



KAYAK AND MORE - KARWAR

The Kayak and More expedition offers a mix of three activities – Flat Water Kayaking, Rock Climbing and Backpacking.

Participants kayak in the Kali River, where they learn paddling techniques and safety management. During rock climbing participants go through an introduction to equipment session followed by 3 point climbing, rappelling and jumaring. Backpacking allows the participants to trek through lush green terrains, picking up camping skills and mountain manners.



GENERAL AREA

The expedition runs from our Karwar campus, which is nestled inside a mangrove on the banks of the Kali River in Karnataka, just 10 kms south of the Goa border. A lot of care has been taken to preserve the flora and fauna surrounding the campus.



WEATHER

At the Karwar campus, temperatures range from 25°C to 33°C during this period. Afternoons tend to get hot. Our activity areas are under shade and care is taken to ensure participants stay hydrated.



TRAVEL

Bangalore to Karwar campus by AC buses. Departure from Bangalore at 10:00 pm.

Alternate option of travel from Goa airport is also available. Inme team meets the participants at Goa airport. Travel from Goa airport to Karwar is by a bus. Please call us for details.



ACCOMMODATION

Participants stay in tents and cottages. 4-5 participants are easily accommodated in the tents/cottages. Separate accommodation is available for boys and girls.



TOILETS

Western toilets with hand faucets and flushes. Hot water can be provided for bathing.



FOOD

Wholesome nourishing meals are provided. The food is largely vegetarian with a non-veg dish served 2-3 times (usually dinner) on a program. Other than breakfast, lunch and dinner, we provide snacks and refreshments at appropriate times with emphasis on staying hydrated. There is variety and we take care of both taste and nutrition in planning the menu.



INSTRUCTORS & MEDICAL SUPPORT

1:5 instructor to child ratio.

Instructors include a mix of lady and male instructors.

A resident doctor is available at the Karwar campus at all times.



FITNESS & PREPARATION

The program will be a little demanding compared to the usual physical and outdoor activities a child may be used to.

Flexibility, agility and stamina will help the participant enjoy the expedition.

We recommend a daily jog (30 minutes) for a month before the program.

In the last 2 weeks before departure, lots of stretching and flexibility building exercises will help.

Use the shoes that you want to carry for the expedition.



DAY WISE PLAN Subject to weather and logistics

The children will be divided into sub groups and will do the activities on a rotation basis.

DAY 1 - SETTling IN Arrival at inme Karwar campus by early morning. Participants from other cities reach by lunchtime. Campus orientation and expectation setting. Icebreakers help participants get to know each other.

DAY 2 - KAYAKING The kayaking group is ready for the introduction to kayaking. They go through the basics of hydrology followed by an introductory session on the equipment and a detailed safety briefing. The group is now ready to take to the water!

DAY 3 - WATER LOVERS! The participants revise their kayaking basics and head for the larger stretch of kayaking. They manoeuvre their kayaks and paddle on a large section of the Kali river.

DAY 4 - ROCK CLIMBING The second part of the expedition is rock climbing. The participants go through an introductory session about the equipment and learn to the use of harness, ropes, carabiners, knots and anchors. Starting with small boulders, participants move on to bigger rock faces.

DAY 5 - ON THE ROCKS After warming up and practising all that they learnt the previous day, the participants proceed to learn about jumaring and rappelling. Jumaring is a technique used to ascend a rock face. Rappelling is one of the fastest ways to descend from the top of a cliff. With the help of safety belay and expert instructors the participants rappel down.

DAY 6 - UNDER THE STARS Go on a trek and explore the area around the Karwar campus. Learn about the exquisite flora and fauna surrounding the campsite. Pitch tents and set up their campsite. Spend a night under the stars and get a complete feel of camping out!

DAY 7- ON YOUR FEET Pack the tents, clear the makeshift campsite and practice the principles of Leave No Trace camping, and trek back to the campus.

DAY 8- HOMEWARD After the final debriefing and reflection session the group departs from the campus. Outstation participants leave for Goa airport. Participants travelling from Bangalore take the overnight bus and reach Bangalore early morning the next day.

