

Fact Sheet

NOMADIER™

Your date with the edge



1. Group Size

- A minimum of 2 people are compulsory in any of the packages except for the Frozen Zaskar River Trek (Chadar Trek) where minimum 3 people are required and the Bike and Cycle Safaris for which a minimum of 4 people are compulsory
- An individual travelling alone can be accommodated on request

2. Age Limits

- Is it advisable for children below the age of 6 years and adults above the age of 60 years to not undertake the below mentioned packages:
 - Heritage Ladakh Package – L001
 - Sham Valley Trek 1 (Short Trek) – L002
 - Sham Valley Trek 2 (Short Trek) – L003
 - Sham Valley Trek with Rafting – L004
 - Wildlife and Village Trek – L005
 - Sham Valley Trek (Long Duration) – L006
 - Markha Valley Trek – L009
- Is it advisable for children below the age of 12 years and adults above the age of 60 years to not undertake the below mentioned packages, except that they have previous experience in mountaineering, extreme cold and cycling:
 - Stok Kangri Mountaineering Expedition (Short Duration) – L007
 - Stok Kangri Mountaineering Expedition (Long Duration) – L008
 - Extreme Adventure Mix Package – L010
 - Cycle Safari – L011
 - Bike Safari – L012
 - Festival Package 1 (Matho Nagrang) – L013
 - Festival Package 2 (Thiksey Gustor) – L014
 - Festival Package 3 (Chemrey Angchok) – L015
 - Festival Package 4 (Stok Guru Tse-Chu) – L016
 - Winter Trek Package – L017
 - Frozen Zaskar River Trek (Chadar Trek) – L018

- For the Bike Safari Package, it is necessary for individuals, who would be riding the bikes, to be above 18 years of age and have a valid driving license
- Age however, doesn't necessarily warrant a barrier or a qualification. Personal discretion is advised to each guest as one is the best judge of one's own fitness and health

3. Climate and Weather

The altitude causes wide variations in climate within Ladakh, but in general, summer is short and mild and winter chilling and long. The spring and autumn are very short and cold too. The cold weather begins in September/October and lasts till May. The hottest and coldest months are July and January respectively. There is little precipitation, summer rainfall is irregular and depends on occasional incursions of the monsoon from Indian mainland over Himalayas. Most of the precipitation (about 2/3) is in the form of winter snow. Moreover, whatever little precipitation is there, it is restricted to 15 to 20 days a year except for some pockets in Kargil district, where it may last up to 30 days. It is because of this peculiar climate that Ladakh is often classified as Cold Desert. With the standard lapse rate of about 6.5^o C per 1000 mts., Kargil-Dras area is 6^o C-10^o C colder in winter and 0^o C-3^o C cooler in summer than the Leh area.

Season Chart

Spring (April and May)

By April end the first signs of life start emerging in plants. Apricot flowers bloom. It is relatively cold, with comfortable day-time temperature. Since the road has been closed for the whole winter months, stocks in the market are generally depleted, no fresh vegetables or fruits.

Summer (June to September)

By early June the highways are definitely open, all tourist business are almost streamlined. Temperatures are moderate, making it a good time for any trek, the snow-line rises, and no likely precipitation. Since, this is the most popular season for trekking, some standard routes are the flavour of the trekkers. Airline flights are operating in full capacity, Road connections are comfortably smooth.

Autumn (September-October and November)

The Road connections may cut off any time in these months, depending upon weather condition. In October 2008, twice the Leh-Manali road was temporarily blocked due to

snowfall and trekking groups had to abandon their forward journey on way to Zanskar when they were unable to cross Singge La. By October end water in open starts freezing, forming thin sheet of ice, which usually melts in daytime. The stage is set for the winter in Ladakh.

Winter (December to March)

By December, most of the summer tourist activities in Ladakh are over. The Chilling cold of December makes the summer a history and most of the locals start gearing to face long drawn winter. Many of the monastery festivals are in these months. Fresh fruits and vegetables become extinct. Precipitation, though little, is in the form of dust-like dry snow. Kargil, being on the lower altitude has more snowfall.

4. Best Time To Visit

In the Leh-Ladakh and Lahaul-Spiti region, where monsoon does not have much effect, one can trek from the middle of June to the beginning of October. First week of May to end June is the pre-monsoon season. Passes below 4300 mts. are generally open for trekking from early June while the passes above 4300 mts. are negotiable only after monsoon rains are over.

November to March is the winter season. During this time Ladakh is covered with snow. Some major celebrations include Hemis festival in the month of June and Losar festival.

5. Change In The Itinerary

Changes in the itinerary would be made in case of the below mentioned 4 scenarios:

Scenario 1*

The itinerary mentioned is indicative. Once the Expedition starts, the Guide / Road Captain will be the final decision making authority to call-off / change / shorten / extend the itinerary all together, due to circumstances like bad weather, natural calamities, if one or more members in a group have taken ill or any other unforeseen circumstances. The Guide / Road Captain, also has the final authority to change the start and end timings of trekking or climbing during any given day in the itinerary.

***Scenario 1 is applicable to the below mentioned packages:**

- Stok Kangri Mountaineering Expedition (Short Duration) – L007
- Stok Kangri Mountaineering Expedition (Long Duration) – L008
- Extreme Adventure Mix Package – L010
- Cycle Safari – L011

- Bike Safari – L012
- Frozen Zanskar River Trek (Chadar Trek) – L018

Scenario 2

You might get stuck because of bad weather, natural calamities or any unforeseen circumstances before reaching the expedition commencement destination. In such cases, Nomadier will earnestly try to re-schedule the itinerary according to the number of days of delay, but does not guarantee the same.

Scenario 3

You might fall sick or you miss the flight from Delhi or not arrive in Leh as per the designated day or in Manali (For Bike and Cycle Safari Packages) as per the designated day. In such cases, only if the entire Group of the expedition is stuck in Delhi or some place en-route to Leh or Manali, **Nomadier** will earnestly try to re-schedule the itinerary according to the number of days of delay, but does not guarantee the same.

Scenario 4

The Expedition Group might get stuck in Leh post the completion of the Expedition due to non-arrivals of the aircraft because of bad weather, natural calamities or any other unforeseen circumstances. There might also be a situation wherein you might miss the flight or you just chose to stay back for extra day(s). Under such circumstances Nomadier will make the necessary arrangements for lodging and boarding at an extra cost.

Note:

- For all the scenarios, we request you to please refer to our cancellation policy and amendment / refund / extra charges policy mentioned in your Customized Final Price Quotation during the time of booking
- For all the scenarios leading to rescheduling of your onward journey, **Nomadier** will not be responsible for the cancellation charges of your onward domestic flight, onward international flight and hotel bookings or any difference in the rates of your re-booking. However our Representative will try his best to co-ordinate the re-bookings for you

6. Local Representatives, Guides and Support Staff

The most significant component that makes any expedition successful, pleasurable, interpretative as well as safe is an expert Guide. Keeping this in mind, **Nomadier**, has appointed expert, skilled, experienced, courteous and helpful Guides as well as other support staff to make your expedition experience a satisfactory one.

The Representative

The moment you land or arrive at the Leh / Manali, you will be received by a **Nomadier** representative. The representative will answer all your queries and will introduce you to the Guide / the Road Captain, other expedition guests (if any) in the Group and the staff of the Expedition. The representative will be based in Leh / Manali and would be available on his cell phone in case of any emergencies or requirements.

The Guide / The Road Captain

You would be led by a Guide who is a local expert (which is our way of supporting eco-tourism), is well experienced to handle contingencies and who knows the terrain really well as is well aware of its culture, traditions, ecosystem, flora fauna, geography, etc. For the Cycle Safari and Bike Safari packages, an expert and experience Road Captain would be your guide.

The Support Staff

The Support Staff would consist of Cook, Helper, Mule Owners and Drivers for the vehicles which would carry spares, luggage, first-aid kit, emergency road clearing tools, camping equipments, fuel, supplies and other essential items.

For Bike and Cycle Safaris, a mechanic would also accompany the Group.

Note:

- Decisions taken by the Guide / Road Captain will be taken solely keeping your safety and well-being in mind. We request you to not fight or argue the Guide's / Road Captain's decision and solely abide by their decision
- Contact details of our strategic partners and **Nomadier** representatives will be shared with you along with Booking Vouchers

7. Accommodation

Depending upon the package you choose, accommodation would be provided in 'A' Category hotel in Leh or best available tented accommodation / high altitude alpine trekking tents or village houses.

If you prefer a solo room, during your stay in an A Category hotel in Leh, you may let us know. You would be required to pay an extra single supplement charge as mentioned in the quotation. We would make the arrangements accordingly. For odd-sized groups, one person will have to share the room with a member of another group of similar sex.

8. Meals

During your stay at a 'A' Category hotel in Leh, your meals would consist of buffet – breakfast and dinner. While on drives, treks and sight seeing, we will offer packed lunch. During your stay in high altitude alpine tents, an accompanying cook will prepare the food.

9. Mobile and Internet Connectivity

In Leh, only BSNL, Aircel and Airtel have their networks. Guests with post-paid mobile connections from one of the mentioned operators can use mobile phones in this region. The other option is to buy a pre-paid mobile connection from these operators from Srinagar / Jammu. No data services are available anywhere in Ladakh. Also, Leh is still in the early days of the communications revolution, and some places might offer the Internet services of BSNL.

We suggest you indicate to your near and dear ones that you would be out of touch from time to time.

10. Clothing

In an expedition of this nature, you are advised that the below mentioned clothing items list be considered as essentials.

For the following packages:

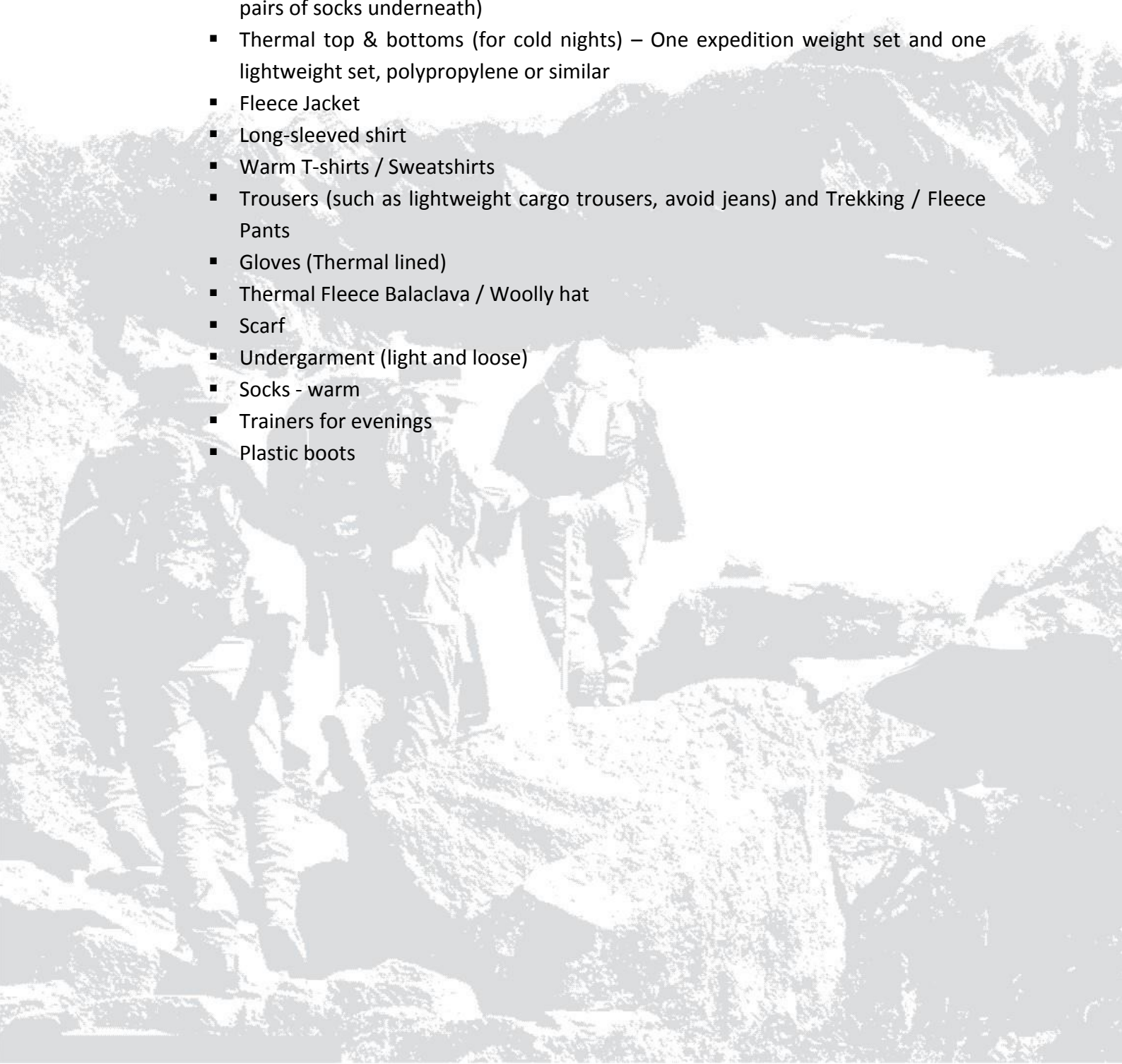
Winter Trek Package – L017

Frozen Zanskar River Trek (Chadar Trek) – L018

- Waterproof jacket and trousers (should be really sturdy, wind and waterproof)
- Down or top quality down jacket with integral hood
- Walking boots (sturdy & well worn in, waterproof, large enough to wear multiple pairs of socks underneath)
- Ankle gaiters (use in snowy conditions in the foothills & if compatible with own boots)
- Fleece Jacket
- Trekking / Fleece Pants
- Thermal top & bottoms (for cold nights) – One expedition weight set and one lightweight set, polypropylene or similar
- Long-sleeved shirt
- Warm T-shirts / Sweatshirts
- Waterproof (preferably breathable fabric) Shell Pants
- Gloves (thermal lined) & mountaineering mittens (for the summit)
- Thermal fleece balaclava / Woolly hat (you will need to cover your head in its entirety)
- Bandana / scarf (to avoid dust and sunburn)
- Trainers for evenings
- Undergarment (light and loose)
- Socks - both hiking and warm
- Plastic boots

For the following packages:**Festival Package 1 (Matho Nagrang) – L013****Festival Package 2 (Thiksey Gustor) – L014****Festival Package 3 (Chemrey Angchok – L015****Festival Package 4 (Stok Guru Tse-Chu) – L016**

- Waterproof jacket and trousers (should be really sturdy, wind and waterproof)
- Down or top quality down jacket with integral hood
- Walking boots (sturdy & well worn in, waterproof, large enough to wear multiple pairs of socks underneath)
- Thermal top & bottoms (for cold nights) – One expedition weight set and one lightweight set, polypropylene or similar
- Fleece Jacket
- Long-sleeved shirt
- Warm T-shirts / Sweatshirts
- Trousers (such as lightweight cargo trousers, avoid jeans) and Trekking / Fleece Pants
- Gloves (Thermal lined)
- Thermal Fleece Balaclava / Woolly hat
- Scarf
- Undergarment (light and loose)
- Socks - warm
- Trainers for evenings
- Plastic boots

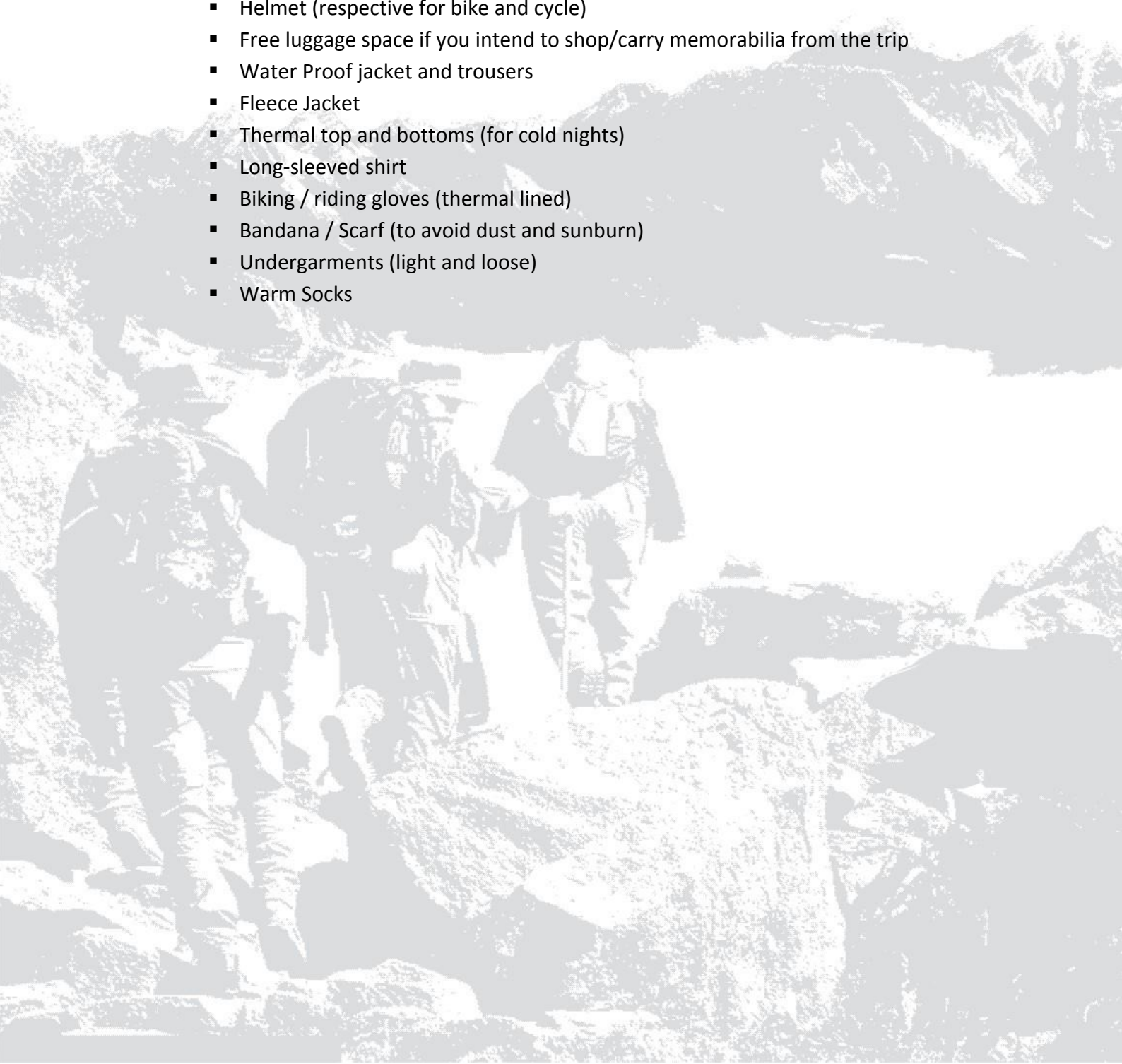


For the following packages:

Cycle Safari – L011

Bike Safari – L012

- Pair of shorts
- An additional trouser (light weight cargo trousers, avoid jeans)
- Two/three additional T shirts or shirts
- Sweatshirt or sweater
- Sneakers or floaters
- Helmet (respective for bike and cycle)
- Free luggage space if you intend to shop/carry memorabilia from the trip
- Water Proof jacket and trousers
- Fleece Jacket
- Thermal top and bottoms (for cold nights)
- Long-sleeved shirt
- Biking / riding gloves (thermal lined)
- Bandana / Scarf (to avoid dust and sunburn)
- Undergarments (light and loose)
- Warm Socks

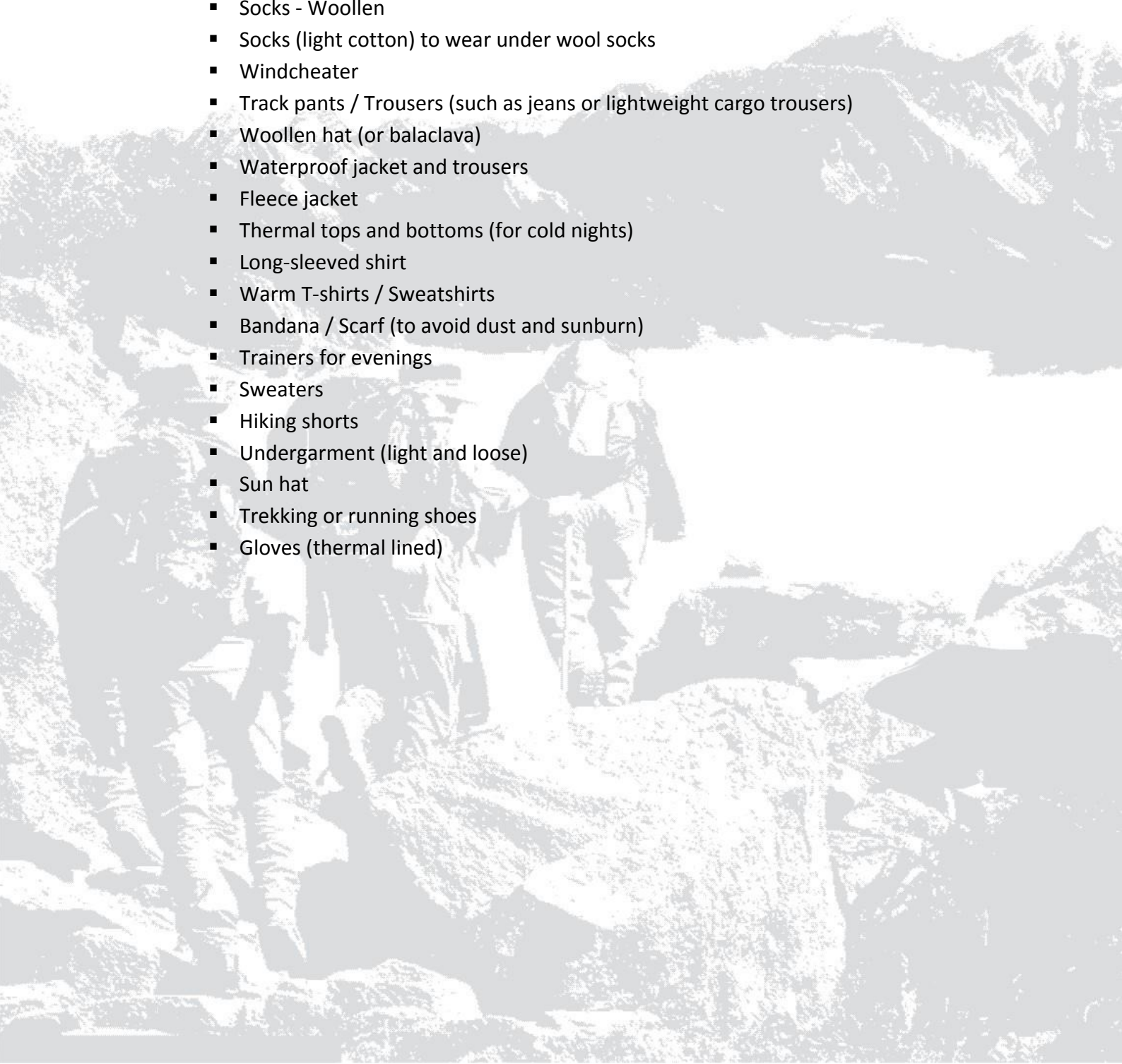


For the following packages:**Stok Kangri Mountaineering Expedition (Short Duration) – L007****Stok Kangri Mountaineering Expedition (Long Duration) – L008****Extreme Adventure Mix Package – L010**

- Waterproof jacket and trousers (should be really sturdy and windproof)
- Insulated pants or Waterproof (preferably breathable fabric) Shell pants
- Long undergarment / Hiking shorts
- Thermal Fleece Balaclava / Woolly hat (You will need to cover your head in its entirety)
- Gloves (thermal lined) and mountaineering mittens (for the summit)
- Ankle and Neck Gaiters
- Mountain trekking boots (sturdy and well worn, large enough to wear multiple pair of socks underneath and able to take crampons)
- Socks (wool) to wear with boots (both hiking and warm)
- Socks (light cotton) to wear under wool socks
- Bandana / Scarf (to avoid dust and sunburn)
- Down jacket with integral hood
- Pile jacket or jumper (sweater)
- Long-sleeved shirt
- Warm T-shirts / Sweatshirts
- Hiking pants (such as lightweight cargo trousers. Avoid jeans)
- Extra pair trekking or running shoes
- Thermal tops and bottoms (one expedition weight set and one lightweight set, polypropylene or similar)
- Fleece jacket

For the following packages:**Heritage Ladakh Package – L001****Sham Valley Trek 1 (Short Trek) – L002****Sham Valley Trek 2 (Short Trek) – L003****Sham Valley Trek with Rafting – L004****Wildlife and Village Trek – L005****Sham Valley Trek (Long Duration) – L006****Markha Valley Trek – L009**

- Socks - Woollen
- Socks (light cotton) to wear under wool socks
- Windcheater
- Track pants / Trousers (such as jeans or lightweight cargo trousers)
- Woollen hat (or balaclava)
- Waterproof jacket and trousers
- Fleece jacket
- Thermal tops and bottoms (for cold nights)
- Long-sleeved shirt
- Warm T-shirts / Sweatshirts
- Bandana / Scarf (to avoid dust and sunburn)
- Trainers for evenings
- Sweaters
- Hiking shorts
- Undergarment (light and loose)
- Sun hat
- Trekking or running shoes
- Gloves (thermal lined)



11. Mountaineering & Trekking Equipment

If your package includes trekking and mountaineering, you are advised that the below mentioned trekking and mountaineering equipments list be considered as essentials.

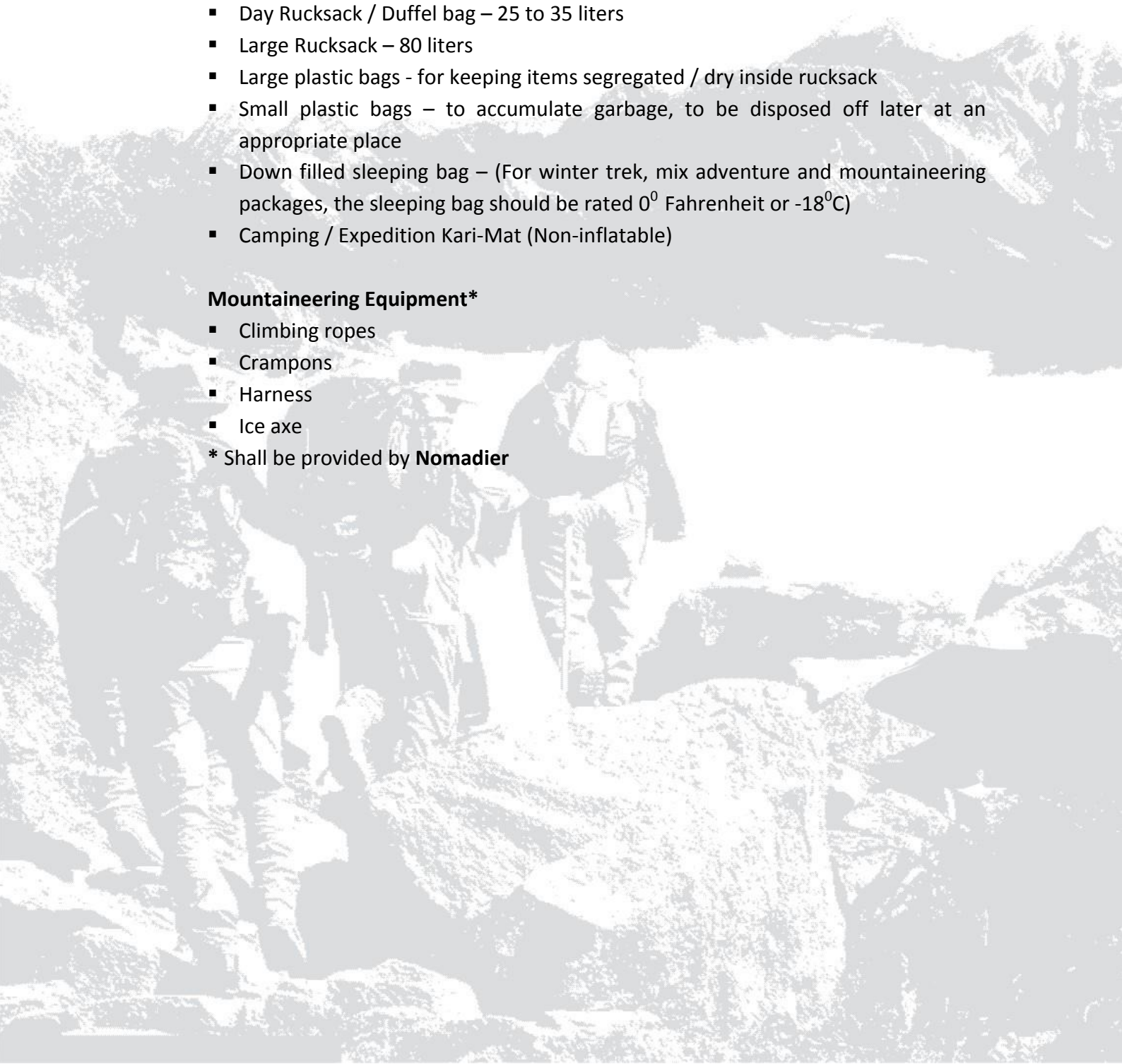
Trekking Equipment

- Trekking sticks / walking poles
- Steel water bottles (1 to 1.5 liters)
- Torch or Headlamp with spare bulbs and batteries
- Rucksack rain cover (for all the Rucksacks)
- Day Rucksack / Duffel bag – 25 to 35 liters
- Large Rucksack – 80 liters
- Large plastic bags - for keeping items segregated / dry inside rucksack
- Small plastic bags – to accumulate garbage, to be disposed off later at an appropriate place
- Down filled sleeping bag – (For winter trek, mix adventure and mountaineering packages, the sleeping bag should be rated 0° Fahrenheit or -18°C)
- Camping / Expedition Kari-Mat (Non-inflatable)

Mountaineering Equipment*

- Climbing ropes
- Crampons
- Harness
- Ice axe

* Shall be provided by **Nomadier**



12. Packing List (Other Items)

Toiletries

- Small wash towel
- 1 medium sized quick drying hand towel
- Wet wipes
- Tissue rolls
- Tooth brush/paste (preferably biodegradable)
- Multipurpose soap/paper soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer / Vaseline
- Sunscreen Lotion
- Lip balm
- Feminine hygiene products
- Small mirror
- Hair brush / comb
- Shampoo sachets
- Hand sanitizer

Medical Kit

- Paracetamol
- Diamox / Acetylzolamide tablets
- Diahorrea tablets
- Anti-headache pills
- Aciloc tablets (Acidity tablets)
- Cough and Cold tablets or syrup
- Aspirin
- Painkillers
- Pain relieving balm or spray
- Bandages / Adhesive dressing (plasters)
- Antiseptic liquid / cream / spray
- Iodine
- Medicated cotton
- Water purification tablets / chlorine tablets
- Rehydration sachets (2 per trekking / climbing day)

Other Items to Carry

- Binocular (Optional)
- Cameras and rolls / memory card (Optional)
- Dry fruits
- Nutra Bars / High energy snacks
- Book to read (Optional)
- Lighter
- Swiss Knife
- Journal & Pen (Optional)
- Altimeter (Optional)
- Thermometers (Optional)
- Walkman / iPOD (Optional)
- Travel games / Board games (Optional)
- Swimming Costumes (Optional)
- Ear Plugs
- Wristwatch (with Alarm) (Optional)
- Sewing Kit (Optional)
- Eye Mask (Optional)
- Padlocks (Optional)

13. Baggage Specifications & Allowance

We request that you aim that the weight of the check-in / main rucksack (baggage) does not exceed 20 kg, including clothing and personal items.

We request that you aim that the weight of the Hand Baggage / Day Sack / Duffel Bag does not exceed 7 kg.

14. Responsible Tourism

Nomadier is aware of the important interactions of ecosystems and the impact people have on the environment. **Nomadier**, through its understanding of the local issues, strives to contribute through a more responsible involvement. **Nomadier** believes in having fun while helping to conserve and protect the fragile ecosystems, endangered species, indigenous peoples and beautiful natural environment and culture of the region.

Nomadier tries its best to interpret the customs, traditions, beliefs of the region for you. A **Nomadier** representative / guide would undertake this responsibility, however educating oneself about the destination, prior to departure, is an extremely important side of good eco-tourism practice. Learning about the history, culture, language, and natural environment of your destination area aids both cultural interaction and appreciation of local ecosystems. People are more likely to socialize if you show a prior knowledge of their country and home. Like wise, **Nomadier**, believes that even the local people should benefit from their interactions with you, hence our representatives / guides will facilitate in smoothening this interaction. We believe that responsible tourism is all about mutual exchange and transfer of knowledge and awareness. This interaction and exchange of knowledge and awareness holds true for the people from different regions within a group as well. We would try and provide an environment where, along with enjoying the beauty of the region around you, you would also be able to learn about different regions, issues, cultures etc.

Nomadier completely believes that the benefits of tourism in a particular region should be structured in a manner that they are ploughed back in to the region. For this purpose, **Nomadier** employs local people and works with local businesses. We pay fair prices and good wages and ensure that all our guides and support staff have appropriate facilities and equipments. We are committed to uphold the rights of every member of the team and support staff. We ensure all our crew members are well treated and we provide the same level of shelter, clothing and footwear, and medical attention as any other member of the Group.

Nomadier is a staunch believer in Responsible Tourism. Below mentioned are a few indicators by which you can be a responsible tourist.

Environmental Concerns

- **Do not litter** - Litter is one of the most worrying problems in this region and is directly related to the activities of the trekking and mountaineering Groups. Put litter in dustbins. We recommend that each trekker / mountaineer keep a small bag during the course of the expedition. Each morning a small fire would be lit for burnable rubbish. **Nomadier** completely supports the efforts of the local authorities trying to keep the region clean
- **Do not pollute** – Do not engage in activities that can pollute the various natural resources of the region

- **Do not damage the flora and fauna** – The purpose of the trek is so that you enjoy the beauty of the nature and witness it in its natural setting. Do not indulge in any activity that may cause harm in any way to the flora and fauna

Cultural Considerations

- **Dress Decently** – Be aware of the culture of the region and be kind enough to dress in a manner that is not offensive to the local people of that area
- **Respect people's right to privacy** – Ask the locals before you take their photographs and be considerate when looking for subjects
- **Do not flaunt your wealth** – Be considerate enough to not indulge in activities that may be in any way insulting the people and their economic standing
- **Respect religious customs & traditions** – Pass to the left of the mani-walls and Chortens. Prayer wheels should be turned clockwise. Remove your footwear before entering a religious place and leave some donation where donation boxes are provided. Do not use your left hand to touch anyone, offer anything to anyone or eat. Head is considered to be the most sacred part of the body; hence you should never touch anyone on it. Avoid pointing the soles of your feet at a person's head.
- **Encourage local cultures** – The purpose of visiting a new place is to learn about its culture and traditions along with various other factors. Try and take an interest in knowing more about the place and encourage and acknowledge as well as appreciate aspects that you like

Economic aspects

- **Do not bargain for food and other items** – The prices for various food items, other refreshments, often are set by a local committee to ensure that a shop-keeper gets a fair return. Bargaining away even a few rupees may mean the difference between profit and loss
- **Don't give to beggars** – Giving alms does not help. It fosters an unhealthy attitude of dependence and encourages people to stay away from earning money through honest means

As a responsible tourist you can also do the following after your trip:

- Foster and generate a natural and cultural understanding of the places you have visited
- If you observed regional sustainability gaps during your trip, you should inform the relevant government authorities and non-profit organisations
- Be helpful. Suggest changes or areas for improvement. Acknowledge areas where you saw the successful application of eco-tourism principles

- Advise travellers to avoid buying corals, ivory and other souvenirs that may exploit wildlife
- Don't stay silent if you come across environmental problems. Contact your nearest environmental or tourism organisation

15. Level of Endurance – Health & Experience Required

Mild

Easy walking holidays with the occasional longer walks, travellers need to be regular walkers to fully enjoy the experience.

Moderate

Usually having some long days and some steep ascents, these treks could go up to a fairly high altitude, including treks away from villages on ill-defined mountain trails. A bit of a pre-trek training would help.

High

Often entering remote alpine areas and sometimes reaching altitudes over 5000 mts. Some pre-trek training such as hill walking, jogging or cycling is required.

Strenuous

These are extremely demanding treks, sometimes in very remote areas or through rough terrain. Guests should have at least basic knowledge on the use of crampons and ice axes, though first time climbers may fare well on some of the routes. Pre-trek training is essential including either hill walking with a backpack, jogging or cycling.

16. Fitness Levels & Medical Conditions Prior To The Expedition

Fitness levels and planning ahead

For any trekking or climbing expedition you have to be in good physical shape. Fitness won't fend off altitude sickness, but will enable more oxygen to reach your body. Trekking implies walking almost every day for four to seven hours, often for two weeks or more. Many people begin only moderately fit (feeling tired during first couple of days of trek) but generally cope well and end the trek feeling amazingly healthy. A few find the reality of continuous walking difficult.

If you lead a very sedentary life then plan an exercise program well before you start the actual trek (at least couple of months before). Ideally this should include walking up and down hills with boots you plan to wear while trekking or climbing in order to introduce your body to the rigors of hill walking. Jogging, cardiovascular training and aerobics are reasonable substitutes. Muscles strengthen rapidly, although painfully if you overdo

exercise. Unfortunately tendons and ligaments take more time, which is why prior preparation is important. If you are a smoker and also consume alcohol on regular basis, it is advised to drastically reduce or cease the consumption at least a month before the actual commencement of trek.

Medical Conditions

People who have heart, lung and blood pressure disorders or a continuing medical condition should have a thorough check-up and get a medical opinion before setting off. Many people who are retired in their professional lives have climbed to above 18,000 ft., so age is certainly not a barrier but the older you are, the more important prior fitness training becomes. With children, caution should be exercised as younger people can be slower to adapt to altitude and very young children have difficulty in communicating exactly how they feel.

Asthma is not a reason to avoid trekking since there are fewer irritants in the air and hence fewer chances of having an allergic reaction. However, it is vital to carry along the required medication and inform companions as to what to do in an emergency. The same applies to the condition of diabetes. Blood pressure fluctuates more and increases while trekking. Hence it is important for High blood pressure cases to take the advice of a doctor before attempting any trek. It is also advisable to have immunizations for Hepatitis A, Meningitis, Cholera, Typhoid, Tetanus-Diphtheria, Polio, Measles, Mumps and Rubella, Japanese Encephalitis B and Malaria.

Note:

- We are sure that you are the best judge of your own health and fitness levels and can take a realistic call to participate in expeditions. However, considering the complexities involved in the trekking and climbing at such high altitudes, **Nomadier** request all its guests to submit a Self - attested Medical Certificate of their fitness. Copy of the Medical Fitness Certification for self – attestation will be given to you during the time of Booking confirmation

17. Acclimatization

The problem of acclimatization in Ladakh is faced by majority of people who visit the place for the first time. This is because of the altitude and a low level of atmospheric oxygen. So, it is advisable to first give yourself some time for acclimatization before starting the expedition.

The atmosphere of Ladakh may cause ailments like Acute Mountain Sickness, a condition typical to altitudes above 10,000 ft (3,000 mts.).

Common symptoms of this ailment are:

- Headache
- Disturbed sleep
- Loss of appetite
- Nausea
- Coughing
- Breathlessness
- Exhaustion
- Lack of concentration

Other high altitude ailments that can occur are High Altitude Pulmonary Oedema (HAPO) and High Altitude Cerebral Oedema (HACO). High Altitude Pulmonary Oedema (HAPO) and High Altitude Cerebral Oedema (HACO) are very serious forms of AMS which are life threatening and require immediate medical attention. Please contact nearest hospital or medical dispensary in severe cases of AMS symptoms.

Few of these measures can help you

- If you feel ill on your arrival, immediately contact doctor. Most of the symptoms are not immediate and may even show after 24 hours
- For tourist coming to Leh by air- do not over exert yourself. Take complete rest for up to 36 hours after landing in Leh. Tourist coming by road may need lesser time to acclimatize as most of the acclimatization takes place during travel itself
- Acclimatize yourself by moving slowly and breathing deeply so that your body gets used to rarefied air (lower oxygen level)
- Take sufficient amount of water, soup or tea
- Avoid smoking and alcohol, at least for the first few days. Eat high carbohydrate diet
- If you doubt of having the sickness while on move, stop and return to Leh immediately

Health

In Ladakh, hygiene is not a major area of concern, as compared to other hot and humid regions of India. General precautions of hygiene, taken in any other part of India should suffice in Ladakh too. Ticks or fleas may cause problems, particularly if you are on trekking or staying in vicinity of animal habitation. Regarding mosquito, you may get a bite or two, especially in Nubra or around the Indus, but you are considerably safe from malaria. Sunburn and dehydration is common. Lotions with high UV-protection will be necessary particularly while trekking. While on move, carry sufficient water to last for the whole day at least.

Gastro-enteric infections due to differing sanitary and bacteriological conditions in different countries need to be taken into account. It is recommended therefore that

- In the town, use water-purifications tablets or drink only bottled or freshly boiled water
- If trekking or on a safari, water from springs may be used, but avoid open streams or rivers
- Check your eating places. Shabbier eating places may be cheaper, but they are not necessarily hygienic
- While travelling, take sufficient water and fluids at regular intervals. Dehydration and salt deficiency may lead to heat exhaustion and in rare cases even heat stroke

Diarrhoea

Though a common complain of travellers, it is less frequent in Ladakh. Primarily it occurs due to presence of bacteria in the non-purified water or due to intake of raw or poorly cooked food. It basically causes loss of valuable water in the body. In the high mountain environment, this can lead to an increased risk of altitude and cold related illness. A good practice of hygiene is the best way to keep it away. In case of the problem, a doctor should be consulted.

Dysentery

Giardiasis caused by a protozoan parasite *Giardia lamblia*, shows a symptoms of stomach cramps, nausea, bloated stomach with watery and smelling diarrhoea. The symptoms are intermittent with few days gap. Amoebic dysentery (Amebiasis) is caused by another protozoa *Entamoeba histolytica* with a symptom of diarrhoea that may persist for many days and often blood and mucus. In either case, consult a doctor. However, in case of situation where no doctor is available, medicine like Tinidazole or Metronidazole tablets with intake of ORS salt can be handy.

Note:

- It is also important to realize that while trekking you can be a long way from help. Sometimes you will have to be your own doctor too, though the **Nomadier** team, who are experts in first-aid and handling medical emergencies and rescue operations, will always, be at your help and service.
- There might be a situation wherein under serious medical emergencies - hospitalization, quick descent, rescue/evacuation attempts will have to be made.

18. Fair Pricing

Our objective is to provide the best quality services at fair and competitive rates. Our offer is value for money, surpassing expectations. In line with this, we have designed all our packages in a manner in which they cater to the needs and requirements of groups of different sizes. The smaller groups have been priced comparatively higher, as with larger groups the rates drop so that every member can avail the benefits of a very cost-effective yet satisfying holiday.

19. Medical Insurance

Medical Insurance Cover for the following is advised but left to the discretion of the trekker/mountaineer and ideally should cover the following:

- Medical Expenses including Rescue & Repatriation
- Personal Accident - Death and Disability
- Personal Liability - Bodily Injury

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance make sure your insurer is aware of the **Nomadier** adventure itinerary that you are going to undertake and is agreeable to cover all activities being undertaken in the trip.

NOMADIER DOES NOT PROVIDE OR FACILITATE IN OBTAINING MEDICAL INSURANCE.

20. Travel Insurance

Travel Insurance covering for:

- Baggage - theft, loss or damage
- Loss of Passport, and / or other important documents, and/or Cash
- Baggage Delay
- Personal Liability – equipment damage
- Flight Delay
- Security and Legal Assistance
- Trip Cancellation & Curtailment

A Travel Insurance is advised but left to the discretion of the trekker/mountaineer. Also, check if your Travel Insurance Policy includes trip cancellation, as there is a non-refundable component in every booking as per our cancellation policy.

NOMADIER DOES NOT PROVIDE OR FACILITATE IN OBTAINING TRAVEL INSURANCE.

21. Passports & Visa Requirements

Foreign Nationals desirous of coming into India are required to possess a valid passport of their country and a valid Indian Visa. The Consular Passport and Visa (CPV) Division of the Ministry of External Affairs is responsible for issuance of Indian visas to the foreign nationals for their visit for various purposes. This facility is granted through various Indian missions abroad.

Visa fees are non-refundable and subject to change without notice. The High Commission reserves the right on granting and deciding type/duration of visa irrespective of the fees tendered at the time of making application. Granting of Visa does not confer the right of entry to India and is subject to the discretion of the Immigration Authorities.

There is no provision of 'Visa on Arrival' in India and no fee is charged for immigration facilities at the airports. Foreign passengers should ensure that they are in possession of valid Indian Visa before they start their journey to India.

Gratis (Free) visa is issued many to the nationals of many countries including Burundi, Cape Verde, Haiti, Mauritius, Jamaica, Maldives, Mongolia etc.

For further information, please visit

http://india.gov.in/overseas/passport/indian_visa.php

<http://passport.gov.in>

Note:

- Please bring all necessary / mandatory documents. They should be readily producible by you immediately upon your arrival
- **Nomadier** is not responsible for any assistance in the issuing of passports/visas or co-ordination activities for procuring a passport/visa

22. Permits

Charges for the necessary Permits are included in the Package cost. All the necessary Permits shall be arranged for you by **Nomadier**.

Control Check Point

All foreign tourists are required to register while entering Ladakh. For this purpose there are checkpoints while entering or leaving Ladakh. While coming by road you may be repeatedly asked for your passport at various control check-points. These are usually at Minamarg, Drass, Kargil, Khalatse, Rumtse and Sarchu, but there may be a few more. If you are traveling by road, your bus or taxi will have halts at these points for your registrations which will need your passport number, visa validity and an identity card for Indian travellers. If you are traveling by air, you will be asked to do so at the arrival lounge at the airport.

Within Ladakh, particularly on routes that need special permits, there are various checkpoints for registration and you will need to furnish a copy of the 'Inner Line Permit'. Carry sufficient photocopies of 'your permit' if you are traveling to the restricted areas.

23. Travel Tickets, Hotel Bookings and Car Hire

Nomadier does not offer services of arranging or facilitating International or Domestic Flight Ticket Bookings, Hotel Bookings or Car Hire Services, except for the services mentioned (lodging, boarding, surface transport, sight-seeing) in the Expedition Packages

24. How to Book

Booking with **Nomadier** is really easy. All you have to do is follow the below mentioned steps.

STEPS	GUEST	NOMADIER
1	Once you have decided upon an Expedition Package of your choice as per your fitness levels and interests, go to the Home page and under the Reservations section, you will find a Booking Form in the “ Book Now ” sub-section. Please send us a completely filled Booking Form.	-
2	-	Upon receiving your fully filled Booking Form, Nomadier would revert with (subject to availability)*: <ul style="list-style-type: none">▪ Customized Final Price Quotation▪ Payment Schedule (Terms & Conditions)▪ Mode of Payments Details▪ Details of what the Expedition Package includes and what is not included▪ Details of Cancellation, Refund, Amendment, Extra Charges Policy▪ Details of Medical and Travel Insurance <p>*If the package is not available during the dates desired by you, Nomadier, will revert with alternate dates or alternate packages during the dates desired by you</p>
3	Make the partial / full payment as per the Payment Schedule (Terms &	-

	Conditions)	
4	-	Once you make the partial / full payment as per the Payment Terms & Conditions, Nomadier will revert with: <ul style="list-style-type: none">▪ Booking Confirmation▪ Details of Documents required for Permits▪ A Guest Agreement (To be accepted by the Guest)▪ Medical Fitness Certificate (To be Self Attested by the Guest)
5	Upon receipt of the documents mentioned in Step 4 , you would have to revert with the documents for Permits, duly signed Guest Agreement, a Self Attested Medical Fitness Certificate and a copy of your Medical Insurance and make the full payment as per the Payment Terms & Conditions	On receipt of complete payment and all documents, Nomadier would send: <ul style="list-style-type: none">▪ Final Booking Vouchers▪ A comprehensive trip dossier▪ All the relevant contact details▪ Invoice

Once you have the above, you have taken the necessary steps towards being a **Nomadier** by completing all the booking formalities for the Expedition Package of your choice!

25.

GENERAL INFORMATION ON LADAKH	
POPULATION	2,36,539 (as per 2001 census)
GEOGRAPHY	Surface Area <ul style="list-style-type: none">▪ 86,904 sq km Physiographic Regions <ul style="list-style-type: none">▪ Nubra▪ Sham▪ Kargil▪ Changthang▪ Zaskar
TIME ZONE	GMT + 5:30
DRIVING SIDE	Right side of the road
PEOPLE	<ul style="list-style-type: none">▪ Buddhist▪ Hindu
LANGUAGES	<ul style="list-style-type: none">▪ Ladakhi▪ Balti (Kargil region)▪ Shina (Dras area)▪ Brokskat (Dha-Hanu area)▪ Changskat (Changthang area)
RELIGION	<ul style="list-style-type: none">▪ Buddhism▪ Islam▪ Christianity
FESTIVALS	<ul style="list-style-type: none">▪ Hemis▪ Thiksey, Karsha and Spituk Gustor▪ Dosmochey▪ Matho Narang▪ Stok Guru Tsechu▪ Phyang Tsedup▪ Yuru Kabgyat▪ Losar Celebration▪ Sindhu Darshan (Visit Indus) Festival
GETTING TO LADAKH BY AIR	Leh in Ladakh is well-connected by flights from Delhi, Jammu and Srinagar. Airlines that provide service to Leh are: <ul style="list-style-type: none">▪ Jet Airways▪ Kingfisher Airlines

	<ul style="list-style-type: none">▪ Indian Airlines
GETTING TO LADAKH BY ROAD	<p>Ladakh is connected with mainland India, through two main highways, Leh-Srinagar and Leh-Manali. The road from Manali is usually open by early June and lasts till October or November. The Srinagar-Leh highway generally opens by May end and remains operational up to mid-October</p>
BOOKS	<ul style="list-style-type: none">▪ Ladakh, The Land And The People By <i>Prem Sing Jina</i>▪ A Journey In Ladakh By <i>Andrew Harvey</i>▪ Trekking In Ladakh: 3rd India Trekking Guide By <i>Charlie Loram, Jim Manthorpe</i>▪ Across Peaks & Passes In Ladakh, Zaskar & East Karakoram By <i>Harish Kapadia</i>▪ Tourist & Trekking Guide to LADAKH and ZANSKAR Including Karakoram & Srinagar Valley By <i>Manmohan Singh Bawa</i>▪ LADAKH: Travel-History-Culture By <i>SDS Jamwal & TL Thsangpa</i>
INTERNET REFERENCES	<ul style="list-style-type: none">▪ www.jktourism.com▪ http://leh.nic.in/▪ www.nationalgeographic.com/.../ladakh.html▪ www.lonelyplanet.com▪ http://www.travelplus.com/travelguide/India/Leh

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