

#ADVENTUREatyOURSIDE
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Schedule 1

INDIA

Dalai Lama Trek

Join us as we explore India trekking through the foothills of the Himalaya's. Our challenge begins in Dharamsala, where the Dalai Lama and the centre of the Tibetan Community are situated. We have time to explore this fascinating town before we set off on foot to explore this stunning region. Our 5 day trek takes us through rhododendron forests, passing through Hindu settlements and Buddhist Monasteries. To end our amazing challenge, we have some free time to explore the incomparable Taj Mahal – one of the world's greatest monuments to love ever built and one of the new Seven Wonders of the World!



CHALLENGE HIGHLIGHTS

- Explore the spiritual home of the Dalai Lama
- Experience the friendly culture and the amazing scenery of the Indian Himalaya
- Trek through breathtaking mountain ranges
- Visit the Taj Mahal – a new Wonder of the World

CHALLENGE OVERVIEW

- **Best time to go:** April to early Nov
- **Duration:** 11 days
- **Trekking days:** 5
- **Distance trekked:** 50km approx.
- **Accommodation:** Hotels, camping and sleeper train
- **Challenge grading:** Challenging

ITINERARY

Day 1

We depart the UK for our flight to Delhi, arriving the next day.

Day 2 Delhi, then over night train to Pathankot

We arrive in Delhi and are met by our local guides. We then transfer to our hotel to freshen up and to recover from our flight. Depending on flight times we may have some free time to explore Delhi. In the evening we will have dinner at a local restaurant before transferring to the railway station to board our sleeper train to Pathankot, arriving early tomorrow morning.

Day 3 Arrive Pathankot, transfer to Dharamsala

We arrive in Pathankot early morning and then transfer (approx. 2/3 hours) to Dharamsala. Dharamsala is home to his highness, the Dalai Lama. We have a free day to explore this fascinating town, which has an obvious Tibetan influence with monasteries and Himachalie Shops. We then 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! Our first few kilometres are undulating until we reach Satobari Village, and then from here we make a steep descent through dense pine forest to Ghare Village. We then take the bridge over the small mountain stream where we stop for lunch – a perfect spot! Following lunch, we push on with a steep ascent for about 2 hours to the top of the ridge where we'll be granted with some great views of the valley below. We then trek for about an hour until we reach Kareri Village where we set up camp in a lovely meadow next to the Laund River.

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

Day 5 Kareri to Bal Village (2,330m)

We begin with a gradual ascent to a charming local village, where we are greeted with warm and friendly faces – we also have time to stop for a cup of tea (hot, sweet Chai), and take in the views. We then trek through the open meadows and pine forest to another village, before our steep ascent to Bal Village – the breathtaking views will definitely take our minds off the challenging trek!

Trekking distance – approx. 12km / 7-8 hours



ITINERARY

Day 6 Bal to Triund (2,995m)

We begin our days trek by crossing over a suspension bridge then make our steep ascent through rhododendron and pine forest for about 2 hours until we reach another small Chai (tea) shop where we can take a rest. We continue our ascent witnessing the Gaddi Tribal people taking their cattle to the high pastures of Lak and Triund – today we have even more spectacular views back to Dharamsala. Our camp in Triund is the most spectacular – set on an alpine meadow, high up facing snow-capped peaks. This location is perfect to relax after a tough days trekking!

Trekking distance – approx. 10m / 8-9 hours

Day 7 Triund to Snowline Café (3,300m), then to Triund

Today we trek to Snowline Café. Initially the trail is steep up to a small shrine dedicated to a goddess, but our ascent becomes more gradual as we head towards the Snowline Café. Following lunch by the café, we ascend another 100m to a temple with spectacular views across Dharamsala. We return on the same route descending to Triund.

Trekking distance – approx. 9km / 6-7 hours

Day 8 Triund to Bhagsu Nag, to Dharamsala

After our breakfast we set off on our last day on foot and trek over a grassy ridge with even more breathtaking views of the valley below and more snow-capped peaks. We then start a steep descent to Bhagsu Nallaha stream where we cross by hopping over boulders to a small Chai shop – the expertise of our guides will help us with the adventure of crossing the river. We continue our descent until we reach an attractive waterfall where we stop for lunch. Our trek then continues until we reach the village of Bhagsu Nag which has a lovely temple and natural springs. We then transfer to our hotel in Dharamsala where we will hold a celebratory meal to take in our achievements!

Trekking distance – approx. 7km / 5-6 hours

Day 9 Dharamsala, then train to Delhi

We have a free morning to experience the delights of the Dalai Lama's town by taking in a visit to the Tibetan market and the local monastery. Later in the afternoon we'll be transferred back to Pathankot to catch our sleeper train to Delhi, arriving early tomorrow morning.



ITINERARY

Day 10 Delhi to Agra - Taj Mahal

Upon arrival in Delhi we travel straight by bus to Agra (approx. 5hrs). Upon arrival in Agra we are taken to our hotel to freshen up. Later we then visit the incomparable Taj Mahal – one of the new Seven Wonders of the World! The Taj Mahal is built on the banks of the Yamuna River which adds to the charm of this amazing building. It was built by the Mughal Emperor Shah Jahan in loving memory of his wife and will always be a symbol of undying love.

Day 11 Agra to Delhi

We take an early transfer back to Delhi to catch our flights back to the UK, which may arrive the next day subject to schedules.

(Itinerary correct at time of printing, and strictly subject to change)



Costs, service levels and SJH

Costs are based on departing the UK in 2024. Each participant registers directly with Global Adventure Challenges at a cost of £299.00, non-refundable. The costs below are payable no later than 12 weeks prior to departure.

Option A – Minimum Sponsorship

Minimum Sponsorship £3,800

Option B – Self-Funding

£1943 fundraising pledge

Challenge Balance £1,857

Included

- Return flights from Manchester Airport to Delhi including all airport taxes and fuel surcharges. (Should local flights not be available we will fly from Heathrow)
- All transfers to airport our provided
- All transfers as indicated
- All meals (breakfast, lunch and dinner) with exception to lunch on day 2, lunch day 3, lunch day 9, lunch day 10
- All accommodation as stated
- Complete camping and trekking arrangements with mess tent, kitchen tent & utensils

Included cont.

- English speaking trekking guide, cook and assistants, toilet tent and camping mattresses
- Porters/ponies to carry baggage – 12kg per person
- Train tickets Delhi/Pathankot/Delhi in sleeper class
- UK Dr to travel with group
- Global Adventure Challenge medical kit

Not included

- Visa for India – as of 2022 this is approx. £100.00 per person and must be obtained prior to departure
- Monument entrance fees and donations
- Lunches on days 2, 3, 9 and 10 during free time
- Travel insurance
- Alcoholic drinks

Charity Details

St. John's Hospice provides compassionate health care and support for adult patients with life limiting conditions in North Lancashire, the South Lakes and parts of North Yorkshire. We are dedicated to ensuring that every patient enjoys the highest quality of daily life and believe it is important to involve our patients and their families in the formulation of the personal care plan.

We will provide support, advice and encouragement along the way on your fundraising journey.

Contact: 01524 382538

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