

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

HIMALAYA TREK

EXPLORE THE ANNAPURNA
REGION AND SUMMIT
POON HILL

 **GLOBAL
ADVENTURE
CHALLENGES®**

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KEY INFO

Duration: 10 days

Distance: Approx. 48km

Challenge Grade: Challenging ①

Location: Nepal

CHALLENGE HIGHLIGHTS

- Discover the stunning Annapurna region of the Himalayas
- Experience local culture as you trek through Nepalese villages
- Explore dense forest, bustling with activity and wildlife
- See the sunrise as you summit Poon Hill, taking in incredible views of the trans-Himalayan ranges

THE CHALLENGE

Your challenge takes place in the home of some of the highest mountains in the world – it's pure Himalayan magic! The highlight of our challenge will be to summit Poon Hill at 3,210m – a majestic peak which offers trekkers an unobstructed view of the highest peaks in the Annapurna region. Our trek takes us through charming Nepalese villages where we will experience the culture of the mountain people of Nepal.

Day 1

We depart the UK for our flight to Kathmandu.

Day 2

Kathmandu

We arrive in Kathmandu and are transferred to our hotel. A pre-trek briefing will be given to discuss the program and co-ordinate any last-minute arrangements and each trekker will be supplied with a trek pack and trek departure information. The evening is free but usually the group leader will organise an evening meal at one of Kathmandu's fine Nepali restaurants.

Day 3

Fly to Pokhara, and trek to Syauli (1,200m)

We leave the hotel fairly early in the morning to catch our internal flight to Pokhara, with a flight time of about 25 minutes and spectacular views of the main Himalayan chain to the North. After arriving in Pokhara we transfer to the starting point of the trek at Nayapool, which we should reach early afternoon. Our first day's trek follows the sub-tropical Modi Khola river valley to Birethanti - a large village on the old Nepal-Tibet trading route. After formalities at the check post, we continue on through terraced rice paddies to Chomrong and then to the very pretty village of Syauli, our overnight stop. Here we enjoy superb views of the great peaks of Annapurna South and Machhapuchhre.

Trekking distance - approx. 6km/3-4 hours

Day 4

Syauli to Ghandruk (1,950m)

Today's trek starts with a steady ascent up a stone staircase high above the river valley. A short but steep section leads us to Kimche (1,630m) where we can take a well deserved rest. We then continue on to Chane following a wide, well-defined path of stone flags that contour around fields of wheat and millet. We soon reach the largest village of the region, Ghandruk.

This Gurung village is well known for the number of its men-folk who have served in the British Gurkha regiments. Our lodge is located in the heart of the village where we enjoy fine mountain views.

Trekking distance - approx. 7km/5-6 hours

Day 5

Ghandruk to Tadapani (2,700m)

Another day ascending – by now, we will have found our trekking legs! Leaving the terraced hillsides and the village of Ghandruk behind, we enter oak and beautiful rhododendron forests. This is a particularly pretty part of the walk as the forest is alive with the sound of birds, small tumbling waterfalls and, in spring, the rhododendrons are in full bloom. There are no villages on today's route but there are a few teahouses at Baisi Kharkha providing welcome drinks and a place to rest.

Our lodge at Tadapani is the perfect setting for sunset and sunrise views of the surrounding Annapurnas.

Trekking distance - approx. 7km/4-5 hours



EXPLORE THE ANNAPURNA REGION IN THE BREATHTAKING HIMALAYAS OF NEPAL

Day 6

Tadapani to Ghorepani (2,780m)

We rise early to view the sunrise and after breakfast we initially descend to a small stream and then begin a series of ascents and descents through spectacular rhododendron forest. After lunch, we cross a series of small streams ascending through forest to reach the open ridges at Deurali (2,987m). Here we enjoy fantastic panoramic views of the Annapurna and Dhaulagiri ranges. We continue on to Ghorepani (2,780m) where we rest for the evening. Ghorepani was an important stopover on the old trading route and today is a busy tourist centre.

Trekking distance - approx. 8km/5-6 hours

Day 7

Summit Poon Hill (3,210m), then trek to Tirkedunga (1,550m)

Today will see the highlight of our challenge! We rise early to summit Poon Hill, one of Nepal's best view points. We arrive by torchlight just before sunrise, in time to enjoy fabulous mountain views that dominate the western skyline. To the north lie the trans-Himalayan ranges, which form the border between Nepal and Tibet. To the south, the rolling middle hills slowly disappear into the great plains of India.

We drop back down to Ghorepani and then begin the day's walk to the village of Ulleri, where we have lunch. In the afternoon there is a steep descent to the Bhurungdi Khola River where we cross a small suspension bridge to reach the village of Tirkedunga.

Trekking distance - approx. 14km/5-6 hours

Day 8

Tirkedunga to Nayapool, then transfer to Pokhara (850m)

Our last day's trekking sees us wake early again to make the most of the day. From the lodge at Tirkedunga, we follow the Bhurungdi River down to the village of Birethanti, located on the banks of the Modi Khola. Here we have an early lunch and then follow the river to Nayapool. After saying farewell to our porters, we travel by coach back to Pokhara. We will stay at a location close to the lakeside. After a welcome shower, the rest of the day is free to wander around the area, take a boat out on the lake for an hour or so, or enjoy some of the many shopping opportunities.

Trekking distance - approx. 7km/3-4 hours and transfer time 1½ hrs approx.

Day 9

Fly to Kathmandu

Transfer to the airport for the return flight to Kathmandu. In the afternoon we are free to take a sightseeing tour in the Kathmandu valley or explore the downtown bazaars. This evening we celebrate our fundraising achievements with a meal in Kathmandu!

Day 10

Depart Kathmandu

We depart Kathmandu for our flight to the UK, arriving the same day.

(Please note this is a complex itinerary and subject to change including the timings and distances detailed. Mountain weather conditions, the group's ability and any other factors outside our control can impact on the schedule set out in this brochure).

YOUR QUESTIONS ANSWERED....

Is this trip for me?

Absolutely! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Challenging (1) on our challenge grading scheme meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 6 consecutive days, and varied altitude and in varied temperatures, a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, and this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other challengers, and train together prior to the event.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty. 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

While in Kathmandu we will stay in hotel accommodation, twin rooms with en-suite facilities. Whilst on trek we will be staying in local tea houses. Whilst very basic, they offer some welcome respite after each days trekking! Typically they are twin share. There is also the opportunity to buy some essentials and snacks from the tea houses.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots, some trekking poles and a good quality sleeping bag you do not need any specialist kit. To save incurring extra expense we supply you with a kit bag which includes a down sleeping bag, down jacket and fleece sleeping bag liner.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sunscreen, water, sun

hat, camera, etc.) and your main piece of luggage will be transported from tea house to tea house by our team of porters whilst trekking. You will be able to leave your main luggage with items not needed for trek at the hotel in Kathmandu.

Food matters...

All meals will be provided on trek, however you will need to budget for lunches and dinners whilst in Kathmandu. Water will be readily available on trek, and we may have to use treated water and water purification tablets. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Nepalese food is very varied and nutritious with plenty of vegetables and potatoes.

What's included?

- Return flights from a London Airport to Kathmandu
- All accommodation and transfers
- All meals on trek and breakfast in Kathmandu
- Porters for trek
- Professional English-speaking local guides
- Local English speaking doctor, experienced in high altitude trekking
- Permits and National Park fees
- Kit bag including down sleeping bag, down jacket and fleece sleeping bag liner

What's not included?

- Airport taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure
- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Lunches and dinners in Kathmandu, including the celebratory dinner
- Visa for Nepal
- Tips and gratuities
- Alcoholic drinks

Can I stay in Nepal after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first-come, first-served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing enquiries@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the trek?

There will be a strong support team with a professional Global Adventure Challenges leader from Nepal, as well as local mountain guides, porters and a local English speaking doctor. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – the maximum altitude on this challenge is approx. 3,210m.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude, however the fitter you are the better you will cope in general whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at high altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken, acclimatisation days taken and the number of highly trained experts in the support team.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested, how do I sign up?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

REGISTER ONLINE TODAY!

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