

## Trips to let go



### Adventures around Saattal

28<sup>th</sup> to 30<sup>th</sup> November (2 nights/ 3 Days)

Tour price: - Rs 7,999/- per person

**Location :** Located 29 km away from Kathgodam railway station & 18 km from Nainital.

**About :** Sat Tal Birding Camp is located at 4400 feet in a small village of Bhakgtura, 4 km from Sat Tal in Nainital district. The can has local village character overlooking a wooded valley. The place is excellent for birding and nature treks. The camp is flanked by pine and oak forest. Little dip pools attracts various species of birds, it's a bird watchers paradise.



## Itinerary

### Day 0 November 28th

Overnight Journey to Saattal.

### Day 1 November 29th

#### 06.30 Hrs:

Arrival at Saatal Birding Lodge, check into Tents, breakfast and then rest.

#### 10.00 Hrs:

Introduction, talk and preparation.

#### 11.00 – 14.30:

Trekking through the forests to ghuntiyal village with packed Lunch.

(In between we stop and clean the surroundings of beautiful Garur Tal,)

Fun exercises while Hiking.,

Writing and introspection during the trek, writing exercises to discover oneself.

#### 14.30 to 16.30:

Chill out and Painting in the outdoors.

Exercise on identifying and transmutation of emotions and on basics of NLP.

Return to camp

Tea and snacks.

#### 17.00 to 18.30.

Lessons on yoga, breathing techniques for relaxation and mindfulness



**18.30 to 20.30**

Cooking. Participants get together and prepare the dinner.



**21.00**

Music and dance. ( We have Paul, a musician and D.J from France to play music for us)

**22.30**

Dinner

Overnight in tents

**Day2**

**7.30:**

Early Morning Breakfast

Briefing and talk

**8.30 -12.00:**

Hike to waterfall.

Rappelling and Jummmarring.

**12.00 to 1330**

Kayaking and swimming.

**13.30 to 14.30**

Lunch at camp Wildrift from where we get a 160 degree view of the entire valley and the saattal lake

**14.30 to 16.00**

Fun and SUPW (wood craft, kite flying, wood cutting, kite making and other interesting fun activities.)



**16.00 -17.30**

Sharing experiences and feelings with each other along with tea and snacks.

**17.30 Onwards** time at leisure at camp wildrift.

**19.30 to 22.00:**

Bonfire and acoustic music.

**22.00:**

Dinner

Drive back to camp.

Overnight Saattal birding Lodge.

**Day 3**

**9.30**

Get up late after all the action.

Breakfast.

**11.00 Departure.**

Lunch Enroute.

Note: We can also extend our stay at the camp till Lunch and just chill out. It would depend upon what the majority of participants decide.

**Tour ends**



---

**Tour Price** Rs 7.999 per person ex Delhi

**Price Includes:**

**Tour facilitation by Baljit and all exercises conducted by him.**

1. Accommodation for 2 nights in Swiss cottage tents at Saatal Birding Lodge.
2. All meals starting breakfast on Day 1 to breakfast on Day 3

3. Tea, coffee, snacks, cookies.
4. All adventure activities mentioned above. and required gear.
5. Services of professional instructors.
6. All transport ex Delhi in a deluxe 18 seater coach.
7. All material required for activities and exercises.

**Price does not include:**

1. Anything not mentioned above.
2. Lunch on Day 3.
3. Personal expenses
4. Tips and gratuities.
5. Insurance.

**How to Join**

**Step 1** Send us a mail or call us confirming your participation.

**Step 2** Send us the filled up participation form courier.

**Step 3** Send us the full payment in advance (Rs 7,999 Only) You can pay us by cheque favoring “Topcamp leisure & Events”, by cash or depositing cash or online transfer in our axis bank a/c no 126010200016117.

Cheques and Participation forms can be couriered to us at A-92 Mount Kailash New Delhi 110065.

**Cancellation Policy:**

In case of any cancellation more than 7 days prior to the trip. 50% of the tour price will be refunded. 5% would be deducted as transaction charges.

In case of any cancellation less than 7 days prior to the tour, no amount would be refunded.

The forfeited amount can be adjusted against any future “Trips to let go” within one year of the date of payment.

**For further information**

Contact “Topcamp leisure & Events” A-23 Mount Kailash, New Delhi 110065

You can call @ 9212186719(Baljit), (9350991750) (Punit) or write to us @topcamp@gmail.com