



## Nubra Valley Trek Ladakh

### TOUR INFORMATION

**Activity:** Trekking & Walking

**Tour Duration:** 16 Days

**Min Age For Trips:** 16+



### INCLUSIONS

- 7 Nights Hotel, 6 Nights Camping
- 15 Breakfasts, 7 Dinners, 7 Lunches
- Fully Supported Trekking
- Flight Delhi To Leh Return

*This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.*

## Highlights

- Good trek in Nubra region of Ladakh
- Splendour of the Karakoram, village life
- Scenic Shyok Valley and Khardung La
- Himalayan monasteries
- Spectacular Tibetan Buddhist monasteries

## India and Ladakh

High Places began in India. 1987 saw our very first trip set off to trek in the Garhwal Himalayas in north India. We have gradually widened our destinations and now also go to Ladakh, Sikkim and to Kerala. If you are looking for an authentic, energetic yet sensitive holiday in India we are the specialists. Moreover we continue to hold India in great respect and have a deep regard for the land and its people. To travel with High Places here will disprove many of the myths you might hold and leave you with a sense of wonder and incredulity. There is a life-force in India, which we may already have lost in the West. Go and see for yourself.

The mountain kingdom of Ladakh is in the far north of India and is a remote region of wild arid valleys, rocky gorges and ridges leading to peaks over 6000m. It lies in the rain shadow north of the Himalayan divide and so avoids the influence of the monsoon. It is subject to extremes in temperature, with hot summers and very cold winters. Little wonder that the Ladakhis are a hardy and self-sufficient people. Through ingenious irrigation systems, the villages in summer are oases of green barley fields; isolated splashes of colour in the desert landscape. Prayer flags, chortens, and mani walls of carved prayer stones are a constant reminder that Buddhism is a way of life, with symbols and spirits from pre Buddhist times incorporated into the present day faith.

## Overview

Enjoy the beautiful Nubra Valley with the splendour of the Karakoram, village life and scenic Shyok Valley and Khardung La (5600m). We fly to Leh (3505m), where from a gardened hotel we commence our acclimatization in a relaxed manner with time to visit some of the important monasteries in the area. So we cross the world's highest driveable road the Khardung La (5,260m) driving from Leh into the Nubra valley. We will be based in Hunder, which lies on the banks of River Shyok and Nubra and is also the point dividing the Karakorum from the Ladakh ranges. This is the area of Bactrian Camels and sand dunes and the Deskit and Hunder monasteries. The walking starts gently from the village of Hunder. We pass through small villages to reach the Phyang with a good view of whole Nubra valley.

## Itinerary

This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. All times and distances are approximate. **(B,L,D)** refers to meals included in the trip cost, i.e. **Breakfast, Lunch, Dinner**.

**This trip is 15 days ex DELHI. The first and last days refer to the days of arrival in and departure from INDIA, and may not be the days you leave or return home.**

### Day 1 - Arrival in Delhi

We usually arrive Delhi before noon on this day and get picked up from the International airport and transferred to our group hotel, close to the centre of Delhi. It would be time to catch some rest, in the afternoon there is a possibility to wander around in the city centre or just have meals if you want to keep it quiet. Delhi's city centre will remind you of the by gone days of the British Raj, with the colonial Victorian architecture all around the inner circus, plenty of walking areas and good choice of restaurants.

### Day 1 - Fly to Leh 3500m

It will be the formal start to our epic adventure to the Nubra valley, as we get transferred to domestic airport in the early hours of the day for a splendid flight over the snow covered high Himalayan passes into Leh. Once in Leh we will be met by our local guide and transferred to hotel in the town centre. It will be time to get in the rooms and try to get some rest, this will serve as a good acclimatisation. You could lie around in bed ideally or just catch up on some book and keep it lazy. In the afternoon we will be joined by our guide, and we saunter around the local town bazaar. After getting familiarity with the surrounding, we head back to the hotel. It will be a good chance to know how the every individual is coping with the altitude. Overnight in Hotel **(B)**

### Day 3 - Visiting local monasteries around Leh Valley

We spend next couple of days leisurely in Leh, allowing ourselves to soak in the local atmosphere before we head to the Nubra Valley. Today we proceed to visit some of the best kept sites in Ladakh Himalayas, a short drive from Leh will take us up to Shey palace. What remains today is the ruins of the fort from the past which used to serve as the summer capital of Ladakh build in the middle of the 17th century, there is a massive statue of Shakyamuni (present) Buddha housed right inside the temple complex here. From here we will proceed to Thiksay Monastery on foot, we will pass through some



fields, villages on a flat surface which would be a good warm up walk as we then join the main road near Thiksay. The monastery at Thiksay is very picturesque as it resembles 'Pota La' in Lhasa. There are different prayer rooms within the complex, a good sized courtyard where masked festival takes place every year and also a 15m high statue of Maitriya (future) Buddha. There is also a kitchen complex and many young monks still reside here. **(B)**

#### **Day 4 - In Leh, acclimatisation**

Today is set aside for visiting sights in and around Leh on foot. We start the day by heading off to visit Shankar Gumpa & Shanti Stupa, evening walk to Tsemo Gumpa set above the Leh Palace. This walk should enable our body us get acclimatized with the local surroundings. Overnight in Hotel **(B)**

#### **Day 5 - Leh – Hunder 3150m**

We leave Leh town and drive eastwards into Nubra Valley crossing the highest motor-able road pass Khardung La 5602m to reach Hunder (126Kms / 4 Hrs drive). In the afternoon we make a short visit to Diskit Monastery, not only is the monastery the oldest but is also the biggest in the Nubra region. The 14th century monastery founded by Changzem Tserab Zangpo, belongs to the Yellow hat sect of Buddhism (Zangpo was a disciple of Tsong Khapa, founder of Gelugpa-yellow hat). Overnight in Hotel. **(B, D)**

#### **Day 6- In Hunder**

There is an optional Camel Safari (double humped Bactrian) in the nearby Sand-dunes. Those not preferring this option will join for some local walks around the Hunder village. Overnight in Hotel. **(B, D)**



#### **Day 7 - To Wachan - 3900m (5/6hrs)**

We drive about 3km to Hunder gumpa, we Visit the Gumpa by the time our crew is ready to load up all gear and equipment on the ponies & we start the trek to Wachan following the river and the gorges that are formed. After an hour or so, the trail gradually gets narrower and steeper at Dzongpa and we continue walking uphill until we descend to reach Skarche and then follow the river for around two hours to arrive at Wachan. It is a jeep track all the way to Wachan, so the walking is easy.

Overnight in Tents **(B/L/D)**

**Day 8 - To Snia Sumdo - 4200m (3hrs)**

Today is a steep climb initially as we head to Dok Yogma, a small settlement on on way. We continue on up the valley. The Snia Valley is the first large valley on the right. We cross to the right side of the valley and camp just after the junction. An easier half day today, will be at camp by lunchtime with time in the afternoon to explore the surrounding hills. Overnight in TENTS. **(B/L/D)**

**Day 9 - Trek to Pullu - 4600m (5/6hrs)**

After a restive night, a delightful walk this morning through the Snia Valley following the Snia River. We may have to cross the river several times. The trail climbs the valley constantly but not steeply, all along there will be breathtaking views of 6000m peaks in the backdrop. We pass several shepherd encampments on the way up the valley. We camp at a valley junction close to the river. Overnight in TENTS. **(B/L/D)**

**Day 10 - Jingmoche 4560m (6/7 Hrs)**

A descending start will lead us to the point at the intersection of Sniu Sumdo and Thanglasgo valleys from here we ascend gradually crossing the pastures and following stream waters and then a pleasing walk for around four to five hours later arriving at Jhingmoche 4510m. It is very popular among local shepherds as they would bring their herds of Sheep, Yak, Dzos for grazing. There are some make-shift huts housing couple of their families who would come here in summer months from Hundar. Overnight in TENTS. **(B/L/D)**

**Day 11 - Trek to Base of Lasermo La (4800m) 5/6 hrs.**

We will be walking to the base of our next pass Lasermo La, as we leave the camp site following the river upstream on a good path walking amid the valley of pretty meadows with Yaks and Dzos grazing around these large meadows. We will reach the camp-site in the afternoon and this also will be the highest overnight altitude on the trip. Overnight in TENTS. **(B/L/D)**



**Day 12 - Trek to Phyang Sumdo (4510m), 7 hrs. Camp.**

We aim for the highest pass on the trek today, leaving the Nubra valley with an early start we begin our climb and after two-three hours we would be at the top of the Pass at 5400m, the view boasts of spectacular Karakoram in one direction and Ladakh ranges on the other. From here we descend gradually to Morubuk- another area of green pastures and then finally to our camp-site at Phyang Sumdo 4510m. This will be our last night on the trek. Overnight in Tents. **(B/L/D)**

**Day 13 - To Phyang Village (3900m), 3-4 hrs, drive to Leh.**

We will bid goodbye to the greener pastures as we walk to more arid, typical barren landscape to reach the village of Phyang. There is a good monastery to have a short hop in to before we set out on the main road. A half hour drive gets us back in Leh hotel. Hotel **(B)**

**Day 14 - Flight to Delhi**

Final day of the trip in Ladakh and the time to leave the mountains behind. Another early morning start as we are taken to the Leh airport to board our flight back to Delhi. We arrive Delhi by noon and will have sufficient time for to get packed or spend visiting sights in Delhi before our flights back home next day. **(B)**

**Day 15 - Depart Delhi**

Transfer to Airport for flight back to home. **(B)**

## Accommodation

In Leh, and Delhi we use simple yet comfortable hotels, all with en suite facilities. On trek we use two person tents, with a larger communal tent for meals. In Delhi we stay in a comfortable hotel. A single supplement is available on this trip which includes a single tent whilst on trek.

## Food

On trek all meals are included. In Delhi, Leh we provide bed and breakfast only. This allows you the option of choosing where you would like to eat, which is very much part of the adventure. On trek we eat Indian, Chinese and western food prepared to a surprisingly high standard. There are always several dishes: dhals, vegetables and sometimes meat if fresh chicken or lamb is tracked down. Breakfasts and lunches are varied and appetizing Vegetarians are well catered for in India. If you have any other dietary restrictions please let us know when booking.

## Altitude

Above 3000m, the air is thinner, the pressure is lower and there is less oxygen available in the atmosphere. Acclimatisation is the process by which the body adapts to these conditions. The key to acclimatisation is a good itinerary with a gradual initial height gain, walking at a slow and steady pace, and increasing fluid intake – drinking at least 4 litres a day is advisable above 3000m.

## Transport

We fly from Delhi to Leh and use buses, jeeps or taxis for the sightseeing round Leh and the journey from Leh to the start of the trek and from the end of the trek to Chandigarh. We use an air conditioned carriage on the train from Chandigarh to Delhi.

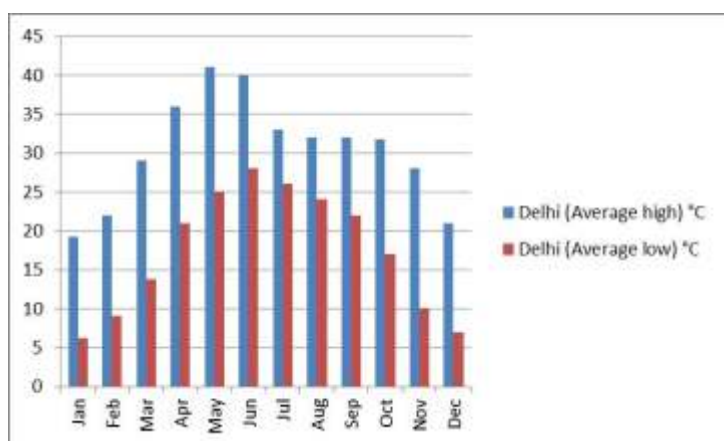
## Health and Hygiene

We have an excellent record of staying fit and well in India. The key seems to be our enthusiasm for Indian vegetarian food, (most of India is vegetarian), and care with water, peeling fruit, avoiding salads etc.

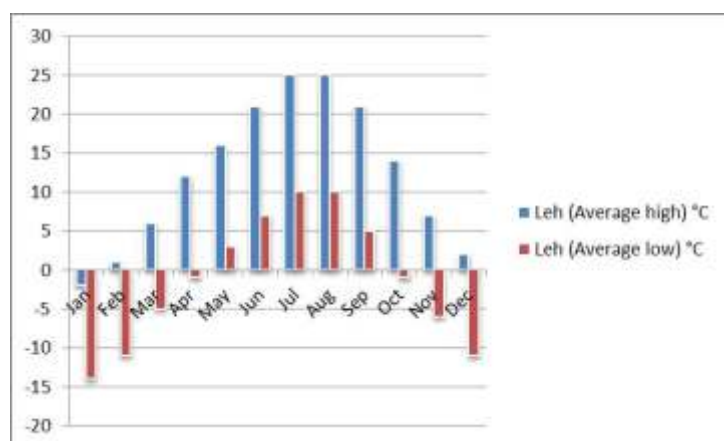
## Climate

In Delhi it will be hot around 35°C, and wet. During the monsoon (June to mid-September) it rains almost every day, often in a downpour, but the sun comes out between showers. Beyond the monsoon in Leh and on the trek it should mostly be hot and dry, but rainfall (and snow) are always possible in the mountains. At night on the trek, temperatures could drop well below freezing, especially at the high camps so suitable clothing is required.

Temperatures in Delhi



Temperatures in Leh



## Indian Visas

A full passport is required to apply for the Indian visa, with a validity of at least 6 months beyond the intended duration of stay in the country. It is the client's responsibility to complete all the application procedures and obtain their visas before the intended date of departure. A simplified facility of applying for an eVisa is now available to British passport holders, this will entitle the applicants to a 60 day tourist visa, for more details please log on to the official website of Indian Government <https://indianvisaonline.gov.in/> Alternatively UK passport holders can apply themselves for Indian Visa through India High Commissions Visa service VFS by logging on to <http://in.vfsglobal.co.uk/>. Current visa fee for British passport holders

