

Nubra Valley trekking

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A stunning region of Ladakh, this trail follows an old trade route from Phyang village over Lasermola, 5400m to Nubra Valley. This trip offers a 6 day trek and visits the famed monasteries of Ladakh. This is a perfect blend of a short trekking trip and the chance to visit the famed sites of Shey, Thikse and Hemis monasteries and surrounding communities.

Nubra is a tri-junction – located to the north east of Ladakh valley. The region comprises Nubra and Shyok valleys. Both their rivers originate from the remote and heavily glaciated peaks and valleys of the Karakoram Range.

Local scholars say that its original name was Ldumra (the valley of flowers). The Shyok River meets the Nubra or Siachan River to form a large valley that separates the Ladakh and Karakoram Ranges. The Shyok river is a tributary of the Indus river. The average altitude of the valley is about 10,000 ft./3048m.

In ancient times, this route was part of the caravan silk route. The famed Siachen Glacier lies to the north of the valley and the Sasser Pass and the famous Karakoram Pass lie to the northwest of the valley; and connect Nubra Xingjian region of China. This is an ancient trade route that traverses the area with western China's Xinjiang and Central Asia.

Most of the caravan trade was based on wool and cloth, opium, spices, coral, turquoise, gold and with many trails and over passes mainly between Leh and Yarkand (in China).

This adventure offers days amongst cultivated fields, streams with deep gorges along with cultural experience of high altitude areas. We visit ancient monasteries in this two week trip with six days walking and a short rafting excursion.

Itinerary

Day 01: Arrival at Delhi

On arrival at Delhi airport transfer to a hotel for overnight stay.

Day 02: Delhi - Leh (Complete Rest in Leh for acclimatisation)

Take the morning flight for Leh. Check into the guest house and relax the whole day. This is necessary for getting acclimatised. Overnight at the guesthouse.

Day 03: Leh - Shey - Thiksey - Hemis

On this day you will go on a sightseeing trip to some ancient monasteries in this area. Shey Gumpa is about 15 kms from Leh. It used to be the summer palace of the kings of Ladakh. There are lots of Stupas and Gompas built around the palace. Shey palace was built by

Deldan Namgyal in the beginning of 17th century AD. Main attraction in Shey is the 12m Shakyamuni Buddha statue inside the Dresthang Gompa. Thiksey Gompa, close to Shey is about 17 kms from Leh. The monastery is considered to be one of the most beautiful in Ladakh and belongs to the Gelukspa order. Hemis, about 45 kms south of Leh it is one of the most famous and largest monasteries in Ladakh. It belongs to the Drukpa order and was founded in the early 17th century. The setting is perfect with the monastery cradled in a lovely valley, surrounded by streams and fronted by long Mani walls. Overnight stay at the guest house.

Day 04: Leh - Sabu Village (3480 mts/11415 ft)

In the morning drive to Sabu village.

Day 05: Sabu Village - Digar La Pass

After an early breakfast trek to cross Digar La (6000 mts). Then descend down to Digar Village. Overnight stay in the village.

Day 06: Digar Village - Agyam Village

In the morning, we will trek to Agyam. The treks go through the river Shyok. On arrival, I set out camp for overnight stay at Agyam village. Dinner and overnight stay at the village.

Day 07: Agyam village - Khalsar Village

In the morning we will trek up to Khalsar village. Dinner and overnight stay in the village.

Day 08: Khalsar Village - Diskit

After breakfast, we trek to Sumur. Visit to Samtenling Gompa and continue trekking to Diskit. Visit to 350 year old Diskit Gompa. Dinner and overnight stay at Diskit.

Day 09: Diskit - Leh

In the morning drive back to Leh. On arrival check in to the guest house. Evening free to explore the local market. Overnight stay.

Day 10: Leh - Delhi

Transfer to the airport for the spectacular flight across the main chain of the Himalaya to Delhi.