

## Kang Yatse II - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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### Fitness & Training:

We have classified Kang Yatse II as a level 6 expedition, for more information about our levels system [click here](#). As with all our 'demanding' expeditions we expect participants to have a very good level of fitness. Although this is not a technical climb, there is some scrambling on summit day. If there is snow or ice on the ground, you may need to use crampons and be roped to one of our local guides. For many people, it will be the hardest physical challenge of their lives. It is not essential, but we recommend that all participants should have previous experience of camping and trekking at high altitude (>4000m). The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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### Training Weekends:


We hold training weekends prior to all expeditions, where you will meet an Earth's Edge expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition

with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

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### Equipment:

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to [web@greatoutdoors.ie](mailto:web@greatoutdoors.ie) and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
12 point crampons that will fit a standard walking boot rather than a mountaineering boot. The Grivel GR 10 or Black Diamond Contact Crampon are recommended.	
Gaiters if your boots do not have a built-in gaiter. Rental boots typically do not come with built-in gaiters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (silk, wool, or synthetic).	
Mid-weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (if either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Water bottles (2 x 1 litre nalgens) & water bladder (2 litre). You must have the capacity to carry at least three litres of water while walking.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Sun cream at least factor 30.	
SPF lip balm.	

Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Toilet roll/tissues	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> <li>● Rehydration salts</li> <li>● Plasters</li> <li>● Compeed</li> <li>● Paracetamol</li> <li>● Ibuprofen</li> <li>● Buscopan</li> <li>● Throat lozenges</li> <li>● Nasal spray</li> <li>● Decongestant such as Sudafed</li> <li>● Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i></li> </ul>	
Personal medication. Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> <li>● Asthma inhalers</li> <li>● Nutritional supplements</li> <li>● Blood pressure tablets</li> </ul> If you suffer or have suffered from any skin condition, bring appropriate creams such as: <ul style="list-style-type: none"> <li>● Canesten</li> <li>● Zovirax</li> <li>● Anusol</li> </ul> Hydrocortisone 1%	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
Photocopies of your passport & travel insurance policy.	
Two passport photos.	
Your vaccination booklet.	
<b>OPTIONAL ITEMS</b>	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Thermarest (roll mat will be provided).	
Ear plugs.	
Power Adaptor – Plug <a href="#">type C</a> , <a href="#">D</a> and <a href="#">M</a> are used in India	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

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### **Flights:**

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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### **Description & Detailed Itinerary:**

We are the only company in the world who have an experienced expedition leader and doctor on our Kang Yatse II (6,250) expeditions while keeping group sizes sustainably small. Having an expedition leader and doctor on all our Kang Yatse II treks allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

This 16-day expedition is suitable for experienced trekkers who have a good level of fitness. Towering at an impressive 6,250 metres, Kang Yatse II is a serious challenge and the highest trekking peak in the Indian Himalayas.

Our route to the mountain is along the stunning Markha valley where we pass through traditional villages and enjoy stunning mountain views. Going up the valley is gradual which is perfect for acclimatisation and improves our chances of a successful summit attempt.

The 12-hour summit day is the crux of the itinerary. Most of the day is spent on snow with some short steep sections which require the use of ropes. The view from the top is one of the best in the Himalaya, offering great views of the Zaskar and Karakoram ranges including K2 (8,611m), the second highest peak in the world.

This is one of the best trekking peaks in the Indian Himalayas and its proximity to Leh makes it very accessible. Ladakh, often referred to as 'little Tibet', is characterised by Buddhist culture and tradition. Visits to monasteries, palaces, markets and remote villages are all included in this expedition. As well as enjoying 13 fantastic days in Ladakh you will have the opportunity to see Delhi's best sights and enjoy plenty of retail therapy.

### **Day 1: Dublin to Delhi.**

Depart Dublin on an overnight flight to Delhi.

### **Day 2: Arrive Delhi.**

You will be met at the airport and transferred to the hotel. Spend the rest of the day relaxing in your hotel room or taking in the sights of Delhi. Overnight hotel.

### **Day 3: Delhi to Leh (3,505 m): 1 hr**

Take the one hour flight to Leh, capital of Ladakh. This is an incredible flight over the greater Himalaya with spectacular views of K2 (8,611 m) among others. Overnight hotel.

### **Day 4: Acclimatise and sightseeing in Leh.**

Spend the day in Leh to acclimatise. For the more energetic a visit to monasteries such as Shey, Thikse and Hemis will be arranged. Or choose to relax and walk around Leh. Visit markets, shops and outdoor restaurants. Enjoy the great views of Stok Kangri (6,153 m) and its surrounding peaks. Overnight hotel.

### **Day 5: Leh to Chilling to Skiu (3,400m): 6 hrs.**

After breakfast we drive for two hours to Chilling village. It's a stunning drive as we travel along the Indus and then Zaskar river in private jeeps. Once we reach Chilling, we cross the roaring Zaskar river and trek for four hours to Skiu. It's an easy hike as we follow the Markha valley to reach our destination. We enjoy our first night in tents just outside Skiu village. Overnight camp.

### **Day 6: Skiu to Markha (3,800m): 8 hrs.**

Today is a longer day but the elevation gain is very gradual which is ideal for acclimatisation. The most challenging aspect of the day is that there is very little shade from the typically hot sun. We cross the Markha river several times and pass many Mani walls (stones inscribed with Buddhist prayers) throughout the day. In the afternoon we reach Markha village, the largest settlement in the area. Overnight camp.

**Day 7: Markha to Thachungtse (4,150m): 6 hrs.**

Another beautiful day on the trail as we ascend further up the valley through Umlung and Hankar villages to reach our campsite at Thachungtse. We see a number of fantastic geological creations today with giant boulders balanced on top of earth spikes. We get our first view of Kang Yatse today, which dominates the landscape for the next two days. Overnight camp.

**Day 8: Thachungtse to Nimaling (4,700m): 4 hrs**

Today we climb away from the Markha valley to reach a beautiful plateau called Nimaling. During the summer, people from the Markha valley graze their animals here. The views of Kang Yatse and the Markha valley are stunning from our campsite. Overnight camp.

**Day 9: Nimaling to Base Camp (5,100m): 3 hrs.**

A short distance to cover today, but it's important to take it slowly as we move above 5000m. From Nimaling we follow a small path through loose rock to reach a high point where we get our first view of base camp. We set up our camp beside a small stream. Overnight camp.

**Day 10: Rest day at Base Camp.**

We practice skills on a nearby snow slope and go for an acclimatisation hike in the afternoon. Overnight camp.

**Day 11: Base Camp to Kang Yatse II (6,250m) to Base Camp: 16 hrs.**

This is the most difficult day of the trek and takes a lot of physical and mental strength. We rise very early (just after midnight) and ascend on scree and moraine to reach the snowline. From there the terrain is mostly gradual except for a few short steep sections which may require the use of rope. From the summit we are greeted by amazing views of the Himalaya and Karakoram. The Zaskar, Stok, and Ladakh ranges form an outstanding vista of snow-capped peaks. From the summit we descend to reach base camp for lunch. Overnight camp.

**Day 12: Spare Summit Day.**

Spare day to account for bad weather, further acclimatisation and rest.

**Day 13: Base Camp to Chuskirmo to Leh (3,500m): 10 hrs.**

The walk out from Kang Yatze is a tough one. We retrace our steps back down to Nimaling and then ascend to the Kangmaru La Pass (5,260m). From the pass we get to enjoy our last panoramic views of the larger peaks before descending to Chuskirmo. Drive 2 hrs to Leh where a nice (and well deserved!) warm shower awaits! Overnight hotel.

**Day 14: Spare day in Leh.**

Relax, sightsee or go shopping in the beautiful city of Leh. Visit monasteries or take things a little easier and wander around the shops and markets. In the evening we have a celebration meal. Overnight hotel.

**Day 15: Leh to Delhi.**

Take the amazing flight back down to Delhi over the Great Himalayan Range. Enjoy the rest of the day in Delhi for shopping, sightseeing or relaxing. Overnight hotel.

**Day 16: Depart India**

Fly from Delhi to Dublin. Expedition ends.

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<b>Expedition Costs:</b>	<b>Euro</b>	<b>Sterling</b>	<b>US Dollar</b>
Total costs excluding international flights. (Land only)	€3,999	£3,370	\$4,345
Total costs including international flights from Dublin.	€5,399	-	-

A deposit of €399/£399/\$399 is taken at the time of booking, a part payment of €1,000/£1000/\$1000 is due six months prior to departure and the final balance is due three months prior to departure. Prices in US Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

**Expedition Costs Include:**

- International flights from Dublin to Delhi return economy class.
- Internal flights in India.
- Experienced expedition leader.
- Experienced expedition doctor.
- Training Weekend.
- Earth's Edge guides and a full support team.
- All accommodation based on twin sharing in hotels in Delhi and Leh and camping elsewhere.
- All meals and drinking water are included except in Delhi where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

**Expedition Costs Exclude:**

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Optional sightseeing in Delhi.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

**Notes:** For those booking a land only package you need to book your own international and internal flights to Leh. We can arrange airport transfers for you which you can book on your [Earth's Edge account](#).

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**Spending Money & Tips:**

We recommend that you carry €300 with you to India in mixed notes. Euro can be exchanged to Rupees easily in Delhi and Leh. There are also some ATMs where you can withdraw cash using a credit card. Our recommended tip is 6000INR (€80), please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all of our Earth's Edge team in India. The recommended spending amount above includes the tip for the Earth's Edge Team.

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**Weather:**

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: [www.mountain-forecast.com](http://www.mountain-forecast.com)

Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

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**Altitude Considerations:**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.



AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants, especially those who have had AMS in the past, to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingling fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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#### **Your Medical History:**

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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#### **Your Dietary Requirements:**

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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#### **Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

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#### **Tourist Visa:**

At the time of writing, it is required to obtain a tourist e-visa prior to entering India. When you book a trip with Earth's Edge we create an account for you. On your account, you will find a visa help sheet to guide you through the e-visa process.

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#### **Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 6,250 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical

conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to [www.trailfinders.ie/insurance](http://www.trailfinders.ie/insurance) or call their travel insurance phone line +353 1 702 9102

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### **Safety Standards:**

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

### **Summit Day Policy:**

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on this mountain and the importance of maintaining a good guide to guest ratio, it is essential we attempt the summit with a strong team. Any guests who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those guests who are fit enough are given the best opportunity to attempt it.

We advise all participants to do their own research on local laws and customs before travelling to India. Up to date travel advice can be found on the DFA website: [www.dfa.ie/travel/travel-advice/a-z-list-of-countries/india/](http://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/india/).

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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### **About Ladakh:**

Area:	India; 3,287,590 sq km	Ladakh; 86,904 sq km
Population:	India; 1,236,344,631	Ladakh; 274,289
Official Languages:	India; Hindi & English	Ladakh; Ladakhi (Bhoti).
Religion:	Buddhism & Islam.	
Local Time:	GMT +5.30.	
Local Currency:	Indian Rupee.	
Currency for Exchange:	Euro, US Dollars or GBP.	
Where to Exchange:	Most major towns – your Expedition Leader can advise you on arrival. Worn or ripped Rupee notes may prove difficult to use, so beware of this when accepting notes	
ATMs:	Available in Delhi and Leh.	
Credit Cards:	Are generally not accepted.	

Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

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### **Discounts:**

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.



If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

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### **Why Choose Earth's Edge:**

We are the only company in the world who have an expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with [Eden Reforestation Projects](#).

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Irish Aviation Authority (IAA) in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

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### **Expedition FAQ:**

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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