



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

POON HILL HIMALAYAN TREK
NEPAL

Sat 28 Oct - Mon 06 Nov 2017

POON HILL
3210 M.

POON HILL
3210 M.
GHOREPANI
2874 M.

POON HILL PUBLIC
VISITORS PARK
AREA



In aid of your choice of charity

28 Oct - 06 Nov 2017

10 DAYS | NEPAL | CHALLENGING

The Himalayas provide an awe-inspiring backdrop for this challenging expedition. The itinerary crosses the Annapurna region, home to Nepal's most scenic and popular trekking routes. As the adventure progresses, we pass from lush subtropical vegetation into pristine high alpine forests, passing through traditional villages and farms along the way. Once at the top of Poon Hill, take in the splendour of Annapurna's natural amphitheatre of snowy peaks, including the Annapurna South, Gangapurna and the Annapurna-Dhaulagiri massif.

- Breakfast at sunrise amid Nepal's majestic mountain ranges
- Enjoy Nepalese hospitality at teahouses
- Trek through tropical rainforest, rhododendron forest and rice terraces
- Spectacular views, from the Annapurna range to Everest
- Explore the city of Kathmandu and its many temples and bazaars

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 28 Oct

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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 overnight flight to Kathmandu to relax before the hard work begins.

DAY 2 Sun 29 Oct

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Arrive in Kathmandu

Having arrived in Nepal's capital this morning, spend the day here and enjoy some Nepalese culture. Take some time to explore the city and rest up before your trek. You will have your first night in Kathmandu in a hotel.

DAY 3 Mon 30 Oct

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Travel Kathmandu to Pokhara

Leaving the capital today we drive to Pokhara. The drive will take us much of the day but there is plenty to see as the landscape changes and the Annapurna range comes in to view.

Overnight in Pokhara

DAY 4 Tue 31 Oct

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Sudame to Ghorepani, 2,856m (6-7 hours)

After a hearty breakfast, you will be transferred to the starting point of the trek Sudame. Here you will meet the local staff set off onto the beginning of your challenge. The trail gradually ascends to the valley of Hile and Tirkedhunga. There's a steep walk up 3,200 steps towards the large Magar village of Ulleri at 2,073m. We then head gently upwards to Banthanti (2,250m) and eventually Ghorepani, 2,856m, through oak and rhododendron forest. Overnight in a tea house at this popular stop along the Annapurna trekking circuit.

DAY 5 Wed 01 Nov

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Morning hike to Poon Hill then trek to Tadapani 2,625m (approximately 5 hours)

Rise and shine early to catch the sunrise atop Poon Hill (3,210m). After experiencing the great views of the Himalayan panorama from here, you will descend to Ghorepani for a hard-earned breakfast. From here the trek continues – mainly downwards – along the ridges of rhododendron and pine forest towards Tadapani. Overnight in a campsite.

DAY 6 Thu 02 Nov

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Day 5: Trek from Tadapani to Landrung, 1,430m (approximately 5-6 hours)

Expect more of the magnificent Annapurna views as the day begins downhill through forest and alongside tiny villages. Eventually we arrive at Ghandruk, a large Gurung village with traditional houses and slate roofs. Down we continue

from here to the bridge at Phedi which crosses the raging Modi river. It's then an hour-long uphill walk to the village of Landrung where we will camp for the night.

DAY 7 *Fri 03 Nov*

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Day 6: Trek from Landrung to Thulo Kharka 2,050 meters (approximately 6 hours)

Awake to another sunrise, this over the spectacular Annapurna south (7,219m) and Himchili (6,444m). The day then begins with a gradual walk along a winding trail through terraced fields, eventually reaching Deurali ridge (2,150m). Down we go through the forest to the small wooded village of Pothana, which offers views as far as Phewa Lake in Pokhara. Today's final stretch passes through cool forest to Thulo Kharka.

DAY 8 *Sat 04 Nov*

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Trek to Kande and drive back to Pokhara, 830m (approximately 1 hour trek and 1 hour drive)

There's time for one more mountain breakfast before we head off for an hour's easy walk which overlooks the valley below. A steep stone staircase leads down through rhododendron and pine forest. The trail descends through the tropical forest to Kande (1,180m), from where it's an hour's drive to Pokhara. Here we check in to a four-star hotel for a celebratory meal and some much-needed relaxation.

DAY 9 *Sun 05 Nov*

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Travel Pokhara to Kathmandu and guided city tour

Following breakfast, you will transfer back to Kathmandu. The evening will be spent toasting our achievements at a final team dinner.

DAY 10 *Mon 06 Nov*

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International departure to UK

Flying back to the UK, it may be harder than you expected to say goodbye to all your teammates. Be sure to swap details before heading home to share stories with family and friends.

NB

Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. Please contact our team if you would like further advice.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

The costs below are per person.

SELF FUNDER

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Pay a registration fee of £375.00 when you book

Then a balance of £1887.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £375.00 when you book

Raise a minimum of £3850.00 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 £3085.00 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.
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Access to training weekends (optional and at additional expense)
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Fitness training notes
- Sponsorship forms (online and hard copy)
- A-Z of fundraising ideas
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

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- Internal road and air transfers as per 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
- An English speaking first aid trained challenge leader and full local support team (assistant, drivers, mechanic, medic)
- Group first aid supplies
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- 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
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On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes
- 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 19/08/2017), and the remaining 20% within 4 weeks of completing the challenge (by 04/12/2017). 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 10 - 30 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £0. 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 Poon Hill Himalayan Trek challenge is graded as “challenging” due to the terrain, high altitude, and basic facilities. A good level of fitness is required for this challenge. This challenge will be perfect for 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

- You will be trekking for up to 7 hours on 4 days consecutively.
- You will be camping for 5 nights consecutively.
- It is very common for flights to be delayed due to bad weather conditions
- The facilities in general are basic

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 exchanged at Kathmandu airport and in the city.

Credit Cards: Accepted in all major hotels, banks and stores in Kathmandu and Pokhara. 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 in Pokhara. 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 is 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.

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.

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

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).

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

Luckily, the area where our Poonhil Himalayan Trek is set is the best area for trekking all year round. The area receives little rainfall during monsoon season due to shelter provided by the Annapurna mountain range. During the day temperatures is warm especially if the sun is out, but at night it will always be below zero. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable.

Terrain

The terrain is mountainous, with several tough uphill sections. The itinerary is built up in a way that we have allowed plenty of time for you to acclimatize to the altitude.

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 Kathmandu 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.

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](#) section.

Typical day

During the trekking days we rise early and pack up camp before breakfast, then trek 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 trek zone is remote and rare flora and fauna will be seen. The evenings are spent in beautifully located camps, where the food and facilities are fairly simple. Please note the flight to Pokhara can be subject to delay or cancellation due to weather conditions. The itinerary is put together in a way so that if your flight were delayed for up to two days, you should still be able to complete the challenge. If flights are unable to take off after three days, we would implement an alternative trekking itinerary.

Accommodation

The hotel in Kathmandu and Pokhara will be three stars 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. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Food & Drink

The food in Kathmandu is varied. During the trek 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.

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.

Toilets

A toilet tent will be provided but do bear in mind that toilet facilities will be of the 'squat and drop' variety. Toilet paper is also provided. Bowls of water will be provided for washing. Please note that due to the wilderness environment, the facilities will be somewhat spartan.

Phone and WiFi

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

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 Poonhil Himalayan Trek, there are a couple of important points that you should be aware of:

- You will be trekking for up to 7 hours on 4 days consecutively.
- You will be camping for 5 nights consecutively.
- It is very common for flights to be delayed due to bad weather conditions
- The facilities in general are basic

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 'moderate', which means that a good level of fitness is 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. 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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Any more questions?

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