



SKIING BASIC AND ADVANCED COURSE

7 DAYS 6 NIGHTS

OBJECTIVES

- Snow exposure in the Himalayas
- To learn basic skiing techniques
- Practise skiing on snow slopes
- To discover our strength and team spirit

PROGRAM OVERVIEW

27 Jan - Flight CBE - CDG / Transfer to AC Volvo bus in Delhi

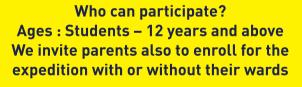
28 Jan - Arrive in Manali / program starts

02 Feb - Last Day in Manali / Board AC Volvo bus to CDG

03 Feb - Arrive in CDG / Refresh / Transfer to Airport / Flight to CBE

ACTIVITY BRIEF

- 1. Basics of skiing
 - Theory and Practise
 - · Advance techniques for higher level participants
- 2. Trekking on snow
- 3. Fun games on snow
 - Igloo making
 - Snow fight
 - Glissading









What are the Benefits?

- Acquiring a high skill SKIING
- Enormous benefits to neuro muscular coordination / strength
- Snow is exciting and fun
- Improved attitudes to fitness and health
- Self confidence and Self esteem will jump high
- Adaptability and Humility

PROPOSED DATE	27 Jan 2019 to 03 Feb 2019
COST OF THE PROGRAM	Rs. 75,000 plus or minus 5% Cost Includes: AC Volvo Bus → CDG - Manali - CDG Veg meals during the program Accommodation in hotel, shared Porters / Permits / Expert guides with safety equipment Flight CBE - CDG - CBE Transfers in CDG (both ways) Service Taxes