

Ladakh Tri Adventure- 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.

Contents	Page		Page
Fitness & Training	1	Your Dietary Requirements	7
Training Weekends	1	Vaccinations & Prophylaxis	7
Equipment	2	Tourist Visa	8
Flights	3	Travel Insurance	8
Description & Detailed Itinerary	4	Safety Standards	8
Expedition Costs	6	About Ladakh	8
Spending Money & Tips	6	Discounts and Photo Competition	8
Weather	6	Forum	9
Altitude Considerations	6	Why Choose Earth's Edge	9
Your Medical History	7	Expedition FAQ	10

Fitness & Training:

We have classified the Ladakh Tri- Adventure as a level 6 expedition, for more information about our levels system [click here](#). Tri-Adventure expeditions are very demanding, and participants need to have a good level of fitness. These events have been specifically designed to challenge people. The expedition involves four days on the bikes, followed by four tough days of trekking and then two days of rafting, all at high altitude. 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!

[Back to Top](#)

Training Weekends:


We hold training weekends prior to all expeditions. You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition including training, equipment, weather etc. 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.

[Back to Top](#)

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 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.

[Back to Top](#)

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.	
Runners for Cycling (You may bring SPD shoes although they are not necessary. If you do bring them you will need to bring pedals as well)	
Two pairs of thick socks and two pairs of thin socks.	
A long sleeved shirt for sun protection on hot days.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1.	
Two pairs of lightweight trousers or pants, one for trekking and one to wear at night.	
A good thermal (polypropylene) layer consisting of long johns and pullover.	
Cycling shorts	
Cycling gloves	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
A light weight fleece.	
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 pair of lightweight wool or synthetic liner gloves.	
A pair of waterproof gloves or mitts (down mitts are preferable).	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
Walking poles.	
Daypack: 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).	
Swimming togs and board shorts suitable for rafting.	
Water bottles and water bladder. You must have the capacity to carry three litres of water.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Suncream 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 are very useful.	
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"> • Rehydration salts 	

<ul style="list-style-type: none"> • Plasters • Compeed • Paracetamol • Ibuprofen • Buscopan • Throat lozenges • Nasal spray • Decongestant such as Sudafed • Antibiotics suitable to treat traveller's diarrhoea <p><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></p>	
<p>Personal medication.</p> <ul style="list-style-type: none"> • Malarial Prophylaxis (consult with your own GP or the Travel Health Clinic) <p>Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> • Asthma inhalers • Nutritional supplements • Blood pressure tablets <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> • Canesten • Zovirax • Anusol • 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.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
OPTIONAL ITEMS	
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.	
Ear plugs.	
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.	
Lanacane or chamois cream for cycling.	
Hand warmer sachets.	

[Back to Top](#)

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.

[Back to Top](#)

Description & Detailed Itinerary:

The 16-day Ladakh Tri-Adventure is divided into 3 sections; 4 days of mountain biking, followed by 4 days of trekking before finally spending two days rafting down the Zaskar river, covering a total distance of 270km. The entire expedition is at high altitude (with a low point of 2940m and a high point of 5005m) which adds another challenging element to this adventure.

Ladakh is a region in North Western India stretching from the Himalayan to the Kunlun ranges on the edge of the Tibetan Plateau. The name 'Ladakh' means "land of high passes" in Tibetan/Ladakhi, a title befitting this beautiful mountainous area with much of the region lying above 3,000m.

Ladakh is more akin to Tibet than India with over 90% of the population practicing Buddhism. The most common language in Ladakh is Ladakhi which is a Tibetan dialect. As well as time spent on the trail, we take every opportunity to visit local monasteries, palaces, villages and markets in order to observe and learn about the local culture.

We are the only company in the world who send an International guide and doctor on all our expeditions while keeping group sizes sustainably small. Sending an international guide and doctor 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.

Bike

We cover a distance of 150km over the four-day biking section. We begin in Leh and follow the Indus river for the majority of our journey, exploring a region considered to be the birthplace of civilisation. The majority of our trail will be over paved road. On day 3 we climb away from the Indus and begin making our way to the heart of Zaskar. The four days spent on the bike are a good challenge, with the final day being the toughest as we spend 6 hours climbing to Hanupatta.

Trek

We trek for a total of 50km over the four days in an area considered to be one of the most remote regions of the Himalayas. We will have the trail to ourselves apart from a few villagers that we may pass going about their daily routines. We cross the river several times and trek over 4 high passes: the Sirsir La Pass (4826m), the Burniktse La Pass (4390m), the Sengge La Pass (5,005m) and the Chuchokhuri La Pass (3970m).

Raft/Kayak

The Zaskar River is considered by many to be one of the best rivers in the world for rafting. We will paddle over 70km across the two days we spend on the river. The river flows through a large box canyon with walls over 1,000m and no road access - so once we begin our journey, we are committed to reaching the end of the canyon! Our journey ends at the confluence of the Zaskar and Indu Rivers.

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 afternoon and evening 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 Basgo (3260m), 45km, 5/6 hrs biking.

The first 10km are very easy as we cycle downhill through Leh, past the airport and on to the Indus river. We follow the Indus for one kilometre and then climb away from the river for 15km. After two hours we reach a small pass (3700m)

and then have a nice downhill section as far as Nimu village for lunch. From Nimu the last 8km are relatively flat to reach Basgo. In the evening we visit Basgo Monastery built in the 16th century. It was the political and cultural centre in the early days of Ladakh. Situated on top of the hill towering over Basgo, it holds a unique atmosphere of secrecy and calm. Overnight camp.

Day 6: Basgo to Nurla (3046m), 47km, 6/7 hrs biking.

We start the day with a tough 8km climb out of Basgo to reach a small pass before descending again to the Indus at Saspol. This 10km descent is the most exciting section on the bikes. After Saspol we cross the Indus and then enjoy another fun section which follows the river as far as Gyera our lunch spot. After lunch we cross back over the Indus on a beautiful footbridge and follow the main road for 14km to reach Nurla. Overnight Camp.

Day 7: Nurla to Tarchit (3199m), 35km, 4 hrs biking.

An easier day today. The first 10km to Khalsi are relatively flat with just two short climbs. After Khalsi we cross the river and climb away from the Indus Valley. We follow the Yapola river up a beautiful canyon for two hours to reach our camp in Tarchit. In the evening we have time to visit Wanla monastery. Overnight camp.

Day 8: Tarchit to Hanupatta (3851m), 22km, 6 hrs biking.

This is the shortest day on the bikes but also the toughest. The first 10km is quite gentle with only 150m of height gain. After 10km we cross a small bridge and start to climb steadily. The final 12km of the route takes over four hours as we climb 500m on loose stone, sand and gravel. It's a very testing but rewarding day. Overnight camp.

Day 9: Hanupatta to Photosgar (4193m) via the Sirsir La pass (4826m), 18km, 8 hrs trekking.

The first three hours are quite easy as we follow the river ascending gradually. Once we move away from the river we climb steadily for three hours to reach the Sirsir La Pass (4826m). It's a tough hike but the views from the top are well worth it. From the pass it's another two hours to reach our campsite near Photosgar. Overnight camp.

Day 10: Photosgar to Sengge La base(4426m) via the Burniktse La pass (4390m), 12km, 5 hrs trekking.

We start the day with a gradual uphill walk to Burniktse La Pass (4390m) crossing it after two hours. From there it is relatively easy going with minimal altitude gain all the way to Sengge La base. Rest in the afternoon in preparation for tomorrow's walk. Overnight camp.

Day 11: Sengge La base to Yulchung (3850m), 13km, 8 hrs trekking.

Today is a tough day on the trek. We start by walking up a steep trail for three hours to reach the Sengge La Pass (5005m) the highest point on the expedition. The last 45 minutes to reach the pass are very steep. Upon arrival we are greeted with a beautiful vista of the Stok Range to the east and the Zaskar Range to the south. From the pass, the trail gradually descends to Yulchung. It's a stunningly beautiful route which takes over four hours to complete. Overnight camp.

Day 12: Yulchung to Nyerak (3470m), 8km, 4 hrs trekking.

From Yulchung we climb for 90 minutes to reach the Chuchokhuri La Pass (3970m) the final pass on the expedition. From the pass we descend steeply into the Grand Canyon of Asia to reach the Zaskar river. We cross the river on an impressive wooden footbridge and walk for one hour upstream to reach our campsite beside the river, near Nyerak village. The scenery on today's route from start to finish is majestic. In the afternoon we transfer our gear into dry-bags and prepare for the final leg of the expedition. Overnight camp.

Day 13: Nyerak to Lamaguru (3190m), 40km 5 hrs rafting/kayaking.

After an extensive safety brief we put on to the Zaskar river. We navigate some big whitewater as we pass through the deepest part of the Canyon. We run two big class IV rapids, '18 Down' and 'Constriction', where the river rushes through a 6-meter gap. As the canyon walls become less steep we reach Lamaguru and the Markha river. Overnight camp.

Day 14: Lamaguru to Nimu (2743m) to Leh, 30km on the river, 4 hrs rafting/kayaking.

On our second day of rafting we run 30km of class III(IV) whitewater to reach the Indus river and our finishing point at Nimu village. This section has the biggest rapids on the Zaskar. We have lunch in Nimu before driving back to Leh in time for a warm shower and a few beers in the evening. Overnight hotel.

Day 15: Leh to Delhi.

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

Day 16: Depart India

Fly from Delhi to Dublin. Expedition ends.

[Back to Top](#)

Expedition Costs:	Euro	Sterling	Dollar
Total costs excluding international flights. (Land only)	€2,899	£2,499	\$3,199
Total costs including international flights from Dublin.	€3,799	-	-

A deposit of €399/£399/\$399 is taken at the time of booking and the final balance is due two months prior to departure. Prices in 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 Irish/UK expedition leader.
- Experienced Irish/UK expedition doctor.
- Training Weekend.
- Local English speaking guides, local cooks and muleteers.
- 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.
- Mountain bikes and helmets.
- 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](#).

[Back to Top](#)

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 Expedition Leader and he/she will distribute the tip evenly among all staff. The recommended spending amount above includes the tip for the local staff.

[Back to Top](#)

Weather:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -10 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

Norwegian Meteorological Institute: www.yr.no

[Back to Top](#)

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 tingly 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.

[*Back to Top*](#)

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.

[*Back to Top*](#)

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.

[*Back to Top*](#)

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) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

[*Back to Top*](#)

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.

[Back to Top](#)

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 5,100 metres, mountain biking and rafting on class IV white water (c) helicopter evacuation in an emergency situation, and d) repatriation to 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 Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Campbell Irvine go to www.campbellirvinedirect.com/earthsedge.

[Back to Top](#)

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. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. 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.

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/.

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.

[Back to Top](#)

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.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

[Back to Top](#)

Discounts and Photo Competition:

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.

On each expedition, one person will win an Earth's Edge Down jacket and Gore-Tex jacket worth a total of €300. For more information and how to win please visit our [photo competition](#) page.

[Back to Top](#)

Forum:

We have a Facebook group called the Earth's Edge Forum. It's a great place to visit for sharing ideas, for asking questions and opinions of your fellow trekkers, for finding people to go on training hikes with and for generally having the fun! If you would like to be added please request that we send an invite to your email address.

[Back to Top](#)

Why Choose Earth's Edge:

We are the only company in the world who send an international guide and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader from Ireland or the UK 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 from Ireland or the UK 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.
- We have a strict responsible travel policy which focuses on our staff, community and the environment.

Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Our office staff volunteer their time to take students from an inner-city Dublin school into the outdoors for an immersive learning experience.
- Each year we plant three native trees for each person that has travelled with us in the preceding 12 months.

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 Commission of Aviation Regulation 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 team in Dublin 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 and doctor.
- 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.

- We post daily updates of each expedition on our Facebook page so family and friends can monitor your progress.

[*Back to Top*](#)

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](#).

[*Back to Top*](#)