



JOIN A TRAILBLAZING EXPEDITION
ENABLING FAMILY REINTEGRATION

Snowland Journeys

WWW.SNOWLANDJOURNEYS.COM

JOIN US ON OUR
INAUGURAL EXPEDITION
TO THE MOUNTAIN
VILLAGES OF NEPAL'S
NORTH-WEST HIMALAYA.

Blaze a trail on an adventure
to some of the most remote
inhabited places on the
planet.

You'll become a real-life
explorer, the first team of
Snowlanders to discover
Dolpo and immerse yourself
in village culture.





RECONNECTING FAMILIES THROUGH YOUR ADVENTURE

This groundbreaking and meaningful expedition offers intrepid trekkers the chance to raise vital funds to enable young people to be reunited with their parents after 12 years being educated away from home.



LOWER DOLPO EXPEDITION

Duration: 25 nights

Arrive in Kathmandu: 14th May 2022

Depart KTM for Trek: 16th May 2022

Return Flights: 8th June

Fitness Level: Medium

This trek takes you to Kingdom of Lower Dolpo, home of Phoksundo National Park and the world's last enclave of unchanged Tibetan culture.

You will be trekking through Phoksundo National Park, crossing one snow-capped mountain pass at an altitude over 5,000 metres, visiting remote villages and a monastery on the shores of Phoksundo Lake.





We will take you to the majestic Himalayas of West Nepal to the remote villages of Lower Dolpo - places that tourism and modern life haven't touched.

In these forgotten enclaves of the ancient world, live the last of the Bon Po people whose way of life has remained the same for thousands of years. Bon Po is an ancient form of Buddhism.



You'll be trekking with people from around the world, brought together by the shared goal of making a difference for Himalayan people.

This is a life-changing expedition to some of the most remote villages in the world.



Our expedition is led by Phil Briggs FRGS, a Scottish former Royal Marines Commando, who is an expert expedition lead and advanced wilderness medic.

Our Nepali team offer full support including a Nepali English-speaking guide, Sherpa team, chef, kitchen team, and porters who will carry your luggage, supported by their pack animals.

You will only need to carry your day pack with a small amount of mandatory kit such as water and sunscreen.

Nima and Jeewan, stars of our film, will be joining our team and you will spend two nights on the trek staying at Jeewan's family home experiencing traditional village lifestyle.





In this remote region, we need to be self-sufficient and our porters will carry everything we need.

We'll be mostly off-grid, yet this expedition will be as luxurious as exploring can be. You could almost call it glamping.

Each evening our team will erect a dining tent, kitchen tent, toilet tent and sleeping tents with mattresses, before preparing you a delicious meal.



Becoming part of our small expedition team, you will experience cultural immersion with Himalayan people, their customs and traditional way of life.



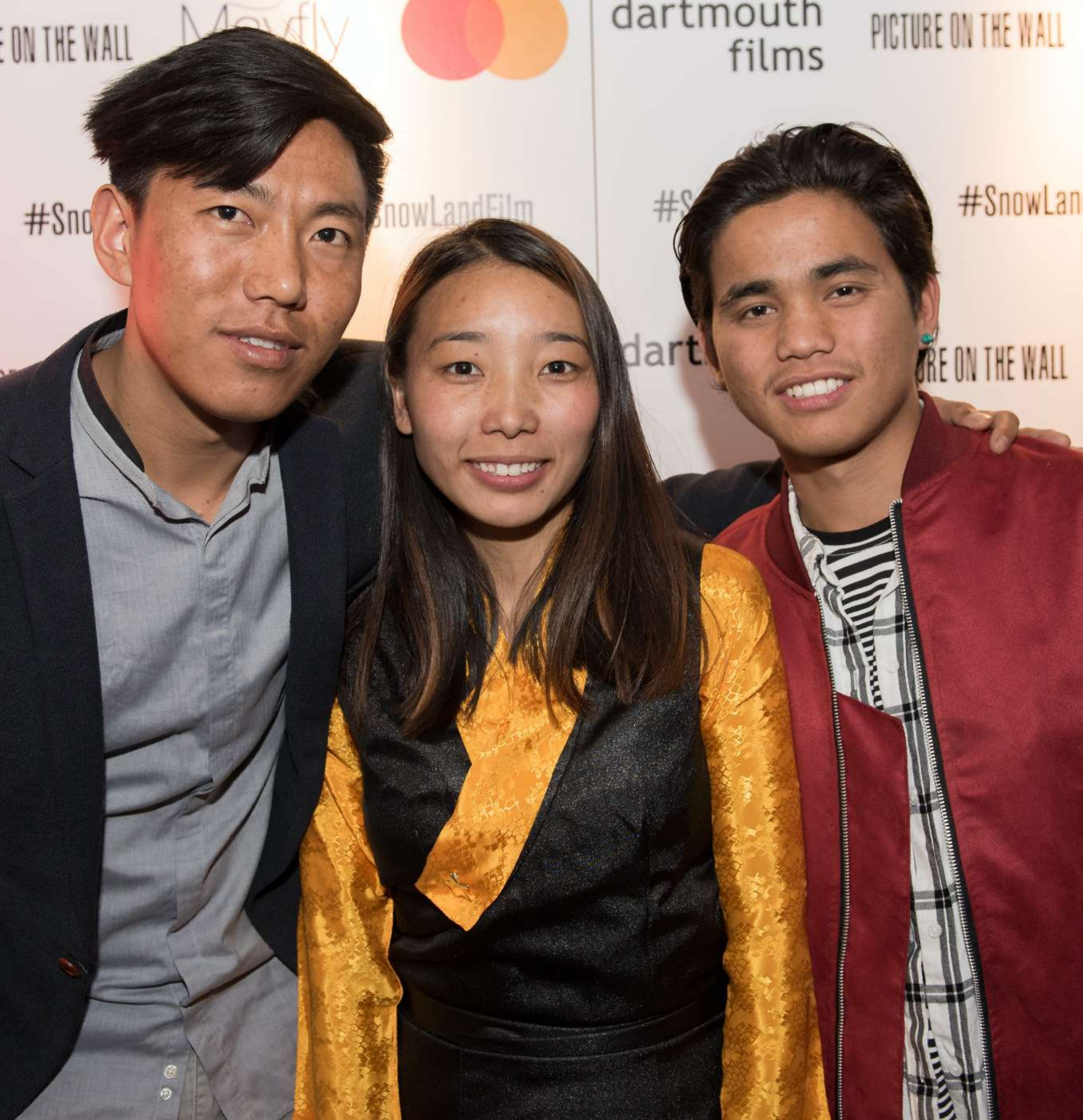
We ensure fair treatment policies for our porter teams and animals that support us, we operate an ethical Leave No Trace policy, and we make sure that we benefit the communities we visit.



The journeys you will be trekking
and the young people we support
are featured in our award-winning
documentary film

CHILDREN OF THE SNOW LAND





WELCOME CEREMONY

The evening before we depart for expedition a welcome ceremony is held in Kathmandu where you will meet your fellow trekkers and be hosted by the film stars.

A traditional Nepalese feast will be served followed by a trekkers blessing 'khata' ceremony and dancing.



LOWER DOLPO EXPEDITION ITINERARY

Day 1 Suggested Arrival Day in Kathmandu

Day 2 Explore Kathmandu & evening Welcome Ceremony

Day 3 Fly to Nepalgunj (45 mins) & stay overnight

Day 4 Fly to Juphal (40 mins) & Trek to Chu Gaun (3-4 hrs)

Day 5 Trek Chu to Godhakor (6-7 hrs)

Day 6 Trek Godhakor to Kaigaon via Belangar Pass (3950 M) (6-7 hrs)

Day 7 Rest day at Kaigaun, explore Jeewan's Village.

Day 8 Trek Kaigaun to Toijum (4-5 hrs)

Day 9 Trek Tojium to Kagmara Phedi (5-6 hrs)

Day 10 Trek to Lasa via Kagmara La Pass (5115 M) (7-8 hrs)

Day 11 Trek Lasa to Pungmo (5-6 hrs)

Day 12 Trek Pungmo to Phoksundo Lake (6-7 hrs)

Day 13 Rest day to explore Phoksundo Lake & Gompa (Monastery)

Day 14 Trek Phoksundo to Rechi (5-6 hrs)

Day 15 Trek Rechi to Syangta (4 hrs)

Day 16 Trek Syangta to Dunai (3-4 hrs)

Day 17 Trek Dunai to Sahartara (5-6 hrs)

Day 18 Rest day at Saharatara, meet Villagers

Day 19 Trek Saharatara to Gumbatara (3 hrs)

Day 20 Rest day at Gumbatara, meet Villagers

Day 21 Trek Gumbatara to Dunai (5 hrs)

Day 22 Trek Dunai to Chu Gaun (5 hrs)

Day 23 Trek Chu Gaun to Juphal (5 hrs)

Day 24 Fly Juphal - Nepalgunj - Kathmandu & overnight in Kathmandu

Day 25 Contingency Day

Day 26 Flights Home

*Contingency Day for weather delays. Trek timings are approximate.

EXPEDITION COST

Our 2022 expedition is our inaugural journey and so we are passing on actual on-the-ground costs to you and not taking a profit.

Your expedition includes a contribution towards the young people's reintegration with their families.



25 Nights Lower Dolpo Expedition

£ 5,275

Price Includes:

Welcome at Kathmandu Airport and Car Transfers to Hotel

3 Nights Bed & Breakfast Accommodation in Kathmandu

Welcome Ceremony Dinner

Return Internal flights Kathmandu - Nepalgunj and Transfers to Hotel

Return Internal flights Nepalgunj - Juphal

1 Night Bed & Breakfast Accommodation in Nepalgunj

Fully Supported Trekking Expedition for 23 Days, 22 Nights

Expedition Lead, Medic, Nepali Expedition Guide, Chef, Sherpa Team, Porters

20 Nights Accommodation in Tent with Mattress & 2 Nights in Jeewan's Home

Kitchen Tent with Stove & Utensils, Dining Tent, Toilet Tent

Breakfast, Lunch, Dinner and Water on Trek

Shey Phoksundo National Park Fees

Permit costs to Lower Dolpo Region

Clothing and Insurance for Porters Team

Comprehensive Medical First Aid Kit

TIMS (Trekking Management System) Fees

13% Nepal Government Tax

Pre-Expedition Briefing

Contribution to Young People's Reunion with Parents & Family

Costs exclude: International flights, visas, insurance, alcohol, soft drinks, snacks, flight cancellation costs, other personal costs eg laundry, phone, tips.

Instalment Plan

Split the cost of your expedition into manageable monthly payments with our instalment plan. Contact us for details.

Sponsored Expeditions

Get your friends to help you enable reintegration of Himalayan families by sponsoring your expedition. Start your fundraising campaign at www.localgiving.com/snowlandjourneys

Covid Guarantee

If the expedition cannot go ahead due to Covid, you can either transfer to a later expedition or request a refund at no charge.



ABOUT SNOWLAND JOURNEYS

Snowland Journeys helps enable young people to fulfil their rights to maintain contact with their families, communities and culture alongside their right to education.

As there are no schools offering a good, consistent education in the villages of Dolpo, many children are sent away to school in the city at just four or five years old, in the hope that education means a better life. Due to the remoteness of the villages, the children are unable to see or speak to their parents during their 12 years of education. We reunite and reintegrate these children with their parents.

By joining this expedition, you will be contributing to the costs of these important family reunions.



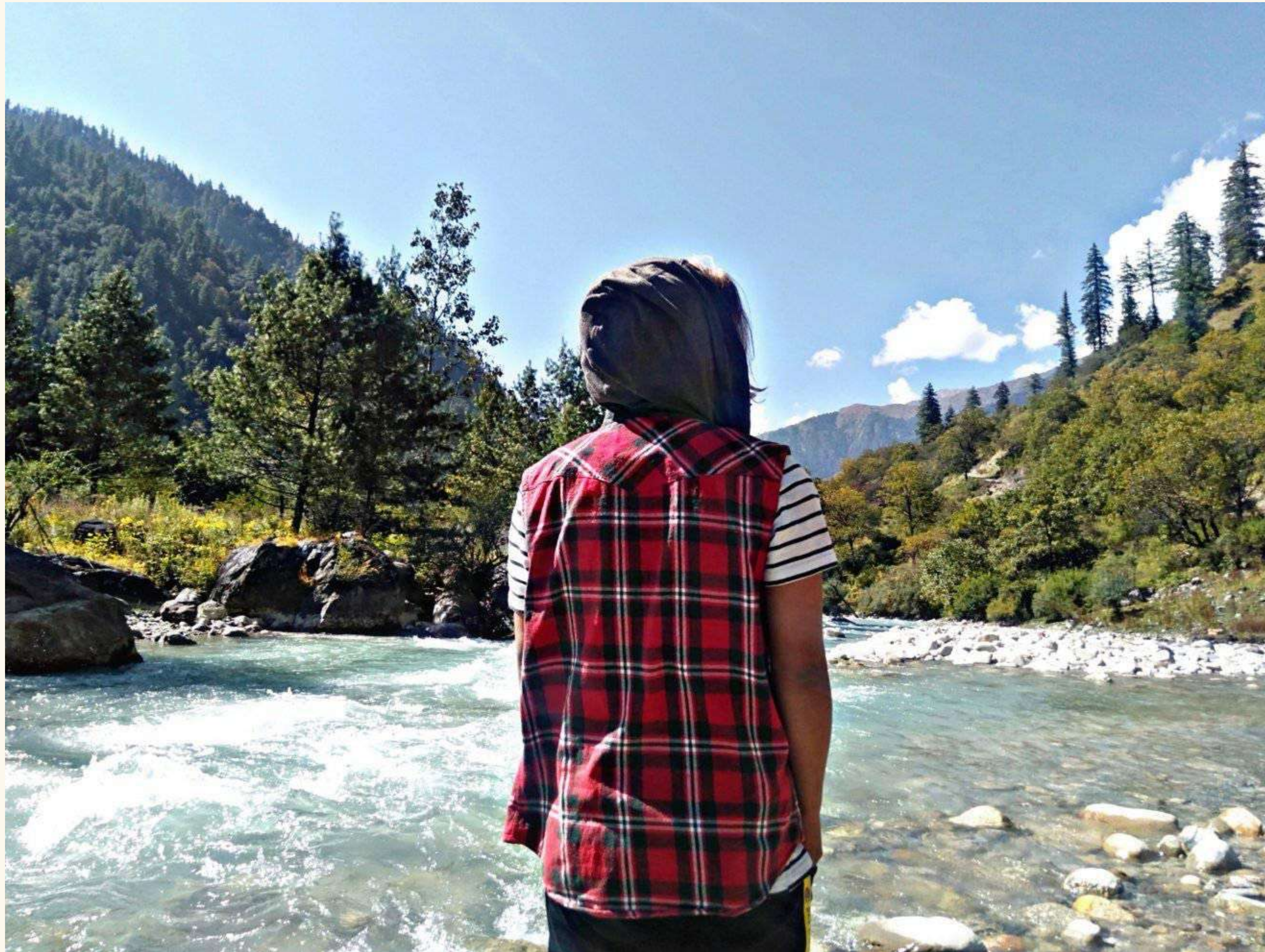
EXTENDING A LIFELINE TO THE MOST DETACHED YOUNG PEOPLE ON EARTH

Further ways you can help and get involved with Snowland Journeys:

- * Join our UK experiences
- * Do a sponsored challenge (run, cycle, swim, etc)
- * Do our Virtual Trek aka 'Vrek'
- * Host a film screening for your community
- * Donate your services or supplies
- * Nominate us for your company's charitable giving CSR programme
- * Send company teams for leadership and development on our expeditions
- * Make a donation and claim tax relief
- * Link your school to our educational programme

Visit

www.localgiving.com/snowlandjourneys
to donate or fundraise for us.



**THE
BEAUTY
OF
DOLPO
AWAITS
YOU!**



To reserve your place, please contact us:

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www.snowlandjourneys.com

