

Himalayan Adventure Charity Challenge

26 Mar - 7 Apr 2016

Information and Itinerary



Join Cancer Relief UK for this challenging 7 day Himalayan trek.

Your aim is to trek to the summit of Poon Hill to see the sunrise over the mighty Annapurnas. At an altitude of 3200m, reaching the summit will be the accumulation of an estimated ascent over 8 days of approx 4900m (16,000').

Poon Hill is in the heart of the famous Annapurna mountains; classic rural hill villages, deep valleys and some of the highest peaks in the world await you.

The Trip

Join us on this challenging 7 day trek through the mighty Annapurna Region.

After your international flight from London, you will spend approx 36 hrs in Kathmandu getting used to your surroundings and making final preparations for your trek.

Having departed Kathmandu, you will drive out through the Nepalese countryside, briefly touching Pokhara on your way to Hemja, the start point of your trek. The 2—3 hr trek to Astam is a gentle introduction to the terrain that follows.

The climbing really begins the next day as you ascend up to 2000m and sleep in the tiny hamlet of Pitan Duerali; great views.

Day 3's start is a big 'leg wobbling' descent and as you approach Landruk. A few hours later you will see the extent of the farming terracing that flanks the fast flowing Modi Khola river.

By now, you will have seen and appreciated that this region exists naturally; the local people live here regardless if trekkers came through or not. This is the real Nepal; self sufficient in a totally rural and unspoilt land.

From Landruk, you will cross a very deep valley to Ghandruk. It takes about 3 hrs to trek less than a mile on the map!

The terrain changes on Day 4 to that of rhododendron forest as you make your way to Tadapani and then onto Ghorepani. This vast dense forest is home to wild colonies of Grey Monkey.

Ghorepani is the highest village on this trek at 2900m and infamous for its blue coloured roofs than can be seen as you approach from above. It is also the village that provides access to Poon Hill.

Poon Hill is a photographer's delight at sunrise as it overlooks two major mountain ranges: the Annapurna Massif and the Dhaulagiri range. From here you are looking down into the deepest river gorge in the world (over 4 miles deep!).

After your dawn excursion up to Poon Hill, it's breakfast time back at the tea house before beginning your long descent to Tikhedhunga for your final overnight stop.

The following morning, you have a short trek to Naya Pul. From here, you will be transferred back to Pokhara for a 2 night stay. Pokhara is a lovely chilled out lake side town; plenty of opportunity to relax.

Finally, a 30 min domestic flight back to Kathmandu, an overnight stop before final departure.



High Altitude Trekking and Acute Mountain Sickness (AMS)

You should be aware that this trek attains a max altitude of 3200m. Although by Himalayan standards it is not tremendously high, it is high enough to potentially cause some trekkers a little discomfort. We take this subject very seriously and our Guides are well trained in the signs and symptoms of AMS. Although you may not become ill, you are highly likely to experience the affects of being at a much higher altitude and therefore we encourage you to learn more about it.

Download our guide to trekking at altitude on our webpage:
www.travelandtrek.com/info-centre/
 Click on the Medical and Altitude tab

Payment Details and Booking	
Sponsored Method	Deposit £375 PLUS Sponsored target £3000
The Charity receives a min of 50% (£1500) of the sponsored target.	
Self Funded - £1875	Deposit £375 Interim payment £750 Balance payment £750
How To Book? Go to our booking page - www.travelandtrek.com/book-online/ Complete the on line form or download the paper version and return to Travel and Trek. Send the deposit (details of how to pay are on the booking webpage). BACS if preferred.	
On receipt of both the form and deposit, you will receive full confirmation and supporting documents.	

Your Trip At A Glance	
<ul style="list-style-type: none"> Dates: Depart London Sat 26 Mar 2016 , arrive Kathmandu (KTM) 27 Mar Depart KTM Thu 7 Apr 2016, arrive London 7 or 8 Apr* * The arrive day back in UK will be confirmed once flights are booked. Overall Trip Length: 13/14 days, UK - UK. No of days on Trek: 7 days Hotel in Kathmandu (3 nights), twin share, B&B basis Hotel in Pokhara (2 nights), twin share, B&B basis Tea Houses on trek (6 nights), twin share, all meals International flights LON - KTM return Domestic flight, one way, Pokhara - KTM 	
If you have any queries regarding this trip, call our experts:	
Travel and Trek	Tel: +44 (0)1529 497825 Mob: +44 (0)7725 943108

Important information

Financial Protection

The flight-inclusive holidays in this brochure are financially protected by the ATOL scheme.



But ATOL protection does not apply to all holiday and travel services listed in this brochure. Please ask us to confirm what protection may apply to your booking.

If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information, or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate

Land only trips are protected by IPP. www.ipplondon.co.uk



You will receive a **comprehensive trek dossier** on booking in addition to a **clothing and equipment list, medical notes** and a lot more.

Passports should be valid for the duration of your stay (source: UK FCO website).

A **tourist visa** is required for UK Nationals and can be done on entry into the country. Other Nations should check their own requirements.

Cost is £20 for a 15 day visa and £35 for a 30 day visa (source: UK Embassy Nepal website, UK).

Hotel accommodation in Kathmandu - Our hotels are of 3* standard with very friendly staff. Our costs are based on a B&B basis, twin share. All rooms are en suite.

Accommodation on trek is in tea houses (lodges), twin share, B&B basis, with communal facilities.

All **food** is included on trek, breakfasts in hotels. Snacks and bottled mineral water are available throughout the trek at inexpensive prices.

Fitness - In general terms, a reasonable level of fitness based on the ability to walk at your own comfortable pace for 5 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. Some days may be longer.

Minimum Numbers - This trek is guaranteed to take place with a minimum of 6 trekkers or when confirmed by us in writing.

Our **Guides** are qualified, english speaking and experienced at making your experience as memorable as possible.

Medical - You are advised to consult your GP if you are in any doubt about your physical condition to undertake this trek. You should seek professional medical advice about what **vaccinations** you require for your trip.

The following webpage is useful:

<http://www.fitfortravel.nhs.uk/home.aspx> for up to date vaccination recommendations.

Travel Insurance - It is absolutely **vital** that you have adequate travel insurance. We will require to see evidence of cover to at least 3200m.

Comprehensive Trek Dossier

We will provide you with our comprehensive trek dossier and other supporting documents including a clothing and equipment list, notes on medical issues, high altitude trekking, money saving tips and lots more to assist you with your preparation.

Why not extend your stay in Pokhara or Chitwan?

Pokhara is a vibrant lake side town and very different to Kathmandu.

For the more adventurous, there are opportunities to Paraglide, microlite, mountain bike, paddle out on the lake itself or simply chill out in one of the many road side cafes and bars.

The Royal Chitwan National Park is just a few hours away and a 2 night stay here is perfect for a jungle safari.

Ask for details and costs, info@travelandtrek.com

Himalayan Charity Challenge - Itinerary

B = Breakfast, L = Lunch, D = Dinner

1

26 Mar 2016, Depart UK, overnight flight to Kathmandu

2

27 Mar, Arrive Kathmandu

Meet and greet at the airport and transferred to the hotel (25 mins), which is perfectly placed in the heart of the city.

You are then free to settle in and explore your vibrant surroundings. Our friendly staff are on hand to provide any advice or assistance.

3

28 Mar, Free Day

Meet your trekking Guide at 0900hrs for a trekking brief and timings for tomorrow. Final preparations for trek

Optional pre-arranged cultural tour of Kathmandu with exclusive transport/Guide or choose to roam as you please. B

4

29 Mar, Drive to Pokhara and then Hemja, trek to Astam

An early start to get you to Pokhara (approx 6 hrs drive with stops) and then onto the start of the trek in a reasonable time.

It's an easy introductory day (2 - 3 hrs of trekking) to the beautiful village of Astam. The views of the mountain tops from here are superb on a clear day. BD

5

30 Mar, Trek Astam - Pitam Deurali (2100m)

Meander through the foothills with a steady climb first to Damphus, then Pothana and finally to your night's rest stop.

The small hamlet sits in a high spot; more great views. 5hrs, BLD

6

31 Mar, Trek Pitam Deurali - Ghandruk (1940m)

A big descent to begin with and once clear of the forest, you catch your first sight of the Modi Khola river. It is the very deep valley that eventually leads up to Annapurna Base Camp.

You will pass through many villages as you contour the hillside and end up at Landruk for lunch.

To reach Ghandruk (it looks touching distance!), you have to cross the deep valley; it takes about 3hrs. Total time 6 - 7 hrs, BLD

7

1 Apr, Trek Ghandruk - Tadapani (2630m)

A lovely (and short'ish) day up through the rhododendron forest. It is a climb for most of the day but a gentle one.

Watch out for the colonies of monkeys as you go through the forest. 4 hrs, BLD

8

2 Apr, Trek Tadapani - Ghorepani (2900m)

You continue to remain within the forest for virtually the entire day. After an initial hour of clearing a gulley, it is a slow ascent until you eventually break free of the forest and see the blue tops of the houses in Ghorepani. You will also be able to see Poon Hill.

A final 40 min descent takes you to the village. 5hrs, BLD

9

3 Apr, Trek Ghorepani - Tikhedhunga

It's a pre-dawn start to get you up to Poon Hill (3200m) for the sunrise. It is a fabulous photographic opportunity as both the Annapurna and Dhaulagari ranges are in full view.

As you look across at Dhaulagari, the valley in between is the deepest river gorge in the world (over 4 miles deep).

After you have returned to Ghorepani for breakfast, you will begin the glorious descent towards Tikhedhunga.

From Ghorepani 5-6 hrs, BLD

10

4 Apr, Trek Tikhedhunga - Naya Pul - Road to Pokhara

A very easy few final hours of trekking down to Naya Pul, where the transport will be waiting to transfer you to Pokhara.

Time to grab a shower in our 4* hotel, throw off those trekking clothes and relax by the pool! BL

11

5 Apr, Pokhara

Free day in Pokhara to relax and recover. B

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12

6 Apr, Pokhara - Kathmandu

After early breakfast, domestic flight transfer to Kathmandu.

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The remainder of the day is free. B

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13

7 Apr, Depart

Depending on flights, you may arrive in UK today or tomorrow morning. Confirmation will be provided once flights are booked.

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Trip inclusions and exclusions

Inclusions

- Return international flights London - Kathmandu
- All airport transfers in as appropriate in Nepal
- Private road transport KTM - start of trek, finish of trek to POK.
- Domestic flight POK - KTM, one way
- Hotel accommodation in Kathmandu, total 3 nights on a twin share, B&B basis
- Hotel accommodation in Pokhara, total 2 nights on a twin share, B&B basis
- Lodged accommodation throughout the trek, all meals
- All trekking permits and National Park entry fees
- Services of an English speaking Nepalese Guide throughout the trek
- Porterage
- Comprehensive Trip dossier and other associated documentation

Exclusions

- Nepal Tourist visa
- Personal spending
- Staff gratuities, advice will be given if required
- Personal travel insurance
- Some meals (see itinerary for full meal plan)

