

Land of High Passes – Ladakh, India

Dates	Places	Activity	Hotels
Day 1 07 July 2018 Saturday	Delhi Arrival	Arrival transfer Rest of the day free	Hotel Sarovar or similar
Day 2 08 July 2018 Sunday	Delhi	Afternoon Walking tour of Old Delhi	Hotel Sarovar or similar B, D
Day 3 09 July 2018 Monday	LEH	Morning transfer to Domestic airport to connect flight LEH On Arrival transfer to Hotel and rest of the day to get used to the altitude in Himalayas Evening we can take a walk around the bazar	Hotel Kaal or similar B, D
Day 4 10 July 2018 Tuesday	LEH	Leh, a high-desert city in the Himalayas, is the capital of the Leh region in northern India's Jammu and Kashmir state. Originally a stop for trading caravans, Leh is now known for its Buddhist sites and nearby trekking areas. Massive 17th-century Leh Palace, modelled on the Dalai Lama's former home (Tibet's Potala Palace), overlooks the old town's bazaar and maze like lanes. District Leh is situated roughly between 32 to 36-degree north Latitude and 75 to 80-degree East longitude and altitude ranging from 2300 mtrs to 5000 mtrs above sea level. District Leh with an area of 45100 Sq. Kms. makes it one of the largest District in the country. The District is bounded by Pakistan occupied Kashmir in the west and China in the North and eastern part and Spiti of Himachal Pradesh in the south east. We will visit the Santi Stupa today and also free time to explore the city on your own.	Hotel Kaal or similar B, D
Day 5 11 July 2018 Wednesday	LEH / Phyang	We will join the Phyang Monastery in the morning as their annual festival begins. We will stay for the morning program Afternoon explore the Old town of LEH	Hotel Kaal B, D
Day 6 12 July 2018 Thursday	LEH / Phyang	Morning again drive to Phyang Monastery and experience the festival. Afternoon free time to explore Leh Palace	Hotel Kaal B, D
Day 7 13 July 2018 Friday	Hemis	Excursion from Leh on the west bank of the Indus, to the Hemis monastery that belongs to Dugpa Kargyutpa order, built on a green hillside surrounded by spectacular mountain scenery, is hidden in a gorge. It is the biggest and richest monastery in Ladakh and is must see for visitors. Within the monastery there are to be seen a copper-gilt statue of the Lord Buddha, various stupas made of gold and silver, sacred thankas and many objects. The monastery was founded by the 1st incarnation of Stagsang Raspa Nawang Gyatso in 1630, which was invited to Ladakh by the king Singay Namgial and offered him a religious estate	Monastery

		throughout the region. A pleasant 3 Km walk, on the side of the mountain above the monastery there is a sacred hermitage founded by the great Gyalwa Kotsang where in the cave, his foot-print and hand - print on the rock is available for visit. This Kotsang is an old hermitage, which was founded many years before the Hemis Monastery.	B, D
Day 8 14 July 2018 Saturday	Spangmik	Today we set in for a very picturesque road travel to PANGONG LAKE, SPANGMIK. This lake is situated at an altitude of 14,100ft. in the Eastern sector of Ladakh, at a distance of 100 miles from Leh across Changla pass (17,000ft.). This lake is one of the largest and most beautiful natural brackish lake in the country	Camp B, D
Day 9 15 July 2018 Sunday	Spangmik	Spangmik, the farthest point to which foreigners are permitted, is only some seven km along the southern shore from the head of the lake, but it affords spectacular views of the mountains of the Changchenmo range to the north, their reflections shimmering in the ever-changing blues and greens of the lake's brackish waters. Above Spangmik are the glaciers and snowcapped peaks of the Pangong range. Spangmik and a scattering of other tiny villages along the lake's southern shore are the summer homes of a scanty population of Chang-pa, the nomadic herds people of Tibet and south-east Ladakh. The Pangong Chang-pa cultivate sparse crops of barley and peas in summer. It is in winter that they unfold their tents (rebo) and take their flocks of sheep and pashmina goats out to the distant pastures. Today we have a chance to hike to the nearby village and learn about the local tribal folks.	Camp B, L, D
Day 10 16 July 2018 Monday	Nubra	Today we set in for a real adventurous SUV travel along the banks of the river Shyok to reach Nubra valley. This valley is popularly known as Ldumra or the valley of orchard/flowers. It is situated in the North of Ladakh, between Karakoram and Ladakh ranges of Himalayas. Nubra lies at average altitude about 10,000 feet above sea level. The climate, of the areas being soft, soil is much fertile and the vegetation of the area is comparatively thicker than those of the other areas of Ladakh. Shrubs, bushes and trees grow in abundance wherever there is any source of water. Major villages like Kardong, Khalsar, Tirit, Sumoor, Tegar Pinchemik, Tirisha and Panamik all fall along the traditional silk route. The caravans travelling Central Asia and Kashmir through Nubra valley used to stay at those villages. Panamik was the most important place for stop of Caravan. It served as last major village where the Caravans landed the facility of feedback, before they negotiate Saseer and Karakoram passes towards Central Asia. The famous hot spring of	Hotel Nubra

		Panamik also served them as a source for bath, drinking water and therapeutic purpose. Panamik has still got charms and potentiality to serve as a host to travelers. All areas around it including lantsa Gonpa and Murgi waterfall across it combined with scenic view strengthens its beauty and hospitality	B, D
Day 11 17 July 2018 Tuesday	Nubra	Major attraction of Nubra is the majestic peaks and glaciers enchanting valleys and villages. Diskit and Samstanling Gonpa, Panamik hot spring, double humped camel safari, river rafting, trekking and Sunbathe in the sand dunes at Hunder are also a great source of attraction for the tourists	Hotel Nubra B, D
Day 12 18 July 2018 Wednesday	Nubra	A day to relax and mix with the locals or just do a hike to the nearby monastery. If you are interested to hike in the sand dunes to the nearby village Hunder, which can bring some nice experiences. You can also so a double humped camel safari.	Hotel Nubra B, D
Day 13 19 July 2018 Thursday	Leh	Today we drive to the highest motorable road Khardung La pass (18,380ft. and reach the Leh valley.	Hotel Kaal B, D
Day 14 20 July 2018 Friday	Leh	In the morning Free and easy and later visit Stok palace	Hotel Kaal B, D
Day 15 21 July Saturday	Leh	Morning hike to the Leh Palace and enjoy a beautiful view of the Leh town from the top and afternoon is free time for shopping in the Leh town.	Hotel Kaal B, D
Day 16 22 July 2018 Sunday	Delhi	This morning we have domestic flight back to Delhi	Hotel Park B, L , D
Day 17 23 July 2018 Monday		Transfer for Return flights	

Cost of the Adventure:

For minimum 8 paying traveller (14 Max) 2355 USD Per person twin sharing
Single supplement 545 USD

The Above tours includes:

1. Breakfast and Dinner included on all days from Day 2 to Day 16
2. Lunch included on Day 9 and Day 17
3. Day 3 Delhi- Leh and Day 16 Leh-Delhi Domestic flight
4. All transfers, entrance tickets and sightseeing as per the itinerary
5. English speaking local Guides at all places
6. In Ladakh Region from Day 3 to 15 Toyota Innovas (SUV) with three travellers and a Driver in each vehicle will be used.

7. Day 3 to Day 14 our stay will be at the altitude ranging between 12000 to 15000 Ft high in the Ladakh /Himalayas
8. Services of English speaking Indian Tour Leader
9. Bottled drinking water in the Bus / SUV, during included meals and in the room.

Not included

1. International Airfare
2. Visa Fees
3. Meals which are not mentioned in the program
4. All Gratuities
5. Camera Fees in the National park and monuments
6. Any other expenses of personal nature

Rigors of the trip:

1. Altitude Sickness / Acute Mountain Sickness - This will kill you before you realize, mostly overnight when asleep - https://en.wikipedia.org/wiki/Altitude_sickness
2. Breathing Disorder - The oxygen level drops drastically in mountains leading to breathing problems and subsequent demise
3. Fall to death - There is a fair possibility that you may step on a snow-covered creek and/or you fall off a cliff
4. There are hundreds of other risks involved in trip, please Google and be aware
5. Requires lots of physical exercise for the hikes to monasteries and view points
6. The drive in the jeeps on certain days are long