

**Gundupade** offers panoramic views – on a clear day you'll be able to see MIT Block 14 and the Western Ghats. Wear your shoes at all times as the rock is littered with broken beer bottles. Avoid climbing the rock by yourself, especially late evenings and at nights. An old couple run a store at the base of the hill. Bananas, local cola and some munchies are available. The soan papdi with almonds & pista bits does wonders for the climb back into Manipal.

Other rock formations : Nakre, Konaje Kallu, Kundadri

**Route:** Manipal – Athradi – Hirebettu – Marne Road – Gundupade – Alevoor – Manipal  
Total: 25 kms

**Baje Dam** is the primary source of drinking water to Udupi City. It is located close to Hiriyaadka which is 10kms from Manipal on the 169A. There is heavy traffic on the 169A and it is advisable to have blinkys, to wear a helmet, and reflective clothing. The traffic dies down almost immediately from Hiriyaadka and the riding is fantastic making this an instant classic. In recent years, Baje Dam has reached 'dead storage' during summers and water is rationed to once a week.

**Route:** Manipal – Hiriyaadka – Baje Dam – Kukkehalli – Kolalgiri – Manipal  
Total: 30 kms

**Delta Point** is a favourite among local cyclists and for good reason. It is picturesque with the Arabian sea on one side and River Swarna on the other, the road meanders through quaint fishing villages, and the road is in great condition. There are interesting attractions like the hanging bridge at Kemmanu and the barge at Kodi Bengre that will take you across the river to Hangarkatta. Delta point is an ecotone where two different ecosystems meet. Conditions are dynamic and it's dangerous to swim here. The Padukere – Mattu stretch is similar in attraction that takes you all the way to Kaup Lighthouse.

**Route:** Manipal – Karavali Junction – Malpe – Delta Point : 24 kms;  
Hangarkatta Port – Brahmapara – Ambagilu – Manipal : 22 kms;



The laterite landscape of Manipal is fast disappearing and along with it the many animals that call it home like the bengal fox, the yellow wattled lapwing and the endemic frog Microhylla Laterite, first described by Ramit Singhal, a student of MIT.

**PATHRODE**  
A traditional dish made out of colocasia leaves, rice and a variety of spices, pathrode traces its origin to the coastal and malnad region of Karnataka.

Hotel Renuka, Mudar



**NEER DOSA**  
Soft, thin and fluffy dosa made from rice. It is usually served with coconut chutney and saagu. Paired with chicken/prawn curry for lunch they help you get your protein fix after a long session on the saddle.

Bhatre Hotel, Hebri / Machali, Udupi

**ICE APPLES / PALM FRUIT**

It is a tender, translucent, juicy fruit. They act as an excellent coolant and help regulate body temperature on a hot summer day. Rich in minerals they help in maintaining the electrolyte balance in the body and keeps fatigue at bay.

Around village / town bustands



Outdoor Studies



Concept & Design



KARNATAKA

Udupi District

POCKET MAP

**NAMASKARAI HEGGIDIRI?**

Namaste, How are you?

**EDU YAAVA OORU?**

Which town is this?

**ELLI HOTEL YELLIDE?**

Is there a hotel?

**IDLI KODI, TEA KODI**

Give me idli, give me tea

**KUDIYALU NEERU BEKU**

Give me water to drink

ತಿನ್ನಲು ಏನಿದೆ?

**TINNALU YENIDE**

What's there to eat?

**MANIPAL GE HOGUVA DARI YAVADU?**

Which way to Manipal?

**MANIPAL GE BUS ESTU GANTEGGE BARUTADDE?**

What time is the bus to Manipal?

**RATRI MALAGALU JAGA EDEYA?**

Is there a place for me to sleep tonight?

**THUMBA, THANKS**

Thank you so much

**EMERGENCY RESPONSE**

**Pre-Plan:** Tell someone where you plan to go and when you plan to return; pack fully charged phone with power backup; pack ID with emergency contact information – keep it accessible; Know your route and make notes – closest hospital/bus stop/town; pack bike repair/first aid kit – know how to use it.

**Response/Evacuation:** Go for help or do it yourself?; Consider the condition of the patient; Most evacuations are not urgent if there is no life/limb threat; Consider the terrain, your resources, distance to road, weather, available shelter, food, water; If calling for help : prepare your call, be able to describe your location.

**WOUND MANAGEMENT**

**Control Bleeding:** Direct pressure and elevation  
Prevent Infection : Clean around the wound with soap and water, irrigate with drinkable water and cover with clean dressing.

**Evacuation:** If the wound cant be closed, is infected, contaminated, is on the face, has an impaled/embedded object, or was caused by an animal bite or crushing mechanism

**HEAT EXHAUSTION AND DEHYDRATION**

**Signs/Symptoms:** Dizziness with fainting; rapid heart rate; nausea, vomiting; fatigue, thirst, muscle cramps

**Response:** Rest in a cool, shady spot; hydrate

**Evacuation:** If no improvement with treatment



**DISPOSE OF WASTE PROPERLY**

"pack it in, pack it out" is the the mantra when it comes to handling plastic waste in the countryside. Improper disposal of human wastes around streams and rivers, can contaminate water leading to diseases.

**LEAVE WHAT YOU FIND**

Picking a few flowers does not seem like it would have any great impact, But, if every visitor thought "I'll just take a few", a much more significant impact would result. Natural objects of beauty such as shells, porcupine quills, feathers add to the mood and should be left behind for others to experience a sense of discovery.

**BE CONSIDERATE OF OTHER VISITORS**

Many people come to the outdoors seeking solitude. Excessive noise and damaged surroundings mars this experience. Always be mindful of your presence. To maximize your feeling of privacy, avoid trips on holidays and busy weekends.

**RESPECT WILDLIFE**

Considerate travelers observe wildlife from afar, give them a wide berth, and keep food away. If you have a large group, divide into smaller groups to minimize impact. Always remember that you're a visitor to their home.

For more information visit: [www.lnt.org](http://www.lnt.org)

**Agumbe** is on the bucket list of every serious cyclist in the district. At Someshwara you are the base of the Agumbe Ghat. Of the 14 hairpin bends you need to tackle to reach the top, the first 3 are the lengthiest. It gets progressively steeper as you make your way to the top. There is a parapet just after hairpin 8 that you can rest at and enjoy views of the valley below. The hairpins end when you reach Sunset point on your left. It is recommended that you have a good headlight with a blinky function for the descent to make yourself visible to oncoming traffic.

Kudlu Falls is a great ride in the vicinity. It is critical that you're well conditioned and have a good bicycle for it. From the archway at Nellikatte (beyond Hebri on the 169A) it's a 15km ride to the falls. The road is great for the most part but there are sharp descents and climbs on some sketchy terrain. It is advisable to have a tool kit and to know how to use it. Carry your phone and electronics in waterproof bags. Kudlu opens in November once the rains have stopped.

**Route:** Manipal – Hebri – Someshwara – Agumbe(169 A) : 50 kms; Agumbe – Someshwara – Hebri – Cherkady – Kolalgiri – Manipal : 52 kms; Total : 102 kms.

**The Ajjikunj** trek is tough even in ideal conditions. I trekked this peak in 2018 with my students and in spite of the guides that were assigned to us, we lost our way. We had to then bushwhack and make our own trail to the top. There are many challenges here – lack of water, steep

gradients, a minefield of leeches, an overgrown and poorly maintained trail. But for all the effort, the view from the top is breathtaking. This is recommended to only well conditioned and seasoned athletes. The trek begins at Andar. Permission for the trek can be obtained with a letter and IDs from the Forest Office at Sarvajna Circle, Karkala.

**Route:** Manipal – Hiriyaadka – Ajekar – Andar : 32 kms;  
Andar to Ajjikunj : 12 kms

LOCAL WILDLIFE

**INDIAN - PARIAS DOG**

Alert, social, intelligent and loyal, the local dog (kannada : Nayee) is a joy to befriend. They're highly territorial and this is usually the cause for their run-ins with cyclists and motorcyclists. If chased, stop and calmly walk your bicycle out of their territory. Avoid eye contact. To know them, is to always have a friend on the road!

**LION-TAILED MACAQUE** (EN)

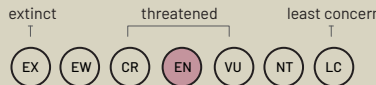
Are one of the rarest primates in the world! Attracted by food offered by tourists, there is a troop stationed along Agumbe Ghat. Road accidents, depletion of their natural habitats are a consequence of this.

**PILL -MILLPEDE**

Also called as roly-polies for their ability to roll into balls when threatened. You'll usually find them gallivanting on dense forest floors of the Kudlu trail, on the back roads around Varanga, or at Mannapappu Mane, Mala.

**MICROHYLA LATERITE** (EN)

An endangered frog, was first discovered by Ramit Singhal (a student of MIT at the time) in 2015 while leading a citizen science initiative called "My Laterite : My Habitat". This species is restricted to laterite habitats in and around Manipal and hence qualified to be listed as endangered as per the IUCN red list criteria.





## DELTA POINT

The swarna river meets the Arabian Sea. The conditions are dynamic and it's dangerous to swim here.

### KEY

- Destinations
- Smaller Towns
- + Primary Health Centres

## AGUMBE

Home of the king cobra and the lion tailed macaque. Once called the cherrapunji of the South, it now runs dry in March.

## KOODLU FALLS

River sita plunges 150 feet to form the koodlu teertha falls.

## SIRIMANE FALLS

A lush waterfall surrounded by dense forest. It can crowded during weekends and on holidays.

## VARANGA JAIN TEMPLE

The kere basadi is 850 years old and is unique for being situated in the middle of a lake.

## AJJIKUNJ

A prominent peak of the Kudremukh Range visible from Manipal.

## NAKRE

Natural rock formations

## KARKALA

A historical town with monuments dating back to the 13th and 14th Century. Pictured here is a 42 ft high monolithic statue of Bahubali

## MALA

A village at the base of the Kudremukh range. Mannapaapu mane ( pictured here) is a 200 year old home open to visitors offering excellent hospitality. Delectable local cuisins, and surrounded by pristine rainforests. Budget options available.

# Udupi District KARNATAKA