



HOSPICE AT HOME
WEST CUMBRIA

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The challenge of a lifetime, for
Hospice at Home West Cumbria

DALAI LAMA TREK

TREK THROUGH THE
INDIAN HIMALAYAS

 **GLOBAL
ADVENTURE
CHALLENGES®**

01244 676 454

GLOBALADVENTURECHALLENGES.COM

KEY INFO



Duration: 11 days - 24 Oct - 3 Nov 2019

Distance: Approx. 52km

Challenge Grade: Challenging ①

Location: India

CHALLENGE HIGHLIGHTS

- Discover stunning views of the Himalayan mountains
- Visit the one of the iconic New Seven Wonders of the World, the Taj Mahal
- Experience Tibetan life and visit local monasteries
- Trek through unspoilt landscapes and immerse yourself in astounding architecture
- Experience true Indian culture
- Celebrate achievements in Dharamsala

THE CHALLENGE

A fantastic five day trekking adventure through the colourful region of North India, which lies in the heart of the world's highest mountain range. Spectacular, spiritual and sublime - just some of the words to describe this fascinating country. Explore the Kingdom of Gaddi, pass Hindu temples and Buddhist monasteries with the spectacular Himalayan mountain range as our backdrop. We end this incredible challenge with time to explore the incomparable Taj Mahal, the greatest monument to love ever built, so join us and discover India!

Day 1

We depart the UK for our flight to Delhi.

Day 2

Delhi and overnight train to Pathankot

We arrive in Delhi and transfer to our hotel to freshen up, then we are free for the rest of the day to explore. In the evening, we will have dinner at a local restaurant before transferring to the railway station to board our sleeper train to Pathankot.

Day 3

Pathankot and transfer to Dharamsala

We arrive in Pathankot early morning, then transfer by coach (2-3 hours) to Dharamsala - home to the Dalai Lama - stopping for breakfast en-route. We have a free day to explore this fascinating town, which has an obvious Tibetan influence with monasteries and Himachalie shops. We enjoy dinner as a group and prepare for the start of our trek tomorrow.

Day 4

Dharamsala to Kareri (2,070m)

After an early breakfast, we begin our trekking challenge! The first few kilometres are undulating and then we make a steep descent through dense pine forest to Ghare Village. We take the bridge over a small mountain stream where we stop for lunch. Following lunch, there is a steep ascent to the top of the ridge where we'll be rewarded with some great views of the valley below. We push on trekking until we reach Kareri Village, where we set up camp in a lovely meadow next to the Laund River.

Trekking distance - approx. 12km/7-8 hrs

Day 5

Kareri to Bal Village (2,330m)

We begin with a gradual ascent to a charming village, where we receive a warm and friendly greeting by locals. We also have time to stop for a cup of tea (hot, sweet Chai) and take in the spectacular mountain views. We trek on through the open meadows and pine forests and cross the suspension bridge before a steep ascent takes us to Bal Village - the breathtaking views will definitely take our minds off the challenging trek! Upon arrival in Bal, we pass through the village along the terraced fields to our campsite alongside a rushing river.

Trekking distance - approx. 11km/7-8 hrs

Day 6

Bal Village to Triund (2,995m)

We begin our day's trek by crossing over a bridge, then take a steep ascent through the rhododendron and pine forest until we reach a small Chai shop where we can stop for a quick cuppa! We push on with our ascent, past the Gaddi people taking their cattle to the high pastures. There are spectacular views back to Dharamsala. Our camp in Triund is set high up on an alpine meadow, facing the snow-capped peaks of the surrounding Dhauladahr range. The perfect location to relax after a tough day's trekking!

Trekking distance - approx. 11km/8-9 hrs





EXPLORE THE FOOTHILLS OF THE HIMALAYAS AND DISCOVER THE SPIRITUAL HOME OF THE DALAI LAMA

Day 7

Triund to Laka Got (3,550m)

Today we trek to Laka Got, the site of a temporary shepherd camp in the summer. Initially the trail is steep up to a small shrine dedicated to a Goddess, but then our ascent becomes more gradual as we head towards the Snowline Café. We then descend from the café to Laka Got. We continue descending as we make our way back to Triund to spend one more night in the best campsite of the challenge!

Trekking distance - approx. 9km/6-7 hrs

Day 8

Triund to Bhagsu Nag

Today is our last trekking day with breathtaking views of the valleys and snow-capped peaks. We have a steep descent to Bhagsu Nallaha stream, where we cross the river with the help of our guides, then push on until we reach a pretty waterfall. We continue to the village of Bhagsu Nag, which has a lovely temple and natural springs and is where our trek finishes. We then take a short walk to our hotel and we toast our achievements this evening at our celebratory meal.

Trekking distance - approx. 9km/5-6 hrs

Day 9

Dharamsala to Pathankot and overnight train to Delhi

A free morning in Dharamsala to take in a visit to the Tibetan market and the local monastery. Later in the afternoon, we will transfer back to Pathankot to catch the overnight train to Delhi.

(Please note this is a complex itinerary and subject to change, including the timings and distances detailed. Mountain weather conditions, the group's ability and any other factors outside our control can impact on the schedule set out in this brochure).

Day 10

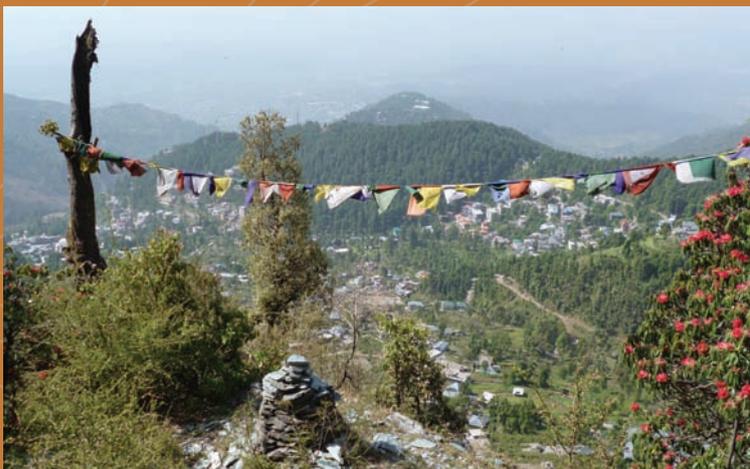
Delhi to Agra and the Taj Mahal

Upon arrival in Delhi, we transfer by bus to Agra (5 hours). After freshening up at our hotel, we are free to visit the incredible Taj Mahal situated on the banks of the Yamuna River. Voted one of the new Seven Wonders of the World, this beautiful monument was built by the Mughal Emperor Shah Jahan in memory of his wife, as a symbol of his undying love for her.

Day 11

Agra to Delhi

We take a very early transfer back to Delhi to catch our flight back to the UK, arriving the same day.



YOUR QUESTIONS ANSWERED....

Is this trip for me?

Absolutely! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Challenging (1) on our challenge grading scheme meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 5 consecutive days, and at high altitude and in varied temperatures, so a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other challengers, and train together prior to the event.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

On the return train journey from Delhi to Pathankot, we will stay in four berth air-conditioned cabins on the overnight train. While in Dharamsala and Agra we will stay in hotels; twin share with en-suite washing facilities. Whilst on trek we will be camping – all tents and camping equipment will be provided but participants are expected to bring their own sleeping bags.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots, some trekking poles and a good quality sleeping bag you do not need any specialist kit.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sunscreen, water, sun hat, camera, etc.) and your kit bag will be carried from camp to camp by our porters. You will be able to leave your main piece of luggage at the hotel in Dharamsala.

Food matters...

All meals will be provided except for lunches on Days 2, 3, 9 and 10 as these meals fall in free time. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Indian food is very varied and nutritious with plenty of vegetables.

What's included?

- Return flights from London Airport to Delhi
- Train tickets Delhi/Pathankot/Delhi in sleep class
- All accommodation and transfers
- Tents and other camping equipment (participants must bring their own sleeping bags)
- All meals on trek and celebratory dinner
- Porters/ponies to carry luggage (15kg per person)
- Cooks, professional English speaking local guides and local English speaking medic
- Global Adventure Challenges Leader from the UK

What's not included?

- Airport taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure
- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Sleeping bags
- Visa for India
- Tips and gratuities
- Monument entrance fees and donations
- Any associated local departure taxes in Delhi
- Alcoholic drinks

Can I stay in India after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first-come, first-served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing enquiries@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the trek?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides and porters. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times. A local English-speaking medic will also be joining the trek.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – the maximum altitude on this challenge is approximately 3,550m.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude, however the fitter you are the better you will cope in general whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at high altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken, acclimatisation days taken and the number of highly trained experts in the support team.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested, how do I sign up?

You can register online at www.globaladventurechallenges.com, payment of the registration fee (£349) is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

REGISTER ONLINE TODAY!

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To chat to one of the Hospice at Home West Cumbria Fundraising Team call **01900 873173** or email info@hhwc.org.uk

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