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Sorry! There are no remaining departures for "Trekking in Ladakh" (AHLT), [but here are some similar trips](#).



Trekking in Ladakh

14 days, Delhi to Delhi

Trip code AHLT

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Hiking around Ladakh (8 days)

- English-speaking local guide and assistants for the trek
- Transport between destinations and to/from included activities
- Internal flights

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 January 1st, 2017 and onwards

Itinerary



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

Delhi

Arrive at any time.



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

Delhi/Leh

Morning transfer to Delhi airport. Fly to Leh and enjoy the rest of the day free to explore.



Meals included

Breakfast



Today's Activities

Plane

Delhi - Leh

1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Leh

Wander among the monasteries and stupas of the incredible mountain city of Leh, stopping to watch life passing by.

Day 3

Leh

Enjoy a full day of sightseeing. Visit the Buddhist monasteries of Shey and Thikse. Enjoy the spectacular views across the Zaskar range.



Meals included

Breakfast



Today's Activities

Shey, Thikse and Hemis Monastery Visit

Leh

Visit these three Tibetan Buddhist monasteries. Check out the massive, three story statue of the Buddha in Shey monastery and admire the beauty of the Thikse monastery. Explore around the Hemis monastery -- it's one of the most famous and largest monasteries in the region.

Day 4

Leh/Zinchan

Drive to Spituk Gompa. Explore the monastery, then begin the hike to Zingchen. The hike gradually ascends and passes through deep gorges on the way.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Spituk Gompa Visit

Leh

Close to Leh, the Spituk Gompa has been in the Himalayas since the 14th century. Statues of Buddha and from Buddhist iconography cover this sprawling monastery on a Himalayan hillside. Explore the relics and spaces within this impressive historic site.

Ladakh Trek

Leh - Zinchan

4h-5h

12km

Trek from Spituk uphill to Zingchen. Begin along an old jeep track, along parched ground before descending into the verdant Zingchen Valley.

Day 5

Zinchan/Ganda La

Enjoy a full day hiking. Head for Ganda La today, with the peak of Stok Kangri looming overhead.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Zinchan - Ganda La

6h-7h

16km

Enjoy a full day hiking. Head for Ganda La today, with the peak of Stok Kangri looming overhead. Enter Hemis National Park and ascend through picturesque valleys towards the village of Rumbak. Hemis is a wildlife sanctuary and home of the snow leopard, an endangered species.

Day 6

Ganda La/Skiu

Spend a full day trekking from Ganda La Base Camp to Skiu, including the ascent of Ganda La (4,950m/16,240 ft). The views from the pass include the entire Zaskar range below.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Ganda La - Skiu

4h-5h

15km

Enjoy a full day trekking from Ganda La Base Camp to Skiu, including ascent of Ganda La (4,950m/16,240 ft). The views from the pass include the entire Zaskar range below. Prayer flags and chorten line the route, with the peaks of the Himalayas in the distance. Descend down to Skiu, where an old monastery marks the history of the area.

Day 7

Skiu/Markha

Take a full day to hike from Skiu to Markha with more breathtaking views.

Enjoy a full day hiking from Skiu to Markha.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Skiu - Markha

6h-7h

18km

Full day hiking from Skiu to Markha. Walk along the Markha Valley, crossing the river and through settlements. The paths are marked by 'manistones', inscribed with Buddhist prayers.

Day 8

Markha/Thachungtse

Continue on from Markha to Thachungtse during another full day of hiking.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Markha - Thachungtse

6h-7h

18km

Enjoy a full day hiking from Markha to Thachungtse. Castles, monasteries, and old mills line the trek, reminders of the once prosperous history of the region. Pass small hamlets on the trek, then look up to see the views of the impressive Mt Kangyatse.

Day 9

Thachungtse/Nimaling

Spend the day hiking from Thachungtse along the Nimaling stream.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Thachungtse - Nimaling

3h-4h

10km

Spend the full day hiking from Thachungtse along the Nimaling stream. Arriving at the Nimaling plateau, enjoy the view of the alpine grassland and the yaks that are brought to pasture here. This is the highest camping point on the trek.

Day 10

Nimaling/Shangsumdo

Hike to Shangsumdo via Kongmaru La (5,150m/16,896 ft). This is the highest point of the trek and a challenging full day of hiking. Breathe in the thin air and soak in the stunning views.

Full day to Shangsumdo hiking via Kongmaru La (5,150m/16,896 ft). This is the highest point of the trek and a challenging day of hiking.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Nimaling - Shangsumdo

7h-8h

20km

it's a full day of hiking to Shangsumdo via Kongmaru La (5,150m/16,896 ft). This is the highest point of the trek and it's a challenging hike, but the stunning views across the Indus Valley and Ladakh mountain range are worth the effort. The descent is quite steep, with some river crossings along the way.

Day 11

Shangsumdo/Leh

Enjoy a short trek in the morning before leaving Shangsumdo. Catch a well-earned ride for the last section of the journey back to Leh.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Ladakh Trek

Shangsumdo - Martselang

4h-5h

14km

It's a short trek this morning, leaving Shangsumdo and returning to Leh. Drive the last section of this journey and enjoy the view while giving your feet a well deserved break. Walk back along a jeep track down to meet the transport.

Private Vehicle

Martselang - Leh

1h

35km

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

Take a day to relax and enjoy the sights around Leh. Absorb the culture at Hemis Monastery, once the richest and largest in the region. Visit Stok Palace and learn more about the history of the area.



Meals included

Breakfast



Today's Activities

Free Time

Leh

Take a day to relax and enjoy the sights around Leh.



Optional Activities - Day 12

Hemis Monastery Visit

Leh

Hemis monastery has existed prior to the 11th century. This spectacular monastery is most famous for its annual festival, which centres around a dance performance. The monastery is open all year, and is a fascinating place to visit.

Stok Palace and Museum Visit

Leh

Get a taste of the life of Indian royalty by visiting Stok Palace, home of the former royal family of Ladakh. Explore the palace and its adjoining museum, and see the queen's ancient turquoise and gold crown and a photo of the young king wearing sneakers.

Day 13

Leh/Delhi

Fly back to Delhi and make the most of the city with free time in the afternoon.



Meals included

Breakfast



Today's Activities

Plane

Leh - Delhi

1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Delhi

One of the world's most cosmopolitan cities, Delhi is a great place to explore. Use your free time here to see the best of this bustling capital city.

Day 14

Delhi

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
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What are the main highlights of this trip?

Visit the Buddhist monasteries of Shey and Thikse, explore the mountain city of Leh, hike on the trails between villages in the Markha Valley, see India's highest peak Nanda Devi looming overhead

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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.

How large will the group be?

Max 15, avg 12

What meals are included in this trip?

13 breakfasts, 8 lunches, 8 dinners

What are the modes of transportation on my trip?

Plane, private van, walking.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Standard hotel (6 nts), camping (7 nts).

What is the joining hotel?

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

What are the joining instructions?

If this is your first trip to India an arrival transfer is recommended. The arrival transfer will be provided by our G Adventures-supported project Women on Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community. You will be greeted by a trained driver from the project with a G Adventures sign with your name on it. The drivers mostly wait outside exit Gate number 6. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area. If you have any questions, please feel free to call our transfer representatives in Delhi. Our airport representatives can be reached at the Sakha Call Centre at +91 92787-08888.

Taking a taxi from New Delhi airport is convenient, but taxi drivers are famous for tampering with their meters and overcharging. Use the prepaid taxi service offered at the airport. You can make the arrangements at designated counters outside the baggage-claim area of the domestic terminals and international terminal. Unfortunately scammers have set up similar services, so make sure the counter is operated by the Delhi Traffic Police. Your destination, the time of your arrival and the amount of luggage determine the rate, which you pay in advance at the counter, but should be between INR200-300. Take the receipt and locate your assigned taxi. Taxis are black with yellow tops and have yellow number plates. Once you get into the taxi, don't give the driver the payment slip until you reach your destination. If the driver demands more rupees, politely refuse, although if they have driven safely, you may like to tip INR10-20.

Be aware also, of touts at the airports, even at hotel-reservation counters. They may try to trick you into booking a hotel room by claiming that your prior reservation is invalid. Ignore them.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive some general and specific information about aspects of the trip.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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:

New Delhi Airport:

Sakha Call Center

From outside India: +91 9278708888

From within Delhi: 9278708888

From outside Delhi: 09278708888

Airport Representative

From outside India: +919599193260 or +919599051397

From within Delhi: 9599193260 or 9599051397

From outside Delhi: 09599193260 or 09599051397

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Rishab (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

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

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

Are there any additional packing suggestions I should consider?

Standard luggage allowance for internal flights is 15kg (33lb) for checked luggage, and is 7kg (15lb) for carry-on luggage.

Any charges for additional luggage or weight is the responsibility of the passenger.

What should be on my packing list?

Additional Items:

- Sleeping bag (required)

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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.)

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

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!

What activities are optional on this trip?

Leh

- Hemis Monastery Visit
- Stok Palace and Museum Visit

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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 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.

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