

Buddhist Heavens Adventure:

A Hiking and Monastery Tour of Ladakh, India

with Lani Jelen

July 29 - August 11, 2012

\$3599

Day 1 - Arrive Delhi. Anytime, if we arrive late, we could drive straight to the domestic terminal for our flight Leh after few hours of wait at the airport. If our flight arrives early we will spend the night in the hotel.

Day 2: Delhi to Leh - Morning flight to Leh, the capital city of Ladakh. Rest and cclimate. Later visit the market and then go to Shanti Stupa (Japanese peace Pagoda) situated on a nearby hilltop. Enjoy spectacular views of the valley and surrounding mountain ranges. Late afternoon yoga with Lani. Ladakh Sarai Resort (B,L, D).

Day 3: Leh - Acclimatize day in Leh (11,500ft). After morning yoga with Lani followed by breakfast, visit the monasteries around Leh including Spituk Gompa, built in the 11th century. Ladakh Sarai Resort (B, L, D).

Spituk: The gompa stands prominently on the top of the hillock, 8 km from Leh, and commands a panoramic view of the Indus valley for miles. Many icons of Buddha and thankas are found in the 15th century monastery. There is also a collection of ancient masks, antique arms, and an awe inspiring of Mahakaal.

Day 4: Leh-Basgo-Alchi. 70 Kilometers. 3-5 hours with picnic lunch.

After morning yoga with Lani and breakfast, drive 40km to Basgo Monastery. Although the monastery was built for the Namgyal rulers in 1680, Basgo itself was embedded in the early days of Ladakh and is frequently mentioned in the Ladakhi Chronicles when it was a political and cultural center. The monastery is situated on top of the hill towering over the ruins of the ancient town and is noted for its Buddha statue and murals. In the 15th century, a palace was built in Basgo.

Alchi Gompa is a monastery built in 1000 A.D. by the translator, Rinchen Zangpo. He brought 32 sculptors and wood carvers from Kashmir for its construction.

Other option for the day:

Drive to Phey village on the bank of Indus. Than hop onto raft. We will be on raft for about 2 hours on the Indus. Only grade 3 rapids with load of scenic float. Right after the confluence of Indus and Zanskar rivers the rafting trip ends. After the picnic lunch on the bank of Indus we will visit Basgo and then drive onto Alchi to meet up with the rest of the group. Overnight Ulley Resort.

Day 5: Alchi - Rizong - Leh. 4-5 hours drive/140 Kilometers with picnic lunch.

After morning yoga with Lani and breakfast, drive to Rizong Gompa which was founded by the great Lama Tsultim Nima in the year 1831. It belongs to the Gelukpa Order, and is situated 73km from Leh. The monastery serves as the residence of 40 monks. However, they have to follow some very strict rules. The inmates of the monastery are not permitted to have anything on themselves, except for religious robes and books. There of a number of shrines inside its complex. Overnight Ladakh Sarai Resort (B, D).

Day 6: Leh-Shey, Thiksey-Hemis. 45 kilometers 3 to 4 hours with the picnic lunch

After morning yoga with Lani and breakfast, drive to Hemis where we will have lunch. Walk upto the hermitage of Gotsang (Cave). It will be an easy 45 minutes walk to the cave. Meditate inside the cave in the small shrine room of Gotsang. Later walk 30 minutes down to Hemis. Overnight camp at monastery.

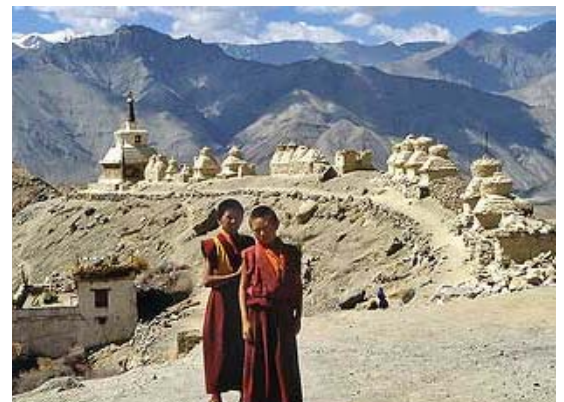
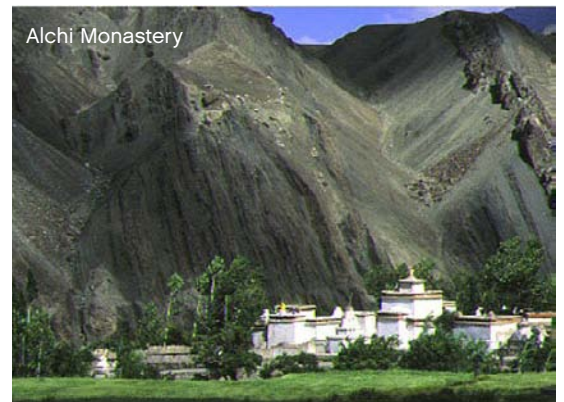
Shey Gompa and Palace was erected by King Deldon Namgyal, in the memory of his late father, Singay Namgyal. 15 kms upstream from Leh, the palace was once

PRICE INCLUDES:

Lodging (based on double occupancy), all meals, all domestic transportation, airport transfers, monastery and park/monument entrance fees, local & Redback Guides, camping equipment (tents, dining tent, kitchen tent, toilet tent, mattresses, sleeping bags), porter/driver tips.

DOES NOT INCLUDE:

International airfare, alcohol, guide tips.



residence of the royal family and is believed to have been the seat of power of the pre-Tibetan kings. A 7.5 meter high copper statue of Buddha, plated with gold, and the largest of its kind, is installed in the palace.

Thiksey Gompa - The Thiksey monastery is spectacularly situated 19 kms from Leh. It is one of the largest and architecturally most impressive gompas. The gompa has images stupas and wall paintings of Buddha which are exquisite.

Hemis - Hemis Monastery is the biggest and wealthiest monastery in Ladakh. Founded in 1630, it boasts a very rich collection of ancient relics including a copper-gilt statue of the Lord Buddha.

Day 7: Hemis - Shang Sumdo (11,200ft • 5 hours). Join the monks for the morning pooja in the assembly hall. After breakfast trek to Shang Sumdho. It will be an easy 5 hours trek to Shang Sumdho. Please be prepared, this will not be the most beautiful part of our trek, yet it allows us very good training for the coming days. Most of the hike is flat. Camp at Sumdho.

Day 8: Sumdo to Shang Phu (14,170ft • 4-5 hours) - Morning yoga with Lani. After breakfast, walk up the Shang valley towards Shang village and monastery for a sweeping view of the valley. Most part of the walk will be along river and many times on the riverbed with few river crossing. Camp at Shang Phu.

Day 9: Shang Phu to Sheppard Camp over Shang La (16,320ft • 5-6 hours) – The beginning part of the day goes with slow and gradual ascend along the valley and just before the pass, it will be steeper ascend for about 45 minutes. After ascending up the first pass of our trek it will be a gradual descent to our campsite. Camp at small meadow close to Sheppard camp. Enjoy spectacular views in front of beautiful rock formations and the snow capped Matho Kangri.

Day 10: Sheppard Camp to Gangpoche (14,820ft • 3-4 hours) – Morning yoga with Lani. Its an easy day today, our walk takes us to small river crossing and then we gradually walk along a long stretch of ridge and then slowly come down to our camp site at Gangpoche. Afternoon yoga with Lani. Camp in an alpine meadow at Gangpoche.

Day 11: Gangpoche to Stok Kangri Lower Base Camp (14,950 ft • 6 hours)
After yoga and breakfast, we gradually walk towards another Sheppard camp. After a small river crossing, we gradually walk towards the Mathola (15480 ft). The first 45 minutes of the walk to the pass is a little steep and then along a gradual ridge. Enjoy the spectacular view of Stok Kangri (20,200 ft) and other peaks. Descend to a valley and cross a tributary stream and than walk along another ridge towards the lower base camp of Stok Kangri.

Day 12: Stok Kangri Base Camp to Stok, Drive Leh (11,500 ft • 5-6 hours)

After yoga and breakfast, explore the northeastern flanks of Stok Kangri before returning to the main Stok Nala. Continue down the Stok valley past the ruins of an ancient Ladakh fortress, Styang La Khar. From here walk an hour to Stok village, followed by 45 minutes drive to Leh. Overnight Leh.

Day 13: Leh-Delhi-Agra 55 minutes flight and 4 hours of drive.

Fly to Delhi. From the airport drive straight to Agra. Check into the hotel. Later visit the Agra Fort at sunset. Overnight Agra.

Day 14: Agra-Delhi-Home

Early morning wake-up to visit the Taj Mahal at sunrise. After breakfast, drive 4 hours back to Delhi and straight to the hotel for wash and change. Later transfer to airport to board flight home.

