

# Ladakh Monastery Trekking

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Ladakh is the land of monasteries where the numerous monasteries are the true emblem either of the Mahayana or the Hinayana sect of Buddhism. It's one of the the forbidden land treks of India.

This monasteries of Ladakh give the region its unique flavor and beauty. Most of gompas and monasteries are built on the lone rocks or on the craggy mountain faces to bring the innermost pacification to the pilgrims and the devotees of Buddhism.

The head of the lama is called a 'kushak', meaning reincarnation, a visit to whom will bring the innermost soulful and peaceful effect on your mind and body.

The Ladakh monasteries trek will take the trekkers along the most beautiful villages and fascinating gompas on a lesser known trek through this fantastic region. With its snow covered peaks, remote villages and ancient Buddhist monasteries. Ladakh takes the enthusiastic trekkers all around the most explicit and wondrous land of the world.

The specially designed Ladakh Monasteries hiking and trekking tour through various monasteries like Shey monastery and Thiksey monastery in Himalayas is a great combination of trekking and spiritual expedition all around the famous Ladakh valley.

## Itinerary

### **Day 01: Delhi – Leh (Complete Rest in Leh for acclimatization)**

Take the flight for Leh in morning. Check in at the guesthouse and have the rest of an entire Day. Taking rest is extremely important in order to be acclimatized. Overnight stay at guesthouse.

### **Day 02: Leh – Shey – Thiksey - Hemis (2050 M)**

This Day is meant for exploring some of the astonishing and ancient monasteries in the area. Situated at 15 kilometers from Leh, The Shey Gumpa was once the summer palace of the Ladakh Kings. Adjoining to the palace, you will witness the potpourri of Gompas and Stupas. In the beginning of 17th century AD, Deldan Namgyal built Shey Palace. A 12-meter high Shakyamuni Buddha Statue is the eminent attraction of Shey. This statue is positioned in Dresthang Gumpa.

Thiksey Gumpa is at a distance of around 17 kilometers from the Leh and is close to Shey as well. This monastery is well known among the most majestic monasteries of Ladakh. Thiksey Monastery belongs to Gelukspa Order.

The illustrious Hemis Monastery is located at the distance of around 45 kilometers from Leh, which is one of the prominent and most popular monasteries in Ladakh region. This monastery belongs to Drukpa order and it was built in early 17th century. Beautiful Mani walls face the monastery clandestine in arresting valley bordered by gleaming streams. Have the overnight stay at the guesthouse.

### **Day 03: Leh - Alchi**

On this Day, we will travel to Alchi along the Indus River by jeep. The trail passes through scores of quaint villages including Saspol and Nimmo. The landscape is incredible with Ladakh Range on its north and Stok Range and south. Near Nimmo, there is a fascinating view of the point where Zaskar River confluences with Indus River. Alchi is an immaculate village including one of the most striking Gompas in Ladakh. Alchi Gumpa holds the paintings that are around thousand years old. Spend a night in a simple hotel here and explore the maximum.

### **Day 04: Alchi - Lamayuru**

We will head towards Lamayuru today. It is the starting point of our trek. The road starts with a steady climb that involves almost 30 switchbacks in the last 25 kilometers on the route to Lamayuru. Set the camp at Lamayuru. Visit the Lamayuru Gumpa in the afternoon. This astonishing Gumpa was declared a sacred site in 16th century.

### **Day 05: Leh - Wanla via Lamayuru 4 hrs.**

There is a three-hour drive from Leh to Lamayuru. You can start walk to Wanla after visiting Lamayuru Monastery. It is a short hour away after the small Prinkti La Pass (3750 meters). The dinner and overnight stay will be in the guesthouse.

### **Day 06: Wanla - Hinju (3720 mts/12205 ft) 5 hrs**

The trek of today will stroll through pristine villages of Ladakh before reaching the meadow

camp outside the Hinju Village.

**Day 07: Hinju - Sumdo Doksa (4430 mts/14530 ft) via Kongskil La (4950 mts/16236 ft) 6 hrs**

The steep ascent brings the trail to Kongskil La Ridge. From the ridge, you will be endowed with breathtaking vistas of Karakoram and Stok ranges. The other side of the pass is hard to navigate.

**Day 08: Sumda Doksa - Base of Dung Dung Chan la (4430 mts/14530 ft) 5 hrs**

After crossing few rivers and Sumdo Chenmo Village, the track steadily ascends to Dung Dung Chan La Base. Get mesmerized by edelweiss and other rare Ladakhi flowers on the route.

**Day 09: Base of Dung Dung Chan La - Chilling (3550 mts/11645 ft) 5 hrs**

It is a straight ascent from the Dung Dung Chan La pass. The route then dips down gradually to Chilling Village.

**Day 10: Free Day at Chilling**

Explore Chilling on this Day.

**Day 11: Chilling - Leh**

We will drive to Leh in the morning along the River Zaskar. The trail eventually reaches the confluence of Indus and Zaskar rivers. From this confluence, the road is maintained and makes drive back to Leh easy and comfortable. Check in the hotel after reaching Leh. Dinner and overnight stay in hotel.

**Day 12: Leh - Delhi**

Reach the airport in morning and catch the flight for Delhi. Reach Delhi and enjoy the half-Day guided sightseeing tour of the city. In the evening, transfer to the International Airport and take the flight for onwards journey.