



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

NALS Adventure Rejuvenation Program (NARP)

Modern day young people are affected with food and gadget addictions, sleep disorders due to excessive screen time leading to various health consequences. If this is left unattended, things can go out of control and lead to various mental issues such as aggression, elevated anxiety, intolerance, depression, lack of motivation etc and physical issues such as obesity, hair loss, lack of endurance, fatty liver etc.

During this program we hope to inculcate a healthy lifestyle through physical and exciting intellectual activity. The participants are closely supervised and mentored to improve various behaviours such as time management, eating healthy, self control and the like.

Key Information

- Duration : 6 days / 5 nights
- Location : Manjacombai, Coonoor, Tamilnadu
- Age Group : 8 and above, both genders
- Intensity : * *(Easy)
- Batch Size : 5 ~ 50

Program Highlights

- Total trek distance will be about 45 kms
- Maximum trek distance on any day < 15 kms
- Altitude varies between 1700 ~ 1850 m
- Adventure Activity
 - High Rope Courses / Rappelling
 - Trekking - Morning walks, Jungle Treks, Night Trek

Typical Day

- 0530 Wake Up call / milk or tea or coffee
- 0630 Morning Walk about 4 kms
- 0800 Breakfast, supervised with a policy "Taste Everything & Waste Nothing"
- 0900 Major Activity such as High Rope Course or Rock Climbing or Rappelling etc
- 1100 Juice Break - Non sugar Lime juice or Amla Juice
- 1130 Major activity continues
- 1300 Lunch, supervised with a policy "Taste Everything & Waste Nothing"
- 1430 Team Game - problem solving and group dynamics, or long trek - about 7 kms etc
- 1730 Tea / Sundal
- 1800 Shower time
- 1900 Leisure time - Introspection - Daily Diary - knot practice etc
- 2000 Dinner
- 2100 Night Trek (only once during the program)
- 2200 Lights off

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Program Alteration

It must be borne in mind that the program schedule can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, mountain weather / road conditions are unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

Food and Beverages

The participant is assured of a simple vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks.

Fitness and Skill requirements

Participants are required to have basic fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 8 ~ 10 kms, ascend moderate gradients. It is opined that any average person who exercises 30 minutes every day will have basic fitness. However, it is advised that participants exercise themselves rigorously for 1 ~ 2 months prior to arriving at the campsite.

Package Cost

Cost per participant INR (Rs.) 21,050 inclusive of taxes

Scope & Inclusions

Package cost includes:

- Veg meals and beverages during the program
- Qualified Instructors & Outdoor Trainers
- Shared accommodation in dormitory
- Pick up / drop from Coimbatore airport

Package cost excludes:

- Travel to and from Coimbatore from home town
- Meals during travel

General Terms and Conditions

Cancellation terms and charges (Dormitory / bunk bed rooms)

1. Cancellation of program date

1. If notice is received more than 30 days before program 5%
2. If notice is received less than 15 days before program 20%
3. If notice is received less than 7 days before program 50%
4. If notice is received less than 4 days before program 100%

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Campus & Activity Info

Location > Manjacombai, Nilgiris (28 kms from Ooty / Coonoor)

Programs are offered on a 2000 acre plantation nestled amidst forests in the Southern side and pristine valleys in the Northern side. The vibrant bio-diversity offers plenty of opportunities to learn and experience Mother Nature. Over 60 species of birds can be seen.

Accommodation > Bunk beds with common toilets

Simple and yet rustic accommodation awaits participants. Rooms are spruced up from 40 year old labour lines and retain the old charm. We provide pillows and sleeping bags to all participants. Boys and girls live in separate lines. Toilets are designated at far ends for boys and girls. Both Western and Indian toilets are available along with a health faucet.

Meals > Vegetarian, South Indian

Over 39,000 persons have come to NALS and most of them have complimented the quality and taste of our food. Yet, the menu is very simple, but nutritious, and cooked with passion and dedication by an in-house kitchen team.

Safety Equipment / Supervising Team

NALS employs a certified mountaineering team with enormous dedication and passion to work and motivate people. They are extremely fit, agile and inspire the young and old with high self discipline and code of conduct. Their enthusiasm is talked about by all visitors. Safety equipment used for adventure activities are imported from CAMP, Italy. All equipment is certified by UIAA (International Adventure Association). Equipment of such high quality and a team of dedicated trainers have given NALS an impeccable safety record and we spend an enormous amount of time improving our safety standards and work culture.

The entire NALS team is a teetotaler team - We believe that role models need to set very high standards for young minds in the area of habit formation

(for more details read campus guidelines)

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