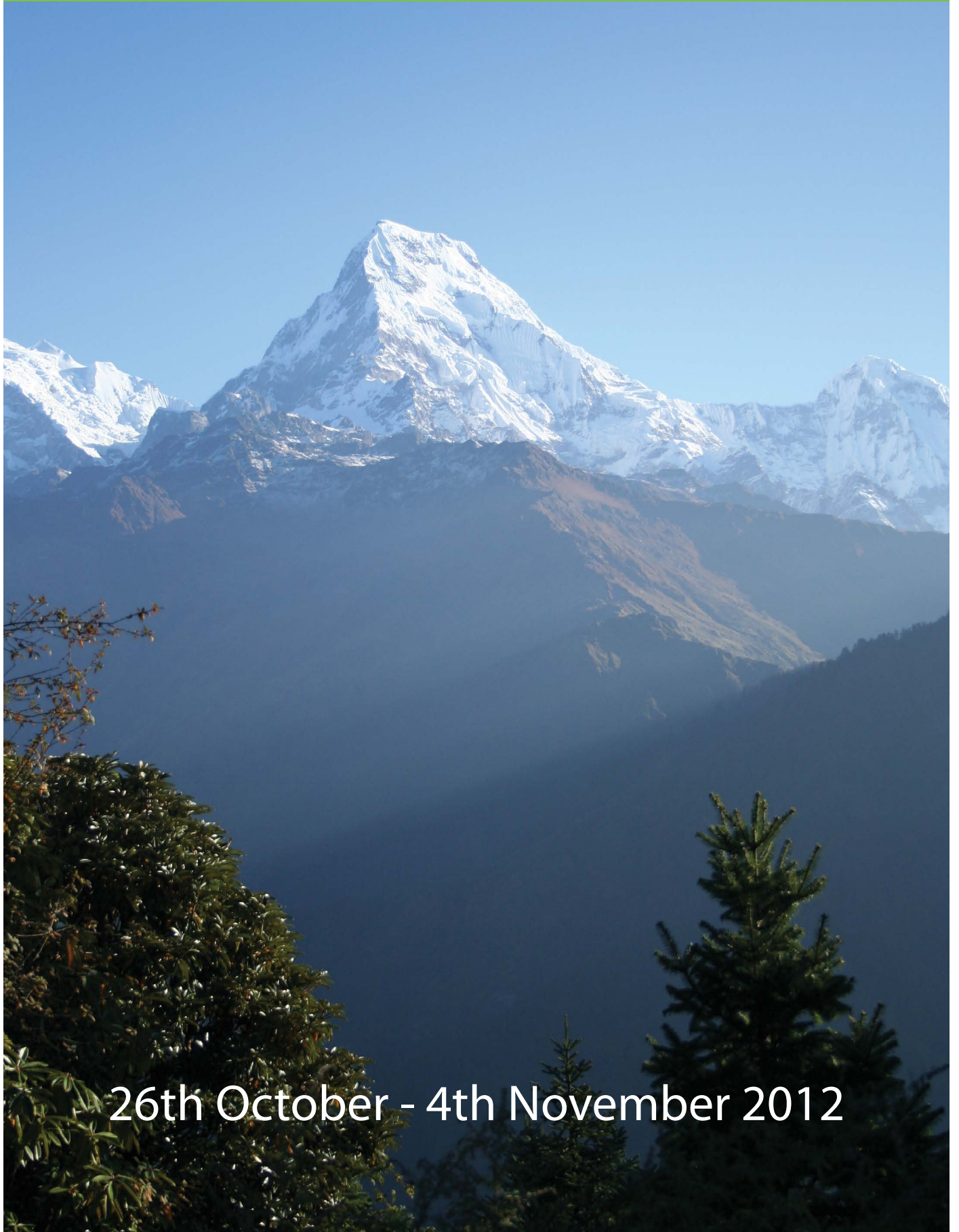




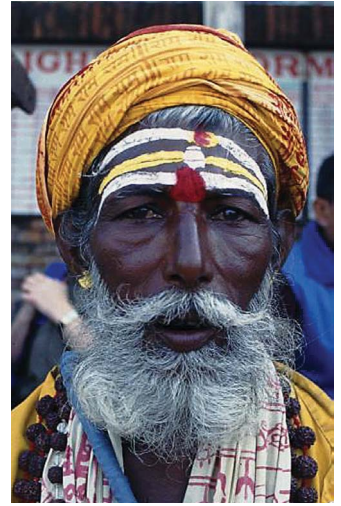
Barnardos

# Trek Annapurna 2012



26th October - 4th November 2012

Nepal is widely regarded as the finest destination in the world for trekking, and the area around Annapurna is very hard to beat. In the evening after trekking, there is nothing better than to put your feet up and relax with your fellow trekkers looking out at the magnificent scenery. From our highest point on the trek, the panorama of the Himalayas is truly awe inspiring, with Dhaulghiri to the West, Manaslu to the East and in between them Annapurna and Macchapucchare, the fishtailed mountain. But Nepal is not just a place for mountains and trekking, it is also a place where the warmth of its people, unique culture and incredible history bring a visit to this mystical country alive.



## Your Itinerary

### Day 1: Departure

We rise early for our departure bound for Kathmandu. **DON'T FORGET** to wear your trekking boots on the plane, or at least have them packed into your hand luggage. Just in case your bag does go astray, you will at least have your boots until the rest of your belongings catch up with you.

### Day 2: Kathmandu

We arrive at Kathmandu International Airport mid-afternoon and transfer to our centrally located hotel. Later that evening we sit down to a welcome meal in a local restaurant to celebrate our arrival in this magnificent country and receive an introductory brief from our guides.

### Day 3: Pothana

After an early breakfast at the hotel, we make our way to the airport for a domestic flight to Pokhara where our team will be waiting to transfer us to Phedi. The road passes the Tibetan Camp, where there is a carpet factory, a monastery and a few hotels. We commence our trek from the road, passing Dhampus, to the village of Pothana where we stay for the night in our first teahouse.

4-5 hrs trekking

### Day 4: Pothana

Our trek today will involve a slow ascent to the village of Ghandruk, the largest village on the trekking trails of the Annapurna region. Along the way, we will pass through the rural villages of Bhichok Deurali, Bheri Kharka, Landruk and Kyumi. Our arrival in the Gurung community of Ghandruk will find us at 1940m above sea level.

5-6 hrs trekking

### Day 5: Tadapani

A shorter trek today will see us continue the slow ascent up to a height of 2700m, beginning through the woodlands up to Kyunri Khola. From here, we will be able to view the entire Annapurna southern region stretching out below us. Our climb will continue through the forested hillside near Bhaisa Kharka and will reach its completion at Tadapani, our base for the night.

4-5 hrs trekking

### Day 6: Ghorepani

We will set off early for the meandering trek through dense temperate forests. The route will involve a combination of ascents and descents as we pass through the small hamlets of Bhandanti and Deurali. Our destination and teahouse for the night will be Ghorepani and its incredible mountain views.

4-5 hrs trekking

### Day 7: Tatopani

We will rise very early today for one of the highlights of this challenge - a trek to the summit of Poon Hill from where we enjoy what is considered by many to be the most spectacular mountain vista anywhere in the world. To the North is the mighty Annapurna herself (8091m), Dhaulagiri (8167m) to the West completes this breathtaking panorama. After taking a few picture-perfect photos, we will make the comfortable descent through Chitre, Phalate and Shika before reaching Tatopani.

7-8 hrs trekking

### Day 8: Kathmandu

This morning we wake early for our coach transfer back to Kathmandu. Lunch is on the way at a beautiful riverside resort. We arrive at our Kathmandu hotel where we finally have the chance to relax!

### Day 9: Kathmandu Free Day

We have the full day free to discover a little more of this wonderful city. This evening we get together once again, to mark the end of an amazing challenge and celebrate our achievements. We have a gala meal at a stunning restaurant on the outskirts of the city.

### Day 10: Return home

Today we transfer to the airport for our return flight back home.

# Who will I be helping?

**Your footsteps will help the most vulnerable children in Ireland to find their feet in life.**

## Children like Jake...

Jake is two. His family has been homeless for most of his life, moving from hostel to hostel. They now have a place of their own, but it's cold, damp and badly in need of repair.

Jake's mum suffers from serious physical and mental health problems. As a result she's never really cared for Jake properly, or developed a bond with him. Because of this, Jake's 7 year-old sister, Caitlin has taken on the role of his mother. She looks after him and cares for him as a mother would, though she's still just a child herself.

Jake lives in a troubled area where drug and street violence are rife. There are no safe places for him or his sister to play outside.

Jake was severely malnourished when we first met him. He had little or no emotional attachment to his parents, and was behind in his speech, language and learning ability. There is also a history of addiction to drink and drugs in Jake's family. Not surprisingly, this has badly affected the development and day-to-day welfare of Jake and his sister.

Judging by the smile on Jake's little face, you'd think that the two year-old is a happy little boy. But nothing could be further from the truth. Jake smiles all the time. It's his reaction to everything. He smiles if you give him a toy and he smiles if you take it away from him again. If someone shouts at him, he smiles back. Even the day he caught his finger in the door, he didn't cry... he smiled. Why? Because Jake has been so starved of affection and emotional care, that he simply doesn't know the difference between happy and sad. Jake smiles because he's learned it's the safest thing to do.

After all, no one gives out to a smiling child.



Then Jake started coming to Barnardos. We worked with him, his sister and his mum and dad to ensure that the whole family got the care they needed. Jake started one-to-one sessions with Eilish, his Barnardos Project Worker and has developed a trusting relationship with her.

Already he's showing promising signs with his emotional responses: frowning when he's cross, crying when he's sad and smiling when he's happy. This may seem like a small step but it's a major breakthrough for a little boy who never trusted anyone. Jake's mum and dad are determined to be better parents and through our intensive parenting skills courses they are learning valuable tools to develop their natural strengths to create a loving and caring family unit.

While Jake and his family have made significant progress since coming to Barnardos, **we will continue working with them for as long as the need is there.**

"If someone shouts at Jake, he smiles back. Even the day he caught his finger in the door, he didn't cry... he smiled. Why? Because Jake has been so starved of affection and emotional care, that he simply doesn't know the difference between happy and sad. Jake smiles because he's learned it's the safest thing to do."

# About Barnardos

Barnardos is Ireland's leading children's charity. Each year we work directly with over 6,000 children and families throughout Ireland. Barnardos wants to make Ireland the best place to live for all children. That's why we believe in campaigning and advocating for children everywhere.

No two children are the same but the children Barnardos deals with have one thing in common. They could otherwise be forgotten by society. We want to live in an Ireland where no child gets left behind and we will do everything in our power to make this happen. Our aim is to inject hope into what sometimes seems like a hopeless situation.

We operate in over 43 Barnardos centres in communities across Ireland. We see the devastating effects poverty has on children like Jake every single day. We work face-to-face, day by day, making real tangible improvements to their lives. We work with families to improve parenting skills and tackle issues such as poverty, domestic abuse, addiction and the impact these problems have on children.

Barnardos' work is about helping children make the most of their lives, regardless of what they are up against.

Even though a lot of our work happens at a local level we also provide much needed support through a variety of central services such as our bereavement counselling service for children and our Barnardos' Training and Resource Service

We don't give up on children like Jake.

**We don't give up on any child.**



# I'm interested! What do I need to do?

To take part in this amazing experience, we ask you to raise **€4895**. With our ongoing support and some clever ideas you will be able to hit this target. Funds raised from this trip will go towards the vital work that Barnardos provides for families and children throughout Ireland.

The Barnardos Nepal Trek is a challenge both in the physical preparation and in the fundraising required, but we will provide you with ongoing support. Please see below for some fundraising ideas that last year's participants used to reach their fundraising target!

- Abseiling
- Auctions
- Bag packing at local supermarkets
- Barbeques
- Bike tours
- Bingo
- Bungee jumping
- Casino night
- Exhibitions
- Fancy dress ball
- Fashion Show
- Film show
- Five-a-side football match
- Gala evening
- Golf tournament
- Head shave
- Marathons
- Music recitals
- Parachute jumps
- Pub Quiz
- Race night
- Raffles
- Street collections
- Table quiz
- Theme evening
- Wine tasting

"The Barnardos treks have been fantastic and I would recommend anyone take part. You'll return feeling tired, fulfilled, excited about new friendships and proud that you have played a part in improving the outcomes for vulnerable children in Ireland."

Barnardos trekker 2010/2011

## Frequently Asked Questions

### How much do I have to pay?

Secure your place for only €300. Your fundraising target is € 4595 excluding your deposit. All the money that you fundraise should be sent directly to Barnardos. We require the balance of the fundraising target 6-8 weeks prior to departure.

### What is included in the cost?

All flights, transfers, accommodation, meals, full medical support, experienced guides, porters for personal equipment and pre-trip briefing. A Barnardos and an Action Challenge representative will be on hand to support you every step of the way. All your food is included apart from during free time. It also includes a series of training walks in the Leinster and Munster regions, led by trained guides.

### What is not included?

You are responsible for obtaining your own visa and personal travel insurance. You will also need to organise local departure tax (n/a currency), meals and drinks in free time, tips for local support staff/guides, spending money and items of a personal nature.

### Do I need to be fit?

Yes! This is a challenge that requires a good level of fitness to be able to complete the route. The fitter you are the more enjoyable the experience will be!

### Where will I sleep?

Good hotels in Kathmandu and Pokhara. All accommodation on the trek will be basic but comfortable tea-houses.

### What will I eat?

Breakfast each morning will be at the accommodation, lunch en-route and evening meals will be at the hotel/teahouse or in a local restaurant.



### What will the weather be like?

October-November is the best time to visit Nepal and to complete the trek; when the country is at its most beautiful after the rains. The temperature is balmy and visibility is excellent making sure you get the most stunning views throughout the trek.

### Do I need special equipment?

Yes - a comfortable pair of walking boots! We will send you a full kit and equipment list upon registration so you are well prepared.

# Thank you for signing up to our overseas trek!

<b>Name of Challenge</b>	Barnardos Nepal Trek 2012
<b>Date of Challenge</b>	26th October - 4th November 2012
<b>Fundraising Target</b>	€4895

## Personal Details (as per passport)

<b>Title</b>		<b>Forename</b>	
<b>Age</b>		<b>Surname</b>	
<b>Date of birth</b>		<b>Email</b>	
<b>Tel</b>		<b>Mobile</b>	
<b>Address</b>			
<b>Passport No</b>		<b>Place of Issue</b>	
<b>Date of Expiry</b>		<b>Nationality</b>	

Your passport must be valid for at least 6 months from the date of you return to Ireland. Please enclose one copy of the photo page of your passport.

## Additional Information

All accommodation will be shared and single sex. Is there someone you wish to share with?

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Do you have any special dietary requirements or food allergies?

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How much trekking experience do you have?

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Your t-shirt size (please tick): Small  Medium  Large

## Where did you hear about this challenge?

(Please tick) Barnardos Website  Word of mouth  Radio  Mail  Other

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# Conditions of Entry & Declaration

- You must enclose a registration fee of €300 for each application (payable to 'Barnardos'). This is non-refundable unless the charity is forced to cancel.
- You must raise a minimum of €4895 sponsorship (inclusive of deposit).
- The participant must be 18 years of age before departure date of the challenge or be accompanied by a parent or guardian.
- We reserve the right to alter the itinerary should climatic or any other unforeseen circumstances make this necessary.
- Participants take part at their own risk and hereby indemnify Barnardos and its agents against claims for loss or damage to personal injury (or death) and any claim arising from the entrant's own actions.
- Participants must comply with and are responsible for attending to any inoculations and health regulations required for the destination.
- If you are unable to meet the sponsorship requirements you may forfeit your place on the trek.
- Participants must carry out all fundraising in accordance with the guidelines set out in the fundraising pack.
- All funds raised should be made payable to Barnardos.
- All flights will be booked through Action Challenge UK Ltd, ATOL 6296.
- Where applicable, and unless stated, you must have a valid entrance visa for the country in which the challenge takes place.
- Your passport must be valid for at least 6 months from the date of your return to Ireland.
- On receipt of your final payment, you will receive further trip notes, including an ATOL receipt to confirm your flight arrangements.
- If you have any medical conditions that could be affected by strenuous activity, or you are over 60, you must get written clearance from your doctor. In signing below to the conditions you confirm that your general state of health and fitness is good and that you take full responsibility for yourself.
- You accept that all instructions given to you on the challenge must be observed for your own safety.
- You certify that all information you have provided on this application form and any further forms, is/are correct to the best of your knowledge.
- You must have adequate insurance for the challenge. This must be sent to us four weeks prior to departure.

Under the Data Protection Act you may let us know at any time, if you no longer wish to receive mailings from Barnardos. Please tick if you do not want to receive future information from Barnardos:

If you object to your email address being passed onto your fellow challenge participants, please tick:

I have read and agree to abide by the Barnardos Trek Terms and Conditions.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Enclosed is:

- My cheque for the registration fee, made payable to Barnardos.
- One copy of the photo page of my passport.

Please return all forms to:

Liz Murray, Barnardos, Christchurch Square, Dublin 8.

Phone: 01 7080480.

Email: [liz.murray@barnardos.ie](mailto:liz.murray@barnardos.ie)