



# Xtreme ADVENTURE REPORTS

ADVENTURE MOTORSPORTS & RACES - EXPEDITIONS - OUTDOORSPOORTS  
PHOTOGRAPHY - TV & VIDEO PRODUCTION - ADVERTISING DESIGN

INFORMATION

**PERSBERICHT 20 augustus 2010**

PRESENTATION



Women Adventure Challenge

NEPAL OCTOBER 2010

## NEDERLANDS DAMES TEAM WOMEN ADVENTURE CHALLENGE 2010 – KATMANDU / NEPAL

Over een kleine 6 weken vertrekken 4 Dames vanuit Nederland om deel te gaan nemen aan de 1<sup>ste</sup> Women Adventure Challenge 2010 die gehouden zal worden in Nepal. Na een grondige selectie en voorbereiding zullen de team leden: Angelique van Vliet uit Den Haag, Corinne van Dijkhuizen uit Rotterdam, Christel Dekkers uit Valkenswaard en Helga Gernaat uit Diemen de strijd aan gaan tegen de elementen die Nepal te bieden heeft. Van 1 oktober tot 11 oktober 2010 zullen zij Nederland vertegenwoordigen en het opnemen tegen 11 Internationale Dames Teams tijdens deze 1<sup>ste</sup> Women Adventure Challenge 2010.

In 10 dagen tijd zullen zij samen met de andere Internationale Dames Teams een totale afstand afleggen van ± 1300 kilometer. Deels zullen zij dit per terreinwagen doen, per mountainbike of riksja en/of andere mogelijke transportmiddelen en zelfs te voet. Elke dag zullen er door de Internationale Teams diverse opdrachten moeten worden volbracht, waaronder: mountainbiken, zip-line, wildwater varen en kajaking, hiking, 4x4 rijden en vele andere fysieke opdrachten. Daarnaast zullen ze ook de lokale cultuur van dichtbij beleven met de bevolking uit Nepal, met o.a. yoga en meditatie lessen. Het traject gaat van Katmandu via Pokhara, Ghosa, Muktinath terug naar Pokhara en dan weer naar Katmandu. (zie bijlage: The Mission). Deelnemende landen aan deze Women Adventure Challenge 2010 zijn: Nederland, Zuid Afrika, Israël, Australië, Nepal, mogelijk nog Turkije en India. Van een aantal landen zullen er meerdere teams zijn.

Op dag 6 van deze 1<sup>ste</sup> Women Adventure Challenge 2010 zullen alle Internationale deelnemende landen een gezamenlijke missie moeten volbrengen. Het betreft een humanitaire missie voor een lokale school in het bergdorpje Titi. Hier zullen alle dames de handen uit de mouwen moeten steken om het lokale schoolgebouwtje een opknappbeurt te geven doormiddel van schoonmaken, schilderen, het installeren van computers en een boekenkast vullen met Engelse en boeken de lokale taal van Nepal. Na deze opdracht gaat de challenge verder en terug richting Katmandu en onderweg zullen zij nog diverse lichamelijke opdrachten krijgen die zij in team verband moeten volbrengen. En uiteindelijk zal dan naar 11 dagen strijd in Nepal, na de ± 1300 kilometers volbracht te hebben als team, de winnaar bekend zijn wie als 1<sup>ste</sup> Landen Team de 1<sup>ste</sup> Women Adventure Challenge 2010 gewonnen heeft.

Het Nederlands Dames Team voor deze Women Adventure Challenge 2010 zal zeer zeker hoge ogen gooien gezien het team mentaal en lichamelijk goed voorbereid zijn en een schat aan kennis in huis hebben gezien zij allen deel hebben genomen aan soortgelijke extreme en/of zware events elders in de wereld. Maar ook mede door de trainingen die er in Nederland zijn gehouden, bij o.a. Outdoor Valley / Bergschenhoek waar het team zich in verschillende disciplines zoals mountainbiken, klimmen, kajak en kano varen verder heeft kunnen bekwamen, dit voor de onderdelen die in Nepal op de agenda staan. Mocht U vragen hebben over deze challenge, of over de 4 Team Leden neem dan gerust contact met mij op. En indien u een persoonlijk interview wilt met het team of met 1 van de Dames die in uw regio woont, ook dan kunt u mij benaderen zodat ik u op de juiste manier met hun of haar in contact kan brengen.



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\*Indien U interesse hebt in een compleet artikel na de challenge dan hoor ik graag van U.

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**TEAM-INTRODUCTIE**  
**NEDERLANDS DAMES – TEAM**

**WOMEN ADVENTURE CHALLENGE – NEPAL – OKTOBER 2010**  
**1 OKTOBER TOT 11 OKTOBER 2010**



**Christel Dekkers**  
 Leeftijd: 28

**Actief in:**  
 Running  
 Biking  
 Swimming  
 Survival-Sport  
 Ultimate-Fitness-  
 Challenge



**Helga Gernaat**  
 Leeftijd: 39

**Actief in:**  
 Running  
 MTB  
 Swimming  
 Survival-Sport  
 Adventure-Race  
 Ultimate-Fitness-  
 Challenge



**Corinne v. Dijkhuizen**  
 Leeftijd: 39

**Actief in:**  
 Running  
 MTB  
 Swimming  
 Survival-Sport  
 Wintersports  
 Sport-Climbing



**Angelique v. Vliet**  
 Leeftijd: 33

**Actief in:**  
 Running  
 MTB/Biking  
 Swimming  
 Adventure-Race  
 Skiing  
 Triathlon  
 Survival-Sport



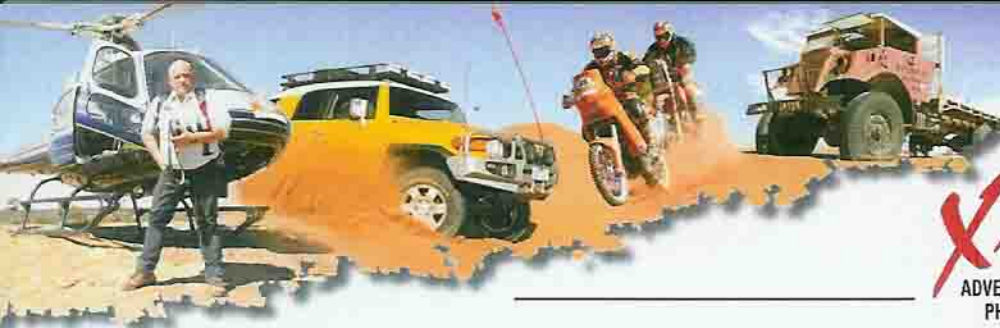
**Fred M. Krijgsman**  
 Founder & Owner: [xtreme-adventure.com](http://xtreme-adventure.com)

**Team Coordinator & Coach: Dutch Women-Team / Women Adventure Challenge Nepal – 2010**

**Background: Photographer; Team-Coach Several Adventure Race Teams; Involved With & Publishing Worldwide about: Rallies-Expeditions-Adventure Races; Organizing & Co-Organizing Extreme Challenges like the: Fulda Challenge-Yukon-Canada / Rainforest Challenge-Malaysia Expeditions like the: Borneo Equator Expedition - December 2009**

**Current NEW Projects: the "Women Adventure Challenge Nepal - 2010"**





## **WOMEN ADVENTURE CHALLENGE – NEPAL – OCTOBER 2010** **OCTOBER 1<sup>ST</sup> TILL OCTOBER 11<sup>TH</sup> 2010**

### **THIS IS THEIR MISSION / TASK PROGRAM:**

**ADVENTUROUS WOMEN FROM ALL OVER THE WORLD WILL  
TEAM UP TO COMPETE IN RURAL BREATHTAKING NEPAL.  
1285 KM OF CHALLENGING ON & OFF ROAD TRAILS, HIGH MOUNTAINS, ROARING RIVERS,  
MAJESTIC CULTURES AND EXPERIENCE ONCE IN A LIFETIME ADVENTURE. RESPECTING  
THE ENVIRONMENT, MUTUAL COOPERATION AND SPORTSMANSHIP**

#### **Day 01, Arrival at Kathmandu –Briefing and Orientation**

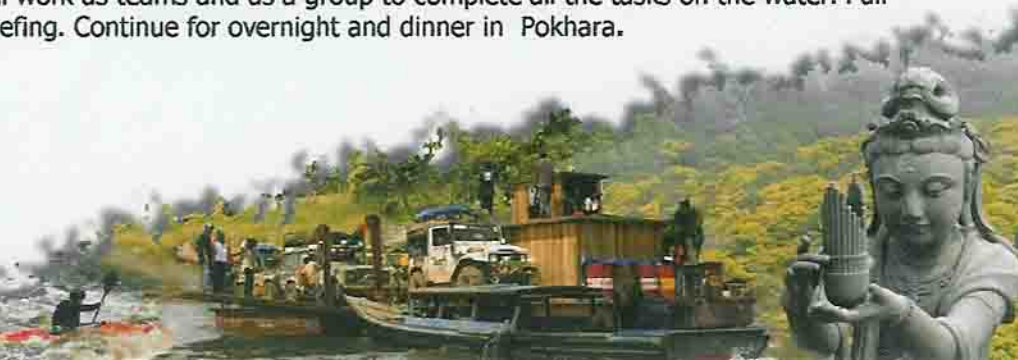
- **Welcome cocktails, check in and lunch.**
- The challenge begins with an introduction, briefing, and instructions for the adventure.
- **"Amazing Race Challenge Part 1" - picture books with landmarks in Kathmandu,** teams will have to locate the landmarks, ask local people for information on each place and write a short story in their book. Each team will have to present their story later on.
- Welcome Dinner and overnight in Kathmandu. Evening dinner with local Nepali dress for women - challenge will be to dress themselves in the typical women clothes, and create a dance to perform at dinner in a time challenge

#### **Day 02 Kathmandu Valley - Kopan, Pashupatinath, Bhaktapur city**

- **"Amazing Race Challenge Part 2" by foot, bicycle, rickshaw, catching lifts with locals to explore Kathmandu Valley.** Teams will have to navigate the route and find their way.
  - Start by jeep to Kopan Monastery- introduction to Kopan and Buddhism and Meditation lesson
  - Get the first clue and arrive by own means ( walk, run, catch lift) to Pashupatinath Temple
    - Get second clue and take bicycle and off road navigation along the river and through villages to Changu Narayan Temple
  - At the entrance to the city , get the third clue to reach the bus to the restaurant for lunch
    - After lunch, teams will have to find 5 different artifacts of local Nepali crafts
      - Overnight at secret destination on the Trisuli river

#### **Day 3 Rafting – Trisuli – Pokhara (875 meters) – River Activities**

- **White water rafting on the Trisuli River**
- Teams will participate in a full day on the Trisuli River – wake up with morning yoga session on the beach, different activities will unfold during the day, including white water rafting, obstacle course, kayaking, zipline and water activities. Women will work as teams and as a group to complete all the tasks on the water. Full safety briefing. Continue for overnight and dinner in Pokhara.





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#### Day 04 Pokhara – Ghasa (1,150 m) - 4x4 Training School

- **This morning marks the kick – off of our mountain expedition.**
- And we start with a full briefing on off road driving, navigational skills, convoy management, rules of the road and local traffic regulations which are adhered to in Nepal. Each team member will have to complete a driving course and learn the basics of off road driving.
- Women will receive hands on training of fixing punctures, towing vehicles and radio contact. Lunch along the way, and continue on narrower and steeper roads to arrive at Ghasa for overnight and dinner.

#### Day 05 Ghasa – Titi lake (2,750 meters) - Trekking the Annapurna

- **Leave jeeps at Ghasa along the Kaligandaki River, where we begin our overnight trek to Titi Lake - trek will be about 6 hours and is a group and team effort.**
- All women must complete the trek, even if carried by team members or the group as a whole. The mission will be to navigate along the way by asking villagers for directions and at each point they will be giving a clue until they get to the village.
- Safety briefing, pace setting, trekking techniques, will be taught as the women hike through beautiful scenery amongst local farms and fields, hanging bridges, past waterfalls and river crossings to our overnight accommodation in Titi Village.
- Sleep in local homes in titi village with a task to answer 5 questions about each family they have stayed with.
- Evening mission will be to make dinner from local products and follow Nepali recipes with the help of the family.

#### Day 06 Titi – Jomson – Kagbeni (2,900 meters) – Community Project

- **Morning community project in Titi Village – Xtrip is committed to local community upliftment.** Our special project, Gyanjyoti Primary School has been selected due to its remote location and high unemployment rate in the village. The infrastructure and other issues have been identified and will be worked on by the women, in partnership with the local villagers to paint, fix, and upgrade the school.
- The International Women Teams will leave a lasting legacy in this little school – a “library” of childrens books, in English and Nepali. With this collection of books, we hope to help improve the literacy rate in this village
  - Trek down / or tractor ride from Lake Titi back to Larjung
  - Meet up with jeeps and onto Jomson
  - Very challenging off road to get from Jomson to Kagbeni- crossing rivers

#### Day 07 Kagbeni – Muktinath (Summit 3900 m) - Jomson(2,670 m)

- **Trek up to the 3,900 meter-high to the monastery of Muktinath.** Undoubtedly one of the highlights on the trip is the climb to one of the most spectacular sites in the Himalaya Range. Early morning departure from Kagbeni at sunrise to drive up through a series of hairpin bends to Muktinath.
- Then trek up to a height of 3,900m to the monastery and temples of Muktinath – one of the holiest places for Hindus. Women will reach the highest point of their journey, close on 4000m above sea level.
- This will be very slow and quite tough as the altitude is high. The mission is that all of the group must arrive together, and keep to group timing Visit one of the Tibetan Monasteries in Kagbeni, lunch en route and travel down to Jomson for overnight and dinner.

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### Day 08 Jomson - Tatopani (1,150 m)- Meditation and Relaxation

- We begin our day with a visit to one of the largest Tibetan monastery and meditation centers in the Annapurna Region, located in the apple growing region of Marpha.
  - Leaving Marpha, the teams will begin their descent by driving, river crossing and putting their driving skills to the test.

Possible competitions like changing tyres / retrieving something from the river/ some kind of obstacle course

- Lunch stop in Kalopani and then onward to Tatopani for overnight and dinner.
- Surprise pool party at the hot springs in Tatopani after 9pm. Hot springs will be closed off to the public and be for the women only.

### Day 09 Tatopani – Pokhara – End of the Off-Road

- Depart from Tatopani, and say goodbye to the mountain people of Annapurna.
- Drive down through Beni, Kusma and Naudanda, with lunch en-route, to reach Sarangkot area on the shores of Lake Phewa.
- At an undisclosed venue, women will leave the vehicles and take on the last challenge – getting to the “finishing line” by boat race ( 4 per boat) and trekking up to the Stupa..
  - Back to civilization tonight for dinner and overnight in Pokhara area.

### Day 10 Pokhara – Kathmandu –Scenic Flight and Winning Team

- Quiet morning around Pokhara, to rest and relax, stroll amongst souvenir stalls, jewellery and craft shops, cafes and restaurants.
  - Fly back to Kathmandu, over the stunning mountain scenery.
- Evening farewell party and announcement of the winning team at a local Kathmandu restaurant.
  - A great finish to the challenge with a late night party in Kathmandu!

### Day 11 Kathmandu – Closing Ceremony

- Depart from the hotel in Kathmandu for a special visit to one of the landmark temples in the City to close the Challenge for 2010 and say goodbye to all the teams.
- Women will have the opportunity to reflect on the Challenge. Continue to the airport for check in for the departure flights home.

**TERMS AND CONDITIONS APPLY – THE ITINERY MAY BE CHANGED ACCORDING TO SUNSET TIMES, WEATHER CONDITIONS, ROAD CONDITIONS AND THE DECISION OF THE LEADING TEAM**

**AND OF COURSE THERE WILL BE SOME TASKS REMAIN SECRET TILL THE ACTUAL EVENT IN NEPAL – OCTOBER 2010**



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