

THE GREAT HIMALAYAN TRAVERSE

(MANALI TO KASHMIR VIA LADAKH)

MANALI, NUBRA VALLEY, SARCHU, Khardongla Pass, Pangong Lake, Lamayuru, Kargil

VALID TILL 15th OCTOBER 2010



REGIONAL FACTS

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

10 NIGHTS/ 11 DAYS ITINERARY

DAY 1: MANALI - KEYLONG

Morning drive to Keylong 115 kms via Rohtang Pass 3980 mt. Drive through Marhi, Koksar, Sissu and Tandi villages. Arrive Keylong and checkin at the hotel. Visit Keylong town and overnight at the hotel.

DAY 2: KEYLONG - SARCHU

After b/fast drive 137 kms Sarchu via Baralacha pass 4900mt. This day is going to be a wonderful Himalayan safari with stunning views on the way. Arrive Sarchu plains and checkin at the tented camps for overnight stay.



DAY 3: SARCHU - LEH

Early breakfast and drive 222 kms to Leh via Tanglangla pass 5300 mt, and driving past the great plains of Moree. Arrive Leh and check in at the Hotel. Evening free at leisure.

DAY 4: IN LEH

Morning free at rest & leisure. Afternoon visit Shanti Stupa, Sankar Monastery, Leh Palace & local Market. Overnight at the hotel.

DAY 5: LEH - NUBRA

Drive to Nubra valley via Khardongla pass at 18360 ft. To be at this height is a test of your physical endurance and you can boast of being at the base of Mt Everest, which is at the same altitude. Arrive Nubra by noon and check in at the Camp/hotel. Later visit Sand Dunes and Diksit Monastery. Overnight at the Camp/Hotel.

DAY 6: NUBRA - LEH

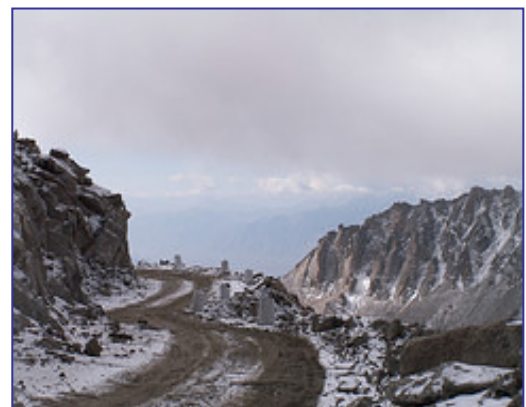
Drive back to Leh & afternoon free at leisure. Overnight at the hotel.

DAY 7: IN LEH

Morning visit Phiyang & Spituk Monasteries. Lunch at the hotel, afternoon visit Hall of Fame, Tibetan Handicrafts center and Leh Market. Overnight at the hotel.

DAY 8: LEH TO PANGONG & BACK

Early at 0600 hrs proceed for day excursion to Pangong Lake 135 km, one of the largest and most beautiful natural brackish lakes in the Himalayas. Lunch at Pangong and explore the lake area. Back to Leh by evening. Overnight at the hotel.



DAY 9: LEH – LAMAYURU

Pack up in the morning and head for the next drive towards Kashmir valley. First halt will be at Lamayuru 125 kms, enroute visit Sangam of Indus & Zaskar river, Alchi Murals and Basgo Castle. Arrive Lamayuru and checkin at the Hotel for overnight stay.

DAY 10: LAMAYURU – KARGIL

Morning visit Lunar landscapes and Lamayuru monastery, thereafter drive to Kargil 110 kms, on the way visit the famous Rock cut statue of Maitreya Buddha at Mulbekh village. Arrive Kargil by evening and checkin at the hotel for overnight stay.

DAY 11: KARGIL – SRINAGAR

Early morning drive to Srinagar 205 kms. On the way visit Drass– the 2nd coldest place on earth. After driving past Zojila pass and Sonamarg arrive in Srinagar . Drop at the hotel.



PER PERSON PRICE (IN INR)

PACKAGE TYPE & COST	2 PAX	4 PAX	6 PAX	SINGLE SUPPLEMENT	EXTRA BED	CHILD NO BED
STANDARD	48,276	32,610	26,308	8,821	7,129	4,872
DELUXE	52,830	36,366	29,426	9,796	8,103	6,144

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 Pangong Lake and Nubra Valley areas which are protected wildlife sanctuaries in Ladakh.
- Inner line permit for restricted areas of Nubra, Pangong 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 for Indian & Foreigners.
- Trips are materialized subject to minimum 2 persons together.
- We hold the right to alter the tour schedule in case of bad weather & other conditions beyond our control that might affect 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. In case 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: Rs. 5,520 - 6,520.
- 3-4 Hrs Rafting on Indus River (from Phey to Nimoo): Rs. 1,520 per Person.
- 3-4 Hrs Rafting on Zaskar River (from Chilling to Nimoo): Rs. 2000 per person
- Thiksey Monastery special Morning Puja Ceremony : Rs. 1000 Per Car

PROPOSED HOTELS/SIMILAR

PLACE	STANDARD PACKAGE	DELUXE PACKAGE
KEYLONG	Hotel Snowland	Hotel Tashi Delekh / Deykid
SARCHU	Standard Camp	Deluxe Camp
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
NUBRA	Hotel Olthang / Sangam View / similar	Tirith Deluxe Camp / Mystique Meadows Camp / Chamba Camp
LAMAYURU	Moonland Guest House	Hotel Niranjana
KARGIL	Siachen, Caravan Sarai	Siachen, Caravan Sarai

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.

