

LEH HIGHLIGHTS

08 NIGHTS / 09 DAYS



★ Anglo Indiago Travels (P) Limited ★

DELHI – LEH – SHEY – HEMIS – THIKSEY – LEH – NUBRA – ALCHI – LIKIR – LAMAYURU – PANGONG - LEH – DEPARTURE

TOUR PROGRAMME:

Day 01 ARRIVE DELHI

Arrive at Delhi International airport. Upon arrival, you will be met by your car with chauffeur for the short transfer to your hotel for night stay. Rest of the day free. Night in Delhi

Day 02: Fly to Leh (via Flight) (11562 i.e. 3524 mts)

After breakfast, in time fly to Leh. On arrival you will be met our representative and drive towards the hotel. 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. Dinner and night stay at Hotel in Leh.

Day 03: Leh to Shey/Hemis/ Thiksey – Leh (70 Km. (3-4 hours Approx.))

After breakfast visit Shey, Hemis, & Thiksey Monastery. **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 Shawa. **Thiksey** – is one of the largest and most impressive Gompas. There are several temples in this Gompa containing images, stupas and exquisite wall paintings. It also houses a two - storied statue of Buddha which has the main prayer hall around its shoulder. **Shey** – it was the ancient capital of Ladakh and even after Singe 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. Dinner and Night stay at Hotel in Leh.

Day 04: Leh – Nubra (via Khardung la Pass) (160 Km. (05 Hours' Drive))

Morning drive for Nubra Valley by surface passing thru Horzey & Gangles Village. The road then rises to reach **Khardungla** (5602 Mts.) the world's highest Motorable road. Enjoy the landscape & the beautiful bird's eye view of the Leh town. Another 35 Kms drive takes to Khalsar at Shyok Valley, where the scenery is all around. The road after crossing Khalsar Bridge at Shyok River enters to the Nubra Valley & then proceeds along with the Nubra River also you can stop at **Sumur** to visit **Samastaling Monastery**. Dinner and Overnight at Camp in Nubra.

Day 05: Nubra – Leh (via Khardung la Pass) (160 Km. (05 Hours' Drive))

After breakfast return Leh on the same route you came in Nubra. Dinner and night stay in Hotel at Leh.



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Day 06: Leh – Alchi, Likir & Lamayuru –Leh (02 hrs one way)

Morning drive to west of Ladakh. On the way stopover at **Magnetic Hills/Road** is a so-called "gravity hill" located on the Leh-Kargil-Srinagar national highway, about 30 km from Leh, at a height of 11,000 feet above sea level on the way to Sangam point. It is an amazing small stretch on the road where you need to stop your vehicle & the vehicle moves on its own on a small slope, in both front & reverse direction. So, all in all a must place to visit when you are in Leh for amazing/surprising experience. After that drive to **Alchi's** large temple complex founded in the 11th Century is regarded as one of the most important Buddhist Centers in Ladakh and a jewel of monastic skill. The **Likir** Monastery or Gompa is one of the oldest and well-maintained monasteries in Ladakh. The monastery is located in Likir village and is believed to have been in existence since 11th century Lamayuru Monastery, one of the earliest seats of lamaistic learning and most picturesque monastery in Ladakh. Lamayuru belongs to the Dringungpa order of Tibetan Buddhism. The history of the monastery begins with the visit of Arahats Nimagung to this place, when there was merely a lake here. It is said that Arahats made a prophecy that "a monastery will come up at this spot" and he made offerings (prayer with grains of corn) to the Nag serpent spirits. The corns mixed with the earth and formed in the shape of Swastika (Yungdrung), later it came to be known as Yungdrung Monastery. The Great Translator RinchenZangpo constructed a temple here in eleventh century. Naropa also visited Lamayuru and meditated here. Gelukpa or Kadampa school of Tibetan Buddhism initially looked after by Lamayuru, but later; it was taken over by Dringungpa Order. Later drive back to Leh on the same route. Dinner & Overnight at Leh.

Day 07: Leh – Pangong (224 Km. (06 Hours' Drive))

After breakfast Leave to Pangong .The Ladakh range is crossed by the Chang-la (18,000 feet / 5,475 M) which despite its great elevation is one of the easier passes, remaining open for much of the year even in winter, apart from periods of actual snowfall. Tangse, just beyond the foot of the pass, has an ancient temple. Overnight stay in camp

Day 08: Pangong – Leh (224 Km. (06 Hours' Drive))

After breakfast leave for walk at Pangong Lake, a highest saltwater lake in the World, shared by two countries India (25%) & China (75%), enjoy the beauty of lake while appreciating the changing colours of fascinating high-altitude lake. Drive back to Leh. Overnight stay in Hotel at Leh.

Day 09: Departure (1h Drive)

After breakfast transfer to Leh airport to catch the flight for your onward journey...

End of Service

Note:

1. This tour can be modified as per your requirements.
2. If you wish you can include Agra / Jaipur or both as per number of days available.
3. The routing is subject to change due to climatic condition or any other forced situations.
4. **YOU MUST CARRY OVERSEAS TRAVEL & MEDICAL INSURANCE WHICH COVERS ALL YOUR MEDICAL EXPENSES, ESPECIALLY THE EMERGENCY RESCUE.**



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Do's & Don'ts for your Ladakh visit

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, sunglasses and moisturizer are 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 raincoat.
- 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.
- Carry only post-paid Sims of **BSNL, AIRTEL**
- Please carry 2 Passport Size Photographs each and photo identity proof along with 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, 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.

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.

1. Take complete rest for the first 36 hours of your arrival at Leh. However, this period may vary with different people.
2. Your body should get used to the lower oxygen levels.
3. In case you develop any of the above-mentioned symptoms, please consult a Doctor.



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Permit & Passport:

Indian tourists / nationals do not need any inner line permits in Leh - Ladakh region. This rule is effective from 1st May 2014. Thus, the visitors will now be able to access the restricted regions, such as Dah, Pangong Tso, Hanu Villages, Merak, Man, Tso Moriri, Loma Bend, Nyoma, Khardung La, Turtuk, Nubra Valley (up to Panamik), Tyakshi, Tangyar (for trekking only), and Digger La. As Indian Nationals or Tourists, you only need to present your valid Photo ID Nationality Proof at the ITBP/Army check-posts. ID Proofs such as Driving License, Aadhar Card, Indian Passport, PAN Card, etc., will just acts as permit for you.

Altitude Sickness:

Anybody can fall prey to acute mountain sickness at an altitude of 10,000 ft. above sea level. Therefore, it is necessary to take full rest on the day of arrival and get yourself [acclimatized](#). People with high blood pressure and heart ailments should refrain themselves from planning a trip to Leh Ladakh.

Clothing:

The peak summer months from mid-June to September have a pleasant temperature and therefore single T-shirts or shirts can do. In winters (from November to February), one needs heavy woolen clothes and warm jackets. However, in most parts of the Leh- Ladakh region, there is a drastic fluctuation in the daily temperature. Therefore, tourists should carry woolen clothes and sweaters while packing their bags for the trip.

Money and Currency:

There are a very few hotels and tour operators which accept credit card but charge 2% service tax. In the main Leh city, various private banks such as State Bank of India, Jammu and Kashmir Bank, HDFC Bank, Punjab National Bank and Axis Bank have placed their ATM machine.

Communications:

Since most of the markets and STD booths in Leh Tourism board has its own wireless radiophone network that connects its offices h Ladakh region gets closed before 10 PM, it is better to get in touch with your near and dear ones before evening time. The General Post Office and Telegraph Office available in the Leh town also helps in communication. The state tat Leh, Kargil and Padum with those in Jammu, Srinagar and Delhi.

Languages Spoken:

The main language spoken in Ladakh region is Boti. Other languages spoken in this region include Brokshat, Changshat, Balti and Shina. Use of English and Hindi languages can be seen in schools, offices and restaurants.

Bike and Car Rental:

Bike and Car rentals is also available in Leh City. However, it is recommended that unless you are a seasoned Biker, do not venture out of the city of Leh with these rented bikes as a breakdown outside the city will mean a lot of time before help can reach you.

Popular Activities:

Ladakh is an ideal destination for adventure enthusiasts. You can go for [trekking](#), [mountaineering](#), [white water rafting](#) etc. You will also try traditional sports such as polo and archery, and camel safaris across the countryside.