



## TRIPLE TROUBLE

Triple Trouble is a multi activity adventure in Rishikesh – White Water Rafting, Kayaking, and Ropes course. Participants raft a section of the Ganges. The module starts with a safety briefing, class in hydrology followed by safety drills before taking on the rapids! Kayaking takes the group on an expedition to Beas Ghat where they set up camp and do a night out. The ropes course contains challenging and thrilling high elements.

A must for the water lovers, Triple trouble is one of our most popular programs since 2012.



### GENERAL AREA

Our stunning forest campus, Camp Aquaterra, is located in the main Upper Ganga valley, 30 kms from the rafting capital of India, Rishikesh. Nestled amidst pine and oak forests, the campus provides a complete outdoor experience with options for white water rafting, kayaking and ropes courses.



### WEATHER

Temperatures range from 22°C to 35°C. Afternoons tend to get a little hot. We manage activity time to make sure participants are indoors during peak afternoons.



### TRAVEL

Delhi to Haridwar by AC Chair car on Dehradun Shatabdi.  
Departure from Delhi at 6:45 am from New Delhi Railway Station.  
Haridwar to Campus by non-AC bus/Jeeps  
Outstation participants fly into Dehradun. Please call us for details.



### ACCOMMODATION

Participants stay in fixed tents. Separate accommodation 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 Rishikesh 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 - WELCOME** Arrive at inme Rishikesh campus by lunch. Campus introduction, orientation and settling in. Icebreakers help participants get to know each other.

**DAY 2 - WATER AND ROPES** Start rafting from ATA Shivpuri and end at NIM. After lunch, hit the ropes course and tackle some challenging elements.

**DAY 3 - HIT THE RAPIDS** Take on the rapids, learn self-rescue and safety management techniques such as flip drill and how to guide the raft. Post lunch, continue with high elements of the ropes course.

**DAY 4 - IN YOUR KAYAKS** Trek to a nearby village and get an understanding of the local culture of the place. Once back at campus, the participants are divided into smaller groups to create retro rafts. Post lunch, start with introduction to kayaking, and paddle down from Silver Sands to Gular Bridge.

**DAY 5 - UNDER THE STARS** Leave for Devprayag to start the kayaking mini-expedition from Devprayag to the fantastic beach at Beas Ghat, North India's most famous fishing spot! Camp overnight and enjoy the beach campfire.

**DAY 6 - PADDLE ON** Kayak 15 kms in the remote part of the upper Ganga gorge till Kaudiyala to finish the kayak expedition.

**DAY 7 - HELTER SKELTER** It's time for the inme Olympics! At night the participants get to showcase their talent in the Talent Night!

**DAY 8 - HOMEWARD** A final de-brief and reflection session is held in the morning. Post lunch, leave the campus and board the train. Arrival by 10:45 pm, New Delhi Railway Station.

