

# Ladakh Tour & Trekking

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Leh Ladakh tour and trekking is a famous trekking region of India. It connects Mainland India with the Himalayas. This region lies between the Karakorum and the Himalayas in the northernmost part of India.

Although this is a very beautiful region and considered one of the best trekking regions in India it is least explored by the tourists and trekkers.

It is believed that Buddhism entered Tibet from the high passes of Ladakh from India and took the present form. Leh is the capital of Ladakh. There is a big influence of Buddhism in this area which is justified by a number of Buddhist monasteries and prayer flags you see in the settlements and villages.

## Itinerary

### **Day 01: Arrive Delhi, meet and transfer to a Hotel. Stay overnight at Hotel.**

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### **Day 02: Take the dramatic morning flight to Kullu, then continue by jeep to Manali.**

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### **Day 03: Day free to explore Manali. Stay overnight at Hotel.**

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### **Day 04: We spend an additional day in the Kullu valley, to explore the surrounding region.**

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### **Day 05: Trek out of Manali to the open meadow of Lamadug.**

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**Day 06: Trek to Riyali, just above the treeline.**

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**Day 07: Continue to the base camp of Kali Yani pass.**

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**Day 08: Rest day in this spectacular natural setting at the base of the pass.**

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**Day 09: Over Kali Yani Pass (4725 metres) to our streamside camp at Donku Thach.**

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**Day 10: Continue down valley to the shepherd camp at Lamapar.**

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**Day 11: Through a verdant valley with peaks all around to our camp at Dalmarhi.**

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**Day 12: We reach our first village in 7 days, Barabhangal.**

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**Day 13: A rest day in the fascinating medireview village of Barabhangal.**

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**Day 14: A steady climb to our camp at the base of Thamser Pass.**

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**Day 15: Over Thamser Pass (4570 metres) to Pannatu.**

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**Day 16: Along the river and through the woods to the tiny settlement of Palachak.**

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**Day 17: We are now in more inhabited country and we pass several small villages on the way to our camp at the village of Biling.**

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**Day 18: We continue down to the Tibetan refugee camp at Bir, then travel by jeep to McLeod Ganj, home of Tibet's government-in-exile.**

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**Day 19: We spend two additional days in McLeod Ganj to visit the Tibetan library, local Buddhist monasteries, and the town's colorful marketplace**

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**Day 20: We travel by jeep to Amritsar, site of the Golden Temple, the holiest shrine of the Sikh religion. Overnight there.**

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**Day 22: Early morning Express train to Delhi. Check in Hotel. Stay overnight at Hotel.**

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**Day 23: Depart-Delhi, Transfer to airport for flight to onwards journey.**

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