Lamayuru Alchi Trekking

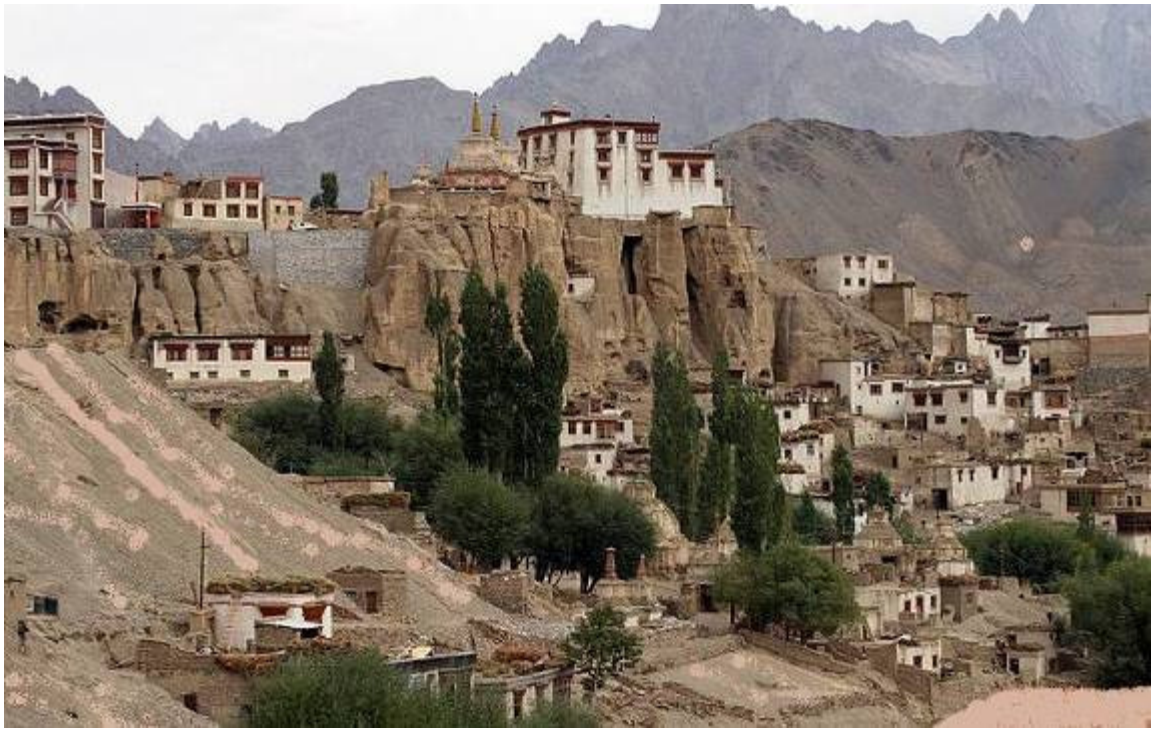
Around 125 kms west of Leh, on a stunningly gorgeous path, lays the initial existing monastery of Ladakh, known as Yung-Drung or the Swastika. The Gompa is surprisingly built on sand stone and dates to the 11th Century. The monastery has a significant narration and the neighboring area presents an appealing countryside that is stretch with yellow loess creation. The Alchi monastery lays 69 kms west of Leh, the most prominent and prime of all the Gompa built by Rinchen Zangpo in 11th Century. The monastery houses some of the finest murals and frescoes representing the style of Buddhist iconography.

Day 01: Delhi - Leh
Take a morning flight for Leh. Upon arrival at Leh Airport our representative would assist you at the Airport and transfer to Hotel. Check into the hotel. Full day relax at the hotel for the acclimatisation.

Day 02: Leh -Lamayuru (3 ½ hrs drive)
We leave Leh in the morning for Lamayuru. Along the way, we come across some of the oldest and most famous monasteries in Ladakh, founded around 11th century by Lotsawa Rinchen Sangpo Lamayuru, Likir and Alchi offer truly memorable visits on account of their age and history. After reaching Lamayuru (3420m) we will spend the day exploring the ancient monastery and to prepare for the next day.

Day 03: Lamayuru - Wanla (3-4 hrs)
We pack our small backpacks, watch the horses get ready, and set off for this first day of our adventure. A gentle trail leads up to the small pass of Prinkti La (3750m) before heading down to the village of Shilla and the last 3 km to Wanla

(3250m).Here we set up camp for the night and spend the afternoon relaxing in the sun or exploring the Gompa in Wanla, before we gather around for a good dinner.



Day 04: Wanla - Base of Tar La (4200 mts/13776 ft) 8 hrs
Today will be a long day past a couple of villages till you arrive at the base of Tar La.

Day 05: Base of Tar La - Tar (4300 mts/14105 ft) **via Tar La** (5250 mts/17220 ft)
The trail ascends and descends a few times before you arrive at Tar La. The way down to the village of Tar is over boulders.

Day 06: Tar - Mang Gyu 5 hrs
Crossing a small pass above Tar will bring you the village of Mang Gyu. There is a small monastery in the village that is worth a visit.

Day 07: Mang Gyu - Alchi – Leh 2 hrs
The last day's trek is a short one to the village of Gera from where a vehicle will pick you up and drop you to Leh after visiting Alchi and Likir.

Day 08: Leh – Delhi
In the morning transfer to airport to catch the flight for Delhi.

COST OF THE TRIP
USD 535 per person* (for a minimum of 2-4 person)
INR 21500 per person* (for a minimum of 2-4 person)
*4.9 % service tax extra

COST INCLUDES

- **Accommodation:** Leh: Guest House/hotel on bed and breakfast basis. Lamayuru: Guest House on breakfast basis. While on trek dome/alpine tent, carry mat, will be provided.

- Transport: Arrival, departure transfer at Leh. Drop and pick up for the trek point by Toyota Qualis/Tata Sumo.
- Meals: Leh: Only breakfast. Lamayuru: Only breakfast will serve.
  Trek: All meals will be freshly prepared and will be a mix of Indian, Chinese & Continental.
- Mules/Porters: For carrying camping equipment, rations, vegetables and some amount of personal gear of the clients (one bag not weighing more than 15 kgs).
- Professional Trekking guide & Cook would accompany the group.
- Trekking & Camping fees

COST DOES NOT INCLUDE

- Air fare (internal)
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Entrée fee if any
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance

Trekking Equipments List
• Trekking shoes or Regular sports shoes Nike or Adidas • One warmer (jacket or equivalent with hood) • One wool shirt or sweater, Two cotton shirts/T-Shirts • One pair cotton trousers or shorts • One pair shorts or calf-length skirt for women • Three pairs of regular underwear • Long underwear - thermal or wool • Wind- and rain-gear with hood, Sun hat, Cotton socks 4 pair • Personal first-aid kit including medication for common ailments • Flashlight with extra batteries, Sunglasses • Water bottle, preferably wide mouthed, with at least one liter capacity • Pocket knife, Camera, Note book with pens and pencils • Plastic bags - small size for books, film etc., larger bags for clothes • Suns cream lotion • Personal toiletries