

# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## NALS REJUVENATE MIND & BODY (NRMB)

People go to resorts to "unwind or relax". While some resorts offer rejuvenation of mind and body through holistic activities, have you noticed that poor sleep cycle, inactivity, excessive food are common in resort guests? Even if you have engaged in some form of activity, such as treks and games, some resorts offer buffet spreads of over 35 dishes which counter the benefits of physical activity. Well, how can anyone say no to the mouth watering spread of food. We are human after all...! Most resorts also offer WiFi and TV - thus our gadget craze only got worse. Overall, instead of rejuvenating the body and mind, we may have, inadvertently, done the opposite. In our view, less than 25% of resort guests, who come for health benefits or "unwinding", get what they wanted in the first place.

NALS founding principles and objectives are to counter this problem in resorts. Our intention was to give plenty of outdoor activity, sunshine, long walks, connect with nature and food that will add value to human health. We all know that physical activity, plenty of sunshine trigger feel good hormones in the body. The outcome is there for everyone to see.

This program is offered in a 1922 British Bungalow, renovated as recently as May 2017. With 3 master bedrooms, two cottages, large dining hall, lounge areas and 100s of acres of lush greenery and plantation around, this is the place to be. If you choose rejuvenation and unwinding during your holiday, than NALS is the choice. If not, there are always plenty of resorts to choose from.

### **Key Information**

- Duration : 03 Days ~ 02 Nights
- Location : Coonoor, TN
- Age Group : 08 ~ 75 years
- Intensity : \* \* (Low)
- Batch Size : 02 ~ 20

### **Program Highlights**

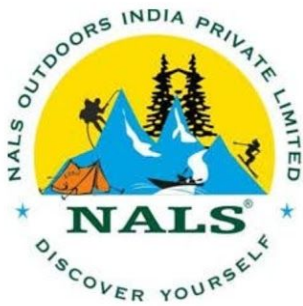
- Total Trek distance will be less than 25 kms
- Maximum trek distance on any day < 14 kms
- Adventure Activity
  - High Rope Courses, Rappelling, Rock Climbing, Zip Line
  - Nature walks and treks, Fun games

PS: Activities are based on duration of program, group size, physical fitness and local weather.

NALS / PDM – NRMB / 05 Dec 2017

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| <b>Head Office:</b><br>No.7, First Floor, Vincent Colony<br>R.S.Puram, Coimbatore – 641 002<br>Tamilnadu, INDIA | T : +91-422-2542800<br>: +91-422-2543800<br>E : enquiry@nals.in<br>W : www.nals.in | <b>Regd. Office:</b><br>36A, Bhoma Nivas, 4 <sup>th</sup> Street, Kongu Nagar,<br>Kalveerampalayam, Coimbatore – 641 046<br>CIN : U74999TZ201PTC018364<br>PAN : AAECN0223F |
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## Program Cost Per Head - NALS Pembroke Villa (Guest Houses)

| Batch size<br>(min 2 / max 20) | One day*  | Two days* | Three days* | Month     |
|--------------------------------|-----------|-----------|-------------|-----------|
| All days of the week           | Rs. 3,000 | Rs.5,800  | Rs.8,600    | Rs.90,000 |

- \*Check out - 24 hours
- Child below 5 years – No charge
- Note: Accommodation + Meals for Drivers = Rs. 750 per day per head (dormitory only)
- Extra Bed in Villa room - Rs. 1,500 per night

|                                       |                    |
|---------------------------------------|--------------------|
| <b>Full Bungalow (max 20 persons)</b> | Rs. 60,000 per day |
|---------------------------------------|--------------------|

### Scope & Inclusions

Package Includes:

- Vegetarian Meals and Refreshments (Tea / Juice)
- Outdoor activities - treks, ropes and rock craft (except when excluded, as above)
- Experienced instructors, certified equipment and resource persons
- GST

Package Excludes:

- Lunch, Dinner and adventure activities (check rates available at campus) + GST
- Transport to and from NALS campus.

### General Terms

- The price quoted is valid for a period of three months from date of this offer
- 100% in advance for confirmation of dates and camp availability
- Head of the family will fill and sign a registration + risk awareness form.
- Please read and disseminate “Campus guidelines” to all participants. This is available on our website [www.nals.in](http://www.nals.in), select “Downloads” from main menu
- Extended stay of over 6 hours at our campus due to any reason will be charged as per day rate

### Other Information

- NALS is the first entity in South India to be approved for adventure operations by the Government of India.
- NALS uses state of the art equipment and procedures to keep activities safe.

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- All trainers are either ex-servicemen or certified mountaineering instructors, highly professional and carry high passion for the outdoors.

## Cancellation / Rescheduling terms and charges

1. Rescheduling of program date
  - a. If notice is received more than 13 days before program No Charges
  - b. If notice is received less than 14 days before program 5%
2. Cancellation of Program
  - a. If notice is received more than 13 days before program 15%
  - b. If notice is received less than 14 days before program 25%

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