



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

LADAKH TREKKING AND SIGHT SEEING (LTSS)

Introduction

Ladakh and its blue skies, panorama of barren mountains broken only by meandering rivers is a dream destination for trekking and sight seeing. This program offers you a chance to enjoy the rugged terrain and rustic splendour of Ladakh.

Key Information

- Duration : 13 days / 12 nights
- Location : Ladakh, J&K
- Age Group : 10 ~ 45 years
- Intensity : * * * (Moderate)
- Batch Size : 08 ~ 20

Program Highlights

- Trek to base camp of STOK KHANGRI peak in Ladakh
- Total trek distance will be about 40 kms
- Altitude varies between 3500 m ~ 5000 m (11,235 ~ 16,400 feet)
- Sight seeing in Leh > get insight into 11th century customs and traditions
- Monastery visit, Khardung La Pass, Pangong Tso Lake visit, Nubra Valley

Day by day activity in brief

Day 1: Fly to Leh

You will have an early morning transfer to the Domestic Airport for the flight to Leh. On your arrival in Leh transfer to hotel. Day at your leisure for acclimatization. Please take rest and do not exert yourself. Over night - tents

Day 2: Leh to Al chi

Rest in the morning & after lunch we drive to Alchi en-route we visit Gurdwara Pathar Sahib, Magnetic Hill, 800 years old Alchi Monastery & Rizong Monastery before we check into our campsite. Over night at tents - Alchi.

Day 3: Alchi to Leh

After breakfast we drive to the Rafting spot with packed lunch. White Water Rafting at Indus or Zaskar River. Then we drive to Leh, evening free for shopping. Overnight - tents

Day 4: Leh to Stok village by taxi

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Trek to Stok village to Mankorma 14,272 ft. (6-7 hours), night stay in Mankorma. Over night - tents.

Day 5: Trek from Mankorma to Stok Base camp, approx 16,400 ft. (5-6 hours) - We make an early start and reach base camp with most of the day to rest. We have lunch and then take a short climb from base camp to acclimatize. We climb approx 50~100m and return to base camp. Over night - tents

Day 6: Early approach trek to peak Stok Kangri as much as possible and return to base camp for hot lunch. Over night - tents.

Day 7: Trek to Stok village & Taxi to Leh (5-6 hours) - From base camp we descend all the way to Stok village. It takes about six hours to reach Stok village where we will board taxi. We then drive back to Leh and enjoy a late meal at the hotel or eat packed lunch. Over night at hotel - Leh.

Day 8: Leh to Nubra Valley

After breakfast leave for Nubra valley via Khardung La (Highest Motor able Road on Planet Earth). Reach Nubra Valley for lunch, explore Deskit and Hunder villages for rest of the day. Here's where you can enjoy two-humped camel safari on sand dunes. Over night at Guest House / Campsite - Nubra.

Day 9: Nubra to Leh

Visit Shanti Stupa and Leh Fort on the way. Over night - tents

Day 10: Leh - Pangong Tso - Leh

Leave for Pangong Tso through Chang La 17,350 ft. one of the highlights of the Ladakh experience on the Indo-Tibetan border. Pangong Lake lies at a altitude of 14,500 ft. with blue-green shades of tranquil brackish water and surrounded on all sides by snow-capped high mountains before we check into our campsite. Over night at Campsite - Pangong Tso)

Day 11: Pangong Tso to Tsomoriri - After breakfast we drive to Tsomoriri Lake with packed Lunch. In the evening check into your campsite. Over night at Campsite - Tsomoriri.

Day 12: Tsomoriri to Leh

After breakfast we drive back to Leh. Over night - tents

Day 13: Leh to airport - After breakfast get transferred to the airport for your onward journey.

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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 simple a Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks.

Fitness and Skill requirements

Participant is required to have medium fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 10 ~ 12 kms, ascend moderate gradients, whilst carrying a back pack of about 5 kilos. It is opined that any average person who exercises 30 minutes every day will have only medium fitness. Therefore, it is advised that participants exercise themselves rigorously for 3~4 months prior to arriving at the campsite.

Package Cost

Cost per participant INR (Rs.) 40,500, inclusive of GST

Scope & Inclusions

Package is ex-Leh and includes:

- Arrival / departure transfers at Leh,
- Sight seeing tour in Leh / other places, by taxi/van/car/coach
- Accommodation in tents with full boarding (vegetarian meals)
- Equipment for camping – tents, dining tent, kitchen tent, utensils, toilet tent, sleeping bag
- Experienced tour leader, cook + porters
- Camping permits, forest charges, IMF permits
- Porter / Mule charges for carrying baggage during trek

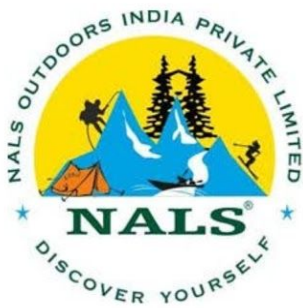
Exclusions

- Flight or Travel costs into and out of Leh (from home town)
- Unforeseen handling costs due to weather disturbance, land slides, political unrest
- Deviation from program due to health of participant leading to additional guides and porters, handling, hotel and meals will be charged extra.
- Additional hotel cost in Leh due to early arrival or late departure
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance etc.
- Entry fee for monasteries (approx budget Rs. 1000)

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. 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 30 days prior to commencement of program | Rs. 5000 |
| 2. | 15-30 days prior to commencement of program | 20% |
| 3. | 8-14 days prior to commencement of program | 50% |
| 4. | Less than 8 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 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. Please check your tickets. .

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 sight 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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