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TRIP NOTES

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DALAI LAMA HIMALAYAN TREK INDIA

Thu 05 Nov - Sun 15 Nov 2020

In aid of your choice of charity

05 Nov - 15 Nov 2020

11 DAYS | INDIA | CHALLENGING

From the madness of Delhi, travel off the beaten path, to the beauty and tranquillity of the Indian Himalaya. This unique expedition is the perfect introduction to India.

This challenge combines awesome Himalayan trekking with a visit to India's exiled Tibetan community. The trek begins and ends at the heart of the world's highest mountain range in Dharamsala, where the Dalai Lama and the centre of the Tibetan community are located.

The expedition follows the Uhl River, through rhododendron and evergreen forests, taking in Hindu settlements and isolated Buddhist monasteries. This hidden route is rarely-trekked and, as a result, remains an area of pristine and unspoiled beauty.

Consider extending your stay to explore the Taj Mahal, Keoladeo National Park and Fatephur Sikri.

- Trek in the Indian Himalayas
- Spectacular mountain scenery
- Hindu temples and Buddhist monasteries
- Experience Tibetan life
- Optional extension to the Taj Mahal, Keoladeo National Park and Fatephur Sikri

YOUR CHALLENGE DAY BY DAY

DAY 1 *Thu 05 Nov*

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International departure from London

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

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DAY 2 *Fri 06 Nov*

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Overnight train to Chakki Bank

A local Charity Challenge representative will be waiting at the airport for your transfer to the hotel. The day will begin with the chance to explore India's bustling capital, Delhi. Test your haggling skills or soak up the sights, from the Red Fort to the 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 *Sat 07 Nov*

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Dharamsala

Arriving early in Chakki Bank, it's a further three-hour transfer to Dharamsala - home to His Holiness, the Dalai Lama. Dotted with temples and monasteries, multi-coloured Tibetan prayer flags flutter in the wind. Take a clockwise kora walk of the Dalai Lama's temple and residence, with many giant prayer wheels, mani stones and colourful prayer flags. The walk will be fully guided, where you'll learn about Buddhism, the Dalai Lama and Tibetan way of life.

Accommodation: Hotel

DAY 4 *Sun 08 Nov*

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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, you'll 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, and the evening will be spent enjoying home-cooked food and bonding with your teammates.

Accommodation: Dream and Adventure Centre

DAY 5 *Mon 09 Nov*

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Trek to Majaj (Approximately 6-8 hours)

Your incredible 5-day trek begins, centred around the Uhl valley and river and situated in the shadows of some of the world's highest peaks. The trek commences 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, soaking up the 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. The 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. You will celebrate the first day of the trek around the campfire.

Accommodation: Camping

DAY 6 *Tue 10 Nov*

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

Today, you'll walk alongside shepherds and locals, before crossing the Sun Pass at 2,700m. Pushing onwards, you will follow the Thadkot River alongside traditionally farmed terraced fields and tiny hamlets.

You'll arrive into camp in time to witness a stunning Himalayan sunset as it casts shadows over the distant, snow-capped peaks.

Accommodation: Camping

DAY 7 *Wed 11 Nov*

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

Wake up beneath the snow-capped summits basking in the early morning sun. After a quick cup of delicious Himalayan tea, it's off on a winding path upwards with spectacular views of the Shivalik Mountains. The surrounding alpine pastures are strewn with wild flowers and medicinal plants.
You'll stay at an old colonial hunting lodge, used many years ago by the British and the Maharajas.

Accommodation: The lodge is used as a camp area and you will either sleep in tents or on camp beds in a basic room.

DAY 8 *Thu 12 Nov*

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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 days of the challenge.

For those still in the mood for exercise there are some great optional walks available. You can climb a nearby peak which boasts arguably the best views in the Himalayas. The group will rendezvous again in camp for the evening meal, before spending another night at the hunting lodge.

Accommodation: The lodge is used as a camp area and you will either sleep in tents or on camp beds in a basic

room.

DAY 9 *Fri 13 Nov*

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

It's the last day of your challenge and this morning is the perfect time to reflect on your journey.

Today you'll walk from Bal to Shilpadhani, a small village surrounded by thick woodland. En route you'll witness the nomadic lifestyle of the Gaddis (Himalayan shepherds) and soak up the inspiring views for the last time. You will then return to the Dream and Adventure Centre for a well-deserved celebratory meal.

Accommodation: Dream and Adventure Centre

DAY 10 *Sat 14 Nov*

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

It's the penultimate day of the challenge and with spirits high, you'll 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 serenity here before heading back to the chaos of Delhi on an overnight train.

Accommodation: Sleeper train

DAY 11 *Sun 15 Nov*

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Depart Delhi

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.

DAY 12 *Mon 16 Nov*

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Arrive Home

Today you will arrive back to the UK.

NB

Please note: There is no guarantee that you will meet the Dalai Lama during this challenge. However, if he is in residence during your trek then we will attempt to secure a visit.

The itinerary is there as a guide and may change due to factors such as flight changes, unusual weather patterns or

the strength of the group. 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.

HOW TO FUND YOUR CHALLENGE

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

SELF FUNDER	MINIMUM SPONSORSHIP	FLEXI
-	-	-
Pay a registration fee of £395.00 when you book *Then a balance of £1580.00* *(10 weeks before your challenge)* *Raise as much as you can for your charity.*	*Registration fee of £395.00 when you book* *Raise a minimum of £3225.00 for your charity.*	*Registration fee of £395.00 when you book* *Then £395.00 towards challenge costs* *(10 weeks before your challenge)* *Raise a minimum of £2420.00 for your charity.*

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A Charity Challenge T-Shirt
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- 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
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)

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)

On your challenge

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- Tips
- Departure Tax (if applicable)

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 12 weeks before departure (by 13/08/2020), and the remaining 20% within 4 weeks of completing the challenge (by 13/12/2020). 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 - 25 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 8-9 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.
Optional extras	Extensions at end of trip* Travel insurance Business class upgrades* Single room supplements* (*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 http://www.campbellirvinedirect.com/charitychallenge.

TAJ MAHAL, FATEPHUR SIKRI & KEOLADEO NATIONAL PARK – £475.0

Come and marvel at the beauty of the Taj Mahal by taking the opportunity to explore this modern wonder of the world at sunset. During your stay, you will also visit the inner citadel of Fatehpur Sikri, which boasts some of India's best Mughal architecture including temples, monuments and a huge mosque. Complete your adventure with a bird-watching safari in Keoladeo National park.

- Registration fee £50.0
- Balance £425.0

- Single Room £85.0

Level of Difficulty

The Dalai Lama 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 Challenge you will be:

- Trekking an average of 15km-20km per day.
- Going to high altitude, and reaching a maximum altitude of 3000 metres 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

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 you can relax as the stars come out.

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 an advanced and thorough safety management system. 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 Dalai Lama 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 particularly high. You should be drinking over 2L of water per day during the trekking and using sunscreen continuously.

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.

Extension

The Taj Mahal, Fatehpur Sikri and Keoladeo National Park

Come and marvel at the beauty of the Taj Mahal by taking the opportunity to explore this modern wonder of the world at sunset. During your stay, you will also visit the inner citadel of Fatehpur Sikri, which boasts some of India's best Mughal architecture including temples, monuments and a huge mosque. Complete your adventure with a bird-watching safari in Keoladeo National park.

Day 1: Keoladeo National Park and Bird Sanctuary

Today you transfer by train from Delhi to Agra on the luxury early morning fast train. The next destination is Keoladeo National Park which boasts 10,000 nests and 400 varieties of birds including spoonbills, kingfishers and painted storks. Exploring the park by cycle or rickshaw, you will also spot mammals like the sambhar, Nilgai and fishing cat roaming freely. Be sure to keep your eyes peeled for the star of the show, the National Bird of India, the peacock. After absorbing all the knowledge from the specialist nature guide, you will head to the Kadamb Kunj Resort on the outskirts of the park where you can make full use of their swimming facilities.

Day 2: Fatehpur Sikri and The Taj Mahal at Sunset

Today you can enjoy a more leisurely breakfast before heading out 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.
Next you head to the Taj Mahal, the marbled mausoleum of Emperor Shah Jahan's favorite wife. 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. You will watch the sun set over this impressive monument, marking the end of a fantastic trip.
Later, you will take the fast train back to Delhi where you will stay overnight.

Day 3: Departure to the UK

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.

Inclusions and Exclusions

Included:

- Taj Mahal entrance fees
- Safari National Park Fees
- Services of qualified English-speaking driver/guide
- 2 nights accommodation on a twin share on a full board basis

Excluded:

- Personal expenses (ie: gifts, extra soft drinks or alcohol, laundry etc)
- Tips for local team (we recommend you allow $6 per person for tipping your guide)

Please note that this extension is subject to a minimum of 4 people and flight availability and should be booked no later than 10 weeks prior to departure. Occasionally, a surcharge may need to be applied in which case we will inform you prior to confirming your booking. Full payment must be received no later than 8 weeks prior to departure or your place on the extension may be cancelled. All bookings will be confirmed no later than 6 weeks prior to departure.

The advertised costs for this extension are per person on twin sharing basis. If you are a solo passenger, we will try to accommodate you in a room with someone of the same gender. If this is not possible, you will be charged a single supplement of £85

* Please note that we reserve the right to change accommodation. Where this is necessary, alternative accommodation will be of an equal or better standard.

Flights

You will be flying from London to Delhi. The flying time is approx. 8 hours if flying non-stop. 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.

Please note: Timings of the group flights are subject to change. Please take this into consideration when booking additional services, such as internal transfers to departure airports.

Visa

If your expedition ventures to a country which requires a visa, this information will be uploaded to your online account area 3 months prior to departure. The visa information 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 our 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 our 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
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

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.

August/September - In the Himalayas, the average daytime temperature is 20c 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 (approx 5c); however, you will have campfires and eat inside the dining tent.

October/November - In the Himalayas, the average daytime temperature is 15c but this can vary. There is little rain (average 7mm) at this time of year but you may well still experience some rain so waterproofs are optional. It is likely to drop below 0c in the evenings, and so you should come fully prepared for cold nights.

Terrain

The terrain is mountainous throughout, you will be trekking on mountain paths. Taking on some treks within the UK will be excellent training for this terrain. 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 4-7 hours of trekking for 5 continuous days. If you can then replicating this over a weekend would be fantastic training. You can also look to join one of our training weekends.

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

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, 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. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance, passport, visa etc.) in case they get lost or damaged

Leadership

There will be an English-speaking challenge leader 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 leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

Each group is intended to be 10 people minimum in order to run and a maximum of approx. 25 people. We will be able to run this challenge for 8 to 9 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).

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. Camping mattresses are provided locally. 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 these 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 Outdoor.

Accommodation & Toilets

Accommodation

While trekking, you will be staying in two-person tents and camping mattresses are provided. The hunting lodge on days 7 and 8 is used as a camp area. Usually, you will still camp in a two-person tent in the grounds of the lodge however, sometimes camp beds and mattresses are set up within the lodge. 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.

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. At the hunting lodge there will be basic bathrooms and washing facilities. Along the trekking route, 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.

Money

Currency: The currency is the Rupee, abbreviated as Rs. This is a 'closed currency', which means that you cannot import or export Rupees. 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. Credit cards are not the most convenient form of payment or method for withdrawing cash. However, we recommend having a credit card with you in case of emergencies.

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 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 additional activities. 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.

Tipping: Tipping is personal and at your sole discretion. We recommend approx. US$10 per person per challenge-day. This should be given to the challenge leader 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 limited throughout the challenge. You will not have WiFi in the basic accommodation 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.

“

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?

Contact us:

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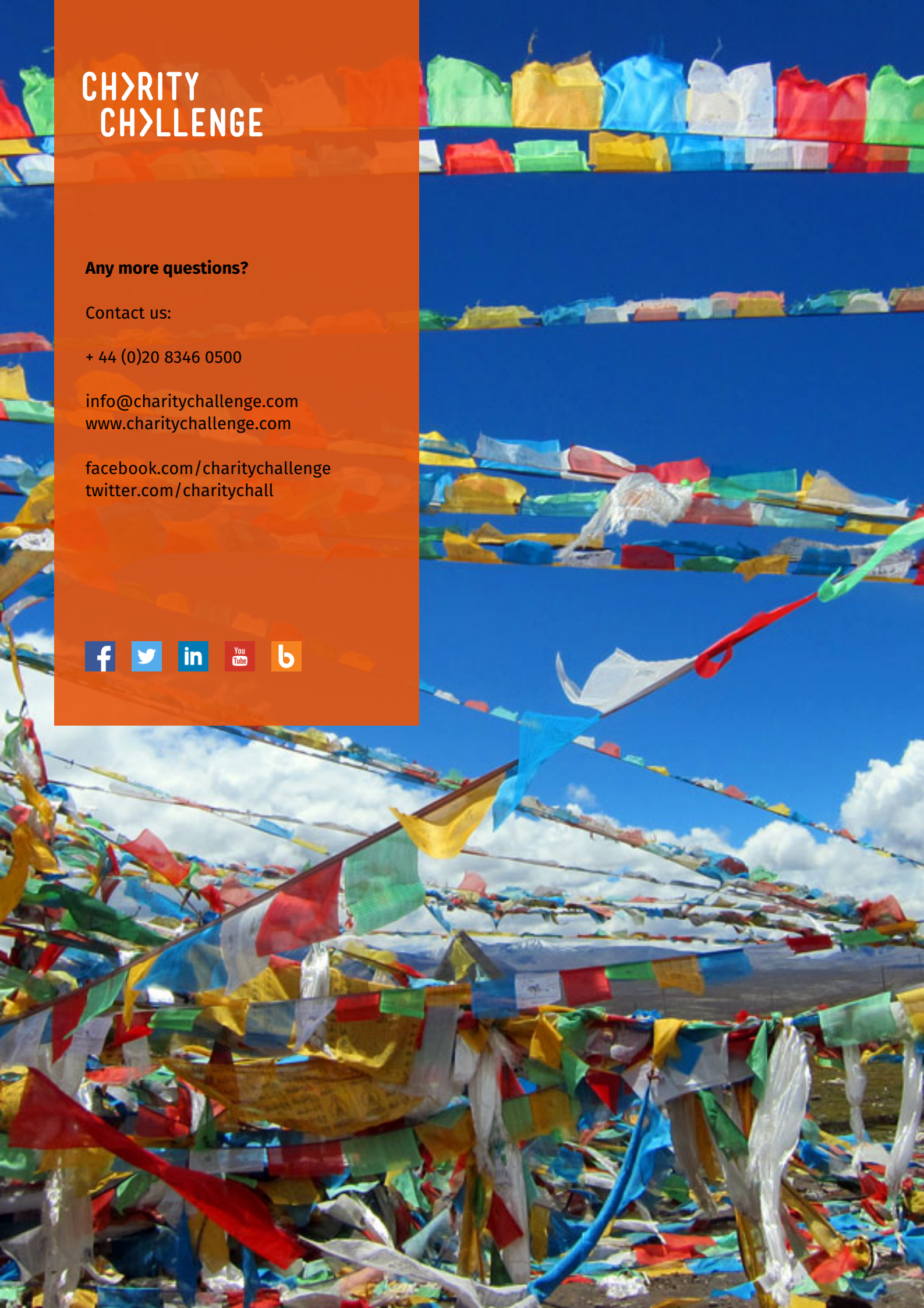
info@charitychallenge.com
www.charitychallenge.com

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