



Ladakh Adventure: High Passes, Monasteries & Starry Skies

8 days, Leh to Leh

Trip code AHLL

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Kyagar House Experience, Nubra Valley
- Arrival Transfer
- Leh Old City guided walk
- Central Asian Museum visit
- Sunset visit to Shanti Stupa
- Morning prayer experience at Samstanling Monastery
- Crossing Khardung La Pass - one of the highest motorable roads in the world
- Visit Diskit Monastery
- Explore the Nubra Valley
- Immersive cultural storytelling at Kyagar House
- Pangong Lake homestays
- Early morning yoga by Pangong Lake
- Visit Rezag La Memorial
- Meet Pashmina herders
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing September 17th, 2025 and onwards

Itinerary



Itinerary Notes

Want to experience the sights and sounds of Holi? Make sure you're in India on March 14, 2025 or March 4, 2026 for the nation's most colourful festival.

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Leh

Welcome to Ladakh, one of the most naturally beautiful regions of India. Leh sits at 3500m elevation, so arrive at any time and take it slow today to acclimate to the the high elevation.



Meals included

Dinner



Accommodation

Ladakh Palace Boutique Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Leh

Dive head first into historic Leh today on a tour of the Old City. Learn about its unique connection to Tibet as you wander the narrow, winding streets. Then continue to the Central Asian Museum to learn about Ladakh's connection to the Silk Road. Enjoy the beauty of the town with an evening visit to Thiksey Monastery and the Shanti Stupa. Tonight, opt to join an astronomy experience with local women of Leh.



Meals included

Breakfast



Accommodation

Ladakh Palace Boutique Hotel (or similar)

Hotel



Today's Activities

Leh Old City Walk

Leh

Enjoy a guided heritage walk through Leh's historic old town, exploring traditional homes, temples, and hidden alleys.

Central Asian Museum Visit

Leh

Learn about the importance of Leh on the Silk Road through rare artifacts and architecture at the Central Asian Museum.

Thiksey Monastery Visit

Leh

Visit the beautiful hilltop monastery famous for its prayer rituals and see the iconic Maitreya Buddha statue.

Shanti Stupa at Sunset

Leh

Visit the peaceful stupa built by Japanese monks. Admire the views of the orange hues as the sunset blankets the city of Leh.



Optional Activities - Day 2

Astronomy Experience

Leh

With Ladakh at such a high elevation and away from massive cities, the view of the night sky can be quite impressive here. Visit the Cosmo Museum on a guided monastery tour led by the local women to learn about the confluence of Buddhism and astronomy in Ladakh.

Day 3

Leh/Nubra Valley

Drive across one of the highest motorways in the world as we head to Nubra Valley. On the way, visit the colourful Diskit Monastery, the incredible Sumur Sand Dunes and connect with local Ladakhi culture at the Kyagar House.



Meals included

Breakfast | Dinner



Accommodation

Hotel Rimo (or similar)

Hotel



Today's Activities

Private Vehicle

Leh – Nubra Valley

5h

150km

Settle in and scan the scenery from the convenience of a private vehicle.

Diskit Gompa (Monastery)

Nubra Valley

Explore the largest and oldest monastery in Nubra and admire the panoramic view of the valley.

Sumur Sand Dunes

Nubra Valley

1h30m

2km

Hike through the breathtaking white sand dunes of Sumur. Bring your camera to capture the incredible view of snow capped mountains, double humped camels and lake from the shore of the dunes as your guide shares stories about the ancient silk road.

ACTIVITY

Visit a traditional Ladakhi home where we'll be met with storytelling, refreshments and interesting interactions with the host family. Hear the stories of how this house was once a popular traders' resting point along the Silk Road as you enjoy a local dinner.

Day 4

Nubra Valley

Explore the breathtaking region of Nubra Valley today. Visit the Ensa Monastery, hike to Yarab Tso Lake, soak in a picturesque hot spring and learn of the Indo-China War at the Col. Rinchen Chewang Museum.



Meals included

Breakfast | Dinner



Accommodation

Hotel Rimo (or similar)

Hotel



Today's Activities

Ensa Monastery

Nubra Valley

Visit the 400-year-old hilltop monastery to see the peaceful views of the Nubra Valley.

Yarab Tso Lake Hike

Nubra Valley

Take a 30-minute hike to a sacred, high-altitude lake nestled amidst the rugged Nubra terrain.

Panamic Hot Springs

Nubra Valley

Soak in the natural sulphur-rich hot springs believed to have healing properties, set against the backdrop of the Himalayas.

Col. Rinchen Chewang Museum

Nubra Valley

Visit a museum dedicated to a decorated Ladakhi war hero, Col. Rinchen Chewang, showcasing historical artifacts and tales from the Indo-China war.

Day 5

Nubra Valley/Pangong Tso

Join the morning prayer ceremony at Samstanling Monastery. Then drive northwest along the Shayok River to Maan Village on the shores of Pangong Tso Lake (at 4350m in elevation). Check into the homestay then walk alongside your CEO to Pangong Lake for an easy yet rewarding hike! Tonight, join your homestay host for some stargazing in this remote village.



Meals included

Breakfast | Dinner



Accommodation

Astrostays (or similar)

Homestay



Today's Activities

Samstanling Monastery Morning Prayer

Nubra Valley

Visit the Samstanling Monastery for morning prayer. Witness the peaceful monastery ambiance, with murals and chants that reflect Ladakhi Buddhist heritage.

Private Vehicle

Nubra Valley - Pangong Tso

6h

180km

Settle in and scan the scenery from the convenience of a private vehicle.

Pangong Lake Hike

Pangong Tso

Take a short hike along the beautiful Pangong Lake.

Stargazing in Nubra Valley

Maan Village

In such a remote village, an opportunity like this to stargaze mustn't be missed!

Day 6

Pangong Tso/Leh

Make the most of your lake time and rise early for a special morning yoga session by the beach for all levels. Afterwards, fill up on breakfast before starting the drive back to Leh. The first stop of the day is to Rezung La Memorial, an important monument from the 1962 War. The next stop brings us to a nomadic settlement where we will learn about the luxurious pashmina cashmere. Then arrive to Leh in the evening for free time.



Meals included

Breakfast



Accommodation

Ladakh Palace Boutique Hotel (or similar)

Hotel



Today's Activities

Early Morning Yoga by the Lake

Pangong Tso

Rise early for a peaceful yoga session by Pangong Tso Lake.

Rezung La Memorial

Pangong Tso

Pay homage at the Rezung La Memorial near the Tibet border, a poignant reminder of the 1962 war and a symbol of bravery and sacrifice.

Pashmina Herder Experience

Pangong Tso

Stop by a remote nomadic settlement for a 1.5-hour immersive session with Pashmina herders, learn about their way of life, traditions and Pashmina making.

Private Vehicle

Pangong Tso - Leh

4h30m

205km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 7

Leh

Today is yours to do as you wish in Leh. Want to rest? Chill out in the hotel. If you want to explore, get out on the town! The choice is yours.



Meals included

Breakfast



Accommodation

Ladakh Palace Boutique Hotel (or similar)

Hotel



Today's Activities

Free Time

Leh

Enjoy the entire day to explore on your terms!



Optional Activities - Day 7

Alchi Monastery and Likir Village visit

Leh

Visit Alchi Monastery, Ladakh's oldest, to learn about its Buddhist roots and enjoy a meal at Alchi Kitchen, a national award-winning café. After lunch, visit Likir Village and engage with local potters to create your own clay souvenirs. (Lunch included)

Depart at any time.



Meals included

Breakfast

What's included

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What are the main highlights of this trip?

Explore Leh's Old City with visits to Leh Palace, Shanti Stupa, and hilltop monasteries, Cross Khardung La Pass and discover the vast desert landscapes of Nubra Valley, Stay with Ladakhi families and learn traditions at Kyagar House and Pangong's Astrostay, Marvel at the turquoise waters of Pangong Lake and meet Pashmina herders in Changthang

Itinerary Notes

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Are there Itinerary notes?

Want to experience the sights and sounds of Holi? Make sure you're in India on March 14, 2025 or March 4, 2026 for the nation's most colourful festival.

What important notes should I be aware of before the trip?

1. CULTURE

India is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.

In India there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humor, then we know that you - like all of us - will be captivated by what India has to offer.

2. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

3. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the role of the group leader during this trip?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 16

What meals are included in this trip?

7 breakfasts, 4 dinners

What are the meals like on this trip?

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private Vehicle, Walking.

What transportation will we take on this trip?

TRAIN

The best way to see India is at ground level on the railway system. In fact, no visit to India would be complete without the experience of travelling on a train and negotiating the busy railway stations. The chaos in the Indian Railway stations is a replica of the life in India. Indian trains are not merely a conveyance they are an odyssey so sit back relax, be patient and enjoy the show.

G Adventures uses a combination of AC 2 tier, AC 3 tier and sleeper class (for overnight journeys) and AC Chair car or second class seats for day journeys.

There are no restaurant or buffet cars on Indian Railways, but on long distance trains an attendant will appear in your coach and ask you if you would like to order food. Regular stops are made at stations where food is also available and on some trains many vendors board the train selling chai, cold drinks and crisps and biscuits.

Don't expect pristine western standards anywhere in India, but you'll find AC2, AC3 and AC Chair class fairly clean by Indian standards, with both western-style and squat toilets usually in a reasonably sanitary condition. Sleeper Class and 2nd class toilets may be a different matter! Bring your own toilet paper and hand wash soap or liquid.

Indian trains are quite safe to travel on, even for families or women traveling alone, and you are unlikely to have any problems. Having said that, theft of luggage, although rare is not unheard of, so just for peace of mind you might like to take along a chain and padlock to secure your bags (readily available at all Indian stations).

Generally, Indian Railways are very efficient, but Indian trains do run late particularly in winter time when fog is heavy, and sometimes it's many hours rather than minutes. Make sure you have something to occupy your time – a good book, music, a magazine or photos of your home country and family to show the Indian travelers also waiting for the train. You should also have snacks and water for the journey.

ROAD

Traveling by road in India or Nepal is certainly not what people are use to in Western countries. Rules are not always followed, drivers appear to speed, do not stay in their lanes, overtake in seemingly dangerous situations, rarely use their mirrors or driving lights at night time. The horn however is used very frequently and can range from the latest Bollywood tune to Britney Spears! In India, although the government is investing large sums of money improving the road infrastructure, there is a lot more to be done. As a result, in both India and Nepal, some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time covering relatively short distances is very long in comparison to Western countries.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Please Note: Only 1 piece of luggage that weighs up to 15kgs will be permitted on our internal flights in India. For any extra weight the airline may charge an additional fee at the time of check-in.

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Simple hotel (twin-share): 4 nights. Homestay (3 nights)

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 5 (Homestay in Pangong lake)

What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guest houses are used in India. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts can and are a regular occurrence in many places, especially throughout North and Central India. Although a number of hotels have generators there may be times when these won't work. It is also recommended when you are in your room to lock the door, as staff will sometime enter without reason.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:

Sakha Call Center (Primary Contact)

From outside India: +91 92787 08888

From within India: 92787 08888

Ipshita Kamra (Secondary Contact) - Sakha Manager

From outside India: +91 95997 81181

From within India: 95997 81181

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Sorab (New Delhi, India)

From outside of India: +91 88518 06614

From within India: 88518 06614

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bag which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in home stays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

What should be on my packing list?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

All travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India is now offering e-Visas for some nationalities. Please visit this link for further information, and to check if your nationality is eligible for an e-Visa: <https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

VISA INFORMATION:

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

For visa purposes, your Emergency Local Contact details are below:

G Adventures South Asia Manager

Mr Sorab Jassawalla (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.

For more information and to complete the e-Arrival Card, we kindly request the you visit the [Indian Immigration](#) page.

Where can I read detailed notes about this trip?

In India English is widely spoken and transportation and infrastructure is good, but please remember that this is India- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

What should I know about currency, credit cards, and exchanging money while on this tour?

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

As of May 2023 the exchange rate for INDIA was 1 USD = 81.76 INR (Indian Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$4-5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$8-10 USD per person, per day can be used.

What activities are optional on this trip?

Leh

- Astronomy Experience
- Alchi Monastery and Likir Village visit

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

India is very conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

NB: WE STRESS THAT IT CAN BE VERY COLD IN THE HILLS DURING THE MONTHS FROM DECEMBER TO FEBRUARY.

NB: During our trip there will be many opportunities for you to meet and "talk" with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.