



## Experience Leh - 7 Days (#17804)

**Note:** Price printed on this PDF is valid until **29-12-2024** and is subject to change without notice due to Partner changes and currency fluctuations

### Trip Highlights

Ladakh-Nubra-Ladakh

### Detailed Itinerary

#### Day 01

#### Day 01: Arrive. Airport – Leh (via Flight)

Arrival on Leh Airport then fill the registration form (Foreigner/ NRI) inside the airport building and then move towards outside the building meet our Driver outside the building. Meet & greet and transfer to the Hotel at Leh. Welcome drink on arrival. We recommend you completely relax for the rest of the day to enable yourselves to acclimatize to the rarefied air at the high altitude.

**Meal:** Lunch & Dinner



#### Day 02

#### Day 02 : Leh Local sightseeing

After breakfast visit the monasteries of Shey, Hemis, Shanti Stupa, Leh Palace.

Shey – it was the ancient capital of Ladakh and even after Singge Namgyal built the more imposing palace at Leh, the kings continued to regard Shey, as their real home. The importance which was attached to Shey ? the seat of Ladakh's heartland ? is attested by the enormous number of Chorten about the village, particularly around the palace complex and barren plain to the north of the road.

Hemis – which is dedicated to Padmasambhava, what a visitor can observe a series of scenes in which the lamas, robed in gowns of rich, brightly colored brocade and sporting masks sometimes bizarrely hideous, parade in solemn dance and mime around the huge flag pole in the center of the courtyard to the plaintive melody of the Shawn.

Shanti Stupa is a Buddhist white-domed stupa on a hilltop in Chanspa, Leh district, Ladakh, in the north Indian state of Jammu and Kashmir. It was built in 1991 by Japanese Buddhist Bhikshu, Gyomyo Nakamura and part of the Peace Pagoda mission.

Leh Palace is a former royal palace overlooking the Ladakhi Himalayan town of Leh. Modelled on the Potala Palace in Lhasa, Tibet, the palace was built by King Sengge Namgyal in the 17th century then visit Leh Temple.

**Meal:** Breakfast, lunch and Dinner

#### Day 03

#### Day 03: Leh – Nubra (via Khardung la Pass)

After breakfast drive to NUBRA VALLEY passes over KHARDUNG LA (the highest motorable road in the world) at 5602 M / 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. Nubra Valley is popularly known as (Ldumra) or (The valley of flowers). It is 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. The Shayok and Saichen Rivers drain Nubra. The flat part of the

river is sandy & occupied by green farms & myricaria. The villages look pretty with greenery, willow & poplar trees. Till partition Nubra Valley was one of the trade centres, the ancient famous Silk Route passed through this area.

After Check in proceed for a visit to the White Sand Dunes at Hunder. You can enjoy the camel ride (On Own). Visit Hunder and Diskit monasteries..

DESKIT VILLAGE: Deskit is the main village of headquarter of Nubra valley, which has a small market consisting of a row of shops and about 500 years old Gompa on the hilltop. Spectacular view of the valley can be seen form the monastery.



**DESKIT GOMPA:** Deskit Gompa was founded by Lama Sherab Zangpo of Stod in about 1420 AD during the reign of King Dragspa. About 100 monks are residing in the Gompa, which is a branch of Thikse Monastery. The monastic festival called Gustor takes place on 20th and 21st days of the 12th month of Tibetan calendar.

**HUNDAR VILLAGE:** Hundar is a beautiful village to stay with lot of trees and you will really enjoy your stay at Hundar. It has a small monastery and ruined fort above the village. The walk or Camel Safari (Double Hump Bactrian camels) from Hundar to Deskit, through sand dunes for two hours is wonderful (On Own).

**SAMSTANLING GOMPA:** Samstanling Monastery was founded by Lama Tsultrim Nima and Monastic community was introduced as Rezong Gompa. About 50-60 monks are residing at this 132-year-old monastery. The Gompa has some strict rules and regulations.

-Women are not allowed in the monastery after sunset and before sunrise.

-No smoking is allowed (not even bringing cigarettes packets) in the monastery.

-Alcohol and non-veg. Food are strictly prohibited.

-Do not enter in sleeveless shirts and Pants.

Pack Lunch/ Lunch, Dinner and overnight at the hotel / camp

**Meal:** Breakfast, lunch and Dinner

#### Day 04

#### Day 04: Nubra (via Khardung la Pass) - Leh

After breakfast drive towards Leh via same route.

**Meal:** Breakfast, lunch and Dinner

#### Day 05

#### Day 05: Leh – Pangong via Changla - Leh

After breakfast transfer from Leh to Pangong. The name Pangong is derived from the Tibetan word Banggong Co meaning long, narrow, enchanted lake. There is a narrow ramp-like formation of land that runs into the lake which is a favourite among tourists and photographers. Due to the saltiness in the water of the lake, there is very less micro-vegetation. There are no fish or other aquatic life in the lake, except for some small crustaceans. However, numerous ducks and gulls over and on the lake surface can be spotted in plenty. There are some species of scrub and perennial herbs that grow in the marshes around the lake.

Pangong Lake, a highest salt water lake in the World, Shared by two countries India (25%) & China (75%), enjoy the beauty of lake on banks of the lake while appreciating the changing colours of fascinating high altitude lake. Drive back to Leh via changla pass.



**Meal:** Breakfast, lunch and Dinner

**Day 06****Day 06: Leh – Sham**

After breakfast drive towards Sham Valley SS.

Basgo Monastery, also known as Basgo or Bazgo Gompa, is a Buddhist monastery located in Basgo or Bazgo in Leh District, Ladakh, northern India approximately 40 km from Leh. Although the monastery was built for the Namgyal rulers in 1680, Bazgo itself was embedded in the early days of Ladakh and is frequently mentioned in the Ladakhi Chronicles when it was a political and cultural center. In the 15th century, a palace was built in Basgo. The monastery is situated on top of the hill towering over the ruins of the ancient town and is noted for its Buddha statue and murals. The complex comprises the Chamchung, Chamba Lakhang, and Serzang temples, dedicated to the Maitreya Buddha.

Likir is situated in a side valley about 05 Kms from main Srinagar - Leh highway. Likir belongs to Ge-Lung-Pa sect; the monastery also maintains and runs a school for young Lamas.

ALCHI GOMPA: 70 Kms from Leh, on the banks of the Indus, is the Alchi Gompa dating a thousand years back. One of its walls features thousands of miniature sized pictures of the Buddha. Three large sized images made of clay and painted brightly are its focal attractions. No longer an active religious center, it is looked after by monks from the Liker monastery. This is the only monastery amongst 34 monasteries, which is not located on a hilltop.

Pack Lunch/ Lunch & Dinner with Overnight stay Hotel at Leh.

**Meal:** Breakfast, lunch and Dinner

**Day 07****Day 07: Departure – Leh Airport**

After breakfast transfer from Hotel to airport to catch the flight for your onward journey with sweet holiday memories.

**Meal:** Breakfast

## Inclusions

- Accommodation for 06 Nights using Double/Twin Sharing Basis as mentioned above.
- Airport transfers Arrival & Departure by **Non A/C Vehicles**.
- Sightseeing tours/Excursions as per the itinerary by **Non A/C Vehicles**.
- Sightseeing tours as per the itinerary.





- Arrival transfer from Leh Airport to Hotel at Leh.
- Sightseeing of Shey, Thiksey, Hemis, Shanti Stupa & Leh Palace.
- Transfer from Leh to Nubra via Khardungla Pass with sightseeing of Deskit, Hunder.
- Transfer from Nubra to Leh via same road.
- Full day trip to Pangong.
- Sightseeing of Alchi, Likir & Basgo.
- Departure transfer from Hotel to Leh Airport.
- Meeting and Assistance on Arrival by **GGTS Rep.**
- **All Tolls taxes/Parking Charges.**
- **LAHDC Environment Green fee.**
- **Accompanying Local English Speaking Guide.**
- **Entrance fee at Monasteries & Monuments.**
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## Exclusions

- Expenses of personal nature such as tips, laundry, phone calls & table Drinks etc.
- Any other SS tours not mentioned in the programme/ inclusions.
- **Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather etc.**
- **Any kind of insurance/ Internal Airfare.**
- **Oxygen cylinders.**
- **Camel Ride in Nubra.**
- **Any Festival tickets/ Cultural Shows/ Any joy ride.**

## Note

### Hotel/Camps Envisaged: (Subject to Availability)

- Hotel The Zen Ladakh (Premium Room) – Leh on **APAI** Basis for 02 Nights.
- Hotel Olthang – Nubra on **APAI** Basis for 01 Night.
- Hotel The Zen Ladakh (Premium Room) – Leh on **APAI** Basis for 03 Nights.

*Note: Hotel Olthang is Deluxe Category in Nubra, In winters all type of accommodation is closed in Nubra & Pangong.*

### Important Notes:-

- All passengers have to report 02 Hrs prior to the departure due to security checking at the airport.



- **In and around Leh, vehicle will be provided on point to point basis OR as per the itinerary, extra sightseeing is chargeable. Clients are requested to follow the timings in the program.**
- In case any services are missed due to delay in departure, the operator will not be responsible for any refunds.
- No hand baggage will be allowed to carry inside the aircraft due to security reasons. Only Jewellery and laptops will be allowed for cabin baggage.
- GGTS reserves the right to re-arrange itinerary to suit hotel availability without changing the total number of days in each destination and without compromising any services.
- Hotels mentioned above are subject to availability at the time of booking otherwise an alternative will be provided.

#### **TOUR HEALTH AND FITNESS REQUIREMENTS:-**

- To ensure that all participants get the most out of the tour, it is important that you are fully aware of the level of activity, fitness and medical health required to successfully complete this itinerary. Please read this dossier carefully prior to confirming your place on the tour and, having established the facts, it is your responsibility to contact us with any concerns regarding individual levels of fitness, health, or ability.
- NOTE: Acute mountain sickness can occur to any one at an altitude above 10,000 ft. from the sea level. The most common symptoms of acute mountain sickness are headache disturb sleep loss of appetite, nausea, coughing, irregular breathing, breathlessness, lassitude and lack of concentration. Since Leh Town is situated at an altitude of 11,500 ft. above sea level. It is advisable to take the following precautions, so as to acclimatize your body properly.
- Take complete rest for the first 36 hours of your arrival at Leh. However, this period may vary with different people.
- Your body should get used to the lower oxygen levels.
- In case you develop any of the above-mentioned symptoms, please consult a Doctor.
- Rescue and precaution for mountaineering and trekking in Ladakh.
- Tourist undertaking mountaineering and trekking in Ladakh, whether in groups or individual, should take some precautions. There is no private aerial rescue agency in Ladakh and only as a life saving measure; engaging the Indian Air Force help in evacuation.

#### **Do's:-**

- Always carry drinking water as hydration is vital in high altitude conditions to keep you going. Carrying snacks and energy drinks is also mandatory.
- Do pack cotton wear, light woollens, strong walking shoes, sunglasses and other items in your backpack. A good sunscreen, body lotion, sun glasses and moisturizer is also recommended as it will keep your skin protected. Weather remains good during the day and get a bit cold during the night. It is always advised that



clients should carry woollens/ Shawls but most important they should carry a rain coat.

- Take Disprin with you if you want to go to Khardung La, as it is very high altitude of 5359m.
- If you are not able to go further from a particular spot in day, do not move stay there, as road condition is very bad in some places and it would be very difficult to travel in night.
- Temperature in Ladakh is too low and if you will throw any biodegradable item, it will remain in the same state for very long time, especially in snow, people defecate and the shit remains in the same form for years, so please try the Ladakhi winter toilets.
- Make a first-aid box and carry proper medicines for headache, fever, and vomiting also in it.
- There is electricity problem in Leh, so it is better to take extra batteries for digital products like camera, mobiles phones, etc. Charge them fully before leaving for the tour. You may not get electricity at some remote places and also because of the cold, the battery gets discharged soon.
- If you are planning to visit Leh-Ladakh on your bike, please make a group of 2 or more. Please do not go alone on bikes, especially Royal Enfield Electra or Bullet as it is very dangerous.
- Use vehicles, which have good-ground clearance and are in good condition. SUVs like Tata Sumo Grande, Toyota Qualis and Highlander, Mitsubishi Pajero work best over there.
- Carry only post-paid Sims of **BSNL, AIRTEL**.
- Please carry 2 Passport Size Photographs each and photo identity proof along with them.
- People there are very friendly and hospitable. Respect them.

#### Dont's:-

- If you reach Leh by air, stay that day and do not plan to go anywhere for that day, as you will need a day or two to acclimatize yourself. Drink plenty of fluids (that does not include alcohol), do not move much for the first two to three days.
- Don't use Polythene bags. Ladakh is a "no polythene" zone. Kindly respect this and please carry back all the plastic you take with you.
- Refill your water bottles instead of buying new ones. Mountain water is good. If you have doubt, boil it and refill.
- Avoid wearing clothes such as skirts, sleeveless blouse or tops while travelling in Ladakh, Wear nice clothes covering your body while on roads especially in Buddhist Gompas as you might offend their sentiments.
- Avoid consuming alcohol and smoking during the initial days of your Ladakh trip. Besides, avoiding them completely can be good for your health and the trip.

#### **Airfare Supplement:**

**Delhi – Leh – Delhi: AUD 844.00 per Person (Subject to change)**

## **Program Touring / Guide**



Private touring

## Periodic Departure

**01 Apr, 2025 to 30 Jun, 2025**

2 pax

AUD 2,958 P P twin share

AUD 4,121 P P single

AVAILABLE

4 pax

AUD 2,752 P P twin share

AUD 3,915 P P single

AVAILABLE

6 pax

AUD 2,485 P P twin share

AUD 3,648 P P single

AVAILABLE

