



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

CAMPUS GUIDELINES - NALS PEMBROKE VILLA, COONOOR, TAMILNADU

General Guidelines / Information to Participants

Welcome to NALS Pembroke Villas, Coonoor & congratulations for choosing this facility. NALS believes in REJUVENATION OF MIND AND BODY through exciting activities. With your active support and cooperation, we believe the program will be beneficial and safe.

General Information

1. The villa was built in 1922 and has been renovated as recently as May 2017.
2. All meals are vegetarian and predominantly South Indian variety. Drinking water is carbonized and UV treated. In order to learn team work, all are expected to wash their plates, cups and spoons.
3. Outdoor programs require participants to sacrifice some of their comforts and adjust to environment that may be hot / cold / rough or wet.
4. Mountain weather is unpredictable and one can expect penetrating sun as well as sudden rains.
5. Burning of firewood for entertainment is not permitted by Government of India. Thus, campfire is not part of our programs.
6. Smoking / Alcohol consumption is not permitted in our campsite as it aggravates the risk of adventure programs. NALS may expel persons indulging in this.
7. We have a "Leave No Trace" policy and request visitors to respect the bio-diversity.
8. NALS may be forced to reschedule or even cancel a program due to onset of adverse weather condition, lack of access roads, social unrest or other disturbances over which we have little or no control. Late arrival or early departure of participants will also affect program schedule.

Do's & Don'ts

1. Do remember that this is an exciting outdoor activity in off road conditions. Take care of your personal safety adhere to safety instructions; else it may put you or your colleague in danger.
2. Do not use perfumes, deodorants, strong soaps & shampoos. Animals may get irritated / attracted to unusual scents. Bees get alerted / irritated and may attack.
3. Do understand your limits and feel free to express your fears / inability to accomplish a task. There is no compulsion to push yourself and strain your muscles.
4. Do extend a helping hand to someone in need of it.
5. Do not smoke / consume drugs or alcohol as they will affect your performance and safety.
6. Do not bring plastics / other waste and litter them on this campsite or enroute.
7. Do not make noise, especially during night trek and jungle trail.
8. Do not indulge in friendly pranks and mischief as this will surely invite trouble and derail the objectives of the program.
9. Please respect local villagers, their traditions and customs.

NALS / NPV - CG / 24 Jan 2019

Page 1 of 3

<u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	<u>Regd. Office:</u> 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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Safety Measures

1. State of the art equipment and strict adherence to procedures.
2. Primary Health Centre + Estate Hospital available within 7 kms
3. Mountaineering Instructors are certified in Mountaineering and First Aid.
4. Nearest Major Hospital – Coonoor, 26 kms away

Things to Bring

Hiking or Trekking shoes, torch, water bottle, small backpack (30 ltr), full sleeve sweater, balaclava (monkey cap), full length jeans or pants or tracksuit, T-Shirt, towel and toiletries are some of the minimum items required. Ladies – please avoid saree, salwar during outdoor activity. Sun cap and glasses are optional.

Full sleeve cotton shirt or T-Shirt + Full pants are advised during the program, to avoid exposure to sun, insects and sharp tea bushes. Avoid Short pants or half pants.

NALS will provide sleeping bag and pillow for each participant.

Risk Awareness

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors, both manmade and natural. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Common risks possible: Muscle strain, ankle sprain, bruises, ant bite and the like – all of which can be handled on the spot and participant can go on to complete the program successfully.

Some of the animals in this area are: Elephants, Gaur, Bears, Tigers, Leopards, Boars, Deer, Snakes and Foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither should you call other participants for the sighting. Please enjoy the sight silently and retreat if necessary. Animals rarely attack humans and they do so only when they are alarmed and under threat.

Also note that several families live and work within the estate. Estate children venture into forests around the estate, walk long distances through the estate and simply grow up in the wild, many a time unsupervised.

All adult participants are required to fill and sign a registration form as part of the registration process. In case of minor participant, parent consent and signature is mandatory for participation in our programs.

TAKE AWAY FROM EXPERIENTIAL LEARNING AT NALS COONOR CAMPUS

1. Improved Self-awareness, Punctuality, Self Discipline and self control
2. Building Self confidence, attitude and self – belief
3. Enable awareness of team spirit, Enhance communication & inter personal
4. Enable problem solving skills and decision making through consensus
5. Improved Leadership and Survival skills

NALS / NPV - CG / 24 Jan 2019

Page 2 of 3

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6. Ability to face adversities and challenges head on / Improved risk taking ability
7. Intra & Inter Group Dynamics, Cooperation, Coordination to Create Synergy
8. Trust Building and Bonding, Retrospective Analysis
9. Enhanced awareness of Environment and Social Issues
10. Improved Humility and Concern and compassion for fellow human beings

Address: C/o Pembroke Estate, Terremia, Manjacombai, The Nilgiris

GPS Coordinates:

Latitude: 11°16'50.66"N
Longitude: 76°42'15.10"E

Distances

- From Ooty, via Charring Cross - Coonoor Road - Lovedale 26 kms
- From Coonoor via Katteri – Selas - Kaikaaty - Melur 28 kms
- From Mettupalayam via Burliar - Katteri - Selas - Melur 49 kms

How to Reach from Coimbatore (87 kms / approx 3:00 hrs)

Coimbatore to Katteri Junction, via Mettupalayam 63 kms
Katteri – Selas – Kaikaati – Melur 19 kms
Melur – Manjacombai – Terremiya – Pembroke Estate 5 kms

How to Reach from Bangalore (312 kms / approx 5: 30 hrs)

Bangalore – Mysore 120 kms
Mysore – Ooty – Lovedale – Kaikatty – Melur 166 kms
Melur – Manjacombai – Terremiya – Pembroke Estate 5 kms

Other Information

1. Maximum bus size that can enter the Campsite - 45 seater
2. Access roads are good except for the last 2 kms which is rough. Small cars are advised caution.
3. Coimbatore is the nearest railway junction as well as airport and is well connected.
4. **Weather:**

Summer: Apr ~ Oct

Maximum Day Temperature : 32 Deg C
Minimum Night Temperature : 15 Deg C

Winter

Nov ~ Mar
Maximum Day Temperature : 24 Deg C
Minimum Night Temperature : 08 Deg C

Rainfall Dense rainfall during Oct ~ Nov
Sparse rainfall during Mar ~ Aug

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