

Pikey Peak & Project Villages Charity Trek

KTM-Phaplu-Pikey Peak-Nele- Jhareni-Nele- Dhulikhel-KTM

28th October – 11th November, 2018



Introduction by Kumar Karki of CBSD and Tailored Treks

We welcome you on this special charity trek to explore the beauties of Nepal while also supporting communities in need.

The trek is part of the social charity work of Nepal NGO Community Building for Sustainable Development (CBSD). CBSD works in partnership with Scottish charity Himalayan Initiatives to promote positive change in one of the most stunningly beautiful yet most impoverished areas in the lower Everest region of eastern Nepal. Our work is focussed on the villages of Simigaon (Dolakha district), Nele & Jhareni (Solu khumbu district). This trek is delivered by trekking company Tailored Treks & Expeditions which works with CBSD and local communities to develop tourism in a way that brings benefits directly to the local people.

CBSD was established by supporters and young people from the region. Members of CBSD & Tailored Treks have a wealth of trekking experience and local knowledge, and are committed to giving something back to the community.

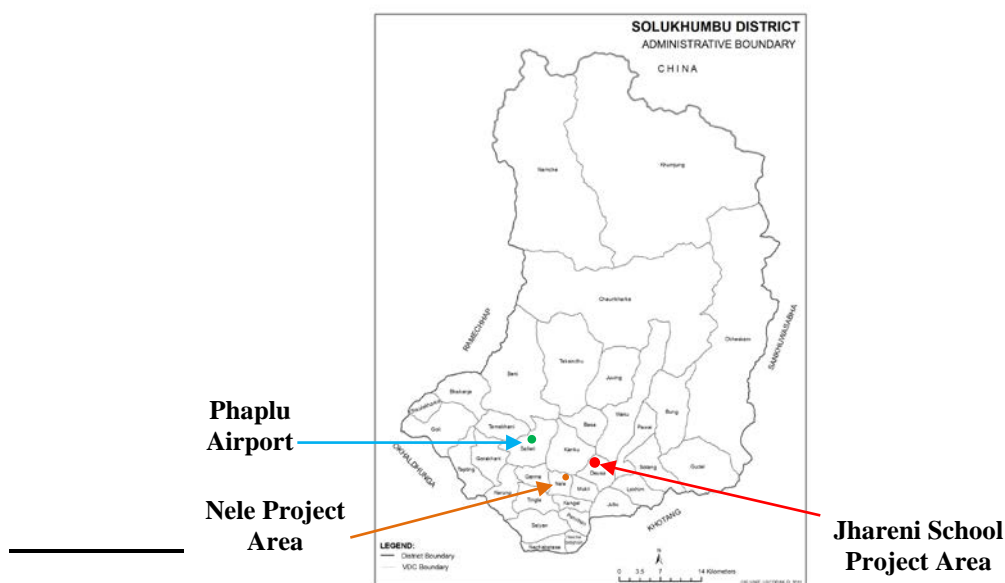
CBSD activities include supporting:

- a) The distribution of modern Metal Stoves with chimneys,
- b) Schools with books, furniture, building construction & repair,
- c) Health posts with medicine, staff training, building construction and maintenance,
- d) Agricultural support activities.

The overall aim is to improve education, health, income generation and general basic services in order to improve the quality of life in the region.

During the trek, we will visit our project areas, interact with the community, participate in community events, and share our ideas and suggestions for improving basic services in the region.

We welcome all those who are open to our aim of social service and who are prepared to face the challenges associated with bringing change in areas of need. Due to advancements in communication and technology, the interdependence of one area of the world with others is becoming ever more apparent. Consequently, we feel that interaction between communities, sharing of resources and knowledge is increasingly important to bring about harmony and balance in our world today. Through small initiatives such as this trek, we aim to contribute towards this goal.



PROGRAM ITINERARY

Program: Himalayan Initiatives Pikey Peak & Project Villages Charity Trek

When: 28th October – 11th November 2018

Special features:

- Kathmandu Valley sight-seeing
- Fly from KTM-Phaplu
- Trek to Pikey Peak-Japhre-Salme-Nele-Jhareni-Nele-
Jeep to Dhulikhel & Kathmandu
- Visit project areas in Nele & Jhareni
- Meet with community people
- Learn about village life and assist in gathering project feedback

Day 1

Sun Oct 28th Arrive Kathmandu, Nepal (your international flight is by your own arrangement and not included in the trek cost)

CBSD/Tailored Treks will welcome you at the airport and take you to our hotel in the tourist district Thamel. (Ambassador Garden Home Hotel or similar). There you will be able to shower, rest and relax or explore Thamel if you have the energy! Join us for an early evening group meeting in the hotel garden followed by an optional group meal. Our group will be a maximum of 12 people.

Day 2

Mon Oct 29th Kathmandu city tour

For those wishing to explore the city, a guide will be available to take us to the main tourist sights including Boudhanath, Swoyambhunath & Basantapur Durbar Square. There will also be time for shopping/preparation for the trek. There are small supermarkets in Thamel, nearby the hotel, for all those last minute essentials.

Day 3

Tues Oct 30th Fly from KTM to Phaplu (35 min)

After breakfast we will head to the airport for our domestic flight to Phaplu. Flight departure times are unpredictable and weather dependant but hopefully we'll get away in the morning and have time to explore the Phaplu area, home to Sherpa culture. Overnight at Everest Lodge in Phaplu.

Day 4

Wed Oct 31st Trek from Phaplu to Jaubari - overnight camp

Our first day of trekking begins! From Phaplu we will pass through beautiful forests and mountains, through Magar villages and visit Jwalamai temple before making camp at Jaubari.

Day 5

Thurs Nov 1st Trek from Jaubari to nearby Pikey Base Camp

A (Nepali) "gradual" climb through Sherpa villages and forest emerging near the ridge on the shoulder of Pikey with glorious views back down the valley – Onward to our campsite near Pikey Peak Base Camp

Day 6

Fri Nov 2nd Trek to Gnaur via Pikey Peak – overnight camp

After breakfast we start our trek over Pikey peak and then down to Ngaur. We will see local Sherpa villages and beautiful scenery along the way. It is 2-3 hrs uphill to the Pikey Peak viewpoint. Weather permitting there will be great views of Numbur Chuli and the Everest region including Mt Everest, Makalu, Pumori, Nuptse, Lhotse. After 2-3 hrs of downhill, we arrive at Gnaur and camp overnight.

Pikey Peak (4068m) is one of the tallest "Hills" in Solu. The name Pikey is derived from the name of a Sherpa Clan deity. During the month of July the locals hold celebrations to worship their clan god.

- Day 7**
Sat Nov 3rd **Trek from Ngaur to Japhre**
Optional early morning trek to Pikey Peak for sunrise
(weather permitting)
From Ngaur we trek through rhododendron and pine forest, and heathland and have good views of the Himalayas. We pass an impressive ridge top mani wall en route. Overnight camp or lodge in the Sherpa village of Japhre where we will visit the local gompa (monastery).
- Day 8**
Sun Nov 4th **Trek from Japhre to Salme – Overnight camp**
We will trek downhill from Jhahre, cross the Solu River and through Magar villages, to arrive in Salme - a Sherpa, Magar, Chhetri mixed community village
- Day 9**
Mon Nov 5th **Trek from Salme to Nele - Overnight at Mum's Nele Homestay**
From Salme it is a steep ascent from the river, passing a large hydro power scheme under construction to reach the mud road. We follow the road to Nele where we are sure of a warm welcome. We will stay at "Mum's Nele Homestay" which is a new venture for Tailored Treks. The homestay was constructed following the 2015 earthquakes, which destroyed or damaged many of the local houses. While in Nele we will visit and review all our project areas including the agricultural project, metal stove project, health post and primary school.
- Day 10**
Tues Nov 6th **Explore Nele - Overnight at Mum's Nele Homestay**
Tuesday is market day in Nele bazaar so we will join the locals in the meele. Fruit, veg, spices, clothes, basketware, metalwork, pigs, goats, chickens and more are on offer. We will learn about Himalayan Initiatives projects in the village and visit Nele health post & birthing centre and the local primary school.
- Day 11**
Wed Nov 7th **Trek from Nele to Jhareni (optional- you can stay in Nele & the Homestay on days 11&12 to relax/explore and learn more about village life if you prefer)**
It is a gentle 2-3 hour trek to the predominantly Tamang village of Jhareni. There we will visit the primary school built in 2014 (funded by Himalayan Initiatives) and meet with the community. This is a particularly impoverished area where we will be reviewing our past school and stove projects and looking at what further support may be needed. Overnight camp in Jhareni
- Day 12**
Thurs Nov 8th **Trek back from Jhareni to Nele- Overnight at "Mum's Nele Homestay"**
After a gentle trek back to Nele you will have free time to relax or maybe meet with more of the locals and learn about local cooking, local wildlife or craftwork.
- Day 13**
Fri Nov 9th **Drive by jeep from Nele to Dhulikhel 10-12 hrs - Overnight Gaia Resort**
After saying our goodbyes to the people of Nele we head off in a 4 wheel drive jeep- it's a very picturesque drive. We will stop at Pattale for the excellent mountain views and can request stops whenever needed. Dhulikhel is situated on the Kathmandu valley rim so it's worth getting up early next day for the view from your bedroom window.
- Day 14**
Sat Nov 10th **Drive from Dhulikhel to Kathmandu via Bhaktapur. Overnight at Ambassador Garden Home**
Before heading back to the bustle of Kathmandu we will visit Bhaktapur, a UNESCO World Heritage Site famous for its religious architecture (sadly badly damaged in the earthquakes) and home to a wide variety of local artisans including woodcarvers and papermakers. We'll spend a few hours here before returning to our hotel in Thamel. This will be our last night as a group so let's make it a good one at the Farewell Dinner! (optional)
- Day 15**
Sun Nov 11th **Departure (or extend your stay – see below)** Tailored Treks will arrange your transport to the airport.

PRICE	Remarks
GBP 1200 payable in cash directly to Tailored Treks after arrival in KTM. (Payment by bank transfer is possible and incurs an additional 13% VAT)	Hotel twin sharing basis at Ambassador Garden Home Hotel or similar rank. Single person supplement: GBP 195 All prices are calculated at current exchange rates (approx. 140NPR to GBP) In the unlikely event that the rate drops to below 125NPR in October a surcharge may be requested.

If you wish to extend your stay Tailored Treks is able to arrange additional trekking programs and optional activities such as:

Tour to Nagarkot/Namobuddha/Changunarayan Temple
Chitwan Jungle Safari
Mountain Flight

Please contact Tailored Treks directly for program options and prices.

Trek cost includes:

1. Hotel in Kathmandu **3 night only** (B &B only)
2. Hotel in Dhulikhel **1 night**
3. Food & Accommodation during trek
4. Wages for Guide, Sherpa, Cook, Kitchen staff & Porters
5. TIMS card
6. Airport pickup/drop
7. Flight Kathmandu to Phaplu
8. Jeep from Nele to Kathmandu
9. Kathmandu valley/Bhaktapur Sightseeing
10. Government Tax
11. Staff insurance
12. All Local Transportation
13. Office service charge

Costs not included:

1. Personal expenses (Please budget £100 for staff tips)
2. Drinking water, bar bill etc.
3. Helicopter rescue (in case of accident)

We hope that participants will each be happy to raise at least £300 for Himalayan Initiatives (Scottish Charity SC044266) through fundraising or sponsorship to support CBSD's project work in the villages (including villages you will be visiting - so you will be able to report back first hand how the money is being used!).

It is easy to set up your own fundraiser page linking to the Himalayan Initiatives BTMyDonate event page: <http://mydonate.bt.com/events/hipikeytrek2018>

THANK YOU FOR YOUR SUPPORT!

www.himalayaninitiatives.co.uk Reg. address: Cluny Victoria Rd Huntly AB54 8AH

IMPORTANT INFORMATION ON NEXT PAGE



IMPORTANT INFORMATION:

PLEASE NOTE:

This itinerary is designed to be flexible and may be subject to change due to circumstances at the time.

The trek is moderately strenuous and requires you to be able to walk carrying a daysack for up to 7-8 hours to a maximum altitude of 4068m. A reasonable level of physical fitness is important so we advise doing some preparatory hillwalking in the months before.

Please ensure that your travel insurance covers you for trekking at this altitude and for helicopter rescue (in the unlikely event of this being required.)

Tailored Treks will require a hard copy of your travel insurance prior to trek please.

For any enquiries or to reserve a place on this trek please email jane@himalayaninitiatives.co.uk



Tailored Treks & Expedition Pvt. Ltd. Thamel, Kathmandu, Nepal |

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EQUIPMENT LIST FOR TREKKING

1. Sleeping Bag 3 or 4 season (You can hire in Nepal)
2. Silk liner
3. Trekking Boots (Waterproof)
4. Lightweight shoes
5. Trekking Socks
6. T-shirts
7. Lightweight shirts
8. Down Jacket (You can hire or buy cheaply in Nepal)
9. Waterproof Jacket & Over trousers
10. Trekking Trousers
11. Underwear & base layers
12. Woolen hat
13. Sun Hat
14. Sun Glasses
15. Trekking Poles- optional
16. Gloves
17. Towel
18. Sun cream
19. Lip balm
20. Water Bottle x 2
21. Day back pack
22. Biodegradable all-purpose soap
23. Head Torch and spare torch
24. Insect repellent
25. First Aid kit including blister kit, plasters, paracetamol, aspirin (for altitude headache if not contra-indicated) loperamide for diarrhoea, cinnarizine for nausea, cetirizine for itch/bites.
26. Means of water purification. Boiled water is supplied on trek – as a safeguard we recommend also using water purification tablets (available in KTM) or another approved purification system e.g. Steripen
27. Camera with extra battery - optional (Electricity is available on the way)
28. Altimeter, Binoculars, GPS unit etc.-optional
29. Reading materials, Notebook, Pens etc.- optional