

# *SHAM/ ARYAN VALLEY TOUR*

ULLEYTOKPO, LAMAYURU, LUNAR LANDSCAPES, TINGMOGANG FORT, RIZONG NUNNERY,

DROKPA TRIBES, PANGONG LAKE, KHARDONGLA PASS

*VALID TILL 15<sup>th</sup> OCTOBER 2010*



## **REGIONAL FACTS**

<b>Area</b>	: 97,000 sq kms out of which nearly 38,000 sq. kms.
<b>Population</b>	: Approx. 2.40 lakh in the 2 districts of Leh & Kargil.
<b>Languages</b>	: Ladakhi including Balti / Purgi, Shina or Dardic, Urdu / Hindi.
<b>Ethnic composition</b>	: Mongoloid/Tibetan, Dardic and assorted Indo-Aryan elements.
<b>Altitude</b>	: Leh 3505 m, Kargil 2750 m
<b>ATMs available</b>	: SBI & J&K Bank
<b>Credit Card Facility</b>	: Not accepted by most of the shops, restaurants & hotels.
<b>Mobile</b>	: BSNL, Cell One and Airtel

Temperature	Max	Min
Summer	25°C	8°C
Winter	(-) 5°C	(-) 20°C
Rain-fall	15cm, 6" (annual average)	
Clothing	Cotton & light woolens in summer and heavy woolens including down-filled wind proof upper garments in winter.	

Ladakh is a land abounding in awesome physical features set in an enormous and spectacular environment. Bounded by two of the world's mightiest mountain ranges the Karakoram in the north and the Great Himalaya in the south it is traversed by two other parallel chains the Ladakh Range and the Zaskar Range. Ladakh lies at altitudes ranging from about 9,000 ft (2,750 m) at Kargil to 25,170 ft (7,672m) at Saser Kangri in the Karakoram Range. Surprisingly though the thin air makes the heat of the sun even more intense than at lower altitudes. It is said that only in Ladakh can a man sitting in the sun with his feet in the shade suffer from sunstroke and frostbite at the same time.

Leh the capital of Ladakh is situated at a height of 3505 meters and is towards the eastern parts of Jammu and Kashmir. The region is watered by the Zaskar River which flows into the Indus River just below. Leh is a beautiful destination with so many attractions and is the center of Tibetan-Buddhist Culture for ages. Its colorful gompas have attracted the Buddhists devotees from all over the globe. Besides it is also a favorite hiking locale and is known for some of the best hikes in the country. Tanglang La Pass regarded as the second highest mountain pass in Ladakh is located in between the snow-clad mountains of the Great Himalayas. Perched at a height of about 5,325 m, it lies in Leh District of Jammu and Kashmir. Tanglang La Pass cuts through the Zaskar Range. Icicles hanging from the cliff face in the shade create a mesmerizing sight while crossing the pass.

### **8 NIGHTS/ 9 DAYS ITINERARY**

#### **DAY 1: DELHI - LEH**

Arrive at Kushok Bakula airport & transfer to hotel. Full day at rest for acclimatization which is must. Evening easy walk to Leh bazaar. Overnight at the Hotel.

#### **DAY 2: LEH**

After an early breakfast, proceed for a half day tour of Indus Valley tour includes visit to Stok Palace Museum, Shey Palace, Thiksey Monastery and Hemis Monasteries. Overnight at the hotel.

#### **DAY 3: LEH - ULLEYTOKPO**

After a leisure breakfast drive to Ulleytokpo 70km on the way visit Sangam, Alchi & Likir Monastery. Packed Lunch for the day. Afternoon excursion to Lamayuru Monastery & Lunar landscapes. overnight at Ulley.

#### **DAY 4: ULLEYTOKPO - BEIMA**

Morning drive to Drokpa Valley 85 km, the drokpa tribes of Ladakh are considered one of the pure descendents of Aryan race with different culture & a unique language. Checkin at the camp in Beima village. Packed Lunch and afternoon visit Dha & Beima villages which are among the two important Drokpa Tribes and which are among the few opened for tourists.



#### DAY 5: BEIMA – TINGMOGANG

Morning after breakfast drive 95 kms to Tingmogang village. Enroute stop at Khalatsi village for tea. Arrive Tingmogang by afternoon and check-in at the Hotel. Lunch and later visit Nunnery school, the great fortified Tingmogang Palace and the Chamba monastery. It was once the capital of western Ladakh. Overnight at the hotel.

#### DAY 6: TINGMOGANG – LEH

Morning after b/fast visit Vipassana Valley which is an exclusive meditation valley in the village and then drive back to Leh 92 km. Check in at the hotel in Leh. Rest of the day free at leisure. Overnight at the hotel.

#### DAY 7: LEH TO KHARDONGLA PASS TO LEH

After an early breakfast, proceed for excursion trip to Khardongla Pass 5600 meters, supposedly the world highest motorable pass. Back to Hotel by noon. Later in the evening around 4:30 pm visit Shanti Stupa & Leh Palace. Evening free.



#### DAY 8: LEH TO PANGONG & BACK

Fullday excursion to Pangong Lake 135 kms one of the biggest natural brackish lakes in the Himalayas, back by Leh by evening. Picnic packed lunch in Pangong. Overnight at the Hotel in Leh.

#### DAY 9: LEH – DELHI (BY FLIGHT)

Morning after a light snacks, transfer to airport to board flight for Delhi.

#### PER PERSON PRICE (IN INR)

PACKAGE TYPE & COST	2 PAX	4 PAX	6 PAX	SINGLE SUPPLEMENT	EXTRA BED	CHILD NO BED
STANDARD	34,044	24,784	20,578	8,185	8,411	4,611
DELUXE	37,068	25,995	22,930	9,519	10,134	5,334

#### PACKAGE PRICE INCLUDES:

- Twin sharing accommodation (Double room) at all places in Hotels / Camps as applicable to the itinerary.
- All meals buffet (AP Plan: Breakfast, Lunch & Dinner).
- Welcome drink on arrival with cookies and biscuits.
- Airport transfer.
- Exclusive sightseeing & excursions by one non ac Toyota Qualis / Scorpio / Tavera vehicles, the same car shall do the complete itinerary.
- Wildlife fee for Tso-moriri Lake, Pangong Lake and Nubra Valley areas which are protected wildlife sanctuaries in Ladakh.
- Inner line permit for restricted areas of Nubra, Pangong, Tsomoriri and Dha-Hanu areas (Guest are required to bring one a photocopy of their photo identity proof along with them. Foreign Tourist should bring their original Passport with a valid Indian Visa on it. For Foreign Diplomats the permit has to be issued from Ministry of Home Affairs, New Delhi)
- Services of Local English speaking guide in Ladakh.
- For arrival & departure transfers, company representatives will be provided
- 2.575% Govt. Service tax.

### PACKAGE PRICE EXCLUDES:

- Medical & Travel insurance
- Domestic airfare
- Personal items like mineral water, phone calls, laundry etc.
- Extra meals / room services / bottled beverages consumed at the hotel.
- Additional costs for Hotel accommodation, transport services due to flight cancellation, road blocks etc.
- Porterage & tips at the airport, Hotel/Camp staff & drivers.

### TERMS & CONDITIONS:

- Trip prices are applicable strictly for Indian & Foreign citizens.
- Trips are materialized subject to minimum 2 persons together.
- We hold the right to alter the tour schedule incase of bad weather & other conditions beyond our control that might effect the normal itinerary.
- 25% advance payment is required to book the trip on definite basis and balance payments to be cleared before departure of the tour.
- The meals at the hotel are Buffet with mix of Veg & Non-Veg dishes. Incase of pure veg meals (No onion/no garlic) advance intimation is must.
- During day sightseeing tours, lunch would mostly be packed boxes (usually continental style), so in such a case hot lunch may not be possible.
- For further details please contact your travel agent.
- Meals at the hotel or other services not utilized during the tour shall be not liable for any kind of refund from the tour price.

### CHILD POLICY:

- Children below 5 years of age are free on sharing bed with parents.
- Children bt. 5 - 12 years are liable for taking an extra bed.
- However children bt. 5 - 12 years sharing bed with parents are liable for extra meals.
- All children above 12 years of age shall be treated as adult and will have to take an extra bed as mentioned in the trip price list.

### SUPPLEMENT COSTS FOR EXTRA SERVICES

- Exclusive Ladakhi Cultural Show: AUD 138 - 163.
- 3-4 Hrs Rafting on Indus River (from Phey to Nimoo): AUD 38 per Person.
- 3-4 Hrs Rafting on Zaskar River (from Chilling ti Nimoo): AUD 50 per person
- Thiksey Monastery special Morning Puja Ceremony : AUD 25 Per Car

### PROPOSED HOTELS/SIMILAR

PLACE	STANDARD PACKAGE	DELUXE PACKAGE
LEH	Hotel Chubi / Hotel Pangong / Mandala / Munshi continental	Holiday Ladakh Hotel / Hotel Lharimo / Gawaling International/ Grand Willow/ Lotus / The Druk / Chow Palace/ Spic-n-Span
ULLEYTOKPO	Zimskhang, Samdupling in Alchi	Ulley Ethnic Resort, or at Alchi Village
BEIMA	Aryan Valley Camp	Aryan Valley Camp
TINGMOGANG	Hotel Namra	Hotel Namra

### **USEFUL TIPS:**

- Say “JULLEY” while meeting people and receiving favors in Ladakh, it means both “Namaste” and “Shukriya”
- Avoid bringing or using polythene bags as it is strictly banned in Ladakh.
- All personal garbage like pack lunch boxes, wafers, mineral water bottles etc must be brought back to your hotel, as littering is prohibited in Ladakh.
- Always put off your shoes before entering a monastery chapel
- Take permission from the monks before taking photos inside the monasteries.
- Avoid offerings sweets / tips etc to local children.
- Always take clockwise direction while visiting Stupas and Monasteries.
- Smoking / drinking around religious shrines are not welcomed.
- And always wear your smile, you will win many friends.

### **MUST TO BRING:**

- Good U/V protected sun goggles.
- Sun Cap
- Sun cream lotions
- Personal Flash torch
- Comfortable clothing / no formals
- At least one warm Jacket & a sweater
- Personal medicines
- Binocular for wildlife viewing

### **FIRST DAY FIRST CARE: HIGH ALTITUDE SICKNESS**

If you are arriving by flight to Leh, it is must to take the FIRST DAY for complete rest to acclimatize to the new altitude of Leh which is at 11500 ft above sea level. Your body takes 24–36 hours to adjust itself to this high altitude. “Rest” means complete lying down in your hotel room without reading or watching TV. It is absolutely necessary to keep yourself properly hydrated, so drink enough water but do not drink in excess. Ladakh is dry in nature and lacks moisture. You are requested not to indulge in any activity immediately on your arrival in Leh.

### **BEST SEASON:**

- April to Mid October. Rush period July & August
- Winter period from November to March. Tours in these period shall be available with heating system in both the vehicle & the hotel.

### **HOW TO REACH:**

Both Indian Airlines, Jet Airways and Kingfisher Red has daily scheduled flights on Delhi–Leh–Delhi sector taking one hour & 15 minutes flight. Flights are also available from Jammu & Srinagar which are once or twice a week schedule. Most of the flights have early morning departures, guest should report 2 hours before departure time at the airport.

## REGIONAL FACTS:

Avg. Altitude:	3500 mtr
Avg. Temp:	(Summer) Max 25 / Min 15
Avg. Temp:	(Winter) Max 5 / Min -25
Area:	95,000 Sq. Kms.
Language Spoken:	Ladakhi, Hindi & English
Population:	Approx 2,50,000
Regional Capital:	Leh
ATMs available:	SBI, J&K Bank, PNB
Credit Card Facility:	Not accepted by most of the shops, restaurants & hotels.
Mobile :	BSNL CellOne and Airtel (only post-paid services)

## EXTRA NOTE:

All schedules and other information are subject to change without notice and to Government approval.

