

TREKKING FOR KIDS

IMPROVING TODAY, SECURING TOMORROW...ONE STEP AT A TIME

Since its inception in 2005 as a non-profit, Trekking for Kids has impacted the lives of hundreds of orphaned and at-risk children around the world. A TFK expedition is designed to give adventure-seeking travelers the excitement they seek on the trail, while making their travels help those less fortunate - the children living in the shadows of iconic trekking destinations. Every TFK Trekker raises money from their own communities and all the donations fund a capital improvement on a home, school, or orphanage in the community of the trek. TFK participants spend time working on the projects in-country, thus giving Trekkers and their donors a first-hand look at the result of their generosity.

Inca Trail Trek 2005, Peru

\$16,000 raised

Beneficiaries: 100 blind orphans in Cusco, Peru

Brought brailers, magnifier, educational skeleton and supplies, toys, and clothing, purchased food for several months, cd players and radios and repaired chicken coops.

Inca Trail Trek 2006, Peru

\$31,000 raised

Beneficiaries: 100 blind orphans in Cusco, Peru

Resurfaced the outdoor soccer/basketball court, built a running long-jump, constructed a sun-shade over the outdoor bleachers, repaired the animal pens and fence, painted the gazebo; brought brailers, a braille printer, and other specialty items for the blind, wheelchairs, recreational and physical therapy equipment, warm clothing, toys, medicine, and food.

Annapurna Base Camp Trek 2007, Nepal

\$55,000 raised

Beneficiaries: 15 orphans in Pokhara, Nepal

Moved the children to a newly remodeled and much larger home that enabled them to double the number of children they could care for, provided them with all new home furnishings, computers, a playground, chicks, clothing, sports equipment, toys, medical and dental care, food and education for two years, and a grocery store to generate income so they can work towards sustainability.

Mt. Kilimanjaro Trek 2008, Tanzania

\$60,000 raised

Beneficiaries: 50 street children and orphans in Moshi, Tanzania

Renovated and repaired the entire home, built a new kitchen, with more energy efficient stoves, a gazebo and outdoor sinks, painted everything inside and out, including colorful murals, completely furnished the home with new bunk beds, mattresses, tables, chairs, desks, paid school fees for a year for all of the children and provided them with new uniforms and school shoes, and brought school supplies, sports equipment, games, toys and clothing.

Mt. Cotopaxi Trek 2009, Ecuador

\$46,000 raised

Beneficiaries: 23 orphans in Quito, Ecuador

Built a new building consisting of three units: a clinic/infirmary complete with an exam table and other basic equipment, a laundry room equipped with a new washer/dryer and ironing press, along with an entire wall of storage cabinets and a storeroom, renovated the kitchen including new appliances, cabinets and flooring throughout the entire house, painted the inside walls, helped pay school fees, and brought new laptops, sports equipment, school supplies, clothing and toys.

Camino de Santiago Trek 2009, Spain and Morocco

\$27,000 raised

Beneficiaries: 106 orphans in Skoura, Morocco

Reconstructed and repaired the girls dormitory, the dining room/study hall, the bathroom, and all walls including the courtyard, added tiled floors and lighting, purchased new mattresses, blankets, pillows, tables and chairs, brought new clothing and sports equipment.

Mayan Highlands Trek 2010, Guatemala

\$36,000 raised

Beneficiaries: 22 orphans in San Andres Semetabaj, Guatemala

Purchased a new home (in partnership with another local non profit) and all of the necessary furnishings to open a home for orphan boys, 12-18 years old, provided start up operational funding for 2 months, brought new laptops, sports equipment, backpacks, school supplies, blankets and jackets for each child.

Everest Base Camp Trek 1 2010, Nepal

\$58,000 raised

Beneficiaries: 25 orphans in Bhaktapur, Nepal

Doubled the living space by building an entire new floor onto the existing orphanage, creating three new bedrooms, a storage room, a study room, three bathrooms, and a spacious sitting/play area, repaired outside walls and floors, purchased new carpet, and a power inverter to provide more consistent lighting so the children can study during frequent power outages that occur during winter months, brought sports equipment, backpacks, school supplies, purchased a new outfit and school shoes for each child. In 2011 and 2012 donated money for new clothes and shoes for each child for the Dashain celebration.

Everest Base Camp Trek 2 2010, Nepal

\$37,000 raised

Beneficiaries: 22 orphans in Kathmandu, Nepal

Moved them into a new modern home, purchased all new furnishings, gave them financial support for a year as they work on sustainability projects to support the new home, paid for their school fees for a year, purchased new uniforms and school shoes, and brought sports equipment, backpacks, school supplies, clothing, shoes, fleece blankets, and toys for all of the children.

Golden Triangle Trek 2011, Thailand

\$35,000 raised

Beneficiaries: 22 orphans in Phrao (near Chiang Mai), Thailand

Built and furnished a new "green" dormitory, using a mud/cob technique that will house 10 new girls, expanded and furnished the kitchen and eating area to accommodate the additional children, purchased the materials for the foundation of another dormitory for boys and a bio-digester, helped with educational expenses for the new children, and brought new sports equipment, backpacks, school supplies, clothing, toys, jewelry, and handbags.

Machu Picchu College Trek 2012, Peru

\$8,000 raised

Beneficiaries: 15 orphans in Oropesa, Peru

Built new outdoor bathroom facilities with solar heated showers, installed a new and improved sewer system, purchased an internet antenna, brought new sports equipment, including soccer cleats and balls, backpacks, school supplies, and clothing.

Transylvanian Alps Trek 2012, Romania

\$27,000 raised

Beneficiaries: 23 orphans in Brasov, Romania

Purchased materials for a new roof on a "transition" home for the children that have aged out of the orphanage, bought solar panels and a water heater, new medical pumps for the children with the disease Beta Thalesemia, brought sports equipment, art supplies, backpacks, purses, makeup, and clothing for the children.

Mt. Kilimanjaro Trek 2013, Tanzania

\$38,000 raised

Beneficiaries: 28 orphans in Moshi, Tanzania

Built a perimeter fence around the Kili Centre's recently acquired land and established a water connection to allow irrigation for crops, funded an income-generating project that expands the existing chicken coop and flock, repaired the children's bunk beds, purchased new mattresses and bedding, computers, sewing machines and an embroidery machine,

paid for an entire year of school fees and college tuition, bought new uniforms and shoes for all the children, brought sports equipment, backpacks and school supplies.

Lares Valley to Machu Picchu Trek, 2013, Peru

\$27,000 raised

Beneficiaries: 28 orphans from two orphanages; in Cuzco and Ocangate

Helped fund the construction of a new floor onto the existing building in Cuzco; painted interior and exterior of buildings; repaired balconies and rain-gutters; supplied a solar water heater, energy-saving roof, and a new shower room in Ocangate. Purchased kitchen appliances and dormitory improvements, including beds and mattresses. Provided school supplies and new clothing.

Everest Base Camp Trek, 2013, Nepal

\$25,000 raised

Beneficiaries: 27 orphans from Bhaktapur, Nepal

Funded the construction of a cow shed, provided water outlet, feed, and livestock for income generating and employment for the older children. Repaired stairs, floors, painted interior and exterior of the home, paid for school fees, school supplies, backpacks, and clothing for the children.

Mt. Toubkal Family Trek, 2014, Morocco (combined with Camino de Santiago group)

\$27,000 raised

Beneficiaries: 80 former street children and at-risk kids in Essaouria, Morocco

Renovated and expanded the kitchen and equipped it with a new refrigerator, freezer, stove, cupboards and sinks so can properly store donated food and prepare the much needed daily meals for the children. Purchased new furnishing for the classroom and counseling room, educational materials including school supplies and backpacks, and new sports equipment, repaired and painted the outside of the Bayti center, and provided 2 year scholarships for several of the young adults to attend the university.

Lares Valley to Machu Picchu Custom Trek, 2014, Peru

\$29,000 raised

Beneficiaries: 23 boys and girls at a children's home in Urubamba, Peru

Funded a greenhouse and organic garden, thus enabling them to grow their own vegetables year round, purchased a used van to transport the children to and from school and various activities, and solar water heaters to help with monthly savings. Provided new laptops for the University age students, and new bedding, backpacks, school supplies, clothing and shoes for all the children.

Petra and Wadi Rum Trek, 2014, Jordan

\$18,000 raised

Beneficiaries: 23 at risk children and 5 mothers in Petra, Jordan

Renovated, repaired and painted the homes of 5 single mothers and their children. Purchased beds, mattresses, bedding, carpet, wardrobes, tables and chairs for the homes. Provided backpacks, school supplies, new clothing and shoes for the children.

Patagonia - Los Glaciares, Fitz Roy, and Torres del Paine, 10th Anniversary Expedition Trek in Argentina and Chile, 2015

\$35,000 raised

Beneficiaries: 12 girls at the Hogar Los Horneros home in Buenos Aires, and 14 boys at the Hogar Casa de Teresa, also in Buenos Aires, Argentina

For the boy's home, replaced a leaking roof, repaired walls inside and out, and painted entire home. For the girls, completed construction on a multi-use building, including supplying lighting and furnishings. Painted inside and out of new building, which will be used for study time and community gatherings.

Khao Sok Teen Custom Trek, Thailand, 2015

\$15,000 raised

Beneficiaries: 25 children at a children's home in Phang Nga, Thailand

Built storage shed and 3 new bathrooms and showers, purchased 500 baby chickens for egg/income generating project. Provided backpacks, school supplies, and clothing for the children.

Camino de Santiago Custom Trek, 2015, Spain, Portugal

\$26,000 raised

Beneficiaries: 12 at-risk and orphaned children in Lisbon, Portugal

Renovated and expanded the playground adding a rabbit hutch and rabbits, bicycle stands, and a new playground structure. Repaired and painted the walls to a new counseling and

visitation room and equipped it with furniture, tv, dvd, computers, games, and learning materials. Provided bags, new clothing and shoes for the children.

Everest Base Camp Trek, 2015, Nepal

\$86,000 raised

Beneficiaries: 360 poor and at-risk children in Kumari, Nepal

Built a new 8-room schoolhouse that was destroyed in the 2015 earthquake and furnished it with new desks, chairs, and chalkboards. Built first ever bathrooms for the boys and girls. Provided the children with new backpacks and school supplies.

Mt. Kilimanjaro Trek, 2016, Tanzania

\$21,500 raised

Beneficiaries: 12 orphaned children in Moshi, Tanzania

Built a new building for the staff to live in, built wardrobes for the children to store all their belongings, and purchased 100 hens for an income generating and feeding program. Provided the children with new backpacks and school supplies.

Salkantay to Machu Picchu Custom Trek, Peru 2016

\$33,000 raised

Beneficiaries: 24 at-risk children living in mountain villages, Peru.

Project at the village school included installing a new floor, energy efficient windows, new computers, and painting the pre-school.

Jungle Custom Trek, 2016, Guyana

\$26,500 raised

Beneficiaries: 44 at-risk and orphaned children in Georgetown, Guyana

Repaired roof, ceiling, drainage and plumbing at the house. Secured windows with internal bars and mesh coverings, built a greenhouse for income generating and feeding project, and purchased a new stove and washer. Provided the children with new backpacks, school supplies, clothing, and toys.

Chomolhari Trek, 2017, Bhutan

\$14,800 raised

Beneficiaries: 26 boys at a monastery in the Bhutan mountains

Built a new bathroom building with running water. Provided coats, backpacks, and games for the children.

Hill Tribe Teen Custom Trek, 2017, Thailand

\$21,000 raised

Beneficiaries: 47 boys and girls at a children's home and 200 children at a school in Phrao, Thailand

Built a boy's dormitory for the older children and furnished it with beds, tables, and chairs. Provided the children with new backpacks, school supplies, clothing, games, soccer cleats, uniforms, and balls at the children's home. Painted the perimeter fence, taught soccer clinics, and donated soccer balls, goals and cones at the school.

Phillipines, Adventurers 2017

\$12,100 raised

Beneficiaries: 300 boys and girls at an elementary school in Ligao, Philippines

Built a bathroom building with running water and handwashing sink. Purchased a water tank to store water for the bathroom. Provided children's reading books for the K-3 grades.

Mt. Elbrus Trek, 2017, Russia

\$15,700 raised

Beneficiaries: 66 disabled girls and boys at a children's home in Moscow region, Russia

Repaired a large sized roof at the Center, purchased a pottery wheel, art supplies and climbing wall materials. Provided shirts, backpacks, and toys for the children.

Cachicata Family Trek, 2017, Peru

\$9600 raised

Beneficiaries: 42 boys and girls at a children's home in Cusco, Peru

Repaired walls, ceiling, and electrical. Painted murals and painted all walls of the home. Purchased water filters and kitchen supplies. Provided the children with clothing, shoes, food, sports equipment, and toys.

Lares Custom Lodge Trek, 2017, Peru

\$19,200 raised

Beneficiaries: 35 boys and girls at a school in the mountains of Peru

Built a greenhouse so they can grow vegetables to feed the children at school and a guinea pig enclosure so they can house guinea pigs to eat. Provided the children with backpacks, shirts, and school supplies.

Chiapas Custom Trek, 2017 Mexico

\$34,400 raised

Beneficiaries: 25 girls at a children's home in San Cristobal, Mexico

Renovated an area of the house into a study hall for the girls to have a comfortable place to study. Installed a new roof on the study hall area. Purchased solar water heaters. Repaired a storage room and built an emergency staircase. Provided backpacks, school supplies, clothing, games, and sports equipment for the children.

Khao Sok Custom Teen Trek, 2018, Thailand

\$12,300 raised

Beneficiaries: 25 children at a children's home in Phang Nga, Thailand

Built 3 new bathrooms and showers, provided 150 baby chickens for an egg/income generating project, and gave new backpacks, school supplies, and sports equipment to the children.

Bhutan Custom Trek, 2018, Bhutan

\$28,300 raised

Beneficiaries: 20 young, otherwise homeless monks at a monastery in the mountains of Bhutan

Built a new bathroom house for young boys living at a monastery who did not have indoor plumbing or bathroom facilities. Painted the new bathroom house, brought toys, school supplies, new coats, and sports equipment.

Mont Blanc Circuit Trek, 2018, France, Switzerland, Montenegro

\$20,000 raised

Beneficiaries: 200 children living in refugee settlement in Montenegro

Built 2 new bus stop shelters, provided clothing and shoes, school supplies, and toys and games for a group of the refugee children.

Pico Bonito Custom Trek, 2018, Honduras

\$28,000 raised

Beneficiaries: 16 boys at a children's home and 50 children at a children's center in Tegucigalpa, Honduras

Repaired and expanded playground. Reconfigured the boy's dormitory so there are now separate bedrooms for more privacy. Repaired the outside of the house and gave it a fresh coat of paint including new murals. Repaired and enhanced the children's petting zoo, brought sports equipment, games, backpacks and school supplies.

Everest Base Camp Trek, 2018, Nepal

\$20,000 raised

Beneficiaries: 25 children at a children's home in Bhaktapur and 360 children at a school in Kumari, Nepal

Drilled a new well and purchased a pump so there is clean running water. Painted the entire house, inside and outside. Repaired the toilets, sinks, and lighting in the bathrooms. Provided backpacks, clothing, games, and school supplies at the children's home.

Tiled the floor of the school canteen in Kumari. Constructed tables and chairs. Purchased stove, cooking pans, plates, and utensils for the new school canteen so that school lunch could be served to the children each day.

Khao Sok Custom Family Trek, 2019, Thailand

\$25,000 raised

Beneficiaries: 20 children at a children's home in Phang Nga, Thailand

Built a new home for children with learning disabilities, added electricity to the home, and had a new well drilled for clean water. Painted the coffee shop that will be an income generating project and provided new school clothes, shoes, and school supplies for the children.

Nyangatom (Omo Valley) Custom Trek, 2019, Ethiopia

\$60,000 raised

Beneficiaries: 250 children of the Nyangatom tribe, Omo Valley, Ethiopia

Built 2 new classrooms and provided furnishings for the school.

Total Raised for Projects from 2005-2019: \$1,095,000

Total Spent: \$1,095,000

Total Children Helped: 3030

Total Countries: 19