

**CHALLENGES
ARE WHAT
MAKE LIFE
INTERESTING
AND
OVERCOMING
THEM IS WHAT
MAKES LIFE
MEANINGFUL.**

JOSHUA J. MARINE



**OUTWARD BOUND
INDIA - HIMALAYA**

CAMPING AND HIKING IN THE TONS VALLEY

An Outward Bound India Experience

WHO IS IT FOR?

Children aged 12 - 15 years.

WHAT IS IT?

A 7-day camping and hiking experience.

WHEN IS IT?

May 19th to May 25th, 2017

WHERE IS IT?

In the Tons Valley – a 6-hour drive from Dehradun

HOW WILL YOU GET THERE?

Take the overnight train from Delhi to Haridwar

HOW MUCH DOES IT COST

An all-inclusive cost of Rs. 44,800/-



OUTWARD BOUND
INDIA - HIMALAYA®

Experience the Wilderness

Leave your friends, family – and mobile phones – behind this summer school holiday and step up to the OB challenge. With the waterways as your motorways and the forest as your backyard, you'll get up high, go solo, dig deep and reflect widely on the epic wilderness that is life. Our seven day program is designed to give you the skills – and friendships – to help you find a clear path for growth..

BUILDING THE "YES I CAN" SPIRIT THROUGH OUTDOOR AND ADVENTURE EXPERIENCES



An Outward Bound India (OBI) experience isn't just another 'summer camp'. It is a team-based outdoor leadership development program that aims to help young people prepare for their journey of life. OBI does this by instilling self-belief, confidence, resilience and compassion. This is done through discovery – of themselves, their group, their surroundings and ultimately their own potential to transcend self-limiting barriers.



TO BUILD CONFIDENCE, RESILIENCE, COLLABORATION AND COMPASSION

A little beyond the Himalayan hamlet of Mori, a 6-hr drive from Dehradun, lies Bull's River Camp – one of Mercury Himalayan Explorations' most iconic river camps. The 7-day trip includes, camping, trekking, rafting and swimming in a fresh water pool – yes you heard that right! Here's an outline of your itinerary.



Day 1: Travel day: Reach OBI office at 5:00 AM and leave Delhi by bus at 5:30 AM. Breakfast on the bus and a lunch stop at Dehradun. Arrive by afternoon/ early evening. Tent allotment and program introduction.

Day 2: Introduction to the program. Meet your instructors, equipment allocation, expedition prep.

Day 3: Early morning wake up call. After breakfast collect gear and take a short drive to Khunigad and trek approx 8 KM to Gujjar huts. Packed lunch on the way. Overnight in expedition tents.

Day 4: Morning wake up followed by camp duties, breakfast, and trek to a beautiful forest rest house nestled at Rangali. Camp overnight.

Day 5: An early morning wake up to prepare breakfast and a packed lunch, pack up camp and start your trek down to a beautiful waterfall for some refreshing water time. Drive back to base camp at Mori.

Day 6: Rafting on the Tons river. Group activities, learn to light a bonfire.

Day 7: Early morning departure back to Delhi. Arrival late evening.





WHAT DO YOU DO IN CASE OF A MEDICAL EMERGENCY?

All OBI instructors are medically trained with a nationally accredited Wilderness First Aid qualification. All trips carry a complete first aid kit. If there are any serious injuries during the program, the parents will be immediately notified. If further medical treatment is required, a decision will be taken whether the child needs to rest at base camp or be taken to the nearest doctor/hospital as required. There's a Community Health Centre at Purola (1-hour | 33 KM) and a Government Hospital at Mori (5 Min | 2.6 KM) with basic medical facilities. The closest multi-specialty hospital is a 6-hour drive located in Dehradun.

Address and contact number of the hospitals are as follows-

Fortis Escorts Hospital, Dalan Wala, Dehradun - 248001 , Uttarakhand 248001

Phone: +91 135 398 0201

Caronation Hospital, Dalan Wala, Rajpur Road, Rajpur Road, Dehradun, Uttarakhand 248001

Phone: +91 135 265 3984



DO I NEED TO SEND ALONG A MEDICAL KIT?

It is recommended that a small personal medical kit be packed for the youngster, This should include their preferred painkillers, throat lozenges, Moov/Volini spray, plasters, strapping tape for blisters (band-aid). If they are on any regular medication, please ensure that the OBI team is informed of this in advance and an EXTRA SUPPLY of those medicines must be packed separately, in case one pack is lost or gets wet.



WHAT IF I HAVE TO CONTACT MY CHILD?

An emergency phone number will be provided to you. That number will connect to our Base Camp and the message will be relayed to the OBI instructor. This is only for emergency situations, as we would like to maintain the 'place apart' experience.



WHAT KIND OF FOOD IS AVAILABLE ON THE PROGRAM?

We're founded by an army-man, and we firmly believe that an army marches on its stomach! The food served will be hot, wholesome, and hearty. At the same time, your child will be shown the wisdom of "eat local", i.e., when in the wilderness, eat food that is local to the area - it's the best way to ensure fresh food that hasn't travelled miles to get there.



WILL MY CHILD BE COMFORTABLE IN TENTS AND A SLEEPING BAG?

We believe in sustainable, ethical and responsible tourism. Your child will be in a remote location and in the wilderness - their expectations should be reduced accordingly. Camping in expedition tents, warmly tucked in your sleeping bags, is a unique experience no child should ever have to grow up without!



WILL THERE BE ANY SHOWERS? WHAT ABOUT TOILETS?

There are no showers, however bucket bath will be available depending on time restraints and weather. Water and hand sanitizers are always available. Hygiene is one of the most important factors of any OBI program, and your child will learn that their hygiene reflects on the health of the entire group. The toilets are dry pit loos - a basic toilet with a pit dug into the ground. A wooden box with a potty seat, like the one you have at home, is placed strategically on top of this pit. There is a pile of mud/sand/lime lying just outside the loo tent, with a scoop on top to cover up what is left behind. This bio-toilet breaks down the fecal matter very quickly due to greater microbial activity in the ground. In a couple of weeks there is nothing left and a pit can be dug in the same spot again.



WILL OBI HELP WITH THE INSURANCE?

In simple words - yes. All your wards will have adventure travel insurance that will insure them for medical evacuation, hospitalization and medical repatriation. The OBI team will have all the relevant details and these will be provided to you before their departure.



WHAT LEVEL OF FITNESS IS REQUIRED OF MY CHILD?

An average level of fitness is all that is required. The level of physical challenge is always appropriate to the group. Most importantly, the group always stays together and can only move at the pace of the slowest member - the golden rule for any trekking expedition.



WILL MY CHILD BE ALLOWED TO BRING ALONG ANY GADGETS?

The youngsters are more than welcome to travel to and from OBI program with gadgets such as cell phones, iPods, tablets and laptops. Once they arrive at the Base Camp they will be asked to leave it all behind with their luggage and they will not be allowed to take it on the program - barring cameras of course (and no, the camera on their cell phone will not be allowed unless the SIM card is removed!) You might want to consider purchasing a waterproof bag or box for the camera, batteries, and memory cards. A zip lock bag works well too. Disposable waterproof cameras aren't such a bad idea either.



IF MY DAUGHTER HAS HER PERIOD, CAN SHE STILL PARTICIPATE FULLY IN ALL THE ACTIVITIES?

In simple words - yes. It also depends a lot on her comfort levels. There are many opportunities for privacy during the program. And as we are near water, there are plenty of opportunities for the girls to wash and maintain hygiene standards. Your daughter should carry her own supply of sanitary requirements.

₹ WHAT DOES THE COST OF RS. 44,800/- INCLUDE?

In two words - almost everything.

- All meals starting from Breakfast on Day 1 to Lunch on Day 7. Fruits and snacks while travelling.
- Filtered boiled water , treated drinking water is provided.
- Accommodation in twin sharing Deluxe Tents at the Base Camp, and in expedition tents while on the trek.
- Transportation by Tempo Traveller/Bus Delhi - Tons - Delhi and local transportation while on expedition and at Base Camp.
- All camping equipment including sleeping bags and mattresses and all trekking arrangements including kitchen equipment, cook, tents etc.
- All rafting equipment including life jackets and helmets.
- Cost of OBI Facilitators and Instructors and their travel and medical insurance.
- Adventure travel, medical evacuation and hospitalization insurance.
- OBI T-Shirts, Journal, and Certificates.
- All government taxes.

The following are not included:

- Any expenses of a personal nature, like purchase of cool drinks and/or mineral water (neither is encouraged), on any other hot/cold beverages or snacks while enroute.
- Unforeseen expenses that demand a change in itinerary like natural forces, changes in weather, road blockages, flight/train cancellations and illness or any other situation beyond our control.

If you have any questions or require any clarifications, please do not hesitate to email Vidya, our Program Coordinator, at vidya@outwardboundindia.com or call our office at +91 11 4356 5425