Mount Litera Zee School
–Mhow–

AFFILIATION NO. 1031216

Circular No.: MLZS/ADM/2026-27/007 Date: 24th June, 2026

Trekking Itinerary: Kalakund Trek

(Horizontal, Concrete & River Bank Trek)

Schedule of Events

Time	Activity / Details
05:30 AM	Reporting at Dreamland Square
05:30 – 05:45 AM	Attendance, safety briefing, and instructions
05:45 – 06:00 AM	Boarding of buses
06:00 – 08:00 AM	Departure from Mhow and journey to Kalakund
08:00 – 08:15 AM	Arrival at Kalakund, refreshments, stretching exercises, warm-up session, and trek briefing by trek leaders
08:15 – 09:15 AM	**Horizontal Trek:** Nature trail walk through forest pathways, observation of flora and fauna, teamwork activities
09:15 – 10:00 AM	**Concrete/Railway-side Trek:** Walk along railway-side and developed pathways, endurance and pace management activities
10:00 – 11:45 AM	**River Bank Trek:** Guided walk along the riverbank, nature exploration, photography, and environmental awareness activities
11:45 AM – 12:00 PM	Packed breakfast/snacks, relaxation, group photographs, and cleanliness drive
12:00 PM	Departure from Kalakund
12:15 – 02:00 PM	Return journey to Mhow

Time	Activity / Details
02:00 PM	Arrival at Dreamland Square and dispersal

Safety Instructions

- **Proper Attire:** Wear sports shoes, your house uniform, and a cap.
- **Essentials to Carry:** Bring a water bottle, light snacks, and personal medication (if required).
- **Obey Guides:** Follow the instructions of teachers and trek leaders at all times.
- **Stay Together:** Do not venture away from the group.
- **Respect Nature:** Maintain cleanliness and avoid disturbing the local wildlife.

Learning Outcomes

- **Physical Health:** Physical fitness and stamina development.
- **Social Skills:** Enhancement of teamwork and leadership skills.
- **Ecology:** Environmental awareness and appreciation of nature.
- **Personal Growth:** Confidence building through outdoor adventure activities.

Organized By:

School Administration

Mount Litera Zee School, Mhow