



# Registration form

## Trek Ladakh

*Confirmed departure from 4 people.*

Be sure to fill out this form with the greatest attention.

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This form is composed of the following 4 parts, thank you to fill out a form for each participant.

*page 1:*      **Planning**

*page 2:*      **Terms & conditions**

*page 3:*      **Information**

*page 4:*      **Registration**

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**SURNAME** .....

**FIRST NAME** .....

**ADDRESS** .....

.....

**TEL** .....

**E-Mail** .....

**Passeport number** .....

Done in ..... on .....  
*Signature preceded by the words "read and approved"*

## PLANNING

*Day 1:* Welcome in Airport. Last checks. Departure to Delhi.

*Day 2:* Landing in New-Delhi. Transfer to hotel.

*Day 3:* Departure from Delhi Domestic Airport to Leh. Transfer to the hotel.

*Day 4:* Excursion to Phyang. In the afternoon, free time in leh city, an old fortress, shopping streets..

### Option Adventure

*Day 5:* Memorable bus transfer to Hiniskut and then three hours of easy walking to Kanji. Presentation of coaches and horsemen. First bivouac.

*Day 6:* First day of the trek, Yogma-la pass (4900mt). First camp at high level altitude.

*Day 7:* Nyugutse-La pass (5000mt), Sirsi-La pass (4800 mt). Descent to the village of Photoksar (3900 meters), one of the most magical places in Zanskar.

*Day 8:* Rest day in Photoksar. Meeting with the villagers.

*Day 9:* Relatively short day to Honupatta over the Sirsi-La pass.

*Day 10:* Phanjila pass, cross of Phanjila hamlet, walk up to the village of Hinju. Meeting with the group option Tourism.

### Option Tourism

*Day 5:* Free time. Rest, acclimatization, explore the city, an old fortress, monasteries, shopping streets ..

*Day 6:* Visit of Chemrey, Hemis and Thiksey monasteries. Then, back in Leh with a stop in Choglamsar, place of tibetan gouvernement .

*Day 7:* Visite of Spituk monastery, then typical lunch at Stok village, and visite of Royal palace.

*Day 8:* Road-trip to Lamayuru with visit of Basgo fortress and famous Alchi monastery.

*Day 9:* Discovery of Lamayuru, and departure to Wanla. First bivouac.

*Day 10:* Easy walk up to Hinju village. Meeting with the group option Adventure.

*Day 11:* Entrance in a very remote Ladakh when crossing Konzke-la pass.

*Day 12:* From base of col Konzke-la pass, quick downhill to Sumda village on the edge above the river, at 3900 mt high. Short day.

*Day 13:* Walk up to the base of Dundungen-la pass, that will be crossed the day after. Meeting with massive yaks and their shepherds.

*Day 14:* 1 hour walk to reach the pass Dundungen-la (4800m), then long downhill to the village of Chilling, along the river Zanskar.

*Day 15:* Rafting trip on Zanskar river then back in Jeep to Leh.

*Day 16:* Road-trip to the pass Khardung-la (5600mt), world highest motorable road.

*Day 17:* Departure from Leh to Delhi early morning. Transfer to a luxury hotel. Later on to the Kingdom of Dreams.

*Day 18:* Free time in New-Delhi. (... Safety day depending on climatic conditions that may delay flights from Leh airport ...)

*Day 19:* Morning free time in Gurgaon. Then transfert to airport. Departure from Delhi International Airport.

*Day 20:* Back to France.

Done in ..... on .....  
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## *TERMS & CONDITIONS*

1. A medical certificate for physical activity at high altitude needed.
2. You must at all times be able to show an insurance policy covering emergency expenses for evacuation, hospitalization and repatriation.  
**TreknXplore disclaims any liability in case of a major incident occurring during the trip.**
3. Accommodation (Dalhousie and Manali) will be provided half board in residential luxury. During the trek, the camping equipment and food needed for this activity are provided. There are 3 meals a day plus a tea-time in mid-afternoon.
4. Portage of your personal effects is provided by holders of trust, however, we recommend you to carry a small hiking bag for your personal (smartphone, camera, ..) and other papers (passport, cash, ..)
5. Because freezing temperatures can occur in altitude (even in summer), you are asked to wear "technical" mountain clothes:
  - 1 jacket (GORE-TEX type).
  - 1 good fleece.
  - 1 hat.
  - 1 pair of gloves.
  - 1 pair of trousers (waterproof).
  - 1 sleeping bag for altitude.
  - 1 survival blanket.
6. In India, the water quality is more than random. In town, you will find bottled water of good quality. During the trek, the water is usually boiled by us, but if you think you are prone to stomach disorders, we advise you to bring and to use purification tablets.
7. Religion in India is something important, it is asked to show the utmost respect when visiting places of worship.
8. Supervision is provided by an English speaking guide and a local guide, both possess a thorough knowledge of the field. During the trek, cooks and porters will also always willing to help you in case of difficulty.

**For more details, see terms on the website:**

<http://treknxplore.com/terms.html>

Done in ..... ON .....  
*Signature preceded by the words "read and approved"*

# INFORMATION

(The following questionnaire is given as a basic guide to ensure you a good trip and stay in the best conditions)

1. Why do you choose to join this trek ?

Precision.....  
.....  
.....  
.....

2. Is that the first time you are participating at that kind of adventure ?

Yes  No, precision.....

3. What's your mountainering experience ?

Precision.....  
.....  
.....

4. In a scale from 1 to 5, can you evaluate your ability in mountain.

(1: mini / 5: maxi) .....

5. What's the maximum altitude you've reached by yourself ?

.....

6. Are you afraid of heights ?

Yes  No

7. Do you practise sport ?

Yes  No

which .....  
..... heures / semaine.

8. Do you have any medical antecedent (injuries, allergies,...) which could go against the good running of the trek ?

Yes, precision.....  No

9. Do you take any medication, homeopathy ?

Yes, precision.....  No

10. During the trek, would you prefer to eat :

- Locale food (hindu, tibetan, spicy,...).
- Occidental food.
- Indifferent.

11. Do you speak English ?

Yes  No

12. Do you have any questions, any information about this trek ?

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.....

Done in ..... on .....

Signature preceded by the words "read and approved"

*REGISTRATION*

Person to contact in case of emergency :

SURNAME .....  
FIRST NAME .....  
ADDRESS .....  
.....  
TEL .....

*Relationship (family, friend, professional)*

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I, *(your name)* ..... certify that the above information is accurate. I declare on my honor, to hold an insurance policy covering my expenses for emergency evacuation and repatriation in the event of a major accident. I also certify, to keep out of liability in any case Treknxplore and / or its officers, in case of serious accident.  
I also have to respect the terms of the contract for the trek organized in Ladakh in July.

Form to send to:

**ROUSSEAU Jérôme ~ TreknXplore**  
**16, rue du 8 Mai**  
**37150 BLERE**  
FRANCE

Done in ..... on .....  
*Signature preceded by the words "read and approved"*