



**KARNATAKA CLIMBERS AND EXPLORERS
LAUNCHES 'CHILDRENS OUTBOUND ADVENTURE AND TRAINING CAMP'
IN MANALI, HIMACHAL PRADESH**

*In collaboration with and under the aegis, guidance and expertise of
THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)*



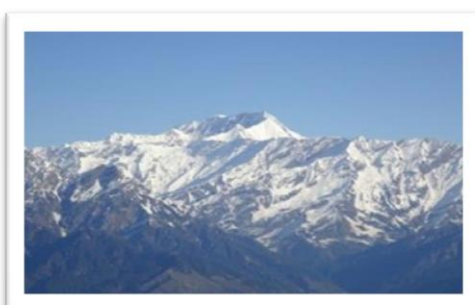
HIGH ALTITUDE

CHILDREN'S ADVENTURE TRAINING CAMP

MANALI, HIMACHAL PRADESH, INDIA

31.03.2024 to 07.04.2024

Programme coordinator: Mr. CHANDRASHEKARA KALLUR + 91 94804 49492



An adventure orientation cum training camp / course for children in the age group 12 to 16 years is being organized in the Manali Hampta region in Himachal Pradesh. Great care has been taken in planning the route and contents of the course. From the reporting base camp at Shuru the children will move to the mountain base camp at Thorku Dugh. Great emphasis is placed on the aspect of adventure and thrill without compromising on the safety of the children which always is our prime focus. Throughout the course the children will be under the care and watchful eyes of qualified instructors and volunteers. The beautiful mountain camp is located amidst silver fir forest. The trail from Shuru to the Base Camp passes through forests of blue pine, cedar, oak and silver fir. Camping in tents adds to the adventure quotient. All adventure activities along with outdoor informal classes and discussions on wilderness ethics, evils of deforestation, wildlife conservation, principle of 'leave no trace', group games, group cooking skills, group dynamics, self-help, etc are sure to have a lasting bearing in moulding the child's character. A complete and positive transformation in the child's outlook towards life and fellow humans would also go a long way in making the child a good human being. Let not this golden opportunity slip. Enroll and let your child explore and learn. Let your child be away from the hustle and bustle of city life hooked on the gadgetry and television with no scope for the outdoors. Remember the outdoors is an unbounded arena to observe and learn.

The group strength is restricted to 35 and registration would be on first come first basis. So, why wait, enroll, participate and explore the beauty and the mystery of the Himalayas – while taking a break from the hustle and bustle of city life. The child should have a liking for the outdoors and be prepared to forego the comforts of city life. In return, we assure a rewarding experience - possibly the best summer vacation the child could have.

PROGRAMMME DETAILS:

Period	31.03.2024 to 07.04.2024 (Bangalore to Bangalore)-considering mode of journey is flight
Duration	08 days (Bangalore to Bangalore), if journey to Delhi and back is performed by air. Add 4 more days (2 for onward and 2 for return), if journey to Delhi and back is performed by train.
Group strength	Minimum: 25; Maximum: 35
Age group	12 to 16 years
Grade	Easy / Moderate
Fees	<p>Rs.15,000/- (Delhi to Delhi) * (+5% GST) : Total Fee: Rs.15,750/-</p> <p>In terms of transportation (Ex. Delhi), food, accommodation, administrative expenses, tent age; complete camping facilities, technical gear, experienced instructors, guides, camp helpers, memento etc.</p> <p>* Up to Delhi and back, the participants will have to make own transport arrangements as per his/her convenience. See note below.</p>
Registration	15th JANUARY 2024 by payment of full fee.
Mode of payment	CONTACT THE PROGRAMME CO-ORDINATOR FOR DETAILS
Cancellation charges	<p>Upto 30 days before date of departure: - Rs.2,000/-</p> <p>20-30 days before date of departure : - Rs.2,500/-</p> <p>10-19 days before date of departure : - Rs.3,500/-</p> <p>05-09 days before date of departure: - Rs.4,500/-</p> <p>< 05 days before date of departure : - Rs.6,000/-</p> <p>(PLUS, BUS FARE / CANCELLATION FEE AND GST ELEMENT)</p>
Briefing	All details pertinent to the expedition like items to carry, bus timings, reporting point, contact numbers etc., will be given on the day of briefing which will be held at least 10 days prior to the date of departure.

Please note that registration will close once the target number is reached irrespective of the last dates mentioned. So, do not delay.

THE PROGRAM WILL INCLUDE:

- Camping
- Trekking
- Basic rock climbing
- Rope skills
- Abseiling
- Tyrolean traverse
- Zip line
- Group Tasks
- Field and outdoor skills
- Survival techniques
- Outdoor cooking
- Group discussions
- Leadership and teamwork
- Campfire activities



MUST CARRY THESE: (In sacks that will be issued by the organisers on the briefing day)

- Comfortable Dress (3 sets) - Track Pants, T-shirts, Shorts, Jacket, Wind Cheater,
- Jacket or Woolen Sweater
- Inner Wear (as per requirement)
- Balaclava or Monkey Cap
- Shoes with rubber sole (Sports Shoes) & 3 pairs of cotton socks
- Slippers or Floaters
- Water Bottle (1 litre)
- Lunch Box & Spoon
- Sun Goggles (Avoid blue tint)
- Sun Cap
- Torch with Spare Cells
- Writing Material (Notebook, pen or pencil)
- Personal Medical Kit (include few band-aids) - General medical kit will be centrally available
- Toiletries (tooth brush, paste, soap, towel & tissue roll)
- Small backpack (school or college bag) to carry essential items (water bottle, lunch box) during trekking

Outstation participants who will be joining the team in Delhi are requested to avoid carrying bulky suitcase / baggage / trolley cases. For such participants sacks will be issued in Manali. Do NOT carry Excessive Cash, Expensive Mobiles, Jewelry and Electronic Gadgets etc.

OTHER INFORMATION:

- Maximum height gained during the trek 8,500 ft approx.
- Tented accommodation (separately for boys and girls).
- Excellent wholesome vegetarian food.
- Delhi to Manali and back by Volvo bus.
- Two experienced and qualified instructors from the organiser's side will accompany the team.
- A centralised medical kit will be carried.
- Camp site and course activities carefully chosen and planned to provide for an excellent outdoor learning experience. Fun filled evenings including campfires.

- ❖ **Absolute importance is given to the safety & security of the children as always.**
- ❖ **Children will be accompanied by qualified & trained instructors.. Some more qualified instructors and support staff will join the team in Manali.**

- ❖ PROSPECTIVE PARTICIPANTS SHOULD BE PHYSICALLY AND MEDICALLY FIT. SHOULD HAVE NO HEALTH ISSUES RELATED TO BP, ASTHMA, SIGHT, HEARING, CARDIO, PULMONARY ETC
- ❖ NOTE: SUBMISSION OF DECLARATION AND MEDICAL FITNESS CERTIFICATE MANDATORY

REGISTRATION:

FOR MORE INFORMATION & REGISTRATION CONTACT THE PROGRAMME CO-ORDINATOR
Mr. CHANDRASHEKARA KALLUR ON + 91 94804 49492

NOTE:

- *The organizer will facilitate flight group booking. The cost as prevailing on the date of booking will have to be paid by the participant*
- *Those who want to book flight / travel on their own up to Delhi can do so, but will have to report at the bus departure point in Delhi on their own. The meeting point in Delhi will be intimated later.*
- *Those who want to book flight on their own but in the same flight as the instructors and others will be travelling can also do so. Flight details in which the leads will be travelling will be intimated by mid February 2024 / as and when done.*
- *It is also to note that those intending to book flight on their own will have to do so for return journey as well.*
- *The registration form / Google form duly and legibly completed in all respects should be submitted simultaneously along with fee payment. Transfer of fee without submission of registration form or submission of registration form without payment of fee will not be entertained.*

TALK TO THE PROGRAMME COORDINATOR REGARDING THIS FOR GUIDANCE



HAPPY ADVENTURE