



9 Mistakes People Commit on a Ladakh Trip

Why am I sharing these 9 mistakes of a Ladakh trip? Well, to be frank, the problem is that people start abusing the places like 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 Ladakh 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 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 Ladakh

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 to Ladakh from Manali - Leh Highway 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 Ladakh 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 Ladakh 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 Ladakh 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.

6

I have done 800 KMs drive in a day, so, 400 KMs in a day in Ladakh 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 Ladakh 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 Ladakh 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.

9

I can remove my shirt for a selfie at Khardung La or Chang La

Wow, that is the coolest thing that you SHOULD NEVER do in Ladakh. The highest motorable road and a sleeveless or shirt-less selfie up there does make a deadly, super cool combo for your next profile pic on Facebook. BUT always remember that exposing the bare parts of the body, especially the chest or lower neck, to the cold winds at that high altitude with the less acclimatized body also makes a FATAL combo.



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