



Overview

**Dates**

**13<sup>th</sup> to 26<sup>th</sup> July 2011**

**Starts @**

**New Delhi**

**Ends @**

**Srinagar**

**Program Duration**

**14 Days / 13 Nights**

**Mode**

**Drive / Trek / Raft**

**Accommodation Style**

**Hotel / Guest House / Tents**

**Price Per Person**

**INR 25,375/- + 2.575% Tax**



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Ladakh is a land like no other. Bounded by two of the world's mightiest mountain ranges, the Great Himalayas and the Karakoram. It is a high-altitude desert located on the western edge of the Tibetan plateau. Its awe-inspiring landscape has been modified and sculpted into its spectacular shape by wind and water over the millennia. The moon-like scenery is extraordinary, stark and barren but interspersed with isolated settlements of green oases full of swaying poplar trees, apricot orchards and cultivated farmland.



**Ladakh's rich Buddhist heritage is on display during the annual monastic festivals at the numerous Gompas that dominate the area. Perched high up in the mountain ridges, these enchanting medieval monasteries, surrounded by fluttering prayer flags, are still places of active worship and hold treasure troves of superb artifacts, images and ancient frescoes. Whatever you do here you can be sure of an unforgettable, unbeatable experience in one of the most spectacular and beautiful places on earth.**



At an elevation of 6120 mts, Stok Kangri, is the highest peak in the Stok Range, of the Ladakh Himalayas. Located in the Hemis National Park, it overlooks the quaint and small town of Leh on one side, and the Markha Valley on the other. Also known as Kang Lha Chen, it is considered to be a suitable 'starter expedition' for fit trekkers and amateur mountaineers. It is an excellent first Himalayan peak and does not require any experience in high altitude trekking or mountaineering.



At an elevation of 5900 mts, is Golep Kangri. It is accessed via the same base camp as for Stok Kangri. Again, this peak too is an excellent first Himalayan peak and does not require any experience in high altitude trekking or mountaineering. While climbing Stok Kangri, a prior days hike up to Golep Kangri allows climbers to acclimatize well to the high altitude environment. This not only serves purposes of acclimatization, but also offers climbers with the opportunity of summiting two peaks instead of one.



The Indus River, locally known as the Singhe Khababs (out of Lion's mouth), originates near the Kailash Mountain and the Mansarovar Lake in Western Tibet. Water levels remain high during the month June to late August, which is the best season for some fascinating white water experience. The Indus has rapids generally of I and II grades and at some places, has grade III to even grade V rapids. The popular rafting points are from Phey to Nimo and also from Upshi to Kharu or from Upshi to Nimo.

**Itinerary**

<b>Dates</b>	<b>Days</b>	<b>Itinerary</b>	<b>Activity</b>	<b>Meals</b>	<b>O/N</b>
13th July 2011	1	Delhi to Manali	Bus Journey	NA	Volvo Bus
14th July 2011	2	Manali	Acclimatize	NA	Guest House / Hotel
15th July 2011	3	Manali to Keylong	Drive	NA	Guest House / Hotel
16th July 2011	4	Keylong to Leh	Drive	B	Guest House / Hotel
17th July 2011	5	Leh	Rafting	B	Guest House / Hotel
18th July 2011	6	Leh - Stok - Mankarmo	Drive / Trek	B,L,D	Camp
19th July 2011	7	Mankarmo to Base Camp	Trek	B,L,D	Camp
20th July 2011	8	Base Camp	Acclimatize	B,L,D	Camp
21st July 2011	9	Height Gain – Golep Kangri	Height Gain	B,L,D	Camp
22nd July 2011	10	Summit Day – Stok Kangri	Summit Attempt	B,L,D	Camp
23rd July 2011	11	Base Camp - Stok - Leh	Trek / Drive	B	Guest House / Hotel
24th July 2011	12	Leh to Kargil via Lamayuru	Drive	B,L,D	Guest House / Hotel
25th July 2011	13	Kargil to Srinagar	Drive	B,L,D	Guest House / Hotel
26th July 2011	14	Transfer to Srinagar Airport	Depart	B	NA



## Bring Along

- Hat / Cap 01 nos.
- Woolen cap / Balaclava 01 nos.
- Warm Scarf 01 nos.
- Pair of Woolen Gloves
- Round neck T-shirt, min 03 nos.
- Fleece Sweatshirt / Sweater min 01 nos.
- Windproof Jacket 01 nos.
- Leggings from a Track-suit, min 01pair
- Shorts min 01 pair
- Pair of sturdy sports shoes with rubber sole
- Cotton Socks, min 03 pairs
- Woolen Socks, min 02 pairs
- Thermal Inners, Lower & Upper, min 01 pair
- Raincoat / Poncho 01 nos.
- Hand / Face Towel min 01 nos.
- Full Body Towel min 01 nos.
- Torch with spare batteries, 01 set
- Umbrella 01 nos.

- Sunscreen lotion, min 30 SPF
- A pair of eye shades
- Medicines as specified by doctor
- Toiletries
- Extra Pair of shoe laces
- A duffel bag
- A small day pack

### Please Note:

# It is very important that you line the inside of your duffel bags with a big polythene sheet. Doing so will ensure, that in in the event of rain, even though your bag may get wet, your clothes will still remain dry!

# Batteries in High Altitude and cold weather drain out rather fast. Carry enough spares for your cameras.

**The Price Per Person is INR 25,375/- plus 2.575% Service Tax**

**Guidelines**

- We, Synapses Adventures Pvt. Ltd. reserve the right to cancel, change the route or number of days of the event if the situation so desires.
- The event is subject to 'Force Majeure' conditions, following which refunds shall be made as deemed necessary by us.
- Requests for cancellation/refund will not be entertained without a written application.
- Participants are to duly fill up and send registration form, medical form and indemnity bond to register for the event. Incomplete forms or any 1 of the 3 forms not sent will result in the registration being cancelled for the participant.
- If you cancel 31 days before date of departure, we will refund 100% of the amount
- If you cancel 30 -16 days before date of departure, we will retain 50% of the fee and return the balance amount.
- If you cancel less than 15 days before date of departure, or after the event has begun, there will be NO REFUND.

## Guidelines

### Cost Includes -

- Delhi to Manali by Volvo
- Manali to Leh and onwards to Srinagar by Mini Coach / Qualis / Innova / Tavera
- Accommodation on Twin sharing
- Meals as listed in the itinerary
- One stretch of rafting in Leh
- All necessary permits
- Transport as per the itinerary
- Transport around Leh by Mini Coach / Innova etc.

### Cost Does Not Include -

- Camera Fees
- Mineral Water
- Soft / Hard Drinks
- Personal expenses
- Phone calls, Laundry etc.
- Anything not listed in the inclusions above

**For details, clarifications or bookings, listed below are our contact details –**

**Call: +91 9910053205 / +91 9910043205**

**E-mail: [connect@synapses.in](mailto:connect@synapses.in)**

**Website : <http://www.synapses.in>**

**Our planet has never been as vulnerable as it is now. We have taken a pledge, to carry with us, at all times, a commitment to conservation.**