

A high-angle, wide shot of a rugged mountain valley. In the foreground, a winding asphalt road follows the left bank of a wide, shallow river with milky, brownish water. The river flows from the background towards the bottom right. The surrounding mountains are steep and barren, with visible erosion patterns and patches of light-colored soil or rock. In the distance, a range of jagged, snow-capped peaks rises against a sky filled with heavy, grey clouds. The overall color palette is dominated by earthy browns, greys, and the white of the snow, with a slightly desaturated, cinematic feel.

ADVENTURUSH

ADVISORY

- As per the Ladakh Tour operator association Wildlife department permits , Adventure insurance and Medical checkup fees i.e INR 8,500 will have to be paid by the participant on to the local association
- Clearing The Medical fitness check done by Ladakh tour operators association in Leh is mandatory to continue on the trek , Any additional expensed incurred if the medical check is not cleared will have to be borne by the participant
- This trek covers locations based on high altitude and not recommended for people with asthma or other breathing concerns. This trek requires prior trekking experience.
- Age limit 18+
- It requires a good amount of physical strength, experience, and endurance to go on this trek.
- All the trekkers need to arrive 30 mins before time at the meeting point to prevent any delay.
- Consult with a physician before going on this trek Pack light and only necessary items as you will require to carry them on the trek.
- Avoid consumption of alcohol or any other intoxicants during the trek.
- Do not encourage trekking during the night unless it is a part of the itinerary and a guide is present with you to avoid mishaps Avoid using earphones during the trek, this might hinder your audibility.
- Trekking is to immerse oneself in nature, so please expect basic facilities Do not litter the local sites or campsites.
- Travelers found littering may be fined. Do not disturb the local life while trekking.

- Connectivity on this trek will not be great, so it is advised to inform your loved ones or relatives before ascending the trek from the base camp about the situation.
- All guests will be responsible for safety and security of their own luggage. So carry small daypack bags to carry all expensive things with you.
- Guidelines issued by the State-Government are to be followed. Keeping your safety first, if the weather is poor, the trip may be delayed or postpone, and an alternative time slot will be suggested.
- Not many places have the facility of Credit/Debit cards, so it is advisable to carry cash with you.
- Landslides/road blocks can happen unexpectedly on your way so carry snacks, biscuits etc. with you.
- Vendor details will be shared post booking. Please co-ordinate with vendor on reporting time & location.

PREP - WEAR, CARRY, FITNESS

- The difficulty level of the trek is moderate to difficult and requires physical strength.
- Starting the morning jogs, running, yoga, exercise, and cardio 15 days before the trip will be helpful during the trek.
- If you are able to Jog 5 kms in 30 minutes, your stamina is good to go

What to carry

- ID Proof (PAN card will not be considered as a valid address proof)
- Passport size photo
- Backpack
- Sturdy trekking shoes
- Slippers
- Extra pair of socks

- Thermal inner suit
- Warm and comfortable clothes - full sleeves t-shirts and trekking pants
- Poncho
- Towel
- Buff
- Fleece jacket
- Hand Gloves (waterproof & woollen)
- Sunglasses
- Sun Cap
- Kneecap
- Sunscreen lotion
- Skin moisturizers
- Water bottles,
- Energy bars/snack
- Trekking pole
- Emergency medical kit
- Flashlight/Headlamp (with spare batteries)
- Personal toiletries and basic medication (if any)
- Insect repellent

CANCELLATION POLICY

Full Refund- If cancelled before 7 days before scheduled departure

No Refund- If cancelled by customer less than 7 days before scheduled departure

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order to avoid inconvenience to other travelers, the expedition will continue in such case and participant will have to make their own arrangements, if they continue their stay.

PAYMENT POLICY

100% at the time of booking

