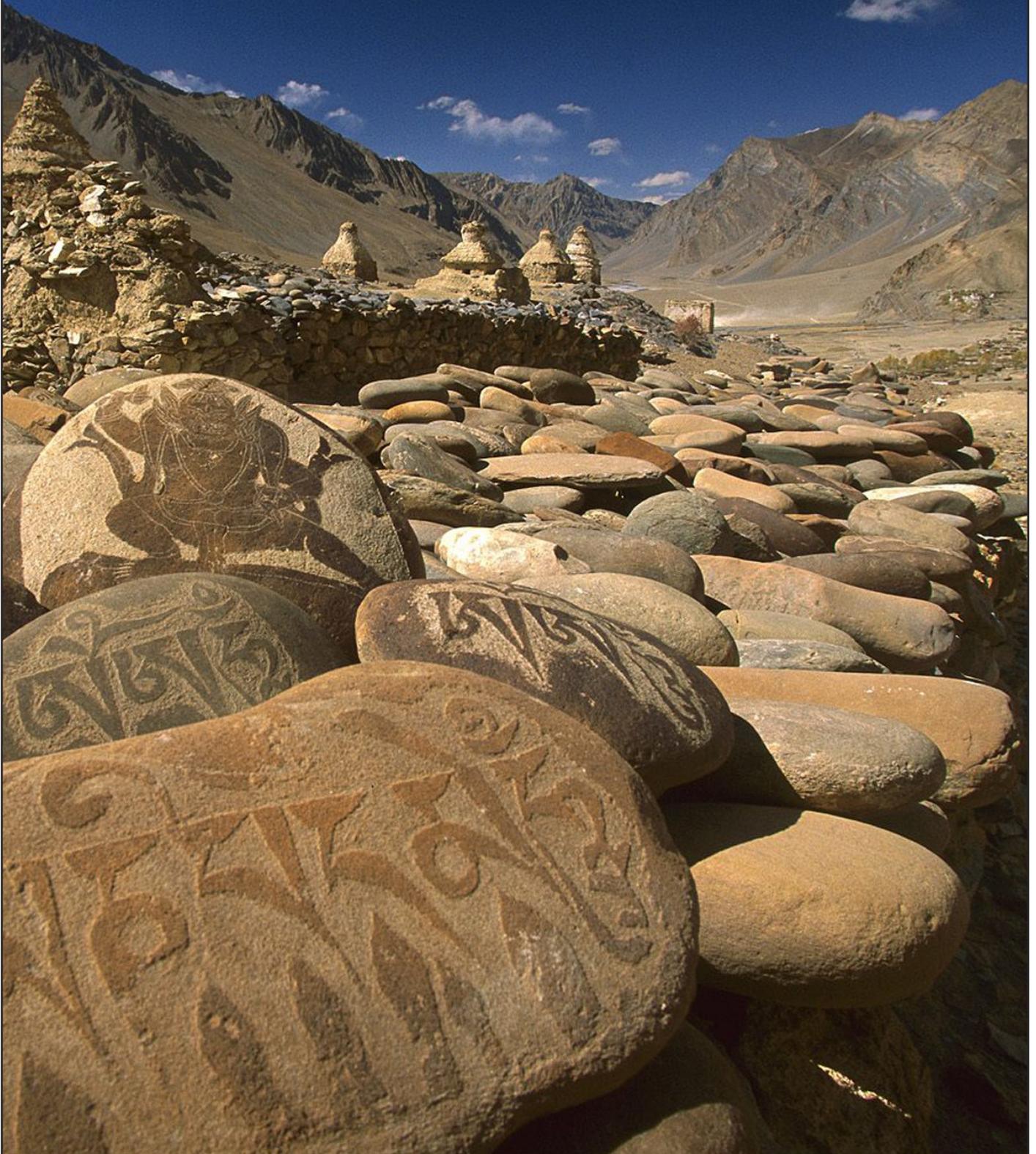


Ladakh India - Zanskar Trek

20 days, 19 nights



Ekno Travels

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Welcome to the Indian Himalayas, the most spectacular mountain range on earth. Our Zanskar Trek itinerary begins with a three day acclimatization in the capital city of Ladakh, Leh. This ancient town was once a key part of regional trade, a history evident in its people and food. As we adjust to the altitude, we'll visit 10th century monasteries, sample regional cuisine, and learn about the traditions and customs which help make Ladakh so special.

Our trek leads us through the secluded Zanskar Valley into northern Himachal Pradesh, Ladakh's neighboring state. We'll wind our way through scenic river beds, pastures for local shepherds, and Buddhist monasteries hidden in limestone caves. Along the way, we'll have the rare opportunity to interact with community members and villagers that call this spectacular, and challenging, environment home.

Itinerary



Day 1: Welcome to India! Greeting and pickup at the international airport by an Ekno Representative. Overnight Delhi

Day 2: Our flight to Leh is a spectacular journey over multiple Himalayan ranges. After you land, check into your hotel and rest. After lunch, we take a walking tour of Leh Bazaar, with trade routes loosely dated as far back as the third century, Leh is an ancient city set between mighty mountains and the Indus river.

The rest of the day your leisure to acclimatize and rest. Overnight Leh

Day 3: After breakfast, you'll start your tour of Leh and surrounding areas. Visit Gompa Soma (a monastery part of the Leh palace complex) and Moti Market, the old bazaar. Lunch together. After lunch, we'll hop in a jeep and head to Saboo monastery, a bit outside of Leh. Spend the afternoon exploring the monastery, talking

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to resident monks, and local devotees. On way back to Leh visit the SankharGompa and the Shanti Stupa constructed by Japan as a symbol of international peace in 1991. Overnight Leh

Day 4: Leave early to visit the monasteries of Shey, Thikse and Hemis, an hour and a half drive from Leh. Visit the former summer capital of Leh, Shey with its ruined castle, palace, and gompa standing high on a hilltop. Next, head to the ancient Hemis Monastery, and finally, visit Thikse monastery, noted for its resemblance to the Potala Palace in Lhasa, Tibet. Return to Leh, the rest of the day is at your leisure. Overnight Leh

Day 5: Today we head to Lamayuru, stopping to visit the Alchi monastery as we follow the Indus river on its westward journey. The Alchimonastery is set in valley river valley near the village of Alchi. The sight dates back to the 10th century. After taking time to explore this cultural sight, we head to Lamayuru, arriving in time for lunch, followed by a tour of the monastery. The Lamayuru monastery dates to the 11th century and holds a wide array of Tibetan thangkas, statues, and other religious artifacts. The rest of the day at your leisure to enjoy this beautiful monastery and village as well as the famous "moonscape" that surrounds it. Overnight Lamayuru Guest House



Day 6: Today, we have a 5 hour drive to Rangdum, where we'll camp for the night. Rangdum is set at an altitude of 4,031 m and at the outer edge of the Zanskar valley. Overnight Camping

Day 7: Today we drive from Rangdum to Reru by car, a four hour drive. We'll begin our trek from Reru tomorrow but for now, set up camp and take in your spectacular surroundings. Overnight Camping

Day 8: Today our trek lasts for about 4 hours as we walk between Reru and Itchar. After breakfast, there is a short uphill climb before the trail descends steeply to the banks of the Tsarap river. The village of Itchar (3650m) is on the opposite side of the valley. Our campsite tonight is right below the village. Overnight Camping



Day 9: Today's trek is 15km in length and passes through a number of small settlements include Surle at a height of 3,670m. We walk along the flowing Tsarap river until we meet the Kargyak river. We cross over the Kargyak river bridge and climb to Purne (3,700m), our resting spot for the day. Overnight Camping.

Day 10: Today we stay in Purne with a side trip to the 15th century Phutgal Gompa, one of the last monasteries in India that is exclusively reached by foot. The monastery is constructed around a natural limestone cave. From Purne, the trail to Phutgal follows the true left bank of the Tsarap river for 4- 5km until it reaches a bridge over the river. From the bridge, it is 1 km further until you reach the Gompa (3850m).

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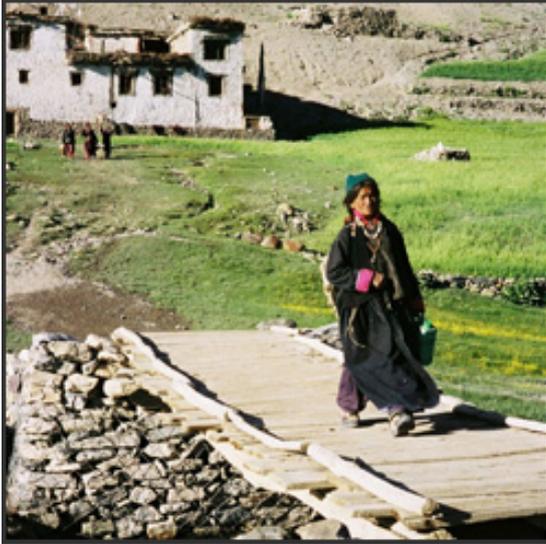
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Ladakh India - Zaskar Trek



Day 1s1: Today we walk from Purne to Tanze. As we leave camp, we'll cross the bridge over the Kargyak River and follow the valley true left until we reach the settlement of Yal (3930m). From here, the path gradually descends into a large fertile plateau, with the relative prosperity of these communities marked by the white washed houses, including the village of Tetha (3950m).

From Tetha, the trail is marked by well maintained Chortens, or Buddhist shrines, that line the trail to the village of Karu (3990m). After Karu, the trail descends back along the riverbank to the newly constructed bridge just below the village of Tanze, our camp site for the night. Overnight Camping.

Day 12: After leaving Tanze, we cross through Yak-grazing pastures full of edelweiss as we head towards the mammoth rock monolith, Gumburanjan, rising dramatically before us. After passing the rock face, it is another 2km walk to the shepherds encampments, known locally as Lakong (4470m).

Just before the alpine meadow, cross the small rock bridge over an upper tributary of the Kargayak River. Our campsite tonight offers panoramic views of the Himalaya Range. Overnight Camping



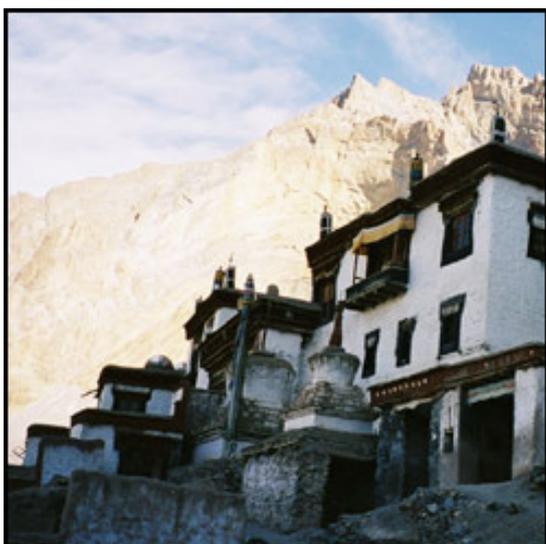
Day 13: Lakong to Chemuik/Rumjak via Shingo La Pass (6-7 hours). The Shingo La Pass is a relatively easy ascent by Himalayan standards and takes approximately 2 hours crossing some scree and snow. The Shingo La (4980m) is marked by rock cairns and a barrage of prayer flags fluttering in the wind. The pass is set beneath the impressive 6000 m peaks of the Himalaya and Baralacha Ranges and marks our move from Ladakh to Himachal Pradesh. The descent from the pass includes a steep 400m to the glacial floor. The trail continues along the broad glacial valley descending gradually to Chemuik or Rumjak (4290m). Overnight Camp

Day 14: Today is our last day of trekking. We'll walk for 5-6 hours across the sparse vegetation and scree to the slopes of the Jankar-Sumdo (3850m). We cross the Darcha River and continue through boulder fields, several streams, and grazing pastures to Palamo (3600m). Tonight, we savor our last night camping under the stars as our time on the trail comes to a close.

Day 15: After breakfast we load into four wheel vehicles and head to Keylong in the Lahul Valley, Himachal Pradesh. Our drive will take 4-5 hours. Overnight Keylong

Day 16: After breakfast, we leave Keylong for our drive to Manali via the famous Rothang Pass (3980m). Arrive early afternoon in Manali. The rest of the afternoon is at your leisure to explore the town or take a well deserved rest. Overnight Manali

Day 17: Spend the day sightseeing around Manali including a visit to the hot water springs of Vashist (a short drive from Manali) to soothe your weary muscles. Explore old Manali or Manu Hadimba Temple. Manali has a wide range of great restaurants to enjoy your meals in.



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Day 18: We leave Manali after breakfast and begin our descent to the Indian plains, Chandigarh. The drive will take 7 hours by car. We follow the Beas River from Manali to Mandi, passing through one of the most beautiful gorges that Himachal Pradesh has to offer. Overnight: Chandigarh

Day 19: Depart Chandigarh and take the train to Delhi, arriving at 3:30pm. Transfer to your hotel and spend the rest of the afternoon at your leisure. In the evening, a farewell dinner to celebrate our successful hike through the Himalayas. Overnight Delhi

Day 20: Transfer to the Indira Gandhi International Airport for your return flight home. We look forward to seeing you on another Ekno experience, soon.

COST:

USD2,850 per person twin share

Includes

- Transfers to and from Delhi and Leh Airports
- Flight from Delhi to Leh
- 1st A/c train from Chandigarh to Delhi
- 11 nights' accommodation with breakfast
- Sightseeing around Delhi, Leh, Manal
- 8 nights' tented accommodation with breakfast, lunch and dinner
- Full supported camping including Trekking Permits and Monastery Entrance
- Transfers from Leh to start of trek and end of trek to Chandigarh (via Manali)
- Services of Mr Vikas Kumar from Delhi to Leh trekking and back to Delhi

Excludes

- Airfares to India
- Visas to India
- Lunch and Dinner (not on trek)
- Extra activities and transport not stipulated in the itinerary
- Personal expenditure such as drinks, laundry service and souvenirs
- Tipping
- Compulsory insurance of any kind

<u>Place</u>	<u>Name of Hotel</u>
Delhi	Hans Plaza
Leh	Padma Guest House
Lamayuru	To be advised
Keylong	Hotel Dekyid
Manali	Negis Mayflower Hotel
Chandigarh	Hotel Shivalik

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BOOKING FORM

To book your tour please complete this form and return by email along with a copy of your PASSPORT and your DEPOSIT

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Phone: +61 437967819 Australia
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Website: www.eknotravels.com.au



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Tour name:

Departure date:

Room Type: Twin Single Room Configuration: 2. Seperate Single Beds 1. Double Bed

Applicant: PLEASE WRITE FULL NAME IN BLOCK LETTERS AS SHOWN ON YOUR PASSPORT Adult Child

Title: First Name: Middle Name: Surname:

Preferred Name: Occupation: Date of Birth:

Passport Number: Expiry Date: Nationality:

Full Postal Address:

Home Phone: Work Phone: Mobile Phone:

Fax Number: () Email:

Other Details

Do you have any disabilities? Yes No If yes, then describe:

Are you on medication? Yes No If yes, then describe:

Deposit and Travel Insurance

Flight required Travel Insurance required Deposit

I have read & agree to abide by the terms, conditions & responsibilities as attached.

Person named on this form is fit and physically able to travel throughout the destinations as described.

Signature: Name (please print):

Date:

Payment Method

Direct Debit (via internet):

Bank: St George Bank Limited, 223 Queen Street, Brisbane, QLD, 4000, Australia

Swift Code: SGBLAU2S, Bank/Branch No/BSB: 114-879, Account: 464172628, Account Name: Ekno Experience Tours & Travel Pty Ltd

By Credit Card (via Paypal) (Additional 3% Credit Card Fee)

Account Name: info@eknoexperience.com (Ekno Experience Tours & Travel Pty Ltd.)

Emergency Contact Details

Name:

Mobile Phone: Email:

Relationship to you:

TERMS AND CONDITIONS

The acceptance of all reservations are subject to these booking conditions which form a contractual relationship between Ekno Experience Tours & Travels Pty Ltd (Ekno Experience) ABN 51 121 148 427 and its clients. It is important that clients understand these booking conditions before making a booking.

RESERVATIONS & PAYMENTS To make a booking Ekno Experience requires names in full (as per passports) of all passengers, and a pre-departure contact phone number and a non-refundable deposit of USD500 per person is due to Ekno Experience within 7 days. The balance is due 60 days prior to departure. Failure to pay by the due date may result in cancellation of the booking. For bookings made within 60 days of departure, payment in full is due immediately upon confirmation.

TRAVEL INSURANCE We strongly recommend that a comprehensive travel insurance policy be purchased at the time of booking your tour. Contact Ekno Experience for details.

CANCELLATIONS & AMENDMENTS Amendments to confirmed bookings will be subject to a fee of USD50 per change. Within 60 days of departure and once documentation has been issued, amendments may also be subject to cancellation fees. Should you need to cancel a booking, notification in writing must be made to Ekno Experience.

The following cancellation fees will apply:

- More than 60 days before departure: Deposit
- 60 to 45 days before departure: deposit plus 20% of the cost
- Less than 45 days before departure- 100% of all monies paid

No refund will be given for unused or cancelled services once travel has commenced.

PRICES All prices are in US Dollars and are based on tariffs and exchange rates current as at 1 November 2015. Whilst considerable care has been taken in pricing the travel arrangements, circumstances may change to necessitate changes in itineraries and cost. Any increase must be borne by the client, notwithstanding that deposits or full monies may have already been paid.

GROUP DEPARTURES Group departures are subject to minimum passenger numbers and Ekno Experience have the right to cancel, amend, offer alternative tours, or refunds to clients should the minimum number not be attained.

PASSPORT AND VISA A valid passport is required for all international travel. A visa is required to enter India. Ekno Experience will not accept responsibility for passengers who fail to obtain correct travel documents.

GENERAL HEALTH REQUIREMENTS International touring can involve a considerable amount of walking on uneven surfaces and stair climbing. To take full advantage of the itinerary it is important that all tour participants have a level of physical fitness that allows them to take part in all activities, without the need of assistance from others. In addition, we recommend that travelers seek advice from a medical practitioner regarding current health requirements, if any, for the countries to be visited.

CONSULAR ADVICE Please consult the official travel advice issued by the Foreign Affairs Department of your country. We recommend that you review this information both prior to making a booking and again prior to departure.

NOT INCLUDED IN TOUR PRICE The tour price does not include travel insurance, passport and visa fees, excess baggage charges, gratuities, laundry, phone calls and other communication costs, drinks, meals not listed in the itinerary, and all items of a personal nature.

TRAVEL AND ACCOMMODATION All forms of transportation and accommodation are provided by independent third parties, and standards and conditions may vary from what has been quoted. Ekno Experience has no control over such changes and makes no guarantee regarding this. Should any independent third party, service provider, hotelier or carrier cancel services or provide different services to those expressly mentioned by Ekno Experience, the client agrees to have no claim or cause of action whatsoever against Ekno Experience. All vouchers and tickets are issued subject to the terms and conditions specified by the suppliers and all services are subject to the laws of the country where the services are provided.

SERVICE GUARANTEE Ekno Experience guarantees that the client obtains the travel, accommodation and other associated services contracted by the client. When presented with clear evidence that services paid for were not provided to the client that resulted in subsequent changes, delays, loss of services later in the planned itinerary, and it is proven that such altered services were due to negligence or willful mismanagement by Ekno Experience then Ekno Experience, at its sole discretion, will determine the appropriate recovery action and/or compensation to be paid to the client. This will vary upon the circumstances but will be no less than the minimum cost required to recover from an element of failed service (paid to the client direct or to the ground operator responsible for correcting the situation) through to, but not exceeding, a full repayment to the client of the full cost paid by the client in the event of major disruption to contracted services whereupon it was impossible for the clients to continue with the contracted arrangements at all.

DISCLAIMER Notwithstanding the Service Guarantee above, Ekno Experience and the client(s) understand the Booking Conditions described herein have been read and accepted by the client(s). Ekno Experience accepts no responsibility for any accident, damage, loss, injury, sickness, death, cancellation, delay, detention, deviation, substitutions or other unforeseen event unless caused expressly by the negligent or willful act of itself or its employees. Every endeavour has been made by Ekno Experience to ensure that all services are accurate at the time of final payment and Ekno Experience shall not be under any obligation or be liable to any person for any loss or damage suffered as a result of an inaccuracy or misdescription contained herein; or which may arise as a result of any changes in or withdrawal of any price, detail or service appearing herein due to circumstances beyond its direct control due to the actions or failures of third party carriers, sub-contractors, governments bodies, military or terrorist actions.