

Crisis

Homelessness ends here



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

INDIAN HIMALAYAN TREK
INDIA

Mon 16 Nov - Thu 26 Nov 2026





In aid of Crisis

16 Nov - 26 Nov 2026



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 cultural emersion through remote villages and local communities.

The expedition follows the Uhl River, through rhododendron and evergreen forests, taking in Hindu settlements and isolated Buddhist monasteries. This hidden route is rarely-treked 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 awesome Indian Himalayas
- Witness spectacular mountain scenery on this five day trek
- Explore Hindu temples and Buddhist monasteries
- A route rarely-treked, resulting in an area of pristine and unspoiled beauty
- Optional extension to the Taj Mahal, Keoladeo National Park & Fatephur Sikri

YOUR CHALLENGE DAY BY DAY

DAY 1 Mon 16 Nov

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International departure from London

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

DAY 2 Tue 17 Nov

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Overnight train to Pathankot

We arrive in India's bustling capital, Delhi. A local Charity Challenge representative will be waiting at the airport for your transfer to the hotel to wash, change and freshen up.

After a team briefing we will sample India's finest cuisine with a banquet lunch enjoying the tastes and smells of India and learning a little about the different flavours of different parts of India. We have a little time in the afternoon to soak in the hustle and bustle of Delhi and some of the sights. After our team dinner we head to our overnight sleeper train to Pathankot. (D)

Accommodation: Sleeper train

DAY 3 Wed 18 Nov

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Dharamsala

Arriving very early in Pathankot, it's a further three-hour transfer to Dharamsala where you can explore the town, dotted with temples and monasteries, multi-coloured prayer flags fluttering in the wind. Test your haggling skills as we wander the colourful vibrant markets supporting local artisans. (B,L,D)

Accommodation: Hotel

DAY 4 Thu 19 Nov

-

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.

We will take a warm up walk and explore the picturesque community of Bir, following the foothills of the Himalayas. We will visit some famous buddhist monasteries with carvings and amazing thangka paintings. If possible we will try to see a puja, with chanting and prayers, in the sacred and colourful prayer room.

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. (B,L,D)

Accommodation: Dream and Adventure Centre

DAY 5 Fri 20 Nov

-

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 (2,400m), an ancient trading route. You will stop for a picnic lunch in beautiful meadows, soaking up the great views of the mountains and surrounding peaks.

We will cross the pass, and head down towards the valley, passing through ancient tribal Himalayan villages of the Gaddi tribe. We will stop to say hello at the local mountain school. We reach the river Uhl and our camp for the night. We watch the sunset turning to crimson over the valley. Sitting around the campfire we share the stories of a special day in the Himalayas. (B,L,D)

Accommodation: Camping

DAY 6 Sat 21 Nov

-

Trek to Shanag, maximum altitude 2,400m (approximately 6-8 hours)

Today, you'll walk alongside shepherds and locals, before crossing the Sun Pass at 2,400m. Pushing onwards, you will follow the Uhl River alongside traditionally farmed terraced fields and tiny hamlets.

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.

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

Accommodation: Camping

DAY 7 Sun 22 Nov

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Trek to Bahrua, maximum altitude 2,750m (approximately 6-8 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.

Following the valley and river we wind our way higher into the mountains. We reach a small village, the last in the valley and only the local Gaddi tribe stay here in the summer months and migrate away during the snowy winters.

Our mountain camp is set up especially for you at the high point in the Himalayan mountains. (B,L,D)

Accommodation: Camp

DAY 8 Mon 23 Nov

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Rest day or optional 10km trek, max altitude 3,000m (approximately 5 hours)

The maximum altitude we reach today will depend on weather conditions.

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 ridge which boasts arguably the best views in the Himalayas. The group will rendezvous again in camp for the evening meal. (B,L,D)

Accommodation: Camp

DAY 9 Tue 24 Nov

-

Trek to Billing and Bir maximum altitude 2,750 m (approximately 5-6 hours)

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

We cross 2 passes today. En route you'll witness the nomadic lifestyle of the Gaddis (Himalayan shepherds) and soak up the inspiring views for the last time.

We will walk along the track until we reach Chaina Pass. We will then climb a little higher to a 'secret' ridge above the pass which has one of the most spectacular views of the challenge. This is a great place for some photos as a group.

For those that want we will climb a little higher to a hidden goddess temple. One of the ancient 7 sister goddesses that protect and live in the mountains. Our knowledgeable local team will tell you the history and legends of the mountains.

We will then follow the track and ridge and cross our last pass towards Billing. Following the rhododendron forest downhill which will be blazing red and scarlet we will descend back to Bir for a well deserved celebration.

You will then return to the Dream and Adventure Centre for a well-deserved celebratory meal. (B,L,D)

Accommodation: Dream and Adventure Centre

DAY 10 Wed 25 Nov

-

Dream and Adventure Centre to Baijnath Temple 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 here we head back to the chaos of Delhi on an afternoon fast train. (B,L,D)

Accommodation: Hotel

DAY 11 Thu 26 Nov

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Depart Delhi and arrive 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. Depending on your departure time you will either arrive home today or tomorrow. (B)

NB

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.

Minimum sponsorship

LBG will be covering the cost of your challenge, so there's nothing for you to pay.

By booking, you're committing to raise as much as you can for Crisis.

As there is a cost to LBG for your place, please let both Charity Challenge and LBG know as soon as possible if you're no longer able to join the challenge. This will give the best chance of filling your spot.

What's included?

Before you go

- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes

On your challenge

- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- 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
- An English speaking first aid trained challenge leader 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, medal and buff

What's not included?

Before you go

- Visa
- Travel to and from the London airport of departure
- Any required vaccinations

On your challenge

- Tips

Level of Difficulty

The Indian 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 Indian Himalayan Trek 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 Indian Himalayan Trek, 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.

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. We will need to submit full passport details and so please ensure you have up to date and correct passport details into us by then. Any bookings after this date will be subject to available train tickets.

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.

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.

E-arrival card: Indian immigration have introduced a e-arrival card (rather than an old paper card that you used to complete on the plane). Sources state it should be completed in the 72 hours (3 days) before travel. The e-card can be completed here: [e-Arrival](#).

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

Lloyds Banking group will provide travel insurance for this challenge. Please do not fill in any insurance details or purchase separate insurance.

If you are planning on booking onto the extension, you will need to take out your own separate insurance policy.

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.

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.

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>

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 always needed. 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.

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.

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. As per the kit list please use a rucksack or duffle bag, not a suitcase. 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 with each group of 30 trekkers, who will be responsible for the logistics and co-ordination of your challenge. There will also be a UK doctor and 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

Your group will consist of 60 people, and you will walk in two groups of 30 trekkers.

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.

Please click [here](#) for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including [Outdoorhire](#), [Cotswold Outdoor](#), [Snow + Rock](#), [Water to Go](#), [Sporttape](#) and [Nomad & MASTA](#).

Accommodation & Toilets

Accommodation

While trekking, you will be staying in two-person tents and camping mattresses are provided. 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. 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. You will be able to withdraw money at the airport and then after this there may not be an opportunity to withdraw anymore cash.

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 (not including tips), plus a credit card for emergencies. Please change your cash into local currency when you are waiting for your luggage in Delhi airport and keep your exchange receipt so you can change leftover rupees back to GBP when departing Delhi. 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. £90.00) paid in local currency. This should be given to the challenge leader who will distribute it among the support team, including guides, assistant guides, cooks and porters.

Extension - Taj Mahal, Fatehpur Sikri and Keoladeo NP

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. 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: To Agra and the Taj Mahal

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 Keoladeo National Park and Bird Sanctuary

Today you head 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.

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.

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. Depending on your departure time from Delhi you will either arrive home today or tomorrow morning.

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 £10 per person for tipping your guide)

Please note that this extension is subject to minimum numbers of 4 people, flight and ground availability and **should be booked as soon as possible**. 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 10 weeks prior to departure or your place

on the extension may be cancelled. Extensions are not part of the main challenge. If we cannot offer an extension for any reason and you wish to cancel your challenge due to unavailability, Charity Challenge's full terms and conditions will still apply.

The advertised costs for this extension are per person on twin sharing basis. If you are a solo passenger we will accommodate you in a room with someone of the same sex. Single supplements are available.

The cost of the extension (registration fee and balance) are subject to Charity Challenge's standard terms and conditions.

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.

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.

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-existing 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.



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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?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

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