



OFF ROAD ADVENTURE
DARJEELING – 734 101

BASIC ROCK CLIMBING COURSE TRAINING PROGRAM

Day/ Date	0500 to 0600 hrs	0600 to 0700hrs	0700 to 07.45hrs	0800 to 1300 hrs			1300 to 1345 hrs	1400 to 1600 hrs	1600 to 1630hrs	1630 to 1800 hrs	1800 to 1930 hrs	1930 hrs	
01	Bed Tea	P.T (Physical training)	Breakfast	Arrival Formalities	Equipment Issues	Rope Knots	Lunch	Trek to Tenzing Rock / Lecture and Demo / Rock Climbing Practice		First Kid / Self Introduction	Climbing Movie / Briefing For Day 2	Dinner	
02	Bed Tea	Yoga	Breakfast	Trek To Tenzing Rock / Rock Climbing Practice / Rappelling Demo and Practice			Lunch	Drive To Tiger Hill	Suspension and Taro line Practice	Tea Break	Tent Pitching Lecture and Practice	Camping Area Arrangements / Briefing For Day 3	Dinner
03	Go for Tiger Hill top Sunrise	Yoga	Breakfast	Drive Back to Darjeeling	Graduation Ceremony Practice		Lunch	Graduation Ceremony / Dispersal					