

A Trek with Purpose



Summary

Have you ever wanted to trek in Nepal and at the same time make a difference for a whole village community? **Well the Hope Alliance 'Trek with Purpose' is for you.** Join our team as we trek into the remote village of Lhi, in the Mount Manaslu region of the Himalayas. It will take us 6 days to get there by foot, staying overnight in small village teahouses along the way and we'll spend 5 days in the village working with the local community on a project. The project is selected through understanding the trek team's skills and in consultation with the community. While in the village the team will be accommodated in the Community Centre. At the end of our stay we fly back to Kathmandu by helicopter.

Facts and Figures

Dates:	7-22 December 2019
Registration fee:	\$500 (non-refundable)
Trek cost:	\$2500 (plus registration fee)
Fundraising target:	\$1000

Ideas: set up a fundraising page (everyday hero, gofundme), get family and friends to sponsor you, host a dinner, have a bake sale at work or gather your friends for a BBQ. 100% of funds raised go directly to the work of Hope Alliance in Nepal to help build better futures for Himalayan families and children.

Included:

All accommodation – 3 star guest house in Kathmandu. Teahouse on the trek and in the village. Please note all accommodation on the trek and village is very basic.

Food—café/restaurant meals in Kathmandu, local food along the trek and in the village—a lot of dahl bhat (rice, lentil soup and veggies) roti, potatoes, fried rice and noodles. We also provide lots of snack/energy foods and of course hot chocolate and coffee

Permits—Manaslu is a restricted area, so full permits are required and checked along the way. Hope Alliance will organise all the relevant documents. All travellers need to email a photocopy of their passport and visa 30 days prior to departure so permits can be arranged.

Trekking equipment – We will provide sleeping bags, waterproof sacks to pack your gear in for the donkeys and trekking poles.

Transport – transfers from airport to Hotel

Not included:

Airfares – these will range from \$1000 - \$2000 depending on the airlines and offers available

Transit accommodation – you will need to cover any accommodation in transit, for example, flying through Singapore we often stay a night in the transit hotel at the airport. The cost is around \$70AUD

Visa – you will require a visa to enter Nepal, this can be done upon arrival in Kathmandu however we recommend doing it through Nepal consulate in North Sydney <http://www.nepalconsulate.org.au/> so you can provide us with the relevant

and transport from Kathmandu to Arughat (where the trek starts).

Donkey Train—to transport luggage and resources to the village. A limit of 15kg per person is allocated in additional luggage to what you feel comfortable carrying yourself.

Porters – we will hire porters to help with carrying gear and supplies if needed. All porters are paid under the porter protection rate, we ensure they are paid and treated well.

Guide – we have a fully licensed and trained guides who accompany us the whole way

Helicopter flight - out of Lhi back to Kathmandu at the end of the project

Water – Hope Alliance will provide water purifying for your water.

First Aid Kit – we carry a well-equipped first aid kit for the trip

documents to get your trekking permits arranged.

Vaccinations – please consult your doctor on the relevant vaccinations advised for Nepal and trekking in remote Himalayan regions.

Travel Insurance – this is compulsory and needs to be presented to Hope Alliance prior to departure. Your insurance must cover medical and helicopter evacuation in the event of an emergency.

Soft drinks, sweets, and alcohol

What to bring

The below are simply suggestions based on our experience:

- A good quality **small day back pack**. You don't have to carry a huge load and don't need a large trekking back pack, we have allocated 15kg per person to be carried on your behalf and will provide waterproof sacks for you to pack your gear in which will be carried by our donkey train.
- **A warm jacket, thermals, scarf and beanie** – we're heading into high altitudes in winter, so come prepared.
- **Good trekking shoes/boots**, which are waterproof, we often walk through streams.

We advise you purchase these well in advance of the trek and wear them in while training for the trek.

- **Four to five sets of clothes** only and wash as you go. It will be mild through the day especially while trekking, yet very cold at night. Bring comfortable walking clothes that can be layered.
- **Good quality water bottle** – we will fill our bottles with village water supplies and purify them ourselves, we have a steri-pen in our equipment.
- A light weight micro fibre **towel**
- **Wet weather gear** – a good quality (yet light weight) rain jacket (you can purchase these very cheaply in Kathmandu)
- Antibacterial gel – hygiene is important to keep you from getting sick
- Insect repellent
- Wet wipes – these are great for having a ‘shower’
- **Toiletries** – pack light, however, bring what will make you feel nice at the end of a long day trekking. Some teahouses will have showers and washing facilities so you can freshen up.

What you need to know

It must be realised that Nepal is a developing country and we will be trekking into remote regions. A degree of flexibility is required, sometimes patience and a sense of humour which are all part of the adventure. ‘Plans have changed’ is a common phrase and there is often waiting around.

You will be trekking with a great group of people however it will be very close living conditions in a community style of living for the 2 weeks. You will be sharing rooms, so tolerance is a great virtue, as we all work together.

We are trekking into a primitive and remote region, the facilities reflect this, so come with an open mind and attitude to embrace the experience.

You must be able to squat to go to the toilet, this is all there is plus the bush along the tracks and in the village.

You must be of a good fitness level, this trek is not for the faint hearted – the tracks are tough, there’s a lot of up and downhill, we’ll be walking between 5 - 8 hours each day.

You cannot have a fear of heights; there are lots of cliff edges and high suspension bridges along the track, however the most amazing scenery!!! Yes, it’s scary at times, but common sense will keep you safe.

Several villages along the way have satellite phones so you can ring home and there’s even wi-fi now in some locations.

There is very little opportunity to shower however you can wash under cold water taps in the villages – wet wipes will become your best friend.

About the Manaslu region

“The Manaslu track in the Nubri region of Northern Nepal is a scenic, cultural journey in the midst of snow-capped peaks and alpine forest.”

This is one of the least frequented treks in Nepal, as this area was only opened to trekkers in the mid 1990’s. The Manaslu region lies close to the border of Tibet. The trek to Manaslu follows the age-old trade route and leads through interesting traditional villages and farmland, taking you through various landscapes and ecosystems, from the low sub-tropics to the Mountain ranges.

This trek gives you a taste of all the diversity that Nepal has to offer. The trek begins in Arughat in the Ghoraka region and follows the Burigandaki River upstream from the sub-tropical forest to the dry Tibetan zone, offering outstanding views. Lhi is situated half way around Larkye La pass at an altitude of 2900metres. Mount Himlal Chuli, the 18th highest mountain in the world overlooks the village of Lhi. Mount Manaslu, the 8th highest in the

world can be viewed clearly from the next village of Lho, where we will take a day trip. The Tibetan culture makes this region unique and the diversity of the scenery sets it apart – it really is magnificent and the people are inspiring.

Itinerary

Date	Description
Day 1 Saturday 7th Dec	Depart Australia
Day 2 Sunday 8th Dec	Arrive in Kathmandu
Day 3 Monday 9th Dec	A day to explore Kathmandu or rest up before the trek while the team sort out all relevant permits (Manaslu is a restricted region and requires government permits to enter the conversation area)
Day 4 Tuesday 10th Dec	Kathmandu – Soti Khola A very early start (around 4am), we will catch a bus from Kathmandu to Soti Khola - The road is rough, and the ride is about 10 hours.
Day 5 Wednesday 11th Dec	Soti Khola – Macha Khola Our first day of trekking Full day trekking
Day 6 Thursday 12th Dec	Macha Khola – Jagat A full day trekking
Day 7 Friday 13th Dec	Jagat -Phillim Half day trekking An opportunity to do some washing, take a shower, rest up or read a book
Day 8 Saturday 14th Dec	Phillim – Bhi Full day trekking
Day 9 Sunday 15th Dec	Bhi – Banzam Full day trekking We're nearly there – Banzam is the winter village for those who live in Lhi and many families will may already moved down for the winter, so we'll get to meet them and share dinner together.
Day 10 Monday 16th Dec	Banzam – Lhi A short walk into Lhi – only about 1 ½ hours
Day 10 -14 Monday 16th – Friday 20th	Our time in Lhi, where we'll work with the community and school on a specific project– we will also take a day trip to Lho on one day to see Mount Manaslu.
Day 14 Friday 20th Dec	Morning Helicopter flight from Lhi to Kathmandu You will have the rest of the day to wash, rest and explore Boudha where we stay in Kathmandu
Day 15 Saturday 21st Dec	Depart Kathmandu
Day 16 Sunday 22nd Dec	Arrive back in Australia

Please note, you are welcome to extend your trip to Nepal either side of these dates, however all costs and arrangements outside of the official trek dates will be your responsibility. However let us know if you plan to extend your trip and our team will be happy to make suggestions and help in any way.

Terms and Conditions

1. Hope Alliance is a not for Profit association raising funds and facilitating projects in Nepal for Himalayan children, families and communities. By joining us on a 'Trek with purpose' you will be representing our vision and heart, this is not like any other trek or tour, you will become part of a close knit team making a difference in the lives of many.
2. To book, please email jodi@hopealliance.org.au
3. To secure your booking a deposit of \$500AUD is payable. BSB: 062 749 ACC: 1067 1733 Cheques should be made payable to Hope Alliance. Credit card payments are also available, please contact us to arrange. NB if paying by credit card there is a 1% fee.
4. The balance for your booking is due not later than 30 days (1 month) prior to departure.
5. You can choose for Hope Alliance to arrange your flights through their recommended travel agent or you can book your own. You will need to depart Australia no later than the 7th December and need to arrive in Kathmandu by the 8th December. You are welcome to arrive earlier or leave later than the specified dates, however Hope Alliance inclusions are only relevant between the dates stated.
6. Cancellation must be advised in writing. Cancellation less than 30 days before departure – deposit will be retained.
7. We reserve the right to cancel or modify your holiday. If we have to cancel your holiday before the date of departure, a full refund will be paid for payment made to Hope Alliance.
8. No refund or compensation will be made for any unused air tickets, accommodation or any other activity, service or feature of the trip.
9. A general indication is provided of the itinerary for the trip, it must be realised that with adventure travel, changes to an itinerary may occur. Our trek operates in a developing country and remote regions and a degree of flexibility is required. We reserve the right to make such changes after we have confirmed your booking and if we do so, we will make the best efforts to inform you and make suitable alternative arrangements. Local events may result in delays or alterations. Team members will be informed of any such changes as soon as we know of them. During a trip we will do our best to ensure suitable alternatives and minimal disruptions to your itinerary and any changes will be made in discussion with the whole team.
10. Your booking is accepted on the understanding that you realise and accept the risks and hazards potentially involved in trekking into remote regions of Nepal and that you are mentally and physically capable of undertaking this 'Trek with Purpose'. You must tell us if you have an existing medical condition or disability that might affect your holiday before you make any booking. If, in our reasonable opinion, we feel this trek is not suitable for your medical condition or disability, we reserve the right to cancel or refuse your booking. In the event of cancellation we will give a full refund but no compensation.
11. You are responsible for bringing with you the proper clothing and equipment (other than equipment stated in inclusions), which we will advise you about in more detail after your booking is confirmed.
12. Hope Alliance is not liable for any failures that occur in the performance of the travel arrangements which are attributable to the consumer, or attributable to a third party and events which are unforeseeable or unavoidable, or which are due to unusual and unforeseeable circumstances beyond the control of the Style Alliance which could not have been avoided even if all due care had been exercised.
13. Hope Alliance cannot be made liable for the consequences of flight cancellations, strikes, industrial action, riots, government intervention, wars, threat of war, terrorist activity, natural disaster, fire, weather conditions, flood, sickness, quarantine, missed departure flights, or other similar events beyond our control. Any additional costs that result, such as extra hotel accommodation or flights or land transfer will be your responsibility and must be paid for directly, at the time.
14. It is compulsory you have full medical, personal and cancellation insurance, we must see documentary proof of your insurance policy which must include satisfactory cover for helicopter rescue, repatriation and cancellation. A copy of your insurance is required to obtain permits into the Manaslu Conservation area.

15. Any information provided by Hope Alliance on matters such as permits, visas, vaccinations, climate, clothing, baggage, special equipment etc is provided in good faith but without responsibility on the part of Hope Alliance and the passenger accepts responsibility for obtaining any necessary visas and travel documents required for the holiday.
16. Our Hope Alliance team leaders will do their utmost to ensure that any problems are solved for the benefit of the team as a whole. When booking you accept their authority to make decisions affecting the group or individuals. For example, he/she may require an individual to leave the group if he/she believes that a person's health is at risk, if an illegal act is committed or their behaviour becomes detrimental to the safety, enjoyment and wellbeing of other members of the group. Should the leader take such action, that person would not be entitled to any refund.
17. Hope Alliance, including all guides, leaders and anyone working in association with us cannot be held responsible for any accident or mishap that may occur in connection with any part of arrangements or services for a trip. In absence of professional medical assistance, group leaders will provide first aid support if needed, to the best of their ability and judgement. When booking you agree not to take any legal proceedings against Hope Alliance or its employees or associates as a result of any first aid treatment.
18. Please understand that there are certain hazards involved in trekking to remote regions which you must accept at your own risk. Hope Alliance will not be liable for any illness, injury or death sustained during a 'trek with purpose' nor will it be liable for any uninsured losses of your property. We cannot be held responsible for any loss, damage or accident to any luggage or properties which at all times are carried at their owner's risk even when carried by porters or pack animals.
19. The safety and welfare of our whole team is our top priority, and is always of paramount importance to us when embarking on a 'trek with purpose'. We monitor travel alerts provided by the Australian government to ensure we are always aware of the latest events in Nepal. If we determine a trip, a part of a trip or an activity is too risky we won't do it. If we cannot address issues and improve conditions we may modify an itinerary, change accommodation or even decide not to travel to a certain location. Our team leaders receive regular training to ensure they can address health and safety issues during trips. And are trained in first aid and always carry a first aid kit for emergencies. We carry a sat phone with us which lists all emergency numbers, of which we will also give you a copy. Our Nepali team are locals, so if something does go wrong during the trip, they know the most efficient and effective way to get the necessary help.
20. Passports, visas, vaccinations, and other preliminary arrangements are entirely your responsibility and we accept no responsibility in the event that these are not secured in time for departure.
21. It is your responsibility and our recommendation that you register your trip with www.smarttraveller.gov.au

I have read and agree to the Hope Alliance 'Trek with Purpose' Terms and Conditions

Name: _____

Signed: _____

Date: _____