

## COORG ON WHEELS

Coorg on Wheels is a cycling expedition through the lush jungles of Coorg. The expedition starts at our base camp in Coorg where participants acclimatize and gear up for the challenge. Since 2011, 360 children have successfully completed the expedition with inme.

This is a self-contained expedition where participants pitch their own tents to set up camp at a different location every day, cook their own food and manage resources and share responsibilities.

We cycle during the morning hours to reach our camping destination by lunchtime.

The expedition takes the group through Vadu Pass, Kabbinkad Junction, Nalaknad Palace, and to the base camp of the highest peak in Coorg "Thadiyandamol".

A safety Jeep carrying the supplies, sleeping bags, tents etc. moves with the group.



### GENERAL AREA

The expedition starts from the inme campus at Coorg.

The largest town nearby is Virajpet, 30 kms from camp.

Coorg is known for its bio-diversity and has an amazing green cover with thick canopies of a tropical jungle.



### WEATHER

Summer temperatures range from 12°C to 20°C.

Mornings and evenings are very pleasant.

We may experience some rainfall during this period.



### TRAVEL

Bangalore to Coorg by AC buses from Bangalore at 6:00 am from Army Public School, Kamaraj Road.

Arrival at campus by Lunch.

Outstation participants fly into Bangalore a day before the departure date. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost. Please call us for details.



### ACCOMMODATION

The program starts out from and ends at the inme campus at Coorg. 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 three participants.

A jeep carrying the 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. However, there is no provision for a bath on the expedition.

The Coorg campus has built up toilets and baths.

Baths have running water and fittings and hot water, if needed, is provided by a bucket. Toilets have WCs and hand faucets.



### INSTRUCTORS & MEDICAL SUPPORT

1:6 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 Coorg 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 their meals and selecting the items – all part of the learning.

The Coorg campus 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

This program might be more demanding than the usual physical activities you're used to.

We recommend a little jogging, stretching and exercise 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.



### DAY WISE PLAN

 Subject to weather and logistics

**DAY 1 - WELCOME** Departure from Bangalore. Reach Coorg campus and settle in. Program orientation and expectation setting.

**DAY 2 - UNDERSTAND** Begin the day with introduction to the equipment, cycles, safety gear and safety briefing. Cycle around the camp and go through an obstacle course to enhance riding skills. Plan and pack for the expedition.

**DAY 3 - EXPLORE** Start the expedition by cycling off-road till Vadu Pass, a 2 km uphill trail followed by 4 km off-road downhill. Continue cycling to reach Kabbe Mott where the group stops for lunch and sets up camp. Pitch tents, participate in activities around the camp and cook the first meal of the expedition!

**DAY 4 - PEDAL ON** Start the day with hot tea/coffee and some nutritious breakfast, pack the tents and head out to get on the best slopes of the expedition. Cycle past the Kabbinkad Junction and visit the Nalaknad Palace, and camp in the Palace Grounds. Another night under the star studded sky!

**DAY 5 - HIT THE BLACK MAT** Cycle to the base of the highest peak in Coorg "Thadiyandamol", and head towards the forest guesthouse to set up base camp for the summit. The group cycles for approximately 20 km on black metal road.

**DAY 6 - SUMMIT** Walk up to the summit of Thadiyandamol, and get a spectacular view of the surroundings. Last night camping under the stars!

**DAY 7- INME CAMP** Cycle a total of 20 km crossing Nalaknad Palace to reach Chingaara base camp. A relaxed evening, camp games and delicious food to celebrate the success of the expedition!

**DAY 8 - HOMEWARD** Post early lunch, program closure, and feedback the group leaves for Bangalore. Arrival at 10:30 pm, Army Public School.

