

## Nubra Valley Trek



On arrival in Leh we spend the next several days exploring the wonders of the Indus valley at leisure while we acclimatize. Our trek then takes us to the newly opened destination the Nubra Valley over Digar La. Next we cross the majestic Wuri La to the ancient cave Gompa of Tak Tok and continue by jeep to Pangong Lake on the Tibetan border. On our way back to Leh, we visit several monasteries.

**Area:** Ladakh Himalayas

**Duration:** 10 Days

**Max. Altitude:** 5420 m/17783ft

**Grade:** Moderate to challenging

**Season:** Mid June - Mid Oct

**Day 01: Delhi - Leh** (Complete Rest in Leh for acclimatisation)

Take the morning flight for Leh from Delhi. On arrival at Leh met our representative and transfer to pre booked hotel/Guest house for relax and acclimatisation. This is necessary for getting acclimatised at high altitude. Evening one can visit the color full market of Leh. Overnight in the hotel/guesthouse.



**Day 02: Leh - Shey - Thiksey - Hemis**

On this day you will go a sightseeing trip to some ancient monasteries in this area.



**Shey Gompa** is about 15 kms from Leh. It used to be the summer palace of the kings of Ladakh. There are lots of Stupas and Gompas built around the palace. Shey palace was built by Deldan Namgyal in the beginning of 17<sup>th</sup> century AD. Main attraction in Shey is the 12m Shakyamuni Buddha statue inside the Dresthang Gompa.

**Thiksey Gompa**, close to Shey is about 17 kms from Leh. The monastery is considered to be one of the most beautiful in Ladakh and belongs to the Gelukpa order.

**Hemis**, about 45 kms south of Leh it is one of the most famous and largest monastery in Ladakh. It belongs to the Drukpa order and was founded in the early 17<sup>th</sup> century. The setting is perfect with the monastery cradled in a lovely valley, surrounded by streams and fronted by long Mani walls. Overnight stay at the guest house.

### **Day 03: Leh - Khardung La - Kyagar**

In the morning after breakfast drive to Kyagar Village. Enroute cross the world highest motorable



pass Khardung La. Visit Samstanling Monastery and sightseeing in the village. Overnight in a hotel.



**Day 04: Kyagar – Hunder**

Drive via Diskit Monastery to our first camp at Hunder where it may be possible to arrange a short ride on a Bactrian camel.

**Day 05: Hunder – Skarchen**

Trek though an impressive gorge to the shepherd's huts at Skarchen (3800m/12,476ft) at the confluence of 2 streams where we set up camp.

**Day 06: Skarchen – Brok Yogma**

Trek to Brok Yogma (4200m/13,780ft), passing through the tiny settlements of Wacham, Dokyogma and Drokyogma. Camp at Sniu Sumdo.

**Day 07: Brok Yogma – Hunder Valley**

Trek up to the Hunder Valley, to the foot of the Lasermo La. We set up camp at around 4800 metres / 15,750 feet.

**Day 08: Hunder Valley – Lasermo La - Phyang Valley**

An early start for our crossing of the Lasermo La (5420m/17,783ft) and descent into the Phyang Valley. Overnight camp at around 4500 metres / 14,760 feet.



### Day 09: Phyang Valley – Leh

Descend to Phyang where we meet our jeeps for the drive back to Leh. Check into the group hotel.



### Day 10: Leh – Delhi

Transfer to the airport for the spectacular flight across the main chain of the Himalaya to Delhi.

**Trip & services ends here.**

#### COST OF THE TRIP

**USD 675 per person\*** (for a minimum of 2-4 person)

**INR 30500 per person\*** (for a minimum of 2-4 person)

\*4.9 % service tax extra

#### COST INCLUDES

- **Accommodation:** In Leh hotel will be provided. While on trek we will use dome/alpine tents, carry mat, stool, table, kitchen tent etc
- **Transport:** Arrival, departure transfer at Leh. Also all sightseeing trip at Leh, drop and pick up for the trek in Leh by Toyota Qualis/Tavera.
- **Meals: Leh:** Only breakfast will serve. **Trek:** All meals will be provided. The meals 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 14 kgs).
- **Professional trekking guide & cook** would accompany the group.
- **Monastery Fee at Leh**
- **Trekking permit fee**

#### COST DOES NOT INCLUDE

- Air fare
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- 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

1. Trekking boots - well broken in and waterproofed
2. Down jacket or equivalent with hood
3. One heavy wool shirt or sweater

4. Two cotton shirts
5. One pair cotton trousers or shorts
6. One pair woolen trousers
7. One pair shorts or calf-length skirt for women
8. Three pairs of regular underwear
9. Long underwear - thermal or wool
10. Wind- and rain-gear with hood
11. Sun hat with brim
12. Woolen hat or balaclava
13. Woolen gloves
14. Woolen socks to wear with boots
15. Cotton socks
16. Personal first-aid kit including medication for common ailments
17. Flashlight with extra batteries
18. Sunglasses or snow goggles (an extra pair is recommended)
19. Water bottle, preferably wide mouthed, with at least one liter capacity
20. Pocket knife
21. Note book with pens and pencils
22. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
23. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
24. First aid set for minor accidents and sickness.
25. A raincoat is necessary to meet uncertainties of weather.
26. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
27. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.