



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

NALS OUTBOUND – 25 km Endurance Trek **@ NALS Manjacombai Campus, Coonoor, The Nilgiris**

Introduction

Do you have the endurance to walk 25 kms? Would you like to prove your endurance before you embark on major events such as Walkathons, Marathons or even a trek in the Himalayas. This event can also be a fantastic platform to bond with family and friends (if you choose to keep your phones away). Kindly note that selfies and photos have a shelf life of less than 5 seconds.

Over a period of about 6-7 hrs we will guide you through tea plantations and villages and help you discover your inner strength. The gradient is easy to moderate and participants can trek beside sholas. Manjacombai area is so beautiful and NALS has access to about 2000+ acres of no man valley. Much of the walk will be on mountain ridges encircling the valley.

Highlights

- Set a new benchmark for your endurance walking
- Enjoy walking through tea plantations, villages of Nilgiris
- Walk beside Sholas and connect with Nature

Sample schedule as below

Day 0

1700 Arrive at Campus / tea
1730 Safety briefing / registration / orientation / room allocation / ice breakers
2000 Dinner
2130 Lights off

Day 1

0600 Wake Up call / tea
0630 Morning exercises & stretching / yoga or pranayama
0800 Breakfast
0930 Commence walk with packed lunch
1300 Lunch enroute
1630 Return to camp
1700 Tea / snacks / Wash Time
1730 Departure from camp

NALS / 25kT / 01 Jan 2026

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<u>Head Office:</u> NALS Outdoors India Pvt Ltd # 31, 5th Street, Kongu Nagar Kalveerampalayam, Coimbatore - 641046, INDIA	T : +91-94422 75501 : +91-94422 75502 E : enquiry@nals.in W : www.nals.in UPI : Q490866346@ybl	<u>Regd. Office:</u> 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ2012PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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Note:

1. Program schedule may change due to fitness of participants, local weather or other factors beyond the control of NALS
2. Participants may choose to stay for additional day(s) and make payments as below

Program Cost Per Head - Rooms with attached bath (4 bunk beds per room)

Batch size (min 1 / max 20)	One Day*	Two days*	Three days*#
Cost per head	Rs. 3,500	Rs. 6,450	Rs. 8,950

GENERAL TERMS

1. * Per day = 24 hours duration, Additional Meal – Rs. 120
2. Accommodation + Meals for Drivers = Rs. 1250 per day per head (dormitory only)

Package Includes:

- Vegetarian Meals and Refreshments (Tea / Juice)
- Outdoor activities - 25 k endurance trek; For additional days : Rope course & and rock craft
- Experienced guide(s)
- GST

Package Excludes:

- Transport to and from NALS campus
- Meals / beverages during bus / train journey

General Terms

- Rates may change due to seasonal demand without prior notice.
- Extended stay of over 6 hours at our campus due to any reason will be charged as per day rates

Cancellation terms and charges (Dormitory / bunk bed rooms)

1. Cancellation of program date

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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%

Campus & Activity Info

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

Programs are offered in a 140 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 sighted for the patient and keen eye.

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 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.

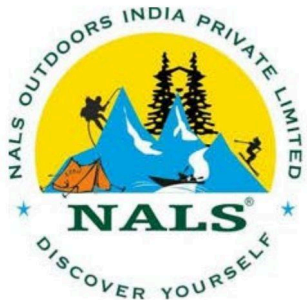
Safety Equipment / Supervising Team

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.

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The entire NALS team is a teetotaller 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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