

from **Murrayville** to **Nepal**



Shaun's itinerary

Day 1 Australia to Kathmandu
Day 2 Bhaktapur.

After arriving in Kathmandu the group will transfer to Nepal's best preserved town, Bhaktapur. The town has some of the most beautiful palaces, temples and traditional Newari houses.

Day 3 Ghorka village

It is a four hour drive to a picturesque and very friendly Ghorka village. On a clear day you can get a preview of the 7000 metre snowclad peaks of the Langtang range. Overnight stay in a teahouse in Dhunche. (1950m)

Day 4 Ghorka village to Syabru.

A three hour drive in the morning before the real challenge the group will descend to Syabru river and then begin trekking uphill about two hours via Bharkhu. Magnificent views of Mt Ganesh Himal, Manaslu and Mount Kerung of Tibet can be seen. Trek for another two hours through the forest and reach Syabru village for the overnight stay. (2470m).

Day 5 Chongong

For two hours the group will walk downward through forest and ascend for about one hour to reach Bombu Village (1850m) They will then ascend through Bombu forest and reach Chongong (also known as Lama Hotel), (2380m)

Day 6 Langtang village

The group will walk through Rhododendron and Pine forests for about three hours, reaching Ghoda Tabela then walk for another two hours and reach Langtang village inhabited by Buddhist Tamangs and Tibetans. (3500m)

Day 7 Kyanjin Gompa

A three hour trek to Kyanjin Gompa (3817m) to a monastery and breathtaking mountain views.

Days 8 to 10 Syabru

Over the next three days the group will return to Syabru by the same route down the Langtang valley.

Day 11 Dhunche

The final destination on the trek and a great place to unwind with a few drinks.

Day 12 Kathmandu

A long drive back to Kathmandu. Time to explore this legendary city of Hindu shrines, Buddhist stupas and bustling bazaars.

Day 13 Free day in Kathmandu

A free day to roam the bustling streets of Kathmandu and enjoy sights and restaurants.

Day 14 Flight back to Australia

Stepping up for Jack

When injury robbed Joanne Dexter of her dream of completing a third *Challenge for MD* by trekking through the mountains of Nepal this October, her eldest son Shaun didn't think twice about stepping into her shoes.

Joanne cycled through Vietnam in 2006 and through southern China in 2008 to raise money for muscular dystrophy, inspired by her youngest son Jack who suffers from the illness.

This year's event would have seen her climb 3000 metres through Nepal with the aim of raising \$6500.

"It wasn't a big decision," said Shaun.

"It's always been a

family thing. My brother really wants me to do it and that is a big motivation.

"I've always wanted to go overseas so I thought this was an excellent opportunity and plus it is for a good cause."

Shaun was told about a fortnight ago that he might be taking over from his mum, who has injured a knee.

He is now turning his head to training for the trek which will see him leave Australia on October 16 and return on October 30.

"I'm hoping to get out and do more walking, just general training if I can," Shaun said.

"It is very rugged with high altitudes and steep mountains and will be quite challenging.

"I've never done

anything like it."

Shaun will be joined in Nepal by his aunt Margaret, a veteran of two challenges, along with a number of other fund raisers.

"Basically, I'm doing it for one reason - for muscular dystrophy," Shaun said.

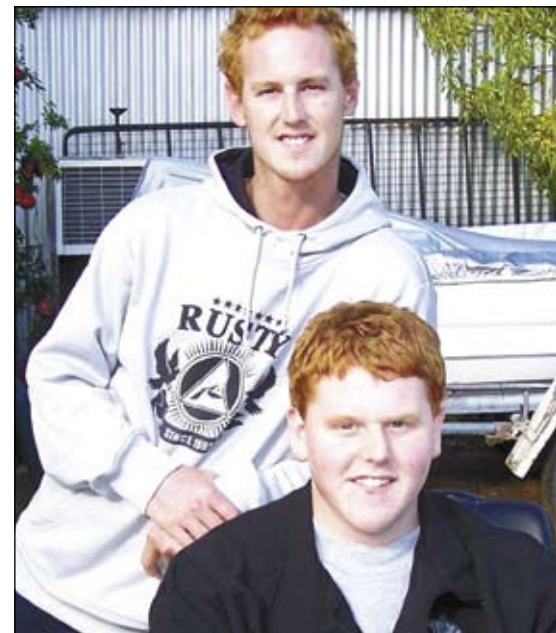
"When it does get tough I will think this is why I did it and that will be enough motivation."

While Joanne is disappointed about not being able to undertake the trek, she believes the experience will be invaluable for Shaun.

"I think he will find it tough," she said.

"It is not a normal holiday (but) it will be excellent for him."

The Dexters (Michael, Joanne, Shaun and Jack) are now looking forward to their



Shaun Dexter and brother Jack. Shaun is taking over from Mum Joanne to trek through Nepal for the muscular dystrophy cause.

main fund raising event, a quiz night at the Murrayville Hotel this Saturday from 8.30pm.

To donate or help any other way, call the Dexters on 03 5095 2069 or 03 5095 2058.

Recipes from the Mallee Highway

A cookery book featuring the recipes of cooks from Ouyen to Panitya has been compiled as a fundraiser for the Muscular Dystrophy Association.

Funds from the sale of the book, which costs \$20, will go towards Shaun Dexter's trip to Nepal fundraising event.

The book, titled *Along the Mallee Highway*, was compiled by Joanne Dexter and Melissa Gleeson over four months.

Orders are being taken,

with just 20 remaining.

"The cooks' names and towns are in it under each recipe," Joanne said.

"What is really nice about this book is its beautiful photos of along the Mallee Highway.

Along the Mallee Highway includes sections such as snacks and savouries, soups, salads and vegetables, mains, cakes and desserts, biscuits and slices, drinks and sundries such as handy hints.

Jack Dexter's own favourite recipe, spaghetti carbonara, is included.

Try your hand at trivia

The Dexter family's main fundraiser for the Muscular Dystrophy association will be a trivia night this Saturday at the Murrayville Hotel.

The night will kick off at 8.30pm with the family hopeful of having 10 competing teams of 10.

Joanne said they hope to raise \$1500, with the money gained from the \$12.50 a head fee and a raffle with prizes such as Body Shop products, Nutri-metics products and wine.

A lot of entertainment is scheduled for the evening with locals putting on a series of skits.

Want to book a team? Call the Dexter's on either 03 5095 2058 or 03 5095 2069.

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