

A promotional poster for the K2 Base Camp challenge. The background is a high-altitude mountain landscape with a large, snow-covered peak and rocky slopes. Two hikers in orange gear are walking on a snowy path in the foreground. The sky is blue with white clouds. The text 'pennyappeal' is in an orange box at the top. The title 'K2 BASE CAMP' is in large, bold letters, with 'K2' in red and 'BASE CAMP' in white. Below the title is the tagline 'TAKE ON AN EXTREME CHALLENGE OF A LIFETIME'.

pennyappeal

K2

BASE CAMP

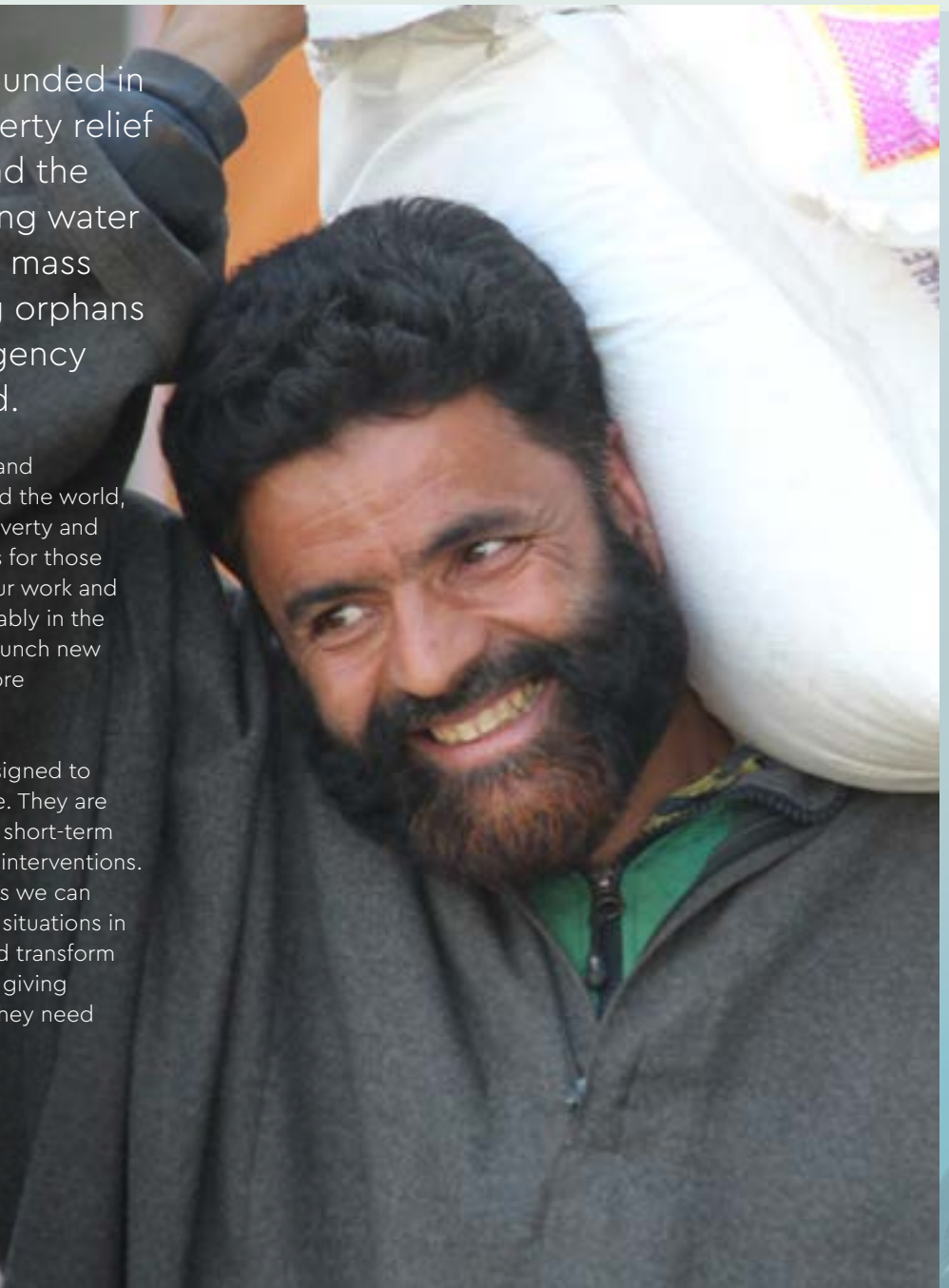
TAKE ON AN EXTREME
CHALLENGE OF A LIFETIME

Who are Penny Appeal?

Penny Appeal was founded in 2009 to provide poverty relief across Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid.

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and long-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation



About the Challenge

K2 is the world's second highest mountain at 8,611 metres and the trail to its base camp is among the most legendary hiking adventures on the planet.

K2 can be found in Pakistan, a beautiful country with lots of rich history. You'll find lots of exciting and inspiring things to discover about Pakistani culture during your trip, and you will surely be blown away by towering summits, rocky trails and wild mountain scenery.

Flying into Islamabad, your challenge takes you Northward, into the Karakoram and onto the Baltoro glacier, toward the border between Pakistan and China. You will complete your challenge at the iconic K2 Base Camp, 5,100m above sea level, before crowning your achievement with a stunning Gondogoro La trek over the glacier pass.

The K2 Base Camp trek is an experience like no other and trekkers will conclude their trip changed for the better with memories that will last a lifetime. This 23-day trip will be an extreme challenge where you will put your endurance and trekking skills to the test, requiring a combination of physical fitness, will-power and relative strength.

Surrounded by 7 of the world's highest mountains, the K2 Base Camp trek offers you magnificent views along the Karakoram trails as you embark on your expedition.

This trip will take place from the 12th June – 5th July 2022. You'll experience 14 full days of trekking, as well as getting the chance to explore Islamabad, Skardu and Askole. The K2 Base Camp trek is a truly remarkable journey that will stay with you forever and long after you've completed this challenge,

you'll know that every step you took will have helped deliver life-saving aid to those who were suffering around the world.



How we'll help you

We provide dedicated support from the moment you sign up right through to when you go on the trip. Once you receive your booking confirmation, you will have access to all the information you need, from fundraising ideas, kit lists to training routines. We will organise training days and you'll have the opportunity to connect with fellow trekkers so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal staff and local guides during your 23-day trip so you'll always have somebody on-hand to help you every step of the way.

Is this trip for me?

The fitter you are, the easier and more enjoyable you will find the experience of trekking to K2 Base Camp. Remember: this is an extreme challenge, combining elements of physical exertion and high altitude to make this a tough and challenging event.

The long trekking days in particular will require a combination of physical fitness, will-power and relative strength. So, if you are up for a physical and mental challenge, this is for you. A good level of fitness will be required to make the most of this amazing opportunity.

We will provide you with a comprehensive training guide to help get you to one of the most of you K2 Base Camp journey, and will of course be on hand every step of the way with any queries you may have.

Key Information



Funding Options: How much does it cost?

To book your place you will need to pay a **£1,000 deposit**. You then need to raise a minimum of **£7,500 before the trip**. 80% of your sponsorship must be collected at least 3 months before the trek.



What's included?

- International flights
- Transfers as mentioned
- Accommodation
- All meals on trekking days
- All national park fees, entrance fees, taxes, permits and vehicles
- Professional English speaking guides at all times
- Drinking water during the hike
- 24/7 support and emergency line available
- Choose a Challenge Tour Leader and UK Doctor



What should I bring? We'll provide you with a kit list tailored to this challenge when you book. Whilst on the trek your bag will be transported by porters so all you need to **carry is your daypack with your essential items**.



What's NOT included? Any **costs associated with medical evacuation**, in the event of serious illness or injury. **Tips and gratuities, country visa** (if applicable), **travel insurance, vaccinations, personal equipment** such as trekking equipment and **sleeping bags**

About the Cause

Emergency Response

Penny Appeal always strives to respond to global disasters and emergencies as they happen, but more importantly, we are always working to grow our capacity. This means delivering aid quicker, better and towards a more sustainable impact, benefitting more people than ever before.



Prophet Muhammad (SAW) said,
"Whoever relieves the hardship of a fellow Muslim, Allah will relieve them from hardship on the Day of Judgement." - **Sahih Muslim**

The funds you raise play an absolutely critical role in our ability to act fast during a crisis. War, famine, disease, poverty & climate change have immobilised communities in Bangladesh, Lebanon, Syria, Yemen, Gaza, Kashmir and East Africa. Penny Appeal needs your support to be able to deploy life-saving medical aid, food, clothing, sanitation and shelter to those who've been left incredibly vulnerable.

**EMERGENCY
RESPONSE**

Our teams are currently providing support in:

- Syria, where 70% of all people need urgent humanitarian aid.
- Turkey – where Uyghur and Syrian refugees are battling to survive.
- Yemen, which is experiencing the worst famine the world has seen this century.
- Palestine and Gaza, where people are living amongst terrifying conflict.
- Bangladesh – where Rohingya refugees who have fled persecution need urgent support.
- Indonesia, helping re-build homes and lives after a powerful earthquake hit Lombok.
- East Africa – where areas such as Somalia, Ethiopia and Kenya are being affected by a devastating famine.
- India – where the effects of Cyclone Amphan were deadly and widespread.
- Mozambique and Malawi – where 1.8 million people are rebuilding after Cyclone Idai.

How can you help?

By signing up to this challenge you will be asked to raise a minimum of £7,500. Help support our Emergency Response appeal to help protect thousands of families from the devastating effects of natural disasters, famine and conflict. There's no upper limit to how much you can raise though, and we expect participants will go above and beyond to raise as much as they can. The more you raise, the more lives you can change.

Minimum Sponsorship £7,500

Fundraising Tips

£7,500 does sound like a lot of money but if you allow yourself plenty of time and if you put your mind to it, you can do it. You are doing something quite amazing, so the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. If you sign up early, you'll have over a year to raise the funds, and you'll also have the opportunity to maximise fundraising potential during the month of Ramadan with zakat donations, too.



HAROON MOTA & TAKSIMA FERDOUS
Challenges Team

Fundraising Tips

Our fundraising gurus Haroon Mota and Taksima Ferdous are full of ideas and will be in touch to help you raise money for the trip. Whether you'd like resources to support your fundraising or just some ideas to get you started, please feel free to ask for anything you might need!

Here are some ideas to start you off, and we're more than happy to help you with any questions you may have.

- Begin by setting up an online donation page and ask everyone you know to donate – the more people you ask, the more you will raise! This means getting extremely busy on social media too!
- Host a dinner night or coffee morning and charge guests for a delicious home-cooked meal or tea and cake.
- Get busy in the workplace, organise a samosa sale or sell Krispy Kremes. Everyone loves a bake sale!
- Speak to your employer. Many employers have match funding schemes and could match your donations pound for pound. If not, there's always other ways they could help – perhaps organise a dress down day, a quiz night or promote you in their newsletter.
- Dig out your unwanted treasures and organise a car boot or jumble sale.
- Organise a games night and invite friends over, charging for an evening of fun and games!
- Contact your local papers. Tell your story to your local radio station or your newspaper and ensure the wider community get to hear about your incredible efforts.
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.



The Itinerary

Day 1 Depart from London

You will depart from a London-based airport for Islamabad, which may include a stop.

Day 2 Arrival in Islamabad and Orientation

Upon arrival at the airport in Islamabad, you will be collected by our team and transferred to your accommodation. You will have free time to explore and relax ahead of your trek. Hotel accommodation provided.

Day 3 Scenic Flight to Skardu

Islamabad to Skardu

Elevation: 2,500m

After breakfast, you will make an early start for your spectacular flight to Skardu. On a clear day, you'll be able to see K2 (8,611m) and Nanga Parbat (8,124m) as you fly into the high mountain region of Baltistan. On arrival in Skardu you will be able to relax and explore, will receive a trek briefing from your guides, and will stay overnight in basic accommodation.

(Please note the ability to fly to Skardu is dependent on local weather conditions. If flights are not running, then the group will drive via air-conditioned coach to Skardu via Chilas. As the drive takes two days, this will simply mean that you have less free time in Skardu on arrival.)

Day 4 Free Day in Skardu

Islamabad to Skardu

Elevation: 2,500m

Today, you will have some free time in Skardu to explore and prepare for your trek. If you were unable to fly into Skardu and had to drive via Chilas, then you will use this day for the second leg of the drive, arriving into Skardu in the afternoon.

Day 5 Journey to Askole

Skardu to Askole

Elevation: 3,000m

Today you will travel by 4x4 vehicle along the Shigar and Braldu valleys to Askole, which will take approximately 6-7 hours. The journey will take you through a stunning landscape dotted with villages and farms, some of which have scarcely changed in some 500 years. Approaching Askole, the landscape will become more barren and the road conditions will become more worn and weathered. On arrival, you will camp in Askole ahead of your first day's trekking tomorrow.



Skardu in Gilgit – Baltistan region of Pakistan



Skardu in Gilgit – Baltistan region of Pakistan

Day 6 Trek Day 1

Askole to Johola

Elevation: 3,200m

After organising your gear and supplies, you will start trekking towards Johola (you may also see this spelled locally as Jhola). As you commence your day's trek in around 7–8 hours, the valley opens out to reveal the Biafo Glacier, and you will cross its snout to have lunch by the Braldu river.

Today's route will take you to the confluence of the Braldu and Dumordo rivers, where the infamous 'jola' (or 'flying fox' – a kind of rudimentary zip line-style river crossing) is located. Thankfully, the crossing now contains a much safer and more comfortable footbridge. Once over the crossing, you will descend to the banks of the Braldu to your next camp.

Day 7 Trek Day 2

Johola to Paiju

Elevation: 3,450m

Today, your trekking route will closely follow the Braldu river and take 7-8 hours. Depending on the erosion and the water level, you will vary your path up-and-down the bankside. Walking conditions today will be hot and dry, and will offer spectacular views of the Gasherbrum – a group of spectacular peaks reaching elevations of 6,900m to 8,100m. Gasherbrum I, the highest of these, is the 11th highest mountain on Earth, and within the Karakorum it is dwarfed only by K2 itself. Camp is at Paiju, a traditional stopping point for all groups headed to Concordia.

Day 8 Trek Day 3 – Acclimatisation Day

Acclimatisation day in Paiju

Elevation: 3,450m

Located at a widening of the Braldu valley and within sight of the snout of the Baltoro glacier, Paiju is a key staging point for climbing expeditions. The campsite at Paiju is equipped with long-drop toilets and wash basins – a bathroom with one of the best views in the world! You will spend an acclimatisation day here, to allow your body to adapt to the lower oxygen levels at this altitude.

Day 9 Trek Day 4

Paiju to Khoburche

Elevation: 3,795m

As you approach the glacier, which is the origin of the Braldu river, you will see ice cliffs towering over 60 metres high. Today will be a hard day's trekking over varied and changeable terrain, taking 7-8 hours. It will also bring spectacular views of the high peaks including Paiju Peak (6,610m),

Uli Biaho group, Trango group and Cathedral group group – the majestic, spired mountains that the Karakoram is so well known for.

Day 10 Trek Day 5

Khoburche to Urdukas

Elevation: 3,900m

A much shorter and easier trekking day, only 3-4 hours, you will follow a well-kept trail at the side of the Baltoro, with two glacier crossings en route. The occasional sound of helicopters overhead will provide a reminder of your proximity to the disputed Kashmir region nearby. The grassy camp at Urdukas is well located, and is the last camp before the glacial camps further into the mountains. If the weather is clear, you'll catch glimpses of Broad Peak (8,050m) and Gasherbrum IV (7,930m) which are two of the most prominent peaks of the region.

Day 11 Trek Day 6

Urdukas to Goro II

Elevation: 4,295m

Descending the rugged terrain from Urdukas you will trek downward onto the glacier, crossing to its centre, where it is easier to walk. You will weave over rolling mounds of rock and scree, heading in almost a direct trajectory towards Gasherbrum IV. The impressive mountain groups that have dominated your views over the past few days will now be dwarfed as you trek higher and further into the mountains. Camp is at Goro II, on the glacier after 6-7 hours of trekking.

Day 12 Trek Day 7

Goro II to Concordia

Elevation: 4,500m

Leaving Goro II, the trail will continue along relatively easy rolling slopes of moraine.

Day 13 Trek Day 8

Concordia to Broad Peak Base Camp

Elevation: 5,000m

Today is a shorter trekking day, just 3–4 hours, to allow you the best possible chance of reaching K2 Base Camp tomorrow morning. You'll camp high in the mountains at Broad Peak Base Camp, rubbing shoulders with some of the top climbers in the world undertaking their own ascents.

Day 14 Trek Day 9

K2 Base Camp

Elevation: 5,100m

Today, your main objective will be to endeavour upwards to K2 Base Camp and the humbling Gilkey Memorial. Pushing from Broad Peak camp towards K2, you will finally reach its Base Camp – the narrow strip of land where nearly all expeditions to the summit begin – in the late morning. After spending a short amount of time there and conquered the main part of your trekking adventure, you will steadily begin to retrace your steps to Concordia. Trekking will be 7–8 hours today.

Day 15 Trek Day 10

Concordia to Ali Camp

Elevation: 4,800m

Heading towards the final stage of your adventure, you will journey across the Vigne glacier towards Ali Camp. Today is a short day's trek of 5–6 hours, but comes accompanied by superb views of Chogolisa and Mitre Peak.

Day 16 Trek Day 11 – Contingency Day

Ali Camp contingency day

Elevation: 4,800m

It's important to remember that adverse weather conditions may prevent the group from crossing Gondogoro La.

Today is a contingency day in your itinerary to allow you the best chance of being able to make the crossing.

Day 17 Trek Day 12

Cross Gondogoro La

Elevation: 3,450m

You will start your ascent of the La during the night, approximately 1am. After 4–5 hours of steep and strenuous ascent with crampons and ice axes (provided by our team), you will reach the top of the pass, being rewarded with stunning views of K2, Broad Peak, and the Gasherbrums. Having witnessed this spectacular sight, you will descend to Xhuspang camp at 4,600m. Trekking today will take 9–12 hours.





Day 18 Trek Day 13

Xhuspang to Shaieshcho

Elevation: 3,350m

Continuing along the lateral moraine you will descend to Shaieshcho, a particularly picturesque campsite nestled amongst wild flowers on the riverside. Having crossed the Gondogoro La, there will be time for celebrations during your penultimate night under the stars after 6-7 hours of trekking.

Day 19 Trek Day 14

Shaieshcho to Hushe

Elevation: 3,000m

Today is your final day of trekking in Pakistan, with 3-4 hours of easy descent into the village of Hushe, nestled in the Hushe valley, and the gateway to many expeditions to Masherbrum, the Charakusa and Nangma.



Day 20 Return to Skardu

Hushe to Skardu

Elevation: 2,500m

This morning you will pack up your gear onto the 4x4 vehicles and descent the Hushe valley, crossing the Shyock river and back into the warm climes of Skardu after a 4–5 hour drive.

Day 21 Fly to Islamabad

Skardu to Islamabad Weather permitting, you will fly back to Islamabad today, and on arrival will transfer to your hotel. In case of flight cancellations, you will drive back to Islamabad with an overnight stay in Chilas. If this is the case, you will use tomorrow (your free/ insurance day) as a travel day to complete the journey via road vehicle.

Day 22 Fly to Islamabad

Today is a free day to spend exploring and picking up any last-minute souvenirs in Islamabad.

(Please note this is also an insurance day in case of cancelled flights internally between Skardu and Islamabad)

Day 23 Return Back Home

Transfer to Islamabad airport for your international flight back to the United Kingdom. This flight may include a stopover.

Zahra & Hassan's Testimonial

Trekking Everest had been a lifelong dream of mine and raising money for those in need was always an active goal. Penny Appeal allowed me to combine both my dreams & goals in the most extraordinary way.



Everest Base camp is the most grueling, testing, humbling & beautiful thing I have ever endured. We trekked over 100 miles across the Himalayas in the 10 days we were on the mountains, saw the most wonderful wildlife, prayed in the most scenic spots, froze in the sub minus 30 temperatures then huddled around fires in the evenings while playing board games & made friendships for life. The PA team had faith in every member on that mountain, ensured we smashed our fundraising goals and reached our personal dreams of standing on base camp as better human beings. The conditions we faced on that mountain were tough but we were lucky enough to be there by choice & with the luxuries of – clothes, clean water, medical aid, food and shelter. Not only did the experience change our lives but live lives of thousands more. Seeing first hand where the money we raised was being invested and receiving regular updates from PA touched us and our fundraising contributors. The changed lives of our Rohingya brothers & sisters made the whole experience worth every tiny struggle we experienced while also making us realise just how lucky we are by comparison. Anyone who tells you the experience hasn't changed them for the better isn't telling you the full amazing truth, everyone needs to trek Everest at some point in their life.

-Zahra Rose – EVEREST BASE CAMP

"So after appearing on Special Forces Ultimate Hell Week series 2 in South Africa I was looking for my next serious physical challenge.

I chose to climb Mount Kilimanjaro as it's something I've never done before and completely different to what I'm used to. I chose to climb Mount Kilimanjaro as it's something I've never done before and completely different to what I'm used to. I raised over £12000 for Penny Appeal which has built 3 deep water wells in The Gambia. At first I was very concerned about the minimum target at £4500 but with the help and support of the fundraising team my target was always met and increased on a regular basis. Conquering Kilimanjaro was tough but at the same time hugely rewarding. Not only have reached the highest point in Africa but most importantly made friends for life. Having done charity work in the past on a small scale this was a taste of really spreading the word and making a huge difference on a level I've never experienced and became a spring board for me to continue working with Penny Appeal."

-Hassan Nawaz – CONQUER KILIMANJARO



Naveed's Testimonial

" Visiting Machu Picchu has always been a lifelong dream of mine and one on my bucket list, so when the opportunity with Penny Appeal arose to visit it as well as raise money for those who are less fortunate than us, it was a no brainer!



I was one of the last to sign up for the trek, but did not feel out of place for even a moment. With amazing support and encouragement from the Penny Appeal team as well as charitable friends and family, I managed to raise over £15,000 in such a short period of time. I am truly humbled by the generosity of those who gave for the sake of Allah (swt) and pray their good deeds weigh heavily on their scales. Penny Appeal not only supported me with fundraising techniques and marketing material but arranged training days to help with fitness levels as well as the opportunity to meet others who were partaking in the challenge.

The Peru Trek was an amazing and truly breath-taking experience. Trekking through the Inca trails has left me with beautiful memories- ones which I will cherish for the rest of my life.

The opportunity to complete this challenge, with like-minded individuals, made the experience even more enjoyable and helped forge relationships which will last a lifetime. The camaraderie which was built between us in such a short period of time showed the real beauty of the human spirit and showed how everyone from different walks of life can come together for a greater good. I don't think I'll ever forget the evening meals in the mesh tent and the amazing homemade marble cake made by Farzana and Sarah!

The small struggles we faced during our trek highlighted just how fortunate we are in comparison to those we were fundraising for and strengthened the importance of how it is our duty to help our fellow Muslim brothers and sisters in any which way we can. It was an incredible experience, one which words cannot do it true justice. It has encouraged me to sign up for future international treks – ones which I hope you will join me on!"

-Naveed Khan – PERU TREK

A composite image of Mount Everest. The mountain is shown in a dark, almost black, color, contrasting with the bright teal background. The sky is a vibrant teal with white, fluffy clouds. A grid of thin white lines is overlaid on the entire image. In the foreground, there is a rocky, brownish ground with some snow patches and a small red and blue tent.

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