



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.

Coorg on Wheels is a cycling expedition through the lush green jungles of Coorg. The expedition starts at our Coorg Camp where participants acclimatize and gear up for the challenge. This is a self-contained expedition where participants pitch their own tents to set up camp at a different location every day, cook their own food and manage resources and share responsibilities. The group cycles during the morning hours and sets up camp by lunchtime.

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
CW1	13-16 yrs	04 April	10 April
CW2	13-16 yrs	10 April	16 April
CW3	13-16 yrs	16 April	22 April
CW4	13-16 yrs	22 April	28 May



CAMP AND AREA

The expedition starts from the Inme Camp at Coorg. The largest nearby town is Virajpet, 27 kms from camp.

Coorg is known for its bio-diversity and has an amazing green cover with thick canopies of a tropical jungle. Parts of the Coorg ecosystem are tagged as 'one of the hot-spots of biological diversity' by UNESCO.



TRAVEL

From Bengaluru:

Departure at 06:00 am (report by 5:15 am) from Army Public School, Kamaraj Road, Bengaluru, by luxury AC buses. Arrival at camp by lunch.



Return to Bengaluru:

Arrival: 10:30 pm at Army Public School, Kamaraj Road, Bengaluru.

Outstation participants: will need to fly into Bangalore a day before the departure date. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost of 6000 per child..

WEATHER

Summer temperatures range from 20°C to 30°C. Mornings and evenings are very pleasant. We may experience some rainfall during this period.



ACCOMMODATION

The program starts out from and ends at the Inme Camp at Coorg. 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. A jeep carrying tents, sleeping bags, mattresses, cooking utensils and food materials moves with the group.



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 Inme Coorg Camp has 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 Coorg Camp.



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 Coorg Camp has 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** **WELCOME** Departure from Bengaluru at 6am. Reach Coorg Camp by lunch and settle in. Program orientation and expectation setting.
- Day 2** **UNDERSTAND** Begin the day with introduction to the equipment, cycles, safety gear and safety briefing. Cycle around the Camp and go through an obstacle course to enhance riding skills. Plan and pack for the expedition.
- Day 3** **EXPLORE** Start the expedition by cycling off-road till Vadu Pass, a 2 km uphill trail followed by 4 km off-road downhill. Continue cycling to reach Kabbe Mott where the group stops for lunch and sets up camp. Pitch tents, participate in activities around the camp and cook the first meal of the expedition!
- Day 4** **PEDAL ON** Start the day with hot tea/coffee and nutritious breakfast, pack the tents and head out to get on the challenging slopes of the expedition. Cycle past the Kabbinkad Junction and visit the Nalaknad Palace for lunch. Post lunch after a short rest get back on the cycles and head to Thadiyanadamol house which also serves as a base camp. Another night under the star studded sky!
- Day 5** **HIT THE BLACK MAT** Trek upto the highest peak in Coorg- Thadiyanadamol. Soak in the views have a small picnic on the summit. Group reflection on the expedition. Last night under the stars
- Day 6** **INME CAMP** Cycle a total of 20 km crossing Nalaknad Palace to reach Coorg Camp. A relaxed evening, camp games and delicious food to celebrate the success of the expedition!
- Day 7** **HOMEWARD** Post early lunch, program closure, and feedback the group leaves for Bengaluru. Arrival at 10:30 pm, Army Public School.





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



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.



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



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.