

***Light Up The World Donor Installation Tour:  
Ghopte Ghyang, Helambu Trek, Nepal  
October 1-14, 2009***



*Gain hands-on experience with community based renewable energy projects by installing solar powered LED lighting systems with Light Up The World (LUTW) in a village of 52 homes in Ghopte Ghyang, in the Helambu region of Nepal.*

## ***Light Up The World Donor Installation Tour: Ghopte Ghyang, Nepal***

### **Objective:**

To provide donors with the unique experience of taking part in the transformation of a village by working with the community to install safe, affordable, healthy, efficient, and environmentally-responsible lighting systems in rural Nepali homes.

### **Date:**

LUTW's donor installation tour will take place from October 1-14, 2009.

### **Location:**

The first donor installation tour will take place in Nepal, which was the birthplace of LUTW's global lighting initiative in 1999 by visionary founder, Dr. Dave Irvine-Halliday. Specifically, the tour will take place in Ghopte Ghyang, in partnership with the Ichok Village Development Committee in the Helambu region of Nepal.

The Helambu village trek is short and easily accessible from Kathmandu. The Helambu region offers many opportunities to visit monasteries, see rhododendron forests, superb mountain views, picturesque Sherpa settlements, friendly people and the unspoiled culture of the area. The people in this area call themselves Sherpas although their relationship with the Sherpa of Solu Khumbu is distant and the dialects spoken here are also different. Trekking altitudes range from 1600 m to 2800 m however there are plenty of days to acclimatize for the trek.

### **In Country Tour Operator:**

World Expeditions ([www.worldexpeditions.com](http://www.worldexpeditions.com)) is one of the world's leading adventure travel companies offering ground breaking itineraries on every continent. This company has been operating small group trekking and adventure travel holidays and vacations since 1975. Their extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalayas. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. They take every precaution to ensure smooth logistics. They use comfortable three star accommodations in hand-picked hotels, and well maintained, good quality camping equipment on trek. The highest standards of hygiene are strictly maintained, and their cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. World Expeditions is also the only company to provide food for the porters on the trek. Working together with Light Up The World, World Expeditions hopes to provide all participants with a once in a lifetime experience.

### **Services included with World Expeditions:**

- ❑ 13 breakfasts, 10 lunches, 9 dinners
- ❑ Hotel accommodation at the Radisson in Kathmandu on a twin share basis with breakfast for the nights listed in the trip itinerary
- ❑ Accommodation on a twin share basis in tents
- ❑ English speaking local guide
- ❑ Welcome drinks in Kathmandu
- ❑ All internal transport by private bus, jeep or car
- ❑ All group airport transfers
- ❑ **Gear package** including kit bag (yours to keep), sleeping bag and liner, sleeping mat and down or fibre filled jacket on trek
- ❑ All group camping gear

- ❑ All park entrance fees and trekking permits
- ❑ Emergency medical kit
- ❑ Porters to carry all personal and group equipment
- ❑ Porter's insurance
- ❑ Group leader, sirdar, guides and kitchen staff
- ❑ Pre-departure Information Guide, with all you need to know for your trek.

### **Trip Highlights:**

- ❑ Stunning views of the Himalaya
- ❑ Lighting up to 52 homes with LUTW's solar powered LED lighting system
- ❑ Fully supported camping trek
- ❑ Ample acclimatization days built in
- ❑ Sightseeing in Kathmandu: Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Bodhnath

### **Detailed Itinerary: Helambu Trek**

#### **October 1: Arrive Kathmandu (1330m).**

You will be met by your group leader and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel from 6.30 – 7.15pm for all World Expeditions clients arriving today. This is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

#### **Day 2: Full day Sightseeing Tour**

Today a sightseeing tour has been arranged taking in the key attractions in and around Kathmandu. The full day sightseeing is optional, and you may choose to explore alone if you prefer. Kathmandu has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

#### **Day 3: To Melamchi Bazaar, drive approximately 4-5 hours.**

After breakfast, we set out for a 4-5 hrs drive to the trail head of our trek; Melamchi Bazaar.

#### **Day 4: Commence trek to Kakani, walk approximately 5 hours (1620 m).**

We commence our trek and soon cross a large suspension bridge over Indrawati Khola River. The trail ascends steeply passing through a large village Dabhachaur in a saddle at 1620m. We pass through the villages inhabited by Chettris and Brahmins before ascending further to the Sherpa village of Kakani, where we camp for the night.

#### **Day 5: Trek to Shermathang, walk approximately 4 hours (2600 m).**

After a hearty breakfast, we trek along a trail ascending on the ridge through Chirpine forest, passing a few tea houses and the settlements of Raithani Gyang, Gyalsha and Nigale. We past many chortens, also known as stupas, which are important Buddhist religious monuments. The trail undulates along the eastern side of the ridge to Sermathang village at 2600m and thru Langtang National Park. There is a large gompa that houses a statue of the Guru Rimpoche. Overnight camping.

**Day 6: To Tarke Gyang, walk approximately 4 hours (2730 m)**

We descend gently and pass a large gompa in Chumik before traversing through potato fields and see the locals working the fields. Watch out for wild boar digging for food in the undergrowth! A few stream crossings await us before descending through the deep forests until we reach the village of Gangul. The trail makes a sweep around a wide valley before reaching the main trail that will lead us to the village of Tarke Gyang. It is the largest Sherpa village in the Helambu region. The afternoon will be free to wander and take in the tradition and culture of the Sherpa people in this area. Overnight camping

**Day 7: To Ghopte Gyang, walk approximately 5 hours.**

After we finish our breakfast, we descend through a pleasant, wide and well used trail through rhododendron forests, Chortens and Mani walls. Passing in the Sherpa villages of Kakani and Thimbu for a rest. Back on the main trail, we leave the Sherpa Highland to enter the warmer lowlands across a bridge to the village of Ghopte Gyang.

**Days 8/9: Lighting Project**

With the help of the local project manager, you will be lighting up homes. Overnight in a nearby camp.

**Day 10: To Kutumsang, walk approximately 5-6 hours.**

This morning we say goodbye to our village and set out for our trekking day. The trail descends gently through cultivated fields and small villages before gradually ascending through the terraced fields and dense forest to Kutumsang village on top of a beautiful ridge. Overnight camp.

**Day 11: To Chisapani, walk approximately 6 hours (2210 m).**

As we head out this morning, we descend steadily through fir, rhododendron and oak forest before passing through the village of Gul Bhanjyang. The trail gently undulates to then follow a ridge up to our camp site for the night in Chisopani. This is an excellent view point of the Himalayan range stretching from Manaslu to Mount Everest.

**Day 12: To Sundartijal, walk approximately 4 hrs and drive to Kathmandu (2420 m).**

We have an amazing view at the beautiful snow capped peaks of the Himalayas, while climbing to the small pass of Burlang Bhanjyang. After the pass, we descent to Sundarijal where we board the bus to Kathmandu. On arrival, we transfer to the hotel. The rest of the day is at leisure.

**Day 13: In Kathmandu.**

The day is free for last minute shopping and sightseeing.

**Day 14: Trip concludes in Kathmandu.**

After breakfast arrangements cease unless further arrangements have been made. Those people traveling by aircraft to further destinations will be transferred to the airport and assisted with check-in procedures.

*Note: The above route and estimated times must be seen as a guide only. This itinerary may change at any time due to weather, trail conditions or other reasons. Our guide will always make a final decision after assessing the situation and liaising with our Nepali crew and the group members.*

### **A Typical Trekking Day:**

You will be woken with a cup of tea brought to your tent between 6 am and 7 am, followed by a small bowl of warm water for washing. Before breakfast, you pack your gear into your kit bag which is then taken by the porters and will not usually be available to you until camp that afternoon. We are usually on the trail between 7.30 am and 8.30 am. Following a good morning's walk, we stop for lunch at around 11 am. Lunch is usually a 2 hour break to allow for the trekker's meal followed by the crew meal. This break also enables you to do your washing in the warmest part of the day, catch up on your diary, read or rest. The afternoon walk is generally a little shorter and camp is usually reached by around 3 pm to 4 pm. Once we have reached camp and the kitchen is set up afternoon tea is served. Washing water is again provided to enable you to wash at the end of the trek day. Until dinner there is time to rest, explore the surrounding area and villages or sit and chat with the crew and local people. Dinner is usually served around 6 pm to 7 pm. Remember to bring your flashlight and water bottle to the mess tent so it can be filled with boiling water. It then makes a great hot water bottle. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people, it is always a special time. All camp chores are done for you, leaving you free to use your time to the fullest. You carry only a light day pack as your gear is carried by yaks or porters.

### **What You Carry:**

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rain jacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack.

### **Trip Grading & Physical Fitness:**

The trip grade of this trek is considered introductory and it is an ideal experience for the less experienced trekker as the altitude never exceeds 3500 meters. These trips involve trekking and walking for up to five or six hours a day at a slow but steady pace and should never be misinterpreted to mean they are easy trips. These trips do not spend time at altitudes above 4000 meters and are usually a week of physical activity in duration. You will need a reasonable level of fitness and good health.

Suggested preparation: 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for three months leading up to your trip. For trekking, hill walking with a daypack in variable weather conditions is also recommended. For a cycling adventure, road cycling twice a week for three months prior to departure is recommended. Speed is not important, stamina, confidence and continuity are.

### **Acute Mountain Sickness:**

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust World Expeditions has structured its treks so that you ascend slowly, allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea

- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All World Expeditions group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend. Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

**Eligibility for Participation:**

1. Participants to do **not** need technical training to go on the LUTW donor installation tour and will be taught the skills required to do the installation upon arrival.
2. Participants must be in good overall health.
3. Participants must complete application forms and travel waivers as per deadlines.
4. Participants must be willing to participate in training sessions during the trek and must agree to share their experiences after the trek.
5. Participants must meet the minimum fundraising requirement of \$3095.00 each to participate.
6. Participants must fundraise or pay for all costs by the deadlines outlined below.

**Country Information: Nepal**

Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalaya and the world's highest peaks. Many also discover the beauty of the forests and the enjoyment of time spent as a self-sufficient expedition, far from the rush of the modern world and in the delightful company of the Sherpa people who act as our guides and porters, as they tend to our needs and ensure that we are comfortable and able to enjoy the trek to the fullest. They are physically strong, sharp-witted and have an incredibly positive attitude towards a life that we would consider extremely tough.

There is something about a trek in the Himalaya that draws you back time and time again. For keen walkers it is a paradise and even avowed non-walkers find that one foot just seems to follow the other, drawn by the appeal of what lies beyond.

Nepal's population of around 20 million people is a blend of Hindu, Buddhist and animist religion. Nepal is a mosaic of cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 30 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population lives in the rural areas of the lower and middle hills of the Himalayan Range. Nepal has a predominantly simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

## The Democratic Republic of Nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a “Federal Republic State” to be known as the “Democratic Republic of Nepal”. This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also brought an end to 240 years of Royal rule in the country. Today the general feeling amongst Nepali’s is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook.

### Climate

Our trekking season extends from mid-September to May. From early September the monsoonal rains decrease. By mid-October through to December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 degree Celsius at low altitude and nights can drop to below -5 degrees Celsius at higher altitudes. Weather in the Himalayas can be unpredictable at any time of year. It is essential to be prepared for all conditions as freak storms and unseasonal temperatures can occur.

### Partner Information:

Light Up The World will also be working with local partner, Pico Power Nepal, to help with the installation of the LED lighting systems in the village and they will train the tour group upon arrival in the village.

### Trip Costs:

	Description	CAD	Payable To:	Due Date:
1	Donation to LUTW - Ground Costs in Nepal	\$1690.00	Light Up the World	July 28, 2009
2	Donation to LUTW - Project Support	\$1405.00	Light Up The World	September 2, 2009
	<b>Grand Total:</b>	<b>\$3095.00</b>		

### *Important Notes:*

1. The difference between the amount fundraised and the \$1690.00 for the ground costs in Nepal (required 60 days before the trek) will be due on July 28, 2009, payable to Light Up the World. If the fundraising amount exceeds \$1690 on this date, the remaining balance will carry forward to help with your donation for project support. If you are unable to obtain the full amount for your donation for project support by September 1, the difference will be due to LUTW on September 2, 2009.
2. If for any reason you are unable to participate in the tour, donations in support of this project cannot be refunded (please see waiver for further details). This tour will proceed as long as the minimum number of participants is met (6 people minimum) for the in country tour operator.
3. World Expeditions highly recommends that all participants booking flights before September 1, 2009, purchase travel insurance, which will allow you to get a refund on part of your airfare if for any reason you are unable to participate in the tour.

4. Please note that the \$3095.00 donation portion to LUTW is tax deductible for Canadian participants (and their Canadian sponsors), however only donations over \$250 USD are tax receiptable for participants in the US and their US sponsors (please contact LUTW for more details).

**This Trip Cost Above Includes:**

In-country ground transportation, lodging, food, entrance fees, covering the expenses of technicians that work with us, and the supplies and materials required to complete the lighting installation in the community.

**The Trip Cost Above Does Not Include the Following:**

- International flights
- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Airport and departure taxes.
- Visa
- Travel Insurance

Please Note: A cost estimate of the total fees for the donor tour can be provided by Lana Banks at LUTW for participants as well as travel agent information, if required.

**Fast Facts:**

- Passport Required
- Visas required-Additional passport photos required\*
- Vaccinations required\*
- Experienced, English speaking local leader will be provided to all participants
- Specialist gear required - walking boots, day pack, waterproof jacket (a comprehensive gear list is provided in the pre-departure information provided on booking).

*\*To read the most recent travel report for Nepal and for additional entry/exit requirements, please visit, [http://www.voyage.gc.ca/countries\\_pays/report\\_rapport-eng.asp?id=205000](http://www.voyage.gc.ca/countries_pays/report_rapport-eng.asp?id=205000).\**

**Fundraising:**

LUTW strongly encourages fundraising to pay for the cost of the trip and will provide tips to all potential participants to help them raise enough money to participate in the tour.

Light Up The World will allow participants to utilize our *online* pledge-a-thon service to help participants fundraise for the donations they are required to make to LUTW. Individuals or teams can create and maintain their own personalized fundraising websites (via LUTW) with the pledge-a-thon, which will allow them to manage email communications to mobilize friends and family, and easily measure and display progress according to their fundraising goals with a thermometer. Participants can also use their websites to manage secure, simple online and offline donations to help them reach their goal.

Please note, this service can be provided to all Canadians and US residents interested in joining the tour, however tax receipts are only issued to Canadian residents. Typically, for US residents, the on-screen confirmation receipt is generally adequate for US tax filing purposes. However, if you are a US resident interested in obtaining tax receipts, please contact Lana Banks at LUTW to learn more about our Global Support Fund with Tides Foundation which will provide tax receipts for donations over \$250 USD.

*Furthermore, this service **can** be used to fundraise for the donation portion to LUTW (\$3095.00), but **not** for your airfare, which LUTW is not able to book or manage for you.*

Sponsors can also choose to send their donations to Light Up The World with the attached form (which will indicate to LUTW who the donor is sponsoring) if you are not able to set up a personalized fundraising page. Online donations, however, can only be made on your personal website which LUTW will help you set up once you have contacted Lana Banks for more information.

### **Trip Availability:**

If this trip seems right for you then we encourage you to call us now to check availability with Lana Banks. There are many reasons why you may not be able to join and limited space on our small group departures is just one of them. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime, we ask that you check your trip availability with our team at your earliest convenience.

### **How do you book?**

To participate in this trip, you will need to complete a booking form from Light Up The World by contacting Lana Banks, who will provide you with the form. Upon completion of this form, fax or mail the form to LUTW, along with your donation of \$1690 by July 28, 2009. All booking forms and the donations of \$1690 from each participant must be received on this date if you would like to participate in the tour. LUTW cannot accept any booking forms or payments made after this date.

To make your donation to LUTW which will be put towards the project support on September 1, 2009, please complete the attached donation form and send it to LUTW by mail or fax. You can also contact World Expeditions or LUTW for assistance with your travel arrangements including flights, travel insurance and additional accommodation but we cannot book these items for you.

If you have any questions specific to the World Expeditions for the in country ground portion of the trip, please contact:

Stéphanie Fradette  
World Expeditions/ Huma Challenge  
78 George Street  
Ottawa ON K1N 5W1  
P: (613) 241-4346 or 1 888 486-4862  
F: (613) 241-4189  
[stephanie@humachallenge.com](mailto:stephanie@humachallenge.com)  
[www.worldexpeditions.com](http://www.worldexpeditions.com)

To send your donation to LUTW or for more information, contact:

Lana Banks  
Light Up The World  
#500, 340-12 Avenue SW  
Calgary, AB T2R 0H2  
P: 403-266-5004  
F: 403-266-5433  
Email: [l.banks@lutw.org](mailto:l.banks@lutw.org)



THE POWER TO ILLUMINATE LIVES

## SPONSORSHIP FORM

**Yes, I would like to support Light Up the World and their Ghopte Ghyang donor installation tour in October 2009.**

*\*If you are personally fundraising for this project, please make copies of this form for your donors to send with their donation to LUTW\**

### Donor Information:

Name: \_\_\_\_\_

Company/Organization Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Country: \_\_\_\_\_ Postal code: \_\_\_\_\_

Name of the individual you are sponsoring: \_\_\_\_\_

### Method of Payment:

**I would like to make a one time donation of:**

\$100     \$75     \$50     Other \$ \_\_\_\_\_

I have enclosed a cheque (Payable to "Light Up The World"), or;

Please use my credit card:

Visa     MasterCard     American Express

Cardholder Name: \_\_\_\_\_

Cardholder Address: \_\_\_\_\_

Card number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_

CVV2/CVC2 (three or four digit number on the back of your card): \_\_\_\_\_ \*required

Signature of Cardholder: \_\_\_\_\_

*\*All donations over \$25.00 made by Canadian residents will be issued a tax receipt from the Light Up The World Group.\**

To donate online, please speak to the person you are sponsoring who will direct you to their personal fundraising webpage.



THE POWER TO ILLUMINATE LIVES

**Yes, I would like to participate in the Light Up the World Donor Installation Tour in October 2009.**

To participate in this donor tour, the donations to LUTW must be made before the dates as listed below.

**Donor Information:**

Name: \_\_\_\_\_  
Company/Organization Name (if applicable): \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_ Country: \_\_\_\_\_ Postal code: \_\_\_\_\_

**Method of Payment:**

**Yes, I would like make a donation to participate in the October 2009 donor tour:**

- \$1690     Other (Amount Remaining) \$ \_\_\_\_\_ Due July 28, 2009
- \$1405     Other (Amount Remaining) \$ \_\_\_\_\_ Due September 2, 2009

- I have enclosed a cheque (Payable to "Light Up The World", Memo: Participation in Donor Tour), or;
- Please use my credit card:
  - Visa             MasterCard             American Express

Cardholder Name: \_\_\_\_\_  
Cardholder Address: \_\_\_\_\_  
Card number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_  
CVV2/CVC2 (three or four digit number on the back of your card): \_\_\_\_\_ \*required  
Signature of Cardholder \_\_\_\_\_

**TO DONATE ONLINE:**

To safely make your donation online to participate in the donor tour, please go to <http://lutw.org/howtohelp.htm> and click on the "Donate Now" button. Designate your donation to the LUTW Donor Installation Tour, October 2009 and in the comments box at the bottom of the page please type, "Donation to participate in donor tour."

*\*All donations over \$25.00 made by Canadian residents will be issued a tax receipt from the Light Up The World Group.\**

