

# Ladakh Odyssey : Journey In Time

## Trip Dossier

### DAY 01 Arrive Delhi.

Meet and assistance on arrival at the Indira Gandhi International Airport and transfer to Hotel Park. Rooms available from mid day onwards. Overnight at Park Hotel.

### DAY 02 Delhi – Kalka – Shimla.

Morning at leisure for personal activities. Post lunch check out of the hotel and depart for a half-day city tour of Old and New Delhi. In the night transfer to the railway station to board the overnight Kalka Mail Train. Dep Delhi 2250 Hrs arr. Kalka 0510 Hrs. Overnight in train.

### DAY 03 Kalka – Shimla.

Arrive Kalka at 0510 Hrs. Packed breakfast will be provided on the station leaving us just enough time to connect with the Shivalik Express steam engine train to Shimla (0530/1015). The unique journey on this ancient railroad takes you back into bygone times where time comes to a standstill and everything happens in slow motion. You slowly chug along the tracks moving deeper and higher in the Shivalik hills all the way till Shimla. Met on arrival in Shimla and transfer to your hotel.

Scandal Point on the Mall is a very pleasant uphill stroll, due to the lack of vehicular traffic. Scandal Point remains the hub of Shimla's social life and is named after a British Commander-in-Chief's daughter eloped from the spot with the Maharaja of Patiala.

Shimla is one of the few places in the world where an enormous amount of history and heritage has been distilled into such a small place in so short a time. The town came into being in the first quarter of the 19th century and some four decades later became the summer capital of the British Raj. Till the coming of India's independence in 1947, momentous events and memorable architecture packed the town. Overnight at the East Bourne Hotel



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### **DAY 04 Shimla-Manali (8 hours, 300 Kms).**

Early morning depart by road to Manali via Mandi. The latter half of this unique journey follows the narrow and breathtaking Beas gorge between Pandoh Dam Bhuntar. After Bhuntar the valley opens out to beautiful alpine meadows and fruit Orchards. The Kullu valley is famous for its superior quality of apples, apricots and cherries. Drive to Manali and check into your hotel. Overnight in Mayflower or similar.

### **DAY 05 Manali (6,500 ft).**

A full day in Manali for sightseeing in and around this beautiful hill station. The tour starts with a visit to the famous Hadimba Devi Temple, a nice stroll through the mall a visit to the Hot springs at Vashisth and time permitting a drive to visit the Naggar Castle and Roerich Art gallery.

Lots of walking in and around Manali is recommended to help acclimatize to the altitude for the coming days. Return to Manali for overnight in Hotel Mayflower or similar.

### **DAY 06 Manali – Jispa (3300 Mts.): (145 Kms. 7-8 hrs).**

Start your overland journey and drive to Jispa. This high altitude road beyond the great Himalayan range, connects the densely fertile and green Kullu valley to the stark barren region of Ladakh. The drive starts at Manali slowly winding up mountain roads till Rohtang Pass at 3,950 Mts. Which connects the Kullu to the Lahaul valley. On entering the Lahaul valley we see a distinct change with the Hindu influence being replaced with the Buddhist religion. Stop over at Keylong, the district headquarters of Lahaul and take a walk through the small market. Overnight in Hotel Ibex in Jispa / tents

### **DAY 07 Jispa - Sarchu (4200 Mts.): (80 Kms. 4 hrs).**

Post breakfast drive over the scenic Baralacha Pass (4880 Mts.). This scenic climb to the pass will give you opportunity to see Himalayan lakes like Deepak and Suraj Tal and also a myriad of Himalayan flora and fauna along the way. After crossing the pass drop down to the vast Sarchu plains at an altitude of 4200 Mts. Overnight in tents.

### **DAY 08 Sarchu-Leh (3505 Mts.): (256 Kms. 9 hrs).**

Cross the Tsarap Chu River and climb steeply to cross the Lachlung La pass (5065 Mts.). We then descend to the Pang plateau, which is the abode for the Kiang (Tibetan wild ass) perhaps the fastest animal at these altitudes. After the plateau we climb to the Tag Lang La pass (5292 Mts.). The second highest motorable road in the world this pass gives way to beautiful views of the Karakoram Mountains and the Ladakh valley. Drop down to the base of the pass at Rumtse and drive on through a narrow valley till we hit the Indus valley. We cross over the Indus River and drive down a beautiful and wide valley all the way till Leh. Overnight at the Padma Guest House.



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### **DAY 09** Leh.

Full day in Leh to walk around the quaint Leh Bazaar, walk to the Japanese Stupa offering grand views of the entire valley and mix with the locals. Return to Padma guesthouse for overnight.

### **DAY 10** Leh – Mang Gyu – Tar (2 hrs. drive. 5 hours trek).

Early morning start for two hours to the road head at Mang Gyu along the Indus valley. You start your first day trek over here. Mang Gyu is a small village with a very scenic monastery. Your first day on the trail will take you along a valley to cross a small pass and then descend down till Tar village.

Overnight in trekking tents.

### **DAY 11** Tar – Urshi (08 Hours).

Today will be a tough day for us. A strenuous four hours climb through fallen rocks and scree will bring us to the Tar La pass at 5250 mts. From the pass there is a well marked but steep trail all the way down till the village of Tar. Walk into camp where hot tea and snacks will be waiting for you.

Overnight in trekking tents.

### **DAY 12** Urshi – Wanla – Lamayuru (7 hours).

Early morning start from Urshi will take us initially south along a small stream and down a wide valley to the village of Phenjila. From Phenjila we will walk along the Yapola stream and carry on to Wanla via the Shilla village. From Wanla we will gradually start climbing to cross over the Prinkiti La pass at 3720 mts. A gradual descent is followed by a short but steep climb to the Lamayuru monastery. We finish our trek here and proceed to visit the Lamayuru Monastery.

This photogenic monastery is a major landmark on the old Silk Road between India and Tibet. The legend behind this monastery goes that the village of Lamayuru was once under a lake, which was drained by the sage Naropa, to permit laying of the foundation of the monastery. What is certain that Lamayuru built in the 10th century is the oldest monastic site in Ladakh. One of the original temples is still standing just beyond the main assembly hall and is now being extensively renovated. The monastery belongs to the old Tibetan Kargyukpa school. Walk to the camp site and overnight in tents.

Overnight at camp.

**DAY 13** Lamayuru – Leh (5 hours).

Depart back to Leh in the morning. Enroute stop over and take a short walk to the Ridzong monastery. Ridzong is one of the most impressive monasteries of Ladakh. Relatively new (1840), it is perched on a beautiful spot in a side valley and has a wonderful collection of Thankas. Check into your hotel in Leh. Overnight at the Padma Guest House.

**DAY 14** Shey – Thiksey – Hemis – Leh.

Today we will visit the three must do icons of the Indus Valley, the Shey, Thiksey and Hemis monasteries. We will return to Leh in the evening.

**Hemis Monastery:**

Situated just off the Manali-Leh Highway, Ladakh's biggest and wealthiest monastery is situated on the Leh - Manali road. It's popularity stems from the annual festival held here in summer. The festival coincides with Guru Padma Sambhava's (Buddha) birthday. It contains quite a few statues in gold and Stupas decorated with precious stones. It has a superb collection of Tankhas, including one, which is supposed to be the largest in existence, and is exhibited only once every 12 years.

**Thiksey Monastery:**

19 Kms from Leh, Thiksey is one of the largest and most impressive Gompas of Ladakh. The Thiksey monastery provides a panoramic view of the green Indus Valley from its vantage point atop a hill. It has chambers full of statues, Stupas and colorful Tankhas.

**Shey Palace And Monastery:**

This summer palace of the erstwhile King of Leh set upon a hill. The monastery itself has a 7.5-meter high, copper statue of a sitting Buddha, wrought in gold. This is the largest of its kind in the world. Overnight at the Padma Guest House.

**DAY 15** Leh – Delhi.

Early morning transfer to the airport for your flight to Delhi. In Delhi you will be met at the airport and transferred to the Park Hotel. Overnight at the Hotel

**DAY 16** Delhi.

Full day at disposal in Delhi to shop around or take an optional full day excursion to Agra to visit the world famous Taj Mahal. Overnight at the Park Hotel

**DAY 17** Depart Delhi.

Transfer to the airport for your flight back home.



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## Complimentary Services

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets

## Mode of Payment

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

### If you pay by cheque/ bank draft pls make it payable to:

Gurkha Encounters Pvt. Ltd.  
G P O Box: 20195  
Ganeshman's Building  
House No.: 135  
Chaksibari Street, Thamel, Kathmandu, Nepal  
Phone: +977 1 4267 882 and 889  
Fax: +977 1 4267 854

**Note:** If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.

## Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed

- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal
- ❖ Our staffs are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:

<b>Date of Cancellation</b>	<b>Charge Incurred</b>
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

## Equipment List (General Items)

A pair of light hiking boots  
 A pair of sandals  
 2 pairs of woolen socks and 2 pair of hiking socks  
 1 medium poly pro shirt  
 1 pile jacket  
 1 down jacket  
 1 woolen hat  
 A pair of sunglasses  
 A pair of glove shells with liner or ski gloves (opt.)  
 A pair of woolen gloves  
 One Trekking pack 3000 cubic inches capacity  
 One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30  
 Two Reading books (Optional)  
 One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger  
 A one liter water bottle  
 A pair of Trekking poles  
 One flash light with 4 sets of batteries  
 one -5 to -20 sleeping bag  
 Two T-shirts and one long sleeve T/city shirt  
 Two Trekking baggy pant



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## **Toiletry Items**

Towel, pre-moistened nappies, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.

## **Miscellaneous Items**

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.

## **Welcome to the Himalaya**

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.

Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and



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environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.

## **Small Group Travel**

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

## **Tailor Made Private Charter Adventures**

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.

Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.

## **Group and Club Organisers**

If you are organising a trip for a group or a club we will offer one free\* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (\* permit fees, national park entry fees, airfares and departure taxes not included).

## **Contact Us**

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at [info@gurkhaencounters.com](mailto:info@gurkhaencounters.com), or telephone us on



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+977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website [www.gurkhaencounters.com](http://www.gurkhaencounters.com)

**'Tapai lai Hardik Swagat Cha' - Welcome from our heart to the mighty Himalaya.**

## **Trekking in the Himalaya**

The Himalaya mountain regions provide some of the finest trekking routes available anywhere. Within the Himalaya, Nepal's mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you'll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience. Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you'll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

### **Teahouse Trekking**

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.



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### **Fully provisioned camping style trekking**

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, and provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

### **Our Grading System**

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.

We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

**Wish you have memorable time with us!**