



**TO GET THE BEST OUT OF THE EXPERIENCE, PARTICIPANTS AND THEIR PARENTS MUST READ THIS DOCUMENT. THIS WILL HELP IN SETTING THE RIGHT EXPECTATIONS AND IN PREPARING FOR THE PROGRAM.**

- TRIP OVERVIEW
- DATES, ELIGIBILITY, VISA REQUIREMENT, APPLICATION
- PROGRAM FEE, TRAVEL
- EQUIPMENT LIST
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## trip overview

Welcome to inme's Great American Bicycle Ride (GABR) - a remarkable journey down the Pacific coast on the land of plenty. Fittingly, it is a journey marked by soaring mountains, tall trees, crashing waves, breathtaking vistas and big fun.

The adventure will open in Seattle, Washington, interestingly, the first city in the US to put even its cops on bicycles! Your first day on the program will give you an opportunity to immerse in the local culture – be it at the Pike Place Market, the 'Soul of Seattle' where you'll meet the local craftsmen, buskers (street performers), lavender farmers, and local fisherman or at America's first Starbucks Coffee shop where you'll join Seattleites for a cup of coffee.

Day 2 will mark the beginning of your tryst with nature. You will ride your bicycles to the coastline and be greeted by the gusty blue waves of the Pacific Ocean rushing to meet the sparkling beaches. You will spend the next 3 days riding through Washington at a gentle pace. As you gradually increase the distance travelled each day, you will get acclimatized to the physical exertion of cycling, the road rules, and the daily program schedule.

The next part of your journey will be spent travelling through Oregon. According to legend, Oregon derives its name from the French word 'Ouragan' which translates to "windstorm" or "hurricane". So, as you navigate your path here, be ready to pick up the challenge that Mother Nature will surely send your way!

This will be the most demanding part of your journey. You will face steep ascents, heady descents, long riding days, and, at times, roaring winds.

The rewards offered along the road, however, will be just as exhilarating. The epicureans will get a chance to tease their taste buds as we pull into the Tillamook Cheese Factory. Not only will you get to tour the factory, you will also get an opportunity to sample a wide variety of fresh and delicious cheese and ice creams made on-site. Those thirsting for even more adventure will be able to try their feet at sand boarding at the Sand Master Park! Oregon is a premier destination for adventure seekers. It has world-renowned skiing, snowboarding, hiking, white water rafting, and it is the ULTIMATE destination for sand boarding!

As you approach the end of this epic adventure, you will enter California – the home of the Redwood. The redwoods are descendants of a group of conifers that flourished more than 144 million years ago when dinosaurs roamed the Earth. Only three redwood species have survived the earth's ever changing environment, each restricted to a small region of the world. The Californian coast is inhabited by the Coast Redwood (*Sequoia sempervirens*).

You will cycle through this awe-inspiring forest of the largest trees in the world. You will also get to meet some of the world's tallest and oldest living beings – as tall as 320 feet and as old as 2000 years! Some of these trees have trunks more than 24 feet in diameter - so big that the entire group would not be able to hug one tree! Interestingly, much of California's



land has been cleared for housing and agriculture but because of reforestation practices, Californian forests are nearly as large as they were 100 years ago.

Your trip will finish in San Francisco as you cycle down the famous Golden Gate Bridge. What a stunning landmark to wrap up the trip of a lifetime - The Golden Gate Bridge in San Francisco has enough steel wires in its cables to circle the earth at the equator 3.5 times! You might also be lucky enough to catch the bridge being painted. After all, the Golden Gate Bridge is so big that workers paint the bridge year round. By the time they are finished with one end it is time to begin repainting the other end!

You will spend your last day celebrating the 1063 kilometers and 3 states that you have covered over the journey. You will spend the day soaking in the sights of San Francisco, reminiscing about your trip, shopping for souvenirs, and going out for a well-deserved gourmet dinner!

- On this epic adventure, you will average 59 kilometers per day, with a total of 1063 kilometers throughout the trip. Although you will travel self-supported, carrying everything you need, a road support vehicle will travel with you throughout your journey.
- To add to the physical challenge of the trip, you will also be given an opportunity to interact with the local population and practice your planning, budgeting and creative skills. You will stop at local markets and grocery stores every 2-3 days to purchase rations for organizing meals for the group – delectable enough to tempt everyone's appetite, nutritious enough to keep everyone well fueled and energized for loads of fun, and quick enough to leave time for relaxation!
- You will be staying in hostels in Seattle and San Francisco. The remainder of the trip will be spent camping at some of the most beautiful and well-maintained sites. After you pitch tents, you will check out the local beaches, play games, and cook a delicious dinner before heading to bed to be well rested for what is in store for you the next day.



## dates

11<sup>th</sup> June – 04<sup>th</sup> July, 2019

## eligibility

- You are 14-17 years of age
- You are at least 5 ft in height
- You are able to mount and dismount a bicycle without assistance
- You are confident and comfortable cycling both on and off road

More importantly, you must be a willing participant who can physically stretch to walk/cycle for 5-6 hours in a day. Though the selected route has been successfully covered by the suggested age group many times and will be filled with fun and adventure, this is not a joy ride. Instructors and trip leaders will not be able to help you physically. You must also be willing to maintain a high level of discipline, adherence to group leader instructions, and commitment to the group.

To ensure that you enjoy every aspect of the program, prior to selection there will be a fitness check by going for a bicycle ride with our instructors.

## visa requirement

- A valid tourist visa to travel to the USA.

If you do not have a valid US visa, you will need to arrange an interview with the US embassy to obtain the visa. Inme will provide assistance with relevant documents and information. Please note that obtaining a US tourist visa is a long process - it could take between 30 to 60 days beginning from the interview at the embassy until the final procurement of the visa.

## application

In order to complete your registration, you need to provide

- A detailed application filled by you
- A consent form signed by your parent/ legal guardian
- A detailed health form duly filled by your parent/legal guardian and a physician. This includes a physical fitness certificate attesting that you are free of any ailment or disability that could hamper your participation and safety.
- Payment of program fee

Once enrolled, we will be in touch with you via email regarding the preparation for the trip. We will send you a fitness plan that you should follow. This will start 8 weeks before the



program to make sure you have the physical ability to overcome all challenges thrown at you in this trip.

The program is not recommended for people with history of severe asthma, heart related issues, epilepsy or highly impaired vision.

## **program fee**

The program fee is INR 100,000 + USD 2300 for estimated expenses in the US.

An early bird discount of \$400 is available on registrations before 31 January, 2019

This fee and estimated expenses will cover:

- The whole program coordination from Seattle to San Francisco
- Inme Course Leaders to escort and take care of the group - both ways
- All meals and food supplies as planned for this self-sustaining trip
- Accommodation (Seattle and San Francisco in hotel / youth hostel and other places on organized camping grounds)
- Transfers to and from airports in the United States

### **DOES NOT INCLUDE:**

- Cost of air travel.
- Cost of airline charges for unaccompanied minor (certain airlines have higher age limits the Indian domestic airline, please check before booking tickets)
- Visa fee and related expenses.
- Personal clothing and equipment for the trip (sleeping bag, clothes, helmet etc). We can guide you or have this arranged for you at cost.

(See kit list in this docket).

## **travel**

The trip is planned as a biking adventure trip with the flights suggested from New Delhi / Bangalore / Mumbai to Seattle and return from San Francisco. The travel dates are fixed. We leave on June 11, 2019 and arrive back from San Francisco on July 04, 2019.



## equipment list

This list will assist you in knowing what to bring. Please pay close attention to this list as, on a self sustained biking program both the quantity and quality of equipment matter a great deal.

**Do not treat this process like packing for a summer program** as there is no campus and fixed tents where a little extra stuff does not matter. Every little item that you carry must fit into your panniers (saddle bags). We will carry all of our gear on our bikes, so the lighter the better!

Please bring **only the items on this list**. The list below is in accordance with the expected cold & wet weather. Please pack everything into a duffle bag (soft, foldable), **no rucksacks or suitcases**.

**We cannot stress enough on the point of not carrying extra stuff. Do remember that other than your personal items you will be responsible for carrying group gear on your bicycles as well, i.e. tent, cooking stove and utensils, food, etc. You need all the space and weight you can spare! Please pack in a duffle bag.**

### Upper Body Layers

ITEMS	REMARKS
2 biking t-shirts	Quick drying material, NOT COTTON
1 shirt to wear around camp	
1 warm full-sleeved warm upper	Warm, NOT COTTON, should be Polypropylene
1 warm full-sleeved fleece	Warm
1 warm jacket	Something that packs small
1 rain jacket	NO PONCHOS! Keep in mind that you could be biking the entire day in rain

### Lower Body Layer

2 padded biking shorts	They must be padded biking shorts
1 pair of camp shorts	Quick drying material
1 pair of camp pants	Warm track pants / fleece bottoms, Not Jeans
4 pairs of undergarments	
1 rain pant	

### Head, Neck and Hand layers

Warm cap	A warm hat made of wool or fleece.
Ear band	To cover ears in cold weather. Not needed if your cap does this
Gloves	Warm fleece or woolen gloves, not leather

### Footwear

1 pair shoes	Sturdy shoes for biking (like running shoes – DO NOT get new shoes. Shoes must be worn in)
4 pairs of socks	Sports Socks
1 pair of floaters	Something that can be worn around camp and in water, does



	not slip off
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### Assorted items

Biking Helmet	Make sure it's a good fit
Biking Gloves	
Swimsuit / trunks	Water will be cold but there will be days when we step in for swim
Sunglasses	For biking – 1 pair only
Torch / head lamp	Small, extra batteries
Bottles / Hydration pack	2 one liter bottles and/or a camelback with a 2-litre capacity
1 plastic bowl	
1 knife, fork, spoon	Preferably plastic
1 plastic/metal mug	

### Toiletries

Toothbrush & toothpaste	Travel size paste
Bar of soap	In a plastic soap container and zip lock
Shampoo/conditioner	Small bottle
Deodorant	Small
Sunscreen	SPF 30 or higher
Lip balm / cold cream	Small
Bug spray	
Quick drying towel	Medium size

**Sleeping Gear** (Link to specific names and brands will be given)(practice to pack and unpack)

Sleeping Bag	0°C or lower <b>(Must pack in bag 8inch x 18 inch)</b>
Sleeping bag compression sack	Good quality compression sack to reduce the volume
Sleeping Mat	<i>Thermarest</i> or other inflatable mats
Sleeping Mat compression sack	Good quality compression sack to reduce the volume

### Optional Items

Camera	Batteries or charger with converter plug
Book	Something to read in your free time
Dairy / Journal	Highly recommended
Money	Maximum of \$250 (cash/ prepaid card)
International calling card	To call home when possible

### Do Not Carry

Mobile phone	No signal most of the time, little to no chance of charging.
iPods, ipads or similar devices	Absolutely not allowed when on your bicycle, no ease of charging



**Tips:**

1. Wear the track pants in your list during your flight to and from US, it will save one additional item to carry.
2. Wear floaters on the flight, you'll find them more comfortable.
3. If you wear contact-lenses, we would strongly suggest carrying a pair of prescription glasses as well. For the ones who prefer glasses please carry an extra pair.

All equipment suggested will be available at a Decathlon store, other outdoor outfitters and online. You can also order specific items from the REI store ([www.rei.com](http://www.rei.com)) and choose to pick up the item at REI's 'Flagship Store' in Seattle. We will be taking all participants to the REI store in Seattle.

Please ensure you buy equipment as specified and rated. We will be glad to guide you with your purchasing. Write to [sarabjit@inme.in](mailto:sarabjit@inme.in)



## preparing for the trip

This summer you will be bicycling 1063 kilometers. With a little effort you can prepare yourself physically and be ready to rock out while we ride the coast! If you follow the recommendations below you will have no problem completing the trip. We expect everybody to show up with a reasonable level of fitness and be ready to ride.

Biking is the best way to prepare for biking. If you have access to a bicycle - ride it. If not, substitute some other form of cardiovascular exercise: running, football, swimming, etc. The workout below is for a bicycle.

This schedule begins 8 weeks before the trip and guides you through daily workouts all the way to the week before we meet you in Seattle!

**Once you register, we will be in touch with you during the 8 weeks before the trip to keep track of your progress.**

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8	45 min	off	30 min	off	45 min	off	90 min
7	45 min	off	30 min	off	45 min	off	off
6	90 min	45 min	off	30 min	off	off	90 min
5	90 min	45 min	off	30 min	30 min	off	2 hours
4	90 min	30 min	off	45 min	off	off	2 hours
3	90 min	45 min	45 min	45 min	45 min	90 min	2 hours
2	2 hours	45 min	45 min	30 min	30 min	off	2 hours
1	60 min	60 min	60 min	60 min	60 min	off	off

Visualize yourself on this trip.

Think of the fun moments and the tough parts. Imagine not giving up when you are tired and really stretching yourself.

Imagine yourself at the Golden Gate Bridge posing with your cycle for a group snap!



## trip leaders, safety and support

This adventure has been planned in great detail and we have run it thrice in the past. As mentioned, this is a popular biking route and has been attempted by many participants in the recommended age group. There are sections that have specified cycling routes and camping spots at appropriate distances.

- All the accompanying Instructors are qualified first aiders.
- The US has excellent emergency services and should we need any help, the services on the selected route has a 10-15 minute response time. Also, there is a road support vehicle that moves with the group throughout the entire stretch of the trip.
- All participants will be insured for the trip (part of the program fee). Please note that this insurance covers certain aspects of medical emergencies and conditions so please read the terms of coverage carefully.