



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child. A cycling expedition through the Kumaon Himalayas for 13-17 year olds. Participants spend a day at the base camp on the obstacle course to brush up their cycling skills – riding postures, uphill & downhill riding, braking & turning techniques.

On the expedition, they cycle on off-roads through dense forests and beautiful green mountain trails. Participants pitch tents and set up camp at a new location every day and cook their own food. A safety jeep carrying supplies, sleeping bags, tents etc. moves with the group.

The expedition focuses on developing teamwork skills and teaches responsibility towards self, others and the environment.



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<b>Code</b>	<b>Age-Group</b>	<b>Departure</b>	<b>Arrival</b>
HB1	13-16 yrs	02 June	10 June
HB2	13-16 yrs	08 June	16 June
HB3	14-17 yrs	14 June	22 June

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**Cost: Rs. 39,900**



## **CAMPUS AND AREA**

The Uroli and Sitlakhet campuses are both situated in the middle of a lush pine and oak forest in the Kumaon hills in Uttarakhand.

The cycling trails on the expedition run through lush green forests, majestic mountains, and fruit orchards.

Location: 30 kms from Ranikhet, Uttarakhand.



## **TRAVEL**

### **From Delhi:**

Departure: 07:00 pm (report by 6:15 pm)  
New Delhi Airport, Terminal 2 Bus parking. Travel in an AC bus to Kathgodam.  
Onwards journey in Non AC bus. Arrival at campus by breakfast.



### **Return to Delhi:**

Arrival: 5:30 am at New Delhi Airport, Terminal 2 Bus parking.

### **Outstation Participants**

Participants taking a flight to attend an inme program can avail our airport pick and drop facilities at an add on cost of Rs 1000/- This does not include any overnight stay or boarding.

## **WEATHER**

The summer temperatures range between 15°C to 25°C. Afternoons tend to get a little hot. We may experience rain sometimes.



## **ACCOMMODATION**

The program starts at our Uroli campus and ends at our Sitlakhet campus. During the expedition, participants pitch their tents to set up camp at a different location every day. 3-person tents (provided by us) are allotted to a group of two participants. A jeep carrying tents, sleeping bags, mattresses, cooking utensils and food materials moves with the group.



## **TOILETS**

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

The Uroli and Sitlakhet campuses have built up toilets and baths with hot water.



## **INSTRUCTORS & MEDICAL SUPPORT**

1:6 instructor to child ratio.

Instructors include a mix of female and male instructors. All instructors are experienced and certified outdoor experts.

A resident doctor is available at all times at the Sitlakhet 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 Uroli and Sitlakhet campuses have a fully functional kitchen run by experienced staff members. The food is largely vegetarian with non-veg served 2-3 times on the program. There is variety and we take care of both taste and nutrition in planning the menu.

## **FITNESS & PREPARATION**

This program might be more demanding than the usual physical activities you're used to. We recommend a little jogging, stretching and exercising a weeks before the departure date to gain the flexibility and agility needed to truly enjoy the experience. Do this wearing the shoes you want to carry for the program—it'll help break into them.



## DAY WISE SCHEDULE

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- Day 1**                    **DEPARTURE FROM DELHI** at 7pm from New Delhi Airport Terminal 2 Bus parking.
- Day 2**                    **WELCOME TO UROLI** Reach Uroli campus by morning for breakfast. Settle in and get to know the other participants. Orientation and expectation setting by the expedition leader. Start with introduction to the equipment, cycles, safety gear and safety briefing. Cycle around the campus and go through an obstacle course to enhance riding skills. Plan and pack for the expedition.
- Day 3**                    **EXPLORE** Start the cycling expedition! We cover a total distance of 16 kms (12 kms off road, 4 kms on tarmac) cycling through pine forests to reach Sirmauli. This is where the group stops for lunch and sets up camp. Pitch tents, participate in activities around the camp and cook the first meal on the expedition!
- Day 4**                    **PEDAL ON** We tackle tougher stretches on our cycles today! Cycle on challenging off road trails and mountains covering 15 kms to reach Kakri Ghat. Enjoy some exciting uphill and thrilling downhill.
- Day 5**                    **UPHILLS & DOWNHILLS** Ride 16 kms through beautiful trails that cut across the Kumaon Himalayas. The route also packs in challenging uphill. We cycle to reach Banarghat, where we set up camp for the night.
- Day 6**                    **STARRY STARRY NIGHTS** Cycle through forest trails on tarmac roads covering a distance of 15 kms. We will camp at Devbani. Hike for 2 kms to the local temple. Last night under the stars!
- Day 7**                    **SITLAKHET CAMP** Cycle a total of 8 kms to reach the Sitlakheth campus. A relaxed evening, camp games and delicious food to celebrate the success of the expedition!
- Day 8**                    **CLOSURE & HOMEWARD** Reflect & share the learning of the expedition. Pack up and leave campus post lunch for Delhi.
- Day 9**                    **ARRIVAL** Reach New Delhi Airport Terminal 2 Bus parking at 5:30am.

