



Trek for 5 days in the Annapurna region and give something back:

Nepal Himalaya Trek & Hospice Project

30 October - 10 November 2021



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Trip Overview

You will fly from London on an indirect overnight flight to Kathmandu, the capital of Nepal, where you will enjoy a welcome dinner and a good rest at a central hotel.

The next two days will be spent at a non-profit organisation in Kathmandu which offers services to terminally ill patients, and their families. It was set up by a team of local doctors in 2000 to provide free-of-charge medicine, therapies and support to those in need. The typical tasks you will be involved with include basic refurbishment such as repainting rooms and improving kitchen or bathroom facilities, gardening and general maintenance. Full details will be confirmed nearer the time.

Once your project activities are complete you will have a good night's rest and transfer to the picturesque lakeside town of Pokhara from where the next part of your challenge begins.

Starting in nearby Nayapul you commence a five-day trek in the stunning Annapurna area of Nepal where you will discover the local culture while enjoying views of the snowy peaks of the Annapurnas; a highlight will be the panoramic sunrise views which unfold from Poon Hill (3400m), the highest point on the trek. Staying in quaint locally-owned teahouses during the trek is also a fantastic opportunity to experience the incredible hospitality of the local people.

After completing the trek, you will return by road to Kathmandu and enjoy a farewell dinner and final night in Nepal before your flight home the next day.





Trek details

How tough is the trekking?

This trek is graded *challenging* because of the combination of long days trekking over varying terrain (including some days where you will trek uphill all day), the changeable climate and the basic conditions at the teahouse accommodation. Each day's trek is between 5 and 8 hours in duration (variable depending on group pace).

What is the terrain like?

The first two days you will gain altitude so you will spend more time going uphill. On day three you will spend the morning ascending and the afternoon descending, and the final two days will be descending. It is essential that your training includes plenty of hillwalking and trekking up gradients over consecutive days in order to condition your muscles to this type of exertion. Underfoot you will find stony trails, muddy forest floors, rocky steps or scree slopes. In some places it will be very dusty (bring a 'Buff' to cover your nose/mouth). There are some suspension bridges to cross.

Altitude

You will slowly ascend to an altitude of 2800m, then trek to the highest point on the trek at 3400m (Poon Hill) where you will spend a short period of time before descending back to 2800m. Despite 3400m being within the agreed threshold for high altitude (3000m+), your time at this altitude is very limited so you are unlikely to feel symptoms of altitude exposure. Your local guides are experienced in spotting altitude related symptoms but please speak up if you are concerned about how you feel.

Support during the trip

Who accompanies us?

You will be accompanied throughout the trek by English-speaking local Sherpa guides who have an excellent knowledge of hiking in the region. The guides are first aid trained and will support you throughout your journey, sharing their experience and wisdom with you. You will also be supported by a team of assistant guides and a Different Travel UK tour manager. Your luggage is carried by a team of local porters.

Where will we stay?

You will stay at hotels in Kathmandu (4 nights) and Pokhara (2 nights) which have en-suite facilities and tea houses with shared bathroom facilities during the trek (4 nights).

What about meals?

All your meals are included, as specified on the itinerary. During the trek the food is plentiful although the teahouses tend to offer similar menus so be prepared for a menu which is repeated. There will also be plenty of snacks and drinks available to purchase at each teahouse (prices vary). In tourist areas of Kathmandu you will find a wide range of restaurants catering for international and high-quality Nepalese food.



Who can join this trip?

An ideal candidate for the trek would be someone who enjoys trekking and being out of their comfort zone; is interested in different cultures and is willing to train for the challenge. The minimum age is 18, although 16-17 year olds may register if accompanied by a parent or legal guardian.

Health considerations

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues **must** be noted. This information will be reviewed by qualified medical staff and you will be contacted if further information is required. Any conditions that develop must be declared and a new medical form completed.

What does it cost?

A £295 registration fee is payable at the time of booking, then you can either pay your own tour costs balance of £1,995 by 3 September 2021 (self-funded option*) or you can fundraise £3,990 by 6 August 2021 for your chosen charity which includes your £1,995 tour costs balance and a £1,995 donation to charity (fundraising option).

Trip Includes:

- ✓ Return flights from London (inc. airport taxes)
- ✓ All transport in Nepal
- ✓ All accommodation (hotel in Kathmandu (4 nights), Pokhara (2 nights), guesthouses on trek 4 nights)
- ✓ All meals as specified
- ✓ English-speaking guides and support crew
- ✓ Trek permits
- ✓ Project co-ordination and materials
- ✓ UK Different Travel tour manager.

Trip Does Not Include:

- ✗ Nepal visa (current cost US\$30)
- ✗ Transport to/from UK airport
- ✗ Bottled water
- ✗ Personal expenses (e.g. drinks, showers, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips (approx. £25-£30 per person)
- ✗ Trek kit and equipment

*If selecting the self-funded option you are welcome to fundraise separately for any charity of your choice but this is not mandatory. Any fundraising undertaken cannot be used for your trip costs.





Itinerary

Day 1-2 (Saturday 30 – Sunday 31 October 2021): London to Kathmandu

Depart for Kathmandu on an indirect overnight flight. Upon arrival in Kathmandu you will transfer to a central hotel. Depending on flight times there may be an opportunity to do some independent sightseeing before gathering together for a briefing on the days ahead and a welcome dinner at a local restaurant.

Meals: Dinner



Day 3-4 (Monday 1 – Tuesday 2 November 2021): Kathmandu

The next two days will be spent assisting at the hospice care project in Kathmandu on a range of tasks such as painting, decorating, gardening and so on. We will stay at a hotel each night.

Meals: Breakfast, lunch, dinner.



Day 5 (Wednesday 3 November 2021): Kathmandu to Pokhara

After breakfast we depart for the scenic drive to Pokhara (approx. six hours). Upon arrival in this beautiful lakeside town we check into the hotel then the afternoon is free to take in the sights or even do some souvenir shopping.

Meals: Breakfast, lunch, dinner.



Day 6 (Thursday 4 November 2021): Pokhara to Nayapul to Ulleri

This morning we transfer to Nayapul (approx. 2 hours' drive) from where you commence the trek. You will follow the banks of the Bhurungdi Khola River as far as Tikhedhunga (1575m) where your final challenge for the day is a steep uphill walk to Ulleri where you stay the night in a teahouse (2073m).

Approx. 10km trek / 530m ascent.

Meals: Breakfast, lunch, dinner.

Day 7 (Friday 5 November 2021): Ulleri to Ghorepani

A day of ascent! Today we will gradually gain more altitude as we walk for about 5 hours uphill to the overnight teahouse in Ghorepani (2800m). As we approach Ghorepani we will pass through stunning rhododendron forests.

Approx. 11km trek / 1400m ascent.

Meals: Breakfast, lunch, dinner.





Day 8 (Saturday 6 November 2021): Ghorepani to Poon Hill to Tadapani

An hour-long pre-dawn ascent gives us the opportunity to see the fascinating views of the Annapurnas and Dhaulagiri glowing in the morning sun from Poon Hill (3400m). After breakfast back at the teahouse, it is a mostly downhill walk through magnificent oak and rhododendron forests, to reach our teahouse in Tadapani, where you will have another chance to enjoy views of Annapurna South and Machapuchare (Fishtail Mountain).
Approx. 11km trek / 330m ascent / 640m descent.

Meals: Breakfast, lunch, dinner.



Day 10 (Monday 8 November 2021): Ghandruk to Pokhara

Today is our final day of trekking as we descend to Birethanti, from where we travel by road back to our hotel in Pokhara.
Approx. 13km trek / 1000m descent.
Meals: Breakfast, lunch, dinner.

Day 11 (Tuesday 9 November 2021): Pokhara to Kathmandu

This morning we transfer back to our hotel in Kathmandu (approx. 6 hours), stopping for lunch en-route. Upon arrival in Kathmandu we will freshen up before a farewell dinner at a local restaurant this evening.
Meals: Breakfast, lunch, dinner.

Day 12-13 (Wednesday 10 – Thursday 11 November 2021): Kathmandu to London

Transfer to the airport for the return flight to London. *You may arrive on Thursday 11 November depending on flight schedules.*
Meals: Breakfast.

N.B. *This itinerary has been prepared in advance so while we do not anticipate changes, this itinerary may be subject to alteration due to flight schedules, hotel availability and other factors outside our control. During the trip itself the itinerary will depend on the group ability, weather and the daily circumstances. Any changes in the itinerary will be made in the interest of group safety and enjoyment. In-country, your guide and tour manager will have the final say in the interest of the health and safety of the group.*



Day 9 (Sunday 7 November 2021): Tadapani to Ghandruk

The descent to Ghandruk is a shorter and easier walk, mostly downhill. From Tadapani you descend through mossy forests and deep gorges, before the scenery changes to a drier more sparse forest as we approach Ghandruk, where we will stay in a teahouse tonight. Ghandruk is a beautiful Gurung Village, where many of the inhabitants are Gurkhas.

Approx. 8km trek / 700m descent.

Meals: Breakfast, lunch, dinner.





Kit List

Essentials

- E-tickets + pre-departure info
- Passport + copy
- US\$30 + visa-on-arrival authorisation
- Passport photo for trek permit
- Travel insurance info
- Cash + credit/ATM card(s)
- LED head torch + spare batteries
- Plug adaptor (EU 2 round pins)
- Sunglasses (100% UV)
- Camera + spare batteries
- Mobile phone + charger

Clothing and accessories

- Hiking boots*
- Trainers/camp booties for evenings
- Trek socks + underwear
- Non-cotton base layer
- Non-cotton t-shirt
- Warm jacket (e.g. down/Primaloft)
- Warm mid layer or fleece
- Thermal top + bottoms
- Lightweight trek trousers
- Waterproof jacket + trousers
- Warm gloves
- Warm hat
- Sun hat
- Buff (e.g. buffwear.co.uk) - for dust
- Casual attire for travel days
- Scarf or pashmina (for temples)
- Old clothes for project
- Comfortable footwear for project

Hygiene

- Shampoo + shower gel*
- Toothbrush + toothpaste*
- Antiperspirant deodorant*
- Wet wipes (small pack)*
- Toilet paper (1-2 rolls)*
- Nappy sacks (for used loo roll)*
- Hand sanitiser
- Sun cream (SPF 30+)*
- Small travel towel
- Feminine hygiene products*

First aid kit

- Prescription medicine
- 50% DEET insect repellent
- Ibuprofen
- Paracetamol
- Anti-histamine tablets/cream
- Imodium (Loperamide)
- Plasters
- Blister plasters (Compeed)
- Rehydration (e.g. Dioralyte)
- Muscle rub (e.g. Deep Heat)
- Lip balm with SPF protection
- Indigestion remedy (Gaviscon)
- Antiseptic cream (e.g. Savlon)
- Scissors/tweezers
- Decongestant
- Zinc oxide tape (optional)
- Throat lozenges (optional)
- Spare glasses/contact lenses

Optional

- Video camera + charger
- MP3 player/iPod/ deck of cards
- Portable powerbank device charger
- Diary/notebook and pen
- Walking pole(s)
- Packing cubes/luggage organiser

Luggage

- Suitcase for checked luggage
- Daypack (25-30 litres)
- Kit bag (65-70 litres)
- Combination padlocks
- Dry bag/rucksack liner

Eating and drinking

- Energy snacks
- 2-litre water bottle e.g. CamelBak *plus* 1-litre water bottle **or**
- 3x 1-litre water bottles
- Electrolyte tablets
- Water purification
- Flask/Thermos (optional)*
- Favourite tea/coffee/choc (optional)*

Sleeping

- Ear plugs (essential)
- Sleeping bag (comfort -5°C)
- Silk sleeping bag liner
- Pyjamas (use thermals for trek)

PLEASE NOTE: this list is just a guideline and is not exhaustive.

The items on this list do not take into account your personal preferences based on your previous trekking experience, or individual requirements. For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please ensure you pack your hiking boots into your hand baggage in the unlikely event your checked luggage goes missing or is delayed.

*Please consider eco-friendly or biodegradable options. Consider shopping at Little Footprint Gifts (<https://littlefootprintgifts.weebly.com/eco-traveller.html>).