

CH>RITY
CH>LLENGE



TRIP NOTES

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STOK KANGRI SUMMIT TREK
INDIA

Thu 04 Aug - Sun 21 Aug 2011





In aid of your choice of charity

04 Aug - 21 Aug 2011

18 DAYS | INDIA | EXTREME

This outstanding trek to the summit of India's magnificent mountain, Stok Kangri (6,114m), is the perfect challenge for trekkers who want to summit an Indian Himalayan Peak. It is one of the main peaks of the Zasker range, situated in the fascinating region of Ladakh. Your trekking adventure begins at Leh where you will have plenty of time to acclimatise to the high altitude. This stark region of high passes and wild mountains is softened by the immense charm of the Ladakhi villages and their inhabitants. You will spend several days acclimatising by visiting the colourful monasteries at Shey, Thikse and Hemis and visiting the world highest driveable road at Khardungla, before setting off on the memorable trek to Stok Kangri. You will trek for between 10-15kms per day and although the route is very safe and technically straightforward (involving low-angle scree and easy snow slopes), the climb up Stok Kangri is challenging and may involve the use of crampons, ice axes and ropes.

- Visit the Tibetan influenced town of Leh
- Ascend one of India's highest Himalayan peaks (6,114m)
- Enjoy spectacular mountain scenery
- Undertake non-technical summit climb
- Celebrate at the Taj Mahal

YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 04 Aug

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International departure from London

The fundraising and training is about to pay off as the big day has finally arrived. Having waved goodbye to family and friends, take the flight to India to relax ahead of this gruelling challenge or spend time getting to know your teammates before the hard work begins.

DAY 2 Fri 05 Aug

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Arrive Delhi. Sightseeing in Delhi

Touching down in Delhi, we will be met by our local Charity Challenge representative who will escort us to our hotel. We then have the opportunity to explore the labyrinth of streets and markets, overloaded with exotic produce and unusual gifts. Tonight will be spent at the hotel after our first team dinner together.

DAY 3 Sat 06 Aug

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Fly Delhi to Leh, Ladakh, 3,200m

It's a scenic flight over Stok Kangri, landing at one of the highest airports on earth (3,200m) so prepare to feel the impact of the high altitude! The first few days of the trip will be spent exploring and acclimatising. Dominated by the ruins of an ancient castle, Leh is a busy town with friendly inhabitants. Dinner and overnight in a hotel.

DAY 4 Sun 07 Aug

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Leh sightseeing and acclimatisation walk (approximately 3-4 hours)

We start the day with a sightseeing tour, beginning with the Shey monastery. From here we visit Thikse monastery, a fine example of Ladakhi architecture, and Hemis monastery, one of the most famous gompas in Ladakh. After lunch, we do a warm-up hike to Leh Palace and Tsemo Gumpa. The fort above is in ruins, but the views from here are outstanding. Overnight in a hotel.

DAY 5 Mon 08 Aug

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Khardung La Pass, 5,359m

The day begins with a jeep ride of up to two hours to Khardungla, the highest drivable road in the world. Dress warmly as cold winds often blast across this point. The Khardung La, or pass, can be labelled the gateway to the Karakoram, or the 'land of black gravel'. After driving back to Leh, there's time for a walk to Shanti Stupa. Overnight in a hotel.

DAY 6 Tue 09 Aug

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Drive to Chilling, 3,200m

Continue to acclimatise with an optional white water rafting excursion. Raft for three hours on grade two rapids. After a hot lunch it's a three to four hour drive to Chilling – the starting point of our trek. If you choose not to raft, you can join

the support team in travelling straight to Chilling before lunch. Enjoy a starlit dinner and night under the Ladakhi sky.

DAY 7 Wed 10 Aug

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Crossing Zaskar River and trek to Skiu, 3,500m (approximately 5hrs)

After an early start, we'll cross the Zaskar river and trek to Skiu. Originally known as the Tsarap, the river gorges a path out of the rocky mountains, dropping in a continuous torrent of class 5 rapids. We cross the mighty river by way of box and cable bridges and meet on the opposite riverbank for the trek to Skiu in the Marka Valley. Overnight camping.

DAY 8 Thu 11 Aug

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Skui to Ganda La Base Camp, 4,100m (approximately 7-8 hours)

The day will be spent negotiating our way through a narrow valley with a gradual ascent. We will keep to a moderate pace, as temperatures can soar during the day. Energy reserves will be low, but the exceptional scenery will push us along. Once we spot the village of Shingo, it's a short distance to the bottom of Ganda La base camp, where we camp the night.

DAY 9 Fri 12 Aug

-

Trek to Rumbak via Ganda La, 4,980m (approximately 7hrs)

Take it relatively easy at first with a gradual ascent towards Ganda La. On a clear day, there should be an excellent panoramic view of the entire mountain range. Those wanting more can spend an extra hour walking to a higher ridge. From here it's an easy descent towards the base of the mountain. We trek onwards to Rumbak village, before stopping to camp for the night.

DAY 10 Sat 13 Aug

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Trek to Mankarmo via Stok La, 4,800m (approximately 7hrs)

Continuing on through the valley, the day begins with a steep three-hour zig-zagging ascent towards Stok La. Your energy reserves may be fast depleted, as the soft sand underfoot means one step upwards can often lead to two backwards! Once again, there is the option of continuing on to a higher ridge. Then it's a gentle descent towards Mankarmo, the shepherds' encampment where we spend the night.

DAY 11 Sun 14 Aug

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Mankarmo Valley to Stok Kangri Low Base Camp, 4,900m (approximately 4-5 hours)

With breakfast out the way, we begin walking to Low Base Camp. Every step is a challenge at this altitude, so the aim of the day is to take it slowly and steadily. We reach our destination by lunchtime, giving us time to rest and possibly go for a stroll in the afternoon. Overnight camping.

DAY 12 Mon 15 Aug

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Trek to Advanced Base Camp and acclimatisation, 5,200m (approximately 3 hours)

Today we trek to Advance Base Camp, where we spend the day resting and acclimatising ahead of the summit attempt tomorrow. The highly experienced guides will help us try on our equipment and guide us through how to use it. There is an optional acclimatisation walk, which will give us the opportunity to practice using the climbing gear and hopefully increase our chances of reaching the top.

DAY 13 *Tue 16 Aug*

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Summit Stok Kangri, 6,114m, and return to base camp (approximately 10-13 hours)

Expect a tough trek of six to seven hours to the summit of Stok Kangri after an early start. Take time to rest, before we begin the three to four-hour descent to Advanced Base Camp where celebratory refreshments will be served. The day isn't over yet however, as there's still up to two hours of trekking down to Low Base Camp for an early dinner and overnight at the camp.

DAY 14 *Wed 17 Aug*

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Low Base Camp to Stok Leh (approximately 4 hours)

Today we take our final trek out of the valley and back to Stok village. It's four hours downhill, which will seem like nothing after yesterday's summit climb. Expect to see ibex, marmots and native 'blue sheep' on the trail. We will be met at the end by support vehicles, which will take us on the short ride back to Leh where we will spend the night.

DAY 15 *Thu 18 Aug*

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Free day in Leh

If the weather has prohibited our summit attempt of Stok Kangri on Day 13, today is built into the itinerary to enable an extra chance, in which case today would be your final descent off the mountain.

If the itinerary runs to plan, today you can take the time to visit any sights you may have missed at the start or just relax while reflecting on this incredible journey. A celebratory team dinner is the perfect way to end our adventure in the Himalayas, surrounded by the magical scenery of Ladakh.

DAY 16 *Fri 19 Aug*

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International departure to UK

Expect to feel elated and emotional as we head for the airport for our international flight back to London. Be sure to swap contact details with new friends and trekking partners, before arriving back in the UK in the late afternoon or early evening.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. While we will do our very best to keep to the set itinerary, we cannot be held responsible for any

last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

Should you suffer from vertigo, please keep in mind that on most mountain treks there will be occasional exposure to sheer drops. We advise that you discuss your particular itinerary of choice with a member of our team.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £575.00 when you book

Then a balance of £1618.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £575.00 when you book

Raise a minimum of £3375.00 for your charity.

FLEXI

-

Registration fee of £575.00 when you book

Then £575.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2095.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

On your challenge

-
- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS**Fundraising deadlines**

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 26/05/2011), and the remaining 20% within 4 weeks of completing the challenge (by 18/09/2011). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 12 - 20 participants

Optional extras

Business class upgrades*
 Travel insurance
 Single room supplements*
 Extensions at end of trip*
 Trek/bike training weekends*
 (*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims.

Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge> and <https://riseandshield.com/partners/charity-challenge/>

* Rise and Shield do not provide cover to Cuba.

Level of Difficulty

This trek has been graded 'Extreme', meaning that a good level of fitness and training regime is essential. This is due to the rough terrain, basic facilities and high altitude – the highest that can be tackled in the Indian Himalayas! This challenge will suit anyone who leads an active and healthy lifestyle should be able to complete the challenge, but they MUST train regularly over a period of at least three months leading up to it in order to build up stamina and endurance. Familiarising yourself with ice climbing equipment is recommended (ice axes, snow boots & crampons, as well as rope climbing techniques). While strength is important, endurance training should be your primary focus. Walking up hills and stair climbing are both ways to condition your lower body. Supplement this activity with running, cycling, or swimming, for additional aerobic conditioning. You could tell your supporters that during your Stok Kangri Summit Trek you will be:

- Trekking between 6-8 hours per day.
- On summit day you will be climbing for about 12-13 hours
- You will be trekking at high altitude. The maximum altitude reached is 6114 meters above sea level.
- The terrain is mountainous with steep uphill sections.
- The area is remote and facilities are basic.

Money

Currency: The currency is the Rupee, abbreviated as Rs. For up to date currency exchange, go to: <http://www.xe.com>. You are able to withdraw rupees on arrival into Delhi Airport.

Credit Cards: A growing number of hotels, restaurants and shops in the major cities are beginning to accept credit cards, the well-known and more accepted ones being American Express, Access/MasterCard, Diners Club and Visas. However, credit cards are not the most convenient form of payment or cash withdrawal.

ATMs: Please note that ATMs are not always available and that when they are they do not always work. However, the airport will be the best place to withdraw or exchange currency while you are in India.

How much to bring: You will not need large amounts of money during this challenge, and other than at the start and end of the trip, you will be in the mountains away from any foreign exchanges or banks. You will only need money for tips, additional food & drink, gifts & souvenirs, and for any other additional activities that you may wish to do. On average, we recommend around £200 in cash, plus a credit card for emergencies.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. £10 per person per challenge day and this should be given to the challenge leader/sherpa guide at the end of the trip who will advise how to distribute it among the support team at your final celebration in Leh. NB: You may be approached by local porters at the airport. Their tips are not included; if you agree for them to take your bags to the transfer vehicle, please be prepared to tip them a small, nominal amount. However, our team will be there to help you.

Visa

You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

All foreign nationals require a visa to enter India – tourist, transit, and entry visas. Please note that British Citizens are

now eligible to get an online visa before arrival to India.

Important note: British passport holders of Pakistani origin will still have to apply for a regular Indian visa and they may have difficulty in obtaining a visa for India and should check the requirements with the Indian High Commission before signing up to this challenge.

Vaccinations

For up to date vaccinations information please visit the NHS Government website 'Fit for Travel' at: <http://www.fitfortravel.nhs.uk/home.aspx>. It is necessary to take precautions against malaria in Delhi and Rajasthan. This includes wearing long-sleeved shirts, long trousers and socks at dawn and dusk. You should also wear plenty of insect repellent.

Flights

You will be making a return journey from London Heathrow to Delhi, India. Your flight tickets will be given to you at the airport by your Air Welcome representative, who will meet you at the airline check-in desk. In India you will fly to/from Ladakh. In bad weather, this short flight can be grounded, so some contingency sightseeing is built in at the end of your challenge should this eventuality occur. Rather than miss your flight home, you would simply miss the sightseeing. In case of any excessive delays, we advise you not to make any important appointments for a few days after your planned return date. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

For more general travel insurance questions, please refer to our main [FAQs page](#).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Group Size

The group is intended to be a minimum of 12 people in order to run and a maximum of approximately 20 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 12 to 15 people by charging a small group supplement of £75, which will be added to your final balance invoice (self-funders) or

charged to your charity (minimum sponsorship or flexi).

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

In the Indian Himalaya, the average daytime temperature is 25-30c (though this can vary greatly) and the sunlight is very strong. In the evenings it will be cooler, approx 15c, or 5c with the wind chill factor; however, you will have campfires and eat inside the dining tent. As a general rule it is t-shirt weather in the day and fleece or jacket weather at night. In Delhi it will be humid and around 35c but remember to bring appropriate attire for visiting religious sites.

Terrain

The terrain is mountainous, with several though uphill sections. The itinerary is built up in a way that we have allowed plenty of time for you to acclimatize to the altitude. On your Stok Kangri Summit you will be walking on glacial areas and special equipment is required.

Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack are provided in your Kit List. Your rucksack (suitcases are not appropriate) must not exceed 15kgs in weight (due to restrictions on what your mountain porters can carry). You can leave any gear that you don't need in Leh while you trek.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Typical day

During the trekking days you rise early and pack up camp. Your ponies and their drivers will then depart camp with your luggage and head for the next evening's campsite. After breakfast you will trek carrying only daypacks for 5-8 hours. There will be a picnic lunch en route and plenty of time to stop and view the remarkable scenery. The evenings are spent in beautifully located camps where the food and facilities are fairly simple. Please note, although we aim for all your bags and the campsite kit to arrive before you, there are approximately 4 ponies per participant and their journey can sometimes take longer than your trekking time – please be patient.

Accommodation

The hotel in Delhi will be 3* and located at the centre of town. Rooms are usually en-suite. During the trek you will camp in two-person Vango tents. The campsite fee goes to the village community. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Food & Drink

In Delhi & Agra the food is traditional Indian fare and can be spicy. During the trek the food will be cooked on kerosene stoves by our kitchen team and will be fairly simple. Most of the food will be carried right from Leh. Seasonal vegetables and fresh meats are bought along the way where available. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality Gore-Tex waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. A full kit list for this challenge can be found [here](#) and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

For summit night special equipment is required. This is included in the cost of your challenge and will be handed out to you in country.

Toilets

A toilet tent will be provided but do bear in mind that toilet facilities will be of the 'squat and drop' variety – a long drop toilet. Toilet paper is provided. Bowls of water will be provided for strip washing so a flannel can come in very handy. Please ensure you take bio-degradable soaps. Please also note that, due to the wilderness environment, the facilities will be basic.

Phone and WiFi

During trekking days the phone and WIFI reception are very limited. There will be a good phone and internet reception in Delhi and Leh.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand (link to Challenge Safe page on new website) formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Stok Kangri Challenge, there are a couple of important points that you should be aware of:

- This is a high altitude challenge, and you will spend the night at altitude. Acclimatization days are built into the itinerary.
- On summit day, some extra equipment like ice axes and crampons will be needed
- The maximum altitude reached is 6114 meters
- You will be required to cross Zaskar River, through a box and Cable Bridge

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking ability, which is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find that somebody is unable to walk at all, then we can transport them from one location to the next by horse or with the help of our staff, but only as a final option (due to often poor weather conditions this can be difficult). Contact will be maintained between guides and the support team allowing for emergency evacuation if necessary.

Training

This challenge is graded 'Extreme', which means that a good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek, as long as they train regularly over a period of at least three months leading up to it. Don't forget that the temperature and the altitudes are different from the UK – the highest pass on this trek is 4,440m. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK

Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)



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Amazing trek! The Himalayas are unbelievably beautiful and the people who live out there are genuinely lovely. It really makes you stop and think about the important things in life when you are living in a tent thousands of miles away from home. Do it- you won't regret it!

Jess Bye

“

Trekking through the breath taking Indian Himalaya to Stok Kangri was a challenging but wonderful journey which I will never forget.

Gemma Lumly

“

The Stok Kangri Trek is the Ultimate Challenge. I was blown away by the scenery, the food, the people and the varied nature of this trip. From white water rafting, to crossing a river in a wooden box, to using crampons and an Ice Axe in action for the first time, to celebrating at the Taj Mahal. This Trek will stay with you forever - the best Charity Challenge experience I have had to date!! Roll on Trek no.7!

Rachel Walker

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Any more questions?

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