



THE NAG TIBBA ASCENT

The Nag Tibba Expedition is our gateway to the world of big mountains for younger participants!

At 9915 ft 'The Serpent Peak' is the highest peak of the Lesser Himalayas in Uttarakhand. The expedition starts with a short acclimatization trek where participants learn to pitch tents and set up camp. The trek routes meander through different terrains from lush green forests to rocky trails to vast meadows.

On the expedition, participants pitch tents to set up camp at different locations every day, cook their own food and manage resources like wood and water.



GENERAL AREA

Yamuna Pul, 25 kms from Mussoorie serves as the base camp for the expedition. The region is dotted with lively villages, meadows and is a natural haven.



WEATHER

Temperature in the region range between 9°C to 20°C.



TRAVEL

Delhi to Dehradun by AC Chair car on Dehradun Shatabdi at 6:45 am from New Delhi Railway Station. Dehradun to Campus by non-AC bus/Jeeps.

Outstation participants fly into Dehradun. Please call us for details.



ACCOMMODATION

Yamuna Pul serves as the base camp for the expedition. The campus has fixed accommodation and toilet facilities.

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.



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 base 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 members are involved in planning the meals and selecting the items – all part of the learning process.

The inme base camp 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 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

DAY 1 - WELCOME Arrive at the base campus. Settle in and get to know your instructors and other participants. Tent pitching and basic camping skills. Short acclimatization walk.

DAY 2 - PLAN & PREPARE Participants go for a long trek; learn mountain manners, and principles of 'Leave No Trace' camping. In the evening, prepare and plan for the expedition. Roles are assigned in smaller groups for cooking, cleaning and collecting firewood. These sub groups will perform each role in rotation as part of program learning.

DAY 3 - STARRY STARRY TREK Leave early morning by jeeps to Pantwadi village, the start point of the trek. Trek to the Nag Tibba base camp (8500 ft) named after the very popular temple of a local deity. The campsite has a huge meadow with a majestic sunset point. Pitch tents to set up camp. First night under the stars!

DAY 4 - PEAK ASCENT Begin the steep ascent to Nag Tibba peak after breakfast without rucksacks and tents. Conquer the summit (9915 ft) and celebrate the success at top. Return to the base camp and spend time reflecting on the experience.

DAY 5 - DESCENT Start the descent after breakfast to move towards a different valley near Auntar village. Continue trekking to reach the beautiful campsite at Devalsari. Last night under the stars!

DAY 6 - INME CAMPUS Return to the inme campus by jeeps around noon. Rest and bathe! Special dinner is cooked to mark the success of the expedition!

DAY 7 - HELTER SKELTER inme Olympics, lots of activities around the campus, and fun.

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.

