



## Ladakh / India Dental Project 2019 - 2020

Be part of a pioneer humanitarian project in the Ladakh Valley. Once a departure point for yak trains traveling into Central Asia, Leh is located in a small area just north of the Indus Valley. Situated deep in the Indian Himalayas, it offers spectacular mountain views and trekking. The people of Leh are of Tibetan descent and primarily practice Mahayana Buddhism.

Working in partnership with the Lions Club, we will set up a mobile dental clinic in the Ladakh valley to provide first time dental care to children throughout the area. Outside the clinic, volunteers have a chance to get to know the local people and take in mountain life on the Tibetan plateau. Volunteers work in the clinic for 6 days, after which the journey continues through India with sightseeing in Ladakh.

### Itinerary – GDR Original Trip

- Day 1 Depart the US.
- Day 2 **Delhi.** Arrive Delhi in the late evening and transit to domestic terminal for your flight to Leh (departing the morning of day 3). If you arrive in Delhi early in the day, you may have to overnight in Delhi.
- Day 3 **Delhi-Leh.** Fly from Delhi to Leh. On arrival in Leh transfer to your hotel. Afternoon at leisure. Overnight at hotel in Leh. (B/L)
- Day 4 **Leh.** Morning at leisure (to adjust to the elevation). Afternoon visit to the clinic site and project briefing of where you will be working for the next 6 days. Overnight at hotel in Leh. (B/L)
- Day 5-7 **Leh.** Full Day working in the dental clinic in Leh. Overnight at hotel in Leh. (B/L)
- Day 8 **Leh.** Full day excursion to Shey, Thiksey and Hemis Monasteries. Overnight at hotel in Leh. (B/L)
- Day 9-11 **Leh.** Full day working in the dental clinic in Leh. Overnight at hotel in Leh. (B/L)
- Day 12 **Leh.** Full day sightseeing of Ladakh Valley. Overnight at hotel in Leh. (B/L)
- Day 13 **Leh.** Day at leisure in Leh to explore on your own. Maybe go mountain biking, or white water rafting, or take a day hike in the surrounding area. Overnight in Leh. (B/L)
- Day 14 **Leh-Delhi.** Fly to Delhi. Day room to rest before transferring to the airport for your evening flight to the US. Arrive home on day 15. (B/-/-)

## **Project Cost**

The cost for participation in this project is **\$1,975 per person**, based on double occupancy (*please call our office to find out about the single room rate*). The fee includes: 2-star hotels in Leh for 11 nights/12 days, 5-star hotels in Delhi; overland transportation within India; all transfers, and sightseeing of Leh.

*\*This project begins in Leh, and as such you need to book your flight from the US (or your originating country) to Leh. We are happy to help you arrange overnight accommodations close to the Delhi airport if you have a forced overnight in Delhi.*

## **Options to itinerary**

1. You may add a 5-day trek to this project. Please call our office for details.
2. You can come and volunteer in the clinic only, without sightseeing. The cost for participation in the clinic only is **\$1680 per person** based on double occupancy (*call for single room rate*). The fee includes: One day room/overnight hotel accommodation in Delhi (one at the end of the clinic), 9nts / 10 days guesthouse accommodation in Leh during the clinic; 2 meals per day during the clinic, breakfast only in Delhi; Transfers to/from the airport and hotel in Leh.
3. You may add a multi-day extension to the Golden Triangle, to visit Agra, The Taj Mahal, and Jaipur. Call the office for details and itinerary options.

*Global Dental can help arrange your international airfare. Round trip flights from the US to Leh range from \$1300 - \$1800.*

GDR is a 501(C)3 charitable organization. A percentage of the project cost is tax deductible.

## **2019 - 2020 Departure Dates**

August 19 - September 2, 2019  
August 31 - September 14, 2019  
August 17 - 31, 2020  
August 29 - September 12, 2020

*“Global Dental Relief is passionate about helping as many children in the world as possible.” –  
Mark, volunteer since 2005, Trip Leader*