

Food

Food is largely vegetarian, nutritious, healthy and prepared under hygienic conditions. Non-vegetarian dishes, usually during dinner will also be served twice at camp. There is variety and we take care of both taste and nutrition in planning the menu. There are no limited portions and children are encouraged to eat well. Milk, Tea and Coffee are served every morning and evening and non-aerated flavored drinks and filtered water is provided at all times to keep participants hydrated.

Morning Tea & Breakfast: Children will be offered tea/bournvita and biscuits in the morning. Breakfast is cereals/porridge, fruit, bread, butter, jam, plus a local dish along with milk and bournvita.

Lunch: Roti, Dal/Sambar/Rasam, Rice, Two vegetables, Curd, Pickles

Evening Tea & Snack: Tea, Coffee, Bournvita, Vada, Bonda

Dinner: Roti, Dal, Vegetable Curry, Vegetable, Non-vegetarian dish (twice a week), dessert

Instructors & Educators

If your son or daughter have attended a camp summer camp in Himachal, Gharwal or the South in Yercaud or Coorg, chances are that they have been with our instructors. Our instructors are trained in mountaineering courses. Most of them have been instructors at Nehru Institute of Mountaineering (NIM), Himalayan Mountaineering Institute (HMI) and Atal Behari Vajpayee Institute of Mountaineering and outside the country instructing, guiding and educating children accumulating years of experience. We have a mix of male and female instructors.

Cost

Rs.23000 All Inclusive
Programme Fee: 19500
Transport (from Bangalore & Delhi) Rs.3500

Cancellation

Rs. 2500 will be deducted with more than 7 days to departure

50% of the fee will be deducted within 2-7 days for departure

100% of the fee will be deducted within 2 days to departure

- If FLOW decides to cancel a programme due to unforeseen circumstances 5 days before departure, full programme fee will be refunded.
- If the programme is shortened or cut short due to natural or manmade disaster, law and order problem or due to a crisis arising out of a political situation, we will not be able to refund the programme fee.
- Rs.500 will be charged additionally and will be applicable if bookings are made and cancelled online.

Emergency & Safety

The safety and the wellbeing of your child is our responsibility the moment you handover them to us. It is of utmost importance to us during the programme. There is a travel leader who is in the bus escorting and taking care of the children during the journey and all the way to the camp. Once the children are at camp, their wellbeing, safety is taken care of by a campus chief alongside a team of instructors. If there's a medical emergency, your child will be sent to the nearest hospital along with an instructor and campus staff. In case of an eventuality or an emergency where your child needs to get back home, we will ensure they safely arrive home with our staff. Our instructors are checking on them all the time, whether they are hydrated, eaten properly and doing well. The instructors, who are with them, all the time, are mindful of their presence and ensure their physical and emotional safety.

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ADRENALIN RUSH MINUS PLAY STATIONS.

SUMMER CAMPS IN THE LAP OF MOTHER NATURE.

COORG MANALI HAMTA CIRCLE TREK



ROCK CLIMBING | BACKPACKING | WILDERNESS CRAFT | WHITE WATER RAFTING | MOUNTAIN BIKING | ROPES COURSE



Welcome to FLOW and the world of summer camps, experiential learning and outdoor leadership. We have taken great care in putting together these programmes in Coorg and Manali. And we will take care in offering a memorable experience this summer for your children.

Dear Children,
 Gift yourself an incredible experience. Discover yourself this summer deep inside a forest or on the mountain. Listen to the sound of nature. Learn a skill. Enjoy every moment. Dazzle yourself. An outdoor experience that may well be the beginning of a lifetime journey.

CAMP COORG

Altitude: 800 - 1200 M

Location: Pannambare, Theralu, Virajpet Taluka, South Coorg

Nearest Town: T. Shettigere. 14 km away from camp

Distance from Bangalore: 250 km

Boarding Point: Students will board the bus from a pre-decided location in Bangalore city and that will be communicated to the parents well in advance. Students will travel in air-conditioned Volvo buses.

Nearest Hospital: T.Shettigere (14 km away)

First Aid: Available at the camp. All our instructors are wilderness first responders.

Description: Located at the foot of the Brahmagiri ranges bordering Karnataka and Kerala, our camp is located deep inside a virgin forest surrounded by teak trees and coffee plantations with a forest and its canopy that is unmatched and spectacular.

The forest is home to butterflies, birds, deer, wild boar and elephants. Camp Coorg is a natural playground for children to enjoy the sheer magnificence of forests, to go for short treks, stream walks and enjoy activities on and off camp.

Weather: As high as 35 deg C during the day and as low as 15 - 20 deg C in the evening.

Accommodation

Children will stay in a farm house surrounded by coffee, jackfruit, palms and oak. Four to six of them will share a room. Toilet and bathroom is attached. On night outs, children will stay in tents inside the forest. Our Coorg Camp has a resort-style accommodation with individual rooms and attached WC toilet, faucet and bathrooms. There are three separate units. Each of them is unique with lovely viewing decks, rooms opening into the forest and spacious sitting areas. Girls will get to stay in a separate unit. The central unit of the camp, a long tiled roof building, is where the kitchen and dining area is located. Near the kitchen, is where the gazebo is located, ideal for fun and conversations. The campus opens into the core forest area with large meadows, streams and punctuated with a forest of walking trails.

Campus Facilities

- Butterfly sanctuary (Camp Highlight)
- Volley ball court
- Large activity hall
- Watch tower
- 2 large activity halls (one inside the forest)
- Stream nearby. 500m away
- Spacious rooms with attached bath and toilets
- Gazebo
- Forested area for treks, stream walks and night outs
- Large area for low ropes course elements

CAMP MANALI

Altitude: 2000 M

Location: Kalath, Manali

Nearest Town: Manali, 5 km away from camp

Distance from Delhi: 560 km

Boarding Point and Travel: Students will board from a pre-decided location in New Delhi. Will be communicated to parents later. Students will travel in AC Volvo buses. The journey takes about 12 hours including dinner stops and rest-room breaks. From Chandigarh it is 360kms long and takes about 8 hours with breaks.

Nearest Hospital: Manali (5 km)



First Aid: Available at Camp. All our instructors are wilderness first responders.

Description: The campsite is located on the banks of River Beas and in the middle of plum and apple orchards. It also has a thicket of oak trees. The area in and around the camp has an abundance of apple, plum, poplar and oak forests and serves as the base camp for several walks, treks and peaks. The hills nearby has many biking trails as well.

Weather: Summer temperatures range from 20- 30 deg C. Mornings and evenings are very pleasant and afternoons can get hot sometimes.

Accommodation: Our campus tents are (24 ft. x 12 ft.) that has a (5 ft.x 12 ft.) verandah and 5ft. x 12 ft. toilet and shower facility that can (depending on the size) take 6-8 participants comfortably. Separate tent areas are allotted for boys and girls. Participants stay camping style and the occupants have to maintain their own tent cleanliness. All tents has attached toilets and showering area. Baths have running water and fittings. Hot water, if needed, is provided by the bucket. Toilets have WCs and hand faucet.

Facilities at Camp (Camp area: 77000sq.ft)

- Volley ball court
- Campfire area
- Music for camp fun
- Large Activity Hall
- Stream nearby. 100 M away
- Each tent has charging points
- All tents have LED lights

HAMTA CIRCLE TREK EXPEDITIONARY STYLE

Trip Duration: 7 days

Trek Duration: 4 days

Age Group: 13 onwards

Challenge Level: Moderate

Maximum Altitude Gain: 3380 meters above sea level

Description: If you are looking for an entry-level trek into the Himalaya, this is it. The Hamta circle trek allows you to enjoy deep blue skies, walking through a forest of lone pine willows. And soak in the views of the Dhauladar mountain ranges. Because it is a circular trek, participants will not have to retrace the route and will get to pitch tents at a new site every day. The good thing about this trek after a day of preparation in the camp, you start walking from the camp itself to Jagatsukh, a village close to Manali. The trek will be led by certified mountaineering instructors who have years of experience leading and being part of treks and expeditions and importantly having worked with children in the outdoors.

ITINERARY

Day 1: Arrive at camp

Preparation Day. Participants go through the drill of expedition planning, logistics and operations - tent pitching, backpacking, ration planning, route planning, gear and equipment planning and navigation skills.

DAY 2: Camp

(2000) to Jagatsukh (2015 M) to Tilgan (2430 M)

Duration: 6 Hours

Students start walking from the camp towards Jagatsukh, which is one of the biggest villages in Kullu valley. The trail climbs up through the village till you reach a wooden structure. It climbs up further through a forest of pine trees. We pitch our tents for the night on a beautiful meadow with sights of Manali from the top.

Day 3: Tilgan to Sarotu (3380 M)

Duration: 6 Hours

This is a moderate walking day. The climb is gradual. Participants will have to cross a stream and walk through a forest. The last hour into the trek is a gradual climb. After crossing a shepherd settlement, we arrive at the campsite. The views of the Dhauladar are magical and spectacular from the campsite. This day is when the participants attain the maximum altitude gain and the high point of the trek.

Day 4: Sarotu to Chikka (3300 M)

Duration: 4 Hours

The day 4 climb is also gradual and loses a bit of altitude. You are at the heart of mountain territory. After crossing a couple of streams and walking for almost close to 4 hours, we arrive at our campsite at the end of the valley besides a stream.

Day 5: Chikka to Manali

Duration: 5 Hours

This is the last day of the trek. For an hour, we are back on yesterday's trail through the valley. After which participants shall cross a small check dam and the trail continues all the way down to Vashist in Old Manali. Vashisht has sulphur springs and the participants can take a dip before arriving at the camp. From here, participants travel to the camp in SUVs. Celebrating the trek with a gala dinner.

Day 6: At Camp

Turning in Day: Sorting the gear, debriefing, recording personal experiences of the trek etc.

Day 7: Departure from Camp

Debriefing, Closing and Appreciation

