

# NORTH INDIA

## Ladakh Trekking Tour



TOUCH OF  
**SPIRIT**  
TOURS





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## Ladakh Trekking Tour

Explore the vast mountain ranges of Ladakh on this wonderful 14-day journey.

Ladakh is a magical place with stunningly beautiful and wild landscapes, ancient Tibetan Buddhist monasteries – often perched on rocky outcrops, old mani walls covered in prayer-inscribed stones, colourful prayer flags dancing in the breeze, whitewashed stupas, traditional villages with mud-brick houses and fertile pastures and some of the most fun-loving and friendly people you will find. The tour includes two separate treks staying in traditional village homestays, wonderful home-cooked food both on the trek and in our lovely family-run guesthouse in Leh, monastery visits and wonderful sights around Leh and Delhi.

This awesome 'nature blast' and uplifting cultural encounter will blow your mind!



# ITINERARY

## Day 1

Arrive in Delhi and transfer to our well-located hotel in South Delhi.

## Day 2

Transfer to the airport for an early flight to Leh. Enjoy breathtaking views of the Himalayan mountain range during the flight. On arrival in Leh, transfer to our lovely hotel. There is free time until mid afternoon for leisure/ rest in order to acclimatize. At around 3.00pm, we take a gentle walk to the main market square via narrow winding pathways and an old monastery.





### Day 3

After breakfast, we commence our driving tour of the stunning areas surrounding Leh. Visit Hemis and Thiksey Monasteries and Stok Palace. Later in the afternoon we visit the old palace overlooking the main market area.

### Day 4

Today we commence our wonderful 3-day trek in Hemis National Park. Drive to Jingchen for our trek to Rumbak (approx. 3 hours). Experience Ladakhi culture first hand in our welcoming village homestay.

### Day 5

Explore the valley around Rumbak. Day hike up towards Stok La Pass with amazing views of the surrounding mountain ranges (approx. 4 – 5 hours walk)

### Day 6

Trek to Yurutse area. See wildlife along the way. Return to Jingchen for the drive back to Leh. (approx. 5 - 6 hours walk).

### Day 7

Most of today is free to rest and prepare for our next trek. In the late afternoon, we will walk up to Shanti Stupa for magnificent views of the town and valley.

### Day 8

Today we commence our 4-day trek into Sham







Valley. Drive to Likir Monastery. After a guided tour of the monastery, we cross Pobe La Pass and descend to Sumdo, a tiny village of 2 households in a small river valley. Enjoy lunch under shady trees beside the stream, before ascending to Charatse La Pass and onto Yangthang Village for an overnight homestay (approx. 5 hours walk).

### Day 9

Cross Sarmanchan La Pass and descend to the larger village of Hemis Shukpachu (approx. 4 hours walk). There is time in the afternoon to explore this interesting picturesque village.

### Day 10

Today we have a gradual walk up to Mebtak La Pass with breathtaking mountain views, then a short steep descent and a zigzag path up to Lago La Pass (approx. 4 hours walk). We spend the night in colourful Ang village.

### Day 11

Start the day with a picturesque walk to the new monastery above Temisgang. After visiting the monastery, walk through several villages to Tia and return to Ang via Temisgang with optional visits to other monasteries and the palace (5 – 7 hours walk).

### Day 12

Enjoy the stunning views as we drive to Lama-yuru Monastery (11th century). We then visit Alchi Monastery (also 11th century), on the banks of the fabulous Indus river. This amazing village monastery contains incredibly astonishing







ancient artworks. Drive back to Leh, stopping en route for a visit to Basgo Fort.

### Day 13

Today we have an early flight back to Delhi with wonderful views of the Himalayan Ranges. On arrival in Delhi we transfer to Old Delhi for a cycle rickshaw ride around the atmospheric narrow alleyways and a visit to Jama Masjid, India's largest mosque. We also visit Humayun's Tomb, which is a UNESCO World Heritage Site and the mausoleum of famous Sufi saint Nizamuddin Auliya. Transfer to our hotel in South Delhi.

### Day 14

After breakfast, we have free time for individual activities and last minute shopping, before transferring to the airport for flights home.

## ADDITIONAL INFO

Your 14-day experience includes air-conditioned travel, all accommodation, internal flights, entrance fees, many meals, all tours, local guides, guide tips and an Australian tour leader.

In Ladakh, we utilize the services and guides of a local women's travel company.

Although the treks are not overly difficult, a good level of fitness is required for trekking at higher altitudes.



### For booking information contact:

1300 722 932

[info@touchofspirittours.com.au](mailto:info@touchofspirittours.com.au)

Transformational Journeys Pty Ltd  
trading as Touch of Spirit Tours  
ABN 68 160 109 946  
Travel Agent Licence TA-0033104  
Victoria, Australia

Please note: The itinerary may be subject to change depending on altered circumstances.

