

## PROMISE NEPAL



Shopwyke Hall, Chichester, PO20 2AA  
Tel: 01243 771177 Email: [maggie@shopwyke.co.uk](mailto:maggie@shopwyke.co.uk)  
Registered Charity No: 1090760

The trekking and mountaineering season is approaching, and once again Promise Nepal is on the trail in Nepal. We are trekking to raise funds so we can continue our work, eliminating leprosy from the high mountain passes and remote valleys where it is endemic, and spreading the word wherever we go.

To ensure our reach is as wide as possible, we work alongside the Anandaban Leprosy Hospital, and also run satellite clinics to identify and treat new cases, and to educate both patients and the general population about this terrible, but curable disease. Every month we send twelve highly trained leprosy specialists to travel long distances to remote parts where there is no access to information or medical care. For this we have a rota of 22 staff.

Our teams of twelve diagnose and treat new cases, sending patients to the hospital at Anandaban when necessary. There, Promise Nepal funds intensive medical care, reconstructive surgery, physiotherapy and rehabilitation. In the last quarter we treated 246 patients who presented with dermatological complaints - skin changes are among the earliest signs of Leprosy. We performed hundreds of tests and treated 114 reactions, referring 17 to Anandaban.

One of our recent patients was AJ, a twenty six year old married man suffering painful swelling and tingling in his left ankle and leg. Staff at his nearest health centre had not diagnosed the onset of leprosy, and his condition was deteriorating. After a full set of tests at Anandaban, he was diagnosed as leprosy affected and eight months of multi-drug therapy later, he has been cured. 'I didn't know the treatment of leprosy is free of cost and also didn't know that I had leprosy,' he says. 'I have learnt many things about leprosy through the doctors at Anandaban and now I can explain it to others.'

Our aim is not only to cure the disease and preserve life and physical mobility, but also to give patients back their dignity and a new life after leprosy. This is a delicate and demanding task, given the traditional fear of this disfiguring disease and the ostracisation of those associated with it.

I am very grateful to those who generously support Promise Nepal's work. They are saving lives and bestowing life-changing benefits on those who have no other resource or sponsor.

This letter is to thank you and to invite you to consider extending your support for another year. You can donate on Just Giving, on [PromiseNepal.com](http://PromiseNepal.com) or by bank transfer to: PN at C Hoare & Co A/c: 97294880 Sort code: 159800

I send my warmest thanks and pass on to you the gratitude of hundreds of leprosy affected people.

**PATRON:** Dame Claire Bertschinger

**TRUSTEES:** Dr Maggie Burgess Katie Campbell Col. Wm Chesshyre Rabi Thapa

**NEPALESE ADVISOR:** Pertemba Sherpa

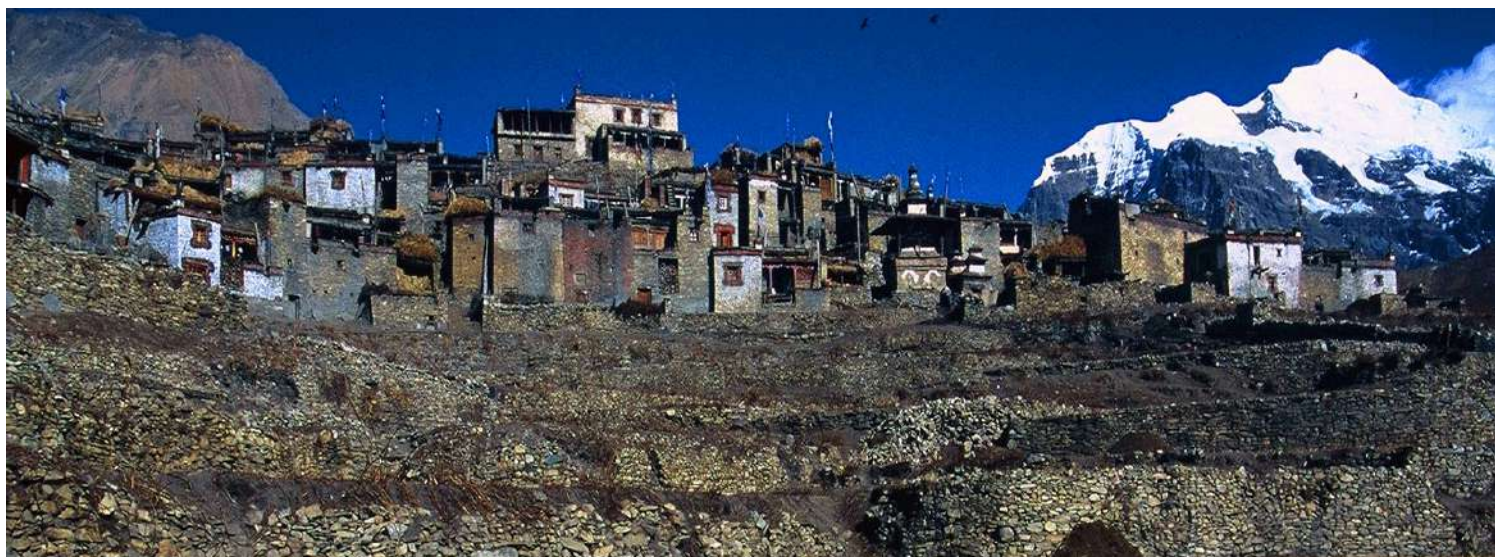
PROMISE NEPAL



## Promise Nepal Charity Trek to Naar Phu

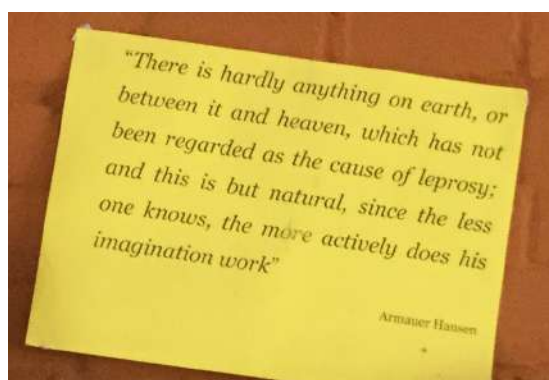
Trip Date : 30 March – 17 April 2019

(Duration : 18 Nights / 19 Days)



**Promise Nepal** ([www.promisenepal.org.uk](http://www.promisenepal.org.uk)) is a U.K. registered charity (no.1090760) founded in 2000 by a group of medical and other professionals who give their time and expertise free of charge. Every penny that is donated goes directly to help a leprosy-affected person in Nepal.

Today, leprosy is a curable disease and sufferers are non-infectious just 48 hours after they begin treatment. The World Health Organization continues to spearhead the global alliance to eliminate leprosy worldwide. Asia remains the region with the majority of the world's leprosy burden and Nepal remains in the top 10 highest endemic countries in the world.







Leprosy.....Destroys faces, hands, feet and sight. However, Promise Nepal offers rehabilitation and income generating opportunities.



Leprosy.....Destroys relationships and livelihoods but Promise Nepal provides hope for a world without leprosy to future generations.

### **VISION OF PROMISE NEPAL :**

The ultimate vision of **Promise Nepal** is 'A World Without Leprosy.' Over the past 15 years, **Promise Nepal** has played a significant role by joining hands with Government and Non-Governmental Organizations in dramatically reducing the number of leprosy affected people in Nepal. Over the years, Satellite clinics with medical experts sponsored by **Promise Nepal**, goes out to remote locations in Nepal every month helping the Leprosy affected by providing medical examination, medicine and counselling as well as diagnosing new cases and providing treatment. Much support and courage is garnered from our friends and well-wishers including Sir Chris Bonington, Mr. Doug Scott CBE, Dame Claire Bertschinger, The Lady Shauna Gosling Trust, The St. Lazarus Foundation and many others.

**Promise Nepal** has built up a sustainable infrastructure to carry out the objectives of :

1. Playing a role in the elimination of leprosy from Nepal
2. Assisting in the provision and maintenance of hospitals and health centers
3. Providing work based and recreational activities so that the sick may be physically, psychologically and socially rehabilitated
4. Providing support and assistance for health and education initiatives.



## Information of the Trek

Opened to the visitors only in 2003, This **Promise Nepal Charity Trek** to Naar-Phu Valley takes you into a superb part of Nepal, close to the Tibetan border that has only recently been opened to western trekkers. It is currently still relatively undiscovered, and can only be explored by self-contained camping groups. A world away from the popular Annapurna Circuit, we will still be a curiosity to the locals. This is snow leopard country and we might just be lucky enough to see one of these magnificent creatures.

As a diversion off the eastern side of the Annapurna Circuit, we are convinced that it won't be long before the Naar Phu trek becomes a popular alternative to the main Circuit, which, as you may know, is now being affected by road building. The time to explore this area is now, before it becomes too popular.

We walk up from trailhead to Koto near Chame, and from there we trek up to the Tibetan style villages of Phu and Naar, before crossing the Kang La (Pass) 5320 m, and returning to the incredibly scenic village of Ngawal on the 'high trail' above the airstrip of Humde, with its stunning views of Lamjung, Annapurnas II, III and IV, Gangapurna and its glacial lakes.

From there trek to the larger community of Manang. It can't be many more years before this one-horse town is spoilt by the presence of motorized vehicles.

Naar Phu is quite simply one of the best treks in Nepal. It has incredible diversity of climatic zones, flora and fauna. This trek is off the normal trail and one must be prepared to explore a little. The itinerary has enough time and allows several short trekking days so that one can take the time not only to enjoy the incredible views that this trek offers, but also to spend time with the villagers and to absorb local life and culture as well.

**Max. Altitude: 5320 m**  
**Trek Grade: Strenuous**

**Trip Duration: 19 Days**  
**Trek Mode: Standard camping**

**Trek Duration: 16 days**

### Skeletal Trek Itinerary:

Day	Date	Activity	Accomm.	Altitude	Remarks
Day 01	Mar. 30, 2019	Arrival in Kathmandu and transfer to hotel	Hotel	1350m.	
Day 02	Mar. 31, 2019	Drive to Besisahar(760m.) and drive to Jagat	Camp	1300m.	<a href="#">TD:01</a>
Day 03	Apr. 01, 2019	Trek to Dharapani	Camp	1860m.	<a href="#">TD:02</a>
Day 04	Apr. 02, 2019	Trek to Koto	Camp	2600m.	<a href="#">TD:03</a>
Day 05	Apr. 03, 2019	Rest at Koto for acclimatization; Explore to Chame(2670m.)	Camp	2600m.	<a href="#">TD:04</a>
Day 06	Apr. 04, 2019	Trek to Dharmasala	Camp	3230m.	<a href="#">TD:05</a>
Day 07	Apr. 05, 2019	Trek to Kyang	Camp	3887m.	<a href="#">TD:06</a>
Day 08	Apr. 06, 2019	Rest at Kyang for acclimatization and little hike around	Camp	3887m.	<a href="#">TD:07</a>
Day 09	Apr. 07, 2019	Trek to Phu	Camp	4080m.	<a href="#">TD:08</a>
Day 10	Apr. 08, 2019	Exploration day at Phu Village; Typical Tibetan village	Camp	4080m.	<a href="#">TD:09</a>
Day 11	Apr. 09, 2019	Trek to Junam Goth	Camp	approx 3750m.	<a href="#">TD:10</a>
Day 12	Apr. 10, 2019	Trek to Naar Village	Camp	4110m.	<a href="#">TD:11</a>
Day 13	Apr. 11, 2019	Exploration day at Naar Village	Camp	4110m.	<a href="#">TD:12</a>
Day 14	Apr. 12, 2019	Trek to Kangla Phedi	Camp	4620m.	<a href="#">TD:13</a>
Day 15	Apr. 13, 2019	Trek to Ngawal by crossing Kangla Pass (5320m.)	Camp	3660m.	<a href="#">TD:14</a>
Day 16	Apr. 14, 2019	Trek to Manang	Camp	3690m.	<a href="#">TD:15</a>
Day 17	Apr. 15, 2019	Fly(Heli) to Kathmandu	Camp	3690m.	<a href="#">TD:16</a>
Day 18	Apr. 16, 2019	Rest day in Kathmandu	Hotel	1350m.	
Day 19	Apr. 17, 2019	Departure Kathmandu	---		





## DETAILED ITINERARY 2019

### Day 1: Arrive Kathmandu:

Mar 30: Upon arrival, meet and transfer to the Hotel.  
Overnight at the Hotel.

### Day 2: Drive to trail head near Ngadi 6 – 8 hours drive, 1 hour walking

Mar 31: An early start from Kathmandu is recommended to get out of the city before the traffic builds up too much. From the town of Besisahar, which is the capital of the Lamjung District, we drive part way up the new jeep track which is being built alongside the mighty Marsyangdi River. In 2009 we were able to drive to Bhule Bhule on rough dirt track. We will walk for an hour or so to our first campsite at Ngadi. The timings for today will depend on the status of the road that is being built.

### Day 3 Trek to Jagat 1300m 6 - 7 hours walking

Apr 01: The trail continues northwards following the Marsyangdi River valley, crossing several suspension bridges and passing beautiful waterfalls and a bathing pool, whilst above us tower the peaks of Lamjung, Manaslu and Peak 29. We pass through the hilltop village Bahundanda 1310m which supports a few shops and tea houses, and a chance for a welcome break after the long uphill trek before continuing we drop back down to the river, which we follow to our campsite at Jagat 1300m.

### Day 4 Trek to Tal 1700m 5 hours walking

Apr 02: We begin our day by trekking through rhododendron and pine forest. Tal means 'lake' and the wide valley was indeed once a lake. The culture here is more Tibetan, with houses made from rock, and the vegetation becomes less tropical. Just north of the village is a spectacular waterfall.

### Day 5: Trek to Koto 2600m 6 hours walking

Apr 03: After leaving Tal we cross a large bridge and after around 3½ hours we arrive at the village of Dharapani 1860m. Our climb continues for another hour through forests to the delightful village of Bagarchap, which is surrounded by peach and apple trees with small streams meandering through it. The forests

here are of broad-leaved trees. The Tibetan flavour in the village architecture and layout is prevalent here. The Bhotia people were Himlayan traders, and their houses have flat roofs as the annual rainfall is less here. We go on to Koto, where we need to show our permits for trekking in the Naar Phu region.



**Day 6: Trek to Dharmashala 3230m 8-9 hours walking**

Apr 04: Today we begin our trek into the area less well trod. The difference as soon as we step off the main Annapurna Circuit path is staggering – we have stepped into another place. It is a long day due to the absence of the camping places that are marked on the map! The walking is initially easy along along the river bank, but becomes quite undulating and tiring because of its length. Just before Dharamshala we will cross a big waterfall.

**Day 7: Trek to Kayang 3820m 8 hours walking**

Apr 05: Around 8 hours moderate walk in total. The route starts quite easily, then before ascending to Methang. We then drop down to the split in the path to Naar and Phu.

We then have around 5 hours of moderate walking. There will be time to explore the fascinating deserted settlements at Chyako.

**Day 8: Kayang acclimatization day**

Apr 06 : We have an acclimatization day at Kayang, and a local walk to gain height during the day is recommended, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it. Kayang is an interesting deserted village, and we can spend time photographing and exploring it as we rest.





**Day 9: Trek to Phu 4200m - 5 hours walking**

Apr 07 : An exciting day as we reach the first of our 2 main villages on this little-trodden route. Around 5 hours of moderate walking, but the path is exposed and care will be needed, especially when we first set off from Kayang. The path is reasonably broad, but there is a big drop. A head for heights and trekking poles may be required. Near to Phu there is a steep ascent up a dry gorge before we reach Phu Gate, an hour before Phu itself.

**Day 10: Rest & exploration day at Phu 4200m**

Apr 08 : Today we take a well-earned chance to rest and to explore this little-visited community.  
(Note : An extra night here will help us with our acclimatization for the Kang La. )

**Day 11: Trek to Junam Goth 3720m - 6 hours walking**

Apr 09 : Our return path retracing our steps downhill should take around 6 hours. Junam Goth is a lovely campsite surrounded by low bushes, though it can mean a bit of a climb uphill for our crew with their water carriers.

**Day 12: Trek to Naar 4110m - 5 hours walking**

Apr 10 : Today we head for lunch in the settlement of Yughat before continuing onto Naar. The path is initially steep up to the Naar Gateways which are a long way from Naar itself. The path then flattens out through a delightful open valley through yak fields.

**Day 13: Naar exploration and acclimatization day**

Apr 11 : We spend another important day acclimatizing in preparation of our ascent over the Kang La. Naar is another fascinating village to explore and very different in many ways from Phu.

**Day 14: Trek to Kang La Phedi 4530m 2½ hours walking + acclimatization walk**

Apr 12 : From Naar we can see our destination for tonight's camp at the foot of the Kang La. A steady ascent of 420m brings us to our campsite, and we can have lunch here before doing an acclimatization walk the

first section of tomorrow's ascent of the Kang La. This will help us for our ascent tomorrow, and we return to camp for dinner.

**Day 15: Trek to Ngawal 3660m via Kang La 5306m**

Apr 13 : The first big day – this can take anything from 5½ – 8 hours depending on the snow conditions and the speed of the group. Initially climbing gradually but not too steeply, the altitude will be noticeable by most people. After crossing the Kang La, the descent is long and steep, initially very steep and depending on the snow conditions we may put a fixed line in place to offer a little more security. Trekking poles are advisable. This day could be longer if we are unlucky with the weather. Depending on the weather and our progress, we might start in the dark to ensure that we are not too late into camp.

**Day 16: Trek to Manang 3540m**

Apr 14 : A delightful and easy day of walking after the rigours of yesterday, and a likely candidate for many photographs. Manang is visible for quite some time before we finally get to it, so, depending on the speed of the group we will either have lunch in Manang or in one of the villages on the approach to it.

**Day 17: Heli flight to Kathmandu.**

Apr 15 : Upon arrival, meet an transfer to the Hotel.

**Overnight at the Hotel.**

**Day 18 : Free Day in Kathmandu**

Apr 16 : Day FREE in Kathmandu

**Overnight at the Hotel.**

**Day 19 : Departure Kathmandu**

Apr 17 : Day free until final departure transfer to airport for onward flight.

**The Promise Nepal Charity Trek will be led by Mr. Pertemba Sherpa.**

At 67 Mr. Pertemba Sherpa has accomplished what very few men dream of in mountaineering. 'I came, I saw, conquered', would come close to describing his achievements in the mighty Himalayas.

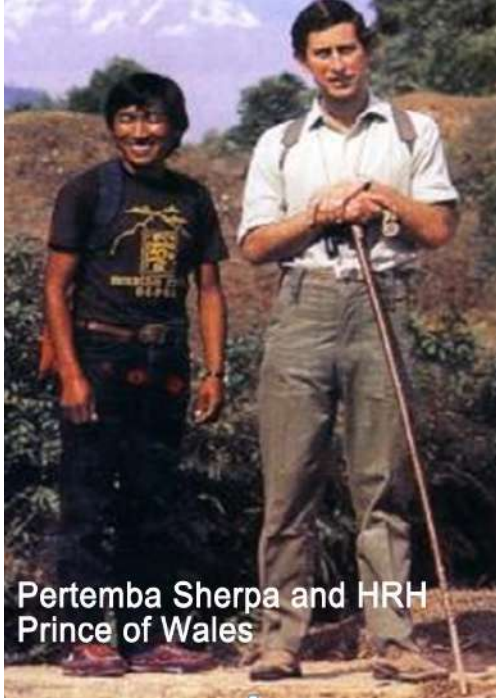


Pertemba, a man who has reached the highest peaks on earth several times, is more than just a mountaineer. His feats and contribution to society are commendable. Although reaching great heights from meagre beginnings, he still remains humble and kind, always looking for and finding ways to help a cause to uplift his society.

Born and brought up in Khumjung, a small Sherpa village at an altitude of 3750 m in the Khumbu (Everest) region, he was amongst the first students in the Khumjung Hillary School (constructed and funded by Sir Edmund Hillary Trust) in 1960. In 1968 he began his climbing career by summiting Mardi Himal followed by Yala Peak and Dhampus Peak.



His other mountaineering successes are Mt. Everest (1975, 1982, 1985), Mt. Kosiyasko (Australia 1987), Mt. Gauri Shankar (1988), Twin peaks (Sikkim 1993), Mt. Manaslu (1995).



In 1970, his first major peak expedition with the British and Nepal Army was the joint expedition to Annapurna I. The expedition was a tremendous success and he reached the final camp as a support team. This was the only victorious team after Maurice Herzog who successfully conquered Annapurna I, 20 years earlier. Pertemba successfully scaled Mt. Urgan Hindukush in Afghanistan with a Swiss expedition and also trained in the Alps with the late Dougal Haston.

In 1975, Chris Bonington selected Pertemba as the expedition Sardar for the Everest expedition via the South West Face. They became the very first climbers to reach the summit of Mt. Everest from this route. This was also the first expedition that had a total of 17 people (including Sherpas) on top of Everest. The Late King Birendra Bir Bikram Shah Dev of Nepal conferred the 'Gorkha Dakshin Bahu' (1st Class) during a special award ceremony, honouring Pertemba for his contribution towards the mountaineering community of Nepal.

With so many feathers to his cap, the next big highlight of his career was leading the trek for His Royal Highness The Prince of Wales in the Annapurna region in 1984. This trek is now popularly known as the 'The Royal Trek.'

Apart from his mountaineering feats, he is actively involved in social work. He is a member of the Nepal Mountaineering Association (NMA), Founder member of Kathmandu Environmental Education Project (KEEP), Executive member for the Himalayan Rescue Association, Advisory member of the Himalayan Trust, Life Member of Sherpa Sewa Kendra, Active member of 'Benoit Chamoux' which works to ensure education for children of deceased mountaineers, Member of the Japanese Ken Noguchi Trust which funds education for climbers and their children.

Pertemba is currently campaigning to conserve the Sherpa traditions that are being threatened by modernisation. He has donated his ancestral house in Khumjung to be preserved as a "Sherpa Heritage House" for future generations. The house is older than many local ancient monasteries and is unique among the Everest Villages where Sherpa homes have been radically modernized. Pertemba Sherpa and Dr. Maggie Burgess, Chairman of the Sherpa Heritage House, co-ordinate the work of the project with the support of its President, His Royal Highness The Prince of Wales and it's Patron Sir Christian Bonington, ([www.sherpaheritagehouse.org](http://www.sherpaheritagehouse.org))

Ever since the inception of **Promise Nepal**, Pertemba Sherpa has been the advisory member and a strong supporter of this noble cause. We thank him for taking the time out to lead this charity trek to support the work of Promise Nepal and extend the Sherpa hospitality to all the participants of this unique journey.

### **TOWARDS A CHARITABLE CAUSE**

**"It's not how much we give but how much love we put into giving."**

**— Mother Theresa**

**Promise Nepal** works to relieve the suffering of Leprosy-affected people who have been abandoned by their families and failed by the system. We cure and care for them, and where possible, teach them to become self-supporting again. To achieve these goals, funds are necessary and we seek donations to continue our work – a vital necessity. For those interested to support our cause, please log on to <http://promiseneal.org.uk/donate>



Some Images of the trail :

