

CoppaFeel!
breast cancer awareness



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**FABULOUS COPPAFEEL!
HIMALAYAN TREK
INDIA**

Fri 25 Oct - Sat 02 Nov 2019





In aid of CoppaFeel!

25 Oct - 02 Nov 2019

CoppaFeel!
breast cancer awareness

9 DAYS | INDIA | TOUGH

From the madness of Delhi, to the beauty and tranquility of the Indian Himalayas, this unique expedition will challenge you both mentally and physically as you take on this demanding trek for CoppaFeel!'s 10th anniversary.

This unique expedition combines awesome Himalayan trekking with unique team games and celebrations. This unique expedition combines awesome Himalayan trekking with unique team games and celebrations. The challenge begins and ends at the heart of the Dhauladar mountain range, with breathtaking views of the snow-capped peaks, magnificent woodland trails and beautiful pine forests.

After completing this grueling challenge, you will celebrate your remarkable accomplishments in style with your very own festival of achievement!

Please ensure that before applying to join the challenge, you read the trip notes in full. The challenge will test you physically as you trek for 4 days, 6-9 hours a day, but also mentally and emotionally. By reading the trip notes, you will be fully informed and should be able to enjoy and appreciate every aspect of the trip.

- Trek in the Indian Himalayas
- Gasp in awe at spectacular mountain scenery
- Challenge yourself both physically and mentally
- Experience exceptional team support and atmosphere
- Raise life-changing funds for CoppaFeel!

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 25 Oct

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International departure from London

Full of excitement and nerves, you meet your celebrity team captains and the rest of the challenge team at the airport. Wave goodbye to family and friends as you set off on your long-awaited adventure to Delhi, India.

DAY 2 Sat 26 Oct

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Overnight train to Chakki Bank

Upon arrival into Delhi, you will be transferred to a nearby hotel where you will be able to freshen up after your long haul flight. The day will begin with some free time to explore India's bustling capital, Delhi. You may wish to test your haggling skills or soak up the sights of the Red Fort and Raj Ghat. Later, the group will meet up for the first team dinner, before catching the overnight sleeper train to Chakki Bank.

Accommodation: Sleeper train

DAY 3 Sun 27 Oct

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Transfer to Bir and orientation walk

Arriving early in Chakki Bank, you will transfer to your campsite at Bir, stopping en route for breakfast. Upon arrival in Bir, you will enjoy an orientation walk that will provide you with a fantastic introduction to the area, famous for its Buddhist monasteries and artwork. If you're lucky, you may witness an enchanting 'puja' (act of worship) with chanting and prayers in this sacred area. In the evening, you will receive a full trek briefing around the campfires from your friendly expedition leaders, followed by a traditional Indian mountain dinner served in a local style with a delicious array of dishes.

Accommodation: Camping

DAY 4 Mon 28 Oct

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Mangroliar to Bir (7-8 hours trekking, altitude 1700m)

After a short transfer to the start of the trek, you will begin the hike at Mangroliar. This remains one of the best places to experience the unique and colourful kingdom of the Himalayas. As the area is seldom visited, the route is pristine and unspoilt, providing some of the finest trekking in the world. Today's route takes you through ancient forests and along the ridgeline to Sherabling monastery, where you will marvel at the impressive three-storey tall gold-plated Buddha. As you trek back to camp, you may be lucky enough to witness a spectacular Himalayan sunset as the sun slowly dips behind the mountain-peaked horizon.

Accommodation: Camping

DAY 5 Tue 29 Oct

-

Bir to Billing (6-7 hours trekking, altitude 2400m)

Setting off from the camp early, you will follow mountain routes up through rhododendron forests and oak woodlands to reach an amazing Himalayan pass with great views surrounding you at 2400m above sea level. Today's route is very demanding, with steep inclines, but you will be rewarded by the spectacular views as the whole valley stretches out in front of you and you can trace the route you have walked so far. As you trek along the subtropical and high-altitude landscape, make sure you keep your eyes peeled for local wildlife (especially for signs of leopards and pumas).

Back in camp, you will be able to swap tales about your day's experiences over dinner. As the sun sets and the night draws in, the shining stars will be a sight to behold and treasure.

Accommodation: Camping

DAY 6 *Wed 30 Oct*

-

Chaina Pass and Seven Sister Pass (8-9 hours trekking, altitude 2,757m)

This morning is another early start. After breakfast in camp, you will follow an old trail that crosses two mountain paths (with a strong possibility of cold weather, so be prepared)! The high ranges will surround you throughout the day with spectacular panoramic views of the Shivalik Mountains and the mighty snow-capped Dhauladhar range with their towering peaks including Mun (4,610m), Riflehorn (4,400m), Arthur's Seat (4,525m) and many more. Make sure you re-fuel at dinnertime, ahead of tomorrow's final trekking day.

Accommodation: Camping

DAY 7 *Thu 31 Oct*

-

Valley pass (7-8 hours trekking, altitude 2,165m)

Heading off from camp after breakfast, you will wave 'namaste' to the local children on their way to school before your route turns steeply uphill. Continuing your ascent towards a rustic shepherds' village, you will climb to a small pass where you will be treated to views of the entire valley. After one more final climb, you will reach the finish line where you will stop to celebrate your remarkable achievements!

Back in camp, the celebrations will continue with a sublime feast for the whole group, a few celebratory drinks and lots of fantastic local entertainment for you to immerse yourself in and enjoy! It will be a magical celebration to mark the end of an amazing challenge for CoppaFeel!

Accommodation: Camping

DAY 8 *Fri 01 Nov*

-

Overnight Private Coach to Delhi

This morning you'll get to enjoy a leisurely morning to explore Bir before sitting down for your last lunch in camp. In the afternoon, you will board an overnight coach to take you back to Delhi. You will be provided with a packed dinner to eat on the way.

Accommodation: Sleeper coach

DAY 9 Sat 02 Nov

-

Arrive home

Following your overnight coach journey, you will head straight to the airport for your flight back to the UK. With amazing memories and a massive sense of achievement, it's time to say goodbye to your new friends, making sure you've swapped details before heading home.

NB

Please note that there are short transfers involved each morning to the start of the day's trek from camp. These will be staggered starts for each group. All groups will be trekking the same route on the same day, and returning to the same campsite.

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.

FUNDRAISING TARGET

Registration fee of **£375.00** when you book

Raise a minimum of **£2,995.00** for CoppaFeel!

You will be required to pay the registration fee of **£375.00** at the time of booking and raise a minimum fundraising target of **£2,995.00** for CoppaFeel!. You should send your sponsorship money to CoppaFeel! as you raise it. At least 80% of the fundraising target (£2,396.00) must be sent to the charity 10 weeks before departure (by 16/08/2019), and the remaining 20% (£599.00) within 4 weeks of completing the challenge (by 30/11/2019). If you have raised the necessary funds, CoppaFeel! will then pay the balance of your expedition costs (which will not exceed 49% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

WHAT'S INCLUDED?

BEFORE YOU GO

- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules

ON YOUR CHALLENGE

- A Charity Challenge T-Shirt
- Accommodation during the challenge
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All ground staff including English speaking guides
- All internal transfers
- Entrance fees to national parks or other places of interest visited on the itinerary
- Three meals a day (unless otherwise stated in the itinerary)
- International flights to and from the UK (excluding air taxes)
- Full back-up support including first-aid qualified staff and first-aid supplies

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- 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)

ON YOUR CHALLENGE

- Tips
- Departure Tax (if applicable)

THE DETAILS

FUNDRAISING DEADLINES

You will need to send your fundraising money to the charity as you raise it. At least 80% of the fundraising target required must be sent to the charity 10 weeks before departure (by 16/08/2019), and the remaining 20% within 4 weeks of completing the challenge (by 30/11/2019). 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 fundraising money and every pound over and above that you raise.

TYPICAL GROUP SIZE

The typical group size is 85 - 100 participants

OPTIONAL EXTRAS

Business class upgrades*

(*subject to availability)

TRAVEL INSURANCE

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £81.90.

Booking Process

If you are selected to join the challenge you will be emailed a booking link and will need to complete your details within the registration page which collects basic contact information, diet, allergies, medical etc. You will pay a non-refundable registration fee and will receive access to a personalised account area containing fitness and training advice, insurance, flight information etc. Our chief medical officer will then review medical questionnaires and if they have any concerns around our ability to cater for your medical condition, or if they think you may be at a higher risk on this challenge, further information may be requested from you. They may also request a 'fit to travel' letter from your specialist or GP.

Please ensure that before applying to join the challenge, you read the trip notes in full. The challenge will test you physically as you trek for 4 days, 6-9 hours a day, but also mentally and emotionally. By reading the trip notes, you will be fully informed and should be able to enjoy and appreciate every aspect of the trip.

Level of Difficulty

The CoppaFeel! Himalayan Trek challenge is graded as Challenging. A "challenging" trip will test someone who is relatively fit and has a spirit of adventure. You may have had some previous experience, but this is not necessary as long as the correct training is undertaken. A "challenging" trip may involve some altitude, but this will be compensated by easier terrain and trekking conditions. You could tell your supporters that during the Dalai Lama Himalayan Trek you will be:

- Trekking an average of 15km-20km per day.
- Going to high altitude, and reaching a maximum altitude of 2757 meters above sea level.
- Trekking through unique remote areas in which you will see no other tourists or trekkers
- Camping where facilities are very basic
- Overnight on a sleeper train

Typical Day

You will wake early (around sunrise) in time for a light breakfast. Walking days will last 6–9 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 you can relax as the stars come out.

Extension

Agra Extension

Day 1

This morning you will arrive back into Delhi on the overnight coach where you will transfer to a hotel to freshen up. The rest of the day is free for you to explore the city. Lose yourself in the streets of Old Delhi or visit the stunning Red Fort before heading to your hotel for the night. Please note, breakfast, lunch and dinner are not included today.

Day 2

Today you transfer by train from Delhi to Agra on the luxury early morning fast train. From here, you will head to the fascinating Fatehpur Sikri. This magnificent city was the capital of the Mughal Empire in 1571 before it was dramatically abandoned just 14 years later. Despite the desertion by its inhabitants, the city is perfectly preserved, and the heart of the citadel remains very much alive.

The afternoon will be yours to spend in Agra, either relaxing in the hotel or heading delving into the warren of streets that make up Agra's bazaars. Tonight, you will have dinner in your hotel.

Day 3

No trip to Agra is complete without a visit to the Taj Mahal, the marbled mausoleum of Emperor Shah Jahan's favourite wife. This morning you will have an early wake-up call and will transfer to the site in time to watch the sun rise over this impressive monument. Having been described as 'the tear-drop on the cheek of time', it is no surprise that the Taj Mahal was declared one of the 'New Seven Wonders of the world' in 2007.

After lunch, you will head to the Agra Fort, one of the finest Mughal forts in India. This beautiful 'city within a city' was built as a military structure before being transformed into a palace by Shah Jahan.

This evening you will take the fast train back to Delhi, ready for your international flight back to the UK.

Day 4

It's time to head back to the airport for your flight to the UK, taking with you cherished memories and new experiences to share with friends and family at home

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, the 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 CoppaFeel! 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 risk of becoming dehydrated and succumbing to sunstroke are raised.

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.

Flights

You will be flying from London to Delhi. The flying time is approx. 8 hours. Your flight information can also be found in your Account Area under 'Flights'. Your flight tickets will be emailed to you before departure.

If you choose to book your own flights, please confirm with the Charity Challenge office prior to booking any flights, otherwise you may be liable for your included group flight cost. Contact flights@charitychallenge.com for any further info or intent of booking your own flights. For any general flights questions, please refer to our main FAQs page.

Visa

Relevant visa information will be uploaded to your Account Area approximately 3 months prior to departure. The visa info is per the FCO website where a link will be provided together with a link to the visa office for that country.

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. Charity Challenge's cancellation terms will apply in all circumstances.

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire 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 Charity Challenge's recommended policy when you book, we will send you a disclaimer which you must complete and return to Charity Challenge prior to travel.

For more travel insurance questions, please refer to Charity Challenge's main FAQs page or for any specific queries please contact us at bookings@charitychallenge.com

Vaccinations & medication

Vaccinations

For up to date vaccination information please check the Travel Health Pro website:

<https://travelhealthpro.org.uk/countries>

The Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

Medication

- carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- a letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at

<https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

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.

Climate & Terrain

In October, the average daytime temperature is 15c but this can vary. The rainy season is petering off but you may still experience some rain, so good waterproofs are essential. In the evenings it will be cooler (it may even drop below 0c) so you should come fully prepared for cold nights.

The terrain is mountainous throughout, and you will be trekking on mountain paths. Taking on some treks within the UK will be excellent training for this terrain (especially in the Lake District and Snowdonia). Expect cold weather and basic conditions.

Training

Training and fitness is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. The trek takes place in a mountainous environment, so the best training advice is to get outdoors into some of the mountains of the UK to familiarise yourself with walking on rugged terrain, while carrying weight in your daypack. You need to be able to sustain around 5-8 hours of trekking for four continuous days, so replicating this over a weekend would be fantastic training. You can also look to join one of our training weekends.

Luggage allowance and valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at 20kg. Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list.

Each trekking day you will carry a daypack for your daily needs such as sun cream, lunch, water, camera, lightweight layers and 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. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged

Leadership

There will be an English-speaking challenge leader for each trekking group who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support guides and staff to assist them. The challenge leaders will be ultimately responsible for the running of the itinerary and the safety of your group.

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. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a high quality gore-tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts. Walking poles are also highly recommended, as the sections of this challenge are very tough on even the fittest knees, and descents can be tricky. We strongly recommend training with your walking poles prior to your trek. A full kit list for this challenge can be found on the website, and once you book you will have access to kit discounts with our partners Outdoorhire and Cotswold Outdoors.

Accommodation & Toilets

Accommodation

While trekking you will be staying in large 4 person tents, however two nights will be on the sleeper train. If you are traveling with a friend or partner who you wish to share with please let Charity Challenge know in advance.

Toilets

There will be basic toilets and washing facilities available at your campsite in Bir. Please bring anti-bacterial hand gel and spare tissues. During the trekking days, toilet facilities will be limited to the great outdoors!

Food & Drink

You will be served a variety of European and Indian food. All meals are healthy, nourishing and plentiful. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Sleeper Train and Overnight Coach

Train

You will be travelling up to the Himalayas by overnight sleeper train. Whilst an amazing opportunity to have a new experience, it isn't for everyone.

You will be sleeping on a 2 or 3 tier bunk bed with a mattress, pillow, sheet and blanket. There will be curtains to divide the carriage into smaller sections (of up to 6 beds), but please be aware that each train carriage will have up to 50 passengers. Every effort will be made to keep the group together but this may not be possible.

Coach

You will be returning to Delhi on an overnight coach, exclusively for the use of CoppaFeel! trekkers. Whilst the coach does not have a toilet on-board, there will be multiple stops along the route. The seats recline to an almost fully flat position to allow for sleeping. Please remember to bring your sleeping bag on board with you as the coach does not provide blankets.

Please embrace the overnight travel experience as part of the challenge and something you are 'earning' your sponsorship for!

Money

Currency: The currency is the Rupee, abbreviated as Rs, and this is known as a 'closed currency', which means that you cannot import or export Rupees out of or into the UK. 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. NB: By changing at the airport while some of the group collect the luggage you will save time – the Indian Exchanges are generally the fastest.

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.

Phone and WiFi

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

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.



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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

“

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

“

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

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Any more questions?

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