THE Openwork Foundation
Proudly Making a Difference

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

CYCLE KATHMANDU VALLEY NEPAL

Fri 07 Oct - Sun 16 Oct 2016

In aid of The Openwork Foundation

07 Oct - 16 Oct 2016

10 DAYS | NEPAL | TOUGH

Fly into Kathmandu and get acquainted with your bike and kit and rest up in preparation for your cycle challenge. The start of your cycle will see you head out east of Kathmandu through the medieval town of Bhaktapur whilst enjoying views of the Himalayan mountain range. On your cycle you'll climb up high on to ridges and down through rice terraces; visit ancient temples and monasteries with the potential to attend some prayers. You'll end your challenge back in Kathmandu and have a day to explore the hidden gems of the city or relax in a coffee shop whilst taking in the sights and sounds.

- Cycle through the valleys of Kathmandu
- Explore hidden trails and remote villages
- Invigorate your senses with the sights, sounds and smells
- Visit Buddhist monasteries and observe traditional prayer ceremonies

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 07 Oct*

-

International departure

The start of your exciting challenge begins here. You will meet a Charity Challenge representative at the airport who will have your tickets and Charity Challenge t-shirt and will help you to check in.

DAY 2 *Sat 08 Oct*

-

Arrival in Kathmandu, Nepal

Once you arrive in kathmandu you will be meet by a local in Charity Challenge represenative and taken to the hotel. You wil have the oppotunity to freshen up and take in your new surroundings before a team dinner and brief.

DAY 3 *Sun 09 Oct*

-

Kathmandu to Nagarkot 38km

After an early breakfast in Kathmandu, you'll ride due east to the medieval town of Bhaktapur an ancient city rich in culture and architecture. Following on from this you'll continue on to Nagarkot via Changu Narayan on the valley rim, passing steeply terraced farmland and houses that seem to be clinging to the hillside. Changu Narayan, has an ancient temple complex including the oldest Hindu temple.
Take approx 4km on dirt track with small villages and pine forest. You'll enjoy pine forests, views of Bhaktapur and Sankhu valleys, the Himalayan range and if weather favors then we can see Mount Everest too. Overnight in hotel.

DAY 4 *Mon 10 Oct*

-

Nagarkot to Namo Buddha 42km

After a hearty breakfast the days cycle will start with climb to the view point tower showwing off beautiful panoramic view of the Himalayas. From here a long downhill on a jeep track through paddy fields and small villages. You'll visit Nala old Newari town and then to Dhulikhel for lunch. We leave Dhulikhel on a paved and dirt trail climbing and descending two hills before reaching the Buddhist pilgrimage site of Namo Buddha. According to legend it was here that Buddha, in a previous incarnation offered his flesh to a hungry tigress. You might also attend evening or morning PUJA's (prayers) held at the monastery. Overnight in local hotel.

DAY 5 *Tue 11 Oct*

-

Namo Buddha to Godavari 35km

Another day of cycling culture starts with downhill to the ancient city of Panauti, where Lord Buddha lived as a prince prior his offering to the tigress and then head west along the meandering Roshi River towards the town of Madhuban, we enter into a narrow pristine valley ascending 300m on superb single trail to reach the summit of Kathmandu valley's eastern rim known as the Lakhuri Bhanjyang (1930m). This is probably the oldest route east out of Kathmandu valley, connecting the ancient cities of the valley with Panauti. Views of the Himalayas are more than compensated. From the

saddle, the descent is on switch-backed jeep track. After an hour and a 500m descent, we come upon Sisneri, a quiet valley village. The ethnicity of the people change as we descend from Tamangs, Thakuries and Chhetris to lowland Newari farmers.Leaving Lubhu behind we cycle west on a jeep track passing paddy fields at the foot of the Phulchowki Hill, which is the highest hill in the valley (2770m). We arrive at the famous Vajra Varahi Temple where original woodcarvings of Krishna and Vishnu can be seen. The villagers still offer weekly sacrifices of chicken, goat, and buffaloes to Vishnu, which we may be lucky enough to witness. Ancient woodland still surrounds the temple as it is thought that to cut even one tree will anger the deity. We will stop in this forest for some refreshments.

DAY 6 *Wed 12 Oct*

-

Godavari to Dakchhinkali 20km

We start the day with a drive to Bungamati, a 16th century traditional Newari village south of Kathmandu. After unloading the bikes, we begin our ride around the town and stop to take in the fantastic views of the Kathmandu valley. After lunch we continue our ride alongside the Chobar Gorge until we hit the paved road that leads all the way to Dakshin Kali. The temple here is beautifully situated and is one of the most famous temples in the Kathmandu Valley. Dedicated to Kali, the goddess of power, ritual sacrifices are regularly made here. We will visit the temple (though Hindus only are permitted inside) this evening or the next morning hotel.

DAY 7 *Thu 13 Oct*

-

Dakchhinkali to Daman 65km

We spend the morning sampling some exciting trails that lead up and across the valley rim to the south and on to the Kulekhani Dam Site (completed in 1982 Nepal's first major hydroelectric project).In between the trails we ride through pine forests and couple of small villages (Hudu, Hunanae Bhanjyang, Fakhel, and Kalanki) before reaching Markhu. A picturesque lake provides the perfect background for a lunch stop. We then carry on riding towards Daman riding on the Tribhuvan highway through, (Taukhel,Bajra Barahai,Thana bazaar).Anyone fancying an introduction to Himalayan hill climbing(14km's) can spin all the way up. The hotel enjoys a spectacular mountainside location, arguably offering the most spectacular outlook on the Himalaya in all Nepal. On a clear day one can see all the way from Everest in the east to Dhaulagiri in the west. Daman also happens to be the highest point in the valley.

DAY 8 *Fri 14 Oct*

-

Daman to Naubise to Kathmandu 70km

After breakfast in the hotel, we set off for the bike down to Naubise, where you converge on to the main highway linking to Kathandu. Off the bikes, on board the waiting vehicle for a drive back to Kathmandu (45-60mins approx.) Overnight in hotel.

DAY 9 *Sat 15 Oct*

-

Kathmandu exploration day

Explore the capital city of Nepal. take n the sights, smells and sounds of a bustling city. Sample the local delicacies and watch the world go by a local coffee shop.

DAY 10 *Sun 16 Oct*

-

Departure to the UK

The time has come to say goodbye to the wonderful city and country you have visited. To take home treasured memories, cemeted and new friendships, new ideas and a greater understanding of the new culture.

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. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say

HOW TO FUND YOUR CHALLENGE

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

MINIMUM SPONSORSHIP

-

Registration fee of £475.00 when you book
Raise a minimum of £3795.00 for your charity.

FLEXI

-

Registration fee of £475.00 when you book
Then £475.00 towards challenge costs
(8 weeks before your challenge)
Raise a minimum of £2850.00 for your charity.

WHAT'S INCLUDED

Before you go

-

- Fundraising advice
- 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)

On your challenge

-

- 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
- All challenge management before, during and post event
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A donation to a community project in one of the countries in which we operate

WHAT'S NOT INCLUDED

Before you go

-

On your challenge

-

- 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
- 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 29/07/2016), and the remaining 20% within 4 weeks of completing the challenge (by 13/11/2016). 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 16 - 30 participants
Optional extras	Trek/bike training weekends* Extensions at end of trip* Single room supplements* Travel insurance Business class upgrades* (*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

The Cycle Kathmandu Valley cycle is graded as challenging. This is the perfect challenge for participants who are keen cyclist of an adventurous spirit and an open mind, and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Cycle Kathmandu Challenge you will be:

- The terrain is undulating, with uphill sections
- Some days the roads conditions are poor and mostly off-road
- Covering long distances per day. Cycling for over 8 hours on a couple of days.

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 Q&As page.

Safety

Safety advice for your Cycle Kathmandu cycle

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 Cycle Kathmandu Valley, there are a couple of important points that you should be aware of:

- Covering a total distance of 300 kilometres over 5 days
- The terrain is undulating, with uphill sections
- Some days the roads conditions are poor and mostly off-road
- Covering long distances per day. Cycling for over 8 hours on a couple of days.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's cycling 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 cycle at all, then we can transport them from one location to the next by support vehicle 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..

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. Please note that British Pounds, Euros and USD dollars can be exchange at Kathmandu airport and in the city.

Credit Cards: Accepted in all major hotels, banks and stores in Kathmandu. Make sure you know your pin number before leaving home.

ATMs: Please note that ATMs are not always available and that when they are they do not always work. It is generally easier to visit a bank, but your local guide will advise.

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/sherpa guide at the end of the trip who will advise you how to distribute it among the support team at your final celebration. 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.

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. We will provide you with a visa application form or you can download one from the embassy website - 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. The visa is valid for 60 days on entry and costs £20. Also see Travel Tips & your visa letter 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).

Health and vaccinations

For up to date vaccination information please check the NHS Government website 'Fit for Travel' at: http://www.fitfortravel.nhs.uk/home.aspxb. Malaria precautions are essential in all areas below 1200m, all year round. The risk in Kathmandu and mountainous areas of similar or greater altitude is very small. Check with your doctor or nurse about suitable anti-malarial tablets

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-tickets will be issued to you upon departure at the airport along with your luggage labels and a Charity Challenge t-shirt.

A typical day

During cycling days we rise early and pack up camp before breakfast, then start cycling carrying only daypacks for 5-7 hours. There will be a picnic lunch on route and plenty of time to stop and view the remarkable scenery. The cycle zone is the beautiful Kathmandu valley where local flora and fauna will be seen. The evenings are spent in beautifully located camps, where the food and facilities are fairly simple. Some nights will be spent in lodges instead of camping.

Luggage 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 Kathmandu while you trek. While cycling, your bags will be transported from campsite to campsite by vehicle.

Accommodation and toilets

The hotel in Kathmandu will be three stars and located at the centre of town. Rooms are usually en-suite. During the cycle and outside Kathmandu, you will be staying local hotels and teahouses. These are clean but have basic

facilites. they are a great way to experience the culture and vibe of Nepal as well as bring support the local communites.

Climate and terrain

The Kathmandu Valley is a warm, temperate zone which has a mild climate most of the year, and the city of Kathmandu, situated at an altitude of 4,297 feet (1,310m), has a mild, subtropical climate. During autumn, when you challenge will take place the temperatures are pleasant with occasional short bursts of rain, while November to February are dry, but can be very cold, especially at night.

Clothing and kit

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For your cycle challenge, padded cycling shorts and comfortable footwear are essential, and helmets are compulsory throughout. Training with your cycling shorts is definitely advised! You can bring equipment like clip-in pedals or a gel seat, if desired, in order to adapt your bike in country, and we would also recommend technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found here, once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Food and drink

he food in Kathmandu is varied. During the cycle, the food will be cooked on kerosene stoves by our kitchen team and will be simple. Most of the food will be carried from Kathmandu. Only seasonal vegetables and fresh meats are bought along the way where available. Boiled drinking water will be provided 3 times per day. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

CH>RITY
CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall