

We are eagerly looking forward to meeting you in Leh and hope that your stay remains comfortable and memorable.

A few points for your consideration:

**Hosts:** The symposium is being organized under the auspices of the Hypobaric Hypoxia Society HHS (<https://www.hypoxiasociety.com>), India. Other hosts are ZIHP Zurich, SNM Hospital Leh, UCSF San Francisco and CSIR-IGIB Delhi.

**Venue:** Our event will be held at the Mahabodhi International Meditation Centre (Campus), Saboo, Leh, India, at an altitude of 3500 meters (<http://www.mahabodhi-ladakh.info/>). The campus has all the facilities.

**Presentation:** Each talk is 20 minutes and 5 minutes of discussion.

**Poster size:** 120 cm height and 90 cm width.

The **Scientific program** is displayed above. Its duration is from August 4 to 7, 2024.

**Travel:** We hope that you are ready for your trip to Leh, India. Please book your travel as soon as possible to avoid last-minute hassles, and share your itinerary. The major port in India is Delhi (New Delhi) to travel to Leh and back.

**Leh airport to Mahabodhi Campus** (Mahabodhi School for Convenience of Transport): The taxi fare may vary between INR 700 and 1500 per taxi/Single or four passengers, depending on the taxi model. It is approximately a 10-15 minutes road journey.

**Registration:** Registration is compulsory. If you have still not registered, please register for the symposium through the registration form available at <https://www.lehsymposium.in>.

The registration fee must be paid online beforehand using the scan and pay mode, as displayed above. A receipt will be issued to you.

- An on-site registration facility will be available for those who couldn't pay online
- Registered delegates need to collect their badges at the registration desk
- Badges are required to enter into conference room.

**Health precautions:** One must rest for a day. Upon arrival in Leh, no physical exertion, only a minimum possible exertion or gentle walking. This will help acclimatize. A medical team will be available round the clock for consultation. Mahabodhi Hospital is at a walkable distance within the Campus

**Weather** in Leh and Ladakh will be pleasant. Nights could be cool. As a precaution, bring warm clothing, skincare creams, lip balms, head gear and a few precautionary medicines.

**Sightseeing:** Before or after the Symposium, one can go around sightseeing and trekking. The City Centre, Fort, Monasteries, Alchi, Khardung La/Pass (18300 ft) or other high passes, Pangong Lake, Nubra Valley, and other attractions. Local Travel agents and guides speak multiple languages and are reliable. Taxi fares are comparatively higher in Leh/Ladakh.

**Gourmet/Food during Symposium and in Leh:** Simple Continental with an Indian touch. Please feel free to reach out to us should you have any specific concerns or queries.

See you in Leh!  
Best Regards,  
Team Leh Symposium