



Ladakh - Zaskar Traverse

Unveiling the Secrets of the Himalayas



high places
TAILOR-MADE
ADVENTURES



Fairly Easy

TOUR INFORMATION

ACTIVITY: TREKKING & WALKING

TOUR DURATION: 22 DAYS

MIN AGE FOR TRIPS: 18+

INCLUSIONS

- 11 NIGHTS HOTEL
- 10 BREAKFASTS, - DINNERS, - LUNCHES
- FULLY SUPPORTED TOUR
- RETURN TRAIN JOURNEY

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.

Trip Summary

This unparalleled adventure unveils the hidden gems of Ladakh and Zaskar. We begin by flying into Leh, the capital of Ladakh, where you'll have time to acclimatise to the high altitude. Our off-road journey then commences, taking you through spectacular landscapes seldom seen by tourists. Traverse high mountain passes, including the thrilling Sir Sir La, and discover the secluded villages that dot the Zaskar Valley. Explore the historic Phuktal Monastery, perched dramatically on a cliffside, and delve into the ancient traditions of the region. As we journey towards Manali, soak in the contrasting beauty of the landscape, and enjoy a delightful exploration of the charming town.

Highlights

- Traverse the dramatic landscapes of Ladakh and Zaskar by jeep.
- Explore quaint villages like Photaksar and Phuktal Monastery.
- Immerse yourself in the rich cultural heritage of the Zaskar Valley.
- Witness breathtaking mountain vistas and experience the unique way of life in the Himalayas.

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.

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**.

Day 1: Arrive in Delhi

We arrive Delhi in the morning and transfer to our hotel. The rest of the day is free to explore the markets near the hotel or for sightseeing.

Day 2: Fly to Leh and explore the local bazaars

Transfer to domestic airport for flight to Leh. Arrive Leh (3500m) transfer to hotel. Morning free. Afternoon short walk around Leh bazaar. Overnight in Hotel **(B)**

Day 3: In Leh

Acclimatisation walk around Leh Valley, visiting the Tsemo Gompa and Japanese Peace Pagoda. Overnight in Hotel **(B)**

Day 4: In Leh

Sightseeing tour of Shey Palace, Thiksey Monastery, and Hemis Gompa, the largest monastery in Ladakh. Overnight in Hotel **(B)**



Day 5: Drive to Alchi

Drive to Alchi Monastery, renowned for its exquisite Kashmiri-style architecture and Lamayuru Monastery, set amidst a dramatic moonscape. Overnight in Hotel **(B)**

Day 6: Drive to Photaksar

Journey to Photaksar, a vibrant village nestled amidst a green oasis. Experience the warm hospitality of the locals and explore the historic Wanla Gompa. Overnight in Hotel **(B)**

**Day 7: Drive to Padum**

Ascend the scenic Single La pass and reach Padum, the administrative centre of Zaskar. Overnight in Hotel **(B)**

Day 8: Explore Padum

Explore Padum, visiting the Karsha Gompa, the largest monastery in Zaskar, and Sheela village with its cascading waterfall. Take a captivating day trip to Zangla village, once the ancient capital of Zaskar. Overnight in Hotel **(B)**

Day 9: In Padum

Hike to the enigmatic Phuktal Monastery, nestled within a natural cave. Overnight in Hotel **(B)**

Day 10: Drive to Manali

Drive through the majestic Shinkula Pass and the Atal Tunnel to reach Manali. Overnight in Hotel **(B)**

Day 11: In Manali

Explore the charming town of Manali, including a visit to the Hadimba Devi Temple nestled amidst a cedar forest. Overnight in Hotel **(B)**

Day 12: Drive to Chandigarh

Scenic drive through the Kullu Valley to Chandigarh. Board a train to Delhi.

Day 13: Departure

Arrive in Delhi and depart for your onward journey.

Accommodation

Throughout the tour, you'll be comfortably accommodated in a mix of hotels and guesthouses. On the trek, twin-sharing tents with a communal dining tent will be provided.

Food

Delectable meals will be served throughout the trip, featuring a variety of Indian, Chinese, and Western cuisines. Vegetarian options are readily available. Please inform us of any dietary restrictions in advance.

Transport

Internal flights, jeeps, taxis, and a comfortable train journey will ensure a smooth and comfortable transportation experience.

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.

Language

There are 14 major languages in India and around 200 minor languages and dialects. Hindi is the most important Indian language and is spoken by about half the population. Both English and Hindi are used administratively throughout the country. In Ladakh, Ladakhi, Hindi and English are used. Many people will speak English, but a willingness to pick up some basic words of Hindi and/or Ladakhi may enrich your trip.

Tipping

It is custom and practice to tip in India. You should perhaps allow the equivalent of around £60/US\$100/NZ\$120 per person or so which would normally be given by the group at the end of the trek. Try to avoid giving sweets, biscuits, pens or cash to children or anyone who has not rendered a service.

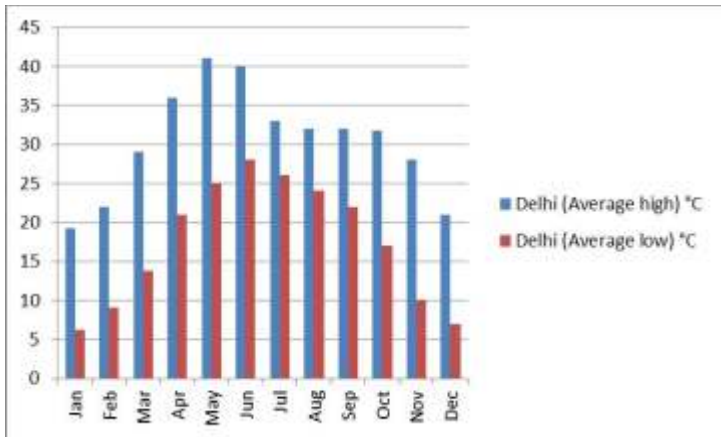
Indian Visas

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.

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

