

# SNOW LEOPARD EXPEDITION

## DEPARTURES

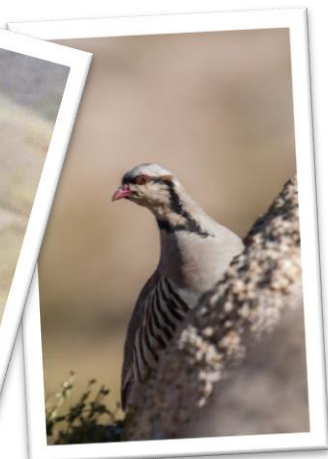
19<sup>TH</sup> JAN TO 28<sup>TH</sup> JAN 2018

## WILDLIFE IN THE UPPER HIMALAYAS

Ladakh which is part of Jammu & Kashmir is home to exceptional wildlife. This diversity is a result of the unique landscape and the weather conditions in the region. The fauna of Ladakh has much in common with that of Central Asia in general and that of the Tibetan Plateau in particular.

Exceptions to this are the birds, many of which migrate from the warmer parts of India to spend the summer in Ladakh. For such an arid area, Ladakh has a great diversity of birds — a total of 225 species have been recorded. Many species of finches, robins, redstarts and the hoopoe are common in summer. The brown-headed gull is seen in summer on the river Indus and on some lakes of the Changthang. Resident water-birds include the Brahminy duck and the bar-headed goose. The black-necked crane, a rare species found scattered in the Tibetan plateau, is also found in parts of Ladakh. Other birds include the raven, Eurasian magpie, red-billed chough, Tibetan snowcock, and chukar. The lammergeyer and the golden eagle are common raptors here.

Some key mammals to look out for in the region are the snow leopard, brown bear, Tibetan wolf, Eurasian lynx, weasels, Tibetan fox, ibex, blue sheep and yak to name a few.







## ITINERARY

Day 1: Arrive in Delhi | Overnight in Delhi

Day 2: Morning flight to Leh | Day spent acclimatizing | Overnight in Leh

Day 3: Day spent acclimatizing | Overnight in Leh (possibly explore sites in Leh)

Day 4: Transfer to Jonchen | Trek to base camp for all treks (Husing) | Explore surrounding valleys | Overnight in base Camp

Day 5: Explore surrounding valleys in search for wildlife | Overnight in base Camp



Day 6: Explore surrounding valleys in search for wildlife | Overnight in Base Camp

Day 7: Explore surrounding valleys in search for wildlife | Overnight in Base Camp

Day 8: Explore surrounding valleys in search for wildlife | Overnight in Base Camp

Day 9: Trek back to road head and drive back to Leh | Overnight in Leh

Day 10: Fly back to Delhi | Catch the connecting flight back home



## KEY INFORMATION

Acclimatization:	Since the expedition takes you to an elevation of 3500m to about 4900m, it is imperative that all guests spend at least 2 days in Leh to acclimatize. During this period they should spend time resting or go out on short excursions to the city or the surrounding villages.
AMS:	AMS or Acute Mountain Sickness is a big risk when traveling over 3000m. AMS can be unpleasant and may reduce enjoyment of activities. In addition, if it is not managed appropriately it can result in more serious illness which can lead to death. An understanding of the prevention and recognition of AMS is important to anyone travelling to high altitude.
Symptoms:	<p>The main symptom is headache, which is as a result of mild swelling of the brain, caused by the reduced oxygen levels. This can vary in severity. Rarely, people can experience more severe swelling leading to a condition called high altitude cerebral oedema (HACE).</p> <p>For a diagnosis of acute mountain sickness (AMS) to be made you need a Headache plus one other symptom from:</p> <ul style="list-style-type: none"><li>○ Poor appetite and/or nausea/vomiting</li><li>○ Fatigue/weakness</li><li>○ Dizziness/light-headedness</li><li>○ Difficulty sleeping</li></ul>
Connectivity:	Being a border state, Ladakh is an army base and security is always high as we share borders with Pakistan and China. Satellite phones thus are not permitted and there is no mobile connectivity in the region where we trek. However, there is a satellite phone in the village of Rumbak from where emergency calls for rescue can be made in case of any mishap.



# CALCULATE YOUR AMS

The Lake Louise score is a scoring system used to make a diagnosis of acute mountain sickness (AMS). This is something you can do yourself to decide how severe your symptoms are and what they mean. A total score of 3 to 5 = mild AMS and 6 or more = severe AMS. Remember that any symptoms at altitude are altitude illness until proven otherwise.

The scoring is as follows:

Symptom	Severity	Score
Headache	No headache	0
	Mild headache	1
	Moderate headache	2
	Severe headache	3
Gut (gastrointestinal) symptoms	None	0
	Poor appetite or nausea	1
	Moderate nausea and/or vomiting	2
	Severe nausea and/or vomiting	3
Fatigue and/or weakness	Not tired or weak	0
	Mild fatigue/weakness	1
	Moderate fatigue/weakness	2
	Severe fatigue/weakness	3
Dizziness/light-headedness	Not dizzy	0
	Mild dizziness	1
	Moderate dizziness	2
	Severe dizziness	3
Difficulty sleeping	Slept as well as usual	0
	Did not sleep as well as usual	1
	Woke many times, poor sleep	2
	Could not sleep at all	3



## ADDITIONAL INFORMATION

### Best Time of the Year:

Winter months (Dec, Jan & Feb) are the best in order view the elusive snow leopard. The Snow Leopard being an elusive and a very shy cat, it is very difficult to get a sight of it during the summer months, but during the winter it comes down for water and prey. The month of February is the best time to see them when they start mating, marked by a noticeable increase in marking and calling.

One should look at the trek as a truly remarkable journey into the snow leopard's natural habitat and environment.

### Other important wildlife:

The area is also home to other predators such as the Tibetan Wolf, Eurasian Lynx, Pallas Cat, Tibetan Fox, Weasel, Blue Sheep (Bharal), Ibex, Ladakh Urial and the Yak.

### Accommodation / Camp:

Since the area being explored is extremely remote all accommodation is in tents. There would be a separate tent that would serve as a make shift temporary toilet. The camp does not have electricity. Solar lamps will be used for lighting. A small generator will be available to generate electricity to charge camera batteries. Hot water will be available for bathing and this would be heated over a gas stove and provided in buckets.

### Porters:

Guests do not have to carry up all their luggage. There would be porters available with horses to carry the same to the base camp. Guests can choose to carry just their cameras and/or binoculars.

