



## Ladakh Lodge Trek: Trails of Little Tibet

### TOUR INFORMATION

**Activity:** Trekking & Walking

**Tour Duration:** 13 Days

**Min Age For Trips:** 16+



**EASY**

### INCLUSIONS

- 8 Nights Hotel, 4 Nights Homestay / Lodge
- 4 Days Trekking
- 14 Breakfasts, 4 Lunches & 6 Dinners
- 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.*

Discover the rugged beauty and rich culture of Ladakh on this 13-day trekking adventure through northern India. Nestled between the towering peaks of the Himalayas, the Karakoram range, and the Tibetan Plateau, Ladakh offers a stunning high-altitude desert landscape and a deep-rooted history. Begin your journey with a scenic flight from Delhi to Leh, the region's capital, and acclimatize as you explore the town's monasteries and markets. From there, embark on a trek through traditional villages, witnessing colourful Buddhist monasteries, breath-taking mountain views, and the captivating local way of life.

## Highlights

- **Spectacular Flight over the Himalayas:** Soar above the world's most iconic mountain range on your journey from Delhi to Leh.
- **Trek Through Remote Villages:** Experience Ladakh's rural charm by trekking through quaint villages and staying with local families in homestays and lodges.
- **Buddhist Monasteries & Cultural Riches:** Explore centuries-old monasteries such as Shey Palace, Tikse, and Alchi Monastery, home to ancient art and Buddhist relics.
- **Unforgettable Landscapes:** Marvel at multi-coloured mountain ranges, lunar-like landscapes at Lamayuru, and panoramic views from high-altitude passes.
- **Ladakhi Hospitality:** Immerse yourself in the traditional way of life, staying with local families and enjoying their warm hospitality.

## 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.

**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

Welcome to Delhi! After arriving, enjoy a free transfer to your hotel. Depending on your arrival time, explore nearby attractions such as the vibrant Karol Bagh Market or Gurudwara Bangla Sahib, a stunning Sikh temple.

**Accommodation:** Hotel

### Day 2: Fly to Leh (11,485ft/3,500m)

Begin your day with a spectacular early morning flight to Leh. The rest of the day is focused on acclimatizing to the altitude. In the afternoon, take a leisurely orientation walk around Leh's markets and streets.

**Accommodation:** Hotel

**Meals:** Breakfast

### Day 3: Shey Palace & Tikse Monastery

Visit Shey Palace, a former royal residence, and hike to Tikse Monastery, a hilltop gompa offering breath taking views of the surrounding valleys.

**Accommodation:** Hotel

**Meals:** Breakfast



### Day 4: Leh Palace, Sankar Monastery and optional Khardung La Trip

Take a morning walk to Leh Palace and Sankar Monastery. Optionally, you can take an exciting 4x4 drive to Khardung La, one of the highest motorable roads in the world, for stunning Himalayan vistas.

**Accommodation:** Hotel

**Meals:** Breakfast

### **Day 5: Drive to Yangtang via Basgo Fort and Likir**

Drive to the village of Yangtang (12,083ft/3,683m), visiting the ancient Basgo Fort and Likir Monastery along the way. Explore the local life and take in the beautiful views of the Zaskar mountains.

**Accommodation:** Home Stay

**Meals:** Breakfast, Dinner

**Driving Distance:** 54km (approx. 2 hrs)

### **Day 6: Trek to Ullay**

Start your trek through spectacular landscapes toward Ullay. This region is famous for its wildlife, including ibex and the elusive snow leopard.

**Accommodation:** Lodge

**Meals:** Breakfast; Lunch, Dinner

**Distance:** 4mil /6kms

**Walking Time:** 3 to 4 hrs

**Ascend 360 mts / Descend 30 mts**



### **Day 7: Cross Spangpo La to Hemis Shukpachen**

Trek to the tranquil village of Hemis Shukpachen (12,018ft/3,663m), passing through the Spangpo La pass (13,392ft/4,082m). Visit the local monastery and enjoy the peaceful surroundings.

**Accommodation:** Lodge

**Meals:** Breakfast; Lunch; Dinner

**Distance:** 5mil/8kms

**Walking Time:** 4 to 5 hrs

**Ascend 280 mts / Descend 600 mts**

### **Day 8: Cross Mebtak La and Lago La to Ang & Temisgam**

Today, cross two mountain passes, Mebtak La (12,454ft/3,796m), and Lago La (12,572ft/3,832m), offering sweeping views of the Indus Valley. Arrive in Temisgam (10,682ft/3,256m), a prosperous village known for its orchards and rich history.

**Accommodation:** Lodge

**Meals:** Breakfast; Lunch; Dinner

**Distance:** 7.5mil/12kms

**Walking Time:** 5 hrs

**Ascend** 260 mts / **Descend** 690 mts

### Day 9: Trek to Khalsi and Drive to Lamayuru

After crossing Bong Bong La (11,910ft/3,630m), descend to Khalsi and bid farewell to your trekking crew. Drive to Lamayuru, where you can explore the village in the evening.

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

**Distance:** 7mil/11.2kms

**Walking Time:** 5 – 6 hrs

**Ascend** 310 mts / **Descend** 380 mts

**Driving Distance:** 40 km (approx. 1-2 hrs)

### Day 10: Visit Lamayuru and Drive to Alchi

Explore the 11th-century Lamayuru Monastery before driving through the Moon Land region to the village of Alchi. Take a stroll through Alchi's fields and orchards.

**Accommodation:** Hotel

**Meals:** Breakfast, Dinner

**Driving Distance:** 77km (approx. 2-3 hrs)



### Day 11: Alchi Monastery and Return to Leh

Visit Alchi Monastery, a unique site with intricate Kashmiri-style architecture and ancient paintings. In the afternoon, return to Leh for your final night.

**Accommodation:** Hotel

**Meals:** Breakfast

**Driving Distance:** 65km (approx. 2hrs)

### Day 12: Fly to Delhi

Catch a morning flight back to Delhi. Spend the rest of the day exploring the bustling streets or visiting iconic sites such as the Red Fort or India Gate.

**Accommodation:** Hotel

**Meals:** Breakfast

**Day 13: Departure from Delhi**

After checking out of the hotel, transfer to the airport for your flight home or consider extending your trip with an optional Golden Triangle tour.

**Accommodation:** Hotel

**Meals:** Breakfast

## What is included in the price?

- Accommodation (2 Nights Delhi, 4 Nights in Leh and 8 Nights Camping)
- Meals (All Meals during treks. Delhi and Leh Hotel B - Breakfast)
- Guide (English speaking local Leader)
- Transfers (All transfers and Sightseeing as per the itinerary)
- Domestic Flights (Delhi - Leh return flights)

## What is not included in the price?

- Indian Visa Charges
- Insurances
- Tips for the local staff

## The Trek

A delightful route through constantly changing scenery. The Markha Valley is at times wide enough for a village with its irrigated crop of barley, where men and women working in the fields greet us as we pass by. At other times it is little more than a rocky gorge. Some days are short due to the altitude and the need for acclimatization, with the possibility of afternoon forays from camp. We will be supported by a team of horses. Tents, food and baggage accompany us and on trek we only carry what we need for the day ourselves.

## Accommodation

In Leh, the hotel is simple, but clean with en suite facilities. On the trek, we use two person tents, with a larger communal tent for meals. In Delhi we stay in a comfortable hotel.

## Food

Whilst 'on trek' all meals are included. In Delhi and 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 a mix of Indian, Chinese and continental food prepared to a surprisingly high standard. There are always several dishes: dals, vegetables and sometimes meat if fresh chicken or lamb is tracked down. Breakfasts and lunches are varied and appetising.

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. Acclimatization is the process by which the body adapts to these conditions. The key to acclimatization 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 liters a day is advisable above 3000m. There are lots of tea houses along the way.

## Transport

To and from the trek/climb we travel by jeep.

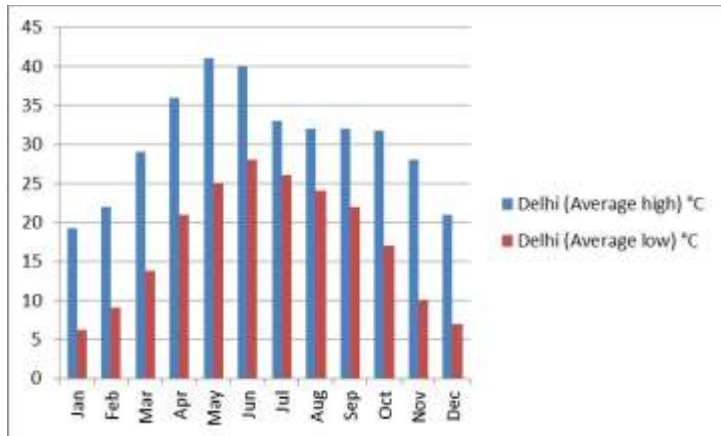
## Health and Hygiene

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. We would recommend abstinence from meat in Leh before the trek. Laundry facilities in towns are always available in India. Their ability to transform a bag of dirty and crumpled trekking 'rags' into a pile of pristine, folded and ironed 'new' clothes constantly amazes.

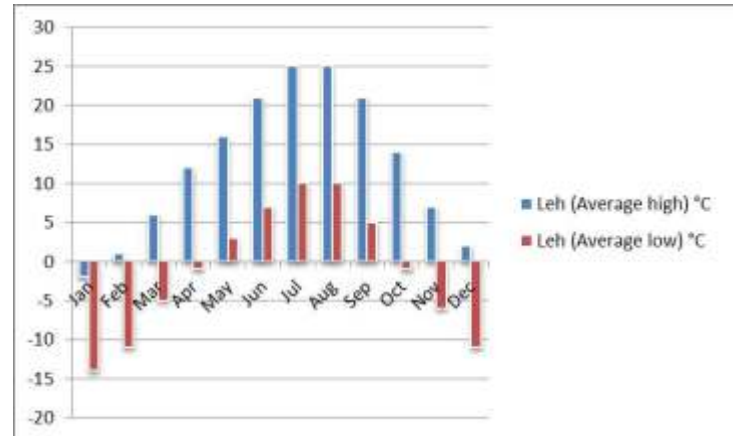
## Climate

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



## 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.

## 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

