

Travel Guide Himalaya Trek 2024



**United
for
tomorrow**



"Beyond the horizon, the majestic Himalayas await, ready to share its secrets with you. This journey invites you to explore paths that lead through breathtaking landscapes as well as to new insights within yourself. It's a promise of connection—with nature, with each other, and with the stories written in the quiet grandeur of the mountains. Prepare to be touched by unprecedented beauty and unforgettable moments of wonder. Your adventure begins here, at the foot of the Himalayas, where every step is a discovery, and every breath heralds a new story.

— Erik Jager, co-founder of Nofam, dreamer and adventurer

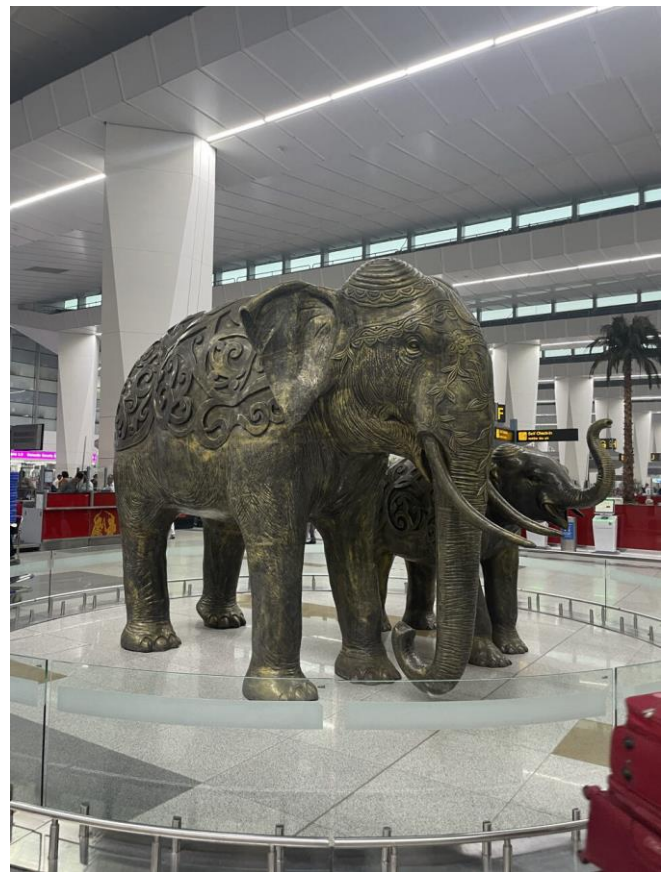




The Adventure Begins: Arrival in New Delhi

On November 2, 2024, we will mark the beginning of an extraordinary adventure to the breathtaking heights of the Himalayas. Each of our adventurers makes the journey to the heart of India, New Delhi, on a path that is as personal as it is inspiring. Individually, the participants fly from different corners of the world to meet each other in this lively metropolis, where our joint journey to the mountains officially begins.

From the moment you set foot on Indian soil, an experience begins that is both awe-inspiring and enriching. The arrival in New Delhi, as Erik describes in his blog, is more than a simple transition; it is a first introduction to India's unparalleled diversity and cultural richness. The overnight arrival, meeting new friends outside the airport, and even the drive to the hotel in the bustling heart of the city are the beginning of what promises to be a life-changing journey.



After a short night of rest and a morning filled with new impressions, we all gather for the next stage of our adventure: a domestic flight to Siliguri. This moment marks the transition from individual journeys to a joint expedition, with each participant bringing a unique piece of the world to our common venture.

The journey from New Delhi to Siliguri is not just a move into space, but also a deeper dive into the adventure that awaits us. The flight to Bagdogra, followed by the drive to our first destination in the Himalayas, is filled with anticipation and excitement. The welcome with traditional Nepalese scarves and the first introduction to the local cuisine are just a taste of the rich experiences that await us.

As we begin our journey, from the elephant statues at Delhi airport to the winding roads to the mountains, we remember that adventure lies in the beauty of the unknown. This page in our travel guide serves not only as a guide to the practical steps of our journey, but also as an invitation to embrace every experience, every story we encounter along the way.

Together we will embark on this journey in New Delhi, ready to explore the Himalayas with a spirit of adventure and a heart full of anticipation. Let this be the beginning of a journey that not only pushes our limits, but also enriches our souls.



Together to the top: Sandakphu Trek

On November 3, 2024, our adventurous party will awaken to what will be the first real test of our collective resilience: the trek to Sandakphu. This day promises an amalgamation of history, natural beauty, and the challenges of mountaineering in the Himalayas.

From our modest accommodation we start the day with the preparations. Selecting what to carry in our backpacks becomes an exercise in minimalism and foresight, with temperatures ranging from pleasantly warm to below freezing after sunset. These preparations are not only practical, but also serve as mental preparation for the trials ahead.

As Erik shares in his experience, the journey to Pulbazar brings us to the gates of Singalona National Park, a place of unprecedented natural wealth and cultural harmony. It is here that we first follow in the footsteps of the explorers and adventurers who came before us, transported in old Land Rovers that remind us of the colonial past of the region.

The drive to the mountain and the visit to the oldest Buddhist monastery in the region are just the prologue to the physical and spiritual journey that awaits us. The path up is dotted with the colors of autumn, from the green hues of the Himalayan bamboo to the vibrant reds of the rhododendrons. This natural beauty, combined with our first glimpse of the majestic Kanchenjunga, provides an unforgettable backdrop for our tour.

The arrival at Sandakphu marks not only the end point of our day trip, but also a culmination of personal and collective triumph. At an altitude of 3680 meters, surrounded by the simple beauty of the Trekkers Hut, we experience the Himalayas in its most raw form. The evening, spent in full winter gear and accompanied by the joyful sounds of singing schoolchildren, embodies the unique connection we share as a group.





With Shared Steps: Chandu to Phalut

On November 4, 2024, we will continue our journey from Chandu to Phalut, a day that promises to be a tapestry of natural wonders and unparalleled vistas. Our second day of trekking immerses us in a world where the majesty of the Himalayas unfolds in an ever-changing panorama of flora and landscapes.

The route leads us through a diversity of landscapes that only this region can offer. From dense rhododendron forests, where the air is heavy with their sweet scent, to the serene beauty of silver firs, every step brings us closer to the essence of the Himalayas. The rocky descents and ascents test our resolve, while the reward of each effort is revealed in breathtaking views that feed our souls.



This day calls for a synergy of mind and body, with each step symbolizing not only a physical, but also a spiritual journey. The Himalayas, in all their pristine beauty, serve as a constant reminder of our insignificance in the face of the grandeur of nature. It is a day when sharing the journey with like-minded people enriches the experience, each perspective offering a unique story that is woven into the collective memory of our trek.

This transition from Chandu to Phalut over two days divides our journey into moments of reflection and connection, both with nature and with each other. It's a time to embrace silence, explore the limits of our endurance, and appreciate the deep connection that comes from collaborative efforts.

The evening offers a chance to look back on the day, to share stories and experience the silence of the Himalayas as the stars twinkle above us. It is a moment to be grateful for the beauty that surrounds us and for the collective steps that bring us closer to our final goal.



Phalut - On the way to the top

On November 5, 2024, we will experience a moment that will be the highlight of our journey for many. We set course for the mountain top of Phalut, with the ambition to watch the sunrise at an altitude of 3900 meters. This isn't just any morning; It is a promise of something magical, where the first rays of the sun reveal a spectacle that touches and inspires the soul.

This day begins in the silent darkness, with the bright stars as our only guidance, as we light our path with headlamps. The cold, pungent air reminds us that we are on holy ground, where earth meets heaven. It's a climb that requires more than just physical strength; It is a journey of inner strength and perseverance.

As Erik shares, the sight that awaits us atop Phalut is one that makes the heart overflow with awe. The 'Sleeping Buddha' - a natural work of art formed by the contours of the mountains, with Kanchenjunga and distant Mount Everest, shows the majestic beauty of our world in its purest form. It's a moment when time and breath seem to solidify, while the sky is ablaze with the morning colors.





This morning is more than reaching a physical height; It is a spiritual experience that reminds us of our insignificance and at the same time of the immense beauty and power we possess to reach such heights. It's a moment of connection – with nature, with each other, and with the deepest part of ourselves.

As we stand there, enveloped by the cold wind but warmed by the rising sun, we realize that this experience is one of those rare moments that will remain forever etched in our memory. It's a reminder of the incredible journey we've taken together, the challenges we've overcome, and the indescribable beauty we've been able to experience together.

After the magical moment of sunrise on the mountaintop, your adventure will lead you back to the security of a mountain hut in Phalut. Here, in the warmth of a simple but inviting kitchen, a heartwarming breakfast awaits you. Cooked over an open fire, the freshly baked bread and steaming soup offer not only comfort, but also a deep, renewed energy. This meal, cooked with the simple means that the mountains provide, marks a moment of rest and reflection after the intensity of the morning. It is a time to warm your body and nourish your mind, to prepare for the descent ahead.





On the way to Darjeeling

On the 6th of November 2024, we will conclude our impressive hike in the Himalayas with a trek that takes us from the mountain top to the valley and through the village of Rammam. This day promises a mix of physical challenges and cultural insights, a worthy conclusion to our trip.

We start the morning early with a warm greeting from a local who brings you a cup of milk tea. This gesture, simple but deeply rooted in local hospitality, is your first introduction to the day. The milk tea, sweet and strong, acts as your alarm clock and prepares you for the journey ahead.

The breakfast, taken in the open air of the village of Ghorkey, emphasizes the simplicity and challenges of everyday life here. This moment offers a unique opportunity to observe the local way of life, transporting everything from food to building materials along steep and rocky paths, often on the heads of the residents. It is a path that not only leads you through breathtaking landscapes, but also makes you marvel at the resilience and agility of the locals, who face these challenges on a daily basis, often in flip-flops.

After a trek of about three hours, you will reach Rammam. It is a moment of peace and contemplation, sitting in a vegetable garden surrounded by chickens, overlooking a serene green valley. This moment offers a deep insight into the peaceful simplicity of life in the Himalayas.

The last kilometers to Sepi Gaon fly by, and there your jeep is waiting to take you to Darjeeling. The trip to Darjeeling, marks the transition back to civilization, with the comfort of hot water, a shower and a buffet breakfast at the hotel. It is a contrast that highlights the end of an extraordinary journey, an experience that will undoubtedly leave a lasting impression.





Travelling to Cooch Behar

We move on to Cooch Behar, a new phase that will take us to other heights and depths not only physically but also emotionally. This day promises to be a journey that illustrates the contrast between the tranquil mountain trails and vibrant Indian rural life, with a visit to a special place that both inspires and touches: the school for the blind that Raj and his family run with so much love.

The morning in Darjeeling offers a sweet start with a cup of milk tea, followed by a late but satisfying breakfast. Before we set off on our path to Cooch Behar, we'll experience a piece of history through a ride on a steam locomotive, a legacy from colonial times that takes us back in time.



The trip to Cooch Behar, although longer than the treks in the mountains, is filled with unique moments that highlight the diversity of India's landscapes and culture. Cows on the highway and slow-moving rickshaws blend seamlessly into the colorful tableau of India's road network, a scenario that is as chaotic as it is fascinating.

Arriving in Cooch Behar, the focus is on the visit to the school for the blind. Founded by Raj's father, this school is not only an educational institution but also a home for the children who live there. Raj's stories of the school's founding and its impact on the lives of many children are both inspiring and moving. It is a model of devotion and love, where children not only learn to deal with their blindness but are also prepared for an independent future.

The day in Cooch Behar, and specifically the visit to the school for the blind, leaves an indelible impression on everyone. It inspires reflection on how we can all, in our own way, make a difference in the world. It's a call to action, a spark that sparks to offer help and spread hope.



Visit to the school for the blind in Cooch Behar

On November 8, 2024, a special part of your trip will become a reality: a full day dedicated to visiting the N.E.L.C. School for the Blind. This visit gives you the unique opportunity to gain deeper insight into the inspiring work that is being done for the blind and visually impaired, and to witness for yourself the resilience and perseverance of the students.

The day begins with a warm welcome that characterizes the warmth and hospitality of the community around the school. As you walk through the school, you will immediately notice the enthusiasm and eagerness to learn of the children. From the oldest students in Grade 8 to the youngest in Grade 1, you'll see how each child is busy with their learning activities. The approach of the teachers, their methods, and the patience with which they teach will blow your mind. A beacon of hope and possibility, the school offers a diverse curriculum that is specially adapted to the needs of the students. You will witness lessons in arithmetic, writing, language, and reading, using special techniques to help the children understand and learn. It is a touching sight to see how the children, despite their visual impairments, participate in the lessons with such determination and pleasure.

This visit to the school for the blind is not only an opportunity to observe, but also to reflect on the universal values of empathy, support and community. It will be a reminder of the power of education and the impact that a dedicated community can have on the lives of children who grow against the odds. Your visit to the N.E.L.C. School for the Blind in Cooch Behar is a moment of wonder, a deep dive into the possibilities that arise when children receive the support and love they need to flourish. It is a day that not only leaves an impression on your heart, but also inspires you to think about the role you can play in supporting such noble endeavors.





Back to (New) Delhi

On November 9, 2024, we will mark the end of our stay in Cooch Behar and begin our return journey to the bustling metropolis of New Delhi. This day of travel will be a sharp contrast to the serene Himalayas and intimate experiences in Cooch Behar, immersing us in the dynamic energy of India's capital.

After a heartfelt farewell in Cooch Behar, the trip to Siliguri brings us one step closer to the modern world. From Siliguri we fly back to New Delhi, a city that with its 27 million inhabitants offers a fascinating mix of history, culture and urban hustle and bustle.

Once you arrive in New Delhi, you will immediately feel the transition from the fresh mountain air to the warm, sometimes smog-filled air of the city. New Delhi, with its historical monuments, vibrant markets, and bustling streets, offers a lively end to your trip.



The experience of navigating the streets of New Delhi in an auto-rickshaw, or tuk-tuk, is an adventure in itself. These nimble vehicles are ideal for exploring the city, from the vibrant markets to the landmark buildings that tell the rich history of India. An epitome of order and cleanliness, the New Delhi Metro offers a peaceful respite from busy city life and is an efficient way to get around the city.

An evening tour of New Delhi, including a visit to the impressive 'Gate of India', offers a wonderful end to your day. Illuminated and surrounded by beautiful gardens, this monument is a symbol of India's rich history and cultural heritage.



Agra – The Taj Mahal

On November 10, 2024, an unforgettable highlight is on the program: a visit to the Taj Mahal, one of the seven new wonders of the world. Built by Shah Jahan in memory of his beloved wife Mumtaz Mahal, this breathtaking mausoleum is not only an architectural masterpiece but also a symbol of love and devotion.

The journey from New Delhi to Agra, which takes about 4 hours, will take you to a city that, in addition to the Taj Mahal, is also known for its rich history and other UNESCO World Heritage Sites such as the Agra Fort and Fatehpur Sikri. Upon arrival in Agra, a lively street full of shops, cafes, and souvenir shops leads to the entrance of the Taj Mahal. It is advised to walk through and not pay too much attention to the sellers, no matter how tenacious they may be. The experience inside the complex is what really matters.

The Taj Mahal itself, with its ivory-white marble, stands majestically on the banks of the Yamuna River. It is the pinnacle of Mughal architecture and a testimony to Shah Jahan's love for his wife. The complex, including a mosque, guest house and gardens, was built over a period of 22 years and offers a mesmerizing spectacle of changing colors at sunrise and sunset.

Your visit to Agra will also include half an hour at the Agra Fort, an imposing fort that exudes the power and splendor of the Mughal Empire. A guided tour of the fortress showcases the strategic and luxurious aspects of life within its walls, from the high walls for defensive purposes to the secluded lifestyle of the royal family.

This visit to Agra, with the Taj Mahal as the undisputed highlight, is a day filled with wonder and admiration for India's rich history and cultural legacy. It offers a chance to discover the stories behind these monuments and appreciate the beauty and craftsmanship of Mughal architecture.





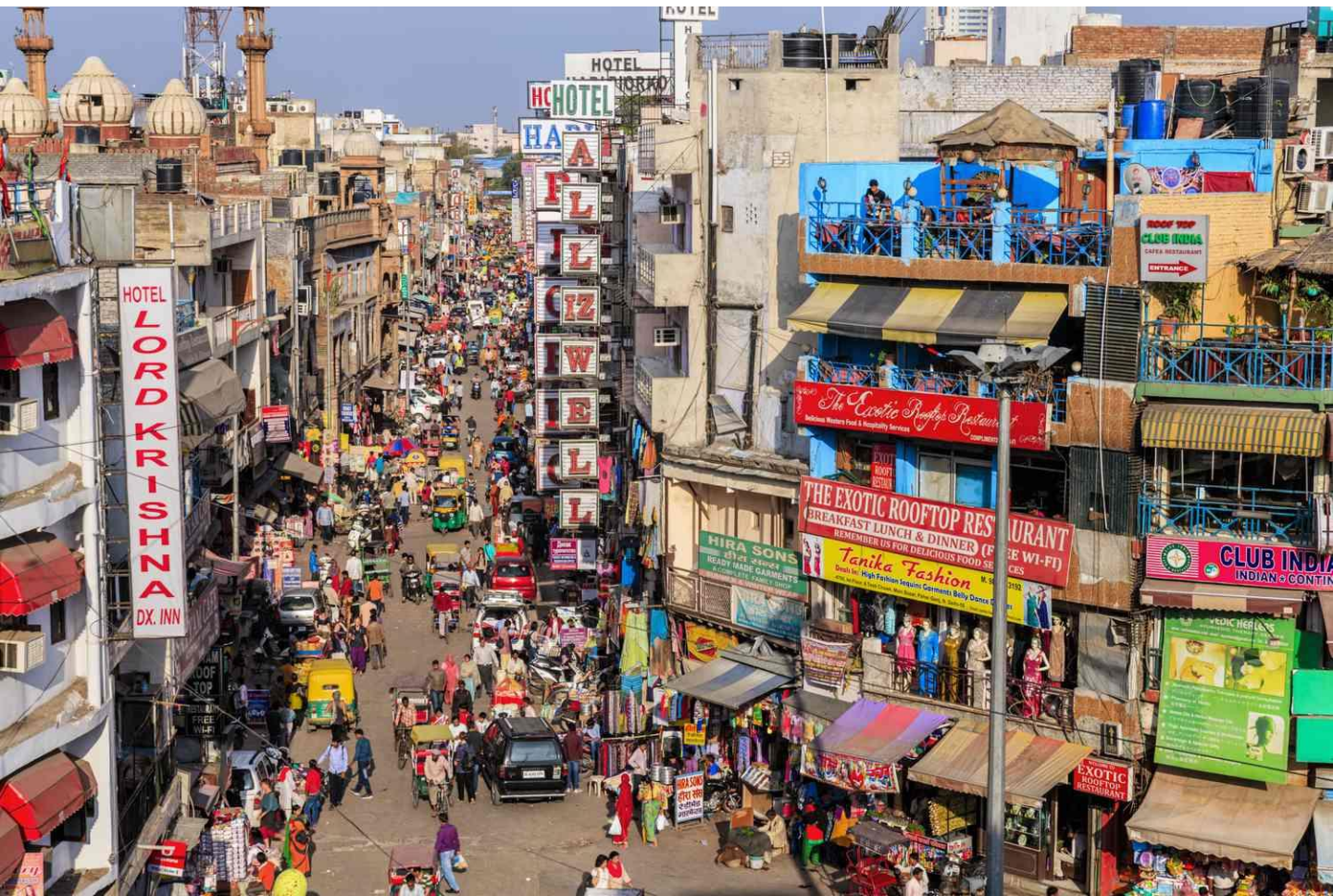
Old Delhi - The Historic Heart

On November 11, 2024, you will immerse yourself in the rich history and culture of Old Delhi, the original heart of the metropolis. Originally called Shajahanabad, this part of the city is a labyrinth of narrow streets, vibrant bazaars, and historical monuments that tell stories of a time that shaped the foundations of modern-day Delhi.

The guided tour of Old Delhi offers an incomparable experience of contrasts, where the hustle and bustle of everyday life mixes with the silence of historical sites. With the tuk-tuk as your vehicle, you navigate the hectic streets, where life can be seen in all its forms. From the endless rows of shops to the aromas of street food hanging in the air, Old Delhi offers an authentic dive into the soul of India.

One of the highlights of your visit will undoubtedly be a meal at 'Karims', a restaurant famous not only for its exquisite food but also for its rich history, deeply rooted in the culinary traditions of the Mughal Empire. Hidden in an alley, this restaurant offers a simple yet profound culinary experience, with each dish telling a story of sophistication and flavor.

Old Delhi is not only a place to visit but also to experience with all the senses. From the sound of honking vehicles and the shouts of vendors to the gentle silence that reigns within the walls of historic mosques and monuments, this city offers a unique blend of chaos and calm. The transition from the hectic street life to the relative calm of the subway is a welcome change of pace, giving you time to reflect on the experiences of the day. This guided tour of Old Delhi will not only provide you with new insights into the history and culture of India, but also memories that will last a lifetime.



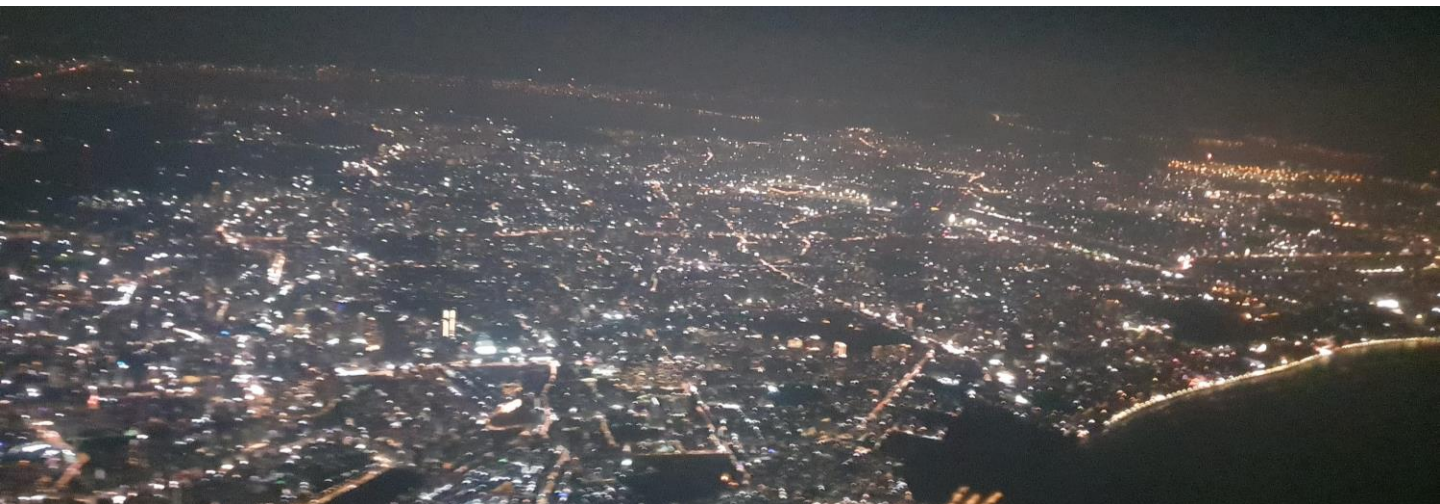


Goodbye India

On November 12, 2024, your adventure in India will come to an end. With a suitcase full of memories and hearts full of experiences, you get ready for the night flight back home. This journey, a succession of discoveries, has not only brought you closer to the rich culture and history of India, but also to each other.

The return journey from Delhi marks the physical end of your journey, but the beginning of a new journey in which the shared moments, the lessons learned and the beauty experienced live on in your memories. From the majestic Taj Mahal to the vibrant streets of Old Delhi, each experience has contributed to a deeper understanding of this fascinating country and its people.

As you step on the plane and leave Delhi's nocturnal silhouette behind, it's time to reflect on the adventures you've had together. This return trip is also a time for personal reflection, to consider how this trip has changed your view of the world and of yourself.



Being able to decide when you fly back gives everyone the flexibility to continue this reflection, or perhaps enjoy the wonders of India for a few more days. Saying goodbye to India is not only a farewell to the country, but also an invitation to take the knowledge and experiences you have gained and share them with the world around you.

As your plane takes off and you take one last look at the illuminated city below, it is important to remember that although the journey ends, the stories and bonds formed during this journey endure. Your return home marks the beginning of sharing these stories, inspiring others with your experiences, and perhaps even planning your next adventure.

Farewell India, until we meet again.

Ready to start your own adventure?

Our journey through the breathtaking landscapes of the Himalayas and the rich cultural tapestry of India has come to an end, but your adventure is just around the corner. If these stories have made your heart beat faster and stirred your soul, we invite you to walk your own path of discovery.

Erik and the team of **United for Tomorrow** are ready to guide you on a journey that will not only open your eyes to the beauty of our world, but also have a profound impact on how you experience it.

For more information, questions or to sign up for this unforgettable experience, you can reach us at:

- Email: info@samenvoormorgen.nl
- Phone: [+31653754399](tel:+31653754399)

Sign up for your trip to the Himalayas can be done directly via our website:

<https://unitedfortomorrow.org/register>

Dare to dream, dare to discover, and who knows what stories you will take home with you. Your adventure starts with a single step. Let it be a life-changing step.

United for Tomorrow is an initiative of the Nofam Foundation and Project Held. We are committed to helping underprivileged children worldwide towards a hopeful future.



In a world where education is the cornerstone of personal and social progress, the Nofam Foundation is at the forefront of this fight for change. Good education is not just a right; It is a promise of a hopeful future for every child. Unfortunately, for too many children, this promise remains unfulfilled. Millions of young minds worldwide are deprived of the basic opportunities that education offers, due to lack of access or quality.

United for tomorrow: our promise for every child

With our new campaign, 'United for Tomorrow', we aim to increase the impact of our efforts. We do this by connecting the heart and soul of our offline experiences with the speed and scalability of our online efforts. We are committed to helping every child, in every corner of the world, because we believe that a hopeful future should not just be a dream, but an achievable reality for every child.