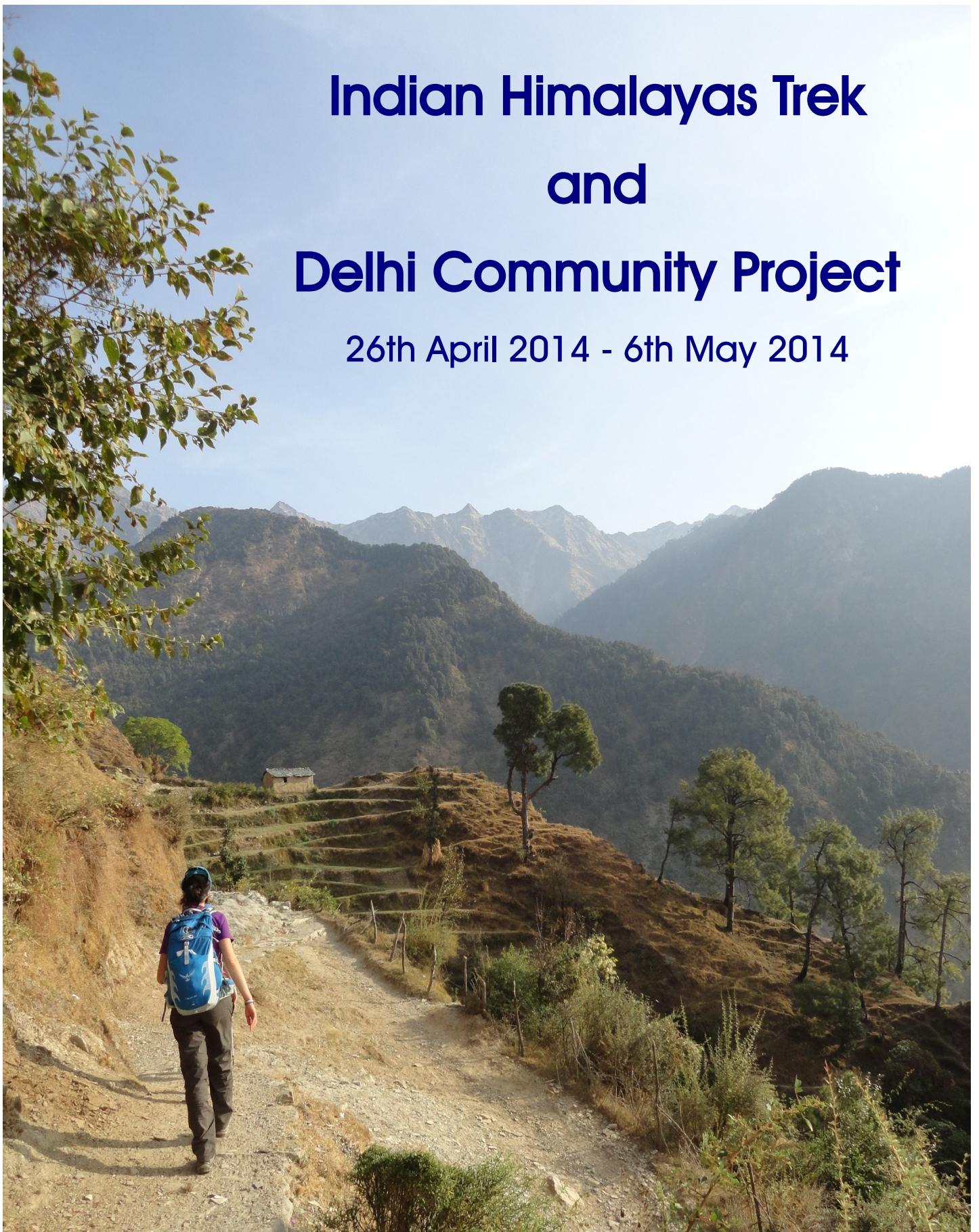




# Indian Himalayas Trek and Delhi Community Project

26th April 2014 - 6th May 2014





*Thank you for enquiring about our exciting new fundraising adventure to India in 2014. Please read through this enquiry pack to see exactly what this trip includes and where this journey will take you. We are holding two information evenings on **Thursday 14th March** and **Wednesday 10th April 2013**, where you can meet fellow possible trekkers, hear from someone who has done a trek just like this before, find out more about fundraising and ask any questions you still have about the trip.*

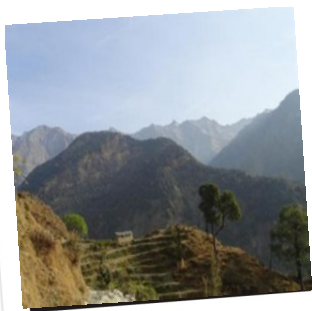
*Once you have read through this pack please contact me and I will be happy to book you onto one of our information evenings. You can also contact me if you would like to chat about the trek, your concerns or find out more.*

*I look forward to hearing from you soon!*

*Becky Baynes, Fundraising Coordinator at Dove House Hospice*

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## About India



India conjures images of lush green paddy fields, brightly coloured saris, jasmine scented incense, ancient palaces and adorned maharajahs. A huge country, India is often known as the Indian Subcontinent; and is the 7th largest country by landmass on earth. It borders Pakistan, China, Nepal, Bhutan, Bangladesh and Myanmar. The major tourist attractions in India include the Taj Mahal, the Himalayas, the beaches of the South West, the national parks where tigers can still be seen and the many temples and shrines. India has so much to offer to those who venture there.

## Trek Itinerary

### Days 1-2 (Saturday 26th – Sunday 27th April): London – Delhi

Depart London for Delhi on an overnight flight. Upon arrival the next day, transfer to a central hotel where some rooms will be available to relax and freshen-up. After lunch enjoy a sightseeing tour of Delhi before transferring to the Railway Station for the train to Pathankot. Overnight on train (Air conditioned sleeper class).

### Day 3 (Monday 28th April): Pathankot – Dharamshala (2082m)

Arrive in Pathankot in the morning and transfer to Dharamshala (approximately 2.5 hours). On arrival in this Himalayan hill resort, the abode of the Dalai Lama, check in at the hotel and enjoy the rest of the day at leisure. Visit the Dalai Lama Palace and the Tibetan government-in-exile buildings, or simply enjoy the atmosphere and browse for souvenirs in the traditional handicraft stalls before enjoying a Tibetan dinner in the evening.

### Day 4 (Tuesday 29th April): Dharamshala - Boh village – Kanol village (1500m)

This morning drive for approximately 2 hours to Boh Village, from where we start the trek. Boh village is situated on the banks of the Brahal River and our journey there will reward us with spectacular views of the Dhauladhar Mountains. We start with a steep ascent for about 2 hours and arrive in the remote tribal village of Batuni, where we visit a local family house for refreshments. From Batuni a short walk takes us to our lunch spot, after which we descend through lush green fields, terraces and woodland to Kanol village where we set up camp for the night. (Approx. 12km trekking / ~6 hours)

### Day 5 (Wednesday 30th April): Kanol village– Kareri (1700m) - Rewa

After breakfast we start our day's walk with a relatively steep ascent through several small villages, enjoying fine views of the valley as we go. We arrive in Kareri Village in time for lunch. This afternoon we continue on an undulating path to Rewa, passing through some local villages. (Approx. 15 km trekking/~7 hours)

### Day 6 (Thursday 1st May): Rewa - Triund (2843m) – Mcleodgunj – Pathankot

This morning we make a steep ascent through a mixed forest of oak, rhododendron and cedar trees which brings us to Triund, an alpine meadow situated on top of a ridge from which we'll have amazing views of the peaks of Dhauladhar on one side and the Kangra valley on the other. From there it is a descent taking us down Mcleodganj where we end our trek and return to Pathankot to take the overnight train back to Delhi. (Approx. 15 km trekking/8 hours)

### Day 7-9 (Friday 2nd – Sunday 4th May): Delhi

Arrive in Delhi and transfer to the hotel. Spend the next few days helping at the project. Tasks may include decorating, painting, creating a relaxation area and refurbishing a kitchen. Actual project may be subject to change depending on the most urgent need at the time.

### Day 10-11 (Monday 5th – Tuesday 6th May): Delhi - London

Transfer to the airport for your return flight to London, arriving the next morning.

## The Project

You will spend time helping at a project in Delhi. This non-governmental organisation looks after people with cancer, providing them and their families with accommodation, meals, tuition and extra therapies whilst receiving treatment at the hospital. Tasks may include decorating one of the hostels, painting the bedrooms, creating a relaxation area and refurbishing the kitchen. The actual project and activities you will be involved with will depend upon the most pressing need at the time. You will work hard and the group will make a huge difference to the project. You are recommended to bring lightweight, cool, conservative clothing (no revealing tops or short skirts/shorts) and comfortable shoes or trainers for the project work as it will be quite hot. Depending on the activities you may get paint or dirt on your clothing so please either bring protective overalls or wear old clothing. We will provide full information about the specific project and the activities you will be involved with closer to the time of departure.



## The Trek

The Indian Himalayas trek will take you along a route in the Lesser Himalayan range of Northern India. You will sleep in good quality 3-man tents (2 people per tent) and will need to bring your own sleeping bag suitable for temperatures as low as 0C. The Indian Himalayas trek can be undertaken by anyone of any age (min. 18 unless accompanied by an adult) as long as you have a good level of fitness and you are healthy and determined. Adequate preparation, planning and training is important because the fitter you are the more you will enjoy this experience. The trek does not require technical climbing skills or previous experience but scrambling over large rocks may be necessary and your expert guides will provide you with support and assistance throughout. The terrain will vary each day but will generally be undulating with some very steep sections, some completely flat, and some downhill sections. Underfoot will be areas of stony pathways, grass, rocks and perhaps a few small streams to cross too. Each day you will cover approximately 12-15km (7-9 miles) which, because of the variable terrain, can take up to 8 hours to cover. Weather conditions will vary and could be bright and sunny, torrential rain, cloudy or humid so it's important to be prepared for all weather conditions!



Being physically fit is important for this trek so an ideal candidate for the trek would be someone who plays a sport and/or regularly exercises (e.g. running / gym / classes), a hill walker or trekker or someone who enjoys being out of their comfort zone. If you do not already regularly exercise or participate in a sport it is advised that you start training at least 6 months before departure to ensure your best chance of success and enjoyment on the challenge. It is possible to complete the challenge without training but it may hinder your experience. 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 and (if relevant) signed off by your GP. Any conditions that develop must be declared and a new medical form completed and signed.



## Altitude

The altitude you experience on this trek is up to 2843m which is not very significant but there is a small likelihood of altitude related symptoms. Your local guide will be very experienced in spotting the signs of altitude sickness but it is important that you also do some research into the effects so you can be aware of how your body is adjusting. A great source of information can be found at <http://www.nhs.uk/conditions/Altitude-sickness> or <http://www.traveldoctor.co.uk>.

Common mild symptoms of altitude sickness are headache, nausea, loss of appetite, disturbed sleep and fatigue. These generally subside after a few days, once your body acclimatises to the altitude. It is vital that you make your guides and tour manager aware of any symptoms immediately so you can be monitored.



### Important info about altitude:

- If you begin to show symptoms of moderate altitude sickness, don't go higher until symptoms decrease.
- If symptoms increase, you must descend immediately. Your tour guide and tour manager's decision for you to descend must be respected.
- Different people acclimatise at different rates. You must keep aware of your own symptoms.
- Stay well hydrated. You need to drink lots of fluids to remain properly hydrated (at least three litres per day from water, soup, tea, juices etc.). Urine output should be copious and clear to pale yellow.
- Take it easy and don't overexert yourself when you first arrive at altitude.
- Avoid tobacco, alcohol and other depressant drugs including, barbiturates, tranquillisers, sleeping pills and opiates such as codeine. These decrease the respiratory drive during sleep resulting in a worsening of symptoms.
- Eat a high calorie diet while at altitude.
- Acclimatisation is inhibited by overexertion, dehydration, and alcohol.

### What is included?



Flights from the UK (inc. airport taxes), all transfers & transport in India, accommodation in 3 star hotel, tents on trek, all meals, local expert English-speaking Indian guides, porters and cooks, trekking permits, project co-ordination and materials, a UK Different Travel tour manager who will ensure the entire trip runs smoothly.

### What is not included?

Personal expenses (such as drinks, souvenirs, etc.), any vaccinations required, Indian visa (current cost £92.20), travel insurance, tips, personal trekking kit (see packing list enclosed).



**This is not a holiday, but a once in a lifetime opportunity to explore a remote part of the world and take on a physical challenge with a group of people specifically from the Hull and East Riding area. You will be helping a local Indian cancer care project and making an incredible difference to your local hospice. The next year will be filled with preparing for your trip, fundraising for a great cause and getting to know your trekking team.**

**This is only the beginning...**

Dove House Hospice is a charity providing excellent palliative care for people in the local community with life limiting illnesses. We offer physical, social, psychological and spiritual therapies, which place the patient, not simply the illness, at the centre of everything we do. Every day we help patients and their loved ones at what can be one of the most difficult times in their lives.

All our services are free of charge and with annual costs of £5.6 million we rely on the generosity and support of the local community to continue our unique service to those that need it.

## Taking part in our trek will raise vital funds for Dove House Hospice



Each trekker in the Dove House Hospice team is asked to give a **£300 deposit to confirm their place on the trek and to raise £3000 minimum sponsorship** by February 2014. The aim of this trek is to raise funds which will benefit the patients and their families who need the hospice. Your help will be invaluable in providing services to people coping with life-limiting illnesses throughout Hull and East Riding.

## Discover the fun in fundraising...

Friends and family may be supportive in sponsoring you for your trek, but this is your chance to take on a whole new challenge and become a fundraiser for a year. Whether you enjoy baking, are currently training for a marathon or have a great spot for car washing, you can raise the minimum sponsorship by being inventive and having fun! Plus, the Dove House fundraising team will be there to help you from the moment you sign up until the day you return from the trek. Energy, enthusiasm and dedication will be needed to rise to this challenge and create a year to be remembered forever.



## What next?....

Contact the fundraising team today to arrange coming along to one of our information evenings or to ask any questions. Start your journey now...

Contact Becky Baynes by email [b.baynes@dovehouse.org.uk](mailto:b.baynes@dovehouse.org.uk) or call 01482 785743.



