

'Trek with a Purpose' - Power Generation & Health -  
October 16<sup>th</sup> - November 9<sup>th</sup> 2008

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**'Trek-to-Build' Gothi Khola Micro Hydro & Sarkeghad Health Post:  
October 16<sup>th</sup> - November 9<sup>th</sup> 2008**



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## BACKGROUND & TREK ITINERARY

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**What:** Trek-to-Build Gothi Khola Micro Hydro & Sarkeghad Health Post

**When:** October 16<sup>th</sup> - November 9<sup>th</sup> 2008

Welcome to another opportunity for both a personal challenge and to support communities in need. This '*Trek with a Purpose*' from Rara Lake in Mugu District to Humla District is about being a part of positive change in one of the worlds remotest and ruggedly beautiful yet most impoverished regions in the 'Hidden Himalayas' of North West Nepal.

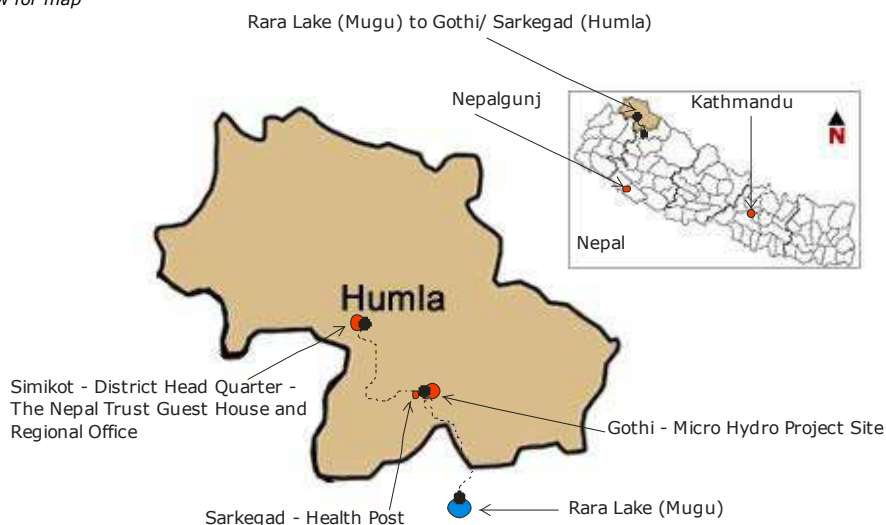
The Nepal Trust, a pioneer in responsible tourism in the far Western corner of Nepal since 1995, was the first development organisation in this vast region, if not the entire country, to initiate the so-called 'Treks-to-Build Health & Community' programme. This programme aims at a sustainable kind of tourism, whereby travellers, who want to leave more than just their footprints, waste and by-products on a trek, can instead educate and enrich themselves as they are offered the opportunity to get involved hands-on with community-based development projects that are related to health, renewable energy, environmental issues, education, heritage preservation and food security.

We need people who are positive-minded and who want to face a challenge and make a difference in a part of the world that desperately needs it - individuals who can trek and work in a team and as a team. Due to today's modernisation and innovating technologies, we are global citizens in a local setting. Therefore, the world and our trek need the kind of people who have the ability to think and act locally in their own home areas, but also those who can contribute globally.

We will trek to improve health, education and to supply renewable energy to a community of over 4000 people in the all but forgotten valleys of the Himalayas in North West Nepal. Our '*Treks to Build Health & Community*' help people in Humla District to help themselves to break out of the cycle of poverty. Your trek team will be supporting the construction of a 50 kW Micro Hydro Power project that will bring 'Light' and electrical power to thousands of people; and work to renovate a community health post and conduct an education survey. Without health, power and education communities like Gothi and Sarkeghad and thousands of others will find it incredibly difficult to find the necessary motivation let alone resources that make belief in and action for positive change a possibility.

These communities in the deep-end of the Himalayas that have suffered through a decade of a destructive insurgency need the support of a *New Tourism For A New Century* - a tourism that is a part of the solution and not a part of the problem for our world.

- Click space below for map



**Day 1**

**Oct 16, Thu Flight (UK) to Kathmandu (Nepal)**

**Day 2**

**Oct 17, Fri Arrival at Kathmandu (Nepal)**

06:45 am Arrival Kathmandu (Nepal)  
NT staff will welcome you at the airport. Take bus to hotel. Shower, rest and relax. Those with a lot of energy can go for a short trip to downtown Thamel (tourist quarter)  
19:00 pm Traditional Nepali meal (buffet) on **Nepal Trust**  
20:00 pm Meet the rest of NT team & short introduction. Then a good night's sleep

**Day 3**

**Oct 18, Sat Full day Kathmandu**

08:00 am Breakfast  
09:00 am Board bus to see the sights and sounds of Kathmandu with a walk through Indrachowk to Kathmandu Durbar Square for lunch and afternoon shopping for final trekking equipment if necessary  
16:00 pm Return to hotel for rest  
17:00 pm Presentation on Nepal Trust, Trek & project details and Safety  
19:00 pm Dinner and a free evening

**Day 4**

**Oct 19, Sun Kathmandu to Nepalgunj**

07:00 am Breakfast, brief meeting & pack  
08:30 am Stroll around Thamel and shop for final personal or treks items  
12:00 am Lunch at hotel  
13:30 pm Time to head for the airport  
15:00 pm Board plane to Nepalgunj for 1hr, 15 min flight  
16:15 pm Feel the heat at Nepalgunj (*we have arrived in the Terai lowlands of west Nepal*) off to hotel: lots of soft drinks to stay hydrated and relax  
19:00 pm Dinner & early bed

**Day 5**

**Oct 20, Mon Nepalgunj to Ghamgadi to Rara Lake**

06:00 am Breakfast, brief meeting & pack  
Today we take an early flight to Ghamgadi airport, from where we start our short walk up to Rara Lake; the biggest lake in Nepal where we have majestic mountain views. Depending on availability we stay here at wooden lodges or camp on the lakefront itself.

**Day 6**

**Oct 21, Tue Explore Rara Lake: Day 1**

08:00 am Wake up call  
09:00 am Breakfast  
10:00 am Free day at Rara Lake  
Enjoy Rara Lake and its superb natural surroundings. Here we can take a swim, walk around, take pictures, enjoy drinks, read a book, relax  
12:30 pm Lunch at Rara Lake  
19:00 pm Dinner at lodge & free evening

### In case you're losing trek: Day 7 in Nepal...

#### Day 7

#### Oct 22, Wed Explore Rara Lake: Day 2

08:00 am Wake up call  
09:00 am Breakfast  
10:00 am Free day at Rara Lake  
Enjoy Rara Lake and its superb natural surroundings, relax or take a good half-day hike and jungle walk to prepare for the trek through Mugu and to Gamgadhi north to Humla District  
12:30 pm Lunch at Rara Lake  
19:00 pm Dinner at lodge or tent site, NT briefing on program, safety & free evening



Rara Lake



Nepal Trust tourists at Rara Lake

#### Day 8

#### Oct 23, Thu Rara Lake via Gamgadhi (1700m) to Luma, 8 hrs.

06:00 am Wake up call, breakfast, briefing NT on program & pack  
07:00 am Start trek - We leave Rara Lake and hike up to Gamgadhi, the administrative centre of Mugu District where we can re-supply ourselves in local shops. From there we head down to the Mugu Karnali River and cross by ropeway bridge and then trek up to Luma  
11:00 am Lunch at Gamgadhi  
12:00 pm Re-supply/ shopping  
12:30 pm Continue trek  
16:30 pm Arrival Luma, take rest  
17:00 pm Pitch up camp/ tents & sightseeing  
19:00 pm Dinner on campsite & free evening

#### Day 9

#### Oct 24, Fri Luma village to cross Changkheli pass, 7 hrs.

06:30 am Wake up call, breakfast, briefing NT on program & pack  
07:30 am Start trek - We leave Luma and need all our energy to cross the difficult Changkheli pass (3640m)  
12:00 am Lunch & NT briefing on AMS/ first aid/ crossing Changkheli pass  
13:30 pm Continue trek  
16:00 pm Crossed Chankheli pass, take rest  
16:30 pm Pitch up camp/ tents & sightseeing  
19:00 pm Dinner on campsite & free evening

**Day 10**

**Oct 25, Sat Changkheli to Rimi, 7 hrs.**

06:30 am Wake up call, breakfast, briefing NT on program & pack  
07:30 am Start trek - With the pass at our backs we trek to Rimi, the next stop on our route. The journey going further up north is beautiful but challenging hike. Here one travels steeply up and down, again and again, from one gorge to another. This is the province of Humla, often referred to as the 'Hidden Himalayas'  
12:00 am Lunch  
13:30 pm Continue trek  
16:00 pm Arrival Rimi, take rest  
16:30 pm Pitch up camp/ tents & sightseeing  
19:00 pm Dinner on campsite & free evening

**Day 11**

**Oct 26, Sun Rimi to Dharma village via Piplang, (4,5 hrs.) to Melchham village (4,5 hrs.)**

06:00 am Wake up call, breakfast, briefing NT on program & pack – long trek this day  
07:00 am Start trek  
11:30 am Lunch at Piplang village  
17:00 pm Arrival Melchham, take rest  
17:30 pm Pitch up camp/ tents & sightseeing  
19:00 pm Dinner on campsite & free evening

**Day 12**

**Oct 27, Mon Melchham village to Gothi and Sarkeghad, 7 hrs.**

07:00 am Wake up call, breakfast, briefing NT on program & pack  
08:00 am Start trek - We leave Melchham and head for Gothi; the biggest project site of NT. Here we spend several days on the project site in order to participate in the actual micro-hydro implementation, experience mountain life by sleeping in home-stays, visit several villages, conduct health survey and work with local people on the 50kW micro-hydro, Sarkeghad Health Post medical and renovation work and on accessing the local school & education  
12:00 am Lunch & NT briefing on Gothi and safety  
16:00 pm Arrival at Gothi & take rest  
19:00 pm Dinner



*Opening Sarkeghad Health Post*



*Current state Health Post*

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**Day 13 - 16**  
**Oct 28, Tue**  
**- Oct 31, Fri**

**Work on Gothi Khola MHP & Sarkeghad health post, visit & assess local school & education needs / surveys**

07:00 am Wake up call, breakfast, briefing NT on program  
08:00 am Today we have a full day at Gothi & Sarkeghad, we will either work on the MHP project or the health post or school. Here we will take notes, observe project sites/ work together with the community & interact with local workforce & hopefully contribute go getting some work done  
12:30 pm Lunch & group reflection on work & project sites  
13:30 pm Continue work  
17:00 pm Take rest, drink tea and reflection of the day  
17:30 pm Free time  
19:00 pm Dinner  
20:30 pm Review day & work - free evening/ interact with local community



*Gothi waterfall for Micro Hydro*



*Community gathering for MHP*

**Day 17**  
**Nov 1, Sat**

**Meeting with local community & leaders and / or visit local villages or choice to work on health post or Ghoti MHP**

07:00 am Wake up call, breakfast, briefing NT on program  
08:00 am Visit local villages, leaders & communities  
12:30 pm Lunch & group reflection  
13:30 pm Continue work health post/ MHP  
17:00 pm Take rest, drink tea and reflection of the day  
17:30 pm NT briefing program next day/ free time  
19:00 pm Dinner party with local community

**Day 18**  
**Nov 2, Sun**

**Gothi / Sarkeghad via Ripa village (4,5 hrs.) to Lali, 8 hrs total.**

07:00 am Wake up call - early - breakfast, briefing NT on program  
08:00 am Start trek back to Lali  
12:30 pm Lunch at Ripa village  
13:30 pm Continue trek  
16:00 pm Arrival Lali, take rest  
16:30 pm Pitch up camp/ tents & sightseeing (MHP)  
19:00 pm Dinner on campsite & free evening/ interact with local community & visit school, health post and Nepal Trust 25kw micro-hydro

### Day 19

**Nov 3, Mon**

#### **Lali to Kharpunath, 6 hrs.**

06:30 am Wake up call, breakfast, briefing NT on program  
07:30 am Start trek - From Lali we trek further to Yangchu village & have lunch  
12:30 pm Lunch at Yangchu village  
13:30 pm Continue trek  
16:00 pm Arrival Kharpunath, take rest  
16:30 pm Pitch up camp/ tents & sightseeing and village areas of interest  
19:00 pm Dinner on campsite & free evening/ interact with local community

### Day 20

**Nov 4, Tue**

#### **Kharpunath to Simikot (2900m), 5 hrs.**

06:30 am Wake up call, breakfast, briefing NT on program  
07:30 am Start trek - From Kharpunath we trek further to Simikot, the District H.Q. of Humla, high above the Humla Karnali River  
11:30 am Arrival Simikot - Rest & check in at Nepal Trust Guest House, hot shower  
12:30 pm Lunch  
13:30 pm Visit local hospital - talk with doctors, nurses and patients  
14:30 pm Visit local infrastructure - talk with local people/ workforce  
15:30 pm Sightseeing  
19:00 pm Dinner & free evening



*Nepal Trust Guest House in Simikot*



*Simikot - District Head Quarter*

### Day 21

**Nov 5, Wed**

#### **Fly from Simikot to Nepalgunj & on to Kathmandu**

06:00 am Wake up call & start packing your bags & breakfast...  
And early morning flight to Nepalgunj (07:45 am) & afternoon flight to Kathmandu (11.55 am) & check-in at hotel

### Day 22

**Nov 6, Thu**

#### **Full day Kathmandu 1**

9:00 am Breakfast & briefing NT on program  
10:00 am Board bus to Swayambhunath  
11:00 am Board bus to Asan  
Here we stroll several hours through the old market area where we meet merchants, handicraftsmen, street merchants and shop about  
13:00 pm Lunch  
15:00 pm Visit Kathmandu Durbar Square/ Thamel shopping area  
18:00 pm Return to hotel for rest  
19:00 pm Dinner and a free evening

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*\*For those who want to see (Mt. Everest) close up - you can take an **optional** mountain flight.*

### **Day 23**

**Nov 7, Fri**

#### **Full day Kathmandu 2**

06:00 am Breakfast & briefing NT on program  
07:00 am Board bus to Pashupatinath (Bagmati river) and see the Ghats / burning rituals with a stop at Guhyeshwari temple  
10:00 am Board bus to Bhaktapur  
11:00 pm Arrival Bhaktapur. We will visit Bhaktapur Durbar Square, the main square of the City built during 14-17<sup>th</sup> century, which was hit by an earthquake in 1933. However, it still contains many temples and other architectural interest. The Lion Gate, the statue of the King Bhupatindra Malla, the National Art Gallery, Palace of 55 Windows and the Bell of the barking Dogs are among the places to experience  
13:30 pm Lunch in one of the restaurants in middle of the King's Square at Café Nyatapola or Café de Peacock  
14:30 am Board bus to Nagarkot  
15:30 pm Walk through Nagarkot, enjoy Nepali tea and Nepal's picturesque rural life  
17:30 pm Board bus to hotel and take a rest  
19:30 pm Dinner and a free evening or Party!



*Pashupatinath Temple*



*Bhaktapur Durbar Square*

### **Time for home -**

**Day 24**

**Nov 8, Sat**

#### **Flight Kathmandu (Nepal) to UK**

It's the final chance to have a lie in or go last minute shopping to experience the sights and sounds of Kathmandu before departure. We head to the airport in the afternoon

**Day 25**

**Nov 9, Sun**

**Arrival UK**