



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

TREK FOR A CAUSE (TCC3)

Key Information

- Duration : 03 days / 02 nights
- Location : Coonoor, TN
- Age Group : 08 ~ 55 years
- Intensity : * * (Low)
- Batch Size : 08 ~ 60

Program Highlights

- A fund raising program for various NGOs, non-profit organisations and charitable organisations that are giving selfless & excellent service to the under privileged and the needy
- High Rope course, Rappelling, Zip Line, Rock Climbing
- Fun games & exercises
- Village Trek, Acclimatisation walk, Night Trek
- Maximum trek distance on any day < 8kms
- Total trek distance will be about 20 kms

Day by day activity in brief

- Day 0 Participants arrive in NALS Coonoor Campus and after reporting / registration, allot accommodation, lunch, high rope course + zip line. Acclimatisation walk, leisurely interaction with other participants and staff
- Day 1 Morning walk + stretching, breakfast, introduction to high ropes, lunch, minor activity after tea, group discussions, early dinner, night trek
- Day 2 Morning walk + stretching, breakfast, Rappelling, Trek to Sengotarayar Peak - 16kms, early dinner
- Day 3 Morning leisure walk,, breakfast, Zip Line, pack up + closing, departure before lunch

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.

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Food and Beverages

The participant is assured of 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

Program is rated to be easy for persons doing regular exercise and most beginners. However, outdoor activity can take one by surprise if weather or terrain is not up to one's expectations. We, therefore, recommend that all participants exercise well for at least 2-3 weeks before the program.

Cost per head (inclusive of taxes)

Description / Group Size	8 ~ 30 persons	4 ~ 7 persons	1 ~ 3 persons
Program Cost (ex-Camp)	Rs. 4,800	Rs.6,000	Rs. 6.700
CBE ~ Camp ~ CBE Transfers (optional)	Rs. 1,500	Rs. 2,000	Rs. 2,500

Note: NALS will donate a sum of Rs. 550 to the NGO or non-profit organisation of your choice, for every participant in this program

Scope & Inclusions

Package is ex-Campus and includes:

- Food and beverages during the program
- Qualified Instructors during the program
- Equipment for activities
- Shared accommodation in dormitory

Exclusions

- Travel & Medical insurance
- Travel to and from campus (see optional cost above)

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

- | | |
|---|----------|
| 1. More than 30 days prior to commencement of program | Rs. 1000 |
| 2. 15-30 days prior to commencement of program | 20% |
| 3. 8-14 days prior to commencement of program | 50% |
| 4. Less than 8 days to commencement of program | 100% |

Very rarely, NALS may be forced to cancel a program due to force majeure (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of program or even cancellation. In such circumstances, NALS will not be obliged to make any refund.

PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. 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.

Some of the wild animals in this area are: Bisons, Bears, Boars, Deer and foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

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

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