# MANALI - LEH TOUR AND TREK (MLTT)

**Introduction**

Experience a very challenging road journey from Manali to Leh (480 kms) via five High altitude Passes and enjoy some trekking on the way. During the journey, one will experience the lush greenery of Manali and the barren and majestic landscape of Ladakh.

The program design includes a coach or bus journey and a trek every day. Unlike traditional trek programs, this one offers the cushion of vehicle travel if a participant is weak to trek on a given day although this comfort cannot neutralise the challenges of the altitude. At the same time, exposure to this calm environment can allow one to introspect and provide opportunities to transform towards higher inner strength and character.

**Key Information**

- Duration : 9 days
- Location : Ladakh, J&K
- Age Group : 14 ~ 75 years
- Intensity : * * * * (High)
- Batch Size : 14 ~ 45
- Best Season : 10 June - 15 Aug

**Program Highlights**

- Road journey by 17 seater coaches from Manali to Leh, about 480 kms
- Cross 5 High Altitude Passes on road: Rohtang La / Baralacha La / Nakee La / Lachung La / Tanglang La
- Leisurely walks on the highway, about 10 kms per day
- Altitude varies between 2180 m ~ 5328 m (7,000 ~ 17,480 feet)
- Pay in two instalments; Multiple payment options are available on request

**Day by day activity in brief**

**Day 1: Travel Day:** Flights from major cities into Chandigarh - taxi to hotel - stay overnight in 3 star category hotels, twin sharing. Dinner on your own.

**Day 2:** Complimentary breakfast at the hotel - Board coach to Manali at 0930 hrs; road journey with packed lunch (8 ~ 10 hrs road journey); Arrive in Manali about 6 pm; check-in to hotels; twin sharing; dinner at the hotel

**Day 3:** Breakfast at 0830 hrs, Orientation & Introduction to other participants. Day is for your leisure, acclimatization and planning or shopping for the trip ahead. All veg meals & stay in same hotel;



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**Day 4:** Manali → Kothi (Drive 15 km) + Trek Kothi → Madi (2-3 hours / 8 ~ 10 kms)
Breakfast at hotel; Board coaches and short scenic drive from Manali to Kothi village; Begin the trek toward Madi (3,300 m), Trek duration: 2-3 hours (moderate); Trail features pine forests, valley views, waterfalls, and stretches along old Manali- Rohtang route; Reach Madi by afternoon, relax, and explore the high-altitude landscape; Overnight stay in Madi - Tents / twin sharing; Dinner at camp; Stay Altitude: 3300 m / 10,593 feet ; Max Altitude of the day: 3300 m / 10,593 feet

**Day 5:** Madi → Patseo (Drive 118 km) + Trek (2 - 3 hours /8 ~ 10 kms)
Start drive after breakfast - drive to Rohtang Pass (12000 feet) - stop for sight seeing - drive into and out of Atal Tunnel - reach Patseo - rest for a while - trek for about 2-3 hrs; Route: Madi → Rohtang Pass Keylong → Jispa→ Patseo - Sissu; Enjoy views of waterfalls, glaciers, and high Himalayan mountains; Patseo is good for acclimatization; Overnight stay in Patseo, tents; Stay Altitude 3,800 m / 12,198 feet ; Max Altitude of the day: Stay Altitude 3,800 m / 12,198 feet:

**Day 6:** Patseo → Sarchu (Drive 60 km) + Trek (2 ~ 3 hrs / 8 ~ 10 kms)
Drive past Deepak Tal and Suraj Tal; Cross Baralacha La (4,890 m); Reach Sarchu (~4,290 m), a key stop on the Manali-Leh highway; Overnight stay in Sarchu, tents; Stay Altitude: 4,290 m / 13,770 feet; Max Altitude of the day: 4,890 m / 15,696 feet

**Day 7:** Sarchu → Rumtse (Drive 181 kms) + Trek (2-3 hrs / 8 ~ 10 kms)
Drive through iconic Gata Loops (21 hairpin bends); Cross Nakee La (4,739 m / 15,547 feet) and Lachung La passes (5,065 m / 16,616 feet); Drive across the famous Morey Plains; Stop at Morey Plains and enjoy scenic grandeur of Tibet plateau; Cross Debring - Drive over Tanglang La Pass (5,328 m); Trek enroute towards Rumtse; Overnight stay in Rumtse > tents; Stay Altitude: 4,200 m / 13,450 feet - **highest camping altitude during the trip**; Max Altitude of the day: 5,328 m / 17,480 feet - **highest point during the road trip;**

**Day 8:** Rumtse →Leh (Drive 76 km)
Commence day with trek, about 4 kms, after breakfast; Later, drive through Indus valley landscapes; Arrive in Leh about 3 pm (~3,500 m); Freshen up - guests are free to go to Leh market or other places. Dinner at the guest house; Overnight in Leh / guest house;

**Day 9:** Check out and transfer to the airport after a hot or packed breakfast; Departure from Leh by flights; Any guest wishing to stay additional day(s) on their own can inform us early to make these arrangements.

**Accommodation**

There are 2 types of accommodation provided during the program as below:

1. Guest House - Manali / Leh : Twin sharing with attached bath, hot water available. Single sharing room is available at an additional cost
2. Tents - Enroute during road trips, twin sharing, shared toilet tents. Single sharing tent is



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at an additional cost

3. Dhabha Dorms In case of high winds, tents become unstable; we might opt for Dhabha dorms.

**Program Alteration**

It must be borne in mind that the program route and campsite locations can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, Himalayan weather is unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

**Food and Beverages**

The participant is assured of a simple Vegetarian diet (eggs included). The menu is predominantly North Indian. During the road journey breakfast and dinner are served hot while lunch is packed.

**Fitness and Skill requirements**

Participants are required to have **high fitness and endurance** to accomplish the tasks / activities in the program. This means that he/she must be able to walk 10 ~ 12 kms, jog for about 5 kms and ascend moderate gradients, whilst carrying a back pack of about 5 kilos. It is advised that participants exercise themselves rigorously for at least 4 months prior to arriving at the campsite.

**TWO BULK Payment Options: COST PER HEAD**

| | 1st instalment | 2nd and final instalment, 60 days before program date | Total |
|---|---|---|---|
| **First 15 registrations** | Rs. 36,000 | Rs. 58,750 | Rs. 94,750 |
| **Registrations 16 and above** | Rs. 42,000 | Rs. 62,950 | Rs. 104,950 |

**Payment Terms**

1. All payments can be made through our web portal after registration is completed.
2. Multiple EMI options may be available after the first payment is done. Please contact us for details
3. Additional cost for single sharing in tents / guest houses is Rs. 9100 per person (subject to availability)
4. Prices may change without prior notice. If you have registered, but did not pay, we cannot hold prices offered to you previously. You have to pay the price of that day.



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**Scope & Inclusions**

Tour commences in Chandigarh and ends in Leh and includes:

- Travel by flights into Chandigarh and return by flights from Leh. If flight prices go up beyond our budgeted amount, we may raise the program prices without prior notice
- Accommodation in guest house rooms, tents as in the schedule above - TWIN SHARING
- Vegetarian meals and refreshments: All meals from breakfast in Chandigarh, before boarding coach to Manali, till breakfast before departure from Leh
- Traveller Coach journey Chandigarh - Manali
- Traveller Coach for road journey Manali - Leh; Departure transfers at Leh airport
- Equipment for camping – tents, dining tent, kitchen tent, utensils, toilet tent, sleeping bag
- Experienced tour leader, cook + porters; Camping permits and forest charges

**Exclusions**

- Additional costs due to any of these reasons: flight cancellations, change in flight timings, missed flights, lost baggage, date change request, seat selection, additional baggage etc.
- Meals during flights; dinner at Chandigarh on arrival day.
- Unforeseen handling / boarding or other costs due to weather disturbance, land slides, political unrest and reasons beyond the control of NALS
- Deviation from the program due to any reason by participant(s) leading to additional guides, taxi, porters, handling, hotel, medical costs and meals. (for eg. taxi services in this region can cost Rs. 25,000 per day and guide services are about Rs. 5000 per day per guide)
- Additional hotel cost in Manali & Leh due to early arrival or late departure
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance etc.



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**IMPORTANT Comments:**

1. CAUTION:
    a. This is not a regular tour or sightseeing program. This program involves outdoor exposure, hardships, exposure to Nature at altitudes, uncertainties due to several known and unknown factors, etc. **PEOPLE WHO SEEK LUXURY SHOULD AVOID THIS PROGRAM.**
    b. PEOPLE WHO HAVE SERIOUS HEALTH ISSUES (cardiac / respiratory / High BP / Spinal, auto immune / obesity, etc) SHOULD AVOID THIS PROGRAM
2. Major Objectives: **BUILD YOUR CHARACTER & STRENGTH**
    a. Adaptability: The ability to adapt to adverse situations and move forward is an important quality that we all need to experience and follow in a world that seeks comfort and luxury. This program does not offer any comfort or luxury beyond basic camping.
    b. Endurance and Stamina: Overcoming physical and mental challenges are an important objective for all human beings. Participants can expect psychological challenges due to lack of comfort, altitude sickness, weather, staying in tents, walking long distances and several other factors..
    c. Survival Skills: Removal of fear and experiencing courage.
3. Cell Phone & Charging
    a. For student programs, NALS will restrict use of cell phones
    b. Kindly consider that we will be away from cell range for a large part of the road journey. Although, Jio has reasonable signal strength in some pockets of this journey. Only post-paid SIM cards work in Ladakh due to security reasons.
    c. Access to power sources is also not assured during tent stay. Hence, we suggest you carry a power bank for charging your cell phone / torches
4. Acclimatisation
    a. Altitude sickness (also known as ACUTE MOUNTAIN SICKNESS) is a major hazard during this program as we travel / stay above 3,500 m / 11,400 feet during the journey.
    b. Some of the minor symptoms: Headaches, nausea, lack of appetite, sleep issues, indigestion etc
    c. Some of the major situations: breathlessness, pulmonary and cerebral oedema
    d. Very rarely, frostbite can occur to some participants if they do not protect themselves adequately from prevailing low temperatures.
    e. Add pranayama and cardio vascular exercises during the preparation stage to mitigate or minimise effects of altitude sickness. DIAMOX tablets can help one minimise altitude sickness
5. We anticipate some other challenges:
    a. Tent life can be very uncomfortable for some: sleeping on the floor, wind flapping throughout the night, using sleeping bags, low temperature, sleeplessness and lack of attached toilets. Furthermore, we will pack, unpack, and move every day. But camping is all about adaptability, humility, exploring our inner strength and oneness with nature.
    b. Snoring: If you snore and share a tent with a non family member, it can be hell for the other person. We strongly suggest that you opt for a single sharing tent right away. The cost is published in the Program Document. (Reply to enquiry@nals.in requesting for single sharing and we will do the needful)
    c. Food: Indigestion is common due to the prevailing cold weather and low oxygen levels. Eat wisely during the program. Avoid junk food and snacking.



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d. Sun glasses are an extremely important element that you must carry. We suggest you carry one spare set of sun glasses. Snow blindness and UV Exposure are potential risks if we walk near or on snow under sunlight. This can lead to reflecting light from the snow to cause temporary or permanent retinal damage.
e. Road / coach Journey:
    i. Mountain roads, traffic jams, discomfort with cramped sitting, travel sickness can be anticipated.
    ii. Road conditions change rapidly: Landslides, water crossings, flash floods, vehicle breakdown and traffic jams may affect our tour and timings.
    iii. One must have patience and tolerance for these underlying conditions.
f. Bathing is not possible during the road journey.

6. Toilets during camping
    a. Hole in the ground with tent and western seat.
    b. Running water will not be available. We provide toilet rolls
    c. Women may have some difficulty during road journeys where toilets are not available. NALS will endeavour to pitch toilet tents.
7. Mountain guides & support staff
    a. NALS guides are certified and experienced mountaineers
    b. NALS support and kitchen staff are experienced in altitude treks and expeditions
8. Although the participant is assured of food and boarding throughout the program (Manali to Leh), we suggest that you carry reasonable cash for personal / deviation expenses. Please carry original ID documents.
9. Insurance: Kindly get health and accident insurance with sufficient cover
10. International Travellers
    a. We suggest arrive in India at least 2-3 days before the program date
    b. This will help you recuperate from jet lag before entering the program and thus avoid aggravation of altitude sickness
11. Optional:
    a. Carry your karaoke songs on your phones - we will provide speaker with mic for some evening fun time
    b. Special cameras for some spectacular photography
    c. Apps for night sky viewing. We might get to see our milky way galaxy and several constellations
12. NALS cannot be held responsible for loss of your personal valuables or essentials



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## General Terms and Conditions

### PAYMENT TERMS

1. Payment Mode (when online IPG is not possible on our website):
    a. Direct Deposit, wire transfer, NEFT / RTGS to:
        i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore
        ii. IFSC : SBIN0003061
        iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. UPI ID: Q039472514@ybl
3. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

### CANCELLATION POLICY

If participant leaves, cancels or does not report for the program for any reason, the following charges will apply:

| | | |
|---|---|---|
| 1. | More than 45 days prior to commencement of program | Rs. 3000 |
| 2. | 31-45 days prior to commencement of program | 40% |
| 3. | 14-30 days prior to commencement of program | 60% |
| 4. | Less than 14 days to commencement of program | 100% |

Very rarely, NALS may be forced to cancel a program due to *force majeure* (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of the program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. **In case, your booking includes flight, cancellation charges will be higher depending on the air carrier and this may vary from time to time.**

### PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

### RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of this program, the participant will be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Some of the wild animals in this area are Himalayan Black Bear, Marmots, Deer and foxes. In case you see some of them, kindly do not rush towards the animal for a photo opportunity. Neither should you call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parent consent and signature is mandatory for participation in our programs.



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