



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child. The Yercaud explore program is a week-long experience run at our Yercaud campus. The program provides a mix of adventure and learning to open a child's mind to do things they could not imagine.

In 2021 summer, this program will have limited capacity. And all participants will take part in the adventure activities under the care of trained outdoor instructors.

There are three activities offered on the program - Rock Climbing, Ropes Course, and Backpacking. Participants experience all activities.



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Code	Age-Group	Departure	Arrival
Y1	12-14 yrs	10 April	16 April
Y3	13-15 yrs	16 April	22 April
Y5	13-15 yrs	22 April	28 April
Y6	11-13 yrs	28 April	04 May

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**Cost: Rs. 34,900**





## **CAMPUS AND AREA**

Our Yercaud campus is set within a 250 acre coffee estate and plantation in the Shevoroy hills in the Eastern Ghats. The estate boasts of great rock climbing faces, trekking trails, mountain biking routes and a ropes course setup.



Location: 40 kms from Salem, Tamil Nadu.

## **TRAVEL**

### **From Bengaluru:**

Departure: 06:00 am (report by 5:15 am)  
Army Public School, Kamaraj Road, Bengaluru. By luxury AC buses. Arrival at campus by lunch



### **Return to Bengaluru:**

Arrival: 10:30 pm at Army Public School, Kamaraj Road, Bengaluru.

## **WEATHER**

The summer temperatures range between 10°C to 29°C. Afternoons tend to get a little hot. We may experience rain sometimes.



## **ACCOMMODATION**

In Tents - separate for boys and girls. Usually 2-3 children stay in a tent, with camping mats and sleeping bags provided by us.



## **TOILETS**

The campus has built up toilets and baths. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.



## **INSTRUCTORS & MEDICAL SUPPORT**

1:6 instructor to child ratio. Instructors include a mix of female and male instructors. A resident doctor is available at all times on the campus.



## **FOOD**

The campus has a fully functional kitchen. Wholesome nourishing meals prepared by trained staff. The food is largely vegetarian with non-veg served 2-3 times on the program. Other than breakfast, lunch and dinner, snacks and refreshments are served at appropriate times with emphasis on hydration.



## **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 few weeks before the departure 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.





# TYPICAL DAY ON THE PROGRAM

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- 6:00 am**                    **Wake Up:** Enjoy a hot cup of milk/tea/coffee with biscuits.
- 7:00 am**                    **Elastic Limbs:** Power up for the day!
- 8:00 am**                    **Breakfast:** Enjoy delicious breakfast to gain energy.
- 9:00 am**                    **Wonderful Outdoor World (WOW)**  
Participants take part in their outdoor activities.
- 1:00 pm**                    **Lunch:** Nutritious and much needed lunch awaits the adventurers once they return to the campus after their outdoor experience.
- 1:30 pm**                    **Free Wheeling Time** to freshen up and relax.
- 2:30 pm**                    **Cool Time**  
Participants engage in different activities focussed on action, awareness and attitude. A mix of fun and learning activities takes the experience beyond outdoors and adventure.
- 5:00 pm**                    **Tea Time:** Milk, tea and snacks up the energy levels.
- 5:30 pm**                    **Cool Time**  
Continue with cool time with a change of activities. This time may also be used for activity de-brief, group sharing sessions and personal reflection.
- 7:30 pm**                    **Soup Time**
- 8:00 pm**                    **Dinner:** The much-awaited dinner caps off a power packed day for all.
- 9:00 pm**                    **Lights off**  
Get into your sleeping bags as the day's weariness starts to kick in. Slip into a golden-slumber and wake up fresh for another exciting adventurous day.

