



Goa Adventure Week

India, Goa

Quick Overview

Tread along the rugged, challenging and fascinating trails of the Western Ghats and let yourself loose in the arms of nature.

This trek is an amazing experience, as the landscape offers a gentle gradient in different phases with fishing, visiting waterfalls, caves, plantations, scenic views, campfires and much more. You will pass through several stunning places during your journey through the mystical Indian jungles.

Program Description

Indulge yourself in an adventurous week designed to take you into the most amazing and picturesque Western Ghats which is also called the Amazon of the East. Older than the Himalayan mountains, the mountain chain of the Western Ghats possesses a great combination of biodiversity as well as a magnificent landscape. The ecosystems in these highlands forests have a significant influence on the Indian monsoon weather and moderate the climate in the region.

Having the reputation as one of the best areas in the world to observe the Monsoon climate, it has also been named as one of the eight best biodiversity hotspots on the planet. This was named as a UNESCO heritage site recognizing the exceptional features of its ecosystems and biodiversity being the home to about 325 globally threatened vegetation, bird, amphibian, reptile and fish species.

On this wonderful and powerful adventure journey through the week, you will experience local tribal cultures, scenic mountain views, various plantations, explore caves, visit famous waterfalls and hidden waterfalls, go fishing, appreciate spectacular flora and fauna, and relax in the evenings at the forest camp over a barbeque by the campfire.

The program offers a perfect blend of nature's peace and greenery, the rich flora and fauna, the enchanting beauty of hills, gushing rivers, sound of waterfalls, breathtaking landscapes, dense forests and alluring adventurous activities which will make your week a unique experience.

Besides that, you may also have the best time throughout your stay as you will engage in fun, relaxing and recreational activities held after a long day of your program alongside other participants.

Aims & Objectives

To provide an adventurous sport to rejuvenate our bodies, to appreciate the flora and fauna, and to be part of the global community to conserve wildlife habitats.

Schedule

Monday

In the morning, we take a bus into the mountains and arrive at the jungle camp. After a welcome snack, you will get one hour introduction about Castle rock and the western ghats and a brief description of the 5 day program. Then, you set out for a trek to a nearby rural village (Pompalvaddi, 7kms from CR farm), and relax near a small perennial waterfall. Lunch will be cooked and served while you enjoy the waterfall. Then you will trek back to base camp by 16.00.

Campfire and dinner from 18.30 to 20.30.

Tuesday

You will have breakfast at 6.30 and then drive for around 12 kms towards Kuveshi village in 4×4 open jeeps, where you will trek for 7kms to the source of the gigantic Dudhsagar waterfalls. Here you can relax and have the packed lunch and be at leisure till 16.00. After that you will trek back to the village and enjoy the drive back to base camp. Enroute you may stop for photography and probable sites of wildlife (which you may as well call 'a safari').

Dinner at base camp from 19.00 to 21.00.

Wednesday

You will have breakfast at 07.00 and then walk to an 18th century British colonial structure and explore the surrounding areas in a radius of 3 km from our base camp.

Lunch will be ready at the base camp, after which you can relax till 16.00 and then leave for the fishing trip inside the forest. You will return by 18.00 to freshen up and be ready for a barbeque dinner by 19.00 around the campfire with a few sing along games. You shall retire by 21.30 at the camping site.

Thursday

Breakfast will be served at 07.30 and after that we will set out into the wood for caving exploration. You will have your packed lunch for the day, which you can enjoy in the woods and you will return to the camp by 17.00, to freshen up and get ready for a barbeque dinner at night.

You can enjoy and have quality time with the other participants until 22.00 as this is your last night at the camp.

Friday

After having breakfast at 07.30 we walk to the nearby village to meet and interact with the villagers. You can buy some homemade handicrafts, spices or local honey here. Lunch will be at a local house cooked by the local women served on banana leaves. At about 15.00 we will depart from the camp and come back to our center.

*****This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.*****

Starting Dates

During 2024

This program starts every week.

During 2025

This program starts every week.

Participant Criteria & Requirements

Standard Requirements

Minimum age:	18
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

The following are further necessary in order for both the participants, local staff and everyone's involved to have a meaningful, enjoyable and safe adventure.

- Older participants or over 65 years are required to have a medical clearance as proof of their physical fitness as they may perform various activities.
- Participants below 18 years old need a signed parental consent as proof of involvement of their children for the program. If possible, accompaniment by an adult is highly advised.
- Due to the length and active nature of this program and as there are lots of outdoor activities under the heat of the sun, a decent level of fitness is required.
- Excellent time management and self - organizing and strong desire to take on new challenges and learn as much as possible.
- You are advised to purchase travel and medical insurance prior to your arrival.
- Have completed or recommended the following vaccines: Polio, Hepatitis A, Diphtheria/Tetanus, Typhoid, Malaria, Hepatitis B, Tuberculosis.

Additional Equipment

Personal belongings such as:

- There is a lot of walking and exploring, so bring with you comfortable Hiking shoes so you can move comfortably and easily.
- Bring Personal toiletries such as basic soap, shampoo, toothpaste and towels.
- Bring also hat, sunglasses to protect from the heat of the sun particularly during the hiking and trekking day.
- Please also bring a Rucksack, Inflatable mattress, Flashlight, Sleeping Bag, Power head lights/Torch, Plate, Spoon, Mug and Any other items of personal need.
- You may also bring extra toiletries, towels, extra clothes, swimming attire, extra foods during waterfall day or hiking days.
- An environmentally friendly sunscreen or lotion is also advised to protect you from the heat of the sun and please carry with you preventive agents during outdoor activities, such as mosquito repellents for insect bites or other insects that may irritate your skin. A leech sock is highly recommended.
- Moreover, bring Medicines with you especially if you have to take specific medicines on a regular basis as well as other medicines for headaches and stomach aches.
- Refillable water bottles and hydration packs to stay hydrated throughout the day particularly during exploration and outdoor activities.

Dress Code:

- India is a Conservative Country, please wear modest clothing covering knees and shoulders. Loose and long clothing is both respectful and tends to keep you cooler in hot

climates. Cover up as much as possible in the spirit of the local culture to avoid embarrassment.

- Your clothes must not be too short, too tight, or too revealing. Kindly make sure your shoulders and legs are covered.
- It is completely fine to wear western clothes as long as they fit the local standards.
- Be thoughtful of the graphics, symbols or text printed on your clothing and avoid wearing clothing styles that might be inappropriate most especially when visiting temples, monasteries and schools during your spare time.