



# 14 Mistakes People Commit on a Spiti Valley Trip

Why am I sharing these 14 mistakes of a Spiti trip? Well, to be frank, the problem is that people start abusing the places like Spiti or Ladakh for their horrible trips and tag them as harsh, unforgiving places. However, they forget that it is not the place or region which is harsh or unforgiving, people still live up there in such a place. It is the way you planned or executed your Spiti trip to such a place what causes horrible experiences.

1

## I am very fit and have a good body, I do not need acclimatization

AMS does not matter with respect to any age or sex or any fitness level. It can happen to anyone of any age or sex or fitness level I shall say :D...

I have personally seen the fittest of the fit kneel down and cry like hell when AMS hits them. So, respect AMS.



2

## I have done many high altitude trips, I do not need acclimatization now

No matter how many trips you undergo to Spiti or Ladakh or other high altitude places and how many times you undergo every year, AMS just won't spare you if you break its basic principles.

3

## I have clocked 100,000 Miles, I will breeze through the roads in Spiti

Never be overconfident that you are master of driving or riding or you have done Rohtang Pass 'x' number of times, you are a champ driver in plains with 100K miles of driving/riding experience, etc.. because driving from Manali to Kaza over Gramphu - Batal road could be one of the strangest and adventurous drive you will ever undertake in life.

4

## I never plan my trips and I will not plan for my Spiti trip too

Well, this is what I hear most and those commenting consider themselves coolest stud on the planet BUT PLEASE always keep in mind, "Trouble never comes knocking at your door" !! It is good to be impromptu in travel but with a remote place such as Spiti Valley where even diarrhea can lead you to death path if not treated in time.

5

## I can follow his WRONG plan because he had no issues on his Spiti trip

This is mostly fine if you are following a plan suggested by an expert and covers basic principles of acclimatization. However, it horribly goes wrong in cases when people try to copy anything including short crazy drive plans just because they read an account of someone who did it.

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## I have done 800 KMs drive in a day, so, 400 Kms in a day in Spiti is nothing in for me

You may be a great driver or a rider having done 1000s of KMs in a day BUT keep in mind these are trans-Himalayas and they RULE the time and life up there. You may be able to do 400 KMs in Spiti on the last day, which is perfectly fine because you are going to descend to lower hills where your body is used to live.



7

## I can take my infant baby because I have seen many pictures where people took theirs too

It depends on person to person to take the children of such an age group. The issue with children is that they tend to exert the body considering it the same kind of place they belong to and this elevates the chances of getting struck with AMS.

8

## I can drink alcohol because there have never been issues

Please hold on to those Chote pegs or Patiala pegs in Spiti or high altitude places because any kind of tobacco, smoking, and alcohol or other depressant drugs including, barbiturates, tranquilizers, and sleeping pills etc.. decrease the respiratory drive during sleep resulting in a worsening of the AMS symptoms.

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## Planning a trip to Spiti from Manali side

Well, it is OK to make a trip to Spiti Valley from Manali side and I have also outlined the 5 Reasons to Travel Spiti Valley from Manali Route. But, in my honest opinion, it is not the right way to do the trip to Spiti Valley. You tend to gain very high altitude too quickly by making a trip to Kaza from Manali side.

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## Sleeping second night at Chandratat lake

Chandratat lake is located at an altitude of 14000 feet which is termed as very high altitude and no human body can get acclimatized to such an altitude in one night. Sleeping at Manali does not help in acclimatization, so you are pretty much trying to sleep at Chandratat Lake at 14000 feet without any acclimatization at all.



11

## I have done Ladakh trip in my sedan, Spiti Valley will be breeze for me

Well, guys, you may have done a Kashmir trip or Leh Ladakh trip in your hatchback or sedan. However, the road from Manali to Kaza, especially between Gramphu to Batal or Chandratat, is altogether a different ballgame.

12

## Missing on Langza, Hikkim and Komic Circuit

Majority of people who make the trip to Spiti Valley don't know more than Tabo, Kaza, Ki, Kibber, and Chandratat. However, one of the most picturesque circuit in Spiti Valley, in my opinion, is Langza - Hikkim - Komic.

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## Assuming Lahaul Valley same as Spiti Valley

Lahaul Valley is altogether a different region with different views than what Spiti Valley has to offer. Both Lahaul & Spiti Valley often termed together and most people get confused between them. Technically speaking, Kunzum Pass connects Lahaul Valley with Spiti Valley.

14

## Running through Spiti Valley trip with just 4-5 days plan

Well, there are so many places in Spiti Valley that they deserve more than 4-5 days. Hence, it is best to make a trip to Spiti Valley when you have at least 9-10 days to make some sense of it. Otherwise, it is nothing more than ticking off a place from your bucket list rather than actually experiencing what Spiti Valley has to offer.

### Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



### #SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles