Looking for your first 6000m peak or perhaps an alternative to Stok Kangri? Set your sights on Kang Yatse 2!

- Climb Kang Yatse 2, a 6250m peak and a perfect introduction to Himalayan climbing
- Prepare for the climb with a superb trek through the remote Lhato Valley
- Explore the ancient Ladakhi capital Leh, the Indus Valley and its Buddhist monasteries
- Featuring a carefully planned acclimatisation programme to fit a two week holiday

India, Trek & Walk, Climb, 15 Days

7 nights camping, 7 nights hotel, 14 breakfasts, 14 lunches, 14 dinners, max group size: 12, 9 days trekking & climbing, 4 days exploration & sightseeing, max altitude - 6250 metres

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE
Introduction

Commanding the head of the Markha Valley lay the towering twin peaks of Kang Yatse. We will tackle the western summit known as Kang Yatse 2, the perfect introductory 6000m+ peak for those wanting to hone and sharpen their skills, and a perfect alternative to the popular Stok Kangri.

The approach to our base camp is through the almost unknown Lhato Valley, meaning this is an adventure for those who want to experience the remarkable Ladakhi landscape in perfect solitude. Our carefully planned itinerary allows for ample acclimatisation by exploring the ancient Buddhist monasteries and palaces of the Indus Valley and driving up to the Kardung La (5390m), one of the highest roads in the world, for a sensational panorama of the Karakorum range. The trek through the Lhato Valley allows for further acclimatisation to ensure that we are fit and ready for our summit attempt on our arrival into base camp. The ascent of Kang Yatse 2 is technically straightforward, involving easy-angled scree and snow slopes and is the perfect end to this two-week climbing holiday.

Is this holiday for you?

Our trekking and climbing holiday to Kang Yatse 2 is a physically demanding trip, reaching an altitude of over 6000m. However, this is not a technically demanding climb and crampon experience is preferable but not essential. The approach trek traverses remote valleys that see very few visitors and the trails will not always be well defined and will also require numerous stream and river crossings. It may be necessary to rope up to cross a small glacier before starting the ascent which will mainly be over easy-angled scree and boulder slopes. The final 100 - 200 metres may require the use of crampons on snow slopes up to about 35 degrees and along a short rocky ridge where the guides may use safety ropes depending on the conditions on the day. The ridge is not a knife-edge, but there is a degree of exposure and some scrambling may be required depending on the snow conditions.

Holiday Itinerary

**Day 1: Meet at the group hotel in Delhi. Transfers from Delhi Airport are provided.**

Meet at the group hotel in Delhi. Airport transfers are provided for all clients arriving on Day 1. KE Land Only package services begin with lunch. Afternoon at leisure, with the chance to enjoy the gardens and pool at our airport-accessible hotel.

- **ACCOMMODATION HOTEL**  
- **MEALS LD**

**Day 2: Fly to Leh (3524m), transfer to group hotel. Remainder of day at leisure.**

After an early breakfast, we return to the airport (this time to the Domestic Terminal) for the early morning internal flight to Leh. The hour long flight is simply spectacular and provides close-up views of the 7000 metre massifs of Nun and Kun. Arriving at Leh (3524 metres), we drive by jeep to our hotel. The rest of the day is free to either rest in the shade of the hotel courtyard or your room. For those not phased by their long air journey, later in the afternoon the guide will organise a lazy walk into Leh’s colourful bazaar to check out the roadside stalls selling Tibetan artefacts. Flying straight into the high altitude of Leh can take your breath away and it is best to concentrate on acclimatising for the first few days.

- **ACCOMMODATION HOTEL**  
- **MEALS BLD**
Day 3: Full day of sightseeing in the Indus Valley, including a visit to Alchi Monastery.

A full day’s sightseeing tour. We visit several of the area’s most important monasteries such as Alchi, with the opportunity to meet some of the monks who live here. Some of these monasteries occupy elevated sites and offer remarkable views across the Indus Valley to the Zanskar Ranges, as well as good acclimatisation walking up and down steps!

Day 4: Acclimatisation walk set by tour leader and return to Leh (3524m).

Today we will make an acclimatisation walk. During the acclimatisation process, it is important to strike the right balance between working the heart and lungs but not overtaxing and our guide will choose an appropriate route depending on the group and local conditions.

Day 5: Drive to the Kardung La (5380m) and return to Leh (3524m).

Today, we further our acclimatisation with a jeep drive up to the 5380m Khardung La, one of the world’s highest road passes. This high pass in the mountains to the north of Leh leads into the Nubra Valley, which has until recently been closed to foreign visitors. The 2000m climb to the pass provides panoramic views of the Zanskar Range beyond the Indus Valley, with Stok Kangri standing out prominently as one of the higher peaks in the range. At the pass itself, there are views of the little-known peaks of the Eastern Karakoram. After taking tea at the pass, gasping in the thin atmosphere, we return to our hotel in Leh.

Day 6: Drive to trailhead hamlet of Lhato (4000m).

From Leh, we drive along the Indus Valley for an hour or so to Upshi where we turn away from the valley, heading south on a road which would eventually take us across the Himalaya to Manali. However, we stop off after just half an hour at the tiny hamlet of Lhato (4000m), situated at the foot of the Lhato Valley. The afternoon is free to explore and to continue the process of acclimatisation. Here, we will spend our first night under canvas surrounded by incredible views.

Day 7: Trek from Lhato to Rgyul Sumdo (4600m).

We start our trek today. We follow the stream along the valley floor, as the path rises and gradually gains height. After an hour or so, we cross the stream and head northwards, crossing more streams until we reach the confluence of two majestic valleys. The place is called Rgyul Sumdo and, depending on water availability, makes an ideal location for our campsite for the next two nights.

Day 8: Acclimatisation day, walking and exploring the area and nearby glaciers.
Today we take easy walks in the area around our campsite, to aid our acclimatisation. Nearby is the impressive glacier, creaking and scouring its way slowly down from Gapo Ri and Dzo Jongo which makes for a perfect day’s exploration.

Day 9: Trek from Rigyul Sumdo to Lhalung Camp (4838m) via the Poze La (4853m).

We strike camp and set off again on our trek, leaving the valley that has been our home for the last two nights. The path undulates, gently climbing as we come to the first pass: the Poze La (4953m). Once we have crossed the pass, we drop down on the other side until the path levels off. After a while it starts to rise again, until we reach the Chagtsang La (5219m). From here, we have the most amazing views towards the magnificent peaks of Reponi Mallai Ri, Dzo Jongo and Gapo Ri. After resting at the pass for a while, drinking in the scenery, we descend to our camp at Lhalung, at a beautiful spot at a riverside meadow.

Day 10: Trek from Lhalung Camp to campsite above Nimaling (4847m).

We set off on foot towards the Lhalung La (5349m), reaching it after about two hours of walking. From the saddle, we will be rewarded with spectacular views towards our objective of Kang Yatse 2. The path descends easily, as we drop down to the relatively flat plain of Nimaling. We cross the valley and start to climb gradually to gain the high and wide open meadows that are perfect for setting up a base camp for Kang Yatse 2 (4860m).

Day 11: Rest and personal administration day at camp above Nimaling (4847m).

Today we rest and recuperate, using this opportunity to sort and check through our personal equipment for tomorrow’s summit attempt. An early night is encouraged as we will have a super-early start to the day.

Day 12: Ascent of Kang Yatse 2 (6250m) and return to basecamp.

We leave at 1am for the summit. We start by walking across scree and rocky terrain, or way picked out by our head-torches. Once we meet the snow-line we strap on our crampons and rope up together and set off once more, up the steepening snow and ice. We continue in this fashion for another two hours, until we gain the final ridge that leads up to the lofty summit. The ridge line continues for another two or three hours to the summit (6250m). After enjoying the panoramic views, we descend the way we came, dropping back down to where our base camp was located this morning. We continue downwards for a little longer, to arrive at our new camp at Nimaling.

Day 13: Trek from Nimaling to roadhead at Chogdo, via the Kongmaru La.

We will savour our final day of trekking as we climb up to the Kongmaru La (5290m) on a well-marked trail for two hours, switch-backing steeply across scree for the final 250 metres. From the pass, views open up northwards.
towards the hills of the Eastern Karakorum and China. Behind us, the skyline is dominated by Kang Yatse. We descend into the narrow gorge at Chuskyurmo (4155m), trekking for several hours until we reach the village of Chogdo where we will be met by our vehicles and transferred, tired and happy, to Leh.

Day 14: Fly to Delhi, afternoon city tour.

We have an early start and go to the airport to catch our flight to Delhi. Arriving in Delhi, we transfer to our airport accessible hotel in time for lunch. In the afternoon, a city sightseeing tour is provided. This will include the Qutab Minar and other Delhi sights which may include Humayun's Tomb, India Gate, Lutyens Delhi, Raj Ghat depending on time available. Alternatively, you may choose to take it easy at the hotel and relax by the pool.

Day 15: Departure day. Delhi Airport transfers provided

KE Land Only package services end after breakfast at the hotel. Complimentary airport transfers are provided on this day. Why not complete your experience with one of our fantastic extensions to Dharamsala, the Taj Mahal or even the whole of India’s classic Golden Triangle?

Extend Your Holiday

Extensions

When booking your holiday, you will be able to 'add an extension option'.

Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

Agra & The Taj Mahal Two Day Tour

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.
<table>
<thead>
<tr>
<th><strong>Agra &amp; the Taj Mahal two day tour</strong></th>
<th>2 days</th>
<th>From <strong>US$470</strong> per person</th>
</tr>
</thead>
</table>

### Agra And Jaipur Four Day Extension

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the majestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

<table>
<thead>
<tr>
<th><strong>Agra and Jaipur four day extension</strong></th>
<th>4 days</th>
<th>From <strong>US$685</strong> per person</th>
</tr>
</thead>
</table>

### One Day Tour Of Agra And The Taj Mahal

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

<table>
<thead>
<tr>
<th><strong>One day tour of Agra and the Taj Mahal</strong></th>
<th>1 day</th>
<th>From <strong>US$255</strong> per person</th>
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</thead>
</table>
Dharamsala And The Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhaula Dhar mountain range and currently home to the Dalai Lama and the Tibetan government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama's temple complex; the Norbulingka Institute; Tibetan children's village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhaula Dhar.

Dharamsala and the Dalai Lama

<table>
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<tr>
<th>What's Included</th>
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<tbody>
<tr>
<td>• A professional English-speaking trek leader</td>
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<tr>
<td>• Delhi Airport transfers (on group arrival and departure days only)</td>
</tr>
<tr>
<td>• All land transport involved in the itinerary</td>
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<tr>
<td>• Internal flights</td>
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<tr>
<td>• All accommodation as described</td>
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<tr>
<td>• All meals throughout the trip</td>
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<tr>
<td>• Full trekking service including food and all equipment (excluding personal equipment)</td>
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<tr>
<th>What's Not Included</th>
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<tbody>
<tr>
<td>• Travel insurance</td>
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<tr>
<td>• Delhi Airport transfers (other than on group arrival and departure days)</td>
</tr>
<tr>
<td>• Indian Visa</td>
</tr>
<tr>
<td>• Tips for trek staff</td>
</tr>
<tr>
<td>• Miscellaneous expenses - drinks and souvenirs etc.</td>
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Joining Arrangements & Transfers

All clients arriving in Delhi on Day 1 of the Land Only itinerary will be met at the airport by a KE representative, who will arrange the transfer to the group hotel. Clients should let us know if Delhi Airport transfers are not required. Independent Delhi Airport transfers can be arranged to meet clients arriving prior to Day 1 at an additional cost. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on day 1 to breakfast on day 15.
Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western food, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi and in Leh, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the trip price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

On arrival in Delhi and for one night after the trek, we stay at a hotel close to the airport which provides comfortable accommodation, as well as pleasant gardens and a pool. Being near the airport makes the whole travel experience more relaxing, whilst still allowing us to include a sightseeing city tour. In Leh, we have 5 nights in a good tourist standard of hotel. Whilst on trek there are 7 nights camping. All accommodation is allocated on a twin sharing basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by professional and qualified tour leader, who is trained in the prevention, recognition and treatment of altitude sickness.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 6000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies. www.keadventure.com/page/altitude.html

Spending Money
Approximately £150 - £200 (or equivalent in Euros / US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including porter and trek crew tips, soft drinks and entry fees to monasteries and tourist sights etc. It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money in cash since you will be changing the majority of this into local currency on the day of arrival. Sterling, US dollars and Euros are readily exchanged in Delhi and Leh. It is also possible to withdraw cash (rupees only) from cash machines in certain banks in Delhi and Leh using credit and debit cards. Credit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs.

Guidance On Tipping

Tips are the accepted way of saying ‘thank you’ to your local guides and porters. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. It is important to remember tipping is voluntary and should be dependent on good service. For your trek crew we recommend that you give a tip if you feel that their services have met your satisfaction. We recommend that you give tips as a group rather than from individual group members and suggest you decide together on a level of tips that suits everyone. As a rough guide we suggest a contribution of around £50 - £60 (in local currency) per group member to a 'pool' should provide an appropriate level of tips. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters, many of whom are simple farmers earning extra cash by portering for trekking groups. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the local guides and camp crews.

Free KE Gift

A free KE trek bag is available on this holiday

Made of tough Cordura fabric, our 80 litre trek bags are specially designed, with strong zips and webbing straps, to withstand the rigours of being transported whilst on your trip. Trek bags also make it easier for our local staff to identify and gather baggage quickly at airports and hotels.

If you have travelled with us before and already have a KE trek bag, we'd like to make a special request. We are trying to make every area of KE the most sustainable it can be, so if your existing KE trek bag has plenty of life left in it, we'd be very grateful if you didn't automatically order a new one for every holiday you book. Thanks in advance for helping us with our commitment to responsible travel.

You can request a Trek bag once your booking has been confirmed by emailing us at sales@keadventure.com. Please note delivery outside of the UK will be charged. Postage charges are: Europe £6 / America £16 / Rest of world £22.

Baggage Allowance

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg. Please note that the check-in baggage limit on all internal flights within India is now 15kg with a maximum cabin baggage limit of 7-8kg and you are responsible for any excess baggage fees that the airline may apply. From time to time cabin baggage (other than laptops, cameras and valuables) is not allowed on the Leh flight for security reasons. In this event, the limit for check-in baggage may be increased to 20kg at the discretion of the check-in staff. Note that excess baggage charges on domestic flights are minimal (a few hundred
rupees per kilo), and we advise that you ready to pay any additional small costs should your baggage be overweight. It is possible to leave travel clothes and any other items not required on trek at the group hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers. >> Find out more

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa India

All nationalities require a visa. For UK and US citizens, we recommend you apply for an e-Visa. You need to apply for this online at least four days prior to departure at https://indianvisaonline.gov.in/visa/tvoa.html. Please download the detailed information document: Visa PDF India

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the
allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

**Vaccinations**

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary. On holidays to more remote areas you should also have a dentist check up. A good online resource is Travel Health Pro.

**Dengue Fever**

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

**Zika Virus**

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at [https://travelhealthpro.org.uk](https://travelhealthpro.org.uk)

**Electricity Supply & Plug**

We recommend you check if you require an adaptor for your electrical items at:


**Preparing For Your Holiday**

It makes a lot of sense to spend some time before coming on a climbing holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking for 7 - 8 hours each day over several days. The best preparation for a trip of this nature is regular hiking in hill or back country, particularly involving sections of steep terrain. If this is not possible because of where you live, we would suggest that you adopt a weekly exercise regime, gradually increasing your working time as you head towards departure. Previous experience of walking in crampons is useful if you have the opportunity although instruction in all necessary techniques for the climb will be given at Base Camp.

**Climate**

During July and August the temperature in Delhi will be hot (35°C or even a few degrees above this). It will also be humid. On the high plateau of Ladakh, the air will be much drier but temperatures in the noon-day sun can still reach the high 20s while trekking in the Indus Valley and around 15°C at Kang Yatse 2 Base Camp. We may encounter night-time temperatures at this camp as low as -10°C. At the time of our last departure of the year,
September, temperatures in Delhi will have started to cool while on trek. A typical average daytime temperature will vary from mid to low 20s in the Indus Valley, to around 10°C or even lower up at Base Camp. Despite the lower ambient temperatures, it will still feel warm in the strong sun. Ladakh is not adversely affected by the monsoon and we can usually expect stable weather. However, mountains do generate their own weather systems and some rain or snowfall cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ Travel Aware campaign to enable British citizens to prepare for their journeys overseas. The ‘Travel Aware’ website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• Leh and Trekking in Ladakh. Charlie Loram.
• Trekking in the Indian Himalaya. Weare. (L.Planet).
• The Trekkers Handbook. Tom Gilchrist.
• Ladakh, Crossroads of High Asia. Janet Rizvi.
• Exploring the Hidden Himalaya. Kapadia and Mehta.
• Ancient Futures. Helena Norberg-Hodge

Maps

India - 150K Ladakh And Zanskar Tekking Maps

Editions Olizane publish a useful map at scale: 1:150,000. The central sheet covers the majority of this trip.
Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight inclusive package price and Land only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Delhi. Outbound flights will usually depart the UK in the evening, arriving in the morning of the following day (day 1 of the itinerary). Return flights will depart Delhi airport in the afternoon of the last day of the itinerary, arriving in the UK later the same day. Regional departures are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Delhi. For clients making their own flight arrangements, Delhi airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE Adventure Travel?

Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their
knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed to keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
We hope that this trip notes has answered most of your questions.
Please feel free to contact us and speak to one of our experts.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Note that 15kgs is the max weight for hold luggage on the Delhi-Leh flights, although excess baggage charges are minimal at just a few hundred rupees per kg.

The packed weight of your trek bag whilst trekking, including your sleeping bag, should be no more than 15 kgs. Your mountaineering equipment will be packed into additional, communal kitbags at the start of the trek in Leh and this equipment will not be part of your personal 15 kgs trekking weight limit. If you are bringing your own mountaineering equipment, you must factor this into your overall baggage weight for the Leh flights.

You Must Bring The Following Items

• A photocopy of your travel insurance policy (required by authorities in Leh)
• Hiking boots
• Mountaineering boots (see ‘Mountaineering equipment’ below)
• Trainers or sandals for river crossings and camp use
• Socks
• Trekking trousers
• Lightweight waterproof overtrousers
• Underwear
• Thermal baselayer - leggings
• Thermal baselayer shirts (at least 1 long sleeve)
• Shirts or T-shirts
• Fleece jacket or warm jumper
• Waterproof jacket
• Warm jacket (down)
• Sunhat with a wide brim (the sun is very strong)
• Warm hat
• Sunglasses
• Thermal gloves
• Warm and waterproof gloves or mittens
• Daypack 30 litres, with ice axe loop
• Headtorch and spare battery
• Sun protection (including total bloc for lips, nose etc.)
• Water bottles 1 litre (x2 or 3) (we encourage re-filling water bottles rather than single use plastic)
• Water purification tablets
• Washbag and toiletries
• Antibacterial handwash
• Small towel
• Sleeping bag (comfort rated -10°C)*
• Small padlock (to lock your KE trek bag)
• Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, Insect repellent, and re-hydration salts (Dioralite).

Mountaineering Equipment
• Insulated and rigid mountaineering boots which can be securely fitted with crampons. (B2 grade minimum). For departures in September, an insulated double boot is required.**
• Ice axe*
• Crampons*
• Climbing harness*
• Karabiners (1 x screwgate)*

The Following Items Are Optional:
• Trekking poles (recommended)
• Thermarest (note that foam mattresses are provided)
• Sleeping bag liner
• Spare laces
• Insect repellant
• Scarf or buff
• Pee bottle
• Travel clothes
• Pen-knife (note: always pack sharp objects in hold baggage)
• Repair kit – (eg. needle, thread, duct tape)
• Camera
• Reusable cloth bag for shopping (to avoid plastic bags)

Notes:
Equipment hire: Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure. All hire / rental equipment is issued in Delhi.
**Mountaineering boots:** Well-insulated single boots designed for Alpine mountaineering (minimum B2 rating) are suitable for departures prior to September. For departures in September or October the low temperatures encountered combined with high altitude mean that double boots with insulated inners are the best to keep your feet warm. These boots are also designed to take step-in crampons, quickly and efficiently. You must make sure that you are suitably equipped for these low temperatures. We recommend you speak to a mountaineering equipment specialist retailer for further advice.

**PHD Gear Advisor**

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition.

**Needle Sports (Specialist Mountaineering Equipment Shop)**

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>[http://www.needlesports.com/](http://www.needlesports.com/)

Please note: This document was downloaded on 4 Oct 2019, and the trip is subject to change.