



Sacred Valleys & Himalayan Heights — Spiti & Dharamshala

TOUR INFORMATION

Activity: Trekking & Walking

Tour Duration: 15 Days

Min Age For Trips: 16+



INCLUSIONS

- 11 Nights Hotel, 2 Homestay, 1 Guesthouse
- 14 Breakfasts, 3 Lunches & 6 Dinners
- Delhi - Chandigarh 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.

Overview

Embark on a 15-days Himalayan adventure, journeying from the pine-clad hills of Shimla to the stark, high-altitude deserts of Spiti Valley, and onwards to the Tibetan-inspired culture of McLeod Ganj. This expedition combines scenic mountain drives, gentle treks, and cultural immersion, taking you through remote villages, centuries-old monasteries, and breathtaking high passes like Kunzum La and Rohtang Pass. Ideal for nature lovers, photographers, and those seeking an authentic Himalayan experience.

Trip Highlights

- Scenic heritage toy train ride in Shimla.
- Explore ancient monasteries at Tabo and Dhankar.
- Stay in hand-picked hotels and cosy homestays for a truly local experience.
- Trek to Chaka Peak, Dhankar Lake, and Triund for spectacular mountain views.
- Send a postcard from the world's highest post office in Hikkim.
- Cross iconic high mountain passes – Kunzum La & Rohtang Pass.
- Discover McLeod Ganj, home of the Dalai Lama.
- Experience contrasting landscapes – from lush green valleys to high-altitude deserts.

Best Time To Travel

Early September to Mid October and Mid June to Mid July

Itinerary

Day 1: Arrival in Delhi

Arrive in Delhi and transfer to your hotel. Overnight stay in Delhi.

Meals: Breakfast

Accommodation: Hotel

Day 2: Train to Chandigarh – Drive to Shimla (2,276 m)

Board the morning train from Delhi to Chandigarh. On arrival, drive to Shimla, a charming hill station nestled in the lower Himalayas and former summer capital of British India. Enjoy your first taste of Himalayan landscapes.

Meals: Breakfast

Accommodation: Hotel

Driving: 107 km / 3–4 hrs

Day 3: Explore Shimla

Start the day with a scenic toy train ride on the famous Kalka–Shimla Railway, disembarking at Kathleegat station. Continue with a sightseeing tour of Shimla's highlights: Mall Road, Christ Church, Jakhoo Temple, Viceregal Lodge, and The Ridge. Enjoy leisure time exploring Shimla's vibrant markets.

Meals: Breakfast

Accommodation: Hotel



Day 4: Drive to Sangla (2,700 m) via Sarahan

Drive through pine forests and apple orchards to Sarahan to visit Bhimakali Temple, noted for its wooden architecture and mountain vistas. Continue along the Sutlej River, passing Jeori and Karcham, before entering Sangla Valley. Overnight at Banjara Valley Retreat.

Meals: Breakfast, Dinner

Accommodation: Hotel

Driving: 220 km / 8–9 hrs

Day 5: Drive to Kalpa (2,960 m)

Explore Sangla Valley, visiting Kamru Fort and Batseri village. Later, drive to Kalpa, enjoying panoramic views of the Kinnaur Kailash range.

Meals: Breakfast, Dinner

Accommodation: Hote

Driving: 3 hrs / 65 km

Day 6: Kalpa – Chaka Peak Trek

Morning walk in Kalpa village, exploring traditional houses, apple orchards, and temples. Complete Inner Line Permit formalities at Reckong Peo. Afternoon trek to Chaka Peak for panoramic views of the Kinnaur Kailash range. Return to Kalpa for overnight stay.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel

Hiking: 6 km / 3–4 hrs (round trip)

Day 7: Drive to Tabo (3,280 m)

Drive through dramatic landscapes, crossing Khab Bridge and passing villages like Pooh and Nako. Optional stop at Nako Lake and monastery. Arrive in Tabo, gateway to Spiti Valley.

Meals: Breakfast, Dinner

Accommodation: Guesthouse

Driving: 170 km / 7–8 hrs

**Day 8: Trek to Dhankar Village (3,850 m)**

Visit Tabo Monastery, then drive to Shichling village for a trek to Dhankar Village. Explore the 1,200 year-old cliffside monastery and trek to Dhankar Lake, a serene alpine spot ideal for photography.

Meals: Breakfast, Lunch, Dinner

Accommodation: Homestay

Driving: 1 hr / 25 km

Hiking: 10 km / 2–3 hrs, total elevation gain 450 m

Day 9: Trek to Demul (4,320 m)

Visit Lhalung village and monastery, then trek to Demul, a small high-altitude village renowned for authentic homestay experiences. Afternoon trek to Palari Top for sweeping views of Spiti Valley.

Meals: Breakfast, Lunch, Dinner

Accommodation: Homestay

Driving: 30 mins / 9 km

Hiking: 10 km / 5 hrs / \uparrow 1,000 m \downarrow 200 m

Day 10: Trek to Komic, Hikkim, and Langza – Drive to Kaza (3,650 m)

Trek to Komic (4,600 m), visiting Tangyud Monastery. Continue to Hikkim, home to the world's highest post office, then to Langza with its iconic Buddha statue. Drive to Kaza for overnight stay.

Meals: Breakfast

Accommodation: Hotel

Driving: 45 mins / 16 km

Hiking: 18 km / 7 hrs / ↑300 m ↓300 m

**Day 11: Kaza – Manali (2,050 m) via Kunzum La & Rohtang Pass**

Drive across high mountain passes, transitioning from barren Spiti landscapes to lush green valleys near Manali. Evening at leisure and celebratory dinner.

Meals: Breakfast

Accommodation: Hotel

Driving: 202 km / 8–9 hrs

Day 12: Drive to McLeod Ganj (2,082 m)

Scenic drive through Himachal Pradesh, visiting the main Buddhist temple in McLeod Ganj. Enjoy a leisurely evening walk in the town.

Meals: Breakfast

Accommodation: Hotel

Driving: 220 km / 7 hrs

Day 13: Explore McLeod Ganj / Optional Triund Hike (2,875 m)

Spend the day discovering McLeod Ganj, including the Dalai Lama Temple, Bhagsu Waterfall, and Tibetan Museum. Optional hike to Triund for panoramic views of Dhauladhar Range.

Optional: For those seeking adventure, take a day hike to Triund (2875 m), a popular trail offering sweeping views of the Dhauladhar mountain range and Kangra Valley. We take a short 20-minute drive to Dharamkot, the starting point of the hike. From here, enjoy stunning views of the Dhauladhar Mountains as you begin walking at 1750 m. The trail passes through cedar forests, gradually giving way to rhododendron and oak trees as you climb toward Gallu Temple.

The full hike to Triund (7 kms uphill) takes about 4–5 hours, but you can also choose to walk halfway (2,300 m) to the tea shops, which takes around 2–3 hours, and then return. Along the way, watch for the colorful Monal pheasant - Himachal Pradesh's state bird - and keep in mind this valley is also home to black bears. The well-marked trail offers excellent views of the mountains above and McLeod Ganj below, including the green roof of the Dalai Lama's residence.

At Triund, relax with a snack and soak in the views of the snow-covered Dhauladhar peaks rising over 5000 m. From here, either descend by the same route or take a steeper rocky path down to Bhagsu. Bhagsu has a popular waterfall, a temple, and is often busy with local visitors. From Bhagsu, drive back or walk the last 2 km along the road to your hotel. Overnight stay in McLeod Ganj.

Meals: Breakfast

Accommodation: Hotel

Drive: 20 mins / 6 kms

Hiking: 14 kms / 7-8 hrs (round trip) / ↑955 m

**Day 14: Fly to Delhi**

Drive to Dharamshala airport for flight to Delhi. Transfer to hotel upon arrival.

Meals: Breakfast

Accommodation: Hotel

Day 15: Departure

Transfer to Delhi airport for onward flight.

What is included

- Accommodation in hotels, guesthouses and homestays as per itinerary
- Daily breakfast and selected lunches and dinners as mentioned
- All transfers and sightseeing by private vehicle as per itinerary
- Delhi - Chandigarh train journey and Kalka - Shimla toy train ride
- Inner Line Permits for Kinnaur and Spiti regions
- All applicable local taxes

What is not included

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

Getting There

The trip starts and ends in Delhi. Transfers are included from Delhi airport to the hotel and back. Please provide flight details for seamless coordination.

Weather

Expect large temperature shifts. Spiti Valley enjoys clear skies from September–October (15–20°C days, 0–5°C nights). Dharamshala and McLeod Ganj remain milder (20–25°C day, 10–15°C night). Layered clothing is essential.

Altitude

Above 3,000 m, oxygen levels drop. Gradual ascent, steady pace, and high fluid intake (≥4 litres/day) help acclimatise. Minor effects like headaches or nausea may occur. Diamox can be used optionally.

Eating and Drinking

In **Delhi**, enjoy flavorful dishes like parathas, paneer curries and dal with Indian breads. Street food is popular, but bottled water is recommended.

In **Spiti Valley**, meals are simple, warm, and filling - Tibetan momos, thukpa (noodle soup), barley bread, and dal-rice are common. Guesthouses mostly serve vegetarian food with limited meat options, and fresh vegetables depend on the season. Carry dry snacks like nuts or chocolates for long drives, and always drink boiled or bottled water. Local flavors to try include salty butter tea, yak cheese, and chhang (local barley beer).

In **Dharamshala & McLeod Ganj**, Tibetan food and mountain cafés dominate. Expect momos, thenthuk (hand-pulled noodle soup), herbal teas, and fresh bakery treats. Many cafés are vegetarian or vegan-friendly. Don't miss honey ginger lemon tea, Tibetan bread, and the famous Bhagsu cake - a chocolate dessert loved by travelers.

Money and Tipping

The currency in India is the Indian Rupee (INR). You can change money in Delhi and Shimla. There are ATM machines in Delhi and in Shimla, but please note that often they do not work, or they are empty. We advise you to bring at least half the money you will need in cash (if not all). You will need money for lunches and dinners in Delhi and Shimla, a small amount for entry fees in Shimla, Spiti incidentals such as drinks and snacks plus tipping. We suggest that you allow £150 for tipping for the whole trip. Your leader will advise on tipping for Delhi and Shimla and the trek. All tipping (including the leader) is of course at your discretion.

Indian Visas

You will need an Indian visa. CLIENTS NEED TO APPLY FOR NORMAL TOURIST VISA (E VISA).

You can apply within 30 days of travel for (30 days visa) AND 120 days prior for (365 days visa).

You will need to ensure you have a valid passport to travel to India and the best way to apply is using the official Indian Government website link here

<https://indianvisaonline.gov.in/evisa/tvoa.html>

