



## KAYAK AND MORE - NAUKUCHIATAL

The Kayak and More expedition offers a mix of three activities – Open Water Kayaking, Ropes Course and Backpacking.

Participants start with kayaking in the Naukuchiatal Lake also called the 'lake of nine corners'. They learn paddling techniques and safety management. The ropes course has participants tackle different elements of the obstacle course ranging from various low to high elements. During backpacking, participants trek through the beautiful valley picking up camping skills and mountain manners. A night out in the wilderness provides an opportunity to practice these skills and spend a night under the stars!!



### GENERAL AREA

Naukuchiatal is a small hill station in Nainital district of Uttarakhand. It is surrounded by hills covered in trees and shrubs. The inme campus is right on the edge of the lake. Surrounded by pine and oak forest, the campus provides a much needed escape from the city.



### WEATHER

At the Naukuchiatal campus, temperatures range from 9°C to 23°C during this period. We may experience some rainfall as well.



### TRAVEL

Delhi to Kathgodam by AC Chair car on Kathgodam Shatabdi.

Departure from Delhi at 6:00 am from the New Delhi Railway Station.

Kathgodam to campus by Jeep/Bus (27 kms journey).

Outstation participants have to reach Delhi a day prior to the departure day. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost.

Please call for details.



### ACCOMMODATION

Participants stay in fixed tents.

Separate accommodation for boys and girls.



### TOILETS

Western toilets with hand faucets and flushes. Hot water can be provided for bathing.



### FOOD

Wholesome nourishing meals are provided. The food is largely vegetarian with a non-veg dish served 2-3 times (usually dinner) on a program. Other than breakfast, lunch and dinner, we provide snacks and refreshments at appropriate times with emphasis on staying hydrated. There is variety and we take care of both taste and nutrition in planning the menu.



### INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio.

Instructors include a mix of lady and male instructors.

A resident doctor is available at the Naukuchiatal campus at all times.



## **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

The children will be divided into sub groups and will do the activities on a rotation basis.

**DAY 1 - SETTLING IN** Arrival at inme Naukuchiatal campus by lunch. Orientation, settling in, and expectation setting. Icebreakers help participants get to know each other.

**DAY 2 - KAYAKING** The kayaking group is ready for the introduction to kayaking. They go through the basics of hydrology followed by an introductory session about the equipment and a detailed safety briefing. The group is now ready to take to the water!

**DAY 3 - WATER LOVERS!** The participants revise their kayaking basics and head for the larger stretch of kayaking. They manoeuvre their kayaks and paddle on a large section of the Naukuchiatal river.

**DAY 4 - ROPES COURSE** The second part of the expedition is ropes course. After a safety briefing and introduction to the equipment, participants start with tackling low elements of ropes course.

**DAY 5 - ON THE ROPE** The participants now move on to more challenging high elements of the ropes course. Keep those helmets steady!

**DAY 6 - UNDER THE STARS** Explore the beautiful valley of Naukuchiatal on a trek. Learn about the exquisite flora and fauna surrounding the campsite. Pitch tents and set up the campsite. Spend a night under the stars and get a feel of the camping out.

**DAY 7- ON YOUR FEET** Pack the tents, clear the makeshift campsite and practice the principles of Leave No Trace camping, and trek back to the campus.

**DAY 8- HOMEWARD** After the final de-brief and reflection session the group departs from the campus. Travel by Kathgodam Shatabdi to Delhi. Arrival at New Delhi Railway Station at 9:05 pm.

