CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

DALAI LAMA HIMALAYAN TREK INDIA

Fri 31 Mar - Mon 10 Apr 2028





In aid of your choice of charity

31 Mar - 10 Apr 2028

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
- Witness spectacular mountain scenery on this 5 day trek
- Explore Hindu temples, Buddhist monasteries and Tibetan Life
- A route rarely-trekked, 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 *Fri 31 Mar*

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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 *Sat 01 Apr*

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Overnight train to Pathankot

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. We will sample Indian cusine starting with a banquet lunch and then we'll spend the afternoon soaking 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 Pathankot (also known as Chakki Bank).

Accommodation: Sleeper train

DAY 3 *Sun 02 Apr*

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Dharamsala

Arriving at dawn in Pathankot, 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 *Mon 03 Apr*

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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.

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.

In the late afternoon, there will be time to explore, as well as relax in the grounds of the tea plantation. The evening will be spent enjoying home-cooked food, watching the paragliders float from the skies, and bonding with your teammates.

Accommodation: Dream and Adventure Centre

DAY 5 *Tue 04 Apr*

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Trek to camp 360(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.

From the top of the ridge, the mountains surround us with incredible 360 views. This is our home for the night, at camp 360.

Accommodation: Camping

DAY 6 *Wed 05 Apr*

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Trek to Majaj, maximum altitude 2,400m (approximately 6-7 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.

You'll arrive into camp in time to witness a stunning Himalayan sunset as it casts shadows over the distant, snow-capped 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, including the griffin vulture, monal, golden eagle and the lammergeier. A lucky few may also spot musk deer, or even a puma or a Himalayan bear!

Accommodation: Camping

DAY 7 *Thu 06 Apr*

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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 up higher into the mountains until we reach a small village. This is the last village in the valley inhabiting by the Gaddi people in the summer months before migrating away in the snowy winter.

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 *Fri 07 Apr*

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Rest day or optional 10km trek, max altitude 3,000m (approximately 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 *Sat 08 Apr*

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Trek to 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 knowledgable 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 *Sun 09 Apr*

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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.

Enjoy the serenity here before heading back to the chaos of Delhi on an afternoon fast train. Evening to enjoy Delhi.

Accommodation: Hotel

DAY 11 *Mon 10 Apr*

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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.

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 £475.00 when you book *Then a balance of £1788.00 (10 weeks before your challenge)* *Raise as much as you can for your charity.*	*Registration fee of £475.00 when you book* *Raise a minimum of £3649.00 for your charity.*	*Registration fee of £475.00 when you book* *Then £475.00 towards challenge costs (10 weeks before your challenge)* *Raise a minimum of £2680.00 for your charity.*

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £250.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- 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.
- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Access to your own password protected account including support materials and training schedules
- Access to training weekends (optional and at additional expense)
- Fitness training notes
- Fundraising advice
- Public liability insurance
- Risk assessment and emergency management planning

On your challenge

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- Accommodation during the challenge (usually in twin share)
- 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
- A donation to a community project in one of the countries in which we operate
- An English speaking first aid trained challenge leader and full local support team
- Drinking water on challenge days
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line
- International flights to and from the UK, in economy class (see air tax exclusion below)

WHAT'S NOT INCLUDED

Before you go

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On your challenge

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Contribution towards air taxes and fuel element (please see the section below on "Air Tax and Fuel Element Contribution")
- Tips
- Departure Tax (if applicable)

THE DETAILS

Registration fee in instalments	The first instalment of £237.5 is due at the time of booking. The second instalment of £237.5 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online.Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.
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 07/01/2028), and the remaining 20% within 4 weeks of completing the challenge (by 08/05/2028). 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.

Air tax and fuel element contribution	The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.
Typical group size	The typical group size is 17 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 17 participants. We can run this trip with 10-16 people, but there will be a small group supplement of £95. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.
Optional extras	Business class upgrades* Travel insurance Extensions at end of trip* 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. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

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 - 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 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 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.

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.

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.

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.

Additional documentation required:

E-arrival card: Foreign nationals arriving in India must complete ane-arrival cardonline before reaching immigration. The online e-arrival card can be completed up to 72 hours before you arrive. You should complete the online process in advance to avoid delays at the airport. More details areavailable on theIndian visa website. The e-arrival card is not a visa, and you will still need a separate valid visa

Ebola: As a public health measure, India has introduced health screening measures, including completing a mandatory Self-Declaration Form for all international passengers arriving in India. The Self-Declaration Form should be completed up to 24 hours before arrival through the Air Suvidha Portal. If you don't complete the form before you arrive, expect delays.

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.

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

Prohibited items in India

It is illegal to bring any of the following items into India:

- Satellite phones
- Handheld GPS devices such as a GARMIN In-Reach or SPOT
- Drones
- Vapes

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 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. 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 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 17 people minimum in order to run and a maximum of approx. 30 people. We will be able to run this challenge for 10 to 16 people by charging a small group supplement of £95 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.

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. 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. You will be able to withdraw money at the airport and then after this there maynot 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 locally currency. 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.

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-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.







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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

CHARITY CHALLENGE

Any more questions?

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