

CoppaFeel!
breast cancer awareness



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**COPPATREK! INDIAN HIMALAYAS
INDIA**

Sat 09 Nov - Sun 17 Nov 2024





In aid of CoppaFeel!

09 Nov - 17 Nov 2024

CoppaFeel!
breast cancer awareness

9 DAYS | INDIA | CHALLENGING

From the madness of Delhi, to the beauty and tranquillity of the Indian Himalaya, this unique expedition is the perfect introduction to India and will challenge you both mentally and physically.

This challenge begins and ends in the heart of the Dhauladar mountain range, with breathtaking views of the snow-capped peaks, magnificent woodland trains and beautiful pine forests.

Please ensure 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, 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.

- Trek in the Indian Himalayas
- Gasp in awe at spectacular mountain scenery
- Challenge yourself both physically and mentally
- Experience Tibetan life
- Support CoppaFeel!'s mission to stamp out late breast cancer diagnosis and give everyone the best possible chance of survival

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 09 Nov

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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 Sun 10 Nov

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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. This afternoon, you will have a chance to meet the local crew and your trekking teams. Enjoy an early welcome dinner before heading to the train station, for an overnight sleeper train to Chakki Bank. Your overnight train to Chakki will depart mid Evening (approx 8pm) and will arrive early morning (approx 3am).

Accommodation: Sleeper train

DAY 3 Mon 11 Nov

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Transfer to Bir and Orientation Walk

Arriving early in Chakki Bank, you will transfer (approx 4 hrs) to your campsite at Bir (1,370m), 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. This evening, you will have a full trek briefing before a traditional Indian mountain dinner served in a local style with a delicious array of dishes.

Accommodation: Camping

DAY 4 Tue 12 Nov

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Mangroliar to Bir (7-8 hours trekking, Altitude 1700m +/-330m)

After a short transfer to the start of the trek, you will begin the hike at Mangroliar (1,370m). 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 on a steady climb through ancient forests and along the ridgeline to Sherabling monastery, where you will marvel at the impressive three-storey tall gold-plated Buddha, to the backdrop of the impressive snow-capped Himalayan mountains with breathtaking panoramic views.

Walk along a rugged mountain path, and along the top of a ridge to witness the Dhauladhar range, a high point where you will see many high peaks and the valleys and foothills below. Following lunch start your descent through the alpine forest until you reach farmland where you will witness an unchanged way of life dating back centuries. (Elevation +330m/-330m)

Accommodation: Camping

DAY 5 Wed 13 Nov

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Bir to Billing (6-7 hours trekking, Altitude 2400m +/-1000m)

Setting off from the camp (1,370m) early, you will follow mountain routes up through rhododendron forests and oak woodlands on a 1,000m ascent to reach an amazing Himalayan pass with great views surrounding you at 2,400m above sea level. Today's route is very demanding with steep inclines and rugged trails created by nomadic tribal shepherds, but you will be rewarded with 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 landscapes, make sure you keep your eyes peeled for local wildlife (Especially for signs of leopards and pumas) before taking on a gradual 1,000m descent back to camp.

Back in camp, you will be able to swap tales about your day's experience over dinner. As the sun sets and the night draws in, the shining stars will be a sight to behold and treasure. (Elevation + 1,000m/-1000m)

Accommodation: Camping

DAY 6 Thu 14 Nov

-

Chaina Pass and Seven Sister Pass (8-9 hours trekking, Altitude 2,757m, +1,350m/-350m)

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)! You will take on your longest ascent today of 1,350m. The high ranges will surround you throughout the day with their towering peaks including Mun (4610m), Riflehorn (4,400m), Arthur's Seat (4525m) and many more. Make sure you re-fuel at dinnertime ahead of tomorrow's final trekking day. (Elevation +1,350m/-350m)

Accommodation: Camping

DAY 7 Fri 15 Nov

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Valley Pass (7-8 hours trekking, Altitude 2165m, +/-800m))

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 a challenging 800m 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, we embark on the last leg of the challenge to 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 to immerse yourself in and enjoy! It will be a magical celebration to mark the end of an amazing challenge for CoppaFee! (Elevation +/- 800m)

Accommodation: Camping

DAY 8 Sat 16 Nov

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Train and overnight in Delhi

This morning an early start, enjoy your last camp breakfast before you transfer to the train station to board a fast train back to Delhi (06:30/07:00 departure for a 4 hour transfer to the train station). You will depart on an afternoon train that will take approx 5 hours to reach Delhi.

On arrival into Delhi, transfer to the hotel to check in before Dinner and a good nights rest before an early departure to the airport for your homeward bound journey.

Accommodation: Hotel in Delhi

DAY 9 Sun 17 Nov

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Arrive Home

Following breakfast, an early transfer 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 either at the beginning or end of the trekking days. These will be staggered starts for each trekking 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 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.

Pay a non-refundable registration fee of £450 when you book and pledge to raise £3,599.00 for CoppaFeel!.

This is broken down as follows:

- You are required to raise a minimum sponsorship of £1,763 for CoppaFeel! to be received by the charity, 12 weeks before departure date (by 16/08/24).
- Pledge to raise the remainder of the sponsorship target (a further £1,835) within 4 weeks of completing the challenge (by 14/12/2024).
- If you have raised the necessary funds by 17th August, CoppaFeel! will then pay the balance of your expedition costs (equal to 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

- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes
- 16 and 20 week trek/bike training schedule

ON YOUR CHALLENGE

- Accommodation during the challenge (usually in twin share)
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity
- Drinking water on challenge days
- English-speaking first aid trained challenge leaders and full local support team
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- International flights to and from the UK.

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

ON YOUR CHALLENGE

- Tips
- Departure Tax (if applicable)

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 CoppaFeel Himalayan Trek Challenge you will be:

- Trekking up to 20km per day.
- 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
- Camping with very basic facilities

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 rugged mountain paths and exposed trails. Most days will involve around 1-3 steep ascents and descents upto 1,350m in climbing (the height of Ben Nevis). You will have regular water and snack stops and will be taking on a slow and steady pace, but you will need to be able to take on some challenging ascents. 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. Dinner will be prepared and you can relax as the stars come out.

The group will be split into 4 smaller teams of 30 people. Each day you will set off on the trek in groups staggered by approximately 20minutes to avoid overlapping on the trail. You will be camping out of one campsite and so some transfers will be required to reach the trek start each day. You will be required to carry your day pack each day (approx 30l Day Pack with waist straps) with your water (approx, 2litres, first aid kit, waterproofs, layers and other essentials, roughly 6-7kg of kit so please prepare for that). Prepare for cooler starts, cold nights but fairly warm/hot mid days.

Post Challenge 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

This morning will be a very early start (04:50) as you check out of the Delhi hotel for a 10 minute walk to the Train Station (be prepared to carry all your kit, trek bags can stay at hotel). Your Train will depart Delhi at 6am to Agra on the luxury early morning fast train (2 hours). 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 to arrive late evening (approx 11pm) 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 we reserve the right to change accommodation. Where this is necessary, alternative accommodation will be of an equal or better standard. You will be required to walk from the hotel to the Train station so please be prepared to carry all your kit with you at all times.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on).

They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting

medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

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

- You will be trekking in a remote area without easy access to medical facilities
- You will be trekking ascents of 1200m at a highest altitude of 2,800m.
- You will be taking an overnight train in 4 berth public carriages to get to Dharamsala.
- 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.

When on the Challenge please do not drink water from the taps, or eat food not supplied by our team or the hotels, as they can potentially upset stomachs. Please be prepared for the heat as well as the cold.

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.

Visa

Relevant visa information will be uploaded to your Account Area approximately 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.

Passport Details

We will be submitting final name lists to book trains by the **24th June 2024**. Train Tickets will need to be booked with **Full Valid Passport Details** so please ensure you have your valid passport updated and submitted to us by then. If you need to renew your passport please leave plenty of time to allow your new passport to be received by this deadline.

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 so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

Insurance

It is important that you apply for travel insurance as soon as you sign up to the Challenge. 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

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. Bringing Warm layers is essential for the evenings but also for when you are trekking and reach high altitudes. It is easy to cool down quickly when you are in the mountains taking a break and so be prepared to carry those warm layers on you for the days hike.

Terrain

The terrain is mountainous throughout, you will be trekking on mountain paths which will be rocky and uneven underfoot. Some trails will be narrow, single file. Taking on some treks within the UK will be excellent training for this terrain. Expect cold weather and basic conditions. You will be taking on Ascents of upto 1,300m on numerous days (equivalent of trekking up Ben Nevis and back) and so please be prepared for this in your training.

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](#)

Can I Leave Luggage in Delhi Hotel?

All Luggage needs to be on each individual at all times. This means no luggage can be left in storage in Delhi prior to the trek to pick up on the return. You will need to be prepared to carry all your bags for at least 10-20 minutes at a time, as you will be walking around the train station and to and from the coach which will require 10-15 minute walks with no porters available.

Those that are on the organised extension you will need to pack light for your Taj Extension as there is no guarantee

that the Delhi hotel will be able to store any trek luggage while you are on the extension. The hotels have limited space and it will be on a first come first serve basis.

Luggage allowance and valuables

The luggage allowance for the airlines will vary and maybe more than what we are able to cater for on the several modes of transport you will be taking. We recommend keeping your luggage to 1 x Checked in piece of no more than 20kg and your Day pack to carry on the plane. Any more than this we may not be able to accommodate this on the trains and coaches - details of what to pack are provided in your kit list.

Please label your luggage so your name is clearly marked to help us allocate your bags in the correct coach. Having a bright luggage tag will help find your bag at arrivals in Delhi.

You will need to be able to carry your bag on and off the train and to and from the coach to the campgrounds so a comfortable bag that is able to be carried is essential. All your items need to fit into one bag to reduce the risk of loss of any items that are not within your main bag. 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

Portable chargers or power banks containing a lithium ion battery must be packed in carry-on bags. Specific regulations regarding power banks may vary depending on the airline, the country you're traveling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks

Leadership

There will be an English-speaking challenge leader for each team who will be responsible for the logistics and coordination 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

The group will be 91 people minimum and a maximum of approx. 120 people. The group will be divided into 4 teams. Each day you each team will trek the same route but staggered by 30 minutes per 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. 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 at one campsite in Bir and sleeping in tents with 3-4 people sharing per tent. Camping mattresses are provided. One night will be on a sleeper train and at the end of the challenge, you will be staying in slightly more comfortable hotel accommodation on a twin share basis. If you are travelling 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!

Sleeper 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.

We will be submitting final name lists to book trains at 4 months and 2 weeks prior to your departure so please ensure your name on your booking is correct for us to book your train tickets for you and that we have full valid passport details.

Food & Drink

You will be served a variety of European and Indian food. You will not be served Pork or Beef but plenty of chicken and mutton. Where we are not able to cater a Meat meal we will have plenty of protein substitutes.

We will have one Pasta night, Gluten Free Pasta is difficult to find in India and so if you wish to bring your own then we will happily cook this for you. The alternative will be rice.

All meals are healthy, nourishing and plentiful. Please let Charity Challenge know prior to departure if you have any

specific dietary requirements or allergies.

It is extremely important that we are aware of any nut allergies when you sign up to the trek.

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 so please bring GBP Cash to exchange at the Airport on arrival. It is best to ensure that you have enough cash with you prior to starting the challenge. **You will be able to withdraw/exchange money at the airport and then after this there may not be an opportunity to withdraw/exchange anymore cash. We recommend you withdraw all cash including money for tips at Delhi Airport as there maynot be a chance after this. (£250.00 - £300.00)**

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 £250 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. £10 per person per challenge-day (Approx. £70.00). 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.



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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

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Any more questions?

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