



Fact File Leh

Where To Stay (Leh) - (01982): Hotel Lumbini (252582), Hotel Ga-Idan Continental (252173), Chunka's Camp (200098) Hotel Holiday Ladakh (250403), Noble House (255679), LHA-RI-SA-Resorts (252000), Hotel Cho Palace (251659)

Travel and Adventure Sports Reservation:

Adventure Tours (253022), Amitaba Tour (255900), Borderland Flyers (9419218777), Dragon Tour (253022) Explore Himalayas (252727), Eco India Journeys (9419977421), Hayan Himalaya (9906999135), Open Ladakh (9906981026), Ladakh Voyages (251511),

Where to buy: You can shop for Turquoise and Silver Jewellery of Tibet & Burma. Tibetan Refugee Market on Old Leh Rd. is an Ideal Place for Shopping. Ladakh Art Palace (252116), Mahi Pearls & Gems (250012).

LEH PALACE

Leh Palace was built in the 16th century, resembling very much with a miniature of Potala Palace in Lhasa. This palace was constructed by the legendary king Singe Namgyal in 16th century on a hill overlooks the town. Leh Palace was the seat of power for Ladakh's King till the dogras exiled them in 1830s to the stok Palace.

THINGS TO REMEMBER IN LEH

All visitors must ensure that they are physically fit. People with heart and lung related problems must consult a physician. Acclimatisation is a must. Travelers are likely to experience some breathlessness, dizziness, headache, loss of appetite. The Sonam Norbu Memorial Hospital in Leh has an extremely qualified team of dedicated doctors familiar in dealing with high altitude sickness and other medical problems. The best is to take plenty of water. Clients are advised to bring their own personal medicines. One should carry regular medicine for Diarrhoea, Gastric, Acidity, Headaches, Fever, Cough, Cold, Congestion. It is an absolute must to carry skin creams, lotions and chapsticks. One should also carry Sun Glasses, hats, Scarfs, thick cotton trousers / jeans for day use, wollen sweaters/ jackets, sports shoes, sandals with straps for rafting and evening wear and gloves. Films and batteries for cameras should be carried in quantity, because re-supply is not assured. A

powerful flashlight is a must for those interested in studying monasteries, as the interiors are dimly lit. Photography of bridges, airfields and military installations is strictly prohibited. Healthcare and Medical Assistance



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PREPARED WITH PURE DESI GHEE

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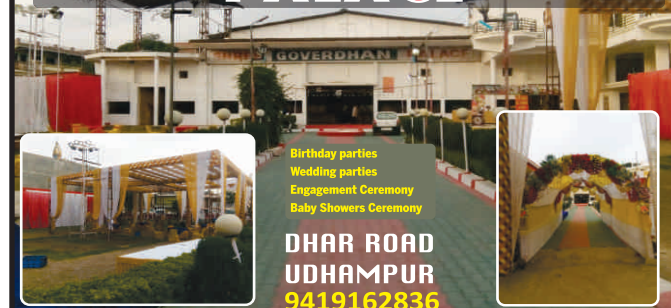
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