



Mountain Adventure

Summer Camp for Children

Saattal, Uttarakhand

7th-12th June

2026

Action

Age: 12-17 years

Camping

Kayaking / Swimming

Rock climbing & Rappelling

Waterfall and Night trek

Village Experience & Craft Workshop

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The Seven Lakes (Saat Tal). Situated a safe distance from Nainital (22km) is a wildlife refuge for humans. The air still smells like air, the moon is up close and personal, animals still own the forest and birds rule the skies. Saat-tal gets its name from the seven lakes in its vicinity. The camp is located on a hilltop overlooking the Saat-tal lakes and at a moderate height of 1350 m (4,300 ft) it is an ideal all-season camp. Apart from the abundance of natural beauty around you, the surrounding forest offers a lot of fun and action. You can go kayaking and swimming in crystal clear lakes and hiking through dense jungles past hidden villages and waterfalls. The dense Oak and conifer forest makes Saat-tal a birders paradise with more than 300 species of birds.

Action Plan - 5 nights 6 days

Day 1:

Arrival at camp

Lunch

Tent allotment

Programme orientation

The matrix – Treasure hunt based on Puzzle Matrix in the neighbouring area. The participants will explore the surrounding areas in their teams hunting for clues to the Matrix.



Evening snacks

Bonfire game

Dinner



Day 2:

Bird watching – bird watching in the small teams.

Breakfast Walk down to the lake side. **Adventure**

action Kayaking Rock climbing & rappelling

Waterfall trek





Picnic lunch at lake side

Complete all the actions by evening, hike back to the camp Evening tea/ snacks

Mafia game around the bonfire

Dinner

Stargazing



Day 3:

Breakfast

Planning for team cookout

Chapodiya trek – a beautiful trek to Chapodiya through forest. Continue trek to the Lachhaman tal.

A team cooking near the lake. Collect firewood, make stone chula.

Prepare your team lunch

Lunch



Blindfold walk – understand the key of communication.

Bonfire – reflection on blindfold walk.

Dinner

Night flag hunt - a short hike to the surrounding area to explore the area and finding team flag.



Day 4:

Breakfast

Hike down to the lake side

Swimming in Garudtal

Zipline

Team games

Lake side lunch

Kayaking quash game- a team based Kayaking game. Coordination strategy to win the game.



Evening snacks

Dinner

Head into the unknow – Night swimming



Day 5:

Morning tea

Bird watching trail – bird watching with local experts.

Breakfast

Day in the village - Explore the Suriyagaon village in small teams. work with village families to get to know their routine life, learn local songs, get to know the stories of the area, prepare your lunch with village families and have lunch together..





Craft workshop -hands-on craft sessions including

Carpentry

Wood carving

Basket making

Kurasiya weaving

Card making



Face painting and theatre workshop – wild theatre themes to be presented at the bonfire, use natural resources and face colours.

Live jamming, Kumauni music party



Day 6:

Breakfast

Reflection & Appreciation session

Departure

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Journey Plan

Early morning Shatabdi from New Delhi Station at 6:10 am

Reach Kathgodam station at 11:45 am

Jeep transfers to camp Sattal 1 hour.

on the way back

Jeep transfers from camp to Kathgodam station.

Shatabdi to New Delhi station, arriving at 8:45 pm.

Logistic and Accomodation

In american safari tents in multiple sharing (4-5) with ground bedding/mats and quilts ensure a comfortable stay in the wilderness. Hygienic toilets with w/c and running water flushes are also provided. Hammocks, driftwood and campfire stools blending with the natural environment are interspersed at the campsite. Maintaining the natural jungle environment no electricity is used at the camp. K/solar Diesel lanterns are used to light the camp adequately during the night.

Food

The camp kitchen provides wholesome and fresh Indian/Continental cuisine along-with local delicacies.

We ensure that the children enjoy the meals and the menu generally is planned keeping in mind the children sensibilities and nutrition.

Milk/Tea/coffee/juices are served at regular intervals.

The camp will provide safe drinking RO water.

Safety

- 1.All instructors at the camp are qualified from Nehru Institute of Mountaineering and have at least a three decade long experience in handling adventure activities at the camp.
- 2.Our facilitators travel with the group to ensure easy and safe passage for the group.
- 3.Safety being our first concern we ensure that all activities are planned and executed ensuring a zero risk factor.

Medical Details

- 1.Government nursing home is 6km from the campsite, is equipped with all basic medical facilities including x-rays and laboratory.
- 2.Our camp staff themselves are also qualified first aid provider. A nurse is also stationed at the camp site for the entire duration of the programme.
- 3.The bigger govt hospital in Haldwani which is 30 kms from the camp.

Things to be carried

- Basic comfortable clothing like shorts, T-shirts, Track-pants, Sweat-shirts, etc
- Personnel toiletries and towel.
- One warm sweater and a warm (pref. rain proof) jacket, may be carried for evenings.
- Comfortable walking/trekking shoes and slippers for lounging at camp and near water areas.
- Water bottle.
- Torch with extra pair of batteries (mandatory).
- One writing pad and a pen.
- Caps, binoculars, sunglasses etc. are recommended.
- One small Backpack / daypack to carry stuff while on short walks.
- Books on wildlife, plants and birds are helpful for the nature and wildlife enthusiasts.
- Travel light and pack everything in a rucksack / handbag which can easily be carried by you.

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Keeping in view the delicate eco-system around, playing music systems is not allowed at the camps.