



Junior Achievement  
**NEPAL CHARITY TREK**

Oct 26 - Nov 3, 2024



[suecook@jaiom.im](mailto:suecook@jaiom.im)



Sue Cook 01624 - 666266



[www.jaiom.im](http://www.jaiom.im)

# Nepal Trek - Conquer the mighty Himalayas!

Join Junior Achievement for this amazing adventure. With its ancient culture and the Himalayas as a backdrop, Nepal is undoubtedly a trekkers paradise!

Our trek takes us to one of Nepal's best-hidden gems: the Helambu region, winding through the highlands of the Langtang Valley. Our route offers us an authentic and ancient cultural experience away from the well-trodden tourist circuit.

We will trek through pristine landscapes with icy rivers, splendid waterfalls, thick forests, mountain passes and sweeping meadows with the breathtaking, mighty peaks of Langtang, Jugal and Ganesh Himals soaring above us at 7000m.

The Helambu region takes its name from the Hyolmo people, an ethnic group associated with Sherpa culture.

Each day we will pass through remote villages populated by hospitable locals and dotted with antique Buddhist monasteries.

At night we will sleep in traditional local tea houses and get acquainted with the villagers' unique traditions, which have been largely unchanged by modern life.



# Detailed itinerary

## Day 1: Depart Manchester to Kathmandu (26 October)

Overnight flight from Manchester to Kathmandu, Nepal via Dubai or Qatar.

## Day 2: Kathmandu (27 October)

We arrive into Kathmandu mid-afternoon and transfer to our hotel. We will meet our Sherpa guides and prepare for the challenge ahead. Dinner in the hotel.

## Day 3: Sundarijal to Chisopani 10km / 5-6hrs trekking (28 October)

We make an early start from Kathmandu and drive to the starting point of the trek at Sundarijal.

Shortly into the trek we pass the Buddhist Stupa at Boudanath This is a semicircle shaped and said to contain the relics and remains of Buddha. It is one of the largest spherical stupas in the world.

From Sundarijal the trail climbs steeply up to the ridge line bordering the northern side of the Kathmandu valley. We drop down to the small village of Chisopani where stay in a local tea house at 2215m

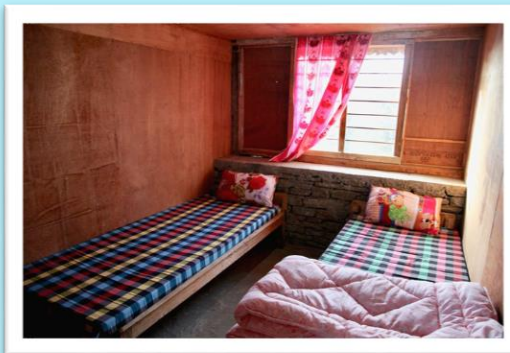
The village also commands a beautiful view of the large section of the Himalayan range.

## Day 4: Chisopani to Kutumsang 14km/ 6-7hrs trekking (29 October)

There is an option of a short trek to the top of the hill above the campsite where there are some amazing views of Makalu (the fifth highest mountain in the world), Peak 29 mountain summit and Boudha Himal. The day then starts with a steep descent to the village of Chipling where we break for lunch.

This afternoon ascent continues until we reach the shoulder of Jogin Danda (hill). The trail now levels off traversing through rhododendron and mixed forest until a gradual descent to Gul Bhanjang at 2130m.

We continue up towards a great meadow with excellent views of Jugal Himal to the north and our overnight stay in Kutumsang village at 2470m.



## Day 5: Kutumsang to Melamchigaon 13km/ 6-7hrs trekking (30 October)

After a hearty breakfast in our tea house, our trail continues in a northerly direction climbing up towards Pangpo Danda, our highest point on the trek at 3000m. We follow the path down from the pass and walk through a number of Sherpa villages, before we reach the village of Melamchigaon at 2530m, where we stop for the night.



# Detailed itinerary

## **Day 6: Melamchigaon to Tarkeghyang 8km / 5-6 hrs trekking ( 31 October)**

This morning's trek starts with a gradual descent all the way down to the Melamchi river. Depending on the time of year the lunch spot is a good place for a swim for those hardy enough to take to the water!

After lunch we have to regain much of the height lost during the morning. We have a short visit to Gekye gumpa and continue our three-hour walk up to the large Sherpa village of Tarkeghyang.

Tarkeghyang at 2600m is the largest of the villages in Helambu. It has an interesting Gumpa and it is well worth taking a stroll around the narrow alleys where the buildings are of a distinctly Sherpa style. Overnight tea house.



## **Day 7: Tarkeghyang to Yangri Danda Transfer to Kathmandu 5km/ 3-4 hrs trekking (1 November)**

This morning we start by heading south, losing height as we leave the hills behind us. The character of the landscape and the people changes back to that of the lower foothills. Passing through several Bahun and Chettri villages we make a final descent to the end trek point at Yangri Danda where we meet our vehicles and start our 5 hour drive back to our hotel in Kathmandu.

Tonight we celebrate our lifechanging experience in the Himalayas with a special dinner.

## **Day 8: Kathmandu (2 November)**

A chance to explore Kathmandu. Dinner and overnight hotel or possible late flight.

## **Day 9: Day flight back to Manchester (3 November)**

Arrive in Manchester early evening.



## Frequently asked questions

### What is the climate during the trek?

In October we should expect warm days, with clear skies and good views. The daytime temperature ranges between 10°C to 20°C. Evenings can be cold, so you will need to bring warmer layers.

### What is the accommodation?

You will not be camping on this trip. You will stay in a mixture of tea houses and hotels. These will be twin shared. A single option is available at a small extra cost.

### What is the altitude?

You will be trekking and sleeping around 1800m-2600m. This is considered as low to moderate altitude trekking. The highest point on trek is 3000m. The trek allows for good acclimatisation.

### How fit do I need to be?

This trek is through the low level foothills of the Himalayas and is graded moderate to tough. The trek is on well-defined paths, rocky trails and paved steps. We will be walking 6-7 hours each day, with around 500-1000m of ascents and descents each day. This trek is suitable for walkers who can hike 5-7 hours a day over hilly terrain, carry a small day-sack. This is a fully supported trek with local Sherpa guides, a UK leader and a trek Doctor. We will provide a training plan to follow to ensure you are fit and prepared for this incredible Himalayas challenges.

### Is this trek suitable for solo travellers?

The answer is 'Yes'. You will be travelling with a group of other people and it's a great way to make new friends.

### Do you cater for special dietary requirements?

In most cases, the trekking company can cater to special dietary requirements. Just check before you book.

### What specialist equipment will I need?

As with any trek, you will need worn-in walking boot, a small backpack, comfortable clothing, and layers for all weather. A sleeping bag is also required and trekking poles are highly recommended. We will provide a packing check list once you are signed up including information on hiring some items.

### What other costs do I need to consider?

All trekkers will need to take out comprehensive travel insurance which covers trekking up to 3000m. Other costs include a tourist visa (approx. £40), gratuities and getting to Manchester airport.

### What do I need to carry on a daily basis?

You will carry a small backpack (25 litres) with the basic essentials such as water (2 litres), snacks, waterproof jacket/trousers, wet wipes, hat, suncream etc. Your main luggage will be transported by porters each day.

# Cost

## What's included

- ✓ Return flights from Manchester Airport to Kathmandu via Dubai or Qatar
- ✓ 7 nights accommodation - staying in tea houses based on twin rooms (single rooms available at a supplement)
- ✓ All meals provided on the trek
- ✓ Accompanied on the trek by a UK trek Leader and local trek Doctor
- ✓ Celebratory dinner on the last night of the trek
- ✓ You will be safe in the hands of experienced local guides will manage the trek
- ✓ All ground transport once you reach Kathmandu including transfers to and from the airport
- ✓ Luggage allowance

## Cost

Initial registration fee of £375 to secure your place  
Balance of £1,999 + to £500 airport taxes and fuel charges (if this is any less we will pass on the reduction) to be paid by August 1<sup>st</sup>, 2024.

## Fundraising for Junior Achievement

We are leaving this totally up to you. There is no maximum or minimum amount. All donations are gratefully received.

### Professional Challenge Company

Junior Achievement works with Ultimate Challenges, one of the UK's leading tour operators specialising in charity challenges. Since 1996 they have helped raised over £35 million for charity partners.

Ultimate Challenges is ABTA bonded and ATOL protected.

This trek is being organised by Manx registered charity Junior Achievement Isle of Man.

Registered address: Rosemary House, Mount Havelock, Douglas. IM1 2QG.

## Contact Sue Cook for further information

[suecook@jaiom.im](mailto:suecook@jaiom.im)

01624 666266

[www.jaiom.im](http://www.jaiom.im)



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