

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, white water. The river flows from the background towards the bottom right. The surrounding mountains are steep and rocky, with visible erosion patterns and patches of snow or light-colored rock. In the distance, a prominent, jagged mountain peak is covered in snow, standing out against a sky filled with heavy, grey clouds. The overall color palette is dominated by earthy browns, greys, and the white of the snow and river water.

ADVENTURUSH

ADVISORY

- **IMPORTANT NOTE FOR THE CUSTOMER:** Since Ladakh is a high-altitude mountainous region, it is susceptible to medical emergencies and road closures due to flash floods and landslides. Hence, there may be chances of 'on ground changes' in the itinerary like extra running of the vehicle, non-utilization of booked accommodation or transportation, alternate/additional hotel bookings or non-completion of the tour etc. These changes may attract extra expenses, which are not part of the original quote. Any such expense due to any reason medical / natural / political whatsoever will have to be paid extra by the guests. Furthermore, there will be no refund for any unutilized services due to any of the above-mentioned reason or any other reason like bad weather, health, natural calamity road closure etc.
- **COVID SOP :** Please note that as per the COVID 19 SOPs, currently in place for Ladakh, all the visitors, whether arriving by air or by road need to carry a negative RTPCR test report, not done earlier than 72 hrs prior to their arrival in Leh. People who have complemented Covid Vaccination with both the shots, atleast 15 days prior to arrival, will be exempted from this rule. Without the RTPCR negative report or Covid19 vaccination completion certificate, the guests will not be allowed for any sightseeing and has to undergo quarantine for minimum of 07 days.
- High altitude may lead to Acute Mountain Sickness due to lower oxygen pressure than usual. Some of the symptoms include headache, nausea and more. It is hence advised to acclimate yourself to this altitude. Consuming garlic, ginger water, chocolates or chewing gum can be helpful. You can also take medications as prescribed by you doctor, to reduce the symptoms of altitude sickness. Make sure to consult your doctor before taking the medicine.
- The check-in time is 12 noon. Early check-ins are only subject to availability.
- In situations beyond normal circumstances, additional expenses will be incurred by the travelling group. The same is valid if there is a change in the itinerary due to certain circumstances like political disturbances, flight cancellation, natural phenomenon etc.
- Guests are responsible for the safety and security of their luggage. It is recommended to carry a daypack bag to carry valuables.
- In case of any damage/accident to another person or property, guests will be responsible to compensate.
- Carry enough cash with you as most of the places do not have the facility of payment through Credit or Debit cards. Also, while there are SBI/J&K/HDFC/PNB/AXIS bank

ATMs available, these are usually jam-packed or out of order due to huge tourist movement.

- There are network issues in certain parts of Ladakh. Hence inform your family and friends about the same. However, Airtel and Jio postpaid have decent network in the area.
- Make a visit to your doctor before travelling to Ladakh. This is especially for those who have any heart related issues or even asthma.
- Carry light and healthy snack options with you, incase you are stuck due to a roadblock or landslide.
- Wear covered clothes and avoid wearing shorts. This is especially true if you are going to religious places including monasteries.
- Carry back all the plastic that you use. Ladakh is a “no polythene” zone, so do not litter.
- Photo identity proofs that are issued by the Government of India like Driving License, Passport, Voter ID, PAN card are needed.

PREP - WEAR, CARRY, FITNESS

To avoid AMS during trip

AMS or Acute Mountain Sickness is caused by the quick exposure to low oxygen levels at high altitude. Symptoms of AMS include nausea, fatigue, rapid heart rate and headache to name a few. The below mentioned precautions can reduce the symptoms of AMS.

- **Medication** - Consult your doctor before you take any medicines
- **Garlic** - Garlic improves the flow of blood in the body, and lowers dizziness and nausea
- **Cloves** - Like garlic, cloves also make the body use oxygen more efficiently
- **Ginger water** - it helps you feel less nauseous
- **Fluids** - Stay hydrated. You should consume four to five liters of water everyday to get acclimatized faster
- **Eat Light** - Keep eating at regular intervals. Take small and light meals
- **Avoid** smoking, alcohol, sleeping pills or antidepressants

Clothing

- **Walking and trekking shoes** - keep waterproof, comfortable and strong shoes
- **Extra pair of socks**
- **Woollen clothes** - Keep sweaters, jackets, comforters, shawls especially in the months between April and July, and October-November
- **Full-sleeved T-shirts and track pants**
- **Water-proof clothes** - Carry raincoats and rain jackets

Accessories

- Sunglasses with UV protection
- Lightweight gloves/mittens
- Water bottles that are preferably insulated
- Large Plastic bags to keep items dry
- Headlamp/flashlight with spare batteries as extreme cold weather damages batteries

Medical supplies & toiletries

- High SPF sunscreen
- Moisturisers
- Lip Balms
- Small wash and hand towels
- Hand Sanitizer
- Pain relievers - Keep sprays or balms like Moov or Volini

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- Doctor prescribed medicines for headache
- Mosquito Repellent
- Antiseptic cream
- Rehydration salts

Luggage & Bags

- Waterproof backpacks and handbags
- Duffel bag with personal gears
- Avoid trolleys and heavy suitcases

CANCELLATION POLICY

Full Refund- If cancelled before 15 days of scheduled departure

No Refund- If cancelled by customer less than 15 days of scheduled departure

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order not to cause inconvenience to the other travelers, the expedition will continue without participant.

PAYMENT POLICY

100% at the time of booking

