



DHARANSHALA

ADVENTURE CAMP

**From 11 th. June to
17 th. June 2026**

with **PREMLATA AGRAWAL**
PADMASHREE & NATIONAL ADVENTURE AWARDEE





This Outdoor Adventure & Leadership program is designed with the perspective of bringing participants from diverse backgrounds to gain confidence in the outdoors. We empower our participants to connect with each other, the environment, and themselves. Rooted in leadership and focused on connecting to the natural environment, our program is both a fun-filled exploration and an opportunity for self-empowerment.

In our program, the participants get to explore the boundaries of their comfort zones in the outdoors, whether that's spending five days on a backpacking trip or rock climbing. They become empowered to try new things, find their voices in a supportive community, and reap the rewards of taking calculated risks.

Why choose an outdoor adventure program ?

Have a ton of fun!

Our goal is for our participants to truly enjoy the different activities we offer, like rock climbing, hiking, and white water rafting, and continue pursuing outdoor activities throughout their lives.

Connect with nature

Our participants gain a new and deeper appreciation for the natural world around them and practice Leave No Trace principles.

Increase confidence and self-esteem

Growing up in our digitally-driven world is extremely tough for youngsters; providing them appropriate challenge and showing them that hard work leads to meaningful reward shows them that they are capable of anything.

Learn how to thrive in an inclusive community

Athletics and academia are competitive, which can lead to a "every person for themselves" mentality. Adventure Treks takes competition away to create a community where everyone pitches in, works together, shares in mutual successes, and learns what it means to be a part of something bigger than oneself.

Gain important life skills.

Independence, collaboration, problem-solving—these non-cognitive skills are recognized by the world's top minds as the key to success.

Itinerary

Day 1

DEPARTURE FROM DELHI



The adventure begins as we assemble at 4:00 PM near the bus stand or airport, ready to embark on an overnight journey to Dharamsala aboard a comfortable Volvo bus. The excitement builds as we leave behind the city and head toward the majestic Himalayas, settling in for a restful overnight ride.

Day 3

KHABRU WATERFALL TREK

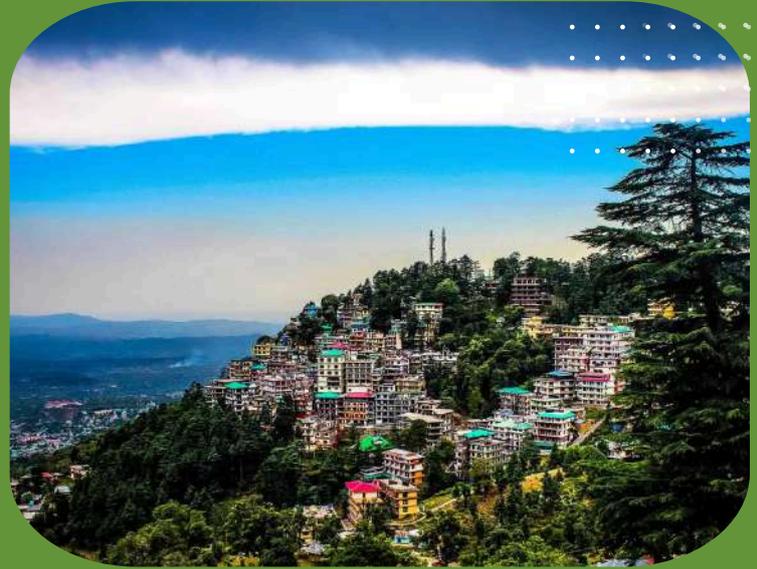
A breathtaking journey into the heart of Boh Valley begins with morning tea and breakfast, fueling us for the day. A 75-minute drive leads to Boh Village, the starting point of our trek.

The 3-kilometer uphill trail winds through dense forests, rugged pathways, and flowing streams, creating a mesmerizing trek through the untouched wilderness. Upon reaching the 80-foot Khabru Waterfall, its cascading waters and tranquil rock pool offer a perfect retreat in nature. We take time to enjoy a packed lunch, absorbing the serene surroundings before beginning our descent back to camp.

As the evening sets in, we unwind with tea, snacks, and a cozy campfire dinner, accompanied by music or a short documentary, making the experience even more memorable. Under the stillness of the mountains, we settle into tented accommodations, ending the day on a high note.

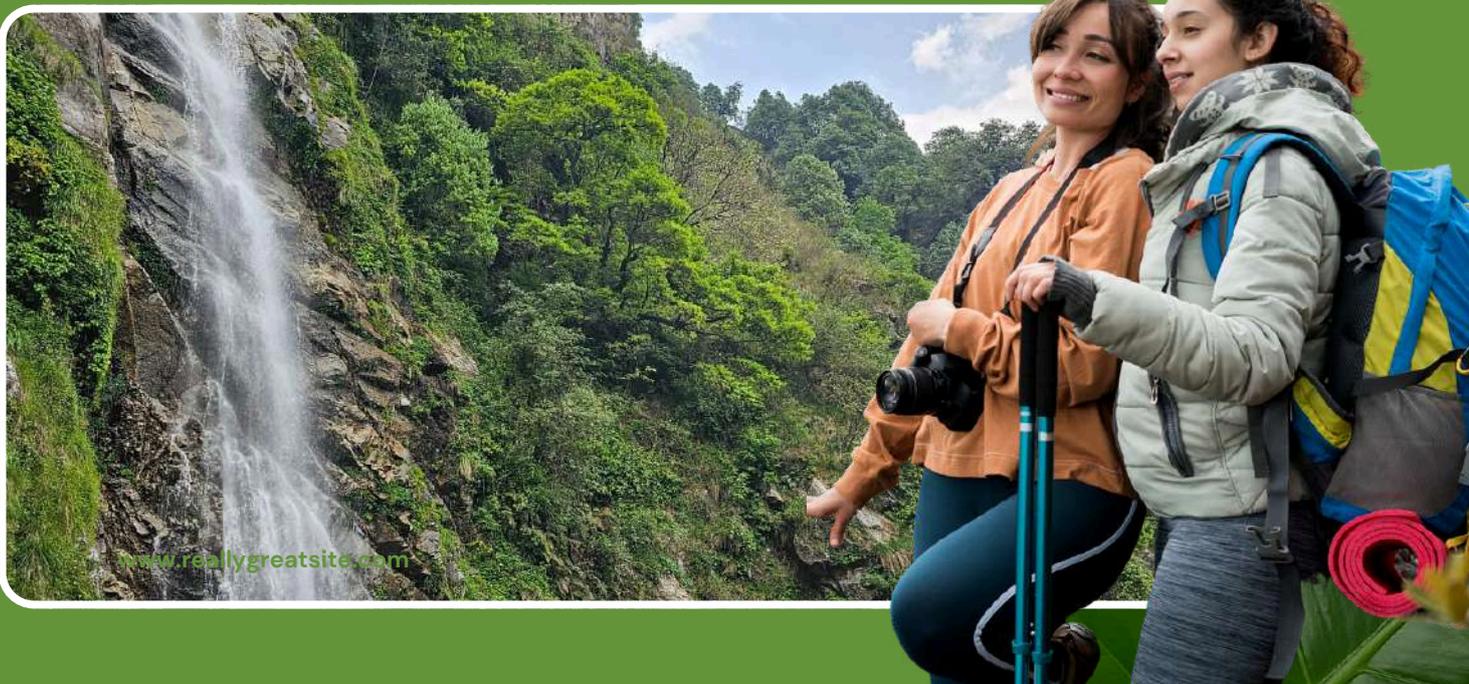
Day 2

ARRIVAL IN DHARAMSALA & ACCLIMATIZATION TREK



The team reaches Dharamsala early in the morning, where jeeps await to take us on a one-hour scenic drive to Kareri Village. Upon arrival, a 20-minute trek leads us to the base camp, where participants are welcomed with refreshments and tented accommodations. A briefing on the program schedule helps set the stage for the upcoming adventure.

After breakfast, the group heads to the rock area for a thrilling rappelling session on steep rock faces, guided by facilitators who focus on fear and risk management techniques. Post-lunch, we engage in a discussion on "Leave No Trace" (LNT) practices, ensuring responsible exploration. Later, an acclimatization trek takes us deep into traditional Himachali villages, offering firsthand glimpses of Gaddi shepherd culture. This relaxed hike prepares participants for higher-altitude treks, ensuring they are fully adjusted to the terrain.



Itinerary

TREK TO HARAI MATA TEMPLE

Day 4

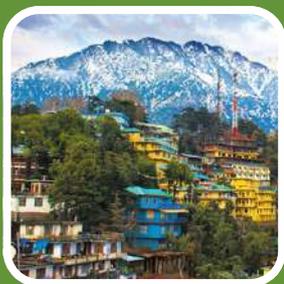


Day 5

Today's adventure leads us to Harai Mata Temple, a sacred site for the Gaddi shepherd community, standing at an altitude of 9,200 ft. After breakfast, we begin our 4-5 hour trek, ascending from 6,350 ft at base camp, navigating through rocky trails, meandering streams, and dense forests.

Upon reaching the lush green meadow atop the trail, a breathtaking panoramic view of the Dhauladhar range unfolds. The spiritual aura of the temple, combined with the natural grandeur surrounding it, makes for a deeply immersive experience. After taking in the serenity, we descend back to base camp, capping the day with an evening of warmth, music, and camaraderie around the fire.

EXPLORING DHARAMSALA & DEPARTURE



After breakfast, we bid farewell to Kareri, hiking back to the village before boarding vehicles for a two-hour scenic drive to McLeodganj (Naddi). Known as "Little Lhasa," this charming town is adorned with snowcapped mountain views and Tibetan culture.

Upon checking into the hotel, we enjoy a well-deserved lunch before setting out for sightseeing. Highlights include Dalai Lama Monastery, Bhagsu Waterfall, and Bhagsunath Temple, allowing us to experience the region's deep spirituality and serene landscapes. In the evening, we return to the hotel for dinner and a restful overnight stay.



Day 6: Exploring Dharamsala & Departure

On our final day in the mountains, we enjoy a leisurely morning, visiting Mall Road, local markets, and prominent landmarks. A relaxed lunch at a local eatery gives us time to savor the region's flavors before boarding our Volvo bus in the evening.

The return journey to Delhi is filled with reflections on our adventure, stopping en route for dinner before continuing the overnight drive.



Day 7: Arrival in Delhi & Final Farewell

As we reach Delhi, participants disperse, carrying with them cherished memories of majestic landscapes, cultural experiences, and bonds formed in the lap of the Himalayas—promising to return once more.

TRIP COST:

Rs. 24700 plus 5% GST per person From DELHI TO DELHI

An amount of Rs 7000 plus 5% GST should be deposited to book the seat. This amount will be non-refundable in any circumstances

Balance amount must be paid before 21 days of trip date. Failing which it will be considered as not interested and the seat will be allotted to another willing participant.

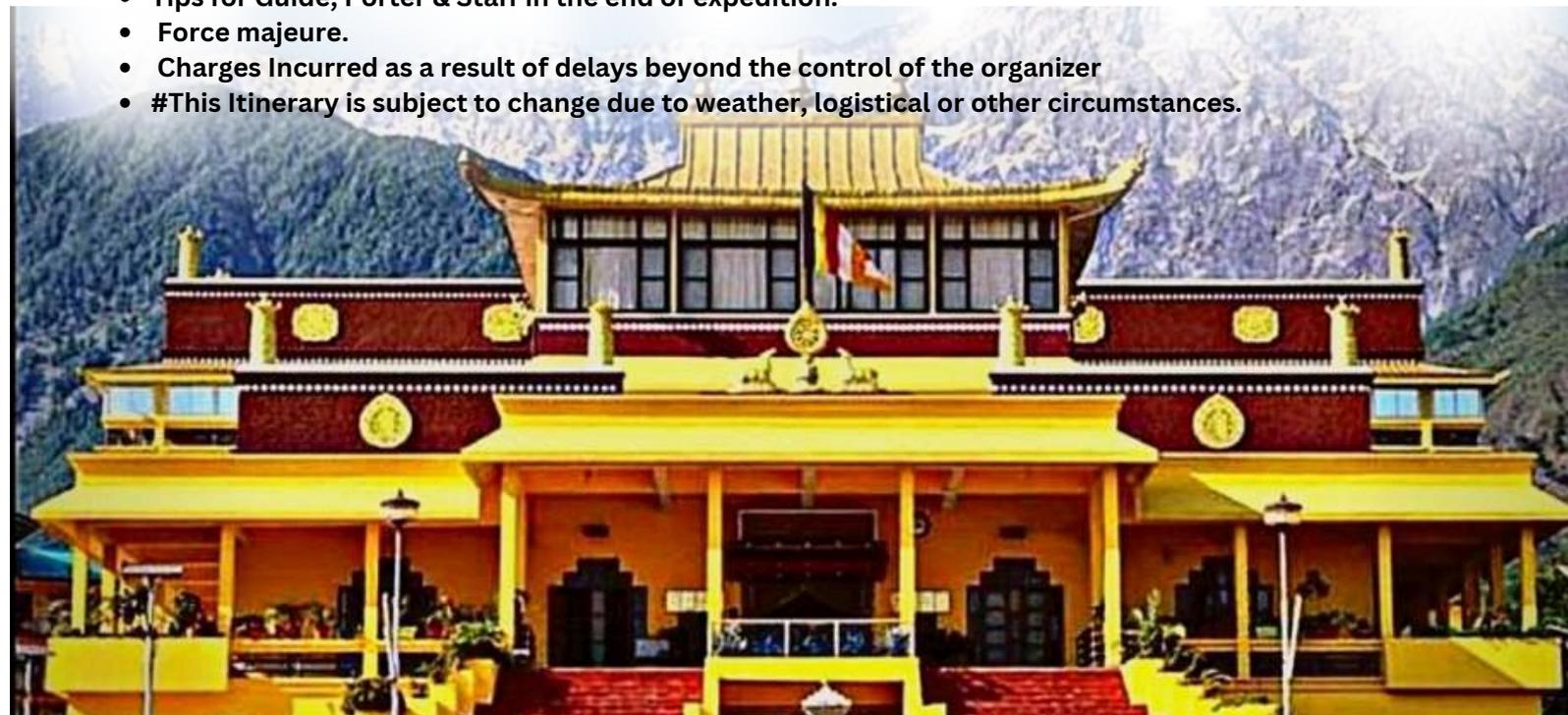
INCLUSIONS AND EXCUSIONS

Inclusions :

- All Meals (Bed Tea , Breakfast , Packed Lunch , Evening Tea with Snacks ,Dinner) during the trek.
- Tent accommodation on all nights in quality waterproof tents on a twin-sharing basis.
- Hotel and Lodges triple sharing
- Dining Tent with Tables and Chairs along with Camp Utensils and Cutlery.
- Separate Toilet tents for Male and Female Trekkers.
- Sleeping bags, Carry mattresses, Inflatable Pillow provided.(Note : We highly recommend to get personal sleeping bags for hygiene reasons)
- Trek Staff (Cooks , Kitchen helping staff)
- BMC and First Aid qualified Trek Leaders (1: 8 ratio)
- First Aid Kits with Portable Oxygen Cylinders.
- Offloading of Personal luggage (Haversacks or Duffels Bags only) .
Up to 10kg per person allowed only.
- All Passes and Permissions.
- Transportation -DELHI TO DELHI
- 4 Nights Camp stay and one night in hotel (Three persons sharing in a room)

A) EXCLUSIONS :

- Any costs incurred due to any circumstances (Medical , Natural , Personal , Political reasons etc.)
- Expenses of Personal Nature.
- Anything not mentioned in the Inclusions
- Single/ double Room Supplement (for nights spent in hotel)
- Beverages, laundry, telephone and items of a purely personal nature,
- Medical & Personal Insurance.
- Any cost arising for carrying luggage through porters, pony or any other means over than 10 kgs.
- Early departure from the expedition due to sickness or other problems
- Tips for Guide, Porter & Staff in the end of expedition.
- Force majeure.
- Charges Incurred as a result of delays beyond the control of the organizer
- #This Itinerary is subject to change due to weather, logistical or other circumstances.



HOW TO JOIN

Members desirous of joining this program will have to fill the registration form. Link for the registration form will be sent to the willing participant.

CANCELLATION RULES

Cancellation can be made prior to 30 days of trip date. However, a minimum of Rs. 5000/- in addition to the non refundable registration charges will be deducted as cancellation charges. Any unforeseen event / strike or natural calamity will not be considered as a cause of cancellation.

WHO CAN PARTICIPATE

The minimum age for a member to join the program is 12 years, under age will not be considered.

FOOD

Simple nutritious vegetarian meals.

SAFETY & SECURITY

Extensive and painstaking preparations have gone into the planning of the program. Our field staff and experienced camp leaders have been visiting the area to check all details. While every care has been taken to ensure safety, we cannot be held responsible for any accident, illness and such other unforeseen eventualities.

NOTE

- Participants should be in good physical fitness. No prior experience is necessary.
- Smoking, use of alcohol and narcotics of any description is strictly prohibited during the course of the program.
- Deviation from the set route of the program is not permitted. If participants may wish to join any other activity, they may do so at their own responsibility and risk only after finishing the program and checking out.
- This is an environment friendly trek. Do no litter any wrappers or spoil the trail in any way. In case you find any wrapper, plastic bag or anything left by trekkers on the way, please carry the same with you and deposit at the base camp.





PREMLATA AGRAWAL

Founder of Himalayan Paths

An intrepid adventurer who began mountaineering in her late 30s, Premlata Agrawal is the first Indian woman to scale the Seven Summits, the seven highest continental peaks of the world. She was awarded the Padma Shri by the Government of India in 2013 and the Tenzing Norgay National Adventure Award, the highest award in the field of adventure sports, in 2017 for her achievements in the field of Mountaineering. On May 20, 2011, she became the oldest Indian woman to have scaled the world's tallest peak, Mount Everest at the age of 48 years.

Being a true icon in the mountaineering community, Tata Steel retained her in the adventure sports department to further motivate future adventurers. With her unwavering commitment to the sport and unflinching courage, she infused her passion, grit, and determination of being an adventurer and a mountaineer to students, women, and the youth of the country by taking them on multiple treks and expeditions.

Her 20 years of dedication to mountaineering is a testament to the human spirit's boundless potential for greatness, as she has shown time and again that with grit, determination, and a fierce will to succeed, anything is impossible. This has also won her multiple accolades over the years-

Today, after moving on from Tata Steel and with a heart full of passion and a soul that craves adventure, Padmashree Premlata Agrawal has devoted her life to the pursuit of mountaineering excellence. She has started her institution called "Himalayan Paths" with the vision of unleashing the untouched potential within the students, youth and women of our country.

- FIRST INDIAN WOMEN TO CLIMB THE SEVEN SUMMITS
- FIRST INDIAN WOMEN TO CLIMB MOUNT DENALI THE HIGHEST PEAK OF NORTH AMERICA
- FIRST INDIAN WOMEN TO CLIMB MOUNT CARSTENST PYRAMID THE HIGHEST PEAK IN AUSTRALASIA
- OLDEST INDIAN WOMAN MOUNTAINEER TO CLIMB EVEREST (2011)
- FIRST FROM JHARKHAND TO CLIMB MOUNT EVEREST
- AWARDED PADMA SRI IN 2013
- AWARDED TENZING NATIONAL ADVENTURE AWARD 2017

There's no substitute for taking action
I never dreamed about success,
I worked for it.

Premlata