

## India Ladakh

# Meet us on the roof of the world

Rise above the ordinary and venture into the mystic Himalayan mountain range. Let yourself be mesmerised by the breathtaking, towering peaks. Between traditional villages, ancient monasteries, and the warm hospitality of the Ladakhi people, this journey promises unforgettable memories that will stay with you for a lifetime.



Heading to the far north of India, destination... the Roof of the World!

Discover Ladakh, a remote and enchanting mountainous region renowned for its tranquillity. From breathtaking monasteries perched on cliffs to authentic villages, experience a remarkable step back in time. Immerse yourself in a world rich with emotion, wisdom, spirituality, and meaningful encounters within Tibetan Buddhism.

This captivating and unforgettable journey offers a privileged glimpse into an authentic land and its warm, welcoming people. A rare and profound travel experience that will touch both your soul and your senses.

### You will like

- ☞ Experience the breathtaking, vertiginous peaks of the Himalayas.
- ☞ Immerse yourself in the ever-present calm and spiritual atmosphere.
- ☞ Discover ancient monasteries perched dramatically on mountain slopes.
- ☞ Embark on hikes through untamed, wild landscapes.
- ☞ Marvel at the stunning beauty of nature at every turn.

### Barometer

Rencontre



Marche



Confort



Spiritualité



Temps de route



Immersion



Culturel



Aventure



Nature





## Practical information

- 🕒 **Age & public** : for solo travellers, small groups, or families with children from 10 years old
- 🕒 **Durée** : 15 days on-site
- 🕒 **Dates & périodes** : At the date of your choice from May to October
- 🕒 **Nombre participants** : from 2 to a maximum of 8 travellers
- 🕒 **Formule du voyage** : People, nature, and culture ("Discovery" package)
- 🕒 **Régions & paysages** : Ladakh, Valleys and the Himalayan Mountains
- 🕒 **Hébergements** : Boutique hotel (1 night), guesthouse (6 nights), homestay (5 nights), campsite (2 nights)
- 🕒 **Transport** : Private vehicle
- 🕒 **Portage** : None (luggage transported by the vehicle) except on Day 3 — please bring a small backpack for the night.

## Program

**Legend: B L D** = meals included in the price of the trip (**B**reakfast, **L**unch and **D**iner)

**Note** : the outline of this program (steps, activities, etc.) is given for information purposes only.

It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.

### little note :

Tout voyage qui sort des sentiers battus comporte parfois des événements imprévus (grève, route coupée, fête locale...) ; votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.

Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.

Nous vous souhaitons un très beau et riche voyage .

Taking your time and embracing the unexpected.

It's a land where only the present matters: yesterday is gone, and tomorrow has yet to come.

In such conditions, unpredictability is part of the journey — the itinerary remains flexible, which is all part of the charm of this magnificent land!

You will discover a land with its own unique way of life. Whether Buddhist or Hindu, the Ladakhi people place great importance on the many festivals and rituals that shape their spiritual life.

Let's take it easy and welcome the chance encounters with Ladakhis curious to learn more about our way of living.

Wishing you a wonderful journey!

### Day 1: Leh (Meals: -D; transport: 15 minutes)

An internal flight from New Delhi to Leh, the main town of Ladakh, is to be expected upon your arrival. You will be warmly welcomed at Leh airport and transferred to your guesthouse — a traditional Ladakhi family home.

A day to acclimatise to the altitude... In the late afternoon, we wander through the streets of Leh, mingling with the local vendors who gather to sell their vegetables. You immediately sense the slower pace of life and a genuine calm that radiates from the streets. The buildings are adorned with prayer flags, a reminder that Ladakh is predominantly

Buddhist.

Nuit à Leh en guesthouse (altitude : 3500m).

**Day 2: Leh - Hemis - Thiksey** (Meals: BL-; transport: 2 hours)

Following the course of the Indus River, we delve into the heart of Ladakhi culture with a visit to Drukpa, one of the region's most mystical and largest Buddhist monasteries, founded in 1630. The monastery features a tranquil courtyard and stunning wooden architecture. Inside, we explore its remarkable museum, home to numerous ancient artefacts.

Perched on a rocky outcrop, we visit a second monastery, Thiksey. The breathtaking panorama from this spectacular building is truly unforgettable! Inside, a 15-metre-high statue of Maitreya Buddha (the Buddha of the Future) sits in the lotus position, commemorating the visit of the 14th Dalai Lama.

To beautifully conclude this first day of initiation through the Buddhist lands of Ladakh, we meet an "amchi" — a traditional Tibetan medicine practitioner who continues to heal using ancient methods.

Dinner is at your leisure this evening, allowing you to enjoy the peaceful, charming streets, browse the shops (consider buying a prayer flag to tie atop a mountain peak — priced between 80 and 180 rupees — and some incense, around 20 to 30 rupees, to offer a prayer in a monastery), and explore the restaurants of Leh.

These first two days, at a gentle pace, are key to successfully helping you acclimatise smoothly to the altitude.

Nuit à Leh en guesthouse (altitude : 3500m).

**Day 3: Leh - Rumbak** (Meals: BLD; transport: 45 minutes)

We set off for a walk through the stunning Rumbak Valley, following the river to reach the village nestled among the mountains. This gentle and beautiful first stroll helps us further acclimatise to the altitude.

Arrival in this isolated village, accessible only on foot (although a road for locals was recently opened in 2019). We have some free time to explore and share moments, discovering the stunning landscapes and the daily life of its inhabitants.

Overnight stay in the village with a local family (weather permitting, ask to sleep on the roof under the stars) (4,200 m).

(Departure with a small backpack containing just your overnight essentials).

**Day 4: Rumbak - Gya** (Meals: BLD; transport: 2 hours 30 minutes)

After breakfast, we descend on foot through the valleys to collect the vehicle and continue gaining altitude...

We arrive at a family home nestled in the heart of a valley in Ladakh's oldest village, situated at 4,400 metres above sea level.

A moment of immersion and discovery with the family, a wonderful opportunity to experience the authentic life of the Ladakhi people.

Dinner and overnight stay with the family (altitude: 4,400 m).

**Day 5: Gya** (Meals: BLD; transport: none)

Your day will unfold according to your wishes and the opportunities that arise: you may explore village life and the family's daily routine, join the shepherds in the mountains with their flock of 400 sheep, or visit the meditation cave, the stupas, and the monastery...

A day full of discoveries and shared moments.

Dinner and overnight stay with the family (altitude: 4,400 m).

**Day 6: Gya - Tsomoriri** (Meals: BLD; transport: 5 hours)

Departure for the highest remote village in the world, situated on the shores of a vast lake. The striking contrast between the turquoise waters and the surrounding mountains is breathtaking. Arrival and set up in tents near the

nomads (depending on the season) or in a guesthouse.

Explore this small village and the shores of the stunning lake, and/or enjoy encounters and moments of sharing within the camp with the Changpa nomads of the Korzok clan. Goat and yak herders, they migrate each summer to Korzok and then slowly make their way to the high valleys of Rupshu in search of the best pastures for their animals.

Overnight stay at Tsomoriri (altitude: 4,500 – 4,700 metres).

**Day 7: Tsomoriri - Mahabodhi Meditation Centre** (Meals: BLD; transport: 6 hours)

We spend some more time with the nomads, who will invite us into their 'rebho' — the traditional yak hair tent — to share a cup of tea.

We then take the car towards the Mahabodhi Meditation Centre in Choglamsar. The journey through the stunning landscapes offers breathtaking views and gives us pause to reflect on the working conditions of the local people...

Depending on the timing, we explore the centre and climb a rocky outcrop offering a superb 360° view. Or perhaps you'd prefer to enjoy the comfort of the internet and a refreshing shower...

Overnight stay at Choglamsar in the guesthouse of the International Meditation Centre (altitude: 3,500m).

**Day 8: Mahabodhi Meditation Centre - Hemis Shukpachan (trek)** (Meals: BLD; transport: 2 hours)

A yoga and/or meditation session is offered at the Mahabodhi Centre.

If this day falls on a Sunday, we attend the "Satsang" gathering with all the Centre's members.

We drive to Liker to visit one of the oldest and most important monasteries.

We then begin our first major hike at a gentle pace. We take time to appreciate each step, become aware of our breathing, and fully embrace the present moment.

We cross the Tsarmangchan La pass, reaching an altitude of 4,000 metres — a deeply moving and symbolic moment with prayer flags fluttering in the wind, so characteristic of the Himalayan peaks. We then begin a well-earned descent, arriving at the village where we meet the locals.

Family immersion, meal preparation... what does life have in store for you?

Overnight in a guesthouse (altitude: 3,800m).

**Day 9: Hemis Shukpachan -Tingmosgang** (Meals: BLD; transport: none)

"We start today's hike with a gentle zigzag ascent to the 'Mebtak La' pass at 3,750 metres above sea level. The climb symbolises 'mastering our fears'."

"We take in the stunning views before descending to begin one final climb."

"These days of hiking offer a chance to face ourselves and reconnect with our true nature.

One step at a time, a journey inward..."

Lunch in a charming hotel courtyard, nestled beneath apricot trees.

With breathtaking views of the mountains, we set off on a silent, meditative walk to explore the Tserkarmo Meditation Centre.

We discover prayer wheels, a prayer hall, and a 14th-century meditation room—an enchanting place suspended in time.

Moment libre pour une rencontre avec nous-mêmes avant de profiter du charme de l'hôtel.

Overnight stay in a charming hotel (altitude: 3,750m).

**Day 10: Tingmosgang - Skindeyang** (Meals: BLD; transport: 30 minutes)

At dawn, we visit the village's second monastery, fully restored, nestled high above with its peaceful garden and meditation cave. After a short drive of a few kilometres, we reach the charming village of Tia, where several Ladakhis go about their daily activities.

Our hike begins with a gentle ascent to the 3,500-metre pass.

We then leave our prayer intentions, hoping the gods will grant our wishes.

After crossing the pass, we descend to the village of Skindeyang, utterly captivated by a place where time seems to have stood still. The silence of the mountains takes on a profound meaning, allowing us to connect with ourselves—a moment to pause and soothe our senses...

Immersion and free time with the family. Overnight stay with a local host family (altitude: 3,500m).

**Day 11: Skindeyang** (Meals: BLD; transport: none)

Off the beaten track, with a special prior permit (as only villagers have free access), we visit the 'Padmasambhava' temple and its meditation cave nestled between two hills.

We are accompanied by a monk who guides us through the site while chanting the Padmasambhava mantra. We are warmly invited to use the space for meditation.

We will also be fascinated by a visit to a house where monks undertake retreats lasting from six months to several years.

Free time in the village to experience the daily life of the Ladakhis: harvesting, milking cows, picking apricots, walnuts, and apples, depending on the season. We also visit the village schoolchildren.

We enjoy a picnic lunch in the heart of nature, nestled between river and mountains. Need to do some laundry? Take a refreshing river shower or simply rest — the choice is yours to fully embrace the peacefulness of this enchanting place.

We prepare dinner together as a family: momos!

This traditional Ladakhi dish is usually prepared during family or friends' celebrations.

Overnight stay with a local family (altitude: 3,500m).

**Day 12: Skindeyang - Lamayuruoï** (Meals: BLD; transport: 1 hour)

Final moments with the family before setting off by car to the small town of Khaltsi, where we'll have lunch and stroll along the little market street where Ladakhi women come to sell their apricot, apple, and walnut harvests. Don't miss a walk up to the village heights... a charming, bucolic spot that stands in striking contrast to the main street.

We then cross breathtaking, lunar-like landscapes. Legend has it that a lake once dried up here hundreds of years ago.

We visit Lamayuru Monastery, perched on the mountainside, making the site incredibly striking. We then settle into a small hotel adjoining the monastery.

In the evening, we prepare the meal together with the monks and share it in the communal hall—a perfect moment for meeting and exchanging stories.

Overnight stay at the monastery guesthouse (altitude: 3,550m).

**Day 13: Lamayuru - Wanla** (Meals: BLD; transport: none)

Early in the morning, we attend a prayer ceremony called a "puja." We deeply feel the vibrations emanating from the mantras chanted by the monks—and perhaps some young novice monks, if they are present.

We set off on foot to explore the oldest monastery in Ladakh. To reach it, we cross the Pronkiti Pass, situated at 3,900 metres above sea level. The scenery remains breathtaking, and the descent from the pass follows a long, winding path between two mountains... simply stunning!

We arrive at the village of Wanla and set up camp for the night. We take time to enjoy the surroundings: rivers, the oldest monastery in Ladakh... the place is enchanting, offering something for everyone to enjoy.

Sleeping overnight in a tent right in the heart of the village, beside the river, is a truly unforgettable experience.

Overnight stay at a campsite (altitude: 3,450m).

#### Day 14: Wanla - Leh (Meals: BL-; transport: 5 hours)

After breakfast, we enjoy a final moment of relaxation in the village by the river...

Then we set off towards the capital. Along the way, we visit the fascinating Alchi Monastery, one of the oldest in the region, and browse the souvenir stalls before enjoying a picnic lunch with the whole group on the road to Leh.

Free late afternoon and dinner at your own pace in town, giving you time to enjoy the shops and soak up the local atmosphere.

#### Day 15: Leh (Meals: B-; transport: 15 minutes)

After breakfast, enjoy free time until your transfer to the airport for your return flight (internal flight + international flight - programme can be adjusted according to flight schedules).

End of our services.

## Prices and conditions

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**Price per person** (varies depending on the number of travellers, including adults and children)

- From 6 to 8 travellers: from **€1,995**
- From 4 to 5 travellers: from €2,095
- 3 travellers: from €2,195
- 2 travellers: from €2,295
- Solo traveller: [on request](#)
- Child aged 12 *sharing parents' room* (based on 2 adults): 20% discount.
- Internal flight from Delhi to Leh / Leh to Delhi: approximately €395 per person, depending on the season.

### Supplements

- Single room: €495 (6 nights throughout the stay)
- Transfer for arrivals/departures at times different from those initially scheduled: from €40 per transfer

### Options

- Extension "Additional day(s) in Leh": from €50 per person per night based on double occupancy.
- Spiritual extension - 3 days: €595 per person (twin share) or €695 per person (single occupancy).
- Experience transfers from Day 4 to Day 7 aboard a legendary motorcycle... the Royal Enfield 500cc: €195 + €50 fuel surcharge (subject to availability on request)
- Groups of 9+ travellers: [on request](#)

### Flights

- Price depending on the date of booking, the airline, and the travel dates.

### Included in the price

- Trip organisation - travel booklet and itinerary booklet
- Welcome and transfers from the airport, train station, or meeting point to your accommodation, round trip
- Transport throughout the journey
- English-speaking guide and/or local guides
- Full board except for meals not mentioned
- Complete "Emotion Planet" activity programme
- Invitation to take part in relationship-based activities, a journey to the heart of oneself
- Pharmacy (*first aid*)
- Hotel and tourist taxes

## Not Included

- Everything not included in the above paragraph and any changes throughout the journey
- Transport to destination: domestic and/or international flight, round-trip train...
- Carbon offsetting of your flight and travel (*on a voluntary basis*)
- Travel insurance (*highly recommended*)
- Meals not included (*Budget approx. 2-5 € per person per meal*)
- British citizens require a visa to enter India. You can apply for an Electronic Tourist Visa (eTV) online through the official Indian government portal. Budget: +/- \$30.  
Check out this link for detailed information: <https://www.gov.uk/foreign-travel-advice/india/entry-requirements>
- Tips and personal expenses  
(*Budget from \$150-200 per group for the guide, and half that amount for the driver*)

## Contact

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Discover these colorful countries, the heart & values that drive us and comments from former travelers.

### Contact person for your trip :



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« **Emotion Planet**, the world is never far away when its men are not strangers to us. »