

# Nepal Himalaya Trek & Hospice Care Project



Saturday 9th - Wednesday 20th November 2019



**DESTINATION: NEPAL / DURATION: 12 DAYS / DIFFICULTY: CHALLENGING**

## Nepal

Nepal is a landlocked Himalayan country covering an area of 147,181 sq. km, bordered by Chinese Tibet to the north and by India to the south, east and west. For a small nation, the Nepali landscape is diverse, ranging from the humid Terai in the south to the lofty Himalaya in the north. Nepal is a country of highly diverse and rich geography, culture and religions. The mountainous north contains eight of the world's ten highest mountains, including Annapurna I and Mount Everest.

## Kathmandu

Kathmandu is the largest city in Nepal and the capital. The city is at an elevation of 1400m and it is home to around 1 million people. This bustling city features numerous UNESCO World Heritage sites, famous temples, holy rivers and sprawling residential areas. In the touristy areas such as Thamel, souvenir shops, restaurants and bars abound making this a big draw to backpackers and travellers. This incredible city is the perfect start and end to your challenge and offers an experience not to be missed.

## The Hospice Care Project

You will spend two days helping a non-profit hospice care organisation in Kathmandu which offers services and support to terminally ill patients and their families. It was set up by a team of local doctors in 2000 and since then has provided free medicine, therapy and support to those in need. The tasks we expect to be involved with will include basic refurbishment at the hospice, such as repainting and decorating rooms or improving the kitchen or bathroom facilities. Our local team will be visiting the hospital regularly prior to our visit to put the firm plans in place ready for our arrival, and we'll provide a further update prior to departure.

### Difficulty:

#### Challenging

Walking up to 8 hours a day for 5 consecutive days at altitude up to 3400m. Cold climate, simple accommodation.

### Accommodation:

Hotel (4 nights), guesthouse (2 nights), teahouses during trek (4 nights).



### Weather in November:

Average high (daytime) temperature: 25°C.  
Average low (night) temperature: -5°C.

### Terrain:

Undulating trails. Some entire days walking uphill or downhill. Expect stony trails, muddy forest floors, rocky steps or scree slopes and dusty paths.



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## Challenge Cost:

Registration fee: **£295**

and either...

Self funded balance: **£1750**

or

Sponsorship to charity: **£3500**

## What's included in the price?

Return flights from London (inc. airport taxes), all transfers and transport in Nepal, accommodation in 3\* hotel (4 nights), guesthouse in Pokhara (2 nights), teahouses on trek (4 nights), all meals, local expert English-speaking guides and support crew, trekking permits, a UK Different Travel tour manager.

## What's not included in the price?

Personal expenses (e.g. drinks, souvenirs etc.), vaccinations, Nepal visa, travel insurance, tips (approx. £25-£35 per person), personal trekking kit.



## The Trek

This 5-day trek is a great opportunity to witness the culture and tradition in the Nepalese countryside. As we follow the Ghorepani Poon Hill trail you will enjoy the views of the snowy peaks of the Annapurna massif and a highlight will be the awe-inspiring panoramic views which unfold from Poon Hill at sunrise, the highest altitude point of the trek at 3400m.

## Who accompanies us?

The trek is accompanied by first aid trained local guides who have an excellent knowledge of hiking in the region. You will also be supported by an excellent team of assistant guides and porters who together make your journey possible. You will be accompanied throughout your challenge by a Different Travel Company UK tour manager.

## What is the terrain like?

The terrain will vary throughout the 5 days but overall there will be lots of undulating trails throughout the day. The first two days you will gain altitude so you will spend more time going uphill. On day three you will spend the morning ascending and the afternoon descending, and the final two days will be descending. It is critical that your training includes hill walking and trekking up and down gradients. Underfoot you will find stony trails, muddy forest floors, rocky steps or scree slopes and in some places it will be very dusty (bring a 'Buff' to cover your nose/mouth). There may be some suspension bridges to cross. Each day's trek is between 5 and 8 hours in duration (variable depending on group pace).

## How tough is it?

This trek is graded challenging because of the combination of long days trekking over varying terrain (including some days where you will trek uphill all day), the increasing altitude as the trek progresses, and the basic conditions at the teahouse accommodation.





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## What is the climate like?

Temperatures are dependent upon the weather which is usually clear and sunny in the morning, with clouds coming in during the afternoon. You can expect days to be sunny and warm (between 15°C to 25°C) and nights to be cold (between -5°C to 5°C). It is important to be prepared for all weather conditions and temperatures by packing technical non-cotton layers and waterproofs.

*"The food was particularly impressive and the spots chosen to stay each night were beautiful."*

## Where will we sleep?

You will stay in a hotel in Kathmandu, a guesthouse in Pokhara and teahouses, which are locally owned lodges, during the trek. Teahouses are comfortable but basic and feature a main lounge-dining area which is heated with a central yak-dung burning stove which makes it a very cosy environment. You will take your breakfast and evening meals in this room and will probably play cards and get to know each other here each evening too. The bedrooms usually have two or three single beds per room which have mattresses and occasionally pillows and blankets. You should bring your own sleeping bag. Most tea houses have hot water showers or access to buckets of hot water for washing (payable locally). Battery charging facilities, mineral water, soft drinks, hot drinks, snacks and souvenirs may be available to purchase at many tea houses along the way.

*"I loved the trip, it was life changing and I am definitely going to do another one."*

## What about toilet facilities?

Toilet facilities at the teahouses usually include at least one Western sit-down toilet and Asian squat toilets. The toilets usually flush but please ensure you dispose of toilet paper in the bins provided, as putting paper in the toilet will cause blockages. Toilet paper is not provided so you will need to bring your own. During the trek you will need to pack up any toilet paper you use to dispose of properly at the teahouse. Never leave toilet paper or other litter on the trail.





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## What about altitude?

You will slowly ascend to 3400m by day 3, after gradual acclimatisation on the previous two days. 3400m is considered high altitude and some people may feel some symptoms of altitude exposure. Your local guides are very experienced in spotting the signs of altitude sickness but it is important that you do some research into the effects so you can be aware of how your body is adjusting. A great source of information can be found at <http://www.nhs.uk/conditions/Altitude-sickness/Pages/Introduction.aspx> or <http://www.traveldoctor.co.uk/altitude.htm>.

Common symptoms of mild altitude sickness are headache, nausea, loss of appetite, disturbed sleep and fatigue. These generally subside after a few days, once your body acclimatises to the altitude. It is vital that you make your guides and tour manager aware of any symptoms so you can be monitored.

Important info about altitude:

- If you begin to show symptoms of moderate altitude sickness, don't go higher until symptoms decrease.
- If symptoms increase, you must descend immediately. Your tour guide and tour manager's decision for you to descend must be respected.
- Different people acclimatise at different rates; keep aware of your own symptoms.
- Stay well hydrated. You need to drink lots of fluids to remain properly hydrated (at least three litres per day from water, soup, tea, juices etc.). Urine output should be copious and clear to pale yellow.
- Take it easy and don't overexert yourself when you first arrive at altitude.
- Avoid tobacco, alcohol and drugs including sleeping pills and opiates such as codeine. These decrease respiratory drive during sleep resulting in a worsening of symptoms.
- Eat a high calorie diet while at altitude.
- Acclimatisation is inhibited by overexertion, dehydration, and alcohol.

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## Who can take part?

This challenge can be undertaken by anyone of any age (min. 18 unless accompanied by an adult). It is advised that you are of a good fitness level before departure to ensure fast recovery from each day's exertions. An ideal candidate for the trek would be someone who enjoys being out of their comfort zone and trying something new.

## How fit do I need to be?

It is advised that you are of a good fitness level before departure to ensure fast recovery each day. If you do not already regularly exercise it is crucial that you start training (including plenty of hills) before departure to ensure your best chance of enjoyment on the trip. You must be prepared to carry a daypack weighing 6-7kg once your water bottles are filled. Attempting to complete the trek without training will be difficult and will hinder your experience and the experience of your teammates.

## Online personal training

The Different Travel Company has a link with online personal training company Brightside Personal Training, who are offering a great value online training package for those who may not have access to fitness advice tailored to their requirements: <http://brightsidept.kajabi.com/sp/34357>

The best training for trekking in the mountains is hill walking but this can be complemented with swimming, running, cycling, gym workouts, team sports, boot camps etc. You can download a number of free apps, which will help you train and track your progress. E.g. MapMyRide, C25K (couch to 5k run), MyFitnessPal etc.

## Health considerations

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be noted and (if relevant) signed off by your GP. Any conditions that develop must be declared and a new medical form completed and signed.



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## Itinerary

### Day 1 (Saturday 9th November 2019):

#### London to Kathmandu

Depart London on an indirect overnight flight to Kathmandu.

### Day 2 (Sunday 10th November 2019):

#### Kathmandu

Upon arrival in Kathmandu you will transfer to a central hotel. Depending on flight times there may be an opportunity for you to explore the local area before gathering together for a briefing on the days ahead. Welcome dinner at a local restaurant tonight.

*Overnight: Hotel.*

### Days 3 - 4 (Monday 11th – Tuesday 12th November 2019):

#### Kathmandu

We spend two full days assisting at the Hospice Care Project in Kathmandu. Possible tasks include painting, decorating, refurbishment and so on. More details will be provided nearer the time. *Overnight: Hotel*

### Day 5 (Wednesday 13th November 2019):

#### Kathmandu to Pokhara

After breakfast, we depart for the scenic drive to Pokhara (approx. 6 hours). You will spend the afternoon in this beautiful lakeside town where you can take in the sights or even do some last-minute shopping in preparation for your trek!

*Overnight: Guesthouse.*

### Day 6 (Thursday 14th November 2019):

#### Pokhara – Tikhedhunga - Ulleri

This morning we transfer to Nayapul (approx. 2 hours' drive) from where you commence the trek. You will follow the banks of the Bhurungdi Khola River as far as Tikhedhunga (1575m) where your final challenge for the day is a steep uphill walk to Ulleri where you stay the night in a teahouse (2073m).

*Trekking: Approx. 10km trek / 530m ascent.*

*Overnight: Teahouse.*

### Day 7 (Friday 15th November 2019):

#### Ulleri - Ghorepani

A day of ascent! Today we will gradually gain more altitude as we walk for about 5 hours uphill to the overnight teahouse in Ghorepani (2800m). As we approach Ghorepani we will pass through stunning rhododendron forests.

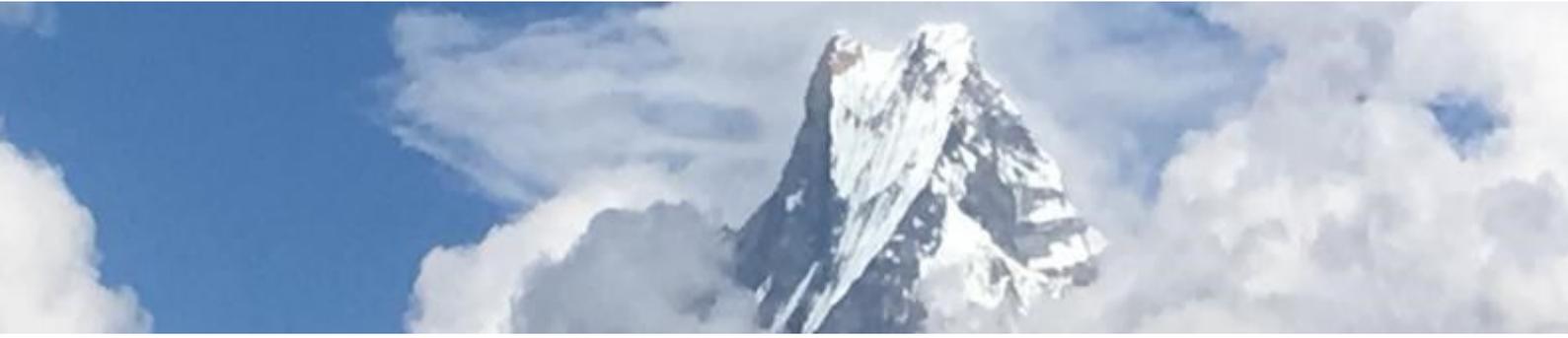
*Trekking: Approx. 11km trek / 1400m ascent.*

*Overnight: Teahouse.*





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## Itinerary

### Day 8 (Saturday 16th November 2019): Ghorepani - Poon Hill - Tadapani

An hour-long pre-dawn ascent gives us the opportunity to see the fascinating views of the Annapurnas and Dhaulagiri glowing in the morning sun from Poon Hill (3400m). After either a picnic breakfast or breakfast back at the teahouse, it is a predominantly downhill walk through magnificent oak and rhododendron forests to reach Tadapani, where you will have another chance to enjoy views of Annapurna South and Machapuchare (Fishtail Mountain).

Trekking: Approx. 11km trek / 330m ascent / 640m descent.

Overnight: Teahouse.

### Day 9 (Sunday 17th November 2019): Tadapani - Ghandruk

Today's descent to Ghandruk is relatively easy (shorter and mostly downhill), with spectacular views of the Annapurna and Machapuchare snow-capped peaks. From Tadapani you descent through mossy forests and deep gorges, before the scenery changes to a drier more sparse forest as we approach Ghandruk. Ghandruk is a beautiful Gurung Village, where most of the inhabitants were Gurkhas.

Trekking: Approx. 8km trek / 700m descent.

Overnight: Teahouse.

### Day 10 (Monday 18th November 2019): Ghandruk - Pokhara

Today is our final day of trekking as we descend to Birethanti (approx. 6 hour walk), from where we travel by road back to Pokhara. Overnight in a guesthouse.

Trekking: Approx. 13km trek / 1000m descent.  
Overnight: Guesthouse.

### Day 11 (Tuesday 19th November 2019): Pokhara - Kathmandu

Today we travel back to Kathmandu (approx. 6 hours drive). This afternoon is at leisure if time permits.

Overnight: Hotel.

### Day 12 (Wednesday 20th November 2019): Kathmandu - London

Today you will transfer to the airport for your indirect flight home. Flight may arrive the following day depending on flight times.

*Note: The day-to-day program is subject to flight schedules, weather, general conditions and the progress of the group. While we do not anticipate any changes to the itinerary, we cannot be held responsible for changes made due to unexpected circumstances. Ultimately the safety and health of the group takes priority in all circumstances.*