

# INDIA

## Hiking, Biking, and Rafting Ladakh



July 5 - 17, 2020

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### TRIP HIGHLIGHTS

- ▶ Dive into culture in Northern India with visits to monasteries and nunneries while learning about the silk trade, Buddhism, and Ladakh's history
- ▶ Hike the Himalayan Mountains ascending to high mountain passes with stunning views of the farming valleys below
- ▶ Raft the Zaskar River
- ▶ Stay overnight in a campsite deep in the habitat of the elusive snow leopard and blue sheep

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive in Delhi, welcome dinner
- Day 2: fly to Leh, day to acclimatize to altitude, visit Shanti Stupa
- Day 3: join a sunrise prayer ceremony, explore Leh Palace and the Central Asian Museum
- Day 4: hike to the Rizong Monastery, visit the Chulichan Nunnery
- Day 5: visit the Lamayuru monastery, hike to Wanal via Pritikingir-La
- Day 6: explore the Choskhor Buddhist Temple, whitewater rafting adventure
- Day 7: start your two-day trek in Zingchen Village, camping in Rumbak
- Day 8: trek over Stok La Pass at 15,420 feet, drive back to Leh
- Day 9: drive over a pass at higher than 18,000 feet, explore the Diskit monastery
- Day 10: explore the Nubra Valley by bicycle, stop at Samstemling monastery
- Day 11: hike through the Hundar Gorge, afternoon to relax at your hotel
- Day 12: drive back to Leh, last minute shopping, farewell dinner
- Day 13: fly to Delhi, connect with international flights

### TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$1,500

Internal Air: \$300

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### your adventure in depth

#### DAY 1

Sunday  
7/5/20

### Arrive in Delhi

Welcome to Delhi and India! An ancient city that has something for everyone, Delhi has been settled seven times over the centuries. The city has grown in a way that reflects its past while retaining its cosmopolitan flavor. It is India's showcase for architecture, religion, shopping, and culture.

#### Pick-up and Transfer

You will be picked up at the Delhi airport and transferred to your hotel.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore Ladakh!

#### Accommodations

Taj Palace

#### Meals Included

dinner

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#### DAY 2

Monday  
7/6/20

### Delhi to Leh

Ladakh is a region in northern India that extends from the Siachen Glacier to the Great Himalayas. It is one of the most sparsely populated areas in northern India, and its culture and history are closely related to that of Tibet. Ladakh is well-known for its remote mountain vistas and interesting cultural traditions.

**Fly to Leh** Head back to the airport this morning for your short flight to Leh in Ladakh.

**Day to Acclimatize** You'll be met at the Leh airport and transferred to your hotel. You'll have most of the day on your own to acclimatize to the altitude.

**History of Ladakh** Meet your group in the late afternoon for a talk on Ladakh's social, cultural, and historical background. Make sure to ask plenty of questions!

**Shanti Stupa** Stroll around the local market before visiting Shanti Stupa, which is perched atop a magnificent viewpoint over Leh. This Buddhist stupa, also known as a chorten, has a stunning white dome and offers panoramic views of the surrounding boulder-strewn landscape.

**Dinner** Enjoy dinner at your hotel this evening.

#### Accommodations

TBD (11,483 feet)

#### Meals Included

breakfast, lunch, dinner

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#### DAY 3

Tuesday  
7/7/20

Accommodations  
TBD (11,483 feet)

Meals Included  
breakfast, lunch, dinner

### Leh

Dotted with stupas and whitewashed houses, the Old Town of Leh is dominated by a dagger of a steep rocky ridge topped by an imposing Tibetan-style palace and fort. Beneath in the bustling bazaar are souvenir shops and restaurants, but a web of lanes quickly fans out into a green suburban patchwork of irrigated fields. Here, gushing streams and narrow footpaths link traditionally styled charming Ladakhi garden homes.

#### Sunrise Prayer Ceremony

This morning, you will have the privilege to participate in a sunrise prayer ceremony at the Thiksey Monastery. The monastery boasts spectacular views of the eastern Indus Valley, and is home to a two-story statue of the Maitreya Buddha seated on a lotus.

If she is available, meet the oracle lady, a fortune teller and traditional healer. She is still visited by people of many faiths for help with health issues, predictions, and solutions to other issues.

#### Leh Palace

After breakfast at the hotel, explore Leh Palace. This nine-story edifice is Leh's dominant structure and architectural icon, and is similar in look to the Potala Palace in Lhasa (Tibet). The palace was built in the 17th century, but has been mostly unoccupied since the Ladakhi royals were stripped of power in 1846.

#### Central Asian Museum

Visit the Central Asian Museum, which is a modern construction based on a historic Lhasa mansion and was built on the site of an old caravan camp. The museum examines Leh's role in Silk Road trade, and the building is hidden in a courtyard that also contains Leh's oldest mosque and a traditionally styled Ladakhi show-kitchen where you can order lunch.

#### Ladakh Arts & Media Organization

End your day at the Ladakh Arts & Media Organization, which is housed in one of Ladakh's most important heritage houses. The view from the terrace is not to be missed.

#### Dinner

Enjoy dinner at your hotel this evening with your group.

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#### DAY 4

Wednesday  
7/8/20

### Leh to the Sham Valley

The Sham valley, situated on the Leh-Srinagar highway, is home to ancient monasteries built in the 11th century as well as ancient pathways. Famous for trekking routes, rafting passages, and the best yield of apricots in Ladakh, the Sham valley is also known as the Eden of Ladakh!

#### Hike to Rizong Monastery

Drive to the Sham Valley this morning. Stop along the way for a beautiful hike to the Rizong Monastery, also known as the Yellow Hat Buddhist Monastery (11,158 feet). Set within a hidden amphitheater of rocky cliff, this lonely but much-revered little 19th-century monastery is famous for its code of monastic discipline introduced by founder Lama Tsultrim Nima.

**Hiking time: 2 hours.**

#### Visit the Chulichan Nunnery

After your hike, visit the Chulichan Nunnery, which is a short drive away. It is a nunnery with a teacher and comprised almost solely of younger nuns. The nunnery is featured in the film, "In the Shadow of Buddha" by Heather Kessinger; watch the movie trailer which features an interview clip with Jetsunma Tenzin Palmo on the status of nuns. The film reveals the beauty, poverty, hope, and faith of these nuns, including old women and young girls and the worlds they share.

#### Relax at Your Hotel

Arrive at your hotel, which is set on the banks of the Indus and nestled in among apple and apricot orchards. Take the late afternoon and evening to relax in this beautiful setting.

#### Accommodations

Ule Ethnic Resort  
(10,000 feet)

#### Meals Included

breakfast, lunch, dinner

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#### DAY 5

Thursday  
7/9/20

### The Sham Valley

Lamayuru is home to one of the oldest monasteries in Ladakh, dating back to the 10th century. Local legend has it that the place was once a lake that dried up. Lamayuru is also one of Ladakh's most memorable villages. Set in a remarkable mountain-backed landscape, picturesque homes huddle around a crumbling central hilltop that's a Swiss cheese of caves and erosion pillars topped by a photogenic gumpa (small temple buildings). It's breathtaking!

#### Visit the Monastery

Visit the 10th century monastery in slow-paced Lamayuru this morning.

#### Hike to Wanla via Pritikingir-La

From Lamayuru (11,319 feet) hike down the trail to a stream. Then the track winds its way up through a barren gorge of yellow sand landscape to the Pritikingir-La Pass (12,139 feet). Across the pass a slightly steep descent leads you to a gorge which takes you to the entrance of the village of Wanla (10,499 feet). Arrive in Wanla for lunch. The timing of lunch depends on the hike, so there will be snacks available on the trail to tide you over.

**Hiking time: 4-5 hours**

#### Head Back to Your Hotel

Drive back to your hotel this afternoon in time to freshen up and enjoy dinner with your group.

### Accommodations

Ule Ethnic Resort  
(10,000 feet)

### Meals Included

breakfast, lunch, dinner

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#### DAY 6

Friday  
7/10/20

### Sham Valley to Leh

The secret of the stunning Buddha statue at Shey lies in the village of Chilling in Zaskar. In 1650, King Deldan Namgyal had commissioned artisans from Nepal to build the majestic three-story gold-plated statue of the Shakyamuni Buddha. The descendants of the artisans now live in Chilling where they craft metallic kettles, pots, and other beautiful artifacts.

#### Explore the Choskhor Buddhist Temple

The Choskhor Buddhist temple is the star attraction in Alchi. The original murals and statues within these four seemingly modest 11th-century temples are considered the crowning glory of Ladakh's Indo-Tibetan art. The complex was founded by the "Great Translator" Lotsava Ringchen Zangpo, whose rather reptilian portrait appears on the inside rear wall of the Lotsa Temple.

#### Whitewater Rafting

The Indus River offers the best combination of exciting and safe stretches for rafting enthusiasts in Leh. From Chilling, begin a three-hour whitewater rafting trip through Class III rapids, and end at the confluence of Zaskar and Indus Rivers at Nimoo. Enjoy a picnic lunch on the river bank.

#### Return to Leh

After rafting, return to your home base in Leh. Check in and enjoy dinner at the hotel.

#### Accommodations

TBD (11,483 feet)

#### Meals Included

breakfast, lunch, dinner

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#### DAY 7

Saturday  
7/11/20

### Leh to the Rumbak Valley

The Rumbak Valley is in Hemis National Park, a high altitude national park in Ladakh. The park is believed to have the highest density of snow leopards in any protected area in the world. It is the only Indian national park north of the Himalayas and is the second largest contiguous protected area.

#### Drive to the Rumbak Valley

After packing up and having breakfast, drive to Zingchen Village in the Rumbak Valley along the Indus River.

#### Begin Your Two-Day Trek

Start your trek in Zingchen Village. You'll hike in a gorge for about three hours until you arrive at Rumbak. If you're lucky, you might spot blue sheep, various mountain and migratory birds, high altitude flora, and very rarely, a Tibetan Wolf or a Snow Leopard.

**Hiking time: 3 hours**

#### Arrive at Camp

Arrive at your camp, where the tents will be set up and ready. Take time to explore the local village before dinner and a well-earned rest.

### Accommodations

Mobile Camping  
13,287 feet

### Meals Included

breakfast, lunch, dinner

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#### DAY 8

Sunday  
7/12/20

### Rumbak Valley to Leh

Stok Kangri is the highest mountain in the Stok Range of the Himalays at a whopping 20,190 feet. By late July, all but the top of the peak will likely be snow-free. The peak is popular for trekkers, and is often climbed as an initial non-technical foray into high-altitude mountaineering. The Stok-La Pass, at an elevation of 15,420 feet, will provide stunning views of the surrounding countryside and the peak of Stok Kangri.

#### Trek over Stok La Pass

Today's hike is one of the highlights of the trip, but it is a long, challenging day. Should you struggle with the altitude, there will be a few horses available that you can ride during the day.

Hike to the base of the pass. Along the trail you will come across small villages, remarkable landscapes, and many species of birds. The climb from the base to the pass itself (15,420 feet) is quite steep. Celebrate your accomplishment at the top!

During your descent, don't miss the view of Mt. Stok Kangri, the highest mountain in this range.

#### **Hiking time: 6-7 hours**

#### Drive to Leh

You'll be picked up in Stok village and driven to Leh. Take a warm shower and kick your feet up after dinner.

#### Accommodations

TBD (11,483 feet)

#### Meals Included

breakfast, lunch, dinner

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### DAY 9

Monday  
7/13/20

### Accommodations

Stone Hedge  
(10,000 feet)

### Meals Included

breakfast, lunch, dinner

## Leh to the Nubra Valley

The Nubra Valley is north of Leh, and is a high altitude cold desert with rare precipitation and scant vegetation except along river beds. The villages are irrigated, and grow wheat, barley, peas, mustard, and a variety of fruits and nuts. There is a special permit required to enter this area, which keeps it off major tourist routes.

### Drive to the Nubra Valley

Leave Leh for the Nubra Valley, and drive over one of the highest motorable passes in the world at over 18,000 feet. The deep-cut Shayok and Nubra River Valleys offer tremendous scenery on a grand scale, with green oasis villages that are surrounded by thrillingly stark scree slopes and harsh arid mountains.

In the Valley, there are sand dunes, monasteries, a ruined palace, and a whole different culture (Balti) to discover at Turtuk and Bogdang. Permits are required for foreigners to enter this area; AdventureWomen will arrange for these permits.

### Diskit Monastery

Explore the Diskit Monastery, much of which dates to between the 14th and 17th centuries. At the back right-hand corner of the medieval gonkhang (guardian spirits' temple), a six-armed white Mahakala statue clasps a withered forearm and a human skull, supposedly body parts of a Mongol warrior. The gigantic 105 foot Chamba statue next to the monastery was formally inaugurated by the Dalai Lama in 2010.

### Cultural Show and Dinner

Take in an authentic Ladakhi cultural show at your hotel this evening. Enjoy dinner with your group before turning in for a good night's rest.

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#### DAY 10

Tuesday  
7/14/20

#### Accommodations

Stone Hedge  
(10,000 feet)

#### Meals Included

breakfast, lunch, dinner

### Nubra Valley

Panamik is a scenic village in the Nubra valley and famous for its hot springs. The springs are enriched with a high amount of sulfur, and a dip is believed to cure various health ailments.

#### Explore by Bicycle

Head out on a full day cycling trip on the ancient Silk Route to Panamik village. Panamik sits on the banks of the Nubra River and is famously known for its therapeutic hot springs, Pashmina goats, and two humps Bactrian camels. The views of the snow-clad peaks and rich green valley are the perfect backdrop for a bike ride. Should you choose, you can hop in a car at any point during the ride.

Have a picnic lunch along the banks of Nubra River before crossing through Yarab Tso lake (10,827 feet), and if the weather is good you will see the surrounding peaks and clouds reflected onto the water.

#### Samstemling

If there is enough time, stop at Samstemling. Samstemling is believed to be the most important monastery in Nubra valley. Located in the picturesque village of Sumur, this monastery belongs to the Gelun-pa sect and about 100 monks live here. A huge image of Shakyamuni dominates the main hall, along with the statues of Maitreya and Mahakala that flank the image. The prayer ceremony takes place in the morning and evening.

#### Return to Your Hotel

Head back to your hotel in time for dinner. Share stories with the women in your group about your intrepid day.

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#### DAY 11

Wednesday  
7/15/20

#### Accommodations

Stone Hedge  
(10,000 feet)

#### Meals Included

breakfast, lunch, dinner

### Nubra Valley

Buddhism in Ladakh is ancient and widespread. The population of Ladakh is predominantly Buddhist and has been deeply influenced by Tibetan Buddhism, which follows the Mahayana and Vajrayana schools. In these forms of Buddhism, Buddha is worshiped as a deity who has attained Nirvana (freedom from the cycle of birth and death). Various incarnations of Buddha, known as Bodhisattvas, are also worshiped in monasteries. The mythology of Tibetan Buddhism features many tales of various spirits and demons. These representations of both good and evil qualities are depicted in the form of masks, and their stories are enacted as masked dances during the annual festivals of various Gompas in Ladakh.

**Morning Hike** Stretch your legs today on a hike to Hundar Dok (11,975 feet) through the beautiful Hundar Gorge. Spend most of your hike walking alongside the Hundar stream and passing by shepherds' huts, where the men and women from Hundar village live with their yaks, cows, and sheep. You might see them milking their animals to make cheese and butter, or collecting wild vegetables and fuel for the winter. Have a picnic lunch in the village before walking back downstream to Hundar Bridge and monastery. The final descent is through a valley of meadows. You will have a great view of Saser Kangri Peak (25,171 feet) in the Karakoram range.

**Afternoon at Leisure** You'll be back at your hotel by mid-afternoon. Take some time to explore the area, or just relax at your hotel.

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#### DAY 12

Thursday  
7/16/20

### Nubra Valley to Leh

Over the years, along the long established trade routes through Tibet, Central Asia, Kashmir, and the plains of northern India came not only goods, but also ideas. Despite its harsh terrain and remoteness from urban centers, Ladakh has long been a location where people, commerce, and cultures intermingled and its art forms therefore reflect influences from many other places.

#### Drive Back to Leh

Drive back to Leh over the Khardung La Pass. The drive will take 4-5 hours.

#### Afternoon On Your Own

Explore Leh on your own this afternoon. Perhaps do some last minute shopping.

#### Farewell Dinner

Share a farewell dinner complete with a local dance performance with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

#### Accommodations

TBD (11,483 feet)

#### Meals Included

breakfast, lunch, dinner

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#### DAY 13

Saturday  
7/17/20

### Leh and Depart

Enjoy one last morning in Leh before starting your journey home.

#### Fly to Delhi

Head to the airport in Leh this morning and fly to Delhi. You'll arrive around mid-day.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the international airport for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

**Taj Palace** The Taj Palace, New Delhi, is spread out over six acres of lush gardens in the heart of India's capital city. It is an oasis of calm while still being right in the middle of the city's action.

**TBD** Coming soon!

**Ule Ethnic Resort** Famous for its riverside assortment of beautiful villages, trekking routes, rafting passages, and the best yield of apricots, Sham valley is the Eden of Ladakh. The family-run Ule Ethnic Resort uses micro-hydro plants and solar water heaters and offers a barefoot luxury experience.

**Mobile Camp** Spend a night in a traditional A-frame tent in a cozy sleeping bag. This is the best way to see the remote parts of the countryside!

**Stone Hedge** Stone Hedge overlooks the merging of three different mountain ranges - the Ladakh range, the Karakorum range, and the Saltoro range. It was built using local materials which are best suited for the climate and history of the region. Each room is furnished with comfortable beds, steam-based room heating, and spacious en-suite bathrooms.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ Bottled water during all drives and meals
- ▶ Gratuities for baggage handling, restaurant and hotel staff, porters, and other assisting staff
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to and from India
- ▶ Domestic airfare
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Camera fees
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and drivers

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### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy with two Challenging Days. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Our Challenging adventures get your heart rate pumping, these are demanding yet deeply rewarding and designed for seasoned outdoor enthusiasts. You should be in excellent physical condition, and be able to hike up to 10 miles, in steeper, more rugged terrain. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

**Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before April 6, 2020.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates and a minimum of two blank facing pages. You must apply for an India visa. If you do not have a passport, please apply now!

You can apply for an e-visa no more than 30 days before departure at <https://indianvisaonline.gov.in/evisa/tvoa.html>. If you prefer to get your visa earlier, we recommend using a visa service such as [www.traveldocs.com](http://www.traveldocs.com).

### Money:

US Dollars are sometimes accepted in India, but we recommend exchanging money for local currency.

### Suggested Gratuities:

- ▶ Gratuity suggestions will be advised closer to your departure.

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### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to India, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history. You may want to discuss altitude illness medications with your travel doctor.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about India.

### Altitude Symptoms

At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms become more severe if you experience acute altitude sickness. Symptoms of acute altitude sickness can include troubled breathing while resting, severe coughing, confusion, impairment of motor skills, and irrational behavior.

Notify your guide immediately if you believe you are experiencing any of these symptoms. As a highly-trained professional, your guide makes your safety his top priority. If he determines that you are suffering from an acute form of altitude sickness, you will need to descend immediately to a lower altitude.

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**Arrive:** Arrive at the Delhi Airport (DEL) after 10:00am on July 5, 2020.

**Depart:** Depart from the Delhi Airport (DEL) in the late evening on July 17, 2020.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Ladakh is India's coldest, highest, and driest zone. Much of the area is over 10,000 feet in elevation. Daytime temperatures in July and August average between 65° and 75°F, and nighttime temperatures can be as low as 40°. Don't be fooled by these temperatures - it can still be cold when it is windy!

Ladakh is a conservative area; please keep your knees and shoulders covered when sightseeing.

### Clothing and Gear:

- Duffel bag
- Daypack with rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 1 pair comfortable walking shoes
- Sport sandals (must stay attached to your feet for rafting)
- 4-5 pairs wool hiking socks
- 3-4 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1-2 midweight long underwear tops
- 1-2 midweight long underwear pants
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 warm down or synthetic insulated jacket
- 1 Gore-Tex jacket
- 1 pair Gore-Tex pants
- 2-3 pairs of pants
- 1-2 pairs of capris or long shorts
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- Hat for sun protection
- Underwear
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)

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### Essentials Continued:

- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle and/or water bladder system for your daypack
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

# INDIA

## Hiking, Biking, and Rafting Ladakh

July 5 - 17, 2020

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your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not “tours.” We define “adventure travel” as travel in which one **actively participates**, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a