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## **Day-Wise Itinerary**

#### Dehradun to Pantwari DAY **Trek to Nag Mandir Campsite** Assemble and Pick up & drive to Pantwari (4 hrs) 7:00 AM Arrive at Pantwari, freshen up & gear check 11:00 AM Begin trek to Nag Mandir campsite 12:00 PM 3:30 PM Arrive at campsite, refreshments Fun Activity: Icebreaker Games & Team Circle 4:30PM- 6:30PM (Human knot, one-minute challenges) Tea & refreshments 6:00 PM- 7:00PM **Bonfire & Dinner** 8:00 PM- 9:00PM Stargazing 9:00 PM

1:30 AM	Wake-up call & light refreshments
02:30 AM	Begin trek from base camp to Nag Tibba summit
05:30 AM	Reach summit, enjoy sunrise and panoramic views
06:30 AM	Begin descent to base camp
08:30 AM	Arrive at base camp, Have breakfast & Pack up
09:30 AM	Begin descent to Pantwari village
2:30 PM	Reach Pantwari, rest and freshen up
1:30 PM	Lunch at Pantwari
02:30 PM	Drive back to Dehradun

### **INCLUSIONS**

- Dehradun-Pantwari (pickup & drop)
- Accommodation
- All meals
- Trek guide and Back to Basics team
- Fun and team sessions
- Bonfire, activities, and program materials
- First-aid and ground support

#### **EXCLUSIONS**

- Travel to/from Dehradun city
- Personal snacks, gear or clothing
- Insurance (can be arranged on request)
- Manything not mentioned in inclusions



# **Essentials to Carry**



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