

# Dr. MCR HRD IAP

## 88<sup>th</sup> Foundation Course

Trekking-The most memorable and joyful event of FC

### BRIEFING ON TREKKING IN NILGIRI HILLS



# Trek in Nilgiris

- The Nilgiris are a trekker's paradise.
- Landscaped by nature, the hills abound in trek for lovers of nature.
- There are treks and treks in whichever direction you turn and from whichever point you start.
- A trek can be full of thrill, excitement and adventure and a way of seeing and enjoying nature in all its beauty and splendour.

# NILGIRIS - "The Blue Mountains"

- It is unknown whether this name arises from the blue smoky haze given off by the eucalyptus trees that cover the area or
- from the kurunji flower, which blooms every twelve years giving the slopes a bluish tinge.
- Ooty or Udagamandalam (the Tamil version of the original name) is described as "Queen of Hill Stations" by Pandit Jawaharlal Nehru

# **NILGIRIS- Topography**

- The Nilgiris or Blue Mountains, are a range of mountains with at least 24 peaks above 2,000 metres (6,600 ft), in the westernmost part of Tamil Nadu State at the junction of Karnataka and Kerala States in Southern India.
- They are part of the larger Western Ghats - A mountain chain making up the South Western edge of the Deccan Plateau.
- The hills are separated
  - To the North: By Moyar River from Karnataka plateau
  - To the South: By the Palghat Gap from the Anaimalai Hills and Palni Hills.

# Ooty - General information

<b>District Area</b>	<b>36 Sq. Kms.</b>
<b>Population</b>	<b>87,763</b>
<b>Altitude</b>	<b>2,240 mts.</b>
<b>Climate</b>	<b>Summer : Max. 25°C, Min. 10°C</b>
	<b>Winter : Max. 21°C, Min. 5°C</b>
<b>Rainfall</b>	<b>121cms</b>
<b>Season</b>	<b>April to June and September to November</b>
<b>Languages</b>	<b>Badaga, Tamil, Kannada, Hindi, Malayalam and English</b>

# About Nilgiri Tea

- Nilgiri tea is generally described as intensely aromatic, dark, fragrant and flavoured tea
- The expensive hand-sorted, full-leaf versions of the tea like the Orange Pekoe (O.P.) are highly sought after at international auctions making it unaffordable for most locals.
- A machine-sorted, lower-cost variety of high quality tea is a semi-full leaf variety known as Broken Orange Pekoe (B.O.P.).
- Most of the production occurs via the Crush, Tear, Curl or CTC process of manufacture, which delivers a higher number of cups per measure (technically known as *cuppage*).
- The strong flavours of Nilgiri tea make it useful for blending purposes.



# Shola Forests

- Sholas are patches of stunted evergreen tropical and subtropical moist broadleaf forest found in valleys amid rolling grassland in the higher mountain regions of South India.
- At least 25 types of trees are present in the major sholas of the Nilgiri Hills.



The concept of a biosphere reserve emerged from the “Man and Biosphere” programme sponsored by the UNESCO during the early 70’s. “Biosphere Reserve” is an international designation term made by the UNESCO for representative parts of natural and cultural landscapes extending over large areas of terrestrial or coastal/marine ecosystems or a combination thereof.

## Bio-Sphere Reserve in Nilgiris

- Fauna includes over 100 species of mammals, 350 species of birds, 80 species of reptiles, about 39 species of fish, 31 amphibians, 316 species of butterflies. It includes the tiger, Asian elephant, and Nilgiri tahr.
- Flora includes nearly 3,300 species of flowering plants. Out of which 132 are endemic to the reserve. 8 of the 175 species of orchids are endemic.

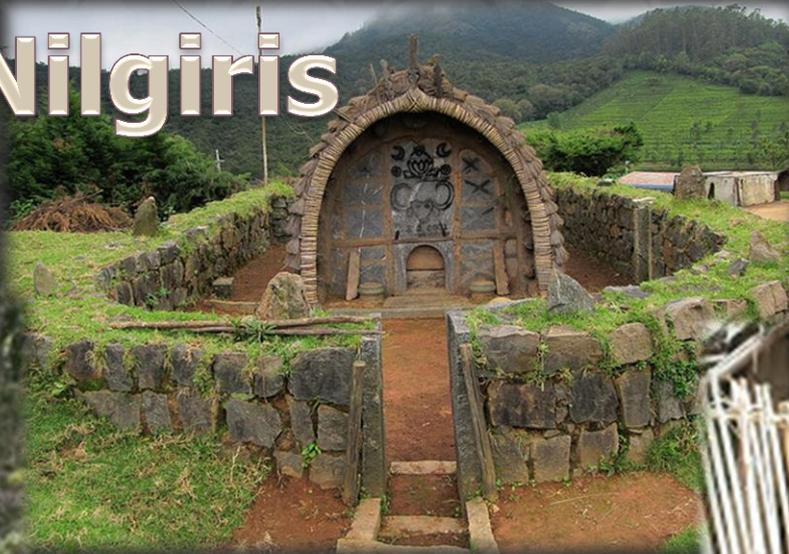
# Madumalai National Park

- The Mudumalai National Park and Wildlife Sanctuary, a declared Tiger Reserve, lies on the northwestern side of the Nilgiri Hills (Blue Mountains), in Nilgiri District, about 150 km (93 mi) north-west of Coimbatore city in Kongu Nadu region of Tamil Nadu.
- It shares its boundaries with the States of Karnataka and Kerala.
- The sanctuary is divided into 5 ranges – Masinagudi, Thepakadu, Mudumalai, Kargudi and Nellakota.



# Tribes in Nilgiris

**Irulas**



**Cholanaickens**



**Malasars**



**Todas**



**Betta Kurumbas**

**Kurumbas**

# OBJECTIVES

- **An Experiential Learning**
- **Promote Camaraderie among Officer Trainees**
- **Realizing the Inner Potential as well as Physical Capabilities**
- **Develop Team Spirit**
- **Understanding the Group Dynamics in Difficult Circumstances**
- **Fine Opportunity to Relax in Natural and Healthy Surroundings**
- **Appreciate Pristine Grandeur of Mother Nature**

# TREK CODE

- Do not Leave Trash at Resting Places and On the Way
- Avoid Bright Coloured Clothes and Avoid Noise / Shouting
- Create Goodwill at campsite – It helps you and other Groups too
- Be Humble with the Local Officials and no arguments
- Stick to the Menu Provided - No Intoxicating Drinks /Drugs etc..
- Be Courteous, Polite and Helpful in the Group
- Follow the Group Leader
- Be with the Group - No Short Cuts
- Never Leave Injured Alone
- Walk with less number of Breaks – Enjoy the Rhythm of Walk



**Do not Hurt Mother Nature**

# Things to carry

- GOOD TREKKING SHOES
- COTTON SOCKS
- WATER BOTTLE
- HAT / CAP
- SUN GLASSES
- JEANS / TRACK PANTS
- SHORTS
- TOWEL
- SUN SCREEN LOTION
- TOILET PAPER ROLLS
- KNIFE
- IDENTITY CARD
- PERSONAL MEDICINES
- WHISTLE

- **RUCKSACK**
- **SLEEPING BAG**
- **CARRY MAT**
- **FIRST AID KIT FOR GROUP**

- WIND PROOF JACKET
- GLOVES
- TORCH
- DIARY AND PEN
- TALCUM POWDER
- CANDLE AND MATCH BOX
- MOSQUITO REPELLENTS
- GLUCOSE / ELECTRAL POWDER
- SOAP
- RAIN COAT / UMBRELLA
- CAMERA (If any)
- SWEATER / PULLOVER
- DISPOSABLE BAGS / COVERS

# Walking in the Hills – Certain Tips

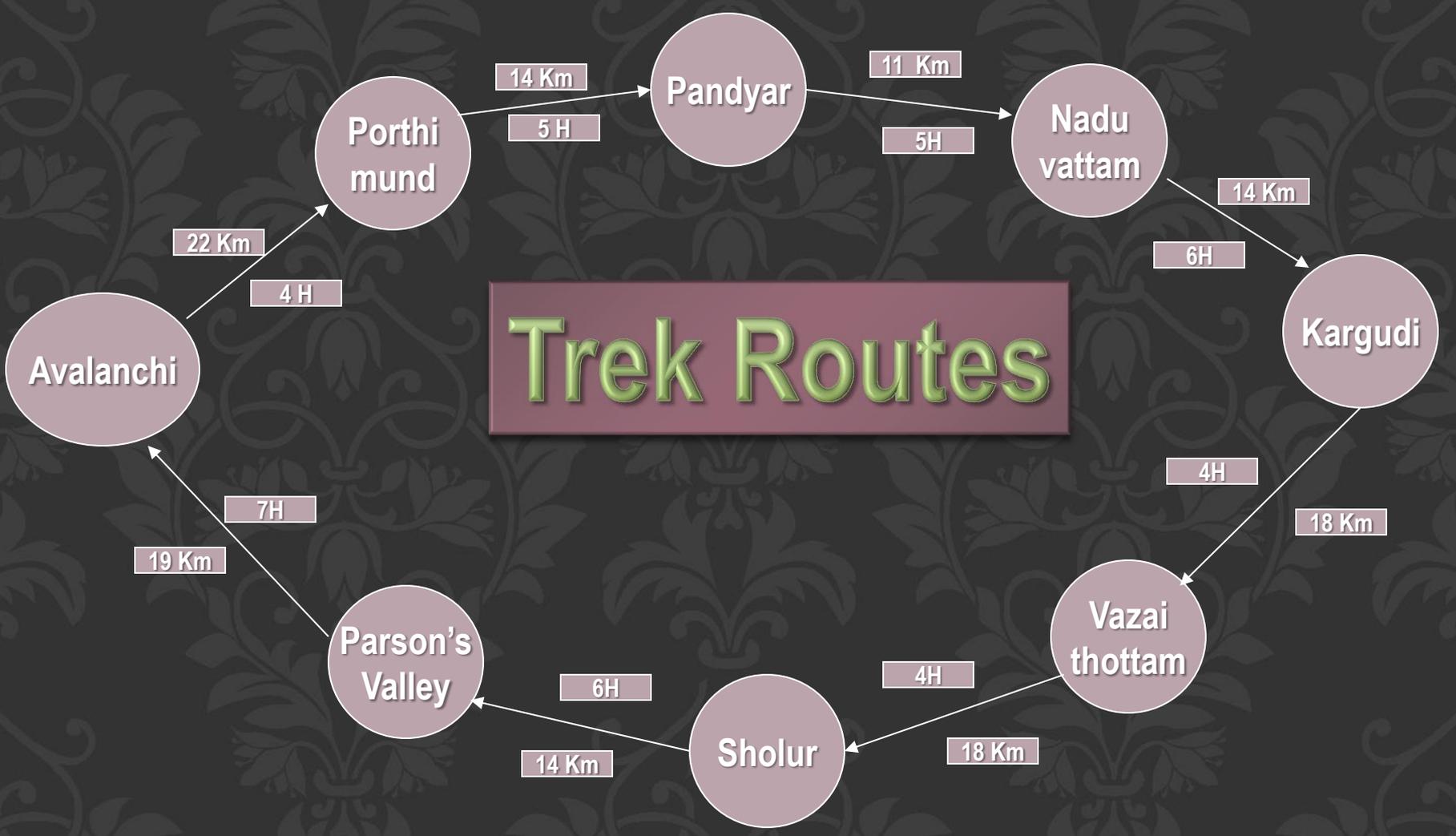
- **New Shoes Shall Be Avoided**
- **Hunter shoes are not advisable (If using first time)**
- **Additional Pair of Socks**
- **Feet Care**
- **Find an opportunity to Wash Hands and Feet**
- **4km Per Hour would Be A Good Speed**
- **Do Not Start Immediately after Eating**
- **Be Cautious of Leeches - Carry Salt**
- **Beware of Wild Animals – Do not Disturb Any Animal / Insect / Bird**
- **Carry all Belongings Every Day**
- **REMEMBER- Same Trek Point is Not Touched by the Same Group Again**
- **Arrangements for Stay, Food etc. Will be Made at the Trek Points**
- **Breakfast is Served at Each Trek Point**
- **Packed Lunch will be Provided**
- **DINNER WILL BE SERVED AT THE NEXT TREK POINT**



# TREK SAFETY

- Associate Group Leader can be chosen by Group Leader
- AGL should lead the group
- GL with the most physically fit member in rear
- BEWARE OF LOOSE ROCKS, WET SURFACES, LOGS
- NEVER BE ALONE
- DO NOT GO FOR SWIMMING or GO NEAR IN STILL WATER
- BE CAUTIOUS WHILE CROSSING THE ROAD
- BEWARE OF LEECHES AND WILD ANIMALS

# Trek Routes



# Trek Route Details

Sl.No.	Trekking Route	Distance	Time to be taken
<b>1</b>	<b>Avalanchi to Porthimund</b>	<b>22 Km</b>	<b>4 Hours</b>
<b>2</b>	<b>Porthimund to Pandiyar</b>	<b>14 Km</b>	<b>5 Hours</b>
<b>3</b>	<b>Pandiyar to Nadivattam</b>	<b>11 Km</b>	<b>5 Hours</b>
<b>4</b>	<b>Nadivattam to Kargudi</b>	<b>14 Km</b>	<b>6 Hours</b>
<b>5</b>	<b>Kargudi to Vazaithottam</b>	<b>18 Km</b>	<b>4 Hours</b>
<b>6</b>	<b>Vazaithottam to Sholur</b>	<b>18 Km</b>	<b>4 Hours</b>
<b>7</b>	<b>Sholur to Parsons' Valley</b>	<b>14 Km</b>	<b>6 Hours</b>
<b>8</b>	<b>Parsons' Valley to Avalanchi</b>	<b>19 Km</b>	<b>7 Hours</b>

# Facilities at Halting Points

<b>Halting point</b>	<b>Lighting</b>	<b>Running Water</b>	<b>Kitchen Facility</b>	<b>Medical/ PHC Availability</b>
<b>Avalanchi</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b>
<b>Porthimund</b>	<b>Yes</b>	<b>--</b>	<b>Yes</b>	<b>No</b>
<b>Pandyar</b>	<b>Solar/ Gas light</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b>
<b>Nadivattam</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>PHC</b>
<b>Kargudi</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b> <b>(12 Km Gudalur)</b>
<b>Vazaihattam</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b> <b>(8km Masinagudi)</b>
<b>Sholur</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>PHC</b>
<b>Parson's Valley</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b>

# The Trekking Team

- Trek Group consists 21/22 Officer Trainees (which includes 7/8 Lady OT's, 4 IFS OTs and 1/2 OT's from Tamilnadu)
- Total Accompanying Staff Members: 10
  - Special Task Force Members: 2
  - Armed Force Members: 2
  - Anti Poaching Squad Members: 4
  - Forest Guards: 2

**Total Trekking Team = 31/32 Members**

**Regular Visits by Medical Team**

# GROUP LEADER ROLE

- **Follow the Schedule**
- **Follow the Timings**
- **Contact Local Authorities if Necessary**
- **Coordinate with the Accompanying Staff**
- **Report Misconduct by any OT in the Group**
- **Submit a Detailed Tour Report**
- **AGL - to take Care of Food Arrangement**
- **Treasurer – to ensure Doctors Visit at the Halting Points**

# Team leader to have

- **Route Map with Distances**
- **Group Members List – With Phone Numbers**
- **Contact Phone Numbers in Case of Emergency**
- **Day wise Itinerary**
- **List of Escort Team Members and Contact Numbers**
- **Daily Menu**
- **Mobile numbers of Medical Team**

# Trek Program

- All OT's will start from Hyderabad on 27<sup>th</sup> September (Friday) at 10.00 pm by train and reach Ooty by 08.00am on 29<sup>th</sup> September (Sunday)
- Buses will start from the Institute by 7.45 pm on 27<sup>th</sup> September (Friday) to the railway station (Late comers can not be accommodated)
- Buses will be arranged to reach Ooty from Coimbatore railway station
- Briefing by the District Collector and District Administration will be on 29<sup>th</sup> September (Sunday) (Before Lunch)
- All the Groups will be sent to the respective camps by vans and jeeps
- Trekking begins from 30<sup>th</sup> September (Monday) morning

- **Trekking 5 days covering about 90 Kms from 30<sup>th</sup> Sept (Monday) to 4<sup>th</sup> Oct (Friday) (5 Night halts)**
- **Trek should be completed by 4<sup>th</sup> Oct (Friday) afternoon**
- **Proceed immediately to reach Tamizhagam guest house by 4.00pm. on 4<sup>th</sup> Oct (Friday)**
- **Debriefing followed by thanks giving to the District Administration at 6.00 pm in Tamizhagam guest house**
- **Dinner at Tamizhagam guest house**
- **Leave Ooty by 7.30 pm on 4<sup>th</sup> October (Friday) in buses to Coimbatore railway station.**
- **Halt at Chennai during the day hours on 05.10.13 (Saturday).**
- **Proceed to Hyderabad on 05.10.13 (Saturday) in the evening and reach Hyderabad on 06.10.13 (Sunday) at 06.00am**
- **Reach the Institute by buses**

# TREK COORDINATION TEAM

**Dr. R.V. Chandravadan IAS**  
**JDG and CC**

- 1. Sri K. Anil Kumar ,  
Faculty**
- 2. Sri S. Venkateswara Rao,  
TPC**
- 3. Sri G. Venkat Reddy,  
Network Administrator**

- Travel arrangements**
- Medical care / Kits**
- Food and water arrangements**
- Accommodation arrangements**
- Communication**

- 1. Smt. Y. Indirapriyadarshini,  
Faculty**
- 2. Dr. J. Rajeswar ,  
Faculty**
- 3. Smt. P. Bharathi,  
Faculty**

**Discipline, communication, safety  
and  
OT's coordination**

**Smt. Archana Patnaik , IAS, District collector, Ooty**

# Less said better....

- Take care of your health
- No indiscipline
- No romancing
- Aware of wild life
- Do not disturb nature's beauty
- Do not eat way side food

# IMPORTANT

- ✓ Read Trek Manual Carefully
- ✓ No Changes in the Trek Groups.

# Sweet Memories of Alumni

What you are looking for

# Trek Map



10.4 km

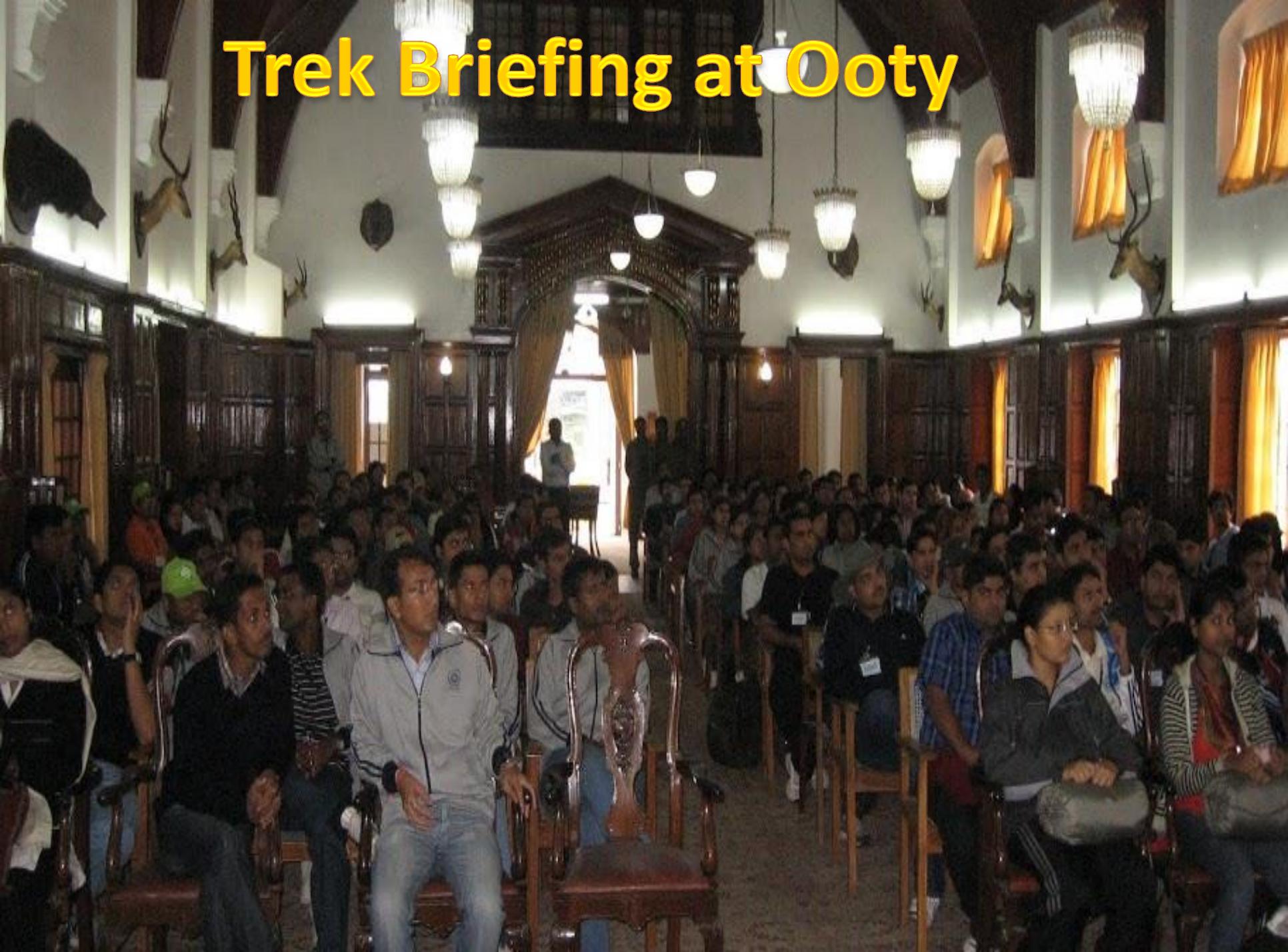
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11°23'04.97" N 76°36'27.21" E elev 2254 m

Eye alt 48.41 km

# Trek Briefing at Ooty

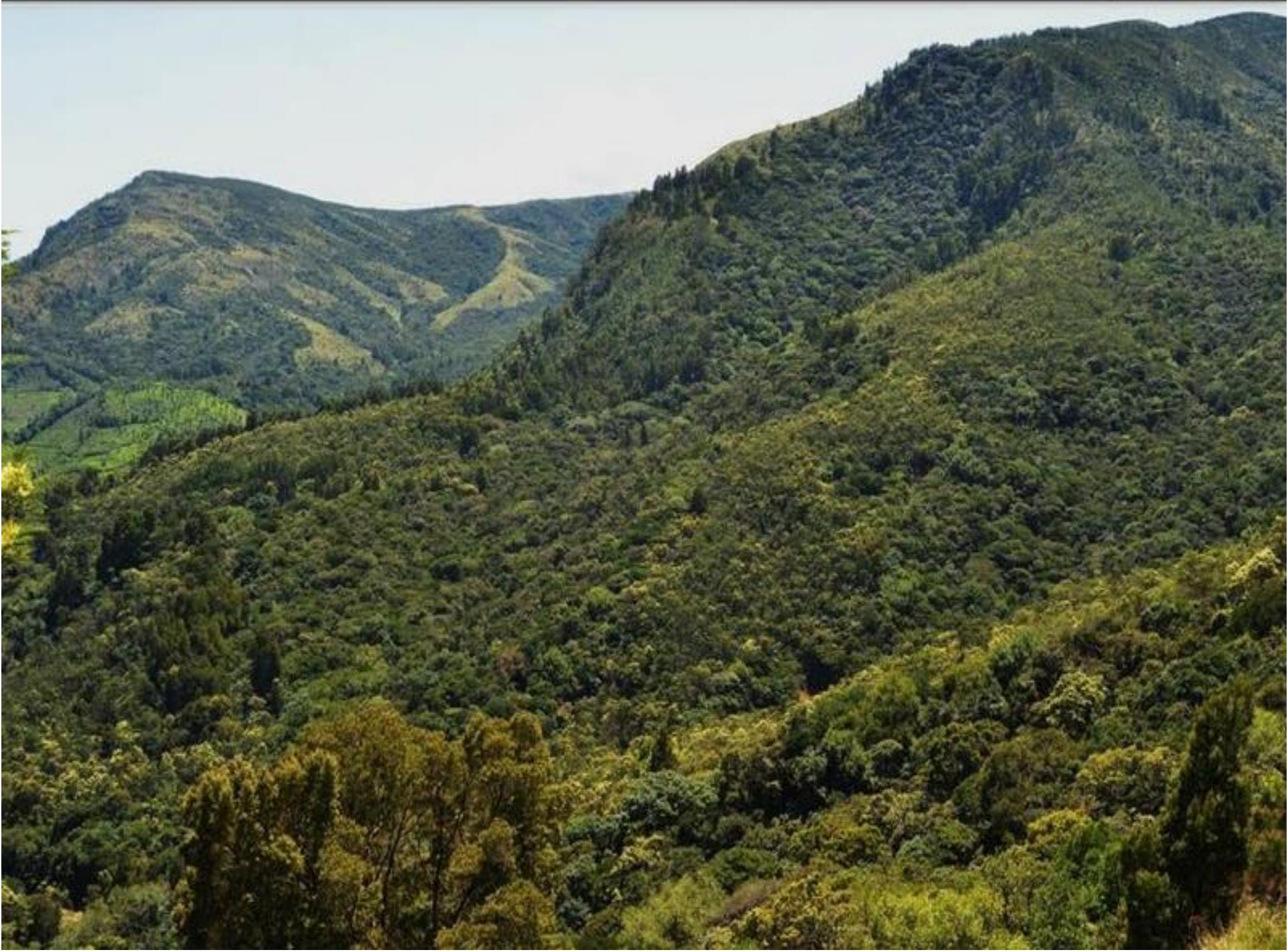


# Preparation for the expedition.....





*In the lap of nature!!!*









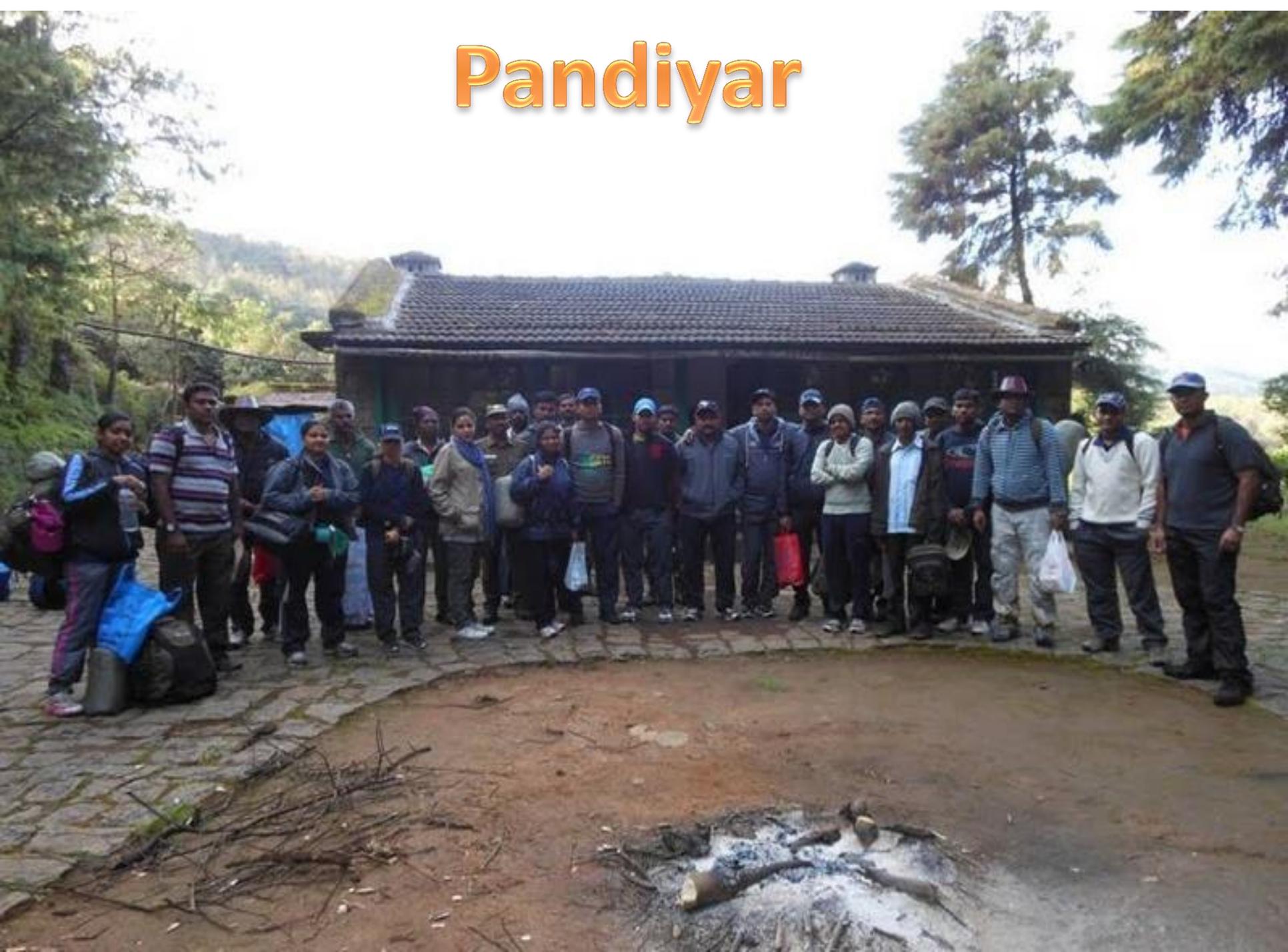
# PANDIYAR





**Pandiyar**

# Pandiyar







29.09.2010 19:13



# NADUVATTAM



# Naduvattam





22/09/2009



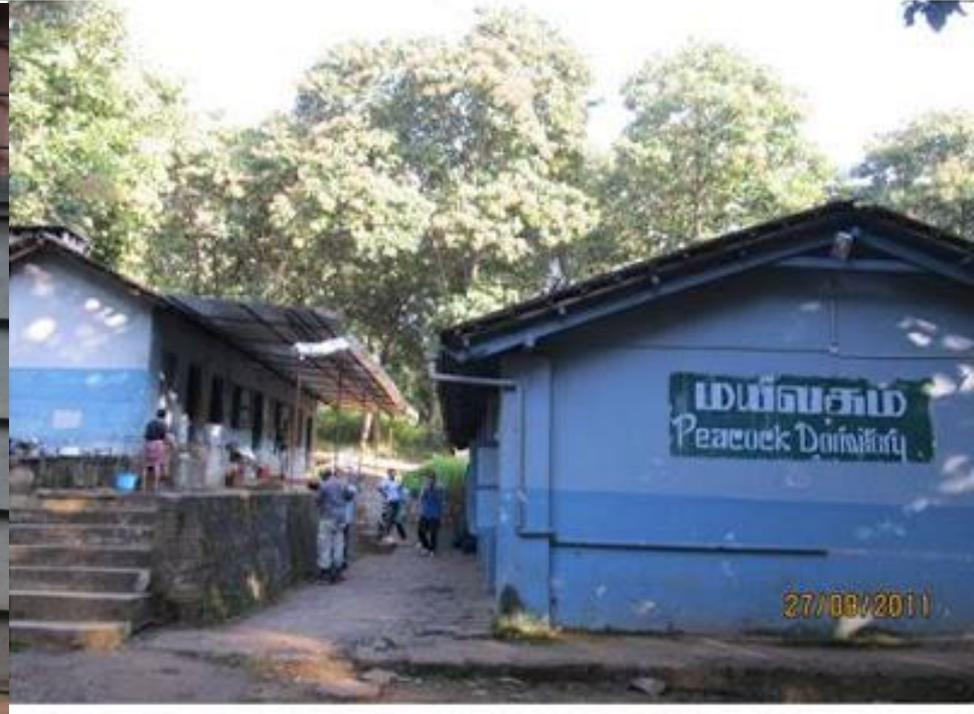


# Breakfast & Tea





# KARGUDI







# Vazhathotam





Please don't ...



# SHOLUR









Tea Gardens at Sholur





27/09/2010



# PARSON'S VALLEY







# Parson's valley

## TAMILNADU WATER SUPPLY AND DRAINAGE BOARD

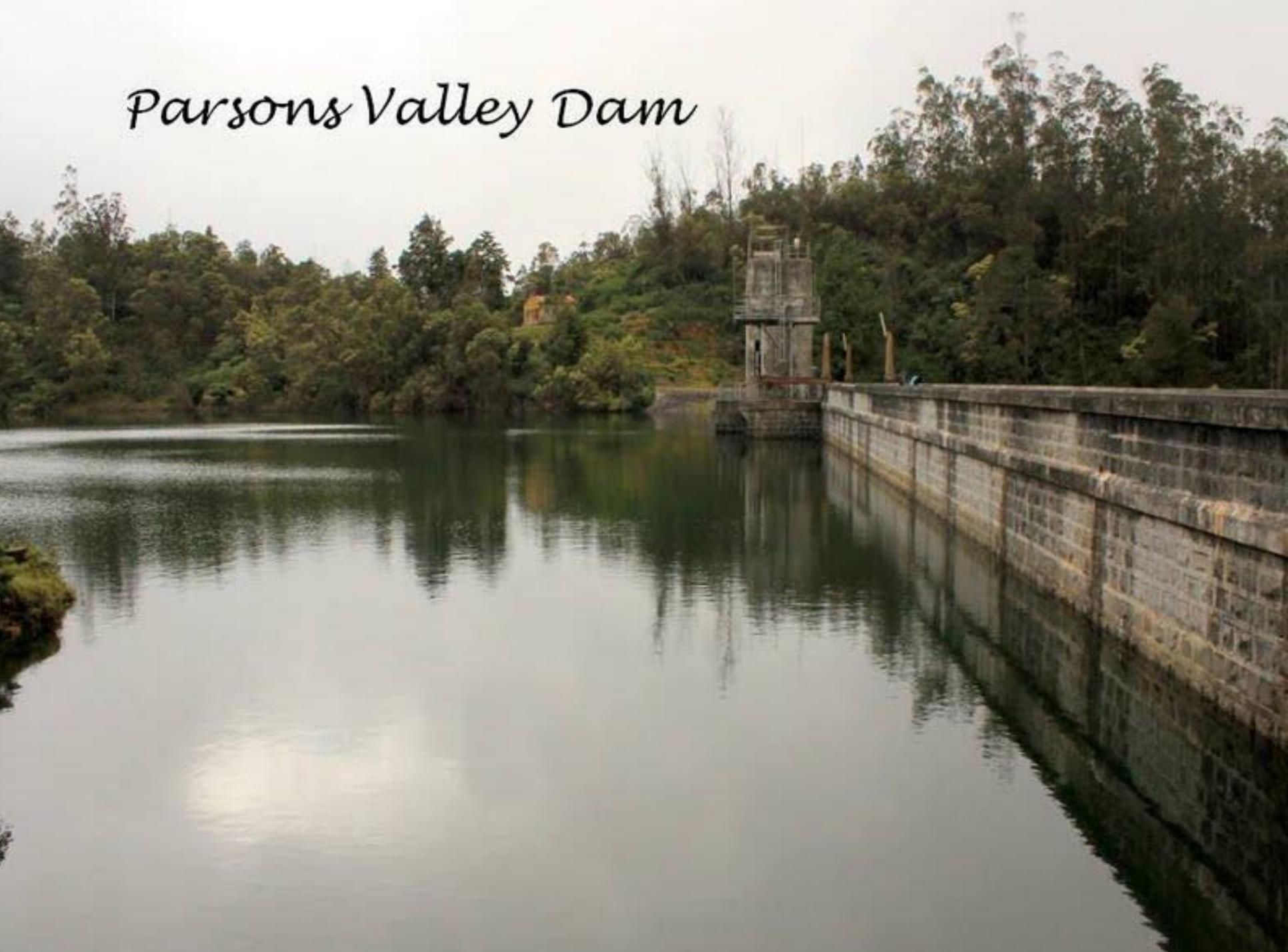
### UDHAGAI WATER SUPPLY IMPROVEMENT SCHEME SCHEMATIC DIAGRAM



### UDHAGAMANGALAM WATER SUPPLY PROJECT SALIENT DETAILS

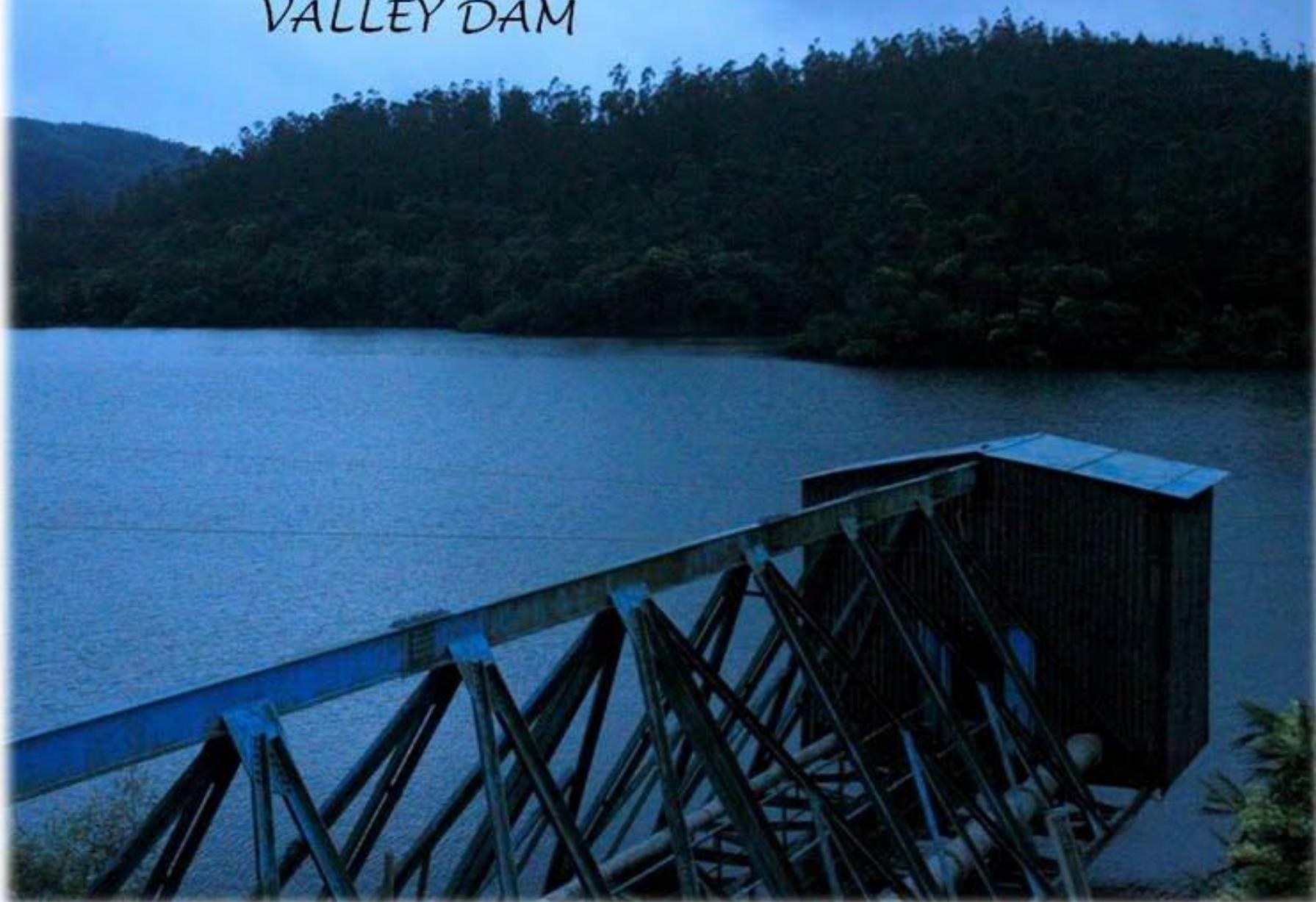
1. ADMINISTRATIVE SANCTION	1. 12/11/54	2. 12/11/54	3. 12/11/54
2. PIPING (M)	1000	1. 1000	2. 1000
3. RECTANGULAR TANK (CU)	1000	1. 1000	2. 1000
4. PUMP SETS (HP)	1000	1. 1000	2. 1000
5. TOTAL DEMAND FOR SCHEME (MGD)	1000	1. 1000	2. 1000
6. HEAD WORKS			
RAW WATER PUMPSET	1000	1. 1000	2. 1000
RAW WATER CONDUIT	1000	1. 1000	2. 1000
TREATMENT PLANT	1000	1. 1000	2. 1000
RAW WATER TANK	1000	1. 1000	2. 1000
CLEAR WATER PUMPSET	1000	1. 1000	2. 1000
TRANSFORMER	1000	1. 1000	2. 1000
TREATMENT TANK	1000	1. 1000	2. 1000
PEDESTAL	1000	1. 1000	2. 1000
TO PIPING POST (M)	1000	1. 1000	2. 1000
TO ST. MARY'S HILL (M)	1000	1. 1000	2. 1000

# *Parsons Valley Dam*





MORNING BLUE AT PARSONS  
VALLEY DAM





*Good Night after good food*



# AVALANCHI



# Inside Avalanchi Guest House



25/09/2010



# Way to Porthimund





26/09/2010



22/09/2009



**Lunch within  
clouds**

**Enjoy the  
Rain!!!**











## Bisons in Porthumund- Pandyar Route







Porthimund

# PORTHIMUND











# Debriefing



# Adventure demands discipline.

## DO's

- Prescribed items in the bag.
- Instruction of G.L and AGL – sacrosanct.
- Respect for local officials and security staff.
- Move in a group
- Pace of slowest will be pace of group.
- Remember the pass code and attention to whistle blow.
- Must to carry water bottles.
- Proper rest at night and due body care.

## DON'T's

- No short cuts- never to move alone.
- Never to leave any sick or injured alone during trek.
- Don't wear new shoes.
- Don't change your clothes immediately after reaching the destination.
- Don't go for swimming or bath on the way.
- Don't litter on the way.
- Not to disturb the beauty of nature or pick up anything from the jungle.



**Ever burning memories**





**Swinging all the way to glory for a better future**

