



KEDARKANTHA SNOW EXPEDITION

The Kedarkantha Snow Expedition is a high altitude (12,500 ft.) trekking expedition in the Garhwal Himalayas in North India. Participants learn the basics of a snow trek, self-rescue techniques and snow route creation during the expedition. Since 2015, over 150 children have successfully completed this snow expedition with inme.

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 trekking route meanders through snow covered meadows and pine & oak forests. The trek has a gradual climb with beautiful camping spots in the middle. The Kedarkantha peak offers a spectacular panoramic view of the Himalayas.

GENERAL AREA



Har-ki-Doon area in Uttarakhand.

The start point is Sankri, a village ahead of Netwar where the rivers Rupin and Supin meet to form the Tons. Our Tons campus (25 km from Sankri) serves as the base camp to prepare, pack and acclimatize. Our Tons campus is near village Mora in Uttarakhand, 180 km from Dehradun. The largest town nearby is Purola, 40 km from campus.

WEATHER



At the Tons campus, temperatures range from 10°C to 24°C during this period.

Once the group starts the expedition they experience colder conditions with night temperatures dropping down to even to 2°C or 3°C. The sleeping bags provided are adequate for the weather. Participants must pack personal items as per the specified kit list.

TRAVEL



Delhi to the Tons campus by buses.

Departure from Delhi at 11:00 pm from the Aerocity Metro Station.

We change vehicles at Dehradun. Arrival at Tons campus by lunch.

The road is of average quality with a few rough stretches. Please be prepared.

Alternate option of travel from Dehradun is also available. Please call us for details

ACCOMMODATION



The program starts out from and ends at the inme Tons campus where a separate area is allocated for the Kedarkantha group. Participants pitch their tents and get use to setting up and packing. During the trek, participants pitch tents to set up camp at a different location every day. 3-person tents (provided by inme) are allotted to a group of three participants.

TOILETS



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

While on the inme campus, there are built up toilets and baths. Baths have running water and fittings and hot water is provided. Toilets have WCs and hand faucets.

INSTRUCTORS & MEDICAL SUPPORT



1:5 instructor to child ratio. Instructors include a mix of lady and male instructors.

An instructor trained as a wilderness medic will accompany the children on the trek.

A doctor is available at the Tons 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 Tons campus has a fully functional kitchen run by experienced staff members. The food is largely vegetarian with a non-veg dish served 2-3 times (usually dinner) on a program. There is variety and we take care of both taste and nutrition in planning the menu.



FITNESS & PREPARATION

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

[DAY 1 - DEPARTURE](#) From New Delhi at 11:00 pm from Aerocity Metro station.

[DAY 2 - SETTLING IN](#) Arrival at inme Tons campus by lunch. Settle in and get to know your instructors and other participants. Tent pitching and basic camping skills.

[DAY 3 - ACCLIMATIZATION](#) A short but strenuous trek helps participants prepare for the challenge. After returning to the camp the group prepares and packs for the expedition. Post lunch the group will go for another short trek. Evening is spent relaxing around the bonfire.

[DAY 4 - STARRY STARRY TREK](#) Leave early morning by jeeps for Sankri (1 hour) to begin the trek. Trek through rocky terrain and meadows to reach Juda ka talab (9,500 ft.). Pitch tents and set up camp. First night under the stars!

[DAY 5 - SNOW WALKING](#) The day is spent at Juda Ka Talab learning different techniques like snow walk, self-rescue in the snow, creating snow routes. The group will also do an acclimatization trek to get used to the altitude.

[DAY 6 - SNOW ROUTE CREATION](#) Continue trekking to reach the base camp (12000 ft.). The Kedarkantha peak can be seen from this point. Pitch tents and do activities around the camp in the evening.

[DAY 7 - SUMMIT](#) Start the day early to summit Kedarkantha (12500 ft.). Conquer the peak! Trek down and camp out at Juda Ka Talab.

[DAY 8 - INME CAMP](#) Reach Sankri by noon and then return back to inme Tons campus by bus around lunch. Rest and bathe! Special dinner to mark the success of the expedition!

[DAY 9 - CAMPUS FUN](#) Spend a day at the Tons campus. Final de-brief and reflection session. Helter Skelter to mark the end of the expedition!

[DAY 10 - HOMEWARD](#) Leave campus post lunch.

[DAY 11 - HOME](#) Arrival at Delhi by 5:30 am. Aerocity metro station.

