

MULTI ACTIVITY ADVENTURE IN LADAKH



Ladakh is the eastern-most extension of the Tibetan plateau and is rightly called “the little Tibet”. With an average altitude of more than 3,000m, Ladakh’s inaccessibility and harsh environment has ensured that its unique character has been preserved for centuries and the region is one of the last remaining abodes of Tibetan Buddhism.

This holiday offers a good mix of adventure activities possible around Leh, the capital of Ladakh. Combined with an overnight trek staying at a Ladakhi home stay for a night we have an exciting rafting trip on the Zaskar river and a biking trip in picturesque environs of the Stok village. We would also be visiting the famous Shey Palace & the Thiksey monasteries which every tourist visiting Ladakh does.

One could extend the holiday by doing excursions to Pangong Lake, Nubra valley or to the Tsomorori Tsokar circuit.

Outline Itinerary (8 Days)

Day 1 : ARRIVAL AT LEH AIRPORT

Our representative will welcome and transfer you to the hotel. Check in to the hotel for a half day of rest, wherein welcome tea will be served by the Hotel staff. Drink plenty of fluids to acclimatize. Evening you can visit Leh Market for a walk. Dinner & Overnight at Hotel. (D)

Day 2 : LEH SIGHTSEEING

Enjoy the crux of the famed tourist spots of leh in a day. After breakfast in hotel drive 40 km's towards east of Leh town for Hemis Monastery, which considered to be the richest monastery in entire Ladakh. On the journey back stop at Thiksey Monastery and Shey Palace. Spend the evening at Shanti Stupa enjoy the spectacular view of Leh town and Sunset in the Himalayas.(B)

Day 3 : DRIVE TO LIKIR 58KM AND TREK TO YANGTHANG (04-05HRS)

Morning after breakfast you will be driven by taxi to Likir which is just 58 kms away. Likir Village (3650 Mts.) is the starting point of our trek. Although the distance is short, the route is warm, without any shade or water and we need to traverse two passes. From Likir the route heads west up to Phobe La (3580m) and beyond this lies Sumdo village. The trail goes steadily upwards till you get to Chagatse La (3630m). The

Ridzong Monastery lies about an hour south of Yangthang. Night stay at a Homestay in Yangthang . (B)

Day 4 : YANGTHANG TO HEMIS SHUKPACHEN ACROSS TSERMANG-CHEN LA (8 KM, 3/4 HOURS)

Today is an easy walk despite the pass because both the approach and the descent are of gentle gradients. The trail heads north, descending for a bit, crossing a stream before climbing up west again to Tsermangchen La (3750m). After a short rest at the pass we head down to Hemis Shukpachen. The village, named after the grove of cedars, is one of Ladakh's prettiest. There are several sparkling streams surrounded by shady willows and large barley fields that provide a touch of green to the otherwise desolate, Rocky Mountains. (B)

Day 5 : HEMIS SHUKPACHEN TO TEMISGAM ACROSS MEBTAK LA (10 KM. 3 HRS) (8 KM, 3/4 HOURS)

Again this is a fairly easy day. The trail goes upward between two hillocks west of the village upwards until it veers south and climbs steeply up to the Mebtak La (3750m) marked by prayer flags. From the pass we head down the gorge to Ang village, and pass through a charming village with apricot orchards at Temisgam village. On your arrival in Temisgam our driver will drive back to Leh. Enroute visit to

Alchi monastery.(B)

Day 6 : RAFTING IN ZANSKAR RIVER FROM SCORPOCHEY TO NIMOO

Pick up with shuttle service from hotel, which will drive you to the rafting point. Get ready for some chills and thrills as you raft on the cold and silty water of the Zaskar river. Perfect for those who want to enjoy a quick rafting session, this is moderately challenging and allows participants to immerse themselves in the action, while taking in stunning views of the valley from an altitude of 3000 metres. The rafting from Scorpochey to Nimoo is 18 Km's and take 2 hours. Hot lunch will be provided in Nimoo at the end of the rafting. Drive back to Leh by evening.(B)

Day 7 : CYCLING FROM LEH TO STOK VILLAGE

After an early breakfast embark on a adventurous ride from Leh to Stok on mountain cycle. The 15 KM's cycling trail starts from Hotel in Leh to Stok via, Spituk, Palam and Chuchot villages. Packed lunch will be provided at the end of cycling in Stok. Return pickup will be arranged and will drive you back to Hotel in Leh. Overnight and dinner in Leh. (BD)

Day 8 : DEPARTURE

Enjoy your last meal of the trip. Post breakfast our driver will drop you at the airport. (B)

Include / Exclude

- Accommodation at three-star hotel on twin sharing basis.
- Fix Transfers by Non A/C SUV Innova/ Similar.
- Trek and Tour Guide.
- Complete 18 KM's Rafting Package.
- Mountain Bikes for cycling.
- Walking sticks and first Aid-Kit with portable oxygen cylinder for Sham Trek.
- All Meals Included (Packed-Lunch during Sham Trek and Stok Cycling Day)
- Environment Fee, Wild life Fee.
- Any Kind of Extra Meals / Drinks / Mineral water Ordered.
- Tips, Porters, Phone Calls, Camera / Video Shoot entry charges.
- Any Kind of Personal Expenses, Travel Insurance, monument & museum entry fees.
- Any Kind of Loss / Misplaced / Theft on personal belongings.
- Cost incidental to any change in the itinerary / stay on account of flight cancellation due to bad weather, ill health, and road block and / or any factors beyond our control.
- Extra cost on recreational activities like Camel Safari, Cycling, Rafting etc.
- Flight Delhi /Leh /Delhi



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