

Best Of Ladakh Zanskar Trek (22 Days/ 21 Nights)

Delhi-Kalka-Manali-Keylong-Jispa-Palamo-Zanskar Sumdo-Zanskar-Sumdo-Chhumiknakpo-Lakong-Kargyak-Kuru-Testa-Purne-Phuktal Gompa-Purne-Reru-Mune-Padam-Rangdum-Suru Valley-Kargil-Lamayuru-Leh-Delhi

Taking you across a mystical river journey from the wild Zanskar valley to the beautiful Leh, this tour passes enormous glaciers and valleys that are hidden in the remotest reaches of Himalayas. Get to the highlights of this famous tourist area that has incredible natural beauty. Visit some ancient monasteries and get in touch with age old pillars of Tibetan Buddhism that are sure to leave you with mesmerizing memories of this place.

Day 1: Delhi

On arrival meet to assistance drive to pre-booked hotel for overnight.



Day 2: Delhi

After breakfast commence the full day Old & New Delhi sightseeing. Am visit Jama Mosque, Red Fort, Rajghat (Cremination Side) & Government Building as India Gate, Parliament House, & Indian President House. After lunch explore the Humayun Tomb, & Qutub Minar, drive back to hotel for overnight.



Day 3: Delhi - Kalka - Manali

Early morning train to Kalka ETD 0740 hrs Arr. 1200hrs. By Shtabadi Express, on arrival at Kalk train station meet to escort commence drive to Manali 280km/ 7-8 hrs. On arrival check into Hotel. Dinner & overnight at Hotel.



Day 4: Manali

After breakfast at 0830 hrs, commence half-day tour in & around Manali the "queen of the mountain" situated at an altitude of 1985m. (6730ft) On the west bank of the Bias River, it makes an idyllic stop before heading on over the Rohtang pass the barren mountain landscapes beyond to Lahaul & Ladakh. First we take the excursion to Naggar, 22 kms from Manali, Naggar the former capital of the Kings of Kullu.



Perched on a mountainside, the 400-year-old castle, built of weathered wood & stone is now a tourist hotel. It has several stone temples dedicated to Shiva & Mandi. Later also walk up to visit the Rhoerich art Gallery, situated above the village with beautiful paintings. Return to Manali after visit; en route stop to visit the village of Jagatsukh. Rest of the afternoon free to walk around the town to visit three km north is the attractive village of old Manali, its peaceful surroundings, a good view from there the main city of Manali, Vashist, 03 km north-east of Manali, although the main reason for visiting is to soak in the hot springs. The site of ancient temples & the Shiva temple in Shikhara style and nearby old Devi Sharvali temple, dedicated to the goddess Gayatri (a sister of Durga) walk one km from the heart of the town and visit the 600 years old Hadimba Devi temple with a four tiered pagoda shaped roof, a somber, wooden shrine set in a cedar grove. According to the Mahabharata Bhima, who wanted to marry Hadimba, first had to kill cruel demon brother Hadimba that he did in this grove. Another exterior and door covered with handsome carvings received a dubious token of gratitude from the king. He was so enormed with the results, he cut off the artist's hand to prevent him from duplicating another temple that might rival the Hadimba. The influx of Tibetan refugees in Manali has left its stamp on the town. The new Tibetan monastery just behind the bus stop, in an area called model town and adjoining it the Tibetan bazaar, are examples. Farther north from Manali is Kothi, is quite village at the foot of the Rohtang pass. Offering the dramatic views of massive snow-covered peaks. Dinner & overnight at hotel.

Day 5: Manali - Keylong - Jispa

After breakfast commence drive to Keylong the capital village of this valley, Keylong is a bustling village & a very interesting market. Walk around Keylong & time permitting walk on the other side of the hill stands the most celebrated monastery of Lahaul called Khardung. Late afternoon drive to Jispa for overnight camp.



Day 6: Jispa - Palamo

This trek starts from the Himachal region and ends in the Ladakh region. Darcha is a village in the Lahaul valley of Himachal region and is the gateway to the Zaskar valley in the Ladakh region. Trek to Palamo (Chhalang Topko) passing through two Himachal villages Chhika & Rarik, now the road is leading till Palamo bridge, but it is better to do trek till Palamo, not by drive, dinner & overnight camp.



Day 7: Palamo - Zaskar Sumdo

Trek 5-6 Hrs The trail gradually ascends till reaching the awesomely beautiful Zaskar Sumdo, which is the meeting point of two water sources. The river here was once dangerous to cross but is now made safe by a modern suspension bridge. The pack cannot cross on it and therefore must be unloaded so that they can swim through the river. This bridge is situated on the boundaries of Zaskar and Lahaul valleys and from here you entire the Zaskar valley. From here ascend a little further to reach Zaskar Sumdo where you camp overnight.



Day 8: Zaskar - Sumdo - Chhumiknakpo

Trek towards the stream flowing from Shingo La Pass. The initial stretch towards Shingo La Pass has to be trekked very slowly, as the trail is steep and high altitude. A number of streams have to be crossed on the trail, which are extremely cold and have to be crossed very cautiously and slowly. The first campsite is a pasture called Chhumiknakpo. Overnight at camp.



Day 9: Chhumiknakpo - Lakong

The trail steeply ascends along a stream and then after further ascending across a snow-filled path, reaches Shingo La Pass. From the top of the Pass, there are spectacular views of the peaks of Ladakh. From this pass, the trail initially descends steeply down till the meadows of Lakong, which is a good camping site at the foot of the Shingo La. overnight dinner & camp.



Day 10: Lakong - Kargyak

The trail descends along the wide Kargyak River, which is difficult to cross if there has been a lot of snow melting during the day, increasing the depth of the water. After crossing the river, continue down the valley past the beautiful sheer-sided mountain called Gumburanjon (5900m). Kargyak is the first and highest village in this valley. There are good campsites beneath this village.



Day 11: Kargyak - Kuru - Testa - Purne

The trail gradually descends and runs along little settlements. The houses in this region are very simple compared to the elaborate architecture found in other parts of Zaskar valley. The houses are built below ground level to keep them insulated during the long cold winter months. Trek along these little villages, Kuru or Teta. From here follow the Kargyak River down the valley till Purne village. This village has a good campsite and one can even take a side trip to Phuktal. Overnight camp.



Day 12: Purne - Phuktal Gumpa - Purne

After a leisurely breakfast commence excursion to the most famous & dramatic monastery of Phuktal which is one of the most impressive Gompas in Ladakh by covering approx 14 kms. Where the spectacular Gelukpa monastery is situated around a sacred spring that originates from a deep cave. It is a fantastic sight with the monastery buildings built on the face of a rock, while the temple is situated in the cave. Trek back to Purne after visiting the monastery to camp for lunch. Dinner & overnight camp.



Day 13: Purne - Reru - Mune

The trek gradually descends through this Buddhist region and you will come across a couple of Chortens on the way. So according to custom, always go from the left side of the Chortens, which are stonewalls with religious inscriptions. Reaching Reru village you find the moterable road from Padum to Reru village. Behind the village one small lake and protected forest area the



location is top on a small plateau. Continue along the river until you reach the village and monastery of Mune. The friendly monks show you around the monastery. Dinner and overnight camp.

Day 14: Mune - Padam

The trek runs along the river until reaching the Bardan Gompas, which is one of the oldest Gompas of the region. The friendly monks will show you around the Gompas, which also houses a gigantic prayer wheel, which stands over three meters high. After visiting the monastery, trek down till Padum, which is only a little away. Camp overnight.

Day 15: Padam

Full day sightseeing by walk to Karsha & Zangla gompas. Rest of the time explores the local village around the Padum. Overnight at camp.



Day 16: Padam - Rangdum

After breakfast drive to Rangdum (4100m) by covering 140 km. On arrival at Rangdum pitch the tent for overnight. Rest of the day explores the monastery.



Day 17: Rangdum - Suru Valley - Kargil

Early morning drive to Kargil 7-8 hrs/covering 145 km. Over the Pensila pass (4250m), en-route visit the Nomadic camp, & shepherd houses. Enter the Suru Valley : One of the most beautiful regions of Ladakh , the Suru Valley forms the mainstay of Kargil district. Lying nestled along the north-eastern foothills of the great Himalayan Wall, it extends from Kargil town, first



southward for a length of about 75 Kms Upto the expanse around Panikhar, thence eastward for another stretch of nearly 65 kms upto the foot of the Penzila watershed where the Suru valley rises. Its composite population of about 30,000 -- mainly of Tibeti-Darad descent-- are Muslims who had converted their Buddhist faith around the middle of the 16th century. The upper valley reaches of the valley, particularly around the Sankoo bowl, the Panikhar expense and the higher stretch beyond, present a spectacle of breathtaking features-majestic mountain ramparts crowned by snow capped peaks, undulating alpine slopes draining into wild mountain streams of foaming cascades of pristine water, awesome glaciers descending along the Himalayan slopes to the river bed in riverine formation, Quaint villages of adobe houses stragglng dry hillocks surrounded by large tracts of lush crops downward the patches of alpine pastures uphill. The beauty of this region is further enhanced by the sheer contrast provided by the towering peaks of Kun (7035 m)and Nun (7135 m) which loom over the skyline in their crystalline majesty. Dinner & overnight at Hotel.

Day 18: Kargil - Lamayuru - Leh

After breakfastdrive towards Leh, enrout visit the historical site of Mulbekh. Later continue drive to Lamayuru. Visit Lamayuru monastery. In the afternoon drive further 1 & Half hrs drive to Leh,On arrival check into hotel for overnight.



Day 19: Leh

After breakfast visit Phyang & Spituk, Shanker Monastery PM visit Shanti Stupa and strolling the local market for individual activites. Overnight at hotel.



Day 20: Leh

Full day excursion to visit the most important monasteries of the Indus valley. After breakfast drive toward Hemis around 35 km from Leh, En route visit Shey, Thiksey & Hemis monastery accompanied by local English speaking guide : - Shey was the old capital and the home of the kings of Ladakh before the new capital became established in Leh the palace sits in a strategic



position on a spur jutting out into the Indus valley. The main temple contains a large Buddha statue sculpted by Nepalese craft men. Thiksey, this large Gompa is an impressive sight, situated on top of a craggy hill while the rest of the complex sprawls down beneath it. It was founded in the 15th century by Gelukpa monks. On arrival at Hemis visit the richest monasteries in this valley. As his famous annual mosque dance this is very very popular in Leh. After drive to Martselang & trek to Sang Sumdo around 2-3 hrs pitch the tent near by the village & rest of the time explore the village. Late afternoon return to Leh, rest of the day at leisure for shopping etc.

Day 21: Leh - Delhi

Early morning transfer to Leh airport for flight to Delhi (ETD 0735 hrs ETA 0850 hrs). On arrival transfer to Hotel. Full day at leisure!!! Overnight at hotel.



Day 22: Delhi

After breakfast day at leisure to explore the city. Checkout 1200 hrs. Late evening in time transfer to international airport for flight to onward destination.

