



**Himalayan  
Development  
Foundation**  
AUSTRALIA



## **HDFA Yangri Peak Trek October 2017**

**12 day introductory level trekking holiday in the Nepal Himalaya**  
**Find out more about HDFA's activities, people and partners in Nepal**

<b>Dates:</b>	1 October to 12 October 2017
<b>Start:</b>	Kathmandu, Nepal
<b>Finish:</b>	Kathmandu, Nepal
<b>Duration:</b>	12 days
<b>Activity</b>	8 days trekking, 2 days sightseeing/touring
<b>Price:</b>	\$1,250 USD ex Kathmandu
<b>Includes:</b>	All accommodation and all meals on trek Hotels on bed and breakfast basis in Kathmandu All domestic transport, trek permits and staff required

## Yangri Peak Trekking Holiday

This holiday is small but perfectly formed. A gentle introduction to Nepal and the high hills with stunning views of Himalayan giants right from day one. Picturesque villages; classic ridge-top walking; a small peak (3770m) and a real 'off the beaten track' feel as we head down to the little visited Upper Indrawati valley to meet the people working with HDFA. From here we're in vehicles to Nargakot – a peaceful hill top town for a chilled evening watching the sunset over Everest and her neighbours. Sightseeing and a little shopping time in Nepal's chaotic, charming capital city complete this lovely trip. Suitable for first-time trekkers and children over ten years' old.

## Trek in detail

**Trip Duration:** 12 days (ex Kathmandu)

**Dates:** this trip starts on Sunday 1st October 2017 meeting in Kathmandu at the group hotel for pre-dinner briefing and finishing after breakfast in Kathmandu on Thursday October 12th 2017

**Activity Breakdown:** 8 days trekking, 2 days sightseeing/ touring + arrival and departure days

**International Travel:** Allow +2 days for travel from Australia return; Total 14 days "door to door" ex Australia

**Trekking Grade:** gentle to moderate

**Weather in autumn:** at this time of year the weather is normally stable. Expect warm sunny days (15-25°C and cool evenings (to 0°C). There may be rain showers at the start of the trip if the monsoon is late finishing

**Group Size:** From 6 to 15 trekkers

**Maximum Altitude:** 3,770m

**Accommodation on trek:** camping supported by our cook team and porters

**Price:** USD\$1,250 based on 9 to 15 trekkers; USD\$ 1,350 each - 6 to 9 trekkers; ex Kathmandu; Single Supplement \$150pp

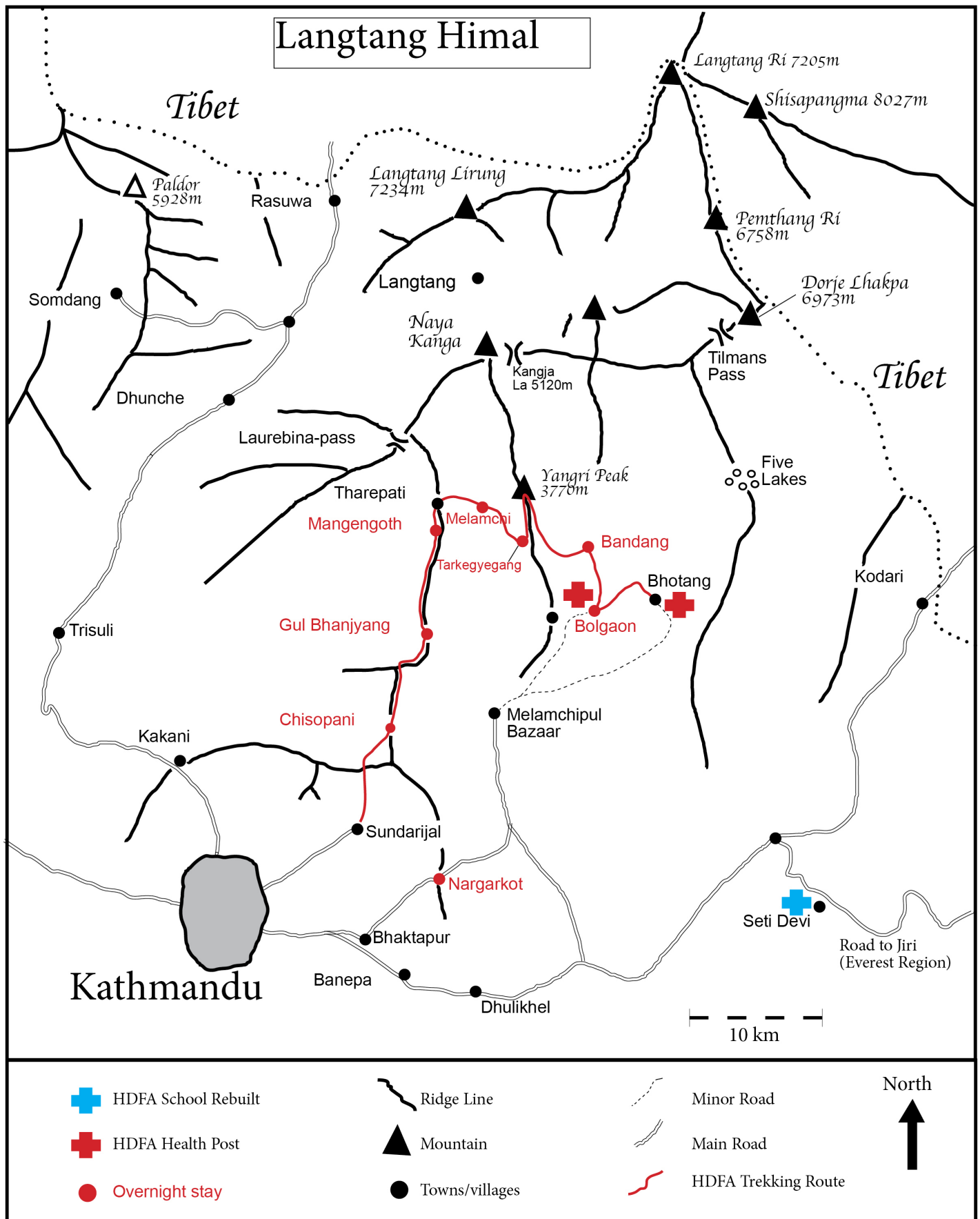
**Includes:** All food and accommodation on trek, Kathmandu hotels on bed & breakfast basis, all necessary trek guides and staff, trek permits and all domestic transport costs and airport transfers.

Stay a little longer for a jungle safari in Chitwan, bungee at The Last Resort or relax by the lake in Pokhara. Contact us for further suggestions for any additions to your itinerary.

## Why Himalayan Development Foundation Australia (HDFA) and why this trek?

HDFA works with local partners to support Nepalese people in remote, rural communities to better their lives in the ways that works best for them. We stay small, choosing to provide slow, gentle, long term support for just a handful of areas. Up until 2015 we had focused on a few villages in the Kanchenjunga region of Eastern Nepal. With the devastation brought by the earthquakes of 2015 we have broadened our approach initially through emergency relief with new partners PHASE Nepal. We recognised early on that PHASE hold virtually the same principles and values as we do and so have continued to grow with them, supporting further post-earthquake reconstruction in Sindupalchowk and now moving to a long view program in this same District. After month's of exploration we have, with guidance from local government and other agencies, started to support people in the Village Development Committees (VDCs) of Baruwa and Bhotang in Sindupalchowk. We're starting with what we know is needed, a boost to the existing health services, through placement of qualified, experienced health workers who will support government counterparts. We're also supporting a PHASE development officer to be eyes and ears in the villages, working with people to quantify their needs, their aspirations, their strengths and their concerns so together we can develop a robust, fit-for-purpose plan. It will take a year to get to know each other and map a way forward. We'll listen well, add our expertise and together create a better future for these hard-hit communities.

On this trip you have the chance to meet our PHASE team members, see the health posts in action, visit a school and, with luck, be invited in for chai and a chat to exchange ideas on how we live, work and play.





## Itinerary summary

Date	Day	Activity	Accommodation
Sunday Oct 1st	1	Meet in Kathmandu	Hotel
Monday Oct 2nd	2	Drive to Sundarijal, Hike Chisapani	Camping
Tuesday Oct 3rd	3	Hike to Gul Bhanjyang along the ridges	Camping
Wed Oct 4th	4	Hike to Mangeloth along the ridges	Camping
Thurs Oct 5th	5	Hike via Tharepati Pass to Melamchigaon	Camping
Fri Oct 6th	6	Hike to Tarkyegang through villages	Camping
Sat Oct 7th	7	Climb Ama Yangri Peak, descend to Bangdang	Camping
Sun Oct 8th	8	Hike to Bolgaon – see health post, meet villagers	Village stay
Mon Oct 9th	9	Hike to Bhotang – health post; drive Nagarkot	Country Villa
Tues Oct 10th	10	Sunrise views, sightsee Bhaktapur, drive Kathmandu	Hotel
Wed Oct 11th	11	Half day sightseeing / free time	Hotel
Thurs Oct 12th	12	Depart after breakfast	

## Itinerary in detail

### Sunday October 1st

#### Day 1 - Arrival in Kathmandu

We'll collect you from the international airport for the short transfer to the group hotel. Meet your fellow trekkers and trek leader for a short briefing about the days to come and then dinner (hotel).

### Monday October 2nd

#### Day 2 - Hike to Chisapani (2095m)

There's a short drive out to the edges of the sprawling capital city to Sundarijal, the start of our trek. We'll meet our porter team. Picking our way slowly up through farms and small villages we head into the Shivapuri National Park, steadily up through thickening jungle to attain the valley rim. From here we hope to have great views of Langtang and Ganesh Himal, as well as the views back over the Kathmandu valley. Trekking down to Chisapani and our first camp where we meet our fabulous cook team.  
(BLD, camp at 2095m, approx. 5-6 hours trek)

### Tuesday October 3rd

#### Day 3 - Hike to Gul Bhanjyang (2140m)

A lovely day winding in and out, up and down the ridges of the Helambu area. It's a day of terraces and rhododendron glades; stupas and mani walls; big views and small sights as we follow the high trails soaking up the local life and stopping off here and there for photos, smiles and min-explorations. Camp tonight is a little higher on the bhanjyang (pass). There are many words for 'pass' in Nepalese – deurali, bhanjyang, la!  
(BLD, camp at 2140m), approx. 5 hours trek)



Village tailor

### Wednesday October 4th

#### Day 4 - Hike to Mangeloth (3250m)

There's a cheeky start to the day with a steep climb to the Thodang Danda. The landscape starts to change from here becoming wilder with a big mountain feel. Passing through the village of Kutumsang there's another steady ascent through a magical forest, emerging finally on the Panghu Danda at an altitude of 3300 metres. The ridge crest is thickly forested, with rhododendron and pine throughout. Hidden in the forest are small pastures, carved out by local herders for their animals. Many say these have spiritual significance too. We

camp tonight at Mangengoth (3250m), where there are views across to Gosainkund.  
(BLD, camp at 3250m, approx. 6 hours trek)

### Thursday October 5th

#### Day 5 - Hike the Tharepati Pass to Melamchi Gaon (2640m)

Magical woods and achingly huge views again today as we twist and turn along the Thodang Danda and then the Panghu Dandu to the cluster of lodges at Tharepati and the magnificent vistas beyond. From here we turn towards the North East and descend to the earthquake devastated village of Melamchi Gaon.  
(BLD, camp at 2640m, approx. 6 hours trek)

### Friday October 6<sup>th</sup>

#### Day 6 - Hike to Tarkeghyang (2743m)

Although our destination is about the same height as Melamchi Gaon, we have a long descent to the Melamchi khola and a steady hike back up the other side. Tarkeghyang has a very important Buddhist monastery.  
(BLD, camp at 2740m, approx. 6 hours trek)



Morning Prayer - Balgoan

### Saturday October 7th

#### Day 7 - Ascend Ama Yangri (3770m), descend to Bangdang (1905m)

We make an early start today for the 1000m ascent to Ama Yangri peak. The trails take us out of the village through terraces and farms to eventually attain the pine and juniper covered ridge line. Ama means mother in Nepalese and this peak is believed to be the goddess protector (dakini) of the entire Hyolmo valley region. Her top is covered in colourful prayer flags and beautifully painted stupa. She stands alone, affording an uninterrupted view of Dorje Lhakpa, Gaurishanker and many, many more of the Himal. After snacks and lots of photos we head down, this time bearing off left to the head of the Yangri Khola and our camp site for the evening. There's an option to go directly to camp with the crew for those who don't want to summit.  
(BLD, camp at approx. 2800m, approx. 7 hours trek)



View from Yangri Peak of Lantang Himal



## Sunday October 8<sup>th</sup>

### Day 8 - Hike to Bolgaon (1870m)

A shorter, easier day today as we head down and around the high flanks of the Yangri valley to reach the village of Bolgaon. This is where HDFA is supporting the running of an Outreach Clinic (ORC) staffed by two of PHASE Nepal's health workers. Depending on what time we get in, we'll meet with the local health post committee and other key people to find out more about what's happening here. We will break up into pairs and stay with a local family for this evening. Sourab our development officer for the project area will be in attendance.

(BLD, camp at 1870m, approx. 5 hours trek)

## Monday October 9<sup>th</sup>

### Day 9 - Drive Nargakhot

Just an hours trek today as we drop down to Yangri at the head of the valley where the three rivers come together, here we meet our vehicle for the bumpy journey down and out to Melamchi and then up to Nargakhot. Sadly we say goodbye to our crew at the road end.

Nargakhot is a pretty hill top town, these days mostly comprised of lodges and hotels popular with local and foreign visitors alike as a short break from the capital. They come because it's cooler in monsoon and for the wonderful views across the Himalaya from Makalu in the East almost to the Annapurnas in the West.

Relax and enjoy hots showers, clean sheets and good hospitality.

(BLD, hotel, approx. 1 hours trek, 4 hours drive)



Bhotang school



Bhotang Village

## Tuesday October 10<sup>th</sup>

### Day 10 - Sunrise, Bhaktapur (ancient capital) city visit and Kathmandu

Get up early, wrap up and get out to catch the sun rising over the mountains. Then a leisurely breakfast and a short drive down the hill to the ancient capital of Bhaktapur. Kathmandu has three ancient cities – Kathmandu, Patan and Bhaktapur each centred around a magnificent 'durbar' square of temples and palaces. Although many of these temples were damaged in the earthquakes the durbars are still very special places. If there's time we may be able to visit one of the artisans' workshops and watch the stone and wood carvings that are rebuilding these ancient sites using techniques and tools handed down through generations.

Drive back to Kathmandu for a celebratory dinner at one of the capital's many great restaurants.

(B, hotel)

## Wednesday October 11th

### Day 11 - Open day - Sightseeing, relaxation Kathmandu

There's chance to experience some of the other UNESCO World Heritage sites of the valley such as Bhoudnath and its recently rebuilt stupa; Swayambunath (the monkey temple), Patan's durbar square or the bustling spics markets of Asan. We have a guide to reveal the torrid tales and hidden secrets of these wonderful, iconic places for you or relax and wander at your leisure through the myriad of streets, temples and laneways. A farewell dinner with the group before we part ways until the next Himalayan Journey!

(B, hotel)



## Thursday October 12th

### Day 12 - Transfer to the airport

Breakfast at the hotel. Our team will be along to take you to the airport in good time for your flight home.

Or stay on for a few more days – please ask for ideas!

Nepal is a diverse and vibrant country with much to offer from action adventures such as rafting, canyoning and bungee to luxury spas, jungle safaris and peaceful lakeside walks at the famed resort of Pokhara in the foothills of the Annapurna. If you have a few days to spare, why not extend your trip!

## A typical day on the trail

Wake up to a hot drink brought to your tent by our lovely cook team. Pack your bags and get ready for the day then come over to the dining tent for breakfast. Typically a breakfast on the trail might be porridge (mountain fuel!) or cereal and some sort of egg dish. We'll collect our packed lunches and top up our water bottles ready for the day ahead. The porters will arrive as you're breakfasting to carry your trek bag up to our next overnight stop. We'll walk for an hour or so before taking a break and of course there are lots of wonderful views, people and interesting things and photo opp stops along the way too.

We usually take a lunch along the route, possibly stopping at a local lodge for a hot drink then continue on the trail to reach our next campsite where usually the team will have the tents up and bags out ready for us. We normally take a hot drink and cookies on arrival. Once we're unpacked the team bring bowls of hot water around so we can wash in the privacy of our tent porch, get our 'clean' warm clothes on and be ready for the evening.

We finish the day with a three course meal – local style or Western there's plenty of variety and lots of taste! We tend to drift off to bed fairly early although a quick peak outside at the night sky, particularly higher up where the heavens are really ablaze with stars, can be a late night treat before sleep.

Camp toilets are usually a pit dug somewhere away from the camp, from the water source and any crop fields.

When we camp near a lodge we may use their toilets. Nepalese toilets are of the squat type. Some are dry, some use water. Toilet paper and feminine hygiene products are not put into the toilet but typically disposed of in a bin close by.



## How to book

To ensure your trekking holiday is right for you and in the interest of keeping a balance in the group we have a four step booking system:

1. Request and complete a BOOKING FORM.
2. If necessary we'll contact you for a short chat about your needs and expectations so that we can ensure the trip is right for you.
3. We'll confirm your booking and ask you to secure this with a deposit of USD\$500. We'll send more detailed joining information at this point, gear list and some tips on how to best prepare.
4. We'll ask for payment in full at the latest 8 weeks before your departure date.

We run this trip with a minimum of six people. We will let you know when we have reached this number and that the trip is guaranteed to run. It is wise to wait until we get minimum numbers before booking your international flights. If we don't reach minimum numbers we will offer those who have booked to continue the trip but with a surcharge for below minimum group size.

## Additional people joining and cancellations

If you have more friends who would like to join your trip please get in touch and we'll try our best to find them places. If for any reason you need to cancel, please contact us as soon as possible. You can read our Cancellation Policy. We recommend you take out an insurance policy which will cover cancellation fees in some circumstances.

## What's included

What's included: Arrival & Departure Airport transfers - Airport/Hotel/Airport; 3 nights in Kathmandu group hotel on bed and breakfast basis; all lunches and dinners on trek and Nargakot; 7 nights' fully supported camping including all tents, meals and drinking water; 1 night in local hotel on B&B basis; 1 English speaking experienced trek leader; 1 Sherpa for every 4 members and 1 porter for 2 members; staff & porters daily wages/equipment/food/clothing with medical & emergency rescue insurance; TIMS permit fees; Trekking & Kathmandu Map; Duffel bag for your porter to carry on the trek (supplied in Kathmandu).

## What's not included

Travel insurance – mandatory (medical, travel, evacuation); Nepal visa; tips for staff (allow A\$120); personal equipment and gear; other personal expenses; emergency evacuation; money for souvenirs; lunches and dinners in Kathmandu; soft drinks and alcoholic drinks.

We can provide the following items on loan at a small charge (to be returned to us at the end of the trek)

- Sleeping bag

## Fundraising requirements

HDFA requires each participant to raise awareness and fundraise or donate themselves towards one of the projects. This can be done in many ways, and HDFA can help with ideas, event ticketing and receipting or a dinner speaker for your event. We have an established online facility, which produces an automatic tax deductible donation receipt and can be shared on social media to help get the word out. Previous trekkers have on average raised ~\$2,500 each, but all we ask is you do what you can.



## Useful information for your trek

### Insurance:

It is essential that you have appropriate travel insurance for this trip. Make sure your insurance includes helicopter rescue and evacuation, repatriation to country of origin. Previous trekkers have used the QBE, WorldNomad and TravelEx, note QBE insurance is complimentary for some Visa cards holders who are Australian residents (check your policy documents carefully). To be clear the level of insurance required is for trekking only; this is not a mountaineering trip and as such no ropes, mountaineering guides will be used and the trek is on paths used by local people walking to fields and between villages, no glaciated terrain is involved.

### Trekking equipment and gear:

We will provide you with a complete gear list for trekking in the Himalaya when you book. Much of the trekking gear you will need can be purchased in Kathmandu before your trip, but you should allow extra time for this and whilst some of the equipment is cheaper in Kathmandu compared to the same product in Australia, but often the quality mirrors the price. It's easier to come prepared.

### Nepal country information and visas:

For European, US, Canadian, Australian and New Zealand visitors you can buy one on arrival at Tribhuvan Airport, Kathmandu. A 30 day visa currently costs \$40pp payable in USD or Nepali Rupees or purchase a visa in advance from the Nepalese Embassy in your home country. You don't currently need a passport photograph for the visa or trekking permit for this reason, but we always recommend you have a few on you "just in case". To make life easier at the airport you can complete the online booking form less than 15 days before you come <http://online.nepalimmigration.gov.np/>

If you forget to do so before you arrive its available in the airport but the lines for the kiosks can be long.

### Money:

Outside of Kathmandu on trek you'll need approximately AUD\$200 in Nepali Rupees for miscellaneous expenses and tips for the porters and staff. Nepalese Rupees are not available outside of Nepal but once you arrive there are ATMs all across Kathmandu where you can safely withdraw local currency with your credit card. If you prefer to bring cash for exchange then Australian Dollars, Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal (USD do not hold any advantage over these main currencies). We also recommend you carry some additional cash currency with you 'just in case'. Snacks and souvenirs are available in some of the villages we trek through. Please be aware that since everything has to be carried up from the nearest road, these items become more expensive as you gain altitude. Kathmandu is a great place to buy gifts and souvenirs at the end of the trip.

### Have a question or request?

Please contact us – we're very happy to help

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|--|-----------------|-------------|
| • Duncan Chessell: <a href="mailto:duncan.chessell@hdfa.org">duncan.chessell@hdfa.org</a>    | +61 414 804 055 | (Australia) |
| • Christina Garden: <a href="mailto:christina.garden@hdfa.org">christina.garden@hdfa.org</a> | +61 416 750 843 | (Australia) |

## FAQ's

### How long are the days?

Most trek days are 5 to 6 hours long so we may take a lunch stop en-route or have a longer morning and reach our destination for a late lunch

### How rough are the trails?

Some trails are relatively even, well-marked and wide; they are usually the main way of travelling from village to village for that area. As pretty much everything needed in the higher villages is carried up these trails by man or beast, you should expect some interesting traffic! We will also use some smaller, less well-travelled trails that may be rockier underfoot and a little steeper.

### How sustained is the trekking?

The first 6 days will be fairly constant trekking, with the last couple of days as we visit the health posts consisting of only a few hours of walking each day.

How high do we go? Maximum altitude is a trekking high point of 3,770m and maximum sleeping height is 3,250m. This is just into the zone at which our bodies start to notice and adjust to the reduced air pressure and therefore reduced availability of oxygen. Most people adapt well and suffer just a little discomfort in the process. We create the trek itinerary and program to give you the best possible chance of optimal acclimatisation. Height gains per day are minimised and we make sure we 'climb high, sleep low' to aid the change.

### What experience and fitness is needed?

We ask that you have a reasonable level of fitness: if you're comfortable going on day walks using a variety of footpaths and trails in your home country (eg the Blue Mountains (NSW) or Adelaide Hills, Peak District, UK) or maybe you swim, cycle, run or take a yoga class a couple of times a week you should find this trek within your means. You don't need to be an experienced trekker to enjoy this trip – it might be your first ever trek. It is important to spend time walking on unmade walking trails as well as attaining aerobic fitness.

### How do I prepare?

In preparation we recommend you complete some treks on unpaved rough and rocky trails and gradually build up your training program from initial 1-2 hour walks until you are comfortable to complete full day walks of 6-8 hours in duration in the months leading up to the trip. You will need to carry a day pack weighing 4-7kg and you should train with this weight prior to your trek. (for example, rain jacket, water bottles, warm top, snacks, hat, sunscreen etc in a ~35L-40L day pack).

### Can my children come trekking?

We have found children adaptable and often fitter than their parents! However they sometimes lack the same mental resilience that an adult can possess. The decision to take your child trekking should be weighted more to "how will they cope" mentally than physical. We recommend children be at least 10 years of age for trekking, but we have trekked to 5,200m with children as young as 7, it really depends on the child. Discuss it with our trek leaders and test them out on some day walks prior!

