



THE
CRASH
PAD

SCHOOL PROGRAMMES
& EXPERIENTIAL LEARNING

Learning *in the mountains.*

Adventure, nature, hands on skills and teamwork for schools, at Zoom Rock Garden in Sikkim and Suru Valley in Ladakh.

come explore, experiment, collaborate!

An outdoor collective rooted in the *Indian Himalayas*

Crashpad brings together adventure sports, experiential learning, movement practices, festivals and community led initiatives.

Working across Suru Valley in Ladakh and Zoom Rock Garden in Sikkim, we create opportunities for people to learn new skills, take part in outdoor activities, experience different movement practices and connect through shared experiences.

We are a core team supported by volunteers, instructors, collaborators and local communities. Our team includes certified outdoor guides, climbers, movement practitioners, natural builders, musicians and event organisers, and every school programme is run by the same people who build and run our festivals.

We value shared learning and practical involvement. For schools, that means students don't just watch: they climb, build, navigate, cook and solve problems with their own hands.



our crew in the mountains

10+

YEARS IN THE OUTDOORS

10,000+

PEOPLE HAVE JOINED US

2

HIMALAYAN BASES



NOVEMBER TO APRIL

Zoom Rock Garden, Sikkim

Thirty acres of forest, boulders and open land with bouldering circuits, rope courses, farming and natural building. Our winter base for school programmes.



MAY TO OCTOBER

Suru Valley, Ladakh

A wild high landscape of towering rock, glacial rivers and open valleys. Home of Suru Outdoor Fest and our summer programmes.

Learning happens *beyond the classroom*

"Some of the most meaningful learning happens beyond the classroom."



Experiential learning is learning by doing, exploring and reflecting on real world experiences.

Whether it's climbing a rock face, building with natural materials, navigating a trail or working together to solve a challenge, every experience is a chance to develop new skills, build confidence, strengthen relationships and discover new perspectives. At Crashpad, learning isn't just about acquiring knowledge. It's about putting it into practice, learning from the experience, and carrying those lessons into everyday life.

Experience comes first

Students understand balance on a slackline and teamwork on a rope before we put words to them. The doing makes the lesson stick.

Nature is a teacher

Forests, rock and soil teach patience, observation and respect. We help students notice the living world around them.

Together, not alone

Most of our activities only work as a team. Students learn to communicate, trust and lean on each other.

Reflection turns doing into learning

Every activity ends in a circle. What happened, what felt hard, what would you try differently? This is where growth happens.

Challenge, with care

We set challenges just beyond comfort and support every student through them, with trained instructors and the right equipment.

Hands, not just heads

Building walls, growing food and lighting a safe fire build practical confidence that lasts long after the visit.

How we *teach*

Every activity, from a first boulder to building an earthen wall, follows the same simple cycle.

01

→ 02

→ 03

→ 04

Do

Start with a real experience: a climb, a build, a trail, a team challenge. Instructors demonstrate, then step back and let students try.

Reflect

Pause together. What happened? What felt hard? What worked? Short group circles give every voice space.

Make sense

Connect the experience to skills and ideas: problem solving, collaboration, physics, ecology and the natural world.

Apply

Try again, take on more, and carry the lesson home, into the classroom and into everyday life.

what it looks like on the rock

- Do** A group of Grade 6 students tries a climbing route in pairs, one climbing, one belaying with an instructor.
- Reflect** At the bottom, each pair shares where they got stuck and how their partner helped.
- Make sense** We talk about body position, friction and trust, and why clear calls between partners keep everyone safe.
- Apply** They swap roles and climb again, using one new idea. Most get higher the second time.

what we nurture

Curiosity

Collaboration

Problem solving

Confidence

Resilience

Connection with nature

*do**reflect**apply*

Pick a few, *or try them all*

Programmes are full day visits. We choose activities according to the students' ages, group size and learning objectives, and every one is led by trained instructors with proper safety equipment.



Top Rope Climbing

Climbing a real rock face on a rope held safely from above. Knots, belaying and trusting a partner.



Bouldering

Short climbs on low boulders over thick crash pads. Puzzling, falling, laughing, trying again.



Rappelling

Walking backwards down a cliff on a rope, with an instructor beside every student.



High Ropes

Balance beams, swinging logs and wobbly bridges in the trees, clipped in the whole way.



Camping

Pitching tents, cooking together and a night under the stars. Teamwork starts with the tent.



Slackline

Walking a flat, bouncy line between two trees. Focus, balance and cheering each other on.



Orienteering

Finding hidden checkpoints with map and compass. Planning routes and reading the land.



Bush Craft

Building shelters, lighting a safe fire and using what the forest offers.



Natural Building

Mixing mud, packing earth and shaping real walls with our own hands.



Farming

Sowing seeds, making compost and learning where food comes from.

Growing with *every age*



grades 4 to 5

AGES 9 TO 11

Discover, Play & Explore

Focus: curiosity, confidence, movement and learning through play.

- Introductory rock climbing
- Nature walks and discovery games
- Orienteering with simple maps and clues
- Team building games
- Farming and soil exploration
- Basic bushcraft

Confidence

Observation

Teamwork

Environmental awareness



grades 6 to 8

AGES 12 TO 14

Explore, Create & Collaborate

Focus: practical skills, teamwork, problem solving and environmental awareness.

- Rock climbing on natural crags
- Map and compass navigation
- Nature education and biodiversity
- Natural building and construction
- Farming and composting
- Bushcraft and team challenges

Resilience

Collaboration

Creativity

Practical skills



grades 9 to 12

AGES 15 TO 18

Challenge, Lead & Apply

Focus: leadership, critical thinking, responsibility and applied learning.

- Technical climbing and rappelling
- Orienteering and route planning
- Ecology and landscape studies
- Sustainable natural building
- Farming and resource management
- Leadership and outdoor planning

Leadership

Accountability

Risk awareness

Critical thinking

9 AM to 4 PM, *outdoors*

A typical structure, adapted to group size, grade, weather and learning objectives.

9:00 to 9:30	Welcome & orientation Introductions, icebreakers and safety briefing
9:30 to 10:30	Nature exploration Orienteering, nature walks and discovery games
10:30 to 10:45	Snack & water break
10:45 to 12:15	Adventure activity Rock climbing, high ropes or rappelling, by grade
12:15 to 1:00	Nature education Biodiversity, ecology or a related learning activity
1:00 to 2:00	Lunch & rest
2:00 to 3:00	Practical workshop Natural building, farming or bushcraft
3:00 to 3:45	Team challenge Collaborative problem solving
3:45 to 4:00	Reflection & departure Group circle and shared reflections



high ropes, all clipped in

Safety & care

- ✓ Certified outdoor guides and a Wilderness First Aid certified team
- ✓ Risk assessment before every activity
- ✓ Age appropriate activities and trained supervision
- ✓ Proper safety equipment and briefings

Let's plan a day *together*

Every programme is planned with the school, around your students and what you want them to learn.

1

Get in touch

Write to us with your school's name and contact details.

2

Tell us about your group

Grade, group size, preferred dates and location.

3

Share your objectives

What should students take away? We shape the day around it.

4

We plan it together

Activities, timings, safety and logistics, confirmed with you.



see you outdoors!

Programmes run at Zoom Rock Garden, Sikkim from November to April, and in Suru Valley, Ladakh from May to October. We also design custom programmes and extended camps for schools and groups.

*come explore, experiment, collaborate
and discover what you are capable of.*

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