

Bespoke Trek to Bhutan

Hidden in the folds of the great Himalayan mountains for years, Bhutan developed its own civilisation. The Bhutanese, living in close harmony with nature, evolved a unique identity, derived largely from a rich religious and cultural heritage. This trek incorporates two days working with local people on a community project that complements the Royal Government's vision in achieving Peace, Prosperity and Happiness.

The Itinerary includes:

- Day 1** Fly from the UK to Kathmandu.
- Day 2** Fly from Kathmandu along the Himalaya to Paro, Bhutan.
- Day 3** Warm up! Day hike to the spectacular Tiger's Nest Monastery as featured on the front cover.
- Day 4** The challenge starts! The trailhead is at Drugyel Dzong (a fortress monastery) we walk upstream along the Paro Chu river to our camp at Shana (2800m).
- Day 5** We climb upriver through pine, oak and spruce forests today to our next camp at Soi Thanthangkha (3800m).
- Day 6** Climbing above the treeline we will see the Himalaya range (including Mt Jhomolhari) for the first time. Stop and camp at Jangothang (4050m).
- Day 7** Acclimatisation day in Jangothang
- Day 8** We cross Nyele La at 4700m, our first pass, with breathtaking views which continue on the descent to our camp at Lingshi Dzong (4100m).
- Day 9** Acclimatisation day in Lingshi.
- Day 10** We walk upvalley to cross the Yale La pass (4950m), before descending to Shodu (3750m).
- Day 11** We descend along the Tschimchu River through rhododendron, juniper and pine forests to our camp at Barshong Dzong (3500m).
- Day 12** We continue to follow the river through forests of pine and bamboo to the trailhead at Dodina, from where we drive to Thimphu, Bhutan's engaging capital.
- Day 13-14** Our chance to make a difference! Work as a group on a pioneering charity challenge within the heart of the community in Thimphu.
- Day 15** Fly Paro to Kathmandu. Fly Kathmandu to London.



Why the Rowans Hospice needs your support

This challenge is organised by The Rowans Hospice to raise money for the specialist care given to patients and their families.

The Rowans Hospice provides a holistic service covering all aspects of patient care. We endeavour to create an environment in which patients and their families feel safe and have confidence in the dedicated specialist clinical care we provide.

By taking part in this challenge you will be helping us to continue this special service to patients and their families.

For more information about The Rowans Hospice and to download additional copies of the registration form visit www.rowanshospice.co.uk



How to take part

This Trek is challenging; however it will be very rewarding – an experience of a lifetime! You will need to prepare and 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 including group training opportunities will be provided to help boost your stamina and confidence.

All participants are asked to raise a minimum of £3,600 which covers the cost of your registration fee, your trek including flights, permits, accommodation, meals, transport, guide, first aid support and a suggested minimum donation of £1,000 to The Rowans Hospice.

You must be at least 18 years old (if you are over 64 you will need a doctors certificate).

We hope that you will take part in this unique challenge and raise vital funds for The Rowans Hospice.

Simply complete all parts of the registration form and send it to us together with your £250 registration fee.



Bhutan Trek Registration Form

Please complete this form in black ink using **BLOCK CAPITALS (ONE REGISTRATION FORM PER PERSON)**

Participant's details

Title: Mr, Mrs, Miss, other _____
Surname: _____
First Name: _____
Address: _____

Post Code: _____
Email: _____
Daytime telephone no: _____
Mobile no: _____

Payment Details:

Please send **£250 non-refundable registration fee** together with this registration form to:

Bhutan Trek Challenge,
Fundraising Department,
The Rowans Hospice,
Purbrook Heath Road,
Purbrook, Waterlooville,
Hampshire PO7 5RU

By Cheque – payable to 'The Rowans Hospice'
By Switch/Delta/Visa/Mastercard

Card No:

Issue Date: Issue No:

Security No: (last 3 digits on reverse of card)

Expiry Date:

Cardholder's Name: _____

Cardholder's Signature: _____

Total Amount £ _____

Declaration – I confirm that I wish to take part in the Bhutan Trek Challenge to help raise money for The Rowans Hospice. I agree to raise a minimum £3600. I accept that any photos taken of me during the event might be used in future promotional materials. I understand that The Rowans Hospice and its employees and volunteers cannot be held responsible for any personal injury accident, loss, damage or public liability.

Signature: _____

Date: _____



Rising to the
challenge
with The Rowans Hospice

Services to patients and families

- 19 In-patient Rooms
- Day Care Service
- Specialist Therapeutic Clinic
- Supporting Families At Home
- Rowan's Meerkat Service (supporting children & young people who are facing or experiencing bereavement)

At The Rowans Hospice, we are committed to delivering all our services to the highest possible standards and in order to do this we need to raise almost £4 million annually. As you can imagine, this is not an easy task which is why we value your support so highly.



For more information about our hospice and other fundraising opportunities please visit www.rowanshospice.co.uk



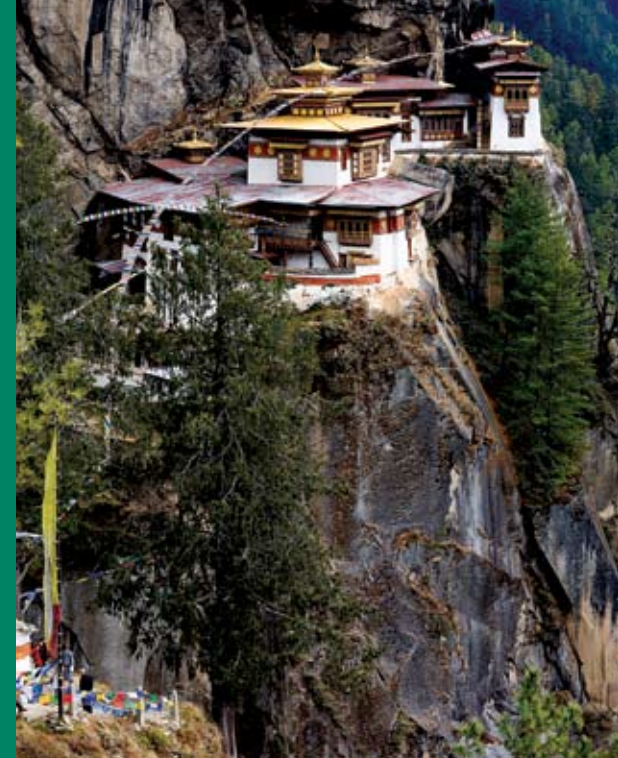
Trek 7th – 21st April 2012



Rising to the
challenge
with The Rowans Hospice

Bhutan for 15 days

Kingdom of the Thunder Dragon



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

Registered Charity Number 299731