Kokan Trail 2025 Participant Handbook

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1. About Kokan Trail 2025

Kokan Trail 2025 is first edition of an endurance event organized by Green Trail Foundation. It is open for all walking enthusiasts over age of 18 yrs. The event is designed in two formats. 100 KMs to be completed in 50 hrs (100KMs/50hrs) & 50 KMs to be completed in 25 hrs (50KMs/25hrs). The participants are expected to walk within the time given for respective format in teams of minimum 2 to maximum 4 people. Individual participation is not allowed given the extensive and demanding nature of the event. As the name suggest, it is not a competition and therefore there are no winners. Every team that completes the walk is a winner in its own way.

The trail is designed to bring out the best in participants by offering a variety of variation in the routes. It has forest trails, village roads, town walk next to a beautiful lake, walking next to a river, walking on seashore, steps climbing, going through ghats and of course long patches of flat paths. It is arguably maximum variety one can get for an endurance event of this scale and logistics within 100 KMs anywhere in India.

2. Why should I participate in this event?

Most humans start walking since early age and keep using this skill till they grow old. Walking is indeed taken for granted once we learn to walk. Though we all walk since childhood, we rarely think of or sometimes rarely get chance to test on purpose our walking ability in different circumstances, tracks, geographies, timing, pace and endurance.

Participating in this event can be a life-changing opportunity for any one or more reasons listed below:

a) To prove yourself that you can achieve seemingly difficult tasks in a team setup – not just individually

b) To experience being part of a team in an endurance event, build team spirit, enjoy success and failures together, bond better over a period of time during practice sessions and then the actual event

c) Find out your strengths and weaknesses, explore hidden aspects of your personality that come gushing to surface when you face life under physically demanding, mentally frustrating and emotionally challenging circumstances. (To ensure you are not left alone, we provide a lot of direct and indirect support. Read on to know how we reduce risk and build a super-helpful environment yet keep the challenge levels tough enough)

d) To prove to the world that you are an achiever – whether you fought back from a long-term illness or overcome physical constraints or to prove that age is just a number – it's an excellent way to make that comeback statement without saying a word and shut up your critics, naysayers and doubting 'well-wishers'.

e) To explore the lifestyle of rural Kokan, its villages and fishing-towns as closely as possible within 50 hrs.

f) Celebrate life with your team, friends or family – your birthday, anniversary, promotion, exam result, first patent in your name, first big order, first job, first IPO, school reunion, discuss an intense issue, ideation-on-the-walk or just spend 50 hrs together that otherwise is impossible to get at a stretch!!

3. Participant Eligibility Criteria & Registration Process

You are eligible to participate in this event if:

- ✓ Your age is 18 years or above
- ✓ You are physically enough fit to participate in an endurance event
- ✓ You have at least 1 to maximum 3 more person participating with you as part of your team
- ✓ Although not mandatory, it is strongly recommended to have a support car and support staff with your team.

Participants need to form a team of minimum 2 and maximum 4 people. In addition, the team is allowed to (optionally) register maximum one support staff and a support car that will be accessible on checkpoints. (Note that support staff CANNOT walk with the participants on the walking route. S/he must be with the support car.) Participants need to designate a team captain who will act as the single-point-of-contact between the organisers and the team, can lead the team and if it comes to it - can take a crucial decision of whether to continue OR to quit the event. If more than 50% of your team members quit the event, then the team will be deemed disqualified.

Team caption or any one of the team members need to register their team through the official website of Kokan Trails 2025. We do NOT accept registrations in offline mode or over the phone or through email. Team can choose to add members, support staff or car details after the registration day, but must be done prior to closure of registration window by contacting the organisers separately. The registration process involves filling the registration form with basic information about the team, captain, team members, support staff, driver and car. Submission of identity proof, consent to use photographs taken during the event on Green Trail social media handles & payment of registration fee is mandatory part of the registration process.

Irrespective of the format and number of people in the team, registration fee is same e.g. ₹10,000/- (Indian rupees ten thousand only) per team. The fee is non-refundable. However, you may change the names of team members or transfer the amount to another team. This facility is available only till the registration window is open.

Upon registration, you will receive a confirmation message and a phone call subsequently (within 48 hours) from the volunteers.

We will be able to accommodate maximum 1000 participants. After reaching that count OR the last day of registration, registration will get closed. Once registration is closed, fee cannot be transferred to any other team.

4. What's in the Participant kit?

The participant kit contains:

- a) T-shirt
- b) Cap
- c) BIB & Safety pins
- d) Map of the walking route
- e) If support car / staff is registered, then Map of the car route + Sticker for support car
- f) Food coupons for participants and support staff – Only if you opted & pre-registered for it.
- g) Emergency contact list

Participant kit must be collected one day before or on the day of the event from the event venue.

5. How to reach Sawantwadi?

Sawantwadi is situated at Maharashtra-Goa-Karnataka border intersection. It is easily accessible via road, railway or airway.

- ➢ Reaching Sawantwadi by Road:
  - o From Mumbai, get onto Mumbai Goa highway from Panvel. The exit to Sawantwadi is from Zarap on Mumbai-Goa Highway. Distance is approximately 475 KMs and it usually takes 12-14 hours if you are travelling in a car.
  - o From Pune, get onto Bangalore highway. Then take the exit from Hotel Goa Ves / Hotel Kaveri as soon as Tavandi ghat (after Kognoli toll plaza) ends. Distance is approximately 380 KMs and it usually takes 10 hours if you are travelling in a car.
  - o From Bangalore, get onto Bangalore-Mumbai highway and take the exit from Belgavi. The distance is approximately 620 KMs and it usually takes 14-25 hours if you are travelling in a car.
- ➢ Reaching Sawantwadi by Train:
  - o Sawantwadi Road Railway station (Malgaon) is on Konkan Railway route and 4 KMs away from the main town. State transport buses or auto-rikshaws are available from the station to come to the town.
- ➢ Reaching Sawantwadi by Airway:
  - o Manohar Parrikar International Airport, Mopa, Goa - It is 40 KMs from Sawantwadi and takes ~1.5 hrs to reach from airport to the town.
  - o Sindhudurg Airport (aka as Chipi airport), Sindhudurg, Maharashtra – It is 43 KMs from Sawantwadi and takes ~1.5 hrs to reach from airport to the town
  - o Dabolim International Airport, Dabolim, Goa – It is 84 KMs from Sawantwadi and takes ~2 hrs to reach from airport to the town

It is recommended to arrange a pickup from station or airport to your hotel at time of hotel booking even though it may cost a little extra. Local transport is scarce and crowded, which may make it difficult to travel with luggage.

6. Stay, transport and other local arrangements

Sindhudurg district enjoys special status as Tourism destination by Govt. Of Maharashtra. Although a small town, Sawantwadi is a popular tourist destination for its peace, tranquillity and proximity to Goa. People are used to see and attend tourists from various places and nationalities. Local population usually speak and understand multiple languages – English, Hindi, Marathi, Malvani, Konkani etc.

Stay: You can easily find hotels, homestays, farm houses or bungalows on rent through Maharashtra Tourism Development Corporation website, Airbnb, Booking.com or just simple google search. However, being a small town, it may be difficult to get booking of your choice near the starting point. In such case, Kudal or Amboli are nearby towns (within 20KM distance) where you can find alternate options for stay.

We recommend informing the organisers about your stay arrangements as soon as you confirm booking. Please note few points stated below prior to advance payment to your hotel:

a) Confirm the type of toilet on the property, whether it is Western commode or Indian toilet. Choose only the property that offer toilet of your preference.

b) If you need toilet paper, then inform the property explicitly and ensure they agree to provide it. Using jet sprays is local norm and toilet papers are not used. It is better to ask for it and get confirmation. Even then, we recommend carrying a role yourself and not rely on the property to arrange for it.

c) Confirm the timing of hot water availability: Many places offer hot water for bath only through solar panels & hence it is available during certain hours of the day. Your host may charge extra OR may NOT offer hot water outside their specified availability window.

d) Most of the properties do NOT have in-house restaurants. They arrange food on demand. Timing for each property may vary – please ask if your host will arrange food or not & timings of food availability prior to booking and plan accordingly. While a number of options are available in Sawantwadi till late evening, they are concentrated around popular tourist places. If your stay is little away from town, then restaurants are difficult to find.

e) Confirm the checkout timings – just to be 100% sure and plan accordingly. 11 AM checkout is the norm for local hotels. For other type of properties, timings may vary.

f) Confirm if the property has air conditioner (A/c) or not (non-A/c). Usually, they specify it upfront and charge differently for A/c vs non-A/c accommodations.

g) Power outages – specially in rural areas – are frequent. Please confirm if the property has generator or backup arrangement in case of power outage.

Transport:

a) You'll need to arrange a car for yourself to reach the town from airport or railway station to your accommodation. Same car can be used as your support vehicle during the event. It is strongly recommended to arrange the support car for your team.

b) Local transport is usually auto-rikshaws. You'll need to negotiate the fare prior to taking the auto. Minimum fare charged is ₹50/- and thereafter usually increases in multiple of ₹50/-

c) If it is absolutely not possible to get your own car, you can rent a car locally ahead of the event and confirm periodically with the driver if the car is still available or not. There are no rental services like large cities. Car drivers operate individually as a norm, though a couple of agencies provide cars on rent. You can search on google or seek help from your hotel / stay owner for renting a car. Whoever arranges the car for you, ask them for driver's phone number at least 7 days prior to the event and talk with the driver to ensure he can speak / understand your language.

d) If you plan to arrange a local trip in/around Kokan on weekend or wish to tour Goa, then inform the operator and book connecting trips accordingly. Vengurla beach, Amboli aquarium, Amboli waterfall, Devgad beach, Vijaydurg fort, Tarkarli beach, Malvan Fort etc. are some of the popular tourist destinations in Sindhudurg, within a radius of 100 KMs from Sawantwadi.

Mobile networks:

All major mobile networks work reasonably well in and around the town. On the checkpoints, Airtel and Jio networks are usually available. In many parts of the walking route, there won't be mobile towers in vicinity and hence no network is available.

Food:

A wide variety of food is available both for vegetarians and non-vegetarians. Malvani, Punjabi, South Indian, North Indian and Maharashtrian food is available. There are a number of café's that offer pizza, burger, pasta, Indian Chinese etc. Various types of fresh sea-fish are available in many restaurants. 'Pure Veg' restaurants can also be found easily.

7. On the day of the event

✓ Your team should reach the starting point at least 45 mins prior to start time e.g. by 5:15 AM or sooner.

✓ There is dedicated parking only for participant support cars.

✓ The captain should inform the arrival of the team at registration counter and collect the participant kit from same counter. Note that there will NOT be any participant kit for support staff. Support car sticker should be displayed prominently throughout the event duration on the car.

✓ Participants will be given pre-programmed RFID or bar-coded bracelets or BIBs, that they must wear throughout the event for automated check-in / checkouts at the checkpoint.

✓ Participants must wear the BIB throughout the event duration

✓ Zumba / warmup will start at 5:30 AM

✓ Gates to the route will open and Participants will start walking at sharp 6:00 AM.

8. Know your Trail & Checkpoints

Route for Kokan Trail 2025 is split into multiple sections. Sections with only road or flat terrain are typically longer (up to 12 km) while ones with relatively tough walking conditions are shorter (up to 8 KM). First 5 sections of 100KM format are same as entire route for 50KM format e.g. all participants, regardless of their preferred format (50KM or 100KM) will walk on same route.

The route has ample markings, indicators, glow-ribbons and at some places, volunteers to help you stay on right track. Route marshals will petrol throughout the route during the event to provide help and keep everyone going.

At end of each section, a checkpoint is established to help participants refresh, get medical assistance, hydrate and rest. (Please refer to the checkpoint list). Checkpoints are the anchor locations for volunteers and participants alike. Following services will be available free of cost at all checkpoints:

1. Check in & Checkout Counter to record team timing. (Note that check-in & checkout must be done as a team by all team members together. Individual check-ins and check-outs are not allowed as per the event rules.)
2. Drinking Water (Bottled water dispensers are installed where cooler units or water filter units are not available)
3. Washrooms / Mobile toilets (Male & Female)
4. Changing rooms (Male & Female)
5. Mobile Charging Points subject to power supply. (Note that power supply is frequently interrupted in rural areas, we recommend to carry a power bank for your devices)
6. Dustbins (for dry & wet waste), Bio-waste bins (for sanitary napkins / other bio-waste)
7. First Aid, Medical Assistance booth with a nurse, on-call ambulance with a doctor

Following services will be made available free of cost on best effort basis:

8. Physio-therapists – strictly for only foot massage / treat cramps / assist with taping
9. Warm drinking water / Tea / coffee / beverages counter

Given majority of participants reach to checkpoint 6 and 7 during night time, few additional facilities are made available on checkpoint 6 and 7, listed below:

10. Bathrooms (Male & female) – Participants can avail warm water at nominal cost (typically ₹15/- to ₹20/- per bucket)
11. Bedding, pillows and blankets at no cost
12. All night buffet at nominal cost with local food, fruits, warm drinking water / bottled water/tea / coffee / beverages (pre-registration mandatory at least 3 weeks prior to event day if you want to avail this facility. Coupons to be presented on the counter will be issued against pre-registration only. Walk-in requests cannot be entertained due to logistical constraints)

Along the route, there are few small restaurants / tea shacks / general & medical stores where participants can purchase local food, bottled water, beverages etc. on-the-go. Local operating hours are typically between 10 am to 7:30 pm. After that, markets / shops usually get closed.

Insider tip: Route between checkpoint 5 to 6 & Checkpoint 6 to 7 (e.g. 50 KMs to 70 KMs) is most challenging and toughest part of the trail. Design a strategy for your team to complete it within 35 hrs.

Table 1: Checkpoint List

#	Checkpoint Name	Checkpoint Name in local language चेक पॉइंट ठिकाण
0/10	Gymkhana Ground, Sawantwadi (same starting and end point - registration, completion certification and medal distribution with timings)	जिमखाना मैदान, सावंतवाडी
1	Z.P. School No. 1 - Satuli Bavlat	जि. प. शाळा क्र.१, सातूली बावळाट
2	Z.P. School No. 2 - Mandavphatar, Otavane (breakfast point)	जि. प. शाळा क्र. २ – मांडवफातर, ओटवणे
3	Sawant Farm House, Chipatewadi (Note: Support car parking is NOT available here. Support cars should go directly to Checkpoint 4 from checkpoint 2)	सावंत फार्म हाऊस, चिपटेवाडी
4	Mauli Secondary & Higher secondary school, Sonurli	माऊली माध्यमिक विद्यालय, सोंनूरली
5	Vetaldev pre-primary school, Tulas (End Point for 50KMs Format)	वेताळदेव पूर्व प्राथमिक शाळा, तुळस
6	Sai Marriage Hall, Ubhadanda, Vengurla	साई मंगल कार्यालय, उभादांडा रोड, वेंगुर्ला
7	Mangalmurti Marriage Hall, Dabholi	मंगलमूर्ती कार्यालय, दाभोळी
8	Adeli pre-primary school, Jambharmala	आडेली प्राथमिक शाळा, जांभरमळा
9	Z. P. School No. 3, Patkarwadi, Nemle	जि. प. शाळा क्र. ३, पाटकरवाडी, नेमळे

9. Do's and Don'ts while you are walking on the trail

- ✓ Cooperate with the route marshals and volunteers at all times.
- ✓ It is not necessary to complete the trail non-stop. Some teams complete the trail non-stop, some take rest during afternoon, some take rest on every checkpoint, some rest during night time and so on. Feel free to determine your team strategy based on your experience during practice sessions.
- ✓ All check-ins and checkouts will be done as a team – therefore stay together and help each other at all times.
- ✓ If you are not feeling well or need help, feel free to ask for it to the nearest volunteer, route marshal or checkpoint lead without delay. They are trained to help you and empowered to bring in medical assistance as required.
- ✓ If any of the team member is not willing to continue, try to cheer him/her up & support as needed. Team captain need to decide if S/he can continue or can quit. IF more than 50% of team members quit, then the team is deemed disqualified and will NOT get completion certificate.
- ✓ Despite referring to the route map, signs, indicators or markings, if you are not sure about the route (especially during night time) during the walk, ask volunteers or just stay at same place and wait for route marshals to reach you. Do NOT assume the route as you may wander far away.
- ✓ Display the RFID / Bar coded bracelet and BIB at all times. This helps you to stand out as a participant and makes it easy for others to spot and help you.
- ✓ Avail the services at checkpoints as per your need that are designed for your wellbeing - hydration, washrooms, physios, baths, warm water etc.
- ✓ Ensure you have adequate power backup to charge your mobile / camera / other gadgets.
- ✓ Feel free t- take lot of photographs, videos, pose with locals (with their permission!) while on the trail. Those will become memories you will cherish for lifetime.
- ✓ Carry your walking stick at all times. It helps on steep climbs, slopes as well as for making way through jungle and keep stray dogs away.
- ✓ Keep extra set of clothing, extra pair of shoes, socks and medicine in support car. You can use them as needed while on checkpoint.
- ✓ Keep one packet of 50 gram each of dry fruits, sweet (sugar candy / Indian dry sweets / chocolates), spicy / salty (Namkeen / salted peanuts etc.) contents. Especially if you are suffering from blood pressure or diabetes, consult your doctor about what diet and medication you should have while walking on the trail.
- ✓ While you can avail support from your support car on checkpoints, it is strictly prohibited to use support car by participants while walking on the route. **Entire team will be disqualified if participants use any other means of travel instead of walking.**

Remember – it's not a competition; it's an endurance event!! Everyone is winner who completes it. More you enjoy it; more are the chances of your team completing it successfully!

10.   Whom can I reach for help?

Prior to the event & post event, you can reach the organizers via email or contact details on the website.

During the event, you can reach to the nearest volunteer, route marshal, checkpoint leads. They are trained and empowered to help you for various problems you may encounter during the trail.

For getting your photographs on trail / at completion ceremony, you can reach out to the photographer on site directly OR to the organizers. It will be made available at nominal cost.

If you opted for food arrangements during the walk, organizers will reach your team captain for more details. Food is organized at additional – nominal – cost & to be paid separately. Cost of food is not part of registration fees.