

Ladakh: Nature, Culture & Adventure | 14 Days



Ladakh – Secluded-behind high passes of the Himalayan mountain range, you reach a unique culture to which the inhabitants have remained faithful to this day. Insinuated by deep Buddhist religiosity, the bizarre landscape of the Himalayas awaits you, in which gods and spirits traditionally still dominate the course of the day today and into eternity. The Ladakhis have lived almost independently of agriculture and livestock farming for centuries. Despite Indian rule, the population has retained its own culture, which bears more resemblance to the Tibetan way of life. Fascinating are the Buddhist monasteries, the unique warmth and warmth of the Ladakhis as well as the breathtaking, barren mountains.

In Ladakh, on the upper reaches of the mighty Indus, Tibetan Lamaism has been preserved in pure culture. In front of the enormous mountain giants of the Himalayan main ridge, always within sight of the Indus, are impressive monasteries: places of art, scholarship, contemplation. The barren landscape of the high mountain desert, which is more than 3,500 metres long, invites you to unforgettable hikes and a spectacular drive over the highest pass road in the world into the Nubra Valley. It is home to the most fertile region of Ladakh with its rich orchards. We fly to Leh, into a world that is very different from the rest of India. We visit the most beautiful and important Buddhist monasteries & villages of the Industrial With oversized golden Buddha figures that are living religious meeting places. Hemis, Thiksey, Lamayuru and Alchi are among the most famous of them.

Earth-coloured, rugged mountains, glacier-covered 6,000-square-foot eras and ever-green oases

characterise the image of the vast landscape. A colourful monastery festival in the Hemis Monastery with ritual mask dances and mystical chants is a special spectacle.

By bus we drive from Leh along the former caravan route via one of the highest passable passes in the world, the 5602 m high Khardung La, to the Nubra Valley, the Valley of Flowers. Visit to the turquoise-blue Pangong Lake in the nomadic region of Changthang on the border with Tibet. We do easy day hikes on easily walkable paths. A normal to good condition is sufficient for this. The walking times are approx. 3-5 hrs. We stay in typical local accommodation in this unique Himalayan region.

Trip Highlights

- Easy day hikes with in a unique Himalayan region.
- Enjoy panoramic vistas over the Indian Himalaya and Karakorum
- Drive to the turquoise blue Pangong Lake on the border with Tibet.
- Visit to the most beautiful Buddhist monasteries & villages of the Indus Valley.
- Nubra, the valley of flowers with day walks.
- Hemis Gompa is the largest, most famous and richest monastery in the whole of Ladakh and the place where every year the very special mystery festival
- Visits to UNESCO World Heritage Sites: Agra, Taj Mahal, Fatehpur Sikri.

Detailed Itinerary

Day 1: Arrive in Delhi

Welcome to India! Upon arrival in India a travel-to-nature Asia guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

Rest of the day is free to relax and recover from your flight or for individual exploration of Delhi.

Optional

Morning free to recover from jet lag and around

Ladakh: Nature, Culture & Adventure | 14 Days

noon proceed for sightseeing of Delhi to visit India Gate, Raj Ghat, Jamia Masjid, Chandni Chowk, drive past Government buildings including President's Palace. Start the tour with Raj Ghat followed by visit to Jamia Masjid, Chandni Chowk etc. If time permits also visit a Sikh Temple/Hindu temple. During the days sightseeing stop at some local restaurant for Lunch (optional). The sightseeing shall be for about 3-4 hours. After Sightseeing is over, we drive back to hotel for overnight stay.

The Jamia Masjid

This great mosque of Old Delhi is the largest in India, with a courtyard capable of holding 25,000 devotees. It was begun in 1644 and ended up being the final architectural extravagance of Shah Jahan, the Mughal emperor who built the Taj Mahal and the Red Fort. The highly decorative mosque has three great gates, four towers and two 40 m-high minarets constructed of strips of red sandstone and white marble.

The Chandni Chowk

Chandni Chowk, originally meaning moonlit square or market, is one of the oldest and busiest markets in Old Delhi, now in central north Delhi. Built in 17th century by the great Muslim Emperor of India, Shah Jahan and designed by his daughter Jahan Ara, The market was once divided by canals to reflect moonlight, now closed, yet it still remains one of India's largest whole sale markets. Chandni Chowk is the major street in the walled city of Old Delhi, which was originally called Shahjahanabad

Accommodation: Jaypee Sidhartha Hotel



Day 2: Fly Delhi - Leh (3,500 m | 1.20 hrs) | Afternoon orientation walk

A very early start today for the flight to Leh. We usually leave the hotel at around 3 am and drive to the airport for the very early morning but highly spectacular flight over the Himalaya to Leh. If the weather is good and the flight goes on time, we should be in Leh for breakfast.

In the morning we rest and catch up on some sleep and in the afternoon, there will be a gentle orientation walk of Leh and its bazaars.

The rest of the day is free to relax and acclimatize to the altitude (3,500 m).

Accommodation: Lharimo Hotel
Meal: Breakfast

Day 3: In Leh

After breakfast we climb the Lehpalast with its ancient temple ruins. The Lion King "Singay Namgyal" made Leh a residence when he ruled Ladakh from here in 1616-42. This clay and timber structure with its impressive lion portal is now in ruins. From here you have unique views of the 6000 m high snow mountains, the green valley of Leh with the vegetable and orchards.

In the afternoon we visit the Shankar monastery. Numerous small gold statues and interesting paintings are stored here. There are also modern Tantric murals and a thousand-handed Avalokitesvara deity here. It is a relatively modern monastery. Then we head to Shanti Stupa, another impressive monument. Rest of the day at leisure. Dinner and overnight in the hotel.

Accommodation: Lharimo Hotel
Meal: Breakfast

Day 4: Thiksey - Hemis Monastery

A day trip takes us upstream in the Indus Valley. On the way we come to the yellow-cap edict monastery Thiksey, which is perched on a ridge. Particularly

Ladakh: Nature, Culture & Adventure | 14 Days

impressive are the prayer halls from the 15th century and the huge figure of the sitting Maitreya (Buddha of the future). A beautiful view can be seen from the monastery roof on green pastures and fields as well as on the yellow-brown gravel and rocks of the high mountain desert. We continue to the "Crystal Castle" Shey, the former residence of the Ladakh kings of the Yarklun dynasty. After the transfer of the center of power around 1470, the palace remained a side residence, private temple and seat of the state oracle. Finally we reach the Hemis Monastery which is the largest, most famous and richest monastery in the whole of Ladakh.

Every year a very special mystery festival is held in the Hemis Monastery in memory of the victory of the famous teacher Padmasambhava over the evil powers takes place. Padamasambhava brought Tantric (Vajrayana) Buddhism to Bhutan and Tibet. He is considered a central figure for the spread of Buddhist teaching throughout the Himalayas and is also revered as the second Buddha. To celebrate that festival pilgrims come here from all over Ladakh often walking for days to participate.

A highlight of the festival is the gathering of the llamas (=spiritual teachers in Tibetan Buddhism) around the central flagpole, where the mystical mask dances accompanied by singing, the so-called "Chams" , and the sacred play are performed. The Chams are an important part of the Tantric tradition. They are shown only in monasteries and follow the Tantric Vajrayana teachings. They are an integral part of the worship rituals of the monks.

Dressed in colorful, shiny robes made of brocade and silk fabrics with ornate masks made of cardboard makes up to 1 m high, the dancers recreate the victory of the tantric padmasambhavas over the previously ruling, animist primal religion Of Bön. The Tantriker wears a golden mask and subdues the fearsome demons. These are then transformed into protective deities, the so-called Dharmapalas. In the late afternoon we return to Leh.

Accommodation: Lharimo Hotel
Meal: Breakfast

Day 5: Leh - Khardong La - Nubra Tal (3,100 m)

Monasteries and oases between Karakoram and Ladakh Range

Today we drive to the Nubra Valley via Khardong La Pass. Nubra invites you to a trip back in time to an almost forgotten "Shangri La" with breathtaking views and wonderful hospitable people. From Leh, the adventurous ride passes over the partly tarred slope behind the Lehburg. The route leads up the slopes of the Fuchu valley and finally in serpentines to the Khardung La (5,602 m), the highest pass on earth. We rest and can enjoy the magnificent view of the distant. From North Pullu we hike along a cheerfully bubbly glacier stream downhill to the high alpine pasture of Khardong. From here you can take vehicles to the Nubra Valley. Three nights at Deluxe Cottage & Farmhouse.

Accommodation: Lharimo North Cottage
Meal: Breakfast

Day 6: Entsa - Samstanling - Anisa Monastery

The day starts early in the morning. In a 3-4 hour hike we reach the mythical hermitage Entsa, which is almost unreal surrounded by willow trees and poplars, over the Nubra River. Afterwards, a short hike leads us to the legendary lake of Tirisha, on whose shores many already had forward-looking visions. With a visit to the monastery of Samstanling and Anisa we return.



Ladakh: Nature, Culture & Adventure | 14 Days

Accommodation: Lharimo North Cottage
Meal: Breakfast

Day 7: Diskit - Hunder Dok (3,200 m) | Sand Dunes & Camels

During a day trip we visit the villages of Deskit and Hunder (3,200 m) in the Shyok Valley. The village of Deskit is the administrative center of the region. From the steep mountainside above the village rises the rock gompaempor inhabited by 80 monks. At the age of 600, it is the oldest monastery in Nubra and is under the patronage of the main monastery of Thiksey. Remarkable are the engravings in the mani walls and the particularly beautiful choirs on the ascent path to the monastery, from which there is a magnificent view into the valley. Hunder is considered to be the largest and most beautiful settlement in the Nubra region, further down the valley. The village has 200 houses and about 1000 inhabitants.

The Hunder River, which rushes down from the mountains to the village, has been branched into many small irrigation canals, making the apricot and apple orchards well to be supplied. The River Gompa, which is over 550 years old and is under the control of the main monastery of Thiksey, has bright whitewashed choirs, while beautiful manistes are piled up on the bridge. At the monastery rises the house of the former royal family of Nubra, although somewhat dilapidated, but decorated with beautiful wood carvings. The two temple rooms contain interesting objects from Tibet. After visiting the prayer rooms, we walk along a small stream, past sand dunes and Bactrian camel (= trample). They are living witnesses of Nubra's lively history with its caravans that traded between Yarkand and Leh. Brave people can also take a ride on the two-höckder camel through the sand. In the afternoon we return to Tirith to stay overnight.

Accommodation: Deluxe Cottage & Farmhouse
Meal: Breakfast

Day 8: Back in Leh

For the return journey from the Nubra valley up to Khardung La and down to Leh to the hotel we have to expect about 5-6 hours drive again. The rest of the

day we can use to rest and let the experiences in the Nubra Valley recreate. An overnight stay in the heart of Leh.

Accommodation: Lharimo Hotel
Meal: Breakfast

Day 9: Leh - Pangong Lake (4,267 m)

Very early in the morning we drive east over the 5,486 m high Chang-La Pass into the nomadic region changthang. Most of the journey will be rough and dramatic mountain road. The road crosses the villages of Shey and Gya and traverses the Changla pass, where army sentries and a small teahouse greet visitors. The scenery is simply unforgettable due to its proximity to nature and the environment. En-route we have chances to spot wildlife such as Tibetan Wolf, Wild Ass, Blue Sheep, Marmot, Tibetan Gazelle and many more exotic birds. The spectacular lakeside is open during the tourist season, from May to September. The turquoise blue shimmering Pangong Lake is only one third in Ladakh, two thirds are already on Tibetan soil. The impressive blue Pangong Lake is 5-6 km wide and over 133 km long.

In the afternoon we hike along this impressive lake and have the opportunity to bird watching. An overnight stay in a luxurious tent camp with fixed beds. Opportunities for showering are available.

Accommodation: Tented Camp
Meals: Breakfast, Lunch, Dinner

Day 10: In Pangong Lake

Today we will explore the flora, fauna and geography of Pangong Lake.

The lake acts as an important breeding ground for a variety of birds including a number of migratory birds. During summer, the Bar-headed goose and Brahmini ducks are commonly seen here. The region around the lake supports a number of species of wildlife including the kiang and the Marmot.

Ladakh: Nature, Culture & Adventure | 14 Days

Formerly, Pangong Tso had an outlet to Shyok River, a tributary of Indus River, but it was closed off due to natural damming. Two streams feed the lake from the Indian side, forming marshes and wetlands at the edges. Strand lines above current lake level reveal a 5 m (16 ft) thick layer of mud and laminated sand, suggesting the lake has shrunken recently in geological scale.

Accommodation: Camping Tent
Meals: Breakfast, Lunch, Dinner

Day 11: Uletokpo at the bank of Indus River

We leave Pangong and drive to Uletokpo -a distance of about 287 km for which we will need about 6-7 hours. Upon arrival in Uletokpo we check into the beautiful Ule Ethnic Resort. The rest of the day is free for us to recover from the long adventurous journey.

The Ule Ethnic Resort, located on the Indus River, is a great place to relax. The balance between man and nature is very important concept to the resort. Resort is self-sustainable; electricity is produced by a unique mini-hydro power plant and food comes from the resort's own vegetable garden and farm. The resort organises a variety of sporting activities such as abseiling, rafting or climbing. For relaxation, you can enjoy Ayurvedic massages. The cabins are idyllically situated under apple and apricot trees. The rooms are comfortably furnished, spacious and cosy. They have a bathroom with solar shower and running hot and cold water, cable TV, telephone. There is seating under the trees and also hammocks with fantastic views of the Indus.

Accommodation: Ule Ethnic Resort
Meal: Breakfast

Day 12: Relaxation at the Ule Ethnic Resort

Today we have time to explore Uletokpo on our own. There is the possibility to hike to Mangyu Monastery/Village, which are located on the other side of the Indus River. The hike takes about 2 hours. If you prefer to take it a little easier, you can indulge in a soothing massage in the spa area of the resort.

Accommodation: Ule Ethnic Resort
Meal: Breakfast

Day 13: Fly Leh - Delhi

On the last day of our Ladakh tour we leave Uletokpo and drive to the airport in Leh. From there we head back to Delhi. After checking into the hotel, there is a little sightseeing in the afternoon through New and Old Delhi. We visit Hindu temples, the Lodhi Gardens and take a walk through the bazaars of Old Delhi.

In the evening, a delicious farewell dinner awaits us in a very good restaurant and together we can reminisce about the past 2 weeks we had in Ladakh.

Accommodation: Hotel
Meal: Breakfast

Day 14: Depart Delhi

After a delicious breakfast transfer to airport for your homeward-bound flight.

Meal: Breakfast

Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin-Sharing accommodation in all hotel/resort/lodge as mentioned
- Daily breakfast throughout the trip, other meals as mentioned in the itinerary
- Transport services by cars/SUVs or mini-bus/large bus depending on group size (for all transfers, long distance drive and sightseeing as per program)
- Entrance Fee at National Park (Hemis National Park).
- Permit fee to climb Stok Peak
- Services of an English speaking guide
- A professional Trekking/Climbing Guide on trek

Ladakh: Nature, Culture & Adventure | 14 Days

- Complete trekking arrangements which shall include all meals during trekking (bed Tea, Breakfast, Lunch, afternoon Tea, Dinner), 2 men Alpine tents with compressed Foam mattress. Kitchen Tent, Dinning tent, accompanying Kitchen staff, Pack Ponies/Porters/Yaks to carry the baggage/Kitchen utensils/ Camping equipment etc. The arrangements for trekking are of good standard which includes good service, good food and good equipment. However, we suggest that guests bring their own sleeping bags for their comfort failing we shall provide same from our end on advance request
- Ropes for the final section to the summit
- Rooms for wash & change on the last day in Delhi before departure with farewell dinner on last evening

Excludes

- International & domestic flights tickets
- Visas or vaccinations
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing & equipment
- Tips for trip leader/guide, driver, hotel staff and porters
- Any expenses of personal nature, such as alcohol and soft drinks, telephone, medicines, laundry etc
- Items/services not listed in "included"
- Extra expenses/payment for 'Optional' activities/programs if opted in

Accommodation

Jaypee Siddharth, New Delhi

With elegant interiors and modern comforts, Jaypee Siddharth Hotel comes across as a delight for first-time visitors and regular customers. Housing a 24-hours resto cafe, extensive conference and banquet spaces, the hotel enhances every aspect of your visit, taking care of each guest personally. Nestled at a prime location, this deluxe edifice attracts innumerable foreigner visitors and seasonal business travelers every year.



Lharimo Hotel, Leh

Lharimo Hotel is an excellent choice for travellers visiting Leh, offering a family-friendly environment alongside many helpful amenities designed to enhance your stay. Lharimo Hotel features room service. In addition, as a valued Lharimo Hotel guest, you can enjoy an on-site restaurant with delicious foods. Guests arriving by vehicle have access to free parking.

Lharimo North Cottage, Nubra

Lharimo North Cottage has 22 room that are traditionally made using sundried mud bricks, sandstones and granite stones for walls and poplar logs and willow twigs for the ceiling makes its rooms well insulated. Teak wood laminated floors, individual cottages with large windows with private spacious lawns complemented by spectacular views of

Ladakh: Nature, Culture & Adventure | 14 Days

surrounding mountains makes this eco-friendly resort a special retreat.

Ule Ethnic Resort, Uleytopke

Set at the cliff bank of river Indus, 55 Kilometers into Sham valley is the village of Ule Tokpo. The village is home to the family running Ule Ethnic resorts since 1974. A premier property, the resort with 15 ensuite deluxe cottages and 15 ensuite huts. Ule Ethnic Resort is the first fully solar powered tourism project in Ladakh, taking ahead the local sustainable tourism initiative.

Camping-Tent

Our classic A-frame or ridge tents are sturdy and have plenty of room for two people. We use water and windproof flysheet which help make the tent nice and cozy inside. To complete the setup we provide a high-quality form mattress together with an insulation pad so that you get a good sleep after a long tiring day.

Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/tour partner will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

Accommodation - Hotel & Lodge

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family-run guesthouse or lodges in a smaller town or a heritage-type hotel. Accommodation in remote areas tend to be basic and may not have western amenities. Hotels are generally rated as local three to four-star but please note they may or may not be of international classification system and differences in facilities and quality do exist between Germany and India. While camping we use sturdy A-Frame tents which have enough room for 2 adults and are covered by water and wind proof flysheet

Single Accommodation

Unless you specifically request a single room (with supplement), we offer double room accommodation throughout the trip.

Food & Transport

While camping all meals (Breakfast/Lunch/Dinner) are included and breakfast & dinner only while staying in hotel and/or lodge.

For airport, sightseeing transfers, and for long drives we use a private car/vehicle. Flights to/from Leh/Delhi will be usually in a jet-plane.

Drinking Water

Staying hydrated is important when undertaking any physical activity but particularly so at altitude where it is generally recommended to drink at least 3-4 litres per person per day. We strongly encourage you not to buy bottled water as this contributes to the growing problem of plastic pollution in India. We recommend that you bring a reusable bottle with a wide opening and use a SteriPEN to treat it with. A SteriPEN is a handheld UV water purifier – small, lightweight and battery powered so easy to pack for a trek. It's quick to use, far more effective than purification tablets, and the water is ready immediately.

SteriPENS are widely stocked on Amazon, outdoor shops and other online retailers; look for the latest models but avoid USB charging ones. Better still, a SteriPEN will pay for itself over the course of the trek and you won't leave behind a single plastic bottle – you will end up spending the same or even less than you would on bottled water, plus you can keep it for future trips. If you prefer not to invest in a SteriPEN, your kitchen crew provide you boiled water which should not require treating. This is also perfect for a bedtime refill as it can double up as a hot water bottle.

Weather

Despite its altitude, Ladakh is a desert setting and can experience surprisingly hot weather during summer in the day times. Generally, the weather is good in Ladakh

Ladakh: Nature, Culture & Adventure | 14 Days

during the summer time, with warm to very hot sunny days (temperatures can reach up to 35°C or more), and cool to cold nights depending on the altitude (it can be just below freezing at the highest camps in late August and September). There is, however, always the possibility of rain, and snow at higher altitudes, and you should be prepared for this. Please note the sun is very strong at these altitudes and it can be very hot in the daytime. Ladakh, though technically part of the Tibetan plateau and classified as a high-altitude desert, can and does occasionally experience the effects of the Indian monsoon. However, weather, especially in mountainous area, is never wholly predictable and you should be prepared and equipped to deal with any differences in weather beyond the conditions described above.

Delhi in the summer months is very hot and humid.

Baggage Allowance

At time of writing the standard weight limit is one checked baggage on Qatar Airways is 25kg (55lb). We recommend packing only one piece of checked baggage. **Internal flights (Delhi-Leh-Delhi) in the destination country are subject to a weight limit of 15kg.** As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check the airline's website for the latest information prior to your departure.

ESSENTIAL INFORMATION

Passport & Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, in accordance with the regulations of the country you are to visit. The information below is primarily for EU passport holders, and other nationalities should check with the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visas are required if you are German and for most other nationalities. Visa information changes regularly for India; for the latest information on applying for a visa please follow these links for more information.

<https://indianembassyberlin.gov.in/pages?id=Mg,,&su bid=MTQ>,

If your flight arrives into Delhi Airport and you have an e-visa, please follow the overhead signs to the e-visa booth at the back of the immigration hall. You will need to fill out an additional form at the booth. Please make sure that you have the details of your start hotel ready. Visa regulations can change without notice: please check the current regulations in good time to obtain a visa.

Please note: Visa regulations can change without notice, therefore please check the current regulations or contact us.

Vaccination & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no mandatory vaccination requirements for this trip. Recommended vaccinations for this trip are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. The risk of malaria on this trip is slight, but you may wish to consult your GP/Family Doctor or travel health clinic for further advice. Dengue fever and/or Chikungunya are known risks in places visited on this trip. Both are tropical viral diseases spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for either, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic prior to departure for up-to date information.

Ladakh: Nature, Culture & Adventure | 14 Days

Local Time

GMT + 5 hours and 30 minutes

Electricity

230/240 volts AC, 50 Hz. There are recharging facilities at most of the hotels, the electricity supply is not 100% reliable but it is usually only off for short periods of time.

Money

The national currency of India is the Indian Rupee (INR), with an exchange rate at the time of publication of approximately 89 to the Euro and 82 to the US\$. It is illegal to import or export rupees. Do not accept torn or (very) dirty Indian banknotes from banks or in change as they will almost certainly not be accepted as legal tender in India. Please ask for low denomination notes of 100, 200 or 500 Rupees as 2000 Rupee notes can sometimes be difficult to use out of Delhi. You can change money back from Rupees into Euro or Dollars at Delhi airport (before going through security), but you must produce an exchange receipt showing that you changed money in India. You are advised to bring most of your money in cash as you may have difficulty changing travellers cheques outside Delhi. It makes no difference whether you bring Euro or US Dollars. You should change your money on arrival at Delhi either at the hotel or airport (please note that the hotel often gives a better rate than the airport). It is possible to change cash in Ladakh. You will need approximately €200-€250 for extra meals and tipping for the whole trip.

ATM | Credit Cards

There are ATMs in Delhi. There are a few ATMs in Leh but please do not rely on these. We recommend you change most of the money you need for the trip before leaving Delhi. Please do not rely wholly on ATM machines as often they are broken or run out of cash. Credit cards are accepted in larger shops in Delhi and in Leh.

Extra Expenses & Spending Money

Apart from the extra food you should allow approximately €5 (approx. US\$5.50) a day for drinks and incidentals (when not on trek), more if you enjoy a few beers, as these are comparatively expensive in India. Whilst on trek there is not much to spend your money on, but in Leh and Delhi there is a wealth of souvenirs, trinkets etc. India has very good opportunities for shopping, especially for locally made goods, and in Delhi local guides may well offer to take you to emporiums as well as workshops where these goods are made. Many people find this a great opportunity to buy local handicrafts, silk, jewellery and carpets. Guides will often assume that visitors will want to go shopping, it is very much part of the culture, however if you do not wish to go please make this clear to your local guide at the time

Tipping

Tipping is of course entirely at your discretion, but it is customary in India. Tipping can be an awkward affair especially when you are not familiar with the country. Your leader will help with tipping and will provide a list of suggested tips. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, and if trekking will include camp staff such as guide, assistants, cooks and pony men. Sometimes your leader will collect a kitty during the trip and sometimes they will collect the tips towards the end of the trip (occasionally for very small groups the leader may need to collect a little more than the suggested amount). We suggest you allow Rs 6,000 (approx. €60 -70 / \$65-75) for this trip. Please try to tip in local currency.

Tipping of the local leader is not included in the above and is at your discretion. However, we suggest around Rs1000-2000 (approx.€11-25 /US \$12-25) per person for the leader depend upon the group size.

Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.