

# GREAT AMERICAN BICYCLE RIDE



The Great American Bicycle Ride is more than just a cycling trip. It's an experience of a lifetime, a journey of self-discovery, and an opportunity to really push yourself and discover your true potential.

Imagine the Pacific Ocean to your right, a mountain range on your left and a light summer breeze on your face. It's about you and your bicycle on this adventure through some of the most breathtaking sights you may ever see.

On this epic adventure, you will cycle along the Pacific Coast of the United States, covering around 1100 km, will camp at state parks, sleep in tents and cook your own meals. Other highlights include cycling through the Red Woods, sand-boarding in Oregon and sampling cheese at the Tillamook Cheese Factory!



**14**  
TO  
**17** YEARS

**CYCLE**  
ALONG THE  
**AMERICAN**  
WEST COAST

**1100**  
KMS **19** DAYS  
RIDE FROM SEATTLE  
TO SAN FRANCISCO

HIKE & CAMP IN THE  
**REDWOOD**  
**FORESTS**

**SAND**  
BOARDING OREGON  
VISIT UNIVERSITIES  
IN CALIFORNIA



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- This program has a high difficulty level and will require some preparation.
- This expedition meets the requirement of an IAYP Gold level adventure activity.
- Participants will be covering 1063 kilometers covered over 16 days of cycling.
- The group camps out in State Parks during the cycling days. They pitch their own tents and manage their meals. Roles and responsibilities are shared and rotated over the days.
- Cycling is through 3 states - Washington, Oregon and California.
- Since 2011, 72 children have successfully cycled the coast with Inme.
- Registration is on an application basis only. Inme reserves the right of admission into this expedition. .



14-17 year old as of 1st April, 2017  
The group size is limited to 20



Certified first aiders will be a part of our instructor team. USA has excellent emergency services and a quick response time.



Summer 2017  
# GA1 (14-17 yrs) 02 May-26 May  
# GA2 (14-17 yrs) 06 Jun-30 Jun  
# GA3 (14-17 yrs) 22 Jul-15 Aug



While on the expedition, participants are expected to contribute and support with camp chores like setting up, cooking, cleaning and packing up as per "Leave No Trace" guidelines.



Program fee - Rs 1,00,000 + US \$ 2200 for expenses in the US.  
This does not include flight cost and visa application fee.



The group will stay at hostels in Seattle and San Francisco. This expedition is completely self-contained. Participants carry all their items in panniers (saddle bags) on their bicycles and pitch tents and set up camp at different state parks every night. These state parks have fixed built up toilets and hot showers. A safety vehicle accompanies the group throughout the journey.



Inme escorts children on recommended flights from India to USA and back. The flight have to be booked by the participant. A valid tourist visa is mandatory to travel to USA. Inme will give you a letter to help in with the Visa process.



A specific kit list of what to carry is provided at the time of registration.



The group will have 1:5 adult to child ratio is maintained (including lady instructors).

Inme is India's leading life-skills development organization for children. We run outdoor and adventure based learning experiences for 9-17 year olds. We have six campuses across India that are designed to provide a safe learning environment to help children step out of their comfort zone, while under the care of trained instructors. Other than the on-campus programs we also offer 14 different expedition based (off campus) programs. Currently we work with more than 40 schools across India. Additionally, our open programs enjoy the confidence of over 5000 parents every year.

Inme is founded by alumni of XLRI, INSEAD and the armed forces who are behavioural science practitioners with over 20 years of experience in designing and delivering life skills development programs.