

Join Suas for the adventure of a lifetime!

# HIMALAYAN TRAIL TREK

## APRIL 2014



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LIMITED PLACES AVAILABLE



# Himalayan Trail Trek

## April 2014

The beautiful Himalayan Kingdom of Nepal has something to offer everyone! Whether it's the opportunity to trek in the majestic Himalayas, view the breathtaking terraced landscape, immerse yourself in a unique culture, or embrace the warmth and hospitality of the Nepali people, this is one Itinerary that allows you to experience and enjoy all of the above and much, much more!

This short trek in the Annapurna region brings you to one of the best loved vantage points in all Nepal. Poon Hill is famed for its spectacular sun rise and unobstructed 360° views of all four Annapurnas, Machupuchre, Nilgiri South and Daulagiri.

Our expert, local guide Kamal Sapkota has operated in Nepal for over 10 years and operates to very high standards in terms of Health and safety and care to the porters and guides that he employs. Kamal will arrange everything in country for us. He will talk us through the sights of the region and give us a detailed insight into the day to day workings of the Nepali people.

Accommodation during the trek will be in locally owned tea houses. They are very basic structures but will have a warm and friendly atmosphere. All rooms are on a twin basis with shared washroom facilities.



**Please take the time to read this brochure to get a sense of the fantastic adventure of Annapurna Poon Hill, if you have any questions please contact [beth@suas.ie](mailto:beth@suas.ie)**

# Day By Day Trekking Itinerary

## Day 1: Depart Dublin.

Our evening Departure from Dublin airport means that you have the morning to relax and finish off the last of your packing!

## Day 2: Arrive Kathmandu

Transfer to our hotel. The hotel is situated in the heart of the bustling Thamel district of Kathmandu. The 30min bus journey to the hotel will give us the opportunity to embrace the sights and sounds of this fantastic medieval city. You will then have the chance to relax at our hotel before dinner. In the evening, we will have the opportunity to meet and be briefed by Kamal and our trekking guides.



## Day 3: Sightseeing in Kathmandu

Today, you will get to relax after your long journey. You will be able to pick up any last minute bits and pieces you will need for the trek and enjoy everything that Kathmandu has to offer. You have the option of partaking in a half days sightseeing to two of Kathmandu's oldest and most noteworthy Hindu and Buddhist Temples. In the evening we will celebrate our arrival in this fabulous city of Kathmandu with a traditional Nepali Meal-Dhaal Bhaat.

## Day 4: Drive to Pokarra

This morning we will make the 7 hour scenic bus journey to Pokarra. The drive itself is exceptional, bringing you out of Kathmandu city and into the Valley. You will see some of the spectacular terraced countryside and terraced paddy fields and get a feel for what life is like in rural Nepal. As we approach Pokarra we will be able to see the snow capped peaks of the Annapurna Range.

Upon our arrival in Pokarra, you will be able to explore the relatively quiet city of Pokarra and its famous Phewa Lake. This beautiful still lake mirror images the Annapurna Range perfectly.

## Day 5: Trek from Nayapul to Tikhedunghla. 3.5hrs Hike. 1570m

We begin today with an hour's drive to the starting point of the trek, Nayapul. It is here that we will be introduced to our porters, who will join us for the duration of the trek. From Nayapul, we make our way along the banks of the sub tropical Modi Kosi River. The trek ascends steadily through many towns and villages including Birethanti, an old village along the Nepal-Tibet trading route. Here we will have our trekking permits checked before being allowed to continue into the Annapurna National Park. We then continue our ascent towards our destination of Tikhedunghla, which stands at 1570metres. This our first day of trekking, is short and relatively easy going, allowing plenty of time to take in the wonderful culture and natural beauty of the region.



**Day 6: Trek to Ghorepani (2840m) 6hrs walk.** Leaving Tikhedhunga, we continue our journey with a steep climb to the village of Ulleri. Ulleri is a large Magar village at 2070m. The trail then continues to ascend more gently, through forests of oak and rhododendrons towards the villages of Banthanti at 2250m and Nangethanti at 2460m before arriving at Ghorepani at 2840m. Ghorepani is a large village with excellent mountain views of the Annapurna range.

We have an early night tonight ahead of our summit of Poon Hill before sunrise.



**Day 7:** Hike to the Summit of Poon Hill (3210m) before sunrise and trek to Tadapani (2710m) 5hrs walk.

From Ghorepani, we wake early morning to visit Poon Hill (2 hrs), for the spectacular sunrise over the Annapurna and Dhaulagiri ranges. One of Nepal's best loved vantage points, Poon Hill provides an unobstructed view of the high Himalayas. Here we spend an hour or so watching the sun rise over the peaks and celebrate reaching the ultimate destination of the trek. We then return to Ghorepani for breakfast. Leaving Ghorepani, we climb along ridges and through pine and rhododendron forests toward

Deurali (2960m) before reaching Tadapani. At Tadapani, we have an excellent vantage point from which to watch the sunset over the surrounding snow capped mountains.

**Day 8:** Trek to Jhinu (1500m) 5.30hrs walk.

Leaving Tadapani, our trek descends steeply through rhododendron forests. The trail then eases towards the village of Gurung, which is the land of the Gurkha people-famous for their bravery in the British Gurkha Regiments.

From the village of Gurung, we have an easy walk towards Jhinu. The final hour of today's trek is again steep. However we are well rewarded for our efforts! When we arrive at the town of Jhinu you can bath your weary legs in the natural hot springs ahead of our last day of hiking.

**Day 9:** Trek to Nayapul (1010m)6hrs walk. and drive,1.20hrs to Pokhara.

From Jhinu Hot Springs, we walk along the right side of the Modi Khola through small villages and bamboo forests to Birethanti. This part of the journey is on relatively flat ground and is considered one of the most relaxing and enjoyable parts of your trail. We arrive in Nayapul where we will bid our porters a fond farewell. We will then be taken by private bus to Pokhara where we can enjoy a celebratory evening meal together!

**Day 10:** Flight to Kathmandu

After a morning of leisure around Pokhara, we will be transferred to the airport for our 25minute flight back to Kathmandu. The flight is spectacular, again offering fantastic views of the mountains and the terraced landscape below. In the evening we will have our final team meal together in one of Kathmandu's most spectacular Restaurants-a former residence of the King himself!

**Day 11:** Depart for Dublin

Our late evening departure flight means that we have the day at your leisure in Kathmandu with enough time to pick up some last minute bargains around the stalls of Kathmandu! Kathmandu has a wealth of beautiful local handicraft from woodwork, metal work, paintings, wonderful clothes, tapestries and knits for you to bring home as lasting memories of this beautiful country!

## How to sign up:

Firstly, please read the terms and conditions carefully. If you would like to apply, please fill out the application form and return it to the Suas office together with a €250 deposit before Monday 16th December. When your application has been accepted you will receive an email, together with an invitation to our welcome & information evening. At this meeting you will be provided with more detailed information on the trek, information on necessary equipment, sponsorship materials and details on the monthly training hikes.

# Frequently Asked Questions

## Nepal:

Nepal is one of the most enchanting countries in the world with its colourful culture, magical temples and breathtaking scenery. This is one trek that allows you to experience all of the above. It will present you with panoramic views of some of the world's highest peaks. This trek does not require any previous hiking experience, only that you are in good physical health and are able to walk up to several hours a day in hilly terrain with a light back pack.

## The Trek:



We will be using a local Nepali trekking company, Mountain Delights Treks and Expedition Pvt. Ltd. Mountain Delights was established in 2001, by Ram Sapkota, or Kamal as he is known. By using a local Nepali Guide we are ensuring that all revenue generated in Nepal stays in Nepal, and by using local porters/guides and staying in locally owned hotels and Guesthouses we are contributing directly to the local communities through which we will be trekking.

## Fundraised money will go towards:

The remaining €1,450 will go directly towards the work of Suas Educational Development.

Why trek and fundraise for Suas?

Suas is an ambitious, education-focused social

change organization that supports programmes in Ireland, India and Kenya. Founded in 2002, Suas has grown quickly to become a leading mid-size organization in development within Ireland, with an annual budget of over €1M.

Suas promotes quality education for all by providing short-term volunteers plus financial and technical support to our Partner schools in India and Kenya. In Ireland, Suas support's young adults to engage with social change through service learning programmes, thereby developing their team and leadership skills.

At Suas, education is viewed as key to social transformation-change education and you change the world. Key issues are not just about access but also quality-helping children and young people to realise their full potential to enable them to positively shape their futures and that of their communities and countries.

## Accommodation:

In Kathmandu, Participants will be staying in local 3\* Nepali Standard hotels. We will be staying in the heart of the bustling Thamel district.

Along the trekking route we will be staying in local tea houses, these are very basic structures, but will have a warm welcoming atmosphere.

## Food whilst trekking:

Breakfast will be provided at the lodge where we



## The Cost:

By using a local Nepali trekking company we are able to offer the most competitive price on the market for this trek! The cost of participation in the Himalayan Trail Trek is €3,000. €1,550 of this will cover trip expenses. This amount MUST be covered by the participant themselves; fundraised money cannot be used to pay for the cost of your trip.

### This Price Includes:

- International flights from Dublin
- Internal flights
- All accommodation whilst in country
- All land transportation while in country
- All trekking Guides & porters
- All food whilst trekking
- TIMS (Trekking Information Management System)
- Annapurna National Park Permit
- Down Sleeping Bags & Jackets
- Duffel Bags

All taxes

Sightseeing in Kathmandu valley

Predeparture training hikes, information & support

### This Price does not include:

Vaccinations

Insurance

Visa (\$30USD)

Cost of Lunch & Dinner whilst in Kathmandu

Bottled water

Tipping \*which is not compulsory but expected

sleep. We will stop along the trekking route for lunch. We enjoy a long leisurely lunch, usually up to 2 hours. This makes for a welcome break to trekking and aids acclimatization. Dinner will be served in the evening at the lodge in which we will be staying.

The tea houses along the Poon Hill trail offer a surprisingly wide variety of meals all cooked to order. Most of the food is vegetarian: potato, egg, rice or noodle based with vegetables depending on the season. You will find a lot of Garlic on the menu. It's said to help with acclimatization! You can always get treats along the trail, with chocolate, crisps and soft drinks available at most lodges. Inevitably the higher you go the more expensive it gets.

Breakfast Tea. There are no alarms on Breakfast Tea. There are no alarms on Annapurna, after all you are on holidays. Instead you will be woken up to the sound of gentle knocking at your door. It will be your Guide, laden with a nice hot drink to set you up for the day!

### How much extra money will I need?

This depends on your own spending habits. In Kathmandu you can buy lunch for as little as €3, and dinner and drinks for around €8-10. On the trek €3-€5 (the higher you go the more expensive it gets) will get you hot drinks & chocolate! There are no ATMs anywhere along the trek so bring enough cash from Pokarra for the duration of the trek.



### Weather:

Expect the unexpected. The weather in the Himalaya is unbelievably hard to predict. Whilst trekking you will be warm but cool down rapidly when stopping for lunch. Temperatures during the day can range from 5 to 20 Degrees, and can fall to -10 degrees at night. In terms of clothing, it's best to wear many thin layers as opposed to few bulky layers.

### Fitness:

In order to enjoy the trek it is recommended that you are in good physical shape and that you are able to walk in hilly terrain for several hours over 6 days. The Annapurna Poon Hille trek is very achievable for all Walkers.

The best thing that you can do to prepare yourself for this trek is to keep yourself well, and arrive in good physical condition. Previous hiking experience is not required. The fitter you are and the more training and hillwalking you do in advance the more you will enjoy the whole experience!

There will be training hikes provided pre-departure, mostly in the Wicklow area. It is highly recommended, but not compulsory that you attend these. They are entirely for your benefit. The pace will be set by the guide whilst trekking.

#### Will electricity be available for recharging batteries?

Electricity is available throughout the trek, you will be charged for the use and again inevitably the higher you go the more expensive it gets. But power failures are not unheard of, so best bring spare batteries just in case.

#### Will shower facilities be available?

There will be shower facilities available. The higher you go shower facilities usually take the form of a bucket of hot water. You will be charged for the pleasure and it is worth noting that this cost is not included in your participation fee.

#### Will there be international Telephones / internet access available?

Internet access & International telephones will be available for the duration of the trek.

#### Will I be carrying my own rucksack?

No. Your rucksack will be carried by locally employed porters. You are permitted a maximum of 15kg in your rucksack.

You will be asked to carry a light backpack containing all you need for the duration of the daily trek i.e., your camera, water, sun cream, hat, gloves and all money/valuables.

### Support and Safety whilst Trekking

Your safety during this trek is our primary concern. All our trekking guides are fully qualified and licensed. They are also first aid trained and have over 30 years experience in hiking in the Annapurna region between them. They are extremely competent and knowledgeable.

You will also be accompanied by an Irish Team leader. Their main responsibility will be to liaise between guides and participants and ensure the smooth running for the duration of the trek.

## What is altitude sickness?

(Please note that the highest point reached on this trek is just 3210m and the highest altitude we sleep at is 2840m)

Acute mountain sickness is an illness that can affect mountain climbers, hikers, skiers, or travellers at high altitude (typically above 8,000 feet or 2,400 meters). It is caused by a combination of reduced air pressure and lower oxygen levels at high altitudes. The faster you climb to a high altitude, the more likely you will get acute mountain sickness. Your symptoms will also depend on the speed of your climb and how hard you push yourself.

In most cases, the symptoms are very mild. Symptoms generally associated with mild to moderate acute mountain sickness include:

- Difficulty sleeping
- Dizziness or light-headedness
- Fatigue
- Headache
- Loss of appetite
- Nausea or vomiting
- Rapid heart rate
- Shortness of breath during exertion

Symptoms generally associated with more severe acute mountain sickness include:

- Bluish discoloration of the skin (cyanosis)
- Chest tightness or congestion
- Confusion
- Cough
- Coughing up blood
- Decreased consciousness or withdrawal from social interaction
- Gray or pale complexion
- Inability to walk in a straight line, or to walk at all
- Shortness of breath at rest

To treat altitude sickness, early diagnosis is important. Acute mountain sickness is easier to treat in the early stages.

The main treatment for all forms of mountain sickness is to descend to a lower altitude as rapidly and safely as possible. You should not continue climbing if you develop symptoms.

In mild cases, symptoms improve promptly as soon as you descend to a lower altitude. Usually after some acclimatizing at a lower altitude, hikers are fit to continue climbing.

People with severe mountain sickness may need to be admitted to hospital. Emergency evacuation should be covered in your insurance policy.



## Keys to preventing acute mountain sickness include:

- Climb the mountain gradually
- Acclimatization days built into your itinerary
- Sleep at a lower altitude when possible
- Learn how to recognize early symptoms of mountain sickness

Ask your doctor about a medication called acetazolamide (Diamox). This drug helps your body get used to higher altitudes more quickly, and reduces minor symptoms. It should be taken the day before you climb, and then for the next 1 to 2 days.

If you are at risk of anaemia, ask your doctor if an iron supplement is right for you. Anaemia lowers the amount of oxygen in your blood.

While climbing:

- Drink plenty of fluids
- Avoid alcohol
- Eat regular meals, high in carbohydrates

You should avoid high altitudes if you have heart or lung disease.

## What happens if I get sick?

The most important thing is DON'T PANIC. A slight case of diarrhoea is to be expected, as well as muscle aches – all a part of walking in the hills. Altitude sickness is mostly avoidable if you follow guidelines set out by the guides, mainly: trek high and sleep low, drink at least 2 litres of water per day (not including soft drinks!), and BE SENSIBLE. If you feel shortness of breath, a slight headache or dizziness, tell your porter/guide and rest immediately. Lie down, drink water. If you are still feeling unwell you may consider going down a few hundred meters. Do not pretend you are okay. A descent of a few hundred meters overnight may be enough to make you fully able to start trekking again the next day.

## How to sign up:

Firstly, please read the terms and conditions carefully. If you would like to apply, please fill out the application form and return it to the Suas office together with a €250 deposit before the **16th Dec**. When your application has been accepted you will receive a welcome email in mid March, together with an invitation to our welcome & information evening. At this meeting you will be provided with more detailed information on the trek, information on necessary equipment, sponsorship materials and details of our training hikes. Please note there are limited places available on the trek so the sooner you get your application form in the better!

# Annapurna Poon Hill Trek Application Form

## Personal Information

First name \_\_\_\_\_  
Last name \_\_\_\_\_  
Permanent Address \_\_\_\_\_

Email \_\_\_\_\_  
Home Tel. No. \_\_\_\_\_  
Mobile No. \_\_\_\_\_  
Occupation \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
T-shirt & Hoody size: S  M  L  XL

How did you hear about the Suas Annapurna Trek?

\_\_\_\_\_

Prior to this event, names and email addresses of those who have been accepted will be circulated to all team members. Please tick this box if you DO NOT wish your details to be shared with the rest of the team.

## Emergency Contact details (Please provide 2 contacts)

This must be a friend or relative who is not on the trip with you. Please advise us immediately if this information changes, as it is essential that we have up to date information prior to your departure.

### Emergency Contact Details 1

Name \_\_\_\_\_  
Relationship to you \_\_\_\_\_  
Work Tel No. \_\_\_\_\_  
Home Tel No \_\_\_\_\_  
Mobile No \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_

### Emergency Contact Details 2

Name \_\_\_\_\_  
Relationship to you \_\_\_\_\_  
Work Tel No. \_\_\_\_\_  
Home Tel No \_\_\_\_\_  
Mobile No \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_

## Passport Information

This information will be used when booking your flights-please ensure that it is correct! Your passport must be valid for at least 6 months after the trek ends.

First Name (as per passport) \_\_\_\_\_  
Last Name (as per passport) \_\_\_\_\_  
Passport Number \_\_\_\_\_  
Place of Issue \_\_\_\_\_  
Date of Issue \_\_\_\_\_  
Date of Expiry \_\_\_\_\_  
Nationality \_\_\_\_\_



## Health and Fitness

The Annapurna Poon Hill Trek requires a good level of fitness. The ability to walk in hilly terrain for approx 3-7hrs daily over 5 consecutive days at an altitude of up to 3210m. It is your responsibility to ensure that you are of the level of fitness required.

Please Rate your level of Fitness.eg. Poor/Moderate/Good/Very Good/Excellent

Do you have any dietary requirements? \_\_\_\_\_

If so please specify. \_\_\_\_\_

Do you suffer from any allergies? \_\_\_\_\_

Allergies/medical conditions will not necessarily exclude you from participation. Our aim is to ensure that we identify in advance any health issues that might require special monitoring while overseas.

## Registration Fee

A registration fee of €250 is required along with this application form in order to secure your place on the trek. This deposit is non-refundable and can be paid either by cheque or bank transfer.

Cheques should be made payable to Suas Educational Development.

\*\*Please ensure that you make note of your name on the lodgement eg Last name, First Name/EBC on the transfer details.

Suas Educational Development

A/C number 25937430

Sort code - 901490

Swift Code - BOFIE2DXXX

IBAN - IE69BOFI90149025937430

Beneficiary Bank Name: Bank of Ireland.

Beneficiary Bank Address: Lower Baggot St., Dublin 2

## Declaration

By signing the application form you are agreeing to the terms and conditions laid out below. I agree that all information contained in this form is true and accurate to the best of my knowledge. If my circumstances change prior to departure I will let Suas know immediately. I have read the terms and conditions of entry and agree to be bound by them.

Signed: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Checklist:

I understand the fundraising requirements

I have read and I agree to the terms and conditions

I have included:

- A signed application form
- A €250 Deposit made payable to: Suas Educational Development

## Return Address:

Beth Dinsmore,  
Annapurna Challenge,  
10-12 Hogan Place,  
Dublin 2



# Before applying, please carefully consider the following terms and conditions

Whilst every possible effort has been made to ensure that this trip runs as smoothly as possible, things can and often do go wrong. Nepal is a developing country and general operating standards are unlikely to meet Western standards or expectations. Please take this into consideration when applying for this trek.

To apply for this trek, participants must be available to travel in April/May 2013. You must hold a valid passport which is valid 6 months after the scheduled return date. Participants must be over 18 years old, or over 16 but under the care of a parent or guardian. There are limited places available on this trek. When we receive your application form and registration fee you will be sent notification that your application has been accepted. In the unlikely event that your application has not been accepted due to overbooking, your deposit will be fully refunded. All possible efforts will be made to accommodate your special requirements as detailed in your application form, but we cannot guarantee that they will be met.

## Dates and Itinerary:

The itinerary is subject to change, in the event of unforeseen circumstances or adverse weather conditions. This itinerary has been designed with extra days included.

Our trekking guide reserves the right to alter the route, walking durations or make other amendments for the safety and interest of the group, especially in the event of weather difficulties or group members becoming sick or injured.

## Medical:

You will be required to fill out a medical questionnaire prior to departure. This questionnaire will be used as a record of your medical history should treatment be necessary. You are required to consult your doctor for examination and his/her signature is required on the medical form. It is your obligation to keep us updated of all medical conditions that are relevant to your safe participation in the trek. The organisers cannot be held to account in the event of false, misleading or omitted information from the medical questionnaire.

Whilst on the trek, if the trekking guide or leader gives specific safety or medical advice, in the interest of your health and safety, you agree to abide by this advice.

It is your responsibility to ensure that you are fully inoculated as per advice from your doctor. Evidence of vaccinations must be provided to Suas on the stipulated dates in March 2013.

Medical Treatment: It is a condition of joining the trek, that in cases of emergency team leaders and guides have your permission to arrange any necessary medical or surgical treatments and to sign any required form of consent on your behalf.

## Sponsorship:

The cost price of the trip is €1550; this covers the cost of your participation on the trek. Under no circumstances can fundraised money be used to cover the cost of your trip. Fundraised money will go directly to Suas supported projects. Failure to submit these fees in advance of the trek will result in you losing your place on the team.

## In the Event of Cancellation/ Delay:

In the event that the Trek has to be cancelled or is delayed due to any of the following: Force Majeure, any unusual or unforeseen circumstances beyond the organisers reasonable control, Suas or Mountain delights cannot be held liable for costs incurred. Examples include but are not limited to war, major accidents, power failures, adverse weather conditions, labour disputes, flight delays or travel advice from Foreign and commonwealth offices advising against travel to any of our destinations. The organisers will make all possible efforts to re-schedule or refund-but neither of these are guaranteed. The organizers will not be held liable for costs.

In the event that you have to cancel your place on the team, no refunds will be made. You may also be liable for a reasonable cancellation fee.

### **Fitness Requirements:**

It is your responsibility to ensure that you are adequately fit to cover the distances stipulated in the itinerary. It is your responsibility to be aware of the effects of altitude sickness. The itinerary is designed to include acclimatization days but there is no guarantee that you will reach Annapurna Poon Hill.

### **Visa Requirements:**

It is your responsibility to ensure that you are eligible for a Tourist visa into Nepal, and that you clear immigration and customs. If you are refused access for any reason, the organisers do not accept liability for any costs incurred in resolving the difficulty or returning to Ireland.

### **Insurance:**

Participants must hold adequate travel insurance. Please note that it must include full medical cover as well as cover for: Trekking in remote locations to an altitude of 3210m, emergency helicopter evacuation and cover the cost of repatriation to Ireland. Details of your policy must be shared with the organisers pre-departure on the dates outlined.

The organisers of this trek accept no responsibility for loss or damage to your personal belongings or claims arising from your participation in this challenge arising from your own actions.

### **Data Protection:**

All information that you have provided in applying for this trek, will be used for the purposes of this trek only. Your details will not be passed on to any third party, except as required for medical reasons. Your data will be destroyed after completion of this trek.

### **Complaints:**

If you have a complaint regarding any element of this trek, it will be taken seriously. Please inform the organisers/team leaders as soon as possible. Every effort will be made to resolve the issue. Upon completion of the trek you will be asked to fill out a short questionnaire about your experience and all feedback will be taken into account.

### **Participation Fee:**

Participation fee must be paid on the dates outlined- failure to pay the amount in full may result in you losing your place on the team. No refund will be given to any party who do not make it to Annapurna Poon Hill for whatever reason.

### **Disclaimer:**

While we will do our best to make your journey safe and comfortable, you travel at your own risk. Participants agree to indemnify Suas and Mountain delights trekking company against any claims of damage or loss, to personal property, personal injury or even death and any claim arising from their own actions.

## **Information Prior to Departure:**

When you sign up you will be provided with more detailed information on the trek, including necessary equipment list, sponsorship materials and fundraising support if needed, and on hand support 24/7 to answer any questions that you have on what to expect on the trek! Monthly training hikes will also be provided, pre-departure, mostly in the Wicklow area. These are for your benefit and a good opportunity for some team bonding before we jet off!