



14 July to 29 July 2024



Women
Fair
Travel

Partner Agents



Walking & Cultural tour- Ladakh

15 Nights/16 Days

Confluence of Indus & Zaskar rivers

Trip Facts

This tour has a mix of cultural experiences & day hikes through the fertile, isolated villages that dot the glorious Indus Valley, the lower part of Ladakh.

Trip Type

Hike & Overland

Max Altitude

3500m

Hike Grade

Easy - Moderate

Fitness Level

5/10

Area

Ladakh

Accommodation

*Lodges
Luxury camping
Homestay*



India's Union Territory / Population: 270 000 /
Situated at 3500m

Tibet to the east, China to the north
and the region of Kashmir to the west

Sandwiched between The Himalayas
and the Karakoram range

One of the most sparsely populated
part of India

Geographically, it's the continuation
of the Tibetan Plateau

Ladakh is where the Tibetan
Buddhism lives

A true alternative to oppressed
Tibet

Land of many festivals

About Ladakh

(The Little Tibet)

Highlights of the tour

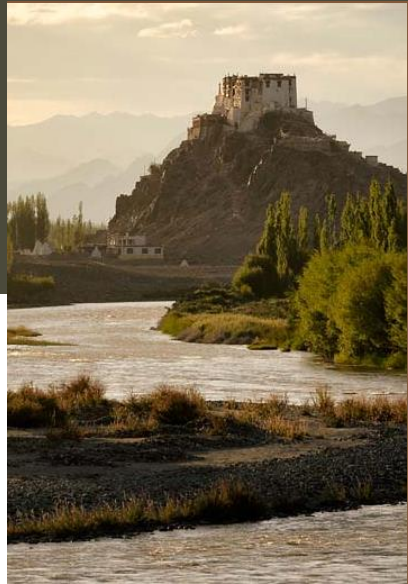
Monastery Festival



Nunneries



High Altitude Desert



Breathtaking Landscapes

Day Hikes in Indus Valley

Secluded picturesque villages

Day Off

In case the guest wants to take a day off from the hike, they can rest/spend time at leisure at the Lodge.

Facts about the Hike



- The hike is considered Easy to Moderate
 - The highest altitude on the hike is 3800m.
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- Short & accessible day hikes ranging from 04-06 hrs a day
 - Spending the night in comfortable accommodations.
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- Walk with a day pack
 - Luggage is carried to the next stop in cars.
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- The hike follows the Indus valley, through secluded villages & passes
 - But missing out the high summits.
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Day 01 / 14 July

Arrive Delhi

- Met on arrival & transfer to the hotel.

- Sightseeing tour of New Delhi.



01 hour

Day 02 / 15 July

Delhi / Leh

Altitude: 3500m

Acclimatization

Today is a day to relax & Acclimatize. It's crucial for your adaptation to the high altitude!

- Morning scenic flight to Leh, capital of Ladakh.
- Fly above Greater Himalayas.
- A day to relax and acclimatize. In the evening we will take an easy Heritage Walk towards Leh Palace.
- Group Dinner at a local restaurant.



Leh Palace

Day 03 / 16 July

Leh

Altitude: 3500m

Highlights

- Heritage walk in Old Leh.
- Vegetable market

- Morning stroll in the market, through old Leh.
- Walk pass the Polo field.
- Shanti Stupa - beautiful view of Leh town & Indus valley.

Another day to take it easy & acclimatize!





127 km



4 km

Day 04 / 17 July

Leh / Nimmu

Altitude: 3150m

Highlights

- Ladakhi Festival
- Afternoon walk to the village.

- Morning, drive towards Takthok Monastery to attend the festival.
- Carry on your drive towards Nimmu village, where we'll stay in a traditional Ladaki house.
- Late afternoon, walk & explore the Nimmu village.

Nimmu Village walk





30 km



5 km

Day 05 / 18 July

Nimmu

Altitude: 3150m



2 hrs

Rafting on Indus river

- Grade II and III easy rapids.
- It passes through astoundingly beautiful mountains, many of them with tiny hamlets and imposing old monasteries nesting among the valley

- We'll take a short drive through the barren plateau to reach Phyang Village.
- Set off on foot to explore the village & Phyang Monastery.
- Picnic Lunch by the stream.
- White water rafting on Indus river.

Phyang village



Phyang monastery



22 km



10 km

Day 06 / 19 July

Nimmu / Uley

Altitude: 3000m

Views of Zaskar Range



- Drive to Likir & visit Likir monastery.
- Begin your hike with an early ascent to a pass (3630m).
- Descend to Sumdo village & further to Rizong.
- Visit Chulichan nunnery at Rizong Monastery & have butter tea.
- Overnight at Uley, next to the river Indus.

25 feet Buddha Statue



Chulichan nunnery





40 km



11 km

Day 07 / 20 July

Uley / Temisgam

Altitude: 3200m

- Drive to Hemis Shukpachan - A pretty village surrounded by sparkling streams & willow trees.
- Today's trail is easy & is carved out from the Ochre rocks.
- Hoist a flag at Mebtak pass.
- Picnic lunch in Apricot orchard.
- Overnight in village homestay.

Picnic lunch spot



Hemis Shukpachan





4+4 km

Day 08 / 21 July

Temisgam

Altitude: 3200m

Highlights

- Spend time with women in the fields.
- Easy bicycle ride to Tia village
- Learn to cook Tibetan food.
- Dinner with the local family.

- The whole day is dedicated to the women of Temisgam.
- We visit village women, work with them on their fields, we laugh, dance and maybe sing with them.
- Mountain biking to neighbouring Tia village.
- Visit the Nunnery there, before returning to Timisgam.
- Cooking class at the village home & dinner with the family.



Temisgam Village





85 km



6 km

Day 09 / 22 July

Temisgam / Leh

Altitude: 3500m

Sacred Gorge



- Morning we hike through a beautiful gorge to an isolated village of Tar.
- Cut off from the rest of the world, they maintain their culture & traditions.
- Enjoy the hospitality of a local family and have lunch with them, before returning to where our vehicles will be waiting for us to take us back to Leh.
- Enroute visit the 11th century temples of Alchi, before arriving at Leh.

Alchi Monastery



Tar Village





90 km



5 km

Day 10 / 23 July

Leh / Kyagar

Altitude: 3200m

Eco Lodge



- After breakfast, drive to North Pullu, via Khardung La pass (5380m).
- From here we'll hike down to Khardong village, where we'll have lunch at a local restaurant.
- Continue driving down the valley to Kyagar village.
- Overnight in Kyagar.

Khardung La Top



The stay at Kyagar



Khardong village



4-5 km

Day 11 / 24 July

Kyagar

Altitude: 3150m

Yoga at Sand Dunes



- Morning yoga at sand dunes.
- After breakfast you will hike to Sumur Village.
- Spend the rest of the morning exploring the surroundings & interacting with the women.
- Later we will have a bonfire evening and enjoy a cultural program organized by the village women of Kyagar.

Cultural evening



The hike





35 km



5 km

Day 12 / 25 July

Kyagar / Hunder

Altitude: 3100m

- Drive to Diskit & visit a woman Amchi (Tibetan medical practitioner). Ask her questions.
- After this interesting meet, we will hike to Hunder sand dunes.
- Double Humped Bactrian camels were brought in Nubra Valley during the golden silk route era.
- Accommodation in Cottage tents. Bonfire Dinner under the stars.

Double Humped Bactrian camels



Hunder Valley



Amchi at Diskit



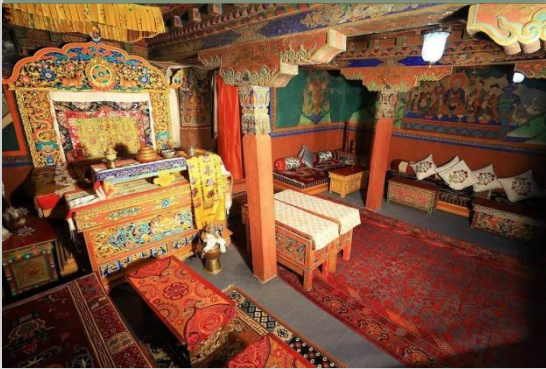
150 km

Day 13 / 26 July

Hunder / Stok

Altitude: 3500m

Museum - stok place



- Morning drive back towards Leh & carry on to a nearby village of Stok.
- Visit Stok Palace - Home to descendants of the Ladakhi royal family.
- Visit Museum which showcase private collection of royal family.
- Dinner at 200 years old Gyabthago Heritage home.

Dinner @ 200 years of home



Stok Palace



Leh View from palace



25 km



3 km

Day 14 / 27 July

Stok

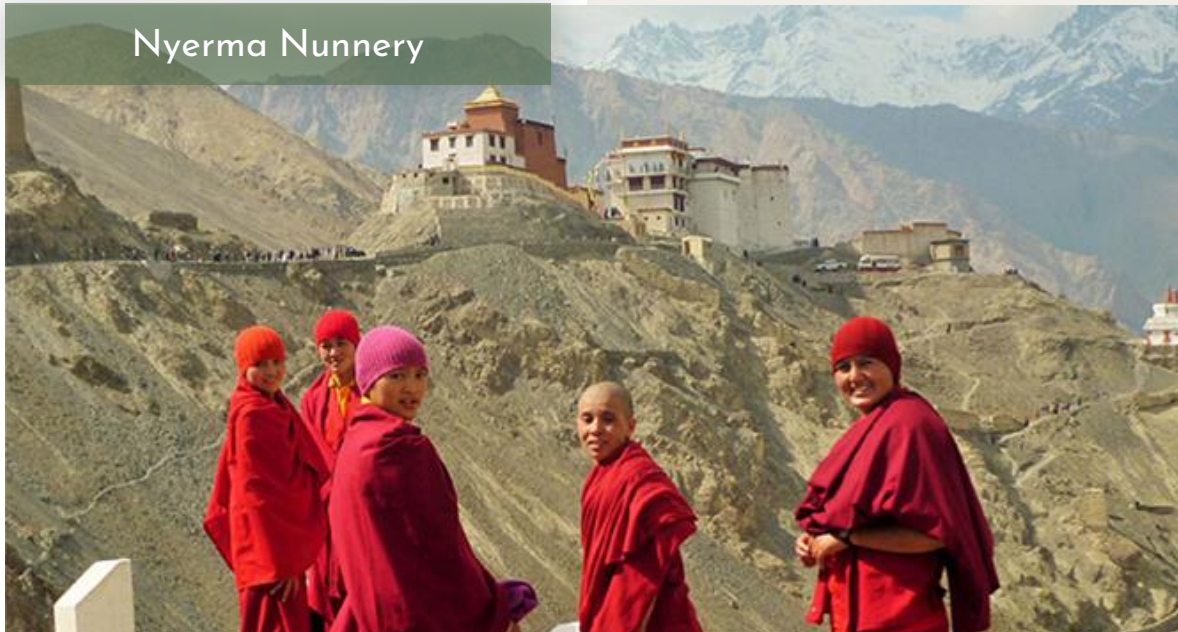
Altitude: 3200m

- Drive to Thiksey and visit the largest Gompa of Ladakh.
- We'll walk to Nyerma Nunnery.
- Have lunch with the nuns & interact with them.
- Visit the Women alliance of Ladakh & have an interactive session with them, along with tea.

Women alliance of Ladakh



Nyerma Nunnery



Thiksey Monastery



1 hr

Day 15 / 28 July

Stok / Leh / Delhi

Meet the family at Haveli



- Take an early morning flight back to Delhi. Check in hotel.
- Afternoon sightseeing tour of Jama Masjid (Old Delhi) - mosque built by Mughals.
- Bicycle rickshaw ride through narrow lanes to a tucked away Haveli of Lala Chunnamal (1848).
- Tea/Coffee with the present generation living there.
- Fare well dinner .

Rickshaw ride- Old Delhi



Chunnamal Haveli



Jama Masjid



Day 16 / 29 July

Depart Delhi

- Morning after breakfast, you'll be given a transfer to the international airport to board your flight back home.

TOUR ENDS



Notes

Fitness Required (5/10)

- Good fitness level with some determination.
- Walking/running over a month before the tour start, to ensure you have an enjoyable experience.

Medical Facilities

- Fully equipped hospitals at Leh.
- Portable Oxygen Cylinder
- Oxymeter
- First aid kit.

Day Off

In case the guest wants to take a day off from the hike, they can rest/spend time at leisure at the Lodge.



Thank You

Let us know if you
have any questions!


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