

'Trek with a Purpose' - Health -
September 4th - September 24th, 2008

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**'Trek-to-Build' Torpa Health Post:
September 4th - September 24th 2008**



The Nepal Trust
4 Marina Quay, Lossiemouth,
IV31 6TJ Scotland
Tel: 01343 810358 Fax: 01343 810359
admin@nepaltrust.org Web site: www.nepaltrust.org



BACKGROUND AND TREK ITINERARY

What: Trek-to-Build Torpa Health Post

When: September 4th - September 24th 2008

Welcome to another opportunity for both a personal challenge and to support communities in need. This 'Trek with a Purpose' from Simikot via Raling Monastery up to Torpa 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.

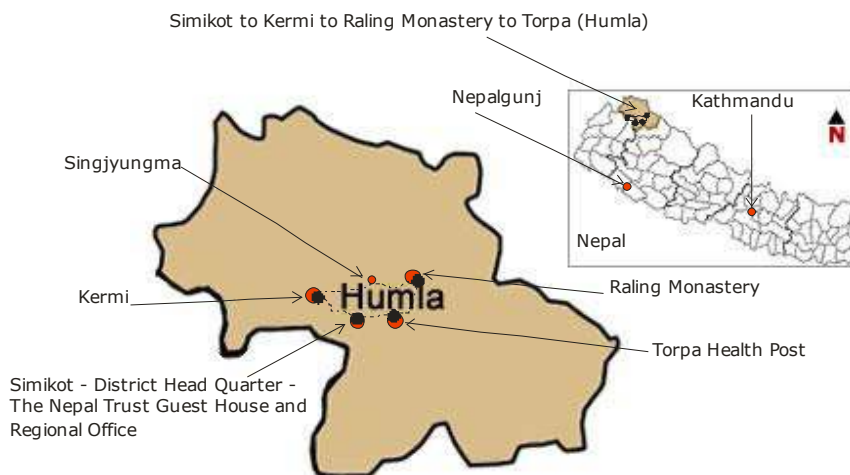
The Nepal Trust, a pioneer in responsible tourism in the far Western corner of Nepal since 1995, was the first development organisation in this vast region, if not the entire country, to initiate the so-called 'Trek-to-Build Health & Community' programme. This programme aims at a sustainable kind of 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 the health infrastructure and to provide education to a community that is lacking the basic needs and rights when it comes to primary healthcare, hygiene and medicine in the all but forgotten valleys of the Himalayas in North West Nepal. Our 'Trek 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 refurbishment and renovation of a community health post and conduct an education survey along with a mobile health camp. Without health, power and education communities like Torpa 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

Sep 4, Thu Flight (UK) to Kathmandu (Nepal)

Day 2

Sep 5, 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

Sep 6, 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 and its works

19:00 pm

Dinner and a free evening

Day 4

Sep 7, Sun 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

Sep 8, Mon 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

Day 6

Sep 9, Tue

The trek starts: Simikot to Kermi

05:30 am Wake up call & start packing your bags
06:30 am Breakfast
07:30 am Start trekking for a tough day. First a bit up, then watch your knees as you go down steeply (bisterai, bisterai = slowly, slowly) to the Karnali river. Follow the main trade route up the Karnali River
12:00 am Lunch break on route
16:00 am Arrival Kermi and visit Nepal Trust health post or visit the hot spring
18:00 pm Dinner and briefing about the next day



Viewpoint at Simikot (District H.Q.)



Camping site at Raling Monastery

Day 7

Sep 10, Wed

Kermi to Singjungma

05:30 am Wake up call, start packing your bags & breakfast
Today we walk further up the Karnali River and walk up to Singjungma (3701m) where we put up our camp and spend the night

Day 8 - 10

Sep 11, Thu

Singjungma to Raling Gompa

Sep 13, Sat

05:30 am Wake up call, start packing your bags & breakfast
Today we leave Singjungma behind and trek the upcoming days up to Raling Gompa. A monastery that Nepal Trust renovated with support from UNESCO. Here we visit the monastery, spend the night and enjoy the mountain views

Day 11

Sep 14, Sun

Raling Gompa to Torpa

05:30 am Wake up call, start packing your bags & breakfast. Today we follow the trail down to Torpa; our work station for the upcoming days. Here we will start the works on the health post with the local people as our fellow colleagues.

Torpa health post is the first health post ever established by Nepal Trust and is a landmark for primary healthcare delivery in Humla district.

However, due to political turmoil and social unrest that held Humla in its grip for over a decade, Torpa health post was severely damaged by Maoist rebels, which resulted in the unfortunate hindrance to provide local such as children, elderly and infants the basic healthcare they so desperately need.

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Treating patients on route



Dentist at work

Day 12 - 16
Sep 15, Mon -
Sep 19, Fri

Building health and community in Torpa village

The upcoming days we work on the health post with the local community and Nepali construction workers to rebuild the health post. We have a big celebration before we leave with the community



Interaction program at Torpa village



Raling Monastery (Gompa)

Day 17
Sep 20, Sat

07:00 am
08:00 pm
13:00 pm
16:00 pm

Torpa to Simikot (Approx. 5 hrs.)

Wake up call, breakfast, briefing NT on program

Start trek

Lunch

Trek onwards and arrive at Simikot where we spend the night in the Nepal trust Guest House, where we can take a hot shower and sleep in a comfortable bed

19:30 pm

Dinner and briefing about the next day

Day 18
Sep 21, Sun

06:00 am

Fly from Simikot to Nepalgunj & on to Kathmandu

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

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Day 19

Sep 22, Mon Full day Kathmandu

8:00 am Breakfast & briefing NT on program

9:00 am Board bus to Swayambunath

10:00 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.

12:30 pm Lunch

14:00 pm Visit Kathmandu Durbar Square/ Thamel shopping area

17:30 pm Return to hotel for rest

19:00 pm Dinner and a free evening



Flower sellers at Asan



Merchants at old market

Time for home -

Day 20 Flight Kathmandu (Nepal) to UK

Sep 23, Fri 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 21

Sep 24, Sat Arrival UK