

06

NEWSLETTER

Snowland Journeys

Are you looking for a fun challenge? A way to do something healthy, whilst also helping others? Well, look no further, our exciting new 2021 Vrekking Challenge has just launched, and we wanted to tell you all about it!



JOIN OUR VREKING CHALLENGE

We know that life, especially at the moment, can seem like a repetitive cycle of waking up, eating, working and sleeping. And that the daily grind can fill our minds and bodies with negative energy and stress. That's why we have created our 'Vrekking', virtual trekking platform, so our community has a place to return to self-exploration, self-discovery, and sharing a journey with other like-minded individuals.

Our virtual treks follow the routes of the homeward bound returning children that we support at Snowland Journeys. These routes can be as long as 250km, and take the children up to 28 days to complete often in gruelling conditions and extreme environments. We have plotted the routes followed by Nima, Tsering Deki and Jeewan, in our documentary, [Children of the Snow Land](#), so that you can cover the same distance, whilst finding out more about the area along the way.

You can sign up to take part in the challenge, either on your own, or as part of a virtual team or even create a bit of friendly competition by going head-to-head with friends to see who can complete the challenge the quickest. You can cover the distance however you wish, whether running, walking, swimming, cycling or another activity, and once you sign up to the platform you will be able to create your own profile, and if you'd like to encourage friends and family to support your progress you can set up a donations page. You can connect your page to Strava and your distances will be added automatically, or you can choose to enter from your other fitness apps.

Statistics show that 80% of people fail their new year's resolutions before February. 90% of people quit after 3 months of hitting the gym. But virtual challenges like ours creative motivation and have a 90% success rate. What better way to motivate yourself and make this year the year you achieve your fitness goals?

As well as building your stamina, and raising funds, you can also learn about the routes you are walking, and there are blogs with videos and photographs

taken at some of the most breath taking and treacherous parts of the journey, so you can walk in the footsteps of the Snowland students.

All the money raised through your entry fee and donations will enable the teenagers who will graduate in April this year to make their own journeys home this Spring, so that they can see their families and villages for the first time in 12 years. They can't get home without our support.

[Click on the button below to get started](#)

JOIN OUR CHALLENGE

If you can't wait to sign up, why not check out our map showing the route that the trek follows. Or get a bird's eye view with our fly through demo below.



2021 SNOWLAND JOURNEYS CALENDAR

We still have a few calendars left, so why not bring the beauty of Nepal into your own home to enjoy throughout the year by purchasing one from our [shop](#)?

Individual prints are also available.

[Check out some of our satisfied customers below](#)



MAKE A DONATION



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