

**KANTAR**



**TRIP NOTES**

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**KANTAR GREAT HIMALAYAN TREK  
2  
INDIA**

Fri 16 Mar - Sun 25 Mar 2018





## In aid of Unicef - don't use

16 Mar - 25 Mar 2018

# KANTAR

### 10 DAYS | INDIA | CHALLENGING

This unique expedition takes in awesome Himalayan trekking, starting in Dharamsala and following the Uhl River through rhododendron and evergreen forests, taking in Hindu settlements and Buddhist monasteries. The region is largely unvisited, making it a pristine and unspoilt area to trek.

- Trek in the Indian Himalayas
- Spectacular mountain scenery
- Hindu temples and Buddhist monasteries
- Experience the mountain way of life
- Raise funds for Kantar's charity, UNICEF

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Fri 16 Mar

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#### Overnight train to Chakki Bank

You will need to arrive by midday latest in Delhi today in order to transfer to the start point (TBC) of the challenge in Delhi. There will be one main group transfer organised for you from the airport to the start point. If you arrive outside of this transfer, you will need to organise a separate transfer at your expense. Depending on your arrival time, you may have the chance to explore India's bustling capital, test your haggling skills, or soak up the sights from the Red Fort to the Raj Ghat (NB: this is not part of the organised itinerary). Later the group will meet up for the first team dinner, where the challenge officially begins, before catching the overnight sleeper train to Chakki Bank.

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### DAY 2 Sat 17 Mar

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#### Dharamsala

Having arrived early in Chakki Bank, it's a further three-hour transfer to Dharamsala. You will have the chance to wander around the town and acclimatise to your new surroundings. Overnight stay in hotel.

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### DAY 3 Sun 18 Mar

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#### Dharamsala to Bir

Spend the morning further exploring Dharamsala or stroll to Bhagsunag Waterfall before transferring to Bir, at the foothills of the Himalayas. Once there, we will be welcomed at the Dream and Adventure Centre. There will be time to explore, as well as relax in the grounds of the tea plantation. Then the evening will be spent enjoying home-cooked food and really bonding with your teammates.

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### DAY 4 Mon 19 Mar

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#### Trek to Majaj - 17 km

Your amazing 5-day trek begins, centred around the Uhl valley and river, home to brown & rainbow trout, and situated in the shadows of some of the world's highest peaks. To start, you trek upwards through oak and rhododendron forests towards Haribag Pass (2,500m), an ancient trading route. You will then pass by the village of Barua, where you will stop for a picnic lunch in beautiful meadows beside a shepherd's encampment, with great views of the mountains and surrounding peaks. Crossing the pass you head down to Majaj, a favourite spot for bird-watchers and nature-spotters alike, with a water-spot that is visited at sunset. This area is well known for its diverse Himalayan wildlife and birdlife, including the Himalayan griffin vulture, Monal, Golden Eagle and the Lammergeier. A lucky few may see Thar, Musk Deer, Forest Leopard, Puma and Himalayan Black and Brown Bear. Monkeys may also amuse and join us on parts of our journey. You will celebrate the first day of the trek around the campfire. Overnight in a tented camp.

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### DAY 5 Tue 20 Mar

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#### Trek to Shanag, maximum altitude 2,700m (approximately 6-7 hours)

You will walk alongside shepherds and locals, before crossing the Sun Pass at 2,700m. Pushing onwards, we follow the Thadkot River on its path through traditionally farmed terraced fields and past tiny hamlets. Tonight we get to camp

in time to witness the Himalayan sunset, which casts shadows over the distant peaks.

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#### DAY 6 Wed 21 Mar

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#### **Trek to Bahrua, maximum altitude 2,300m (approximately 6-7 hours)**

Wake up beneath the snow-capped summits in the early morning sun. After a quick cuppa, it's off on a winding path upwards with spectacular views of the Shivalik Mountains. The alpine pastures around the pass are strewn with wild flowers and medicinal plants. Tonight we stay in an old colonial hunting lodge, used many years ago by the British and the Maharajas.

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#### DAY 7 Thu 22 Mar

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#### **Rest day or optional 10km trek, max altitude 3,050m (approximately 4-5 hours)**

Weary legs may need a break, so today is a rest day in preparation for the final slog. However, for those still in the mood for some exercise there are some great optional walks. We can climb a nearby peak which arguably boasts the best views in the Himalayas. The group will rendezvous again in camp for the evening meal, before spending another night under the stars.

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#### DAY 8 Fri 23 Mar

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#### **Trek to Bal, maximum altitude 2,300m (approximately 5-6 hours)**

It's the last day of our challenge and this morning is the perfect time to reflect on our journey. Today we walk from Bal to Shilpadhani, a small village surrounded by thick woodland. En route we'll witness the nomadic lifestyle of the Gaddis (Himalayan shepherds) and soak up the views for the last time – before returning to the Dream and Adventure Centre for a celebratory meal.

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#### DAY 9 Sat 24 Mar

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#### **Dream and Adventure Centre to Baijnath Temple and Norbulinka Institute to Delhi**

It's the penultimate day of and with spirits high, we travel to the Baijnath Temple which was built in 840AD. From there it's off to the Norbulinka Institute, which was established to preserve traditional Tibetan arts. Set amid Japanese Gardens, there is a serene temple with delicate bridges across tiny streams. Enjoy the peace before we head back on the overnight train to the buzz of Delhi.

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#### DAY 10 Sun 25 Mar

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#### **Arrive Delhi - depart for home**

You will arrive in Delhi this morning and transfer to a local hotel where you can rest before departing for the airport for your onward journey home. There will be one main group transfer to the airport. If your flight time is much earlier or later and you prefer to wait at the hotel, you can do so but the transfer to the airport will be at your own expense.

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**NB**

The itinerary is there as a guide and may change due to unusual weather patterns, 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 might occur. In all such circumstances, your expedition leader will have the final say.



## SELF FUNDER

Everyone making a booking will need to pay a deposit of £195.00 GBP when you book then either:

a) For the first 10 registered Kantar employees, a balance of £355 GBP to be paid by yourself eight weeks before departure. (Kantar will subsidise and cover £450 of your trip costs).

OR

b) a balance of £805 GBP will be payable by any Kantar employees who book after the first 10 participants sign up or all non-Kantar participants eight weeks before your challenge.

All participants must pledge to raise at least £1,500 for Unicef.

## WHAT'S INCLUDED?

Before you go –

- Access to your own password protected account area
- Support materials (itinerary, kit list, Trip Notes, travel information)
- A-Z of fundraising ideas and press release template
- Discount on personal equipment from Outdoorhire and Cotswold Outdoor Stores in the UK
- Public liability insurance
- Risk assessment and emergency management planning
- Fundraising advice

On your challenge –

- Internal road transfers as per the itinerary (from start to end point of the trekking challenge)
- Charity Challenge T-Shirt
- A donation to Charity Challenge's community development projects (see our Responsible Travel page)
- Activity equipment including tents - Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- All challenge management before, during and post event

## WHAT'S NOT INCLUDED?

- International flights to and from India

- Personal travel insurance
- Entry visa to India
- Items of a personal nature
- Tips

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to Unicef as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure, and the remaining 20% within 4 weeks of completing the challenge.

Thank you for supporting Kantar's Brighter Futures programme in aid of Unicef. Your fundraising will go a long way towards helping vulnerable children who need it most in Bolivia, Bangladesh, Malawi and Mauritania.

### Typical group size

The typical group size is 10 - 30 participants

### Level of Difficulty

The Great Himalayan Trek challenge is graded as Challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, and would like to part in a strenuous challenge and are hoping to push themselves out of their comfort zone. You can tell your supporters that during the challenge you will be:

- Trekking an average of 15km-20km per day.
- Going to high altitude, and reaching a maximum altitude of 3000 meters above sea level.
- Trekking through unique remote areas in which you will see no other tourists or trekkers
- Staying in lodges with very basic facilities, or camping

### Money

**Currency:** The currency is the Rupee, abbreviated as Rs, and this is known as a 'closed currency', meaning that it cannot be imported into or exported out of the country. For up to date currency exchange, go to <http://www.xe.com>.

**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. It is best to ensure that you have enough cash with you prior to starting the challenge.

**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. Keep in mind that you will not be able to buy Rupees before entering India, and so you are advised to take a sufficient amount of cash that you can change at the airport or in Delhi. The Indian Exchanges generally provide the fastest service.

**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 challenge leader at the end of the challenge who will distribute it among the support team, including guides, assistant guides, cooks, and porters.

### 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. 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 may have difficulty in obtaining a visa for India. If the visa is granted it will certainly take much longer than for other UK nationals, and there is a chance that you may not receive it in time to depart on your challenge. Unfortunately Charity Challenge's cancellation terms will apply in all circumstances.



## Vaccinations

It may be necessary to take precautions against malaria in Delhi. This includes wearing long-sleeved shirts, long trousers and socks at dawn and dusk. You should also wear plenty of insect repellent. Please seek advice from your medical practitioner or travel nurse to ascertain what vaccinations you will need.

## Flights

This challenge is ground-only. You are responsible for booking your own flights to and from Indira Gandhi International Airport in Delhi, India and covering any taxes. The airport code is DEL.

## 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 10 people in order to run and a maximum of approximately 30 people, on account of the wilderness environment in which this challenge takes place and the unique mountain accommodation used during the trek.

## Leadership

Charity Challenge employ a number of first aid qualified challenge leaders, and a tour leader who will speak fluent English. The tour leader will be ultimately responsible for the running of the itinerary and the safety of your group.

## Climate

March/April – In the Himalayas, the temperatures in the day can vary; minimum is probably around 7c and maximum 28c, with an average of 22c. It is likely to drop below 0c in the evenings, however, so you should come fully prepared for cold nights. You will have campfires and eat inside the dining tent. As a general rule it is t-shirt weather in the day and fleece & jacket weather at night. In Delhi it will be humid and around 28-30c, but remember to bring appropriate attire for visiting religious sites.

## Terrain

The terrain is mountainous throughout, and you will be trekking on mountain paths. Taking on some treks locally will be excellent training for this terrain. Expect cold weather and basic conditions.

## Luggage allowance and valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt). Each trekking day, your personal kit will be transported to the next stop by a support vehicle. You will carry a daypack for your daily needs such as sun cream, lunch, water, camera and lightweight waterproofs.

We will do everything to provide adequate safety for the group and security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches.

## 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

You will wake early (around sunrise) in time for a light breakfast. Walking days will last 5–8 hours. Trekking on your challenge will take place on mountain paths. Most days will involve around 1-3 steep ascents and descents with time to stop and take it at your own pace. Packed lunch will be provided and usually served around noon. You will arrive at camp before sunset in order to wash before it gets dark. Supper will be prepared and we can relax as the stars come out.

## Accommodation

While trekking you will be staying in two-person tents and lodge accommodation. At the beginning and end of the

challenge, you will be staying in slightly more comfortable hotel accommodation. If you are travelling with a friend or partner who you wish to share with please let Charity Challenge know in advance.

### Food & Drink

You will be served a variety of European and Indian food. All meals are healthy, nourishing and plentiful. Homemade cake, cocoa, tea or coffee will be served before bed. 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, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg injuries or niggles. A full kit list for this challenge can be found [here](#). If you are based in the UK, you will have access to kit discounts with our partners at The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

### Toilets

At every campsite, a dug-in toilet will be improvised in a separate tent. This will be located at some distance from the campsite. Please bring anti-bacterial hand gel and spare tissues. During the trekking days, toilet facilities will be limited to the great outdoors!

### Phone and WiFi

Apart from in Delhi, the internet and phone reception will be limited throughout the challenge. You will not have WiFi in the basic accommodation during the trekking days, and phone reception on the mountain will be sporadic at best. You should look on this challenge as an opportunity to get away from the stresses of daily life!

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

- You will be trekking to high altitude, which has its own risks
- You will be taking an overnight train in 4 berth public carriages to get to Dharamsala and back to Delhi.
- When temperatures are hot, the risks of become dehydrated and succumbing to sunstroke are very high. You should be drinking over 2L of water per day during the trekking and using sunscreen continuously.

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This 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. In the event of an emergency on your trek, all guides and leaders are maintaining contact via radio.

### Training

Training and fitness are definitely required. Please remember that the temperature and altitudes may be different from your home environment. Anyone who leads a fairly active and moderately healthy lifestyle should be OK as long as they train regularly over a period of at least three months leading up to the expedition. 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 a long hike (6-8 hours) several times 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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Taking part in this trek was a life changing experience for me. I not only proved to myself that no matter how hard something seems, anything can be accomplished. Seeing first-hand how people in these communities and villages live and exist was very humbling and made me realise just what is important in life. Everyone should experience this at least once in their lives.

Laura Shone



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This trek is a perfect introduction to India taking you from the madness of Delhi and Agra to the beauty and tranquillity of the mountains. Two weeks seemed like a month to me as we saw and experienced so much. I fell in love with the rural villages and mountains and want to return again.

Vanessa Beech



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From start to finish I found the whole trip to be everything I had hoped it would be. The actual daily activities were challenging and yet when returning to camp, a warm atmosphere was present to lighten the mood and raise the spirits. A great experience!

David Hart

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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