

The challenge of a lifetime...
...for the charity of your choice

India Dalai Lama

Trek



Hike the Himalayas and discover the spiritual home of the Dalai Lama...



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Explore the foothills of the Himalayas from the heart of the Dalai Lama's Tibetan community in Dharamsala...

Your trekking challenge...

...is to trek for 67km over five days through this fascinating region of North East India at the heart of the world's highest mountain range. Explore the Kingdom of Gaddi – a semi nomadic race who wander the high passes with their cattle – passing Hindu settlements and Buddhist Monasteries with spectacular views of the Himalayan mountains. We end this incredible challenge with time to explore the incomparable Taj Mahal, the greatest monument to love ever built!

Your itinerary...

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 - 14 km
7/8 hours approx.**

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, until 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 – 15km
7-8 hours approx.**





**Day 6
Bal to Triund (2,995m)**

We begin our day's trek by crossing over a suspension 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 – 14km
7-8 hours approx.**



**Day 7
Triund to Laka Got (3,500m),
return to Triund**

Today we trek to Laka Got, the site of a temporary shepherd camp in the summer, situated at the tip of a glacier. There will be an opportunity for us to take a walk on the glacier to reach Lahes Cave – an overnight shelter used by the shepherds travelling over the mountains with their sheep. We then trek back to Triund to spend one more night in the best campsite of the challenge!

**Trekking distance - 12 km
7-8 hours approx.**



**Day 8
Triund to Bhagsu Nak to
Dharamsala**

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 Nak, which has a lovely temple and natural springs and is where our trek finishes. We take a 15 minute transfer by jeep to our hotel in Dharamsala and our celebratory meal to toast our achievements!

**Trekking distance – 12km
6-7 hours approx.**



**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.

**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.

(Please note, this is a complex itinerary and subject to change)

Your questions answered...

Is this trip for me?

ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This trek has been designed to be challenging but achievable by anyone as long as you train beforehand. Remember, you are trekking for five consecutive days – the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?

On the return 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 suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots, sleeping bag and maybe some trekking poles, 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 sun-screen, 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 lunch on Day 2, lunch on Day 3, lunch on Day 9 and lunch on Day 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 to Delhi, train tickets Delhi/Pathankot/Delhi in sleeper class, all accommodation, transfers, tents and other camping equipment (participants must bring their own sleeping bags), all meals including celebratory dinner (except lunches on Days 2, 3, 9 and 10), porters/ponies to carry luggage (15kg per person), cooks, food, water and other supplies, local English speaking guide, Global Adventure Challenges leader from the UK, a full, comprehensive first aid kit.

What's not included?

Personal airport taxes and fuel surcharge – these are approximately £225 and payable 6 weeks prior to departure, personal travel insurance - it is strongly advised to take this out through Global Adventure Challenges, sleeping bags, visa (if applicable), tips and gratuities, monument entrance fees and donations, camera fees, any associated local departure taxes at Delhi Airport, alcoholic drinks and your personal kit.

Can I stay in India after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at enquiries@globaladventurechallenges.com as soon as possible. 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 sort of back-up is there?

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 if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

Will the altitude affect me?

Altitude sickness can occur at heights over 2,500m above sea level, although the more severe symptoms of altitude sickness only tend to occur at altitudes of 3,600m and above. Your physical fitness will not affect your ability to cope with altitude, but the fitter you are the better you will cope whilst in the mountains. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at 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 and the number of highly trained experts in the support team.

How do I go about raising 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 am interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee, or register online at www.globaladventurechallenges.com – all payment options and costs are explained on the enclosed 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 touch with you to discuss your fundraising.

Get ready to enrich your soul on this trek of a lifetime!

Call us on 01244 676 454

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