

## The Itinerary

**Day 1 Flight from UK to Kathmandu via Doha**

**Day 2 Early flight to Paro (Bhutan's only airport)**

In clear weather we will see the Himalayan Range including Mt Everest and Mt Kanchenjunga

We spend the day in Paro adjusting to the altitude (2300m) and to Bhutan

**Day 3 Day Hike up to Takstang (Tiger's Nest) Monastery in the Paro Valley to help us acclimatise. 2-3 hrs**

Tiger's Nest Monastery is one of the most spectacular in Bhutan, and is named after Guru Rinpoche who flew here on the back of a tiger in the 7th Century (so legend goes...)

**Day 4 Drive to Drugyel Dzong and start trek reaching Shana Camp (2800m), 15km, 5-6 hrs**

We climb upstream along the Pachu River past traditional Bhutanese villages

**Day 5 Trek day 2 – Shana to Soi Thanthangkha (3800m), 22km, 7-8 hrs**

We continue climbing along the Pachu River through pine, oak and spruce forests

**Day 6 Trek day 3 – Soi Thanthangkha to Jangothang (4050m). 17km, 4-5 hrs**

Today we climb above the tree line and see the Himalaya for the first time, with stunning views of the surrounding peaks including Jhomolhari (7320m) and Jichu Drake (6900m)

We have a hot lunch in a yak herders camp!

**Day 7 Trek day 4 – acclimatisation day at Jangothang**

We can either visit yak herders or Tsophu Lake today

**Day 8 Trek day 5 – Jangothang to Lingshi (4100m). 21km, 6-7 hrs**

After walking upstream, along a ridge and through a wide valley popular with blue sheep we cross the Nyele La Pass (4700m) with breathtaking views

The gorgeous views continue as we descend to our campsite near Lingshi Dzong (a fortress monastery)

**Day 9 Trek day 6 – acclimatisation day at Lingshi**

Rest day!

**Day 10 Trek day 7 – Lingshi to Shodu (3750m). 22km, 7-8 hrs**

Today is the most demanding day as after an early start we walk upvalley to cross the Yale La pass (4950m).

**Day 11 Trek day 8 – Shodu to Barshong (3500m). 14km, 5-6 hrs**

We descend along the Tschimchu River through rhododendron, juniper and pine forests past impressive cliffs and waterfalls

Our camp is next to the ruins of Barshong Dzong

**Day 12 Trek day 9 – Barshong to Dodina. 22km, 7-8 hrs**

We follow the Tschmchu river downstream through forests of pine and bamboo

Reach trailhead at Dodina and drive for 1hr 30mins to Thimphu, the capital of Bhutan

**Day 13 Community project**

**Day 14 Community project, evening drive to Paro**

**Day 15 Fly Paro to Kathmandu. Fly back to London**

**Due to the nature of this challenge, this itinerary is subject to change**



## The Rowans Hospice



Helen with her Dad, Richard

My name is Helen, although Dad always referred to me affectionately as 'Nel'. My relationship with Dad was one which was irreplaceably special, one of unconditional love, support, trust and encouragement. He was one of life's true gentlemen.

When Dad was diagnosed with cancer I felt as though I was living my worst nightmare but the pain was eased by the support of The Rowans Hospice. Throughout his 18 month battle, nothing was too much trouble. Staff provided the highest quality care for Dad, ensuring he maintained his privacy and dignity, and support for his family. They allowed me to 'switch off' from being a nurse and become his daughter again. Since his death, the Hospice has continued to support me and my family through counselling.

The work of The Rowans Hospice has been invaluable to my family. By taking part in this challenge you will be ensuring that the very special services continue to support others like me.

- Therapeutic Clinic (supporting those who have recently received a life-limiting diagnosis)
- Day Care Service
- Respite Care
- Symptom Control
- End of Life Care
- Supporting Families at Home
- Rowan's Meerkat Service (supporting children & young people who are facing or experiencing bereavement)

For more information about our Hospice please visit

[www.rowanshospice.co.uk](http://www.rowanshospice.co.uk)

To contact the fundraising team please email:

[fundraising@rowanshospice.co.uk](mailto:fundraising@rowanshospice.co.uk)

or call **023 9223 7146**



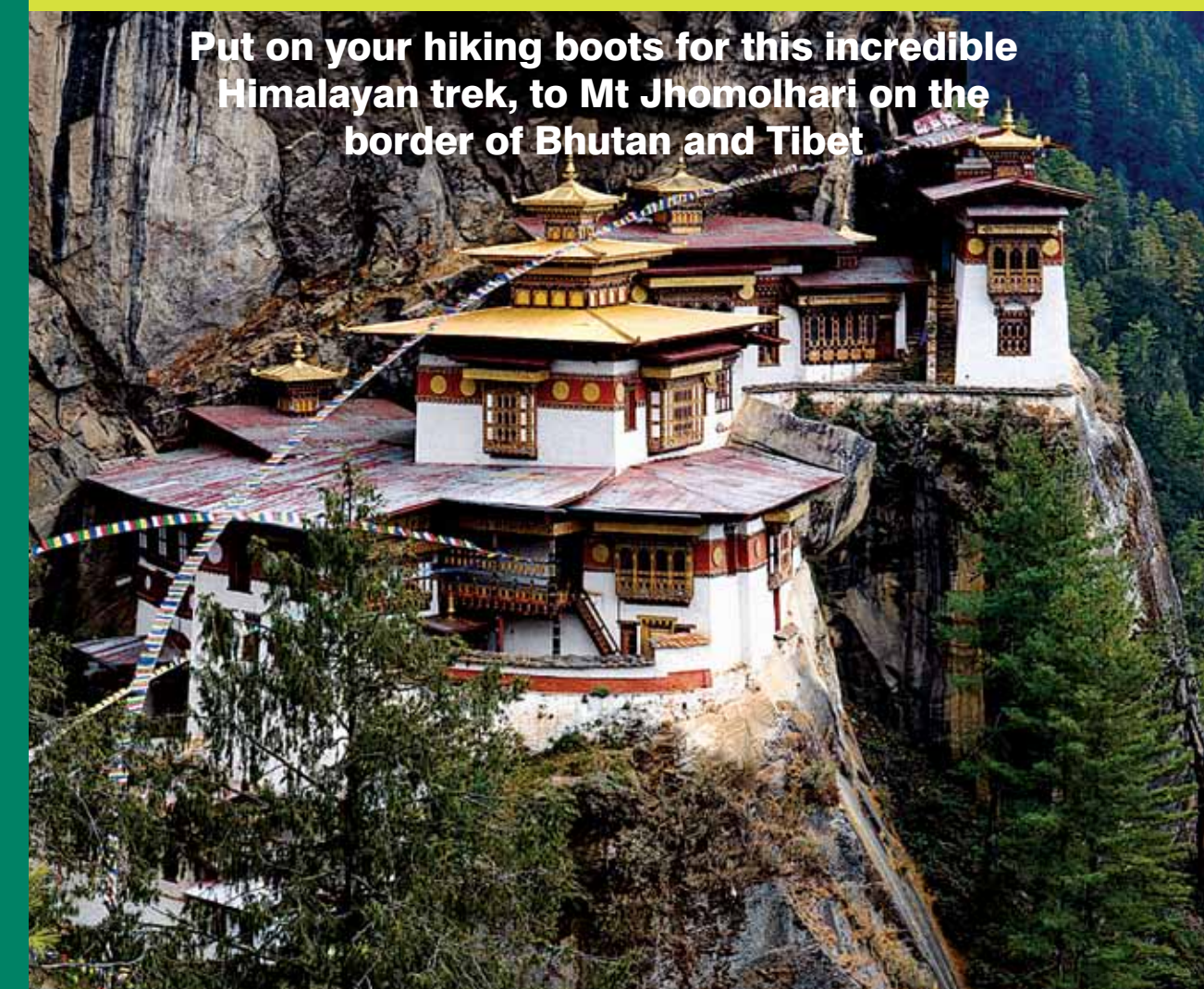
Trek 7<sup>th</sup> - 21<sup>st</sup> April 2012



*Rising to the*  
**challenge**  
*with The Rowans Hospice*

**Bhutan - Trek to  
Mt Jhomolhari**

**Put on your hiking boots for this incredible  
Himalayan trek, to Mt Jhomolhari on the  
border of Bhutan and Tibet**



**Live life to the full . . .**  
*make every day count*

Registered Charity Number 299731

## Questions & Answers

### Is the trip for me?

Absolutely, if you relish exotic adventures and doing something a little bit different our trek to Bhutan promises to be an experience of a lifetime! Hidden in the folds of the great Himalayan Mountains for years, Bhutan developed its own unique identity. Living in close harmony with nature, the Bhutanese developed a rich religious and cultural heritage. Participants will spend ten days exploring the spectacular countryside trekking with mules and yaks before spending two days working with local people on a community project that complements the Royal Government's vision in achieving Peace, Prosperity and Happiness with the Tarayana Foundation.



### How fit do I need to be?

This trek requires a reasonable level of physical fitness, and of course you will enjoy yourself much more if you are prepared for the challenge. We recommend recreational walking in your spare time to get your legs and lungs working steadily and your feet happy in their boots. A training programme is provided and feel free to get in touch if you have any questions.

### What about raising the sponsorship money?

We hope that you will take part in this unique challenge and raise vital funds for The Rowans Hospice. You will be given a fundraising pack filled with helpful hints and tips to help you achieve your sponsorship target and our fundraising team are able to help and advise you.

### Can I stay in Bhutan for longer?

Yes! But you will need to arrange this with us in advance, and there may be a separate US\$40 fee for your individual visa.

### Will you help me?

Absolutely. Our event fundraiser will keep in touch with you before the event to make sure that you are on track with your training and fundraising, and to answer any questions you might have. We also have a Facebook page for the Bhutan trek where you can chat with your fellow trekkers, who you'll get to meet on our training weekends too.

### What's the food like?

Bhutanese food is among the most tasty in the Himalaya. The national dish is ema datse, chillies and cheese! Chillies are not used as a spice in Bhutan, but as a vegetable. Also popular are Chinese dishes such as chow mein, Tibetan momos (tasty dumplings stuffed with cheese and vegetables and either steamed or fried) and Nepali dahl baht (rice and lentils). Local dishes to try include the red rice from the Paro region and the adventurous can try the Tibetan speciality sudja (salty butter tea).

### What do I need to bring?

Squashy luggage (ie bags rather than hard suitcases) make life easier for our pack animals on the trek, and you'll find a small rucksack (20 litres max) is handy for carrying personal items.

### Do you carry my luggage?

Not personally! During the trek your luggage will be carried by our pack animals – mules and yaks.

### When should I book my place on the trip?

Today! Places are limited so book early to avoid disappointment.

## Facts & Figures

### Registration fee

A non-refundable registration fee of £250 is required to secure your place.

### Minimum sponsorship

Each participant is asked to raise a minimum of £3,600 which includes your registration fee, the cost of your trek and a donation of £1,000 to The Rowans Hospice.

### Number of days

15 days (14 nights)

### Accommodation

In hotels in Paro and Thimphu; 2-man tents during the trek. There is a single supplement of US\$40 per person per night in Bhutan.

### Temperature

April is springtime in Bhutan, and the average temperature in Paro (at 2500m) is between 4°C and 17°C. The day times are usually dry and sunny, though as we trek higher the temperatures will drop so be prepared for chilly nights!

### What's included in the cost

Flights, full board accommodation while in Bhutan, internal travel, transfers, guides, entry fees to sights and £1,000 donation to The Rowans Hospice.

### What's not included

You must pay for your own food and drink while in transit to and from Bhutan, and for your own personal bills while in Bhutan (eg alcoholic beverages, telephone calls etc).

### What you must arrange

You must ensure that your passport is valid and that you have travel insurance, which includes helicopter evacuation in case of medical emergency (copies of both will be required before travel). There are no vaccinations required for anyone travelling from the UK to Bhutan; however please ensure that your tetanus and diphtheria jabs are up to date. Anyone travelling from a region with either yellow fever or cholera must provide proof of vaccination against these diseases.



## How to raise the money...

Fundraising can seem quite daunting. But it doesn't need to be! Fundraising can be fun, sociable and very rewarding. The following gives some useful tips and advice that will hopefully inspire you to raise as much money as possible for The Rowans Hospice.



- 🌶️ Think of everybody who might sponsor you and ask them – friends, family, colleagues, clients, suppliers and others.
- 🌶️ Get someone who you think will pledge lots of money at the top of each sponsorship form. They will set the tone for your other sponsors who will hopefully follow suit!
- 🌶️ Create your own on-line sponsorship page with Just Giving. It's quick, easy, fun and secure! Go to [www.justgiving.com/rowanshospice](http://www.justgiving.com/rowanshospice) and then add the link to your Facebook page.
- 🌶️ Spread the word about your challenge - ask close friends and family to forward the link to your on-line sponsor form to their friends and colleagues.
- 🌶️ Check whether your company has a matched funding scheme – they could double your sponsor money!
- 🌶️ Change your email auto-signature so that every email you send out promotes your trek and catches people's attention and link it to your Just Giving page.
- 🌶️ Ask for sponsor money instead of Christmas and Birthday pressies.
- 🌶️ Consider making a personal contribution instead of taking a holiday.
- 🌶️ Organise a walk and charge friends, family and colleagues an entrance fee to take part. The walk can be any distance and you could organise a lunch at a country pub. This also adds a bit of variety to your training schedule as well!
- 🌶️ Clear out your cupboards, garage and loft and have a grand car boot sale.
- 🌶️ Organise a 'Come Dine with Me' BBQ or meal and invite friends, family and colleagues to contribute what they think the meal is worth.
- 🌶️ Have a close shave; head, beard, legs and chest – and raise sponsorship money.
- 🌶️ Bake cakes and biscuits and have a cake sale or coffee morning.

You will receive a fundraising pack filled with helpful hints and tips to help you achieve your sponsorship target and our fundraising team are able to help and advise you.