



## LADAKH CHARITY TREK 2011

August 5<sup>th</sup>-21<sup>st</sup>, 2011



Application deadline: Friday, February 18<sup>th</sup> 4PM

## Welcome to the Abhilasha Project Ultimate Charity Trek!

**THANK YOU!** It's great to see that you are interested in helping a worthy cause while having the time of your life this summer.

It's now your turn to be involved in a challenge of a lifetime! By registering, you will be committed to helping children around the world get access to a quality education. The mission of the Abhilasha Project is to provide a quality education to underprivileged children around the world with a special focus on children with disabilities and girls.

Okay, so it's time to get all the info you need to make the decision of whether to join our team this summer or not! And, we sure hope it's going to be a YES!

Please visit the Abhilasha Project at [www.abhilashaproject.org](http://www.abhilashaproject.org) to learn more about our organization.

**Ready. Set. Go.**



## About the Charity

### The Abhilasha Project

**Mission:** *The mission of the Abhilasha Project is to provide a quality education to underprivileged children with a special focus on children with disabilities and girls.*

We are also striving to address, whenever possible, other issues affecting human life such as health care, environment, socio-economic aspects and women's issues. We believe in supporting and cooperating with persons and groups already engaged in similar activities.

**Vision:** The Abhilasha Project strives to foster confidence, creativity and empower our students through education, allowing them to grow both personally and intellectually. Abhilasha students will be able to return to their communities and contribute to society as compassionate and self-reliant citizens.

### The Abhilasha School:

Believing that education is a catalyst for socio-economic change and progress, the Abhilasha (which in Hindi means hope) project is a non-profit organization dedicated to change in India and throughout the developing world by focusing on education.

In keeping with this line of thought, we are currently supporting a school in India called the Abhilasha School for children with disabilities (our inspiration behind the creation of the Abhilasha Project). From small and humble beginnings of caring for a group of underprivileged children, the current school has grown over the years and now is responsible for the education and welfare of 141 (41 blind and 100 physically disabled) boys and girls. With great perseverance through hardship and hard times, the Founder and President of the school, Abdullah Yusuf Ali has managed to board, clothe, feed, and educate these children at no cost to their families, who themselves live in quite destitute circumstances.

### The New School:

We are currently in the process of trying to build a new school that will be able to respond to the needs of the children. The existing building is not accessible for the children and a continual lack of space has been a grave problem over the last few years.

The New Abhilasha School is a dream that will hopefully become a reality soon with the continual support and help from our partners and donors both in India and abroad. The new school Abhilasha School will be a model for schools across India implementing new and existing technologies to better cope with the needs of its growing student body. The new Abhilasha building will include a Hostel building as well as a building for the School, dining hall, kitchen and staff quarter. Our hope is to build a school that will enable our students to achieve their highest potential with the help and support of our dedicated staff.

⇒ **The money we raise through this trek will go towards the construction of the new Abhilasha School.  
Together, we can make a difference!**

## APPLICATION AND REGISTRATION

1. You must first apply to the program by filling out our application form. Please email it back to [abhilasha.project@yahoo.com](mailto:abhilasha.project@yahoo.com).
2. We will review the applications on a roll-on basis and successful applicants will be notified by latest Monday, February 21<sup>st</sup>.

**Application deadline: Friday, February 18<sup>th</sup>, 2011 at 4PM.**

3. Once you have been accepted to the trek program, you will have 7 days to register online on our website at [www.abhilashaproject.org](http://www.abhilashaproject.org). If you do not, your spot will be given to another participant.

**At the time of registration, you will have to make a \$250 deposit (which will be refunded back to you once you have completed fundraising for your trip).**

**Please only register, if you are 100% sure that you will be able to participate in our program this August 2011. Please read carefully all the information in this information package before making your decision.**

## TRIP ITINERARY 2011

### MARKHA VALLEY

Style of Trek: Camping

Grade: Moderate to Strenuous

### INTRODUCTION

The Markha valley epitomizes the best of this scenery. It has giant rock pinnacles, beetling cliffs, narrow defiles, prayer-flagged passes and evidence of a much older civilization, the history of which has been lost in antiquity. As you trek up the valley, there are the ruins of many forts and castles, some built in some pretty unlikely places! It is a fairly long trek (and truly breathtaking), crossing a pass of over 17,000ft, and has the fine objective of visiting the base camp of the highest peak in the Zaskar range, Kang Yatse, 21,000ft.

### DAY BY DAY ITINERARY

#### 5th Aug- DAY 1

ARRIVE IN DELHI: Our Local representative will greet you at the international airport and help you Transfer to the hotel. You must arrive at the latest in Delhi on August 5<sup>th</sup>.

#### 6th Aug- DAY 2

FLY TO LEH 11,500ft/3,505m : you will have an early morning transfer to the Domestic Airport for the flight to Leh. This must be one of the most sensational flights in the world! On the northern horizon you may be able to pick out K2, the world's second highest peak, and other Karakoram giants. On your left you can see Nun and Kun the highest peaks in Ladakh at 7100m and 7080m. On your arrival in Leh transfer to hotel. Day at your leisure for acclimatization.

#### 7th Aug- DAY 3

Sightseeing of Thiksay Monastery one of the finest one belong to Geluk tradition . poke around the bazaars, and if you're feeling really keen and strong, walk out/ drive to shanty stupa for the sun set view.

#### 8th Aug- DAY 4

PHYANG SIGHT SEEING + WALK UP to phang valley . The Phyang Gompa has 50 lamas and seven 'novices' of the red-cap sect and possesses five chapels. The monastery is interesting for its museum containing some old Chinese, Tibetan, Mongolian and possibly Saracen weapons and armour. The museum room itself is said to be nearly 900 hundred years old. The monastery has had several renovations recently, including the addition of a large house for the head lama and a new entrance hall with a large prayer wheel. The 650 year old Dukhany Temple was renovated in the late '70's. After visiting the monastery walk up to valley to preparation for trek to stretch

your legs. Return to Leh.

### **9th Aug -DAY 5**

**DRIVE TO SPITOK ZINGCHEN TREK TO RUMBAK** . After breakfast we drive to Spitok Gompa for a visit. This monastery was built about 500 years ago by Gyalpo Bumde, although one temple, dedicated to Mahakala was built about 900 years ago. About 125 yellow-hat sect lamas are considered Spitok Lamas, but at least half of them live and pray at Spitok's dependent monasteries at Sankar, Stok and Sabu. All the lamas do however gather together for major festivals. The name Spitok is probably derived from the Central Tibetan language and means, Effective as an Example, referring to the fact that this was the Tibetans first monastery in Ladakh. The head lama for Spitok is the head lama for Ladakh and represents Ladakh as a member of Parliament, spending much of his time in Delhi. Spitok Gompa contains both old temples and those built in the 1970s. Ancient thankas are preserved there, some having been taken from the Potala in Lhasa after the Chinese invaded Tibet. After leaving the gompa, we cross the bridge over the Indus river then over rocky ground then enter the narrow gorge to Zingchen then start trekking following the trail beside the river till the valley widens at Rumbak, where you can see the snow-capped peaks of the Stok mountains. Camp at Rumbak.

### **10th Aug- Day 6: TREK TO SHINGO (4200mt - 7-8hrs.)**

Take the right fork of the river and continue to the very small village of Yurutse. The purple and green rock formations are quite impressive. Continue past the village to the base camp of Ganda La. The climb over the Ganda La is not as steep as that up to the Stok La, but it is a bit longer. From the top of the pass there is a fabulous view of snow-capped peaks. The descent into the Skiu valley is steady. The wide pastures at the top of the valley closes into a narrow 'waist' at Shingo, where there is a stream junction and a few houses and fields. camp

### **11th Aug- Day 7: TREK TO SARA (7-8hrs)**

From here the river swoops exuberantly down the tight narrow gorge choked with willow and wild rose, with the trail following, swapping from bank to bank as it goes. The village of Skiu is at only 9,900ft, and the Markha Valley here is narrow, so the temperatures can soar. where the Skiu Nala meets the Markha river. A very pleasant walk up one of the loveliest sections of the Markha valley. Woody bushes grow thickly along the river which is spanned by several bridges over which the trail marches to Sara camp.

### **12th Aug- DAY 8: TREK TO HANGKAR. (12,776ft). 6-7 hrs**

The trail continues eastwards climbing steadily up the valley through the picturesque village of Markha, which has a fascinating monastery well worth a visit. Coming in from the south is the trail from Rubrang La, one of the routes from Zangla. From Markha the country changes and the warm, relatively heavily wooded section of the lower Markha is left behind. Between the twin villages of Lower and Upper Hankar is a ruined fort, camp at lower hangkar.

**13th Aug- Day 9: TREK TO NIMALING ( 16097ft) 6-7hrs**

Climb sharply up a crag to an aerie of a lookout tower - worth visiting for those with a good head for heights. Follow the Nimiling river up the narrow valley to the camp at Thachugtse from here The trail continues to climb up the valley to a picturesque lake with a reflection of snow-capped Kang Yatse, the highest peak in the Zaskar range. From here the Nimaling plain is a broad undulating meadow which slopes upwards to the base of the ice-clad Kang Yatse which dominates the area. Nimaling with tiny ponds and rivulets flowing all over its meadows provides pasturage in the summer for an astonishing number of animals; yaks, sheep, goats, dzos and horses, not only from the Markha but also from villages all around. Himalayan marmots and white-tailed hares are seen in plenty and it is not unusual to spot the occasional blue sheep or wolf. You should reach camp in the early afternoon and have the rest of the day to relax and explore. Climbing up towards nimaling the high pasture land for the people of markha and hanker It will be considerably cooler here.

**14th Aug DAY 10 :TREK TO SUMDO. (13,230ft). 7-8 hrs.**

After crossing the Nimaling river, climb to the top of the highest pass on the trek, the 17,409ft Kangmaru La with its wonderful views from the top. Snow peaks in every direction, and on a clear day the giants of the Karakorams, including K2 can be seen on the north-western horizon. The trail descends steeply to the head of the Martselang valley past the sulfur springs of Chyushkarmo, and follows the Martselang stream to the village of Shang-Sumdo, at the confluence of the Shang Nala and the Martselang were taxi will you up to drive to leh

**15th Aug -DAY 11: FLY TO DELHI.**

Fly to Delhi. Celebrate Independence Day in the Capital City of India! A day of festivities awaits you. Let the celebrations begin!

**16th Aug- Day 12**

Departure transfer to airport fly to Raipur, Chhatisgarh. Arrive at the Abhilasha School. This part of the trip is not mandatory but it is highly recommended that all participants visit the Abhilasha School.

**Day 13 to Day 16**

Spend time with the children you are helping at the Abhilasha School. A few days with the children are sure to have a lasting impact on you forever.

**20th Aug- Day 16**

Fly to Delhi. You will be met by your representative and assist to transfer to Guest house. After breakfast, we drive to commence our exploration of the main cultural and historical sites of New and Old Delhi. This will include visits to historical monuments, and examples of classical Mughal architecture, such as Old Delhi's Red Fort and Jama Masjid (the largest mosque in all of India). We will also have a chance to explore the nearby Chandni Chowk bazaar, one of the most

colorful open public markets in the city, as well as Raj Ghat, the memorial site and eternal flame for Mahatma Gandhi, Jawaralal Nehru, and Indira Gandhi.

### **21st Aug- Day 17**

Early morning we will rise by 6 am to take the road trip to see the Taj Mahal the drive will take 4 hours to get to Agra (also known as the 'Resplendent, Immortal Teardrop on the Cheek of Time'), Shah Jahan's monument and mausoleum of eternal love for his wife. Following a morning at the Taj Mahal and lunch out on the town, we will venture to the famous Agra Fort and/or the lost city of Fatehpur Sikri. Then we drive back to Delhi for the night

### **DAY 18**

FLY BACK HOME OR TO YOUR NEXT DESTINATION!



## COSTS

**Costs: Fundraising Target-** Min. \$3,000 CAD per participant. International participants (outside of US or Canada) must raise \$2,000 CAD.

**What it includes?** Donation to the Abhilasha school, includes all meals during trek, all domestic flights, trek costs, \$1,000 towards your international airline fare, accommodations in Delhi and Leh, airport transfers.

Also included is:

- Camping accommodation as per the program with all meals during the trek.
- Mule drivers and mules during the trekking.
- All monastery entrance fee, wild life fee and Camping fee.
- English-speaking guide in monasteries and in the trekking.
- Service of cook and attendants during the trekking.
- All Camping equipment including North face sleeping tent, foam mattresses mess tents dining tent & toilet tent.
- All Transportation from pick up from the Delhi Airport to Airport.

**What's not included?** Visa, vaccinations, difference of international airline ticket, sightseeing Delhi/Agra, medical insurance, shopping.

Please endeavor to raise as much as you can to help this worthy cause.

**DO NOT STOP fundraising once you have reached the minimum.**

Please note that if you do not raise the minimum required for this trip you will forfeit your place, however all money you did raise will still go to the Abhilasha Project. All sponsorship targets must be at a minimum \$3,000 before each participant leaves for the trip.

## ACCOMODATIONS

The guest house in Delhi we will be using [www.indiamart.com/worldbusshistcenter](http://www.indiamart.com/worldbusshistcenter) . A Japanese monastery run guest house in new Delhi called world Buddhist center. Please visit their website for more information.

While in Leh, we will be staying at the **Kidar Guest House**. A cozy, clean and comfortable guest house that is sure to make our stay in Leh very memorable.

## FLIGHTS, INSURANCE AND VISA

Each participant is responsible to book their own international flight to Delhi, travel insurance and visa. All internal flights will be booked by the Abhilasha Project for each participant.

## OUR EXPERT TRAVEL PARTNERS

### About Yama Adventures

**Yama Adventures** is a small company offering personalized service in setting up guided treks and cultural tours for individuals or groups in the remote Himalayan region of India known as **Ladakh** or land of the high passes. The area is also called "**Little Tibet**" as the people are mostly of Tibetan origin and maintain the culture that existed in Tibet before the Chinese invasion. We also run treks in Himachal Pradesh, Sikkim, Bhutan, Nepal, and Tibet.

**Yama Adventures** specializes in providing memorable and rewarding Himalayan experiences for those willing to travel to these remote lands. We emphasize the treks and tours in Ladakh because of its pristine beauty and unspoiled culture. Whether you're interested in one of our standard treks or tours, or want to customize your own itinerary, we are ready and willing to fulfill your needs. We can also arrange trips to areas of the Himalayas outside of Ladakh.

Visit [www.yamatreks.com](http://www.yamatreks.com)



## TRAVEL ARRANGEMENTS

### SKYLAWN TRAVELS: MONTREAL, QC

Having been in the travel business for several years **SkyLawn** travel has provided professional corporate and personalized travel to a large clientele. Our service spans the globe from Canada, United States, Europe, India, Pakistan, Bangladesh and all other locations.

**Contact:**

**Yasmeen TAQUI, Travel Agent** - For fast, efficient service and the best prices!

Address: 433 Chabanel West, #111 Montreal, Quebec H2N 2J3

Phone: 514-594-0344

Email: ytaquiali@yahoo.com

**Each participant is free to make arrangements with any travel agency, agent or company.**

**This is simply a recommendation for our participants!**

**CHECK US OUT ON FACEBOOK AND YOUTUBE!**

**LADAKH CHARITY TREK: <http://www.youtube.com/watch?v=oAomEOKvojo>**

## FUNDRAISING

**THINKING RIGHT ABOUT NOW... HOW I AM GOING TO RAISE THAT min. \$3,000? DON'T WORRY, WE WILL BE THERE HELPING YOU EVERY STEP OF THE WAY.**

While it is the responsibility of each participant to fundraise for their trip, we will be also organizing fundraisers and fundraising as group. Once you start talking to people why you are doing this and what you are hoping to accomplish, you will be surprised at the support you will get from friends and family.

**Here are some simple ideas to get you started:\***

- Ask for sponsorship. This cause is one that touches people & you should never underestimate the generosity of others. Any donation, no matter the amount, is helping you reach your target.
- Corporate sponsorship. Ask the boss! We are happy to put any corporation willing to donate a substantial amount to sponsor a rider on our website. Please let them know of this incentive.
- Ask local stores in your neighbourhood if you can place donation boxes in their boxes.
- Approach local businesses. Ask if they are willing to keep a donations box at their front counter and/or ask for a donation of goods and services that you can raffle off. Once you have a decent prize pool hold a raffle or an auction. This can be part of an event or on its own.
- Find other people in your area who are fundraising and see if you can pool your resources to pull off something bigger than you could do on your own.
- Put on an event- a movie night, a sausage sizzle, a morning or afternoon tea; and charge a decent admission fee. Even though a movie night may only mean hiring a DVD, buying 5 bags of popcorn & 10 blocks of chocolate, as it is for charity ask your guests to donate whatever they would spend on a night out at the movies. Borrow a friend's projector & make it feel like a real cinema experience! This principle can be applied to almost any event.
- If you are a musician or you know any musicians, see if you can get them to donate their talent for a few hours. Put on a gig at a local pub or venue that is willing to donate a few hours of venue time. Charge admission at the door and advertise well and you will be amazed at how much something like this can pull in.
- An impressive number of businesses offering all sorts of services & products have provisions & programs set up specifically for charity & fundraising activities. A great example is cinemas. Many cinemas (chain & independent) will allow you to hire out an entire theatre for a discounted rate. You can then charge full price for tickets as well as hold a raffle at the end of the film. These nights are loads of fun & can raise lots of cash if done well. If you are not confident in your ability to fill an entire movie theatre many complexes now have smaller theatres with a more luxurious, exclusive setup that will sometimes seat as few as 25 people. This principle extends well beyond cinemas. Think about what activities people take part in for fun & are happy to pay for anyway, then approach a business & ask to put on an event there. They will be guaranteed a certain amount of business from putting on the event & will raise their community profile & receive free publicity by assisting with fundraising for a great cause!

- Selling chocolates or treats at work (or anywhere!) is a great idea as whenever anyone has a craving, you are the closest source of goodies! There are plenty of Australian manufacturers that supply their products for sale in fundraisers, and their specialised programs will make raising cash easy.

Check out these links:

- \* Cadbury: <http://www.cadbury.com.au/fundraising/>
- \* The Chocolate Box: <http://www.chocolatebox.com.au/fundraising.shtml>
- \* Mars: <http://www.marsfundraising.com.au/>
- \* Morish nuts: <http://www.morish.com.au/pages/fund.htm>

For other ideas visit: [www.fundraisingideas.com.au](http://www.fundraisingideas.com.au). All ideas listed here can work in any country.

**\*<http://www.projectfutures.com/assets/docs/pf-amazing-race-2011.pdf>**

## Frequently Asked Questions

- 1. How physically fit do I have to be to participate?**  
This will be a challenging trip and therefore we ask all participants to train before coming on this trek. Of course, with some perseverance and hard work anything is possible!
- 2. Are donations tax-deductible?**  
Yes, donations are tax-deductible thanks to the generosity of the Global and Community Service office at the University of Ottawa.  
Once you have registered, we will provide you with full details on how donors can receive tax receipts on their donations.
- 3. Will people think they are sponsoring me to go on a holiday?**  
No, they shouldn't. This is a challenge, both mentally and physically. You will be putting in your time and efforts to raise funds and awareness about the challenges faced by children around the world. You will be raising funds to build a school for children with disabilities and help them unlock their potential. Education is the ultimate catalyst for change.

## CONTACT US

**Please don't hesitate to contact us directly for further details or any questions you may have.**

**We hope you decide to join us this summer for an unforgettable journey.**

**Every child deserves an education. Let's make a difference this summer.**

### **The Abhilasha Project**

Tel: (514) 629-6263 or (613) 407-9274

Email: [abhilasha.project@yahoo.com](mailto:abhilasha.project@yahoo.com)

Website: [www.abhilashaproject.org](http://www.abhilashaproject.org)

