

EVERGREEN ADVENTURES

Think Adventures, Think Evergreen Adventures

Full Itinerary & Trip details

Rejuvenating Journey to Himalaya India- Yoga, Meditation & Trekking: A Retreat

- ✓ **Best Value For Money**

Striving best to give you 'Value for Money Spent'

- ✓ **We're here for you 24/7**

Our Customer Support specialists have your back and are there for you 24/7

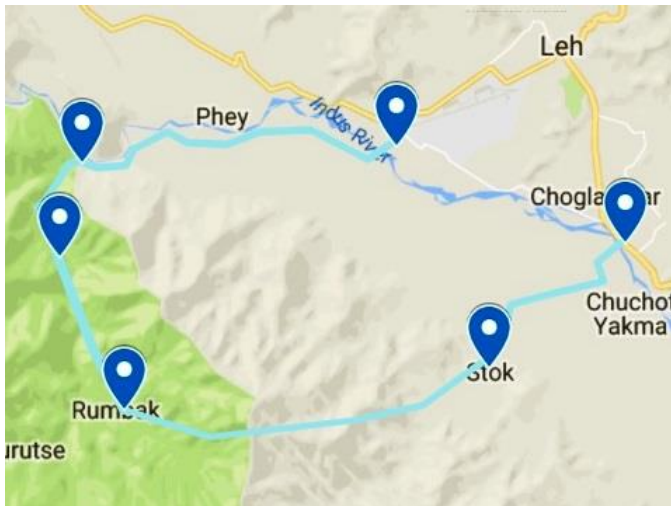
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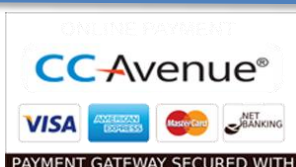
Rejuvenating Journey to Himalaya India- Yoga, Meditation & Trekking:
A Retreat 8N/9D

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Trip overview



Price Starting from \$1450	Duration 9 Days	Age Group 15- 60 yrs
Starts- Leh	Ends- Leh	
Style Yoga, Meditation & Adventure tour		
Organizer Evergreen Adventures & Consultancies		Tour Code: EVGLEhYMT-016



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Itinerary

Introduction

Leh – Ladakh is a part of J & K, India. This is pro Tibetan cultural influenced area where you will the essence of Buddhist culture. In this age of modernization and new technologies, this journey is a perfect blend of adventure and spiritualism. This retreat is not a miracle but it gives you a chance to alleviate stress. With our experts and efforts, you tend to revive and focus in you. That's our goal. This program is so simple and adaptable that anybody who wants to experience can join this. Long ago, when the world was young, they roamed the Earth, your ancestors and mine. They navigated by the Sun and the stars. They ate when hungry and sang when happiness felt.

Highlights:

- Daily yoga and meditation classes
- Camping and camel safari experience
- Ladakh Tour
- Trekking
- 09 nights' accommodation

Day 1

Arrival at Kushok Bakula Rimpochee Airport (IXL) and check-in at hotel. You can use this day to acclimatize. Later in the evening, you will pay a visit to Leh Market, Leh Palace, and Shanti Stupa. You will be spending the night at Hotel Leh. (B, D)

Day 2 Explore Leh City

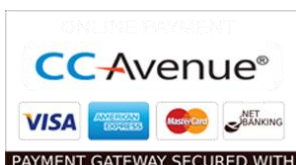
After breakfast, you will drive and visit Shey palace, Thiksey, Hemis monasteries, Stok palace museum, and Sindhu Ghat. You will also be spending the night at Hotel Leh. (B, D)

Day 3 World's Highest Motorable Way & Cold Desert

After breakfast, you will be taken to Nubra Valley via Khardungla. After lunch, you will enjoy the camel safari at the sand dunes between Deskit and Hundur village. You will spend overnight at the Nubra Ethnic Camp, Nubra. (B, D)

Day 4

After breakfast, you will visit Deskit Monastery (Big Buddha), where you can have a magnificent



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view of Nubra Valley and drive back to Leh by the same route, crossing the Khardungla pass. You will spend the night at Hotel Leh. (B, D)

Day 5 Leh- Spituk to Zingchen 3700 m (4-5 hours)

Level: Moderate

The trek traditionally starts at the bridge over the Indus about a kilometer west of Spituk Village. Our walk begins along an old jeepable on very dry and exposed land, so water and protection against the sun are important! After 2 hours the landscape becomes greener as we go into the Zingchen Valley, where the Rumbak River flows into the Indus. Our camp is in the small village of Zingchen, which means 'big field', where there are just two houses. The rest of the day will be spent enjoying the view and maybe even a dip in the river. (B, L, D)

Day 6 Zingchen to Rumbak 3900 m (4-5 hours)

Level: Moderate

Today we enter Hemis National Park, home to the famous Snow Leopard, Blue Sheep, Ladakhi Urial (a type of goat), great Tibetan sheep (Arghali), red fox, Tibetan wolf, wild dog (dhole), Lynx, marmot and mountain hare. We start to climb gradually up to village of Rumbak. (B, L, D)

Day 7 Rumbak – Stokla – Camp Site (4-5 hours)

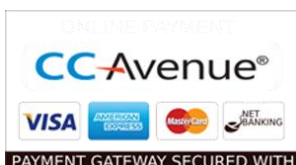
Level: Tough

Today may be difficult day on the trek, as in the morning after breakfast you will ascend the 4,900-m. Stok Pass also known as the Namlung La. If you are fit and have camped at the plateau just under the pass as all do, you should have no problem climbing up to the pass. One can climb steadily and made it in less than 1.5 hrs. From the campsite walk less than ½ hrs and on your right you will find zigzagging mountain terrain. (B, L, D)

Day 08: Camp Site – Stok – Leh (4-5 hours)

Level: Easy

Today is an easy day going downhill all the way. Follow the stream on its left bank as it heads north. The path is vast and easy. You will find willows and wild roses growing on islands in the middle of the stream which grows quite wide as you approach Stok. Visit the Stok Palace, residence of the king of Ladakh. We steadily descend through meadows to Thachutse and cross the Nimaling river. The trail follows the Markha river now, and will do so for the next few days. (B, L, D)



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Day 09:

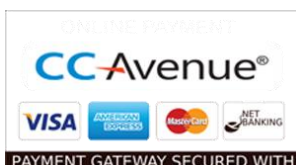
Early morning, you will be transfer to Kushok Bakula Rimpochee Airport (IXL) to board your flight back home. (B)

What's Included

- Professional English Speaking Trek Leader
- 09 nights' accommodation Hotel/ Camping/ Homestays
- Complimentary Ladakh guide book on arrival in Leh
- One Porter Porter/mules for client baggage (one bag per client not weighing more than 15 kgs)
- One cook
- Yoga Teacher (15 yoga and meditation classes)
- Vegetarian meals (9 Breakfasts, 4 Lunches & 8 Dinners)
- Tenting Equipment
- Camel Safari (30 min)
- Transfer in Leh

Exclusions

- YOGA mattress
- Any meals/services not mentioned above Any charges for video cameras
- Still cameras, etc alcohol, soft drinks, beverages etc.
- Personal expenses like tips, telephone calls, laundry etc.
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather etc.
- Insurance
- Flights
- Parking entry and monasteries/ museum entrance fee
- Any train fare/air fare unless specified



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Destinations visited

- Leh India
- Nubra India

Departure dates

Starts in Leh - India	Ends in Leh - India
11 May- 19 May, 2018	
15 June- 23 June, 2018	
07 July- 15 July, 2018	
25 July- 02 Aug, 2018	

For more departure dates.. at <http://www.evergreenadcon.com/yoga-trekking-tours.php>

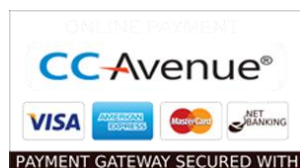
Leh

Leh Ladakh is nearly placed in the Trans-Himalayan region. A gentle breeze blows in the mountain, snow blanketed twisting roads and green valleys on the way are thriving in natural treasures. This infertile land has low atmospheric pressures, still it offers more to travellers what they get and read on the web.

Ladakh

Situated in the far north of the sub-continent, over 3500 meters (11,500 feet) up on the high plateau, Ladakh is often referred to as the "little Tibet". Having been part of British India, it was subsequently absorbed into independent India in 1947. Ladakh's geography protected it from the ravages of the Chinese Cultural Revolution as a result of which it contains one of the most intact Tantric Buddhist societies left on earth.

With a high altitude desert dominated by rugged snowcapped mountains and deep turquoise lakes, it is one of the most picturesque places on earth.



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The team



Bhupendra Sharma:

A Project Management person turned Nomad after serving more than 14 years in India and in the Middle East, who explored the Himalayan Mountains and the Desert of the Middle East. He is the promoter of Evergreen Adventures & Consultancies.



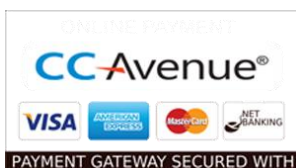
Tundup Namagyal:

Tundup is a professional guide, having experience of this region for more than 09 yrs. He has led a lot of European groups.



Rohit Singh:

Rohit is a seasoned Yoga Teacher. He is proficient in different kind of Yoga Techniques. He is expert Loosening exercise, Breathing yoga, meditation yoga, Vinayasa (Power Yoga).



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Evergreen Adventures & Consultancies is a Tourism Management Company, founded in December 2015 under Rajasthan Shops and Commercial Establishments Acts, 1958. We are ATTA - USA accredited, India based eco tour firm which operates and arranges tours for individuals and groups in Himalaya's high altitude destinations.

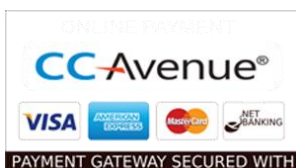
We primarily promote trekking activities in Himalaya's high altitude area. Leh- J&K, Manali & Dharmasala - Himachal Pradesh. Our past experience and the strength of our team make us different. Particularly in Leh- J&K, We promote Homes Stays arrangement for staying during the expedition. Each trek has its own beauty and nature. "A traditional village-based home stay would maintain and share a traditional way of life, provide Ladakhi food. It is based on Eco-friendly concepts and requires small amounts of investment for renovation not building."

We take online bookings for all the available trekking packages. We have also made an availability chart for the trekkers, by using this chart they can book there treks.

Our other signature program for corporate employees,

- Rejuvenating Yoga Trekking Tour in Ladakh ([9 days](#))
- Bushman Survival Program for Corporate leaders (7 days) ex- Dharmashala [coming soon](#)

Our core values are Value for money, safety and guided adventure.



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