



## THE KEDARKANTHA EXPEDITION

The Kedarkantha Expedition is a high altitude (12,500 ft) trek through rocky terrain and lush green meadows. Our Tons campus serves as the base camp. An acclimatization trek, helps the group 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 peak offers a spectacular panoramic view of the Himalayas! The group cools off by rafting at the Tons river upon returning from this iconic 8 day expedition!



### 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 and acclimatize. The campus is near the village Mora in Uttarakhand, 180 km from Dehradun. The largest town nearby is Purola, 40 km from camp.



### WEATHER

At the Tons campus, temperatures range from 15°C- 35°C during this period.

Once the group starts the expedition they experience colder conditions with night temperatures going down even to 5°C.

The sleeping bags provided are adequate for the weather. Participants must pack personal items as per the specified 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 campus is 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 of and ends at the inme campus at Tons where a separate area is allocated for the Kedarkantha group. Participants pitch their tents and get used 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 us) 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.



## 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.



## 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.



## 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, PLAN & PREPARE](#) A short but strenuous trek helps participants prepare for the challenge. A session of white water rafting in the afternoon helps everyone cool off. Evening is spent in planning and preparing for the expedition, rationing for meals, division of the load to carry and packing the rucksack.

[DAY 4 - STARRY STARRY TREK](#) Leave early morning by bus to Sankri (1 hour) – the start point of 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 - HIGHER UP](#) Continue trekking to reach the base camp (12000 ft.). The Kedarkantha peak is visible from this point. Pitch tents and do activities around camp in the evening.

[DAY 6 - SUMMIT](#) Start the day early to ascent Kedarkantha. (12500 ft.) Conquer the peak!! Trek down and camp out at Juda ka Talab.

[DAY 7 - 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 8 - ON YOUR RAFTS](#) White Water Rafting Challenge at inme camp, lots of activities around the campus. Campfire, fun & camp games.

[DAY 9 - HOMEWARD](#) Leave campus post lunch.

[Day 10 - HOME](#) Arrive in Delhi by 5:30 am the next day.

