

GASTRONOMY DELIGHTS FOR TREKKING / SAFARIS /BIKING & EXPEDITIONS

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Eating meals on treks, safaris & expeditions is a challenge to many. Your body works out so much that you are tempted to gorge on all food available. Yet, over-eating could work against you while trekking. Safaris or expeditions. So how does one strike a balance?

Trekking is a high, calorie-consuming activity – that's a no-brainer. "But what we've noticed is that many adventurers get overwhelmed with the amount of exercise that they are suddenly doing on treks and tend to feel that the quantity of food being served is inadequate,"

The idea here is to replace the calories lost, not feast. You don't want to feel like a bloated bean bag when you have miles to go uphill, do you?

"One needs to consume the right kind of calories. Carbohydrates do boost energy, but more than the amount, one must ensure that they eat the right kind of carbohydrates which are so more important for the body at that altitudes and at times harsh conditions.

Food on trek/safari & expeditions:

- . You will probably be surprised by the menu items on an INDIA ADVENTURE outdoor trips . We know how important food is in all respects, and we don't stint by giving you 2-minute noodles and Cup a Soup. You'll get real food, home cooked style, hygienic. And plenty of it!
- . If you have any special dietary requirements or food restrictions, please advise us when booking your trek so that we can cater for your needs since everything is freshly bought prior to trip by our expert Himalayan Chefs and there camp assistants.
- . Note: sometimes not all dietary requirements are able to be met, but please inform us and we will certainly do our best to ensure each client is satisfied and doesn't lose weight 😊

Food in the Wilderness as good as home 😊 Believe us!

Here is a detailed checklist of most of the food we could possibly think to bring during camping! Most of the meals are mixed as per trekking, safaris route i.e. Indian, Chinese, Tibetan, continental or Italian etc... FYI

AT MORNING, as we all know “A good breakfast fuels you up & gets you ready for the day” . So we want your energy level high during trekking so provide you delicious and healthy breakfast are as under: -

BREAKFAST- Bread toast, eggs to order, all kind of omelets, cheese tin, cheese Slice, Fresh Fruits, Juices, Milk, Tea N Coffee, Jam, Butter, Honey, Vegetable Cutlet, Indian Breads stuffed with potatoes and vegetables, Dry nuts, Corn flakes, Porridge, Muesli, Chocos, Cheese cube, Sausages, pickles & much more.

AT AFTERNOON – A lunch break on a camping trip is really special moment of the day, it gives you time to collect yourself, stretch and enjoy high energy bites. Most trips we offer packed – picnic lunch which is nutritious and tasty food as under: -

PACK LUNCH- Indian Breads, Juices, Dry Fruits, Chocolate, Biscuits, Toffees, Boiled Eggs, Boiled potato, Tuna Fish, Sardines, Energy bars, Sandwiches Cakes, Bread Rolls



Snacks time – After arrival at days camp, the team offers Tea, Coffee and other hot drinks along with some bites to keep you going till dinner which vary from day to day. From Popcorns to Indian bites, finger food, chips etc.

AT NIGHT, After a long hard day & challenging way, you all are need of Delicious and good food to be served which makes your day complete and india insight meal should be served with laughter and smile...we provide you Wide variety of yummy home style food some ideas as as under:-

Dinner- Rice (can be plain, with vegetables, chicken), Indian Breads, Papad, Soups, variety of Lentils, Variety of Vegetables, Noodles, Pasta, Macaroni, Tibetan Bread, Spring Rolls, Cutlets, Pizza, Lazaniya, Momos, Fresh Cheese, Fresh Salads, Dessert and tea n Coffee ,Chicken & Lamb preparations depends on the day, each dinner ends with something sweet such as rice pudding, custard, fruit cocktails & various surprises that the Chef rolls out for you 😊😊😊

Our Kitchen crew – consists of highly trained local Chefs and assistants who have mastered the art of satisfying each & every client on a trip.

They follow the highest hygienic standards & dish out total home style food for you in extreme difficult environments to your surprise.

Even freshly baked Pizzas and cakes.. Yummy!



Please note the above is just to give you a general idea we carry on the trek, safaris and expeditions & more. There is a daily fixed menu which is served to you all and it changes from day to day, normally a menu is not repeated this means we give a lot of variety of freshly cooked food to you.

During a trip, if you need anything to suite your taste buds or stomachs you can surely tell the guide & chef your needs. The staff is always very flexible in preparing things to your needs and tastes despite of limitations & challenges. Be assured they will do utmost to accommodate your request.

