

## FESTIVE LADAKH (FLY-IN): KALACHAKRA & HEMIS

JUL 06-11, 2014;

05 NIGHTS 06 DAYS



Participating in Kalachakra is a once-in-a-lifetime experience. One gets to experience the festive spirit that envelops Leh during the Kalachakra & Hemis festival and see the flamboyant, vibrant and varied tribes from across the region, all dressed in their traditional best, as they perform at Hemis Monastery, participate in festival events and break into spontaneous dances whenever they want.

Trip dates:	Jul 06-11, 2014
Start from:	Leh
End at:	Leh
Meals:	Lunch on day 1 to Dinner on day 5
Total distance covered:	400 kms
Maximum altitude reached:	5475M (Chang La)
Min/ Max group size:	8-18
Best time to visit:	Mid- May- Mid- September
Permits required:	Yes and will be taken care of by us.
Document required:	Photocopies of valid nationality proof Photo-IDs (Passport, Driving License, Voters ID, PAN card)
Booking deadline:	April 6, 2014

### ITINERARY

#### Day 01: Jul 06 - Arrive Leh (3505 M/11500 ft.)

Arrive at Leh airport from Delhi. It is a 1hr 15 minute flight with great views over the last 15 mins. Meeting and assistance on arrival and then drive for about 10 minutes to reach Leh. Check into the hotel rooms. It is critical for proper acclimatization that people flying in to Leh don't indulge in much physical activity for at least the first 24. So, the rest of the day is reserved for relaxation and a short acclimatization walk in the vicinity.

#### Day 02: Jul 07 - Leh – Hemis Festival

Post early breakfast, drive to Hemis to witness the Hemis festival – commemorates the birth of Guru Padamasambhava. Drive back to the hotel in the evening.

**Hemis Festival** – The highlight of the Hemis festival is the mystic mask dances (Chams) and sacred plays by lamas, performing around the central flagpole that illustrates good prevailing over evil. Dressed in colourful bright brocades with vibrantly decorated and richly adorned paper-mache masks, the dancers simulate combat between good spirits and evil demons to the cacophony of drums, cymbals and long horns.

#### Day 03: Jul 08 - Leh – Choglamsar (attend Kalachakra) - Leh

Post early breakfast, drive to Choglamsar, "Buddha Garden" to attend The Dalai Lama's teachings along with the monks of Namgyal Monastery and senior lamas. Drive back to Leh in the evening and spend sunset at Shanti Stupa for unforgettable views of Leh Valley & town

**Optional:** In the afternoon drive back and before Leh take a detour over the Indus to reach Stok Village. Enjoy a traditional Ladakhi meal in a village home, later see Stok Palace & Museum. Enjoy the rest of the day in Leh, seeing the Palace & Bazaar.

**Photo ops:** the gompas & the monuments, the Stok & Rimo range of mountains from various vantage points, at Stok Village, in Leh Palace and at the Bazaar.

**Day 04: Jul 09 - Leh – Choglamsar (attend the Kalachakra Ritual Dance) - Leh**

Post early breakfast, drive to Choglamsar, to attend the Kalachakra Ritual Dance performance by the monks of Namgyal Monastery. Drive back to Leh in the evening. Rest a while and leave for the bazaar to shop for Thangkas, Chunky antique Silver Jewelry with Turquoise embellishments, mementos, Apricots & apricot based beauty products. Bid your adieus as you enjoy a grand farewell dinner at Summer Harvest restaurant and reach you guesthouse in time to turn in for the night.

**Day 05: Jul 10 - Leh - Pangong Tso (4260 M / 14000 ft) - Leh 150 km / 5 hrs each way**

Leave early morning carrying packed breakfast, on an incredible drive over Chang-La (5,475 M / 17950 ft) to reach Tangse. Stop here to enjoy breakfast in the Ladakhi style dining area of a local home-cum- guest house. If there is time, take a short detour to see a temple with some amazingly intricate wood carving and finally reach the grand Pangong Lake by afternoon. Spend a couple of hours enjoying the spectacular views of the mountains of the Changchenmo range to the north, their reflection shimmering in the ever changing blues and greens of the lakes brackish water. Have your packed lunch. Leave by 1500 hrs to cross Chang La with daylight to spare and reach hotel in Leh by say 0800 hrs.

**Day 6: Jul 11 - Depart Leh**

Morning transfer to the airport in time for your return flight back home.

**Cost per person on twin share: INR 26500/-**

**Cost includes:**

1. Accommodation for 05 nights in a room at the Oriental Guest House – Leh/similar
2. All meals from Lunch in Leh on Day 01 to Dinner in Leh on Day 05 and 01 celebratory dinner in Summer Harvest – Leh.
3. 02 bottle of mineral water during the road travel OR sightseeing tour
4. Road transportation, including sightseeing, ex- Leh Airport in a dedicated & exclusive Innova / Xylo
5. Services of a guide –cum- escort
6. Monument entries
7. Inner Line Permits for Pangong Tso
8. Green Tax Levied by the Ladakh Tourism Council
9. All applicable taxes.

**Cost does not include:**

1. Any air fares.
2. Beverages at any place of stay except those served on buffet table.
3. Any En route/ personal expenses.
4. Any expenses incurred due to factors beyond our control like a natural calamity/ man-made calamity.
5. Expenses on account of factors beyond our control like flight / train cancellations, landslides...

## TOUR NOTE

**Accommodation:**

Leh: Oriental Guest House/similar

**Food & Hygiene:**

Food is a mix range from vegetarian/ non- vegetarian meals to good food with a choice of Indian, Continental & Chinese food. All meals are buffet meals. There is no room service at most places.

**Fitness:**

You should be in decent health if you wish to hike. We advise jogging and breathing exercise. The trip is best avoided by you if you are a heart patient, infant, asthmatic, pregnant, or suffer from epilepsy.

**Altitude Sickness:**

Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth. Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, walking & dehydration may cause a number or mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise.

The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days / Diamox tablets. If symptoms are severe and the patient is ill DESCEND IMMEDIATELY, 300 meters of descent or more should be sought. This usually gives rapid improvement. To minimize altitude sickness, never rush into things, walk slowly and firmly. Do not combine walking and sightseeing together. Inspect your track in front and trek slowly.

**Tipping:**

Tipping amount is at your discretion and experience.

**Photography:**

Please ask your guide before taking photographs inside any monastery and if you plan to photograph any locals, please take their permission before doing so. You could charge your camera at the hotel.

**Medicine:**

We keep a first aid kit. It would be anyway a good idea to bring your own basic first aid kit with medicines for motion sickness, nausea, some painkillers etc. Please carry sun block and chapstick. Keep your face, feet and hands well protected. Request your doctor to prescribe effective medicines to cover the following: Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes. We do carry a first aid box though. In case you have any illness of any sort, please do inform us in advance so that we can take necessary precaution. You could also carry vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshener, Nose inhaler, Cough drops, Lip balm, Vicks, Elastoplasts, Adhesive tape, 4" crepe bandage.

**List of things to bring:**

1. Duffel bag (avoid suitcases if you can)
2. A small day backpack to carry water, food, jacket and camera
3. Hiking shoes- you need good traction in shoes and these should be at least water resistant. Forclaz 500 is a good. Your shoes should be well broken-in and not new. Otherwise, your regular sports shoes will also do.
4. 2 pairs of lowers.
5. 4-5 full sleeves T-shirts
6. A fleece jacket
7. A full sleeve thick jacket
8. Underclothing
9. At least 1 pair of thermal inners
10. 2-3 pairs of sports socks. 2-3 pairs of woolen socks
11. Woolen cap/ balaclava that covers the ears
12. Gloves
13. Sun glasses
14. Lip balm
15. Cold cream and sun screen lotion (SPF 40+).
16. Water bottle.
17. Flash light
18. Personal toilet kit.
19. Personal medicine
20. Small repair kit consisting of safety pins, needle, thread and string.
21. Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available on the slopes.

## BOOKING, PAYMENT AND CANCELLATION POLICY

### CONFIRMATION:

100% advance to confirm booking.

### CANCELLATION CHARGE:

Minimum : 20% of full amount.

Less than two weeks of arrival date (or tour start date) : 50% of full amount.

Less than one week of arrival date (or tour start date) : Full amount.

### PAYMENT MODES & METHODS:

1. ONLINE TRANSFER into our **current** accounts in Axis Bank or Standard Chartered Bank
2. DIRECT CHEQUE DEPOSIT into our **current** accounts in Axis Bank or Standard Chartered Bank at any branch/ ATM in India
3. DIRECT CASH DEPOSIT, into our **current** account at any branch in India
4. By CASH or CHEQUE handed over personally (or by your rep) AT OUR DELHI OFFICE
5. OUTSTATION CHEQUE payments are acceptable **only if** they are delivered (or we get a scan of the bank deposit slip) at least 4 working days before the payment due date.
6. OUTSTATION PAYMENTS by a **Payable at Delhi** DD sent to our Delhi Office by courier/post.

IMP: CHEQUE / DD to be made in **favour of "Banjara Camps & Retreats Pvt. Ltd."**

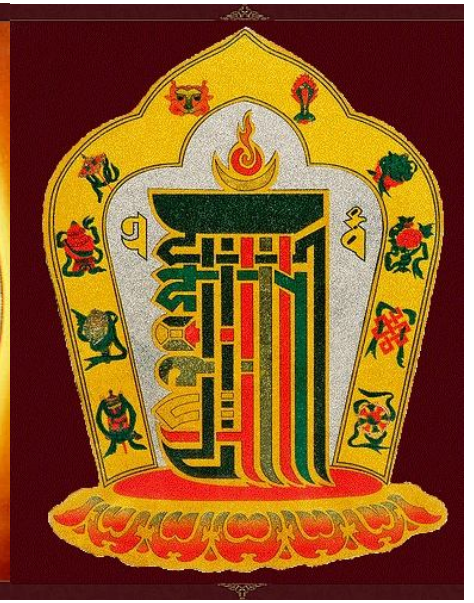
#### AXIS BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : 015010200017806
- Branch address : K-12; Green Park Main; New Delhi – 110016
- Branch Code : UTIB0000015 (for direct cheque deposit)
- IFSC Code : UTIB0000015 (for online transfer)

#### STANDARD CHARTERED BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : 525-0-509-319-3
- Branch address : 10 Sansad Marg; New Delhi – 110 001
- Branch Code : SCBL0036027 ( for direct cash/ cheque deposit)
- IFSC Code: : SCBL0036027 (for online transfer)





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**-- Himalayas with Banjara, The Experience that matters --**