

Ladakh Travel Itinerary

Ladakh, the erstwhile Buddhist kingdom, is a spectacularly jagged region. Arid mountains, dramatic rocky outcrops, picturesque gompas, meditational mani walls, and multi-hued flags are just a few of the many sights that showcase the beauty of Ladakh. The well-balanced traditional society of Ladakh offers much to the West in terms of ecological awareness.

Ladakh is a magnificent and unexplored wonderland in the Himalayas, considered a heaven by those seeking adventure. Apart from trekking, you can indulge in various adventure sports such as biking, water rafting, and safaris. Also known as the 'Land of Passes,' Ladakh forms an alluring part of Jammu and Kashmir, India.

Budget-Friendly Stays

- **Hotels:**

- Odbar Guest House
- Zal Homestay
- Zaltak Guest House
- Gomang Homestay

- **Hostels/Homestays:**

- Zostel Leh
- Happy Drifters
- Woosah Hostel
- Himalayan Bunkers

Day-to-Day Schedule

- **Day 1:**

1. Arrive in Leh
2. Check into your accommodation
3. Rest for better acclimatization
4. Visit Shanti Stupa
5. Explore Leh Market

- **Day 2:**

1. Rent a bike/taxi for a Sham Valley tour around Leh
2. Visit Pather Shahib Gurudwara, Magnetic Hills, Sangam, Basgo Palace, Likir Monastery, and Alchi Monastery
3. Overnight in Leh

- **Day 3:**

1. Hire a shared or private taxi for a 2-night trip to Nubra and Pangong
2. Visit Khardungla Pass, Diskit Monastery, Hunder Sand Dunes
3. Overnight in Nubra

- **Day 4:**

1. After breakfast, head to Pangong
2. Visit Pangong Lake
3. Overnight in Pangong

- **Day 5:**

1. After breakfast, return to Leh
2. Visit Changla Pass, Hemis Monastery, Leh Palace
3. Explore Leh Market

Local & Instagram-Famous Cafés

- The Tibetan Kitchen
- Lamayuru
- Sky Wok
- Biryani Queen
- German Bakery
- Friends Café Turtuk

Stargazing Places

- Pangong Lake
- Hanle Observatory
- Lamayuru
- Alchi
- Nubra Valley
- Hunder

Tourist Places

- TPuga Valley
- Tso Kar
- Nubra Valley
- Tso Moriri
- Sangam
- Pangong Lake
- Magnetic Hill
- Chumathang Hot Water Spring
- Diskit
- Monasteries
- Khardung La
- Mahe Bridge Waterfall

Secret Tips

- Once you reach Leh, take a one-night break to acclimatize.
- Acute Mountain Sickness (AMS) is real.
- Breakdown in the middle of nowhere is common in Ladakh.
- No mobile network connectivity on most Ladakh roads.
- Do not travel to higher altitude places from Leh immediately.
- Avoid smoking and drinking in high-altitude regions.
- Have light and easily digestible food.
- When crossing passes like Khardung-la or Zozila, do not stop for more than 15 minutes. Try to descend to lower altitudes as soon as possible.
- Permissions and green tax must be booked online.
- For medical assistance, find any nearby army camp and ask for first aid.
- Carry camphor with you at all times.
- Drink plenty of water.
- Carry snacks and fruits as routes are long and there are no eateries or habitation for extended periods.
- Weather changes drastically every few kilometers—always carry woolens.
- Reach your accommodation before dark to avoid being stranded, as most places have no network or habitation.
- Take one garlic clove each day for health benefits.

Must-Pack Essentials

1. Gloves, woolen socks, windcheaters, scarves, sunscreen
2. Medicines and toiletries

Phone Connectivity

- Prepaid SIM cards won't work.
- BSNL: 2G in Leh & Ladakh
- Airtel Postpaid: 4G in Leh, Nubra, Diskit, Kargil
- Jio Postpaid: 4G in Leh, Nubra Valley (up to Diskit & Hunder)

Roadmap



@thesafarnamatales