



INME Adventure Camps offer unique and safe learning opportunities to build life skills through fun, exciting, engaging and memorable adventurous experiences in unmatched outdoor locations.

Himalayan Bike Ride is a cycling expedition through the Kumaon Himalayas for 13-17 year olds. Participants spend a day at the base camp on the obstacle course to brush up their cycling skills – riding postures, uphill & downhill riding, braking & turning techniques.

On the expedition, they cycle on off-roads through dense forests and beautiful green mountain trails. Participants pitch tents and set up camp at a new location every day and cook their own food. A safety jeep carrying supplies, sleeping bags, tents etc. moves with the group.

The expedition focuses on developing teamwork skills and teaches responsibility towards self, others and the environment.



Code	Age-Group	Departure	Arrival
HBR 1	13-16 yrs	26 May	03 June
HBR 2	13-16 yrs	01 June	09 June
HBR 3	13-16 yrs	07 June	15 June



CAMPUS AND AREA

The Sitlakheth campuses are both situated in the middle of a lush pine and oak forest in the Kumaon hills in Uttarakhand.

The cycling trails on the expedition run through lush green forests, majestic mountains, and fruit orchards.

Location: 30 kms from Ranikhet, Uttarakhand.



TRAVEL

From Delhi:

The departure is at 7 pm sharp (report by 6:15 pm) from New Delhi Airport, Terminal 2 Bus parking by AC buses till Aut. The group is then shifted into smaller non AC busses considering the terrain. ETA at camp is by breakfast time.



Return to Delhi:

Estimated Time of Arrival is 6 am at New Delhi Airport, Terminal 2 Bus parking

Outstation Participants

Outstation participants will need to fly into Delhi the same day as the departure date. Inme provides airport pick up and drop service and meals at an added cost of 2000 per child. This does NOT include

WEATHER

The summer temperatures range between 15°C to 31°C. Afternoons tend to get a little hot. We may experience rain sometimes.



ACCOMMODATION

During the expedition, participants pitch their tents to set up camp at a different location every day. 3-person tents (provided by us) are allotted to a group of two participants.



TOILETS

There are no fixed toilets and baths on the expedition. We carry a portable toilet tent with us to ensure participant privacy and safety. However, there is no provision for a bath on the expedition.

The Sitlakheth campuses have built up toilets and baths with hot water.



SAFETY AND SECURITY

Our children's safety and security is given the highest priority at Inme Learning. We take several steps to ensure the transport (driver and vehicle) is checked thoroughly before departures. All our technical equipment like ropes, carabiners, helmets, harnesses, etc are of the highest approved quality and all the equipment is regularly audited by our certified team. Our Camp Chief and Instructors are extremely well trained, experienced and certified by us as well as by external agencies like NOLS, NIM, JIM, HMI, etc. on a regular basis. We have a doctor and all the necessary medical equipment available 24x7 on all our camps throughout the duration of the program. We also have an emergency vehicle on hand for quick response time in case of any unforeseen emergencies. These are all precautionary measures that we follow. However, we have had an excellent track record on safety and security of more than 100,000 children over the last 26 years.

INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio.

Instructors include a mix of female and male instructors. An instructor trained as a wilderness medic will accompany the children on the trek.

A resident doctor is available at all times on the Sitlakheth campus.



FOOD

On the expedition, the group carries its own rations and cooks its own meals. Participants are given a nutritional trail mix, which is refilled regularly. The group is involved in planning its meals and selecting the items – all part of the learning.



The Sitlakheth campuses have a fully functional kitchen run by experienced staff members. The food is largely vegetarian with non-veg served 2-3 times on the program. There is variety and we take care of both taste and nutrition in planning the menu.

FITNESS & PREPARATION

This program might be more demanding than the usual physical activities you're used to. We recommend 30 minutes of cycling a few weeks before the departure date to gain the flexibility and agility needed to truly enjoy the experience. If cycling is not possible then a little jogging, stretching and exercising. Do this wearing the shoes you want to carry for the program—it'll help break into them.



DAY WISE SCHEDULE

- Day 1** **DEPARTURE FROM DELHI** at 7pm from New Delhi Airport Terminal 2 Bus parking.
- Day 2** **WELCOME TO SITLAKHET** Reach Sitlakheth campus by morning for breakfast. Settle in and get to know the other participants. Orientation and expectation setting by the expedition leader. Start with introduction to the equipment, cycles, safety gear and safety briefing. Cycle around the campus and go through an obstacle course to enhance riding skills.
- Day 3** **UNDERSTAND** Begin the day by getting on the cycles for a day out. Cycle on uphill and downhills to get acclimatized to the physical exertion of cycling. Understand how to conserve energy and balance the cycle on different terrains. Return to Sitlakheth campus post lunch. Plan and pack for the expedition.
- Day 4** **EXPLORE** Start the cycling expedition! We cover a total distance of 12 kms cycling to reach Uroli. This is where the group stops for lunch and sets up camp. Pitch tents, participate in activities around the camp and cook the first meal on the expedition!
- Day 5** **UPHILLS & DOWNHILLS** Ride 16 kms through challenging uphill to reach Semoli Village, where we set up camp for the night. Pack up bikes on the vehicle at the end of the day.
- Day 6** **TREK:** Trek up to Matela, and get a spectacular view of the Kumaon Himalayan Range. Last night camping under the stars!
- Day 7** **PEDAL ON** Back on the cycle to cover the final stretch of the expedition through forest trails on a combination of tarmac roads and off roads to reach back to Sitlakheth Camp. Celebrate the success of the expedition with delicious food
- Day 8** **CLOSURE & HOMEWARD** Reflect & share the learning of the expedition. Pack up and leave campus post lunch for Delhi.
- Day 9** **ARRIVAL** Reach New Delhi Airport Terminal 2 Bus parking at 5:30am.





KITLIST

Follow this list strictly - Over or under-packing is not recommended as it will impact your child's comfort, safety and overall program experience.

BASIC CLOTHING

- 7-8 T-shirts (4 quick dry)
- 3 pairs shorts
- 2 sweatshirts - full sleeves and warm
- 3 track pants
- 7-8 pairs of Socks
- 1 quick dry towel
- 1 cap
- Sufficient undergarments
- Sufficient disposable face masks



WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 fleece jacket - regular one used in winter
- 1 poncho/ raincoat
- 1 warm cap



BIKING RELATED ITEMS

- 2 pairs of padded biking shorts
- 1 pair of knee and elbow guards (Roller Skating Guards)
- 1 pair of biking gloves



OTHER ITEMS

- Personal Toiletries - Must include hand sanitizer, sun screen, lip balm, cold cream & mosquito repellent.
- A pair of sunglasses - should cover the eyes completely.
- A torch or headlamp (bring spare batteries)
- Medicines, if you are under treatment (provide details with medicine name in the medical form)
- Extra pair of spectacles in case you use them (contact lenses not recommended).
- Water bottle - at least 750 ml capacity.
- Avoid thermoses with glass inners



FOOTWEAR

- 1 pair of comfortable rubber soled shoes in good condition. Must be worn in, not new.
- 1 pair hiking sandals - strapped footwear usable in wet condition. Not Clogs (Crocs), Flip-Flops or leather sandals.



SLEEPING BAG

- We recommend participants buy and carry their own sleeping bag as per international camping norms.
- If you need to buy a sleeping bag we recommend one that is rated suitable for temperatures of 10°C. (Quechua - Forclaz is an option).
- We provide sleeping bags to those who are not carrying their own. Please note these are used by previous participants and then cleaned and sunned. In such cases, we recommend you carry a polyester sleeping bag liner.



PACKING

- Pack everything in a rucksack or duffle bag with straps
- Limit to one piece of luggage.
- You are expected to carry your own bag during transfers at the station and the camp. (No wheels)
- Do not pack in a suitcase or stroller.
- Small Knapsack/ Day pack to carry your personal items with you.



*Recommended Rucksack size is 60-70 litres



LIMITED MONEY, IF YOU WISH

- Inme takes care of all needs from the time we take charge of the participants, so no money is needed for meals, incidentals or kit items.
- We do have a store on the camp and participants may like to buy memorabilia like t-shirts, caps, keychains etc. However, we advise you not to carry more than Rs 3000.
- Do note that participants are responsible for the same unless it is handed to the Instructor / Camp Chief to be deposited in the camp safe.

INME YOUREKA MERCH STORE

- Shop for Inme Youreka T-shirts, Hoodies and other cool memorabilia from our merch store. New designs and classics available!
- To buy go to: www.inmeyourekamerch.com
- Avail 10% discount on the merch by using coupon code **backoncamp**

NO JEWELLERY / EXPENSIVE CLOTHES / GADGETS

- Do note that on outdoor and camp based programs there are many opportunities to lose and damage things. Inme does not take responsibility of any item like jewellery, gadgets or expensive clothes.
- Participants may carry a camera that they can take care of themselves.



Please understand that we do not want you to purchase things unnecessarily. However, for an outbound program, these items are essential. You can get most of the above mentioned things in stores like Decathlon and other online sellers. Most items should last and serve you a long time in the outdoors.