

'Trek with a Purpose' - Power Generation -  
October 4<sup>th</sup> - October 27<sup>th</sup>, 2008

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'Trek-to-Build' Gothi Khola Micro Hydro:  
October 4<sup>th</sup> - October 27<sup>th</sup>, 2008



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## BACKGROUND & TREK ITINERARY

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**What:** Trek-to-Build Gothi Khola Micro Hydro

**When:** October 4<sup>th</sup> - October 27<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 Simikot via Torpa up to Raling Monastery and on to Gothi in 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 Ghoti 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



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### **Day 1**

**Oct 4, Sat      Flight (UK) to Kathmandu (Nepal)**

### **Day 2**

**Oct 5, Sun      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 6, Mon      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 and its works

19:00 pm      Dinner and a free evening

### **Day 4**

**Oct 7, Tue      Kathmandu to Nepalgunj**

07:00 am      Breakfast, brief meeting & pack

08:30 am      Stroll around Thamel and shop for final trekking equipment if necessary

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) and off to hotel: lots of soft drinks to stay hydrated and relax

19:00 pm      Dinner & early bed

### **Day 5**

**Oct 8, Wed      Nepalgunj to Simikot**

05:30 am      Early rise, pack & have a quick tea or coffee

06:00 am      Leave for Nepalgunj airport

07:30 am      Scenic Flight to Humla

08:30 am      Arrive in Simikot at 2870 meter altitude and feel your lungs getting into action as you walk up to the Nepal Trust Guest House for breakfast. Introduction to the Nepal Trust Guest House staff and health workers. Also meet the local people who will be trained in Mountain Leadership and as cooks on the trek. Spend the day here acclimatising: drink plenty of water and NO BEER!

13:00 pm      Lunch and a short walk to loosen up our legs and get the lungs in shape

18:00 pm      Small briefing about the next day

19:00 pm      Dinner & early bed

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### Day 6

**Oct 9, Thu**

#### **Simikot to Torpa, 5 hrs.**

07:00 am Wake up call, breakfast, briefing NT on program  
08:00 pm Start trek  
13:00 pm Lunch  
16:00 pm Visit Nepal Trust Health Post & sightseeing  
19:30 pm Dinner and briefing about the next day

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

### Day 7

**Oct 10, Fri**

#### **Torpa to Raling Gompa, 7 hrs.**

07:00 am Wake up call, start packing your bags & breakfast  
Today we leave Torpa behind and trek up to Raling Gompa. This Gompa (monastery) Nepal Trust renovated with support from UNESCO. Here we visit the monastery, spend the night and enjoy the mountain views



*Along the way from Torpa to Raling*



*Raling Monastery (Gompa)*

### Day 8

**Oct 11, Sat**

#### **Raling Gompa to Baragaun, 8 hrs.**

07:00 am Wake up call, start packing your bags & breakfast  
08:00 am Start the trek to Baragaun and visit the local micro hydro power project  
13:00 pm Lunch  
15:00 pm Visit the surrounding area and talk with villagers what change electricity can bring in their daily lives  
18:00 pm Dinner and briefing about the next day

### Day 9

**Oct 12, Sun**

#### **Baragaun to Lali, 7 hrs.**

07:00 am Wake up call, start packing your bags & breakfast  
08:00 am Start the trek to Lali and visit the Nepal Trust micro hydro power project  
13:00 pm Lunch  
15:00 pm Visit the surrounding area and the local school where we can talk with villagers and enjoy the surrounding area  
18:00 pm Dinner and briefing about the next day

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### Day 10

#### Oct 13, Mon **Lali via Ripa to Sarkeghad, 5.5 hrs.**

07:00 am Wake up call, breakfast, briefing NT on program  
08:00 am Start trek - From Lali we go further to see another NT project site; Sarkeghad. Here we find a NT health post where we camp behind the school  
12:30 pm Lunch at Ripa village  
13:30 pm Continue trek  
16:00 pm Arrival Sarkeghad, take rest  
16:30 pm Pitch up camp/ tents & sightseeing (health post)  
19:00 pm Dinner on campsite & free evening/ interact with local community

### Day 11

#### Oct 14, Tue **Sarkeghad to Gothi, 2.5 hrs.**

07:00 am Wake up call, breakfast, briefing NT on program  
08:00 am Start 2 hour walk to Gothi , were we will set up our camp for the upcoming week. From here we will divide the activities and will either work on the MHP project or the health post. Here we will take notes, observe project sites/ work together with the community and interact with local workforce. We will have a big celebration before we leave  
12:30 pm Lunch & group reflection project sites  
13:30 pm Continue work  
17:00 pm Take rest, drink tea and reflection of the day  
19:00 pm Dinner  
20:30 pm Free evening/ interact with local community

### Day 12 - 15

#### Oct 15, Wed -

#### Oct 18, Sat **Work on Gothi Khola MHP and/or Sarkeghad health post, visit school**

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



*Gothi waterfall for Micro Hydro*



*Community gathering for MHP*

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### Day 16

#### Oct 19, Sun **Meeting with local community & leaders and/or visit local villages or choice to work on health post or Gothi 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 17

#### Oct 20, Mon **Gothi to Sarkeghad via Ripa (4,5 hrs.) to Lali, 7 hrs.**

07:00 am Wake up call, breakfast, briefing NT on program  
08:00 am Start trek back to Lali  
12:30 pm Lunch at Ripa village  
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

### Day 18

#### Oct 21, Tue **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  
16:00 pm Arrival Kharpunath, take rest  
16:30 pm Pitch up camp/ tents & sightseeing  
19:00 pm Dinner on campsite & free evening/ interact with local community



*Nepal Trust Guest House in Simikot*



*River between Lali and Kharpunath*

### Day 19

#### Oct 22, Wed **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

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## Day 20

### Oct 23, Thu **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 21

### Oct 24, Fri **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 sellers and look around in the many shops  
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

*\*For those that want to see the mountains (Mt. Everest) from close by can take an **optional** mountain flight.*

## Day 22

### Oct 25, Sat **Full day Kathmandu 2**

06:00 am Breakfast & briefing NT on program  
07:00 am Board bus to Pashupatinath (Bagmati river) and see the burning rituals with a stop at Guhyeshwari temple which is at the downside  
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 showpieces. 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 of interest  
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



*Pashupatinath Temple*



*Bhaktapur Durbar Square*

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**Time for home -**

**Day 23            Flight Kathmandu (Nepal) to UK**

**Oct 26, Sun**    It's the final chance to have a lie in, get some last minute shopping and experience the sights and sounds of Kathmandu. We head to the airport in the afternoon

**Day 24**

**Oct 27, Mon    Arrival UK**