



LEH TO LEH

22nd July to 28th July 2018



Day 01 22nd July

LEH ARRIVAL



Jullay! Welcome to Ladakh!

“Jullay” a magical one word that can be used for every greeting in Ladakh. Our representative will meet and greet you at the Airport and transfer you to the hotel where you will be formally welcomed by presenting the local traditional scarf known as “Khatak”. In ancient times royals used to welcome their guests this way to honor them. After welcome drink you have your breakfast and rest for the day.

Since Leh is at a height of 11,000 ft above sea level, the sudden change in the altitude definitely has some effect on your body and it becomes extremely important to ensure that your body acclimatize well to this height.

Depending on how you feel by the evening, we will decide on taking a short local sight-seeing of Shanti stupa and Leh palace. If not today then on the next day we cover the places mentioned. Our representative will visit you again in the evening to ensure that the family is doing perfectly fine. Overnight Hotel

Day 02 23rd July

YOGA IN THE INDUS VALLEY AND LEH LOCAL SIGHT-SEEING. (60 KMS/FULL DAY)



5:30- 10:30 AM Early morning after a hot cup of tea we leave for Indus Valley on the tributary of river Indus to experience the Yoga on an altitude of 10,500 feet above sea level. One can only imagine that during the winters temperatures drop down below -25 to -35 degrees below normal.

8:00-8:30 AM Outdoor breakfast by river side.

8:30-10:00 AM Visit to a very unconventional place as you meet the fighting nuns or nuns with fighting skills at the Drukpa residential for nuns in Shey village. We will observe their skills and also participate in prayer cum mediation session with these nuns. Interact with the nuns for a deeper understanding of the art form and why do nuns practice it

10:00 -12:30 PM Then we move to the most popular and photographed monastery of Ladakh, the Thiksey monastery, an impressive complex rising tier upon tier on a hill above the village. Thiksey monastery is the most beautiful of all the monasteries, built as a replica of La-Potala in Lhasa.

12:30-1:30 PM We have our lunch at the riverside in Indus valley.

1:30-3:00 PM Later we drive to the Stok Palace Museum, which offers an insight into the erstwhile royal family of Ladakh. The museum has a rich private collection of the royal family, it also has the old Ladakhi kitchen, ornaments, traditional dresses kings and queens used to wear, armors and many other interesting artefacts to it.

3:00-6:00 PM We drive back to Leh and visit the Shanti Stupa, a symbol of peace built by Japanese missionary monks back in early 1990s. The Stupa is a major attraction among tourists as they visit the temple in the evening as it offers beautiful panoramic view of Ladakh and Zaskar ranges and on a clear sky the sunset just looks out of the world from the Stupa vantage point.

There is a meditation hall at the stupa and we will be meditating here by the evening. Later experience the sun set over Leh town and Zaskar ranges, the view from the atop the Shanti stupa is just breathtaking.

Overnight at Hotel in Leh.

Outdoor breakfast

Pack Lunch today

Dinner at the Hotel



Day 03 24th July

LEH/NUBRA VALLEY (148 Kms/6 hrs)



6:30-7:00 AM After a hot cup of tea we begin our journey towards “Ldumra” or Nubra Valley which literally means valley of flowers.

8:00-8:30 AM We will have our breakfast at South Pullu check post 20 kms or 40 minutes’ drive from Leh.

8:30-9:30 AM The road journey from Leh to Nubra Valley passes over Khardung La (The Highest Motorable Road In The World) at 5,602 Mtrs / 18,390 Ft, around 39 km from Leh. From the pass, one can see all the way south over the Indus valley to seemingly endless peaks and ridges of the Zaskar range, and north to the giants of the Saser massif.

9:30-12:00 PM We continue our drive towards Nubra Valley situated in the north of Ladakh between the Karakoram and Ladakh ranges of the Himalayas. The average altitude of the valley is 10,000 Ft. above sea level.

1:00 -2:00 PM Upon arrival in Nubra we check in at our Camp in Hunder relax and get refreshed. We have our lunch and take rest for an hour.

3:00-6:30 PM We pay visit to the Diskit monastery, the attraction of the monastery is the vantage point with the buddha statue overlooking the valley, you get breathtaking views of the Hunder valley from there.

Later we drive to Hunder where you have opportunity to ride on a Bactrian camel (double humped) amidst the sand dunes of this high-altitude desert with snowcapped mountains on the horizon. Between Hunder and Diskit you come across sand dunes besides the road. It is indeed a strange sight since immediately on the left of the road are rocky mountains that characterize the Ladakhi landscape and in the distance can be seen snow-capped mountains.

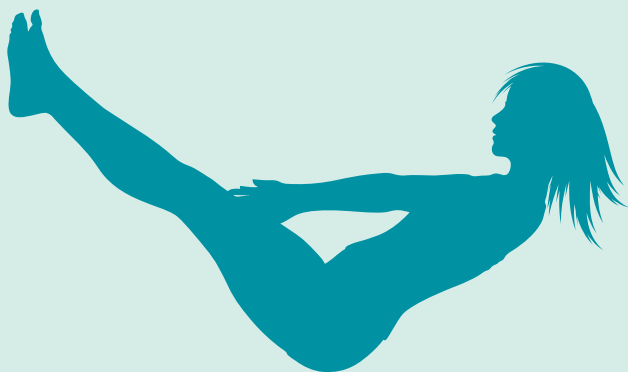
Dinner and Overnight at the Camp.

Bonfire

Breakfast at South Pullu Check post

Lunch and Dinner at the Camp

Tea, on the way



Day 04 25th July

EARLY MORNING YOGA AT SAND DUNES AND MOVE TO TURTUK VILLAGE. 80 KMS/2-3 HOURS, ONE WAY.



5:30- 10:30 AM Early morning after a hot cup of tea we leave for Indus Valley on the tributary of river Indus to experience the Yoga on an altitude of 10,500 feet above sea level. One can only imagine that during the winters temperatures drop down below -25 to -35 degrees below normal.

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Overnight at Hotel in Leh.

Outdoor breakfast

Pack Lunch today

Dinner at the Hotel



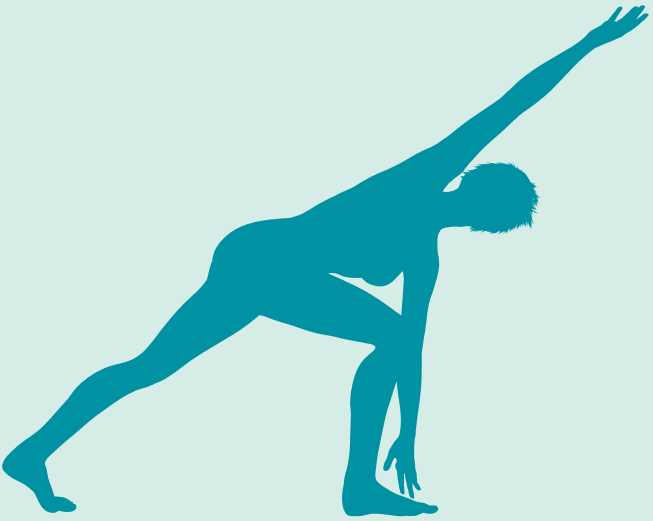
Day 05 25th July

NUBRA VALLEY BACK TO LEH



After breakfast drive, back to Leh via Khardongla pass. Reach Leh by noon and later you can explore the Leh market for shopping.

Evening we can keep a session at the Hotel.



Day 06 26th July

LEH TO PANGONG LAKE 150 Kms/5-6hours.



8:30 AM We leave for Pangong Lake. We will be carrying pack lunch with us and enjoy it on way along the route.

2:00 PM Reach Pangong Lake, situated at 14,000 feet (4,267 m). The lake is bisected by the international border between India and China. The lake became a rage with Indian tourists after Amir shot the climax of his film 3 idiot and Ladakh became a destination overnight. On a sunny day the reflection of the sky makes the color of lake look turquoise blue in contrast with the earthy mountains to make pictures look unreal and surreal. Enjoy the landscape in the back drop of the Lake. One rarely feels so close to nature and environment and the scenery is unforgettable.

2:30-5:00 PM We visit to the Spangmik Shooting point, the most popular spot at the lake where large number of popular films were also shot.

5:00-6:30 PM We assemble for a fun filled activity session with Sonali.

7:00-8:00 PM We have our dinner and break for the day. Overnight at the Camp. Tea, on the way.

Day 07 27th July

PANGONG TO LEH (155Kms/5-6 hrs)



Yoga by the lake side of Pangong and drive back to Leh (155 Kms/5-6 hrs)

Explore the lake area early in the morning as you would get some good images. After breakfast drive back to Leh via Tanglangla, Rumste, Upshi, Karoo before finally arriving the town. Overnight at the Hotel.

5:30-7:30 AM After a cup of hot tea/ coffee we go to the lake side and enjoy yoga by the salty water body which is 140 kms in length and 4 kms in width, one third of which is in China. On a clear day the water of the lake appears crystal blue and the reflection of surrounding mountains makes it the most picturesque view one can think of. There cannot be a better view in front of the eyes as your perform yoga on the bank of this high altitude water body.

7:30-8:30 AM We move back to the camp and have our breakfast.

8:30 AM We start driving back to Leh crossing Changla pass (15,000 ft) second highest in the region.

1:00 PM We will be carrying pack lunch today and we will have our lunch on the way.

2:30 PM Reach Leh by late afternoon. Check into the Hotel and you are free to explore the market for some shopping and look for the perfect souvenirs to take back home for your loved ones. Leh market is known for fine pashmina shawls, Tibetan hand-woven carpets, antiques and handicraft.

8:00 PM We will have dinner at one of the finest restaurants in Leh town.

Evening we can keep a yoga session or an activity

Breakfast at Camp

Lunch on way to Leh

Dinner (At one of the popular restaurants of Leh)

Tea, on the way.

Overnight at the Hotel.



Day 08 28th July

DEPARTURE. FLIGHT BACK HOME.



Get early drop back to the Airport for flight back home with lifetime memories of Ladakh.

Tour Ends

Jullay!

