

WELCOME

Why Bir

Bir is India's premier paragliding destination — a rare meeting point of Himalayan terrain and Tibetan culture, where students step out of routine and into a structured, instructor-led environment built for growth.

The Bir Expedition is built around this landscape. Over two nights and three days, students move through structured, supervised outdoor experiences — designed not simply as adventure, but as a set of deliberate learning opportunities in courage, physical confidence, and cultural immersion.

WHAT YOUR CHILD WILL GAIN

Physical Exploration	Engaging with natural Himalayan terrain to build movement confidence and adaptability.
Controlled Adventure	Facing fear in a structured, instructor-led environment through tandem paragliding.
Cultural Immersion	Exposure to Tibetan and Himachali traditions, monastic life, and community celebration.
Self-Reliance & Reflection	Navigating a full expedition itinerary and processing the experience through guided reflection circles.
Outdoor & Safety Skills	Guided instruction in trail safety, group movement, and supervised outdoor activity.

DAY ONE

Take Flight

Departs the previous night — 10:00 PM from Noida (AC Coach). Overnight journey; participants transition from routine into a structured environment.

8:00 AM – 9:00 AM

Welcome to Bir

Arrival & Basecamp Check-In

Arrival in Bir, accommodation allocation, and luggage drop after the overnight journey.

9:00 AM – 10:30 AM

Reset & Refuel

Freshen Up & Breakfast

Time to wash up, change, and ease into the day with a proper breakfast before activities begin.

10:30 AM – 11:15 AM

Basecamp Hour

Rest Window

A composed rest window to recover from the overnight journey before field activity begins.

11:30 AM – 1:30 PM

Wings Over Bir

Tandem Paragliding Experience

There's a specific kind of quiet right before your feet leave the ground. Then Bir opens up beneath you — ridgelines, valley, sky — and courage stops being a word and starts being a feeling.

COURAGE **CONTROLLED ADVENTURE****WEATHER NOTE**

Paragliding timing is thermal and wind-dependent. A backup window is built into the day's schedule to ensure every student flies.

1:30 PM – 2:30 PM

Midday Table

Lunch

A relaxed lunch back at basecamp.

2:30 PM – 4:00 PM

Basecamp Hour

Relax, Refresh & Recharge

Free downtime to rest and recharge after the morning's activity.

4:00 PM – 5:30 PM

Stillness & Discipline

Tibetan Monastery Visit

Bir is home to one of the largest Tibetan settlements outside Tibet itself. Students step into the quiet rhythm of monastic life — the low murmur of chanting, the discipline of stillness — a deliberate contrast to the morning's adrenaline.

CULTURAL IMMERSION**OBSERVATION****5:30 PM – 6:30 PM**

Basecamp Hour

Freshen Up

Free time to freshen up before the evening's cultural experience.

6:30 PM – 8:30 PM

Taste of Tibet

Tibetan Cultural Dining Experience

Momos, thukpa, and butter tea around a shared table — Bir's Tibetan colony doesn't just feed you, it welcomes you into it, one dish and one story at a time.

CULTURAL EXPOSURE**8:30 PM – 9:15 PM**

Under the Bir Sky

Reflection Circle

Guided group reflection — participants process and internalise the day's experience.

REFLECTION**9:15 PM Onwards**

Lights Out

DAY TWO

Earth & Celebration

7:00 AM – 8:00 AM

Morning Table

Breakfast

A hearty breakfast to fuel the morning's trek.

8:00 AM – 8:30 AM

Gear Up

Briefing & Transfer to Trailhead

Guide briefing, gear and footwear check, and transfer to the Bangoru trailhead.

8:30 AM – 12:00 PM

Bangoru Waterfall Expedition

Guided Waterfall Trek

Boulders, river crossings, a trail that asks something of you — and a 70-foot curtain of white water waiting at the end of it. Earned views hit differently.

TEAMWORK **PHYSICAL EXPLORATION**

12:00 PM – 1:00 PM

Basecamp Hour

Return, Refresh & Freshen Up

Transfer back to the resort with time to wash up and change before lunch.

1:00 PM – 2:30 PM

Himachali Table

Traditional Himachali Dham

Cooked in copper, served on leaf-plates, eaten sitting together on the floor — Dham is Himachal's most communal meal, and easily its most delicious one.

CULTURAL EXPOSURE**2:30 PM – 3:30 PM**

Rhythms of the Hills

Natti Dance & Cultural Interaction

Himachal's most infectious folk tradition, performed the way it's meant to be — in a circle, at dusk, with everyone eventually pulled in. Natti isn't watched from the sidelines; it's danced.

CULTURAL IMMERSION**3:30 PM – 4:15 PM**

Expedition Closing Circle

Reflection & Recognition

Selected participant reflections, instructor insights and feedback, followed by the Acuity Edge Expedition Certificate presentation.

REFLECTION TEAMWORK**4:15 PM – 6:00 PM**

Basecamp Hour

Free Time & Pack Up

Free time to pack and prepare for the evening's departure.

6:00 PM – 7:00 PM

Evening Table

Dinner

Dinner before boarding the coach for the return journey.

7:00 PM Onwards

Departure

Return Journey to Noida

Departure for Noida (AC Coach). Programme concludes; experience transitions into reflection.

WHAT'S INCLUDED

Programme Inclusions

Return AC Coach, Delhi/Noida – Bir – Delhi/Noida	Traditional Himachali Dham & Natti Evening
2-night accommodation (mid-range, twin/triple sharing)	Guided Waterfall Trek with certified local guides
All meals as per itinerary	Reflection Circles
Tandem Paragliding Experience with certified pilots	Expedition team & activity supervision
Tibetan Monastery Visit	Complimentary mentor / teacher seats
Tibetan Cultural Dinner	Expedition Certificate
Basic adventure/travel insurance	Acuity Edge Expedition memento

PROGRAMME NOTE

Paragliding timing is weather and thermal dependent; a backup window is built into Day One to ensure every student flies. All expedition activities are conducted under the supervision of the Acuity Edge expedition team.