

# EXPLORE!



## Little Tibet

INDIA - TRIP CODE LT

DISCOVERY

### Why book this trip?

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Starting from golden Amritsar we travel through scenic mountain landscapes of Northern India to reach the Buddhist enclave of Ladakh. On route we travel through high mountain passes, discover ancient Tibetan-Buddhist monasteries and on some departures take in special festivals.

- **Amritsar** - Soak up the incredible atmosphere at the Sikh's holiest shrine, the Golden Temple
- **Leh and Dharamsala** - Learn all about Tibetan Buddhism as we visit several monasteries as well as visiting the home of the Dalai Lama
- **Western Himalayas** - Journey through some of the highest mountain passes in the world such as Tanglang La



**INCLUDED MEALS**  
Breakfast: 16  
Lunch: 1  
Dinner: 6



**TRIP STAFF**  
Explore Tour  
Leader  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
4WD  
Flight



**ACCOMMODATION**



**TRIP PACE:**  
Full on



**GROUP SIZE:**  
12 - 18

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## Trip information

### Country information

#### India

##### Climate

There is considerable variation between the different regions of India but, in general, the climate is tropical. Summer temperatures on the plains are very hot, but cooled by the South-West Monsoon, which lasts from June- September. During these months it can be very wet and therefore very humid. At altitude, temperatures can become quite cool at night even in the summer and may drop below freezing between December and February so warm clothing is necessary. In the winter, northern and mid India can be very cool, with cold evenings, so warm clothing, including plenty of layers, are essential. The south of India remains warm and sunny during the winter months.

##### Time difference to GMT

+5

##### Plugs

3 Pin Round

##### Religion

Catholicism, Hindu, Islam and Sikhism

##### Language

Hindi and English.

### Budgeting and packing

## Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Phey To Nimu - White water rafting on Indus River £27.00 (per person, on a sharing basis).

## Clothing

Because of the high altitude temperatures in Ladakh can drop dramatically at night, please make allowance for warmer clothing accordingly. It is essential to bring waterproofs, sweater, long trousers (if walking in shorts), warm hat, gloves and sun hat.

## Footwear

We strongly recommend walking in good boots. Although all the walks are day walks and optional it is worth noting that trainers and tennis shoes simply do not give the ankle support afforded by a decent pair of boots. Please bring comfortable shoes for relaxing in/evenings.

## Luggage

15Kg

### Luggage: On tour

One medium size rucksack or holdall and a day sack for the day. Suitcases are not recommended.

Please note that hand luggage is not permitted on the flight from Leh to Delhi, so you will be required to pack all of your belongings in to your hold luggage. Please note on internal flights luggage limit is 15kg.

## Equipment

Sunglasses, sun cream, water bottle (at least 1 litre) and a torch. Swimwear is useful for the optional rafting.

We carry a Portable Altitude Chamber (PAC Bag) on this tour and have a supply of oxygen available if required in an emergency for anyone suffering from altitude sickness.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow GBP50, approx. 4'250 Indian Rupees for group tipping.

For all non-included services and meals on your trip please tip independently at your discretion.

## India

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£8	£10	£3	£0.5

### Foreign Exchange

#### Local currency

Indian Rupee Recently new 500 and 2000 rupee notes have been bought in to circulation and as the old notes are no longer accepted there have been some cash flow issues. You don't need to worry about being given old notes as it's very easy to tell the difference, the new notes are pristine in comparison with most Indian money which is fairly tatty.

#### Recommended Currency For Exchange

GBP/US\$ are the best currency to change into local currency.

#### Where To Exchange

The Indian rupee is a restricted currency and it is best not to obtain in the UK as rates are very poor. You can either change money at the airport on arrival or in major towns during the tour. Your Tour Leader will advise you on the best places in each town. Both GBP and USD cash are easy to exchange at the airport and at hotels however you will be restricted to changing £60 cash at a time and it's not possible to change money at these locations using a credit or debit card.

#### ATM Availability

ATMs are available in most large cities in India but they are very limited elsewhere so please do not rely on this.

#### Credit Card Acceptance

Very rarely, only in the larger outlets.

#### Travellers Cheques

Opportunities to exchange are limited.

## Transport Information

Bus, 4WD, Flight

## Accommodation notes

With its rapidly expanding economy, accommodation choices in India are expanding. Whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. Plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to. As you might expect from their mountainous and in some instances remote locations, accommodation in Ladakh and Himachal Pradesh is generally fairly simple with basic facilities. In Leh we stay in a small hotel which is new but built in traditional Ladakhi style. Our guesthouse in Alchi is family-run. The tented camp at Sarchu on the Leh to Manali highway is specially erected each summer for travellers - it has walk-in fixed tents for two people with beds and all bedding provided. A small bathroom with western-style toilet and running cold water is attached to each tent and there is a separate large dining tent. Our hotels in Jespa, Manali, Mandi, Dharamsala and Amristar are all graded standard. Please note that due to high rainfall during the summer months, hotels can sometimes feel a bit damp - due to construction standards this is unavoidable.

Accommodation in India is as varied as the country itself. On our tours we stay in a mix of hotels, heritage properties, camp sites and homestays. Standards do not equate to standards in the UK and it's best to approach each type of accommodation with an open mind. Service can be slow in places especially when travelling with a group. For the most part hotels do not have heating so in the winter months it can be chilly and if you feel the cold you may wish to ask for extra blankets. Hot water is not always available 24 hours a day in some of the smaller properties, and with a group staying you might find if you are showering last you may miss out on the hottest water.

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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## Visa and Passport Information

India: Holders of passports endorsed 'British citizen' may be eligible for the e-Tourist Visa to enter India.

The visa can be applied for through the official Indian government visa website only - <https://indianvisaonline.gov.in/visa/tvoa.html>. Please check all eligibility criteria that can be found on the website but important points are listed below -

You must be arriving into one of 16 selected entry points, however, you can exit from any of the authorised immigration check posts in India.

Entry points are - Bengaluru, Chennai, Delhi, Goa, Kochi, Kolkata, Mumbai, Hyderabad, Thiruvananthapuram, Jaipur, Amritsar, Gaya, Lucknow, Trichy, Varanasi and Ahmedabad.

Passports must have at least 6 months validity from the date of arrival in India and at least two blank pages for stamping. The visa application will take approximately 4 days to process. It is only valid for 30 days and is only allowed for a maximum of two visits in a calendar year.

The visa costs approximately \$100, however these costs are subject to frequent change so you should check on the official Indian government visa website mentioned above. Biometric data will be collected on arrival in India

Whilst the online form offers a relatively quick way to apply for a visa, a number of applicants have reported difficulty in completing the form. Travcour will complete the on-line visa on your behalf for a fee of £30 + the visa cost. Please contact them directly if you wish to take up this service.

If you are not eligible for the e-Tourist Visa, please refer to VFS Global to apply for your Indian visa - [http://in.vfsglobal.co.uk/how\\_to\\_apply.html](http://in.vfsglobal.co.uk/how_to_apply.html).

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements.

Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

### **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

### **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

#### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

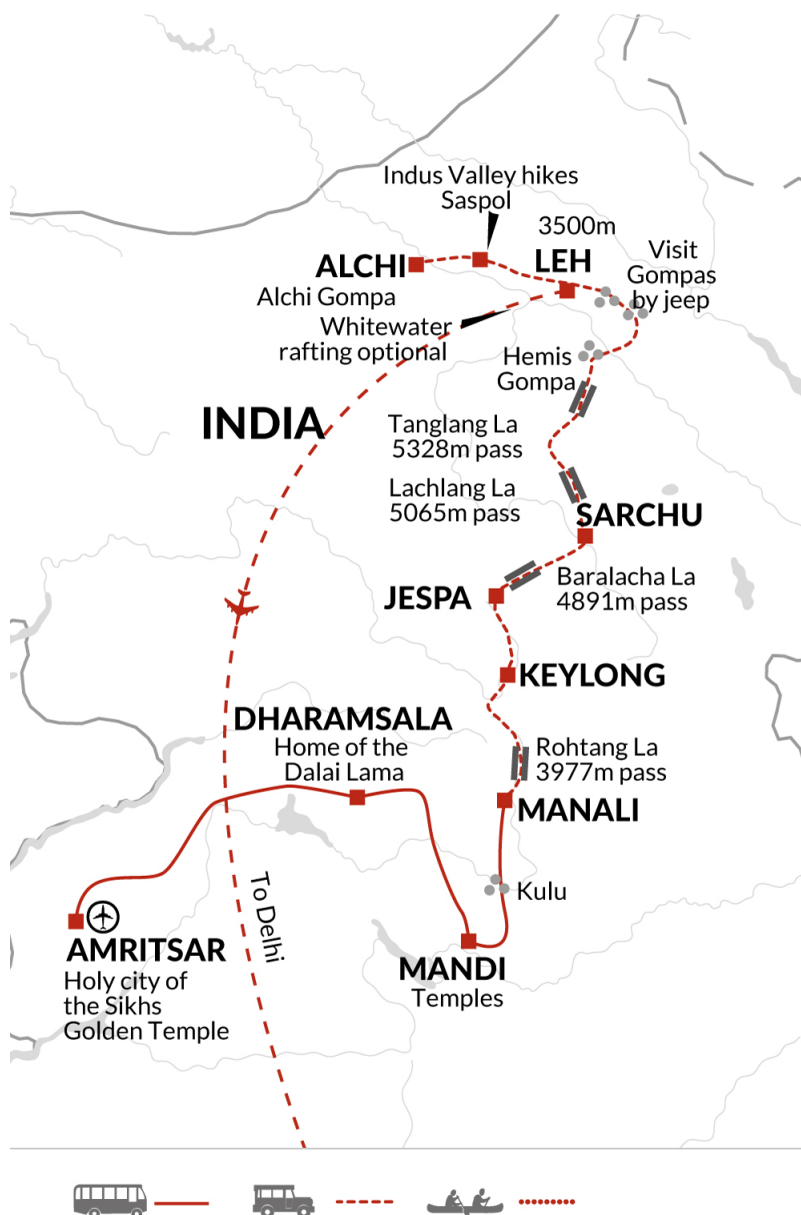
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## India

### Vaccinations

Nothing compulsory, but we recommend protection against Tetanus, Infectious Hepatitis, Typhoid and Polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

### Additional Information





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## Reviews

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**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**