variety of settings and situations.

### First Aid Training

First Aid activities can provide numerous benefits for students, including the development of essential life-saving skills, increased confidence and readiness in emergency situations. Learning and practising First Aid can empower students to respond effectively to injuries, illnesses, and emergencies, both in and outside of the classroom. They can learn how to manage minor injuries, such as cuts, scrapes, and bruises, as well as more serious injuries, such as fractures, burns, and cardiac arrest.





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## Adventure-Based Learning Activities

Adventure Based Learning Activities are an exciting and important component of outdoor education. By participating in challenging outdoor adventures such as trekking, rafting trips or rock climbing, students develop their confidence, physical abilities, and sense of accomplishment. Adventure activities provide opportunities for students to step outside of their comfort zones, take risks, and push themselves to new limits. This not only improves their physical fitness but also strengthens their mental resilience and problem-solving skills. In addition, adventure activities foster teamwork, leadership, and collaboration, as students work together to tackle challenges and support one another. Overall, adventure activities are a fun and effective way to develop important life skills and foster a lifelong love of the outdoors.

### Wilderness Expeditions

Wilderness expedition for students typically involves a group of students venturing into natural, remote, and often undeveloped areas to explore, learn, and engage in various outdoor activities. These expeditions are designed to provide students with hands-on experiences in the wilderness, fostering personal growth, leadership skills, teamwork, and environmental awareness.





# Different Levels For Different Ages



It's important to remember that children develop at different rates, so it's always a good idea to assess their individual skills and abilities before engaging them in any adventure activities. Additionally, it's important to ensure that the activities are age-appropriate and safe for children. Here are some suggested levels for adventure activities for kids:

## Campus Chronicles

### Level 1: Class 1 to 4

For children in classes 1 to 4, it's best to keep the activities simple and within the school campus. These activities are designed to introduce children to adventure activities in a safe and controlled environment. Trek The Himalayas team will come to the school and students will do all the activities inside the school campus. Activities could include rope courses, low-level obstacle courses, wall climbing, rappelling, and fun activities/games, these activities will help children to develop their balance, coordination, and problem-solving skills.







## Shine Bright In The Wild

### Level 2: Class 5 to 8

For children in classes 5 to 8, it's best to take them to an adventure camp with an overnight stay. The camps are designed to help children develop their teamwork and leadership skills. Students will be taken to a fixed camp and they will do all the activities in one place. Activities could include team building and leadership activities, first aid training, day hikes, rope courses, wall climbing, high-level obstacle courses, and fun activities, these activities will help children to develop their communication and decision-making skills. Students will also learn first aid training, which can be helpful in case of any emergencies.

## Teaching Through Trails

### Level 3: Class 9 to 12

A Himalayan multi-day trek is an excellent adventure activity that can help them develop a range of important skills. This type of trek requires endurance and resilience, as participants will be hiking for several days in challenging terrain. It also requires teamwork and leadership, as participants will need to work together to navigate the trek and set up camp each night.

In addition to these skills, students will also have the opportunity to learn about flora and fauna in the region, which can be a valuable educational experience. They will also receive first aid training, which can be helpful in case of any emergencies, and learn distress signals training, which can be useful in case of any emergency situations.

The Himalayan multi-day trek can be a challenging but rewarding adventure activity that can help students develop a range of important life skills while exploring the beauty of the natural environment.





## Minds & Mountains

### Level 3: College or higher Students

This level includes a high altitude moderate to difficult Himalayan multi-day trek, where students can challenge themselves physically and mentally while experiencing the beauty of nature.

To ensure safety during the trek, students will also receive training in Advanced First Aid and CPR techniques, as well as distress signals and rescue techniques in case of emergencies.

The program will also focus on developing leadership, teamwork, decision-making, and confidence-building skills through various outdoor activities and challenges. Students can learn how to work efficiently in a team, delegate responsibilities, and support each other in achieving common goals.

Additionally, the program will include training in disaster management to promote environmental sustainability and a Leave No Trace policy to ensure that the group minimizes its impact on the environment.

Finally, the program can help students learn how to work effectively outside their comfort zones by pushing them beyond their limits and encouraging them to embrace new experiences and challenges.





# Crafting Nutritious Outdoor Cuisine

Food is an essential part of any outdoor adventure program, as it provides the necessary fuel and nutrients for participants to sustain themselves throughout their journey. At our outdoor adventure program, we take great pride in providing our participants with delicious and nutritious meals that are freshly cooked and served hot by our high-altitude chef.

One of our core values is to serve only vegetarian food that is easy to digest, making sure that our participants are not weighed down by heavy meals during their activities. Our meals are designed to provide a balanced combination of protein, carbohydrates, and essential nutrients, ensuring that our participants have the energy they need to enjoy their outdoor experiences to the fullest.

We also understand the importance of serving meals at the right intervals, ensuring that participants are never hungry or lacking energy during their activities. Our breakfast menu offers a range of options, including boiled eggs, upma, poha, pancakes, porridge, corn flakes, aloo paratha, milk, and tea, providing participants with a variety of choices to start their day.

For lunch, our menu typically includes rice, dal, chapati, and vegetables, accompanied by a sweet dish for a satisfying end to the meal. In the evening, we offer a variety of snacks such as soup, popcorn, papad, pani puri, samosa, honey chilli pakoda, veg momo, tea, and coffee, providing participants with a tasty and energizing break before dinner.

We take pride in the fact that we never repeat the menu, ensuring that our participants are constantly exposed to new and exciting tastes and flavors. Our high-altitude chef is trained to cater to a wide range of dietary requirements, including vegan, gluten-free, and lactose-free diets, ensuring that all participants are accommodated.

In addition to providing nutritious and delicious meals, we also prioritize the safety and hygiene of our food. Our kitchen is equipped with state-of-the-art equipment and is regularly inspected by our staff to ensure that all food is prepared and stored safely.

At our outdoor adventure program, we believe that food plays an important role in providing participants with an unforgettable experience. We strive to offer a variety of delicious and nutritious meals, ensuring that participants have the energy they need to fully enjoy their outdoor activities. Our commitment to serving only vegetarian food, providing a diverse menu, and prioritizing food safety and hygiene is a testament to our dedication to providing a high-quality outdoor adventure program.





# What Students Learn from This Program



## **Improves physical health and fitness:**

Participating in outdoor adventures like hiking, camping, rock climbing, and water sports can provide students with an opportunity to get some exercise and improve their physical fitness. Physical activities like these can strengthen muscles, improve cardiovascular health, and increase endurance.

**Boosts mental health:** Outdoor adventures can be incredibly beneficial for mental health. The act of spending time in nature has been shown to reduce stress, anxiety, and depression. Additionally, outdoor adventures can be a great way to disconnect from technology and other distractions, giving students a chance to focus on the present moment and cultivate mindfulness.



## **Promotes creativity and imagination:**

Outdoor adventures provide an opportunity for students to tap into their creativity and imagination. Being surrounded by nature and exploring new environments can inspire curiosity and encourage students to think outside the box. Whether it's building a shelter or coming up with new ways to navigate a trail, outdoor adventures offer endless possibilities for creative problem-solving.



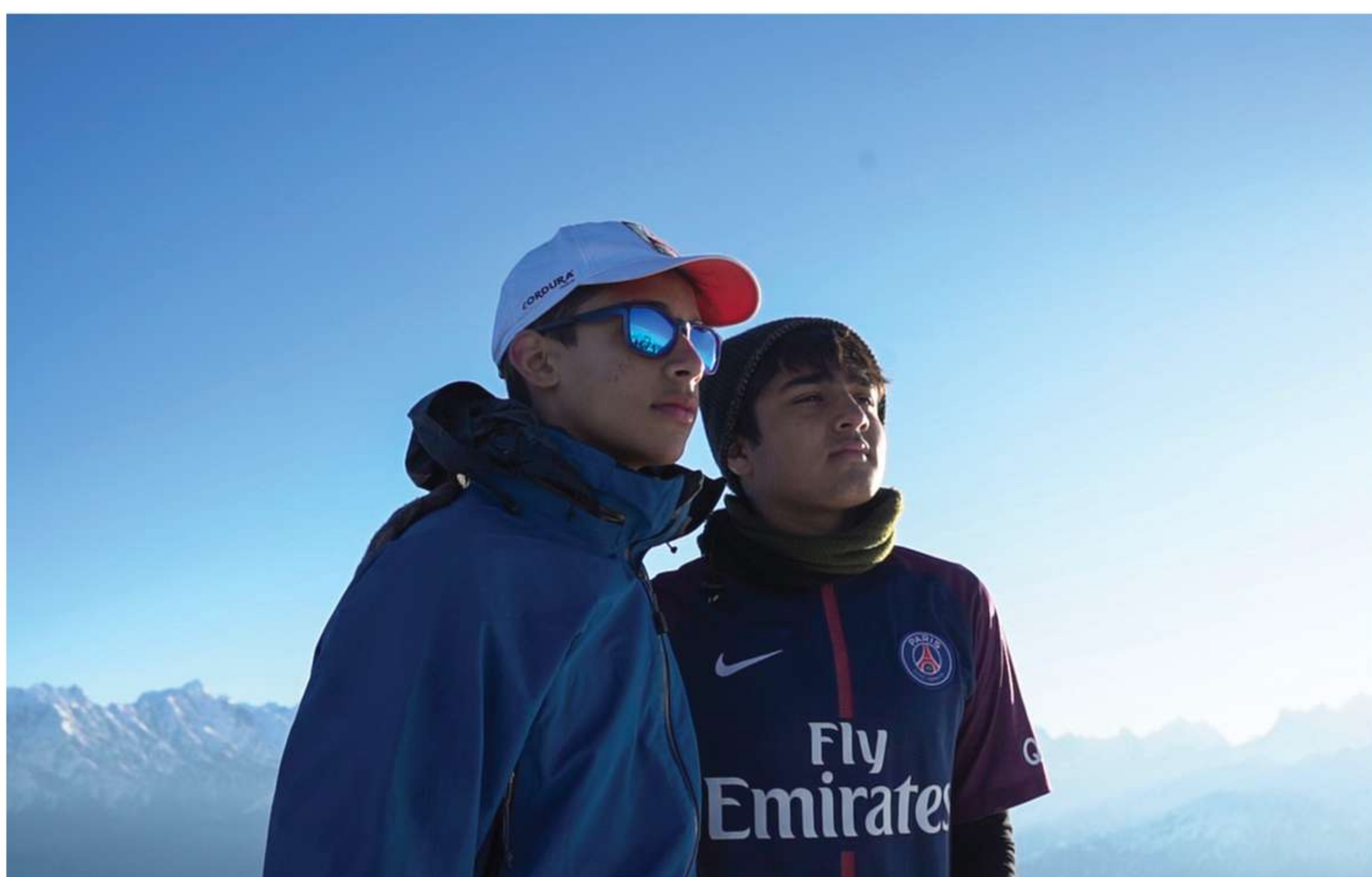




### **Enhances sensory development:**

Spending time outdoors can also enhance sensory development. Natural environments offer a range of sensory experiences, from the sound of a babbling brook to the feeling of soft sand underfoot. Engaging with these sensory experiences can help students develop a deeper understanding and appreciation for the world around them.

**Builds social skills:** Participating in outdoor adventures can also help students build social skills. Outdoor activities often require teamwork, communication, and collaboration, which can help students develop stronger relationships with their peers. Additionally, outdoor adventures can provide a space for students to bond over shared experiences and build a sense of community.



### **Encourages independence and self-confidence:**

Finally, outdoor adventures can help students develop independence and self-confidence. Being in new environments and facing new challenges can be intimidating, but successfully navigating these situations can be incredibly empowering. Students who participate in outdoor adventures can develop a sense of self-reliance and feel more confident in their ability to handle difficult situations.

**Develops an appreciation for nature and the environment:** Outdoor adventures provide an opportunity for students to connect with nature and develop a greater appreciation for the environment.





# How Students Stay Safe With Trek The Himalayas

Ensuring the safety and enjoyment of students is the top priority and by prioritizing student safety and enjoyment, Trek The Himalayas is setting a strong foundation and high standard for successful and rewarding outdoor adventures for students.

We have experienced and qualified staff: Having experienced and qualified staff is crucial in ensuring the safety and success of students participating in outdoor activities. These instructors and guides will not only have the necessary skills and training but also the knowledge and experience to handle potential challenges and emergencies that may arise in the wilderness. The fact that the staff has received training from reputable institutions such as NIM, HMI, ABVIMAS, NOLS, and Heal Harbour, shows a commitment to providing the highest level of safety and training to students. This will help to build confidence in the students and allow them to focus on their outdoor adventures without worrying about safety. Having experienced and qualified staff can make a big difference in the quality and success of outdoor activities, and is a critical component of ensuring student safety and well-being in the wilderness.



**Daily health checkup:** Daily BP and oximeter readings are mandatory to monitor the health and well-being of the students during outdoor activities. We take readings at the same time each day to ensure consistency, we record the readings in a logbook and note any signs of illness or injury, such as dizziness, fatigue, difficulty breathing, along with taking BP and Oximeter reading attendance.

**Comprehensive safety plan:** We have developed a comprehensive safety plan that includes procedures for responding to emergencies and handling potential risks. It helps to minimize potential risks and provides a clear plan of action in case of an emergency. Having a well thought out and well-executed safety plan gives both students and staff peace of mind, and allows them to focus on the adventure and learning opportunities that come with outdoor activities.







**Provide proper training and equipment:** We provide students with the proper training and equipment to ensure their safety, such as Camping equipment, First aid kits, appropriate Clothing and Gear. We periodically review and update the equipment and supplies to make sure they are in good working condition and meet the needs of the students and the environment. This helps to reduce the risk of equipment failure or malfunction and ensure that students are well-equipped for any situation.

**Monitor and assess risks:** We continuously monitor and assess potential risks in the wilderness, and take steps to minimize those risks. It is important to regularly review and update the risk assessment procedures, taking into account any changes in the environment or student needs. By continuously monitoring and assessing potential risks in the wilderness, Trek The Himalayas are demonstrating a strong commitment to student safety and success.



**Encourage open communication:** We always encourage open communication among students and by giving students the opportunity to voice their concerns and ask questions, it helps to create a culture of trust, collaboration, and engagement. This can have a positive impact on student satisfaction, motivation, and academic performance.

**Have a backup plan:** We always have a backup plan in place in case of an emergency, such as a means of communication, evacuation procedures, and access to medical care. Having a backup plan in place for emergency situations is important for ensuring the safety and well-being of students and staff.





# Age-Specific Trekking Adventures



## Dayara Bugyal

**Suitable age group:** 10 years and above

**Max altitude:** 12,100ft

**Region:** Uttarakhand

A trek for all seasons, Dayara Bugyal is an epitome of Himalayan beauty! This trek is as beautiful in the summer months as in the winter season and never fails to impress the young minds.

Suitable for the age group of 10 years above, our young trekkers will walk through the high altitude meadow – the bugyal, following gradual ascends and descends and will reach a maximum altitude of 12,100ft in 6 days. The ever-imposing presence of stalwarts like Mount Bandarpunch, Draupadi ka Danda, Kalanag etc will create a lasting impression.

## Nag Tibba

**Suitable age group:** 10 years and above

**Max altitude:** 9,900ft

**Region:** Uttarakhand

A short and sweet trek for the little trekkers of 10 years and above, Nag Tibba is a weekend trek. However, the stunning natural beauty and the learning that this journey can offer is in no way lesser than any other Himalayan adventure.

Our young trekkers will learn outdoor survival skills, leadership skills and join in sessions where the young minds will be given an environment to experience learning beyond the four walls of the classroom!







## Chopta Chandrashilla

**Suitable age group:** 10 years and above

**Max altitude:** 12,100ft

**Region:** Uttarakhand

A 5 days of exciting adventure in Uttarakhand Himalayas, the Chopta Chandrashilla trek offers an unparalleled experience to young minds. Known for being an almost all-season trek, the journey offers a mix of awe-inspiring natural beauty and cultural immersion.

The young trekkers will be exposed to experiential learning in the outdoors through exciting team building exercises. The trekkers will be exposed to experiential learning in the outdoors through exciting team building exercises in the presence of grand Himalayan peaks.

## Brahmatal

**Suitable age group:** 12 years and above

**Max altitude:** 12,250ft

**Region:** Uttarakhand

Known as a winter paradise, Brahmatal trek is accessible in other months of the year, as well. Uttarakhand is called Devbhumi, abode of gods, and the Brahmatal trek showcases the same essence of the land. Steeped in folklore and mythology, the 6 days journey of this trek will offer deep cultural immersion to our young trekkers.

The experience of walking through alpine forests, meadows, witnessing lakes and spotting mesmerizing view of Mt. Nanda Ghunti, Trishul and Chaukhamba is unique. This will expand the horizon of the young minds beyond what they can experience in a closed classroom.







## Kedarkantha

**Suitable age group:** 12 years and above

**Max altitude:** 12,500ft

**Region:** Uttarakhand

The excitement of reaching a mountain peak is unparalleled and we give our young trekkers that unique experience. Through a span of 6 days of exciting adventure following some gradual and some challenging trails, the trekkers will reach an impressive altitude of 12,500ft.

Well regarded as a winter adventure, Kedarkantha peak trek offers some of the most beautiful campsites for the kids to have fun, learn, and make loads of memories!

## Bhrigu Lake

**Suitable age group:** 12 years and above

**Max altitude:** 14,000ft

**Region:** Himachal Pradesh

In 4 -5 days gaining an altitude of 14,000ft is not an easy achievement. It is this sense of achievement, the learning on the way through group activities and individual reflection sessions that make the Bhrigu lake trek an idea one for our young trekkers who are in the age group of 12 years and above.

Located in the beautiful Himachal region, the Bhrigu lake trek is a complete package of adrenaline-rushing adventure, cultural immersion, and unparalleled experiential learning experience with the Trek The Himalayas team.







## Har-Ki-Doon

**Suitable age group:** 12 years and above

**Max altitude:** 12,000ft

**Region:** Uttarakhand

Touted as one of the most scenic treks in the Uttarakhand Himalayas, Har Ki Doon is steeped in history, mythology, and century-old cultural heritages. This trek offers young minds exposure to the world beyond the closed classroom.

In a journey spanning 7 exciting days the trekkers reach an altitude of 12,00 ft and are greeted by the panoramic view of the Swargarohini group of peaks!

## Ali Bedni Bugyal

**Suitable age group:** 12 years and above

**Max altitude:** 11,500ft

**Region:** Uttarakhand

Hiking in the Himalayas is not always about climbing high peaks or reaching the high passes it is about witnessing every element of the mountains. Amongst that is the never-ending eye-soothing greenery. Ali Bedni Bugyal Trek as you might have guessed from the name is an epitome of meadows with stupendous Himalayan peaks standing tall in the background.

Through a 6 days of exciting journey our young trekkers will be given a wide range of trainings in outdoor survival techniques and will be exposed to exciting experiential learning activities.







## Markha Valley

**Suitable age group:** 15 years and above

**Max altitude:** 17,100ft

**Region:** Ladakh

In Markha Valley trek trekkers of 15 years and above will be allowed to participate. This trek goes to an altitude of 17,000ft above and is a real challenge for curious minds who have the necessary fitness level.

Our trekkers get to rediscover the parched region of the mighty Himalayas. The mysterious ride of 8 days, exhibiting lush green to yellow barren landscapes, passing alongside the Indus River will be borne in your mind for a lifetime.

## Everest Base Camp

**Suitable age group:** 15 years and above

**Max altitude:** 18,200ft

**Region:** Nepal

Trekkers of 15 years and above with 2 or more high-altitude trekking experiences are allowed on this journey of a lifetime to Everest Basecamp trek in Nepal. The trek is of 13 days of challenge through moderate to difficult grades of terrain accompanied by the unsurpassable beauty of the grand Himalayan range.

Here our trekkers are not only given a chance to experience experiential learning but also are exposed to their mental limits, which they are invited to surpass.





# Mt. Kilimanjaro

**Suitable age group:** 15 years and above

**Max altitude:** 19,341ft

**Region:** Tanzania,Africa

Mount Kilimanjaro is the tallest mountain in Africa. It stands an impressive 19,341 feet tall over the Tanzanian plains. Mount Kilimanjaro is also the tallest free-standing mountain in the whole world. For this lifetime of journey, we allow trekkers of 15 years and above with a good level of fitness and prior trek experiences.

Our trekkers will be given opportunities to experience not only the unique Tanzanian landscape but also valuable exposure to the local culture and practices. It will be an immersive experience of 9-10 days where our young trekkers will learn a wide range of skills ranging from outdoor survival to leadership skills.

We organize over 200 diverse treks in the Himalayan region. We encourage you to reach out to us. Our team is ready to discuss, plan, and tailor a programme that aligns perfectly with your educational goals.





# Leadership Quality Building

Experiential learning plays a pivotal role in developing leadership qualities by providing hands-on, immersive experiences that go beyond theoretical knowledge. Through active participation and real-world challenges, our student-participants cultivate essential skills that are fundamental to effective leadership.

Firstly, through our outdoor experiential learning programs the participants will be able to foster decision-making skills where they must analyze, strategize, and make prompt decisions. This process enables them to develop confidence in their judgment and learn from the outcomes of their choices. Secondly, leadership often requires effective communication and interpersonal skills. Experiential learning environments, such as group projects or simulations, provide opportunities to collaborate, communicate, and resolve conflicts. Leaders emerge from these experiences with improved abilities to articulate ideas, inspire others, and navigate diverse perspectives.





# Why Trek With ITTH?





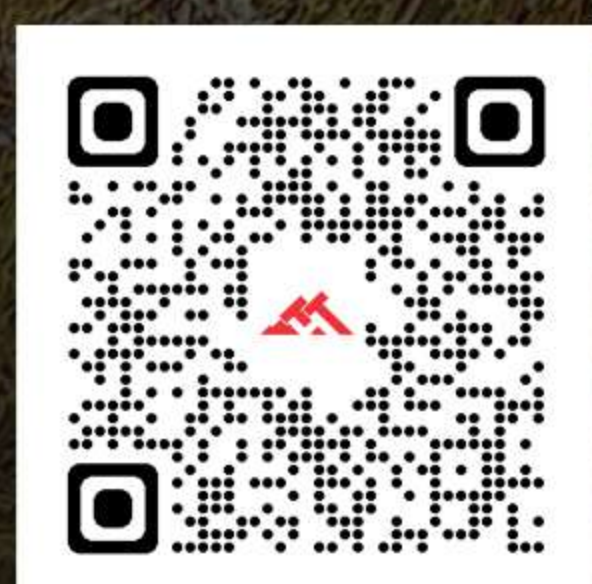
- Right from the inception of the idea of TTH, we have aimed to create safe treks, while developing the local communities of the Himalayas.
- We follow all the processes of taking permits, maintaining team member to trekker ratio, carrying oxygen cylinders, taking oximeter readings, following a healthy routine and diet plan.
- We are innovating and evolving our values each day to make adventure tourism a wonderful experience for all.
- We have always guaranteed 100% service at affordable prices.
- We run a team of professionals and are affiliated with the Indian Mountaineering Foundation (IMF), Uttarakhand Tourism Board.
- We follow eco-friendly practices.







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## Certifications/Members

