

## Recommended Tips before visiting Ladakh:

1. Best Period to visit Ladakh is between April – October.
2. From Srinagar Route between Mid May till End of October.
3. From Manali Route between June till end of September.
4. For Zangskar Route between June – November.
5. Opening/Operating of above routes all depends on weather condition of passes.
6. There is only one season in Ladakh between April to October. There is no Off Season in Ladakh.
7. Always carry your photo identity card with address proof along with you during journey for security purpose (Passport / Adhaar Card / Election Card)
8. As for winter only few Hotels in Leh are operating who have central heating facility.
9. Note for Hotel Stay in Leh, there will be daily check in and check out policy during your stay.
10. No Heaters will be provided at Camps or any other places except Leh (In Leh hotels, heating facility between October till April End or Mid May & by End of September onwards)
11. **For Cell Users:** Only Post Paid cards operated in J & K State. BSNL, AIRTEL & AIRCEL are the better options. BSNL Postpaid highly recommended (**For 3G Services contact your network operator**)
12. Routes of Zangskar, Kargil, Sham Valley, Nubra, Tsomoriri and Pangong have only BSNL Network with Postpaid card only.
13. BSNL card to be carried by tourist, as we don't have facility to provide from our end.
14. Be decent in wearing your clothing and accessory during your journey in Ladakh, as some places you may hurt the sentiments or religion of locals.
15. Carry enough of personal medicine, as many prescribed medicine not easily available in Ladakh.
16. Avoid spending more time at high altitude passes & don't expose your body on high altitude passes.
17. Suggest you not to wash your clothes at room; prefer to give it for laundry, service available at all hotels / resorts in Leh.
18. For Smokers, avoid smoking on high altitude and reduce the smoking during journey, as excess smoking will harm you on journey.
19. Liquor not easily available in Leh, suggest you to carry your own stock of brand.
20. **Don't throw garbage or any kind of dirt on road or at passes, suggest you to dump in your car or at your resort / hotel thrash in.**
21. If arriving directly to Leh by Air, On Arrival please rest for 24 Hours for acclimatization, as you traveling to High Altitude from Low.
22. Have plenty of drinking water or any kind of liquid (except alcohol) especially during journey.
23. While visiting any gompa, please take Lama Permission for Photo or Video Shoot.
24. Please wear proper clothing while visiting Gompa.
25. **For Females:** No Open Hair, Short Skirts or any revealing short dresses allowed at Gompa.
26. **For Males:** No Short Pants or Sleeveless allowed at Gompa.
27. **Avoid loud talks during visit to Religious place or local homes or in public places.**
28. Please take suggestion of Family Doctor before Visiting Ladakh for any kind of personal Medicines.
29. Vehicle will be provided on Point to Point basis as per tour plan, not on Disposal to tourist.
30. A/C vehicle available at extra charges, as per route to route (A/C wont operate on uphill roads)
31. Innova, Tata Aria, XUV 500, Sumo Grande, Xylo & Scorpio max 06 pax can be accommodated for Indian Tourist and for Non-Indian only 04 Pax allowed as per Taxi Union rules in Ladakh.
32. For 8 – 12 pax we can recommend 12 seater Maxi Cab (Swaraj Mazda) / Tempo Traveler.
33. Carry Necessary clothing, over weight of luggage to be avoided.
34. For over access luggage we do not assure to accommodate on same vehicle / option.
35. Extra bed person will be given extra mattress in every hotel & Resort & Extra bed facility only at Camps.
36. Hot water in most of hotels / Camps / Resort will be provided in morning and evening, Please clarify during check in to hotel at reception.

37. Any kind of extra meals ordered / meals which are not part of package, bills to be cleared before check out.
38. For Jain / Vegan Meal / anything specific, please update well in advance during confirming the trip.
39. We have Rajasthani / Gujarati cook (Maharaj) facility at Selected Hotels/ Camps at Leh, Nubra Valley & Pangong Lake (from May till June End only)
40. On High Altitude Please don't scream or talk more or over exhaust yourself
41. **Request to use soft language to tour guide, driver or hotel / camp staff & Locals. Avoid Foul / Abusing Languages.**
42. Carry your own individual tour plan as planned / suggested by your local agent.
43. For Luggage in Air Carrier, please recheck with us or your agent from where you booked your air ticket. For frequent flier, recommend to contact directly to Airline office.
44. Please reconfirm the air ticket one day prior to respective airlines for actual update.
45. We won't be doing seat allocation or web check in for any tourist from our end. It has to be managed by individual tourist.
46. We hold no responsibility for any left out luggage or any valuable items at any destination.

**Most Imp:** Please don't call any locals by Pakistani, Chinese or Chinki or Nepali or any other non related names....as this may hurt the sentiments of locals and may lead to unforeseen situations. Please respect every religion / caste/ locals with high respect.

#### **Things to Carry:**

- Woolen Clothing (Gloves, Cap, Socks, Sweater) / Muffler / Shawl / Scarf.
- Inner Clothing (**Thermal Wear recommended**) / Sun Hat or Cap.
- Light weighted wind stopper jacket & base (recommended & optional)
- Sun Glasses with UV Protection (**Highly recommended**)
- Sun Screen Lotion with min SPF 40/50 & Cold Cream.
- Sandals / Slippers and Proper Shoes (Avoid Leather Shoes)
- Hand Towels / Dry fit Towers (preferred)
- Cotton / Cargo Clothing for day Journey.
- Day bag pack for day journey.
- Dry Fruits / Energy Bars / Personal choice of dry snacks during journey.
- Personal Toiletries.

#### **Medicines: Always take Family Doctor Suggestion / Recommendation for below suggested medicines.**

- Avomine / Similar - Vomiting.
- D Cold / Similar - Illness
- Combiflam / Similar - Body Pain.
- Vicks / Similar - Nose Block / Cold.
- Iodex Balm / Relief Spray / Similar - Sprain.
- **Diamox / Similar - For High Altitude.**
- Saridon / Similar - Headache.
- Glucon D / Electoral powder & Camphor.
- Personal Medicines.

**Note: Similar medicines should be prescribed / recommended by your family doctor.**