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HELAMBU SKYLINE TRAIL

CAN Charity Trek

Land-only dates: 30th March – 10th April 2010

Duration:	12 days land-only
Trekking Days:	8
Maximum Altitude:	3771m



The Helambu Region is easily reached from the Kathmandu Valley. There is a short coach ride to the roadhead at Sundarimal for the start of the trek. The trail goes along the ridge tops leading through areas increasingly influenced by Buddhism. We pass through the villages of Chisopani, Chipling, Kutumsang and Melamchigaun, finally completing the circuit at Kieul. There are distant views of the Himalaya from the higher points of the trek and a particularly panoramic view from Chisopani. It is an immensely rewarding trek for walkers of proven fitness and average ability.

“Every trip to Nepal is awe-inspiring. The splendour of the mountains is matched by the spirit of the Nepalese people. Join me to raise money for CAN and see the difference you can make to the health, wealth and education of the Nepalese people, and you will be amazed at the difference they will make to you.”

Doug Scott CBE, Founder and Operations Director of Community Action Nepal

What is it going to cost me?

The trek will be organised by Community Action Treks – the trekking company that supports CAN. We ask you to pay the cost of the trek yourselves. The land-only cost is £950. The cost of the flight will be known once 4 people have booked onto the trip – a guideline price on flights at the moment is between £700 and £900.

We ask for an initial non-returnable deposit of £300 which will be paid to Community Action Treks. The remaining balance of £650 for the trekking costs should be paid 8 weeks before the start of the trek. We will book flights as early as possible to achieve the lowest prices. The land-only costs cover transfers to the hotel and to and from the start of the trek, hotel accommodation on a B&B basis, and all trekking costs including food.

How much sponsorship do I have to raise?

We would ask that you pledge to raise at least £750 – more if you can. You will be surprised how quickly and easily this can be achieved and we are sure you will be inspired by what you see in Nepal to enable you to raise more on your return. All the money raised will go to support CAN's projects in Nepal. On receipt of your deposit we will send you an information pack with a full trek itinerary and some ideas for fundraising.

How fit do I have to be?

This is a challenging trek that has been designed for walkers of average fitness. You will still need to prepare for it. The fitter you are, the more you will enjoy the trekking. Training is very important and you should walk up and down the hills as much as possible. Nepal is not a flat country! We will supply more details on preparing for your trek in the information pack.

OUTLINE ITINERARY

Walking and journey times are approximate

Day 1 Tuesday 30th March Arrive Kathmandu (1300m)

You will be met at the airport and transferred to the hotel. Briefing meeting. Evening free.

Day 2 Wednesday 31st March Chisopani (2194m)

A short drive brings you to Sundarjal (1350m), the road head, for the start of your trek. From there is an upward climb through the Tamang village of Mulkharka, then on through Chaubas and Burlang Bhanjyang where you cross the end of the Shivapuri ridge. The trail descends now through oak forest to Chisopani and camp for the first night (5-7 hours).

Day 3 Thursday 1st April Gul Bhanjyang (2130m)

The distant views of the Himalayan sunrise from this point can be awe inspiring, stretching from Everest to the Annapurnas. After descending to 1,770m, we begin a steep climb onto Jhoin Danda Ridge for more fantastic panoramas. We lunch in Chipling village (4 hours) and walk on to Gul Bhanjyang (3 hours)

Day 4 Friday 2nd April Sona Ghopte (3100m)

We continue to Kutumsang, to the five-roomed Health Post, built and maintained and staffed by Community Action Nepal and where we will be guaranteed a warm welcome and lunch and an opportunity to meet with the local communities who work with CAN.. (4-5 hours). We move on to Sona Ghopte – a further 2.5 hours walk.

Day 5 Saturday 3rd April Tharepati (3597m)

We wake to the beauty of distant snow capped peaks. Today will be a tough but rewarding day as we climb high into the rhododendron forests, still following the ridge to reach Tharepati at 3500m. Situated on a pass, the cluster of shepherds' huts commands impressive views of the Ganesh Himal, Dorje Lapka and the distant Gaurishankar to one side, while to the other a broad valley drops away towards the peaks of Gosainkund. If you are still feeling fit and have energy left there is a chance to scramble up the Thare Danda ridge for better views, including the Langtang peaks. (7 – 8 hours).



Day 6 Sunday 4th April (Easter Sunday) Melamchigaun (2530m)

A long descent through magnificent forests, (4-5 hours).past waterfalls, and raging torrents to the prosperous Sherpa village of Melamchigaun with its Tibetan Buddhist temple. There will be a chance to meet the staff and children from the school that Community Action Nepal supports as well as see the newest Health Post CAN is in the process of re-furbishing. Meet with Doug Scott and attend the official opening of the 5 roomed hostel built recently as a joint venture between West Yorkshire Scouts, the community of Melamchi and CAN.

Day 7 Monday 5th April Free day in Melamchigaun (2530)

A day in this beautiful valley to give us the opportunity to explore the village and meet the members of the community – many of whom CAN works closely with in its health, education and income generating projects. We can visit Guru Rinpoche's cave and other important sites of pilgrimage in the area. There is a magnificent waterfall – and the braver of us can bathe in its icy waters! We can sample the local beers, or rakshi, in the welcoming tea houses to be found in the village.

Day 8 Tuesday 6th April Tarkeghyang (2740m)

There are visits to other Buddhist sites as we go steeply down to Melamchi Khola. . We then make the long steep climb up to Tarke Ghyang, site of 270 year old Gompa called the 'Temple of the 100 Horses'. The temple was established in 1727 by a Lama who was called by the King of Kirtipur to stop an epidemic in Kathmandu. (8-9 hours)

Day 9 Wednesday 7th April Shermathang (2590m)

Today there is the option for fitter trekkers to ascend Ama Yangri Peak (3771m) which overlooks the village. It is the legendary home of Ama Yangri, the Goddess that protects and brings prosperity to the region. On the summit is a large, squat Chorten from where there are tremendous views of the Langtang and Jugal Himal. Those opting for Yangri Peak come back down to the ridge and then continue by a wonderful ridge crest path south to Shermathang where there are tea-houses and two Gompas close to our campsite (10 hours).**Those not climbing the AMA YANGRI peak** will walk across from Tarkeghyang via Gangjwall to Shermathang (5 - 6 hours).



Day 10 Thursday 8th April Kathmandu via Kieul (4 hours walk & 5 hours bus ride to Kathmandu)

Get up early to see the snow topped mountains of Langtang and Jugal Himal before breakfast and then trek down a zig-zag path to the roadhead at Kieul (4 hours). Transport will be waiting to take us on the 5 hour drive back to Kathmandu and the welcome comforts of your hotel and a shower.

Day 11 Friday 9th April Free day in Kathmandu

An opportunity to wander round the old city, markets and temples and shop in the nearby famous Thamel area of Kathmandu. Optional sight seeing trips can be arranged, payable in cash to our staff in Kathmandu.



Day 12 Saturday 10th April Depart Kathmandu

Transfer to the airport for your international flight. Extensions can be arranged in Nepal upon request.

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The price includes:

- Journeys by road between Kathmandu and the trailhead.
- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 3 nights in Kathmandu in shared rooms with en suite facilities and inclusive of breakfast
- Participation in the trek as per itinerary including all meals on trek, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking permit

Not included:

- International flights
- Airport taxes (approximately £15 from Kathmandu)
- Visa (cost approximately £20)
- Lunches and dinners when not on trek.
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

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