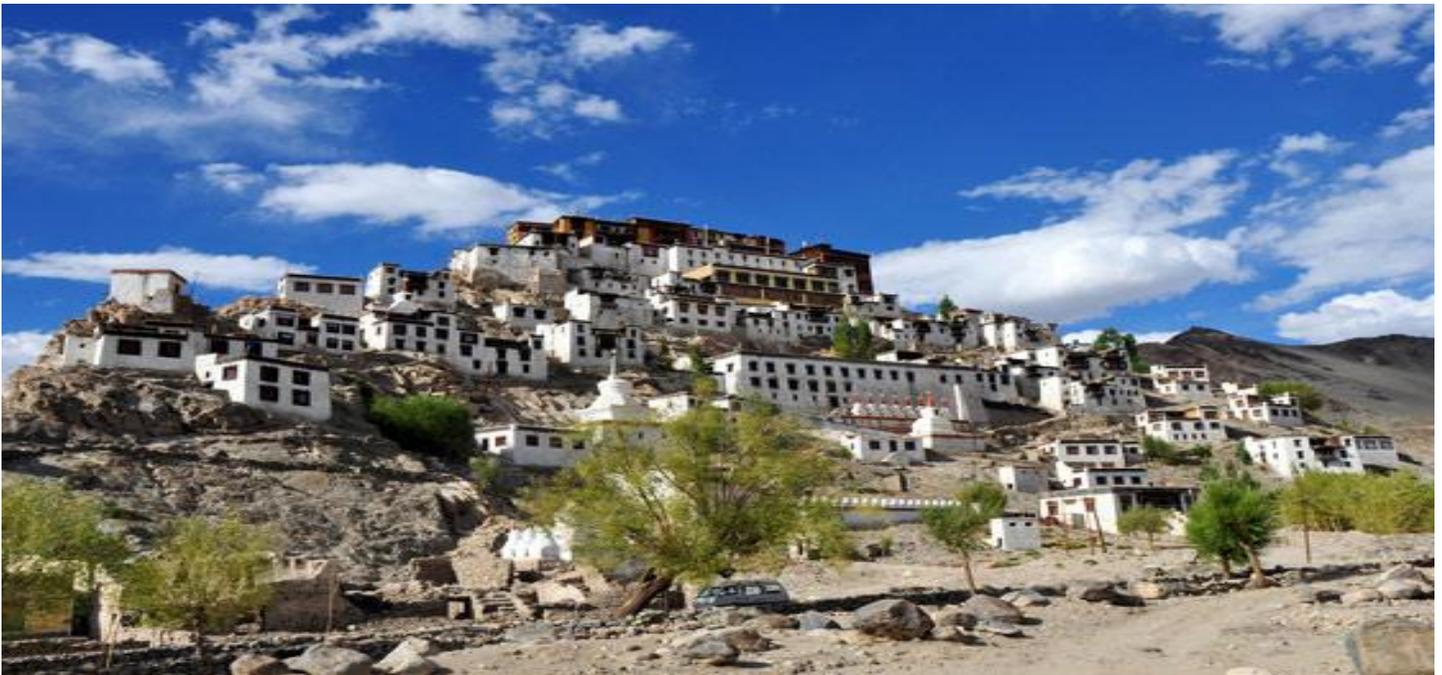
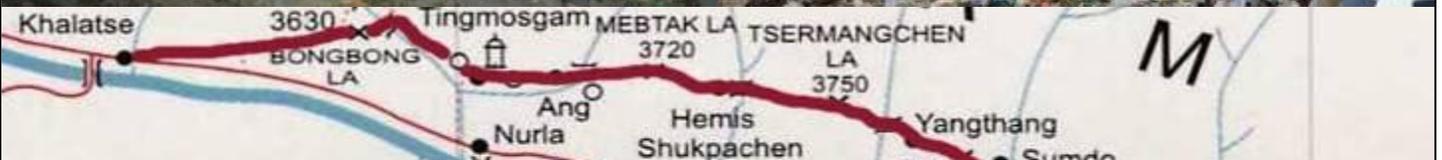


PHASE 2 – ACCLIMATIZATION TRAINING (LADAKH)
(8 Days/ 7 Nights)



Ladakh, with its awesome landscape and with its colorful people, is an amazing place to visit. This ethereal cold desert, known as 'The Last Shangri La' and 'The Little Tibet' etc., seldom fails to surprise. Flanked by two of the world's mightiest mountain ranges, the Great Himalayas and the Karakoram, Ladakh lies athwart two other mountain ranges i.e.





the Ladakh range and the Zaskar range.

Grade : Moderate
Maximum Altitude : 18,300 ft (Khardung La)

DAY 1 **ARRIVAL LEH (11,500 ft)** (By Flight)

Early morning board the flight from Delhi to Leh. Meet and greet on arrival by Snow Leopard Adventures representatives at Leh airport and transfer to the hotel.

Leh is the headquarters of the Ladakh region and is an interesting town.

Full day is at leisure for acclimatization. In the evening, if feeling good, we take a walk through Leh town.

Overnight stay in Leh hotel.

Note: Spending the first day at leisure in the hotel is a must for acclimatization.

DAY 2 **IN LEH (11, 500 ft)** (Sightseeing around Leh)

Morning after breakfast, proceed for a visit to Shey Palace and Stok Place.

Shey Palace was built in 1645 by Deldan Namgyal as a summer residence for the kings of Ladakh. It is the oldest palace in Ladakh and above the palace is an even older, ruined fortress. The Gompa has a 12-m high seated Buddha statue made out of gilded copper sheets and is the biggest statue in the region made from metal.

Stok Palace is the present residence of the royal family of Ladakh. The palace was built by king- Tsespal Tondup Namgyal in year 1825 after Zorawar Singh's annexation of Ladakh. The palace has a large collection of royal dresses, old Thankas, King's crown etc.

On the way back to the hotel, visit SOS village – the home for Tibetan Refugees.

SOS village houses a school, clinic and a craft shop and also a lovely, two-storey, golden-roofed summer palace of His Holiness The Dalai Lama.

Lunch at the hotel. Post lunch, take a walk up to **Shanti Stupa** to have a panoramic view of Leh town.

Later in the evening before dinner, we have general health check-up by a doctor.

Overnight stay in Leh hotel.



Overnight stay in tents/ Home stay

DAY 6 **HEMIS SHUKPACHAN – TIMOSGAM- LEH** *(Trek 3-4 hrs + Drive)*

After breakfast, start the trek through the Apricot rich village of Ang and reach Timosgam, where one can visit the monastery and the Palace. The weather in this valley is warmer compared to Indus valley and hence conducive to thick vegetation. The valley has plenty of apricots, apples and nuts plantations thus making it one of the richest valleys in Ladakh. Since people are wealthier here, they have beautiful houses with nice interiors.

At Timosgam, board the waiting vehicle and drive back to Leh followed by leisure time.

Overnight stay in Leh hotel.

DAY 7 **IN LEH** *(Drive to Khardungla & hike to North Pullu)*

Morning after breakfast, we drive to Khardung La (Pass) and hike in the area.

***Khardung La** is 39 kms drive from Leh and is the world highest motorable road at 18,300 ft. It is at the same altitude as the base camp of Mt Everest and is a test of your physical endurance. From the pass there are magnificent views of the Karakoram Range and the Zaskar range.*

After reaching Kahardung la, we hike in the area towards North Pullu.

Later in the afternoon, we drive back to Leh. Rest of the day is at leisure to explore Leh Bazaar.

Overnight stay in Leh hotel.

DAY 8 **DEPARTURE LEH** *(By Flight)*

After an early breakfast, transfer to the airport to board the flight to Delhi.

--- END OF PROGRAMME ---



IMPORTANT TRAVEL INFORMATION FOR LADAKH

WEATHER:

Ladakh is a high-altitude mountain desert with very little vegetation. The area falls under the rain shadow area of the Greater Himalayas. The main source of water in the region is the winter snow that melts during summers. Of late, the area has been experiencing unusual rains apparently due to global warming. It is therefore advisable to carry an umbrella/ poncho/ wind cheater in your daypack.

TEMPERATURES:

From June-August, temperatures in Ladakh range between 20 degrees Celsius to 30 degrees Celsius during the day. At nights, temperatures range between (-) 3 degrees Celsius to 15 degrees Celsius, depending upon the altitude.

PHYSICAL FITNESS:

Due to very little vegetation in the area, the oxygen level in the area is low. So acclimatization is an important aspect of a trip to Ladakh. All guests who plan to visit Ladakh must ensure that they are physically fit. People with heart/ lung related problems (asthma) should avoid trekking. All guests are requested to visit their dentist before the trip.

PHOTOGRAPHY: Photography of bridges, airfields and military installations is strictly prohibited.

LIST OF THINGS TO CARRY:

1. T-shirts/ sweat shirts
2. Light weight long trousers
3. Lockable Duffel Bag
4. Wind proof jacket
5. Sleeping bag
6. Warm clothes / jacket especially for evenings and mornings. Layers of clothing, is preferable to a big thick jacket (thermals are recommended for the innermost layer). This way you can add or remove layers according to the climate, which can change rapidly.
7. A daypack (Knapsack) to carry your water bottle, camera, pack lunch etc.
8. Good quality ankle length trekking shoes (not new).
9. Sun glasses with U/V protection, cap, sun block (30% and above SPF)
10. Retainers for spectacles/ sun glasses
11. Camera with extra batteries/ memory card.
12. Flashlight with extra batteries (*LED head lamp*)
13. Personal toiletries & medicines
14. YOUR SPRIT OF ADVENTURE & SENSE OF HUMOUR!

PRECAUTIONS AGAINST HIGH ALTITUDE SICKNESS

High Altitude sickness can strike at altitudes above 2,500 m, but is most likely to set in above 3,000 m. The degree to which it can affect people depends upon factors such as age and physical fitness. There are, however, some precautions one can take, which will reduce chances of being effected by high altitude sickness.

1. Acclimatize yourself properly, always ascend slowly. Take it easy for the first 24 - 48 hours.
2. Drink plenty of fluids. It is advisable to keep away from alcohol, any anti-depressant drugs, barbiturates; tranquilizers and sleeping pills. All these can worsen symptoms.
3. Consume plenty of carbohydrates, less oily and predominantly vegetarian.
4. Drink plenty of water, at least 3 – 4 liters daily so as to pass ample clear urine.
5. Don't over exert yourself. Walk or climb at your comfortable pace or speed.
6. If you start experiencing symptoms of high altitude sickness, don't go to higher altitudes until the symptoms subside.
7. Diamox has been used to help in acclimatization but it is advisable to consult your physician.
8. The Sonam Norbu Memorial Hospital in Leh has a team of qualified doctors familiar in dealing with high altitude sickness and other medical problems.

THREE GOLDEN RULES ABOUT HIGH ALTITUDE SICKNESS (HAS)

1. If you are feeling unwell at high altitude (mild headache, shortness of breath, nausea, dizziness & fatigue), it is high altitude sickness!
 2. Do not ascend with symptoms, rest at same altitude till you feel normal!
 3. If symptoms are worsening, descend immediately to a medical center!
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