



OFF ROAD ADVENTURE, DARJEELING

TRAINING PROGRAMME

05 DAYS ROCK CLIMBING COURSE

Day	0600 to 0700 hrs	0805 to 0845 hrs	0850 to 0915 hrs	0920 to 1005 hrs	1020 to 1105 hrs	1110 to 1155 hrs	1200 to 1245 hrs	1400 to 1445 hrs	1450 to 1535 hrs	1550 to 1635 hrs	1700 to 1845 hrs
01	Physical Training	Joining Instructions	Grouping in Platoons	Arrival Formalities	Know Your Equipments	Equipments Distribution	Lecture and Demo on Equipment Packing	Power Point Lecture on Rock Climbing		First Aid	Film Show on Adventure
02	Yoga	Trek to Tenzing Rock	Rope Knots Class / Rope Coiling Class	Principals of Rock Climbing Lecture / Demonstration	Rock Climbing Practice All Instructors		Artificial wall Sport Climbing Lecture/Practice		Fire lighting & Cooking	Briefing Tiger Hill Exercise	
03	Trek to Tiger Hill (Camping in Tiger Hill)							Tent Pitching in Tiger Hill	Self Introduction	Sky Observation Lecture by Science Center Staff	
04	Go for Tiger Hill Sunrise View	Yoga	Trek Back to Darjeeling				Artificial wall Sport Climbing Competition / Graduation Practice		Cultural Program		
05	Yoga	Return Of Equipment			Graduation Ceremony		Dispersal				