

CH>RITY
CH LLENGE



TRIP NOTES

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ANNAPURNA BASE CAMP TREK
NEPAL

Sat 13 Oct - Sat 27 Oct 2018





In aid of your choice of charity

13 Oct - 27 Oct 2018

15 DAYS | NEPAL | EXTREME

Your Annapurna trek passes through a more diverse range of climates, vegetation and cultures than most small countries can boast in their entirety. From lush vegetation of rain and temperate forests to the terraced rice fields the land and its people change daily, giving the trekkers a tantalising introduction to Nepal's natural beauty.

The Annapurna area was first explored by the British Adventure Colonel 'Jimmy' Roberts in 1956. Your trek begins in Pokhara passing through lush green hill country typical to the heartland of Nepal. Tiny thatched roofed villages, set among the terraced fields, make an attractive picture with the backdrop of the magnificent snowy range of Annapurna, Manaslu and Dhaulagiri and including the most majestic peak of all the Himalayan range the Machapuchere (Fish Tail)

The trek combines spectacular mountain scenery with incredible and cultural diversity and traverses through rural farms and villages.

Enjoy the tranquillity and the warmth and hospitality of the local Gurung tribes in the close backdrop of the Annapurna and Lamjung Himalayan range.

- Admire the snow capped peaks of the Annapurna massif
- Trek through Nepal's largest conservation area
- Experience the cultural diversity of the Nepalese people
- Achieve your goal reaching a of height 4130m
- Challenge yourself

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 13 Oct

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International departure

Today you will start your adventure! When you check in at the airport you will meet the rest of your team. You can spend the time on the long haul flight to get to know your team mates and understand their reasons for taking on the challenge.

DAY 2 Sun 14 Oct

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Arrival in Kathmandu

Today you will arrive in Kathmandu, Nepal's capital city. As you step out of the airport the hustle and bustle of the city will become apparent and you will experience the rich and ancient culture of the Nepalese people. This evening you'll have your first team meal and get good rest in the comfort of a hotel.

DAY 3 Mon 15 Oct

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Transfer to Pokhara

This morning you'll have an early start as you start the long drive to Pokhara. Whilst a bone rattling bus ride it will also be a real experience and you'll get to see the varied landscape of Nepal as you travel along the Prithvi Highway. You'll drive through the lush countryside and pass by some of Nepal's historic villages and temples. Upon arriving in Pokhara you'll be ready to refresh yourself in at hotel and then venture out to explore a bit of Pokhara.

DAY 4 Tue 16 Oct

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Trekking starts! Kande to Tokla

Finally the day has come for you to stretch out those travel cramped legs. After a transfer from Pokhara to Kande you'll start the trek to Tolka which will take you about 5-6 hours. You'll trek through some beautiful forests that almost seem as if they have been manicured, and arrive in the village of Tolka to spend the night.

Altitude: 1700m

DAY 5 Wed 17 Oct

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Tolka to Ghandruk

After breakfast at your lodge you'll start the trek to Ghandruk. Roughly 6 hours later and having been up and down many steps you'll arrive in the village. Ghandruk is the second largest Gurung village in Nepal. You can explore the narrow alley ways and admire the views of the Annapurna massif including the famed Fishtail Mountain.

Altitude: 1940m

DAY 6 Thu 18 Oct

Ghandruk to Chhomrong

You'll have master the early start by now and as you set off hopefully you'll get another glimpse of the Fishtail before you tackle the steep slate stone stairs. Once you reach the top you'll be able to look across the valley towards your destination of Chhomrong. The beautiful views of Annapurna South, Hiunchuli and Fishtail Mountain should keep your mind on the game.

Altitude: 2170m

DAY 7 Fri 19 Oct

Chhomrong to Doban

Today you'll cross over a suspension bridge above the Chomro Khola and then start another steep ascent passing through some rural mountain villages and catching glimpses of Nepalese mountain life. You'll be pleased to know that there is some downhill as you enter into the bamboo forest and eventually reaching to Doban (2600m).

Altitude: 2600m

DAY 8 Sat 20 Oct

Doban to Deuruli

From Doban you'll trek towards Himalaya passing the Hinku Cave. The scenery will continue to be awe inspiring and you'll feel dwarfed as you pass through the valley, crossing streams on small bridges and taking in the fresh mountain air. A fog may roll in however this only makes the view even more dramatic as you start another ascent towards Deurali know that you have already achieved so much and you will definitely have a good night's sleep at this altitude.

Altitude: 3230m

DAY 9 Sun 21 Oct

Deuruli to Machhapuchhare Base Camp

Having slept well and feeling fresh you'll head off to Machhapuchhare Base Camp. You'll follow the riverbank until Bagar, it is evident here from the rock fall that it is an avalanche area.

Altitude: 3700m

DAY 10 Mon 22 Oct

Annapurna Base Camp

Annapurna Base Camp! Today will see you reach your goal as you trek to Annapurna Base Camp. Congratulate yourselves and your teammates on your achievements so far. Stop and take a moment to remember why you took on your challenge. Admire the 360 view from the amphitheatre of base camp of the giant mountains all around you and relax while you have some lunch before heading back down to Machapuchare Base Camp for the night.

Altitude: 4130m

DAY 11 Tue 23 Oct

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Machapuchare Base Camp to Bamboo

As you retrace your steps through the valleys, bamboo and rhododendron forests take the time to appreciate your surroundings now that you have achieved your goal. At Bamboo camp you'll spend the evening.

Altitude: 2310

DAY 12 Wed 24 Oct

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Bamboo to Jhinu Danda

Today once you reach Jhinu Danda, you can take a dip in the hot springs to relax some undoubtedly aching muscles and knees.

Altitude: 1780m

DAY 13 Thu 25 Oct

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Jhinu Danda to Ghandruk

Today is your last day of trek, so with hopefully refreshed legs from the hot springs you will be ready for some celebrations and a night in Pokhara.

Altitude: 1940m

DAY 14 Fri 26 Oct

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Pokhara to Kathmandu

An early start today as you head back to Kathmandu by road. Time allowing you'll have some time to explore a bit more of Kathmandu before your final night in a hotel and prepping yourself for your flight home. Take the time on the bumpy road to reflect on the journey you have taken and all of your achievements.

DAY 15 Sat 27 Oct

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Homeward bound

It's time to say goodbye to Nepal as you set off back home to your friends and family. Regale them with the stories of your trip and whilst they think you've been on a holiday, only those that have trekked will truly understand the challenge and your achievements.

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 £375.00 when you book

Then a balance of £1789.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £375.00 when you book

Raise a minimum of £3650.00 for your charity.

FLEXI

-

Registration fee of £375.00 when you book

Then £375.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2885.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- Fitness training notes
- 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
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Visa
- Vaccinations (please check Trip Notes for

On your challenge

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- Tips
- Departure Tax (if applicable)

- 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

- 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 04/08/2018), and the remaining 20% within 4 weeks of completing the challenge (by 24/11/2018). 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

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 12 participants. We can run this trip with 8-11 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

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. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

Level of Difficulty

The Annapurna Base Camp challenge is graded as extreme due to the rough terrain, high altitude, and basic facilities. A good level of fitness and regular training is required for this challenge. The more prepared you are for this challenge, the more you will enjoy it. 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, so as to build up stamina and endurance. Don't forget that the temperature and the altitudes will be very different from the UK and that you will be exercising constantly for a number of days.

Emergency evacuations

In the event of a medical emergency, depending on weather and service availability, an evacuation by helicopter may be the quickest and safest choice. Your Challenge Leader and the Expedition Doctor will discuss this with you, with the final decision resting with the doctor.

We appreciate that having to descend from the mountain will be a disappointment having trained and fundraised for the challenge, but the doctor will make the decision based on their professional assessment of your health and the impact of potentially continuing to ascend with lower levels of oxygen. Your safety is, and always will be, Charity Challenge's number one priority.

We will organise the logistics of the helicopter evacuation and in most cases, you would be taken to a hospital in Pokhara. We will make the arrangements as quickly as possible to get you to safety, but it will be your responsibility to cover the costs for the helicopter evacuation before leaving Nepal. Therefore Charity Challenge requires you to have access to a minimum of USD \$8,000 (about £5,500) of available funds and we would highly recommend that you have sufficient funds on your credit card before you leave home. Whilst Charity Challenge can initially open an insurance claim on your behalf, you will need to process a claim on your return home to recover any costs as a result of the evacuation. In order to process the claim further down the line, and as a minimum, insurance companies will require the helicopter invoice, a receipt of payment and a medical report from the doctor/hospital.

Charity Challenge will help you make all necessary arrangements for your accommodation in Kathmandu, your return flight (if you return home earlier than the scheduled return date) and to advise you of the next steps depending on your particular situation. Once again, you will need to pay for additional services and keep receipts in order to recover costs once you return home.

Some airlines may require a "Fit To Fly" certificate, especially if the medical emergency was as a result of an altitude related condition.

Please refer to the Insurance tab for further information.

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. This should include protecting the charity in the event of your cancellation 56 days or less prior to departure; the specific activities on your challenge including trekking at high altitude (up to 6000 meters); medical (emergency, evacuation and repatriation) specifically for this trip covering helicopter evacuation.

If you choose not to purchase the Charity Challenge recommended travel insurance policy when you book, we will send you a disclaimer which you should complete and return.

Visa

You must hold a full ten-year passport with at least six months to run from the end of your expedition. Airlines may not carry passengers holding passports with less than 6 months validity. You can download your visa application form from the embassy website: http://www.nepembassy.org.uk/visa_information.html The validity of visa dates are counted from the date of arrival in Nepal. You should apply about 12 weeks before departure for a single-entry tourist visa. Do not apply too early otherwise it will run out before you leave for Nepal.

It is valid for six months from the date of issue. We will send further visa advice at 3 months prior to departure.

Group size

Each Group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people. We will be able to run this challenge for 10 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).

Typical day

During the trekking days we rise early and pack up camp before breakfast, then trek carrying only daypacks for 6-8 hours. Lunch is prepared by the kitchen team and had on route in dining halls associated with the local tea houses; if it is possible then a picnic lunch will be provided. These stops will give you time to relax and view the remarkable scenery. The trek zone is remote and rare flora and fauna will be seen. The evenings are spent in beautifully located lodges, where the food and facilities are fairly simple.

Accommodation and toilets

The hotel in Kathmandu will be three star and located at the centre of town. Rooms are usually en-suite. During the trek and outside Kathmandu, you will camp in two person tents nearby to tea-houses. For a small fee, you can charge electrical items at the tea-houses. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Toilet facilities can be used in the teahouses on route. The facilities will be very basic.

Climate and terrain

February-May is the tail end of the dry season and Base Camp can be around -10 to -7c in the early evening. Late Sept/October – November is the start of the dry season and early evening temperatures are from -5 to -10c.

Early morning hours, when most climbers set out to climb, are very cold. During the day temperatures are warmer than these quoted, if the sun is out, but at night it will always be well below zero. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable.

The terrain is on uneven mountain paths with steep ascents and descents each day. You will also be crossing numerous swing bridges, and you should tell your leader if you have any fears of heights. The itinerary is built up in a way that we have allowed plenty of time for you to acclimatize to the altitude.

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.

Food & drink

Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Money

Currency: Nepal uses the Nepalese rupee. This is a closed currency which means that you will not be able to find Nepalese rupees outside of Nepal. For up to date currency exchange, go to www.xe.com. British Pounds, Euros and USD can be exchanged at Kathmandu airport and in the city.

Credit Cards: These are accepted in all major hotels, banks and stores in Kathmandu. In addition, if you need to be evacuated from the mountain the only method of evacuation on Everest is by helicopter. For this, you will need a credit card with a limit of \$8000 in order to pay for the evacuation before being reimbursed by your travel insurance.

ATMs: ATMs are not always available and that when they are they do not always work. We would recommend that you exchange cash in the airport or use the ATMs there rather than relying on the city.

How much to bring: You will not need a large amount of money during this trip and other than at the start and end of the challenge, 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, departure tax and for any other additional activities that you wish to do.

On average we recommend around £250 and a credit card for emergencies as mentioned above.

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. US\$10 per person per challenge day and this should be given to the expedition leader at the end of the trip who will advise you how to distribute it among the support team at your final celebration in Lukla. **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 (\$1). However, our team will be there to help you with baggage.

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 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 Annapurna Base Challenge, there are a couple of important points that you should be aware of:

- You will be trekking for 9 days at high altitude, with its associated risks
- Smoke alarms are not a legal requirement in Nepal, and as such much of the accommodation used will not have these in place. Your tour leader will explain the fire safety precautions to you.
- Temperatures may go down to below zero at night and you should have adequate clothing to cope with this.

Flights

You will be making a return journey from London Heathrow indirectly to Kathmandu, Nepal. The flight takes approximately 16 hours. A copy of your e-ticket will be issued to you upon departure at the airport along with your luggage labels and a Charity Challenge t-shirt.

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 you wish to in your hotel in Pokhara while you trek. While trekking, yaks will transport your personal kit to the next camp, meaning that you will only have to carry a daypack.

Vaccinations

For up to date vaccination information please check the NHS Government website 'Fit for Travel' at: [http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/nepal.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/nepal.aspx)

The risk of malaria is low in Nepal but please check with your doctor or nurse for the latest information.

Phone and WiFi

Apart from Kathmandu and Pokhara, there will be very limited phone and internet reception.

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.

Training and training weekends

This challenge is graded 'Extreme', which means that a good level of fitness is definitely required! We recommend that you have significant experience of trekking within the UK before departure. Don't forget that the temperature and the altitudes are different from the UK. 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).

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Any more questions?

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