

OFFICE OF THE DISTRICT MAGISTRATE, LEH



Subject: Regulation and Standard Operating Procedure (SOPs) to be followed during Chaddar Trek.

REGULATIONS

The following regulations and Standard Operating Procedures (SOPs) are hereby ordered for the safety of tourists during Chaddar Trek during winter months of January to February 2020.

1. It will be mandatory for all tourists both (foreign and domestic) to have medical insurance when they apply for Chaddar Trek failing which the permit shall not be issued.
2. It shall also be mandatory for all the tourists to undergo a pre- medical check-up before the trek.

The following SOPs shall be followed on their arrival in Leh:

S.No.	Day Count	Procedures	Steps	Locations
1	Day 1	Arrival at Leh	Check -In	Hotel/Guest House
2	Day 2	Acclimatization	Rest/Mild walk	
3	Day 3	Medical Check-up at TIC	Medical check-up will be done on production of Airline Boarding Pass. CMO shall be responsible for ensuring daily checks	Medical Checkup facilities and insurance stall available at TIC.
		NOC to be obtained from ALTOA followed by Permit by Wildlife department	Permit to be issued on the production of Medical certificate and NOC from ALTOA	ALTOA and Wildlife department kiosks available at TIC
4	Day 4	Departure for Chaddar Trek		

1. All trekkers going on Chaddar Trek are strongly advised not to consume alcohol during the entire trek as it has severe medical consequences. Further, the insurance purchased shall be null and void in case tourists consume alcohol and suffer any medical emergency.
2. It is also recommended that the first night should be spent at Shringra camp for further acclimatization and also necessary medical attention can be given to any patient, if needed.
3. Trekkers shall avoid jumping in the Zaskar river so to avoid hypothermia and other medical complications leading to serious life threats.
4. Medical Check-up facilities and Insurance cover will be provided by District Administration, at the TIC under the supervision of ALTOA.
5. For ease of obtaining permit all the required formalities can be completed at a single location i.e. TIC.
6. Chaddar Trek is to be carried out through Registered Travel Companies based in Leh or through registered porters having experience and I-cards issued by ALTOA.
7. Green bags will be provided to each group by the Wildlife department and it shall be the responsibility of the guides/porters to deposit the green bags after collecting garbage generated during trek with the wildlife department at Chilling.

[Handwritten Signature]
District Magistrate
Leh

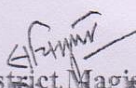
8. Wildlife Department shall be responsible for installation of communication facilities at the camps.

Do's for the Trekkers

1. Do carry sufficient woolen clothings as the temperature may sometimes abruptly fall minus below 25 degree Celsius.
2. Do carry warm clothings, wind cheater, and waterproof shoes as the weather in the trekking area is unpredictable.
3. Do keep your clothes and eatables in a suitable water proof bag to avoid your belonging getting wet.
4. Do keep in your pocket a note containing the name/address mobile telephone number of any Trekkers proceeding on the same date as you are doing, for emergency purposes.
5. Do carry your identity card /driving license and Trekking permit with you.
6. Do travel in a group, with porters/horses/ponies carrying your luggage.
7. Do ensure that all those comprising the group remains in your sight, least you are separated from your group.
8. On your return journey, leave the Base Camps along with all other members of your group.
9. Do seek immediate assistance of the police in case any member of any group is missing. Further make an announcement on the Public Address System also.
10. Do help your fellow Trekkers travelling with you and perform trekkers with a pious mind.
11. Do strictly follow the instructions issued by the trekkers Administration from time to time.
12. In case of any accident or emergent situation, immediately contact the nearest Camp Director/Mountain Rescue Teams (MRTs) deployed at various locations,

It is again reiterated that the District Administration reserves the right to revoke the license of the tour operators, porters and other agencies if any of the regulations is violated.

No. JC/169(P)²⁰¹⁸ (903)


District Magistrate
District Magistrate
Leh
Leh Ladakh

Dated: 22/10/2019

Copy for information and necessary action to:

1. Superintendent of Police, Leh
2. Additional Deputy Commissioner, leh
3. Chief Medical Officer, Leh
4. Medical Superintendent SNM, Leh
5. Wildlife Warden, Leh
6. Assistant Director, Tourism Leh
7. Assjstant Director, Information Leh for wide publicity.
8. DIO, NIC for uploading on official website of the district
9. President, All Ladakh Tour Operator Association (ALTOA) Leh
10. President, Hotel and Guest House Association Leh.
11. President, Taxi Operators Cooperative Leh