



The trip finally ends with a day in Leh. Exploring Leh's bazaar and old town before you finally fly back to Delhi.

## The Itinerary

**Day 01 (9<sup>th</sup> Aug)** - Fly Delhi to Leh. Overnight in Hotel Lha Rimo.

**Day 02 (10<sup>th</sup> Aug)** - Drive Leh to Kargil with a visit enroute to Lamayuru Monastery and the Buddha statue at Mulbek. Overnight at hotel in Kargil.

**Day 03 (11<sup>th</sup> Aug)** - The most spectacular drive filled with natural wonders. We drive to Ringdum Gompa (12,000 ft.). Few mountain drives get you this close to the Great Himalaya. The awesome mass of the Nun Kun massif over 7000m high with its hanging glacier across the road from us, dominating today's journey. Overnight in the PWD rest house/ tented camp at Ringdum.



**Day 04 (12<sup>th</sup> Aug)** - Our final road leg across the Pensi La at 14,500 ft ASL, surrounded by an awe inspiring arena of the Zaskar peaks. Below us is the Durung Drung glacier that feeds the Zaskar River. We drive on to camp 40 kms below the glacier at Remala village, our put-in. Overnight tented camp.



**Day 05 (13<sup>th</sup> Aug)** - Rafting expedition commences on the Doda river from Remala to Karsha covering approx 30 km. Class 2 rapids primarily, wide open valley surrounded by 6000m high Himalayan and Zaskar peaks. After settling into camp by 2pm, take a short walk to the spectacular Kharsha Monastery for the evening incantations by the monks.

**Day 06 (14<sup>th</sup> Aug)** - This will be a layover day. Witness a beautiful sunrise over the Himalayan peaks

Followed by a leisurely breakfast. Visit The Kharsha Monastery early morning or late evening to witness the chanting of the monks. During the day you may drive or walk 1hr. 30 mins to the village of Padum which is at the cross roads between the valleys of the Zaskar and Tsarap river.

**Day 07 (15<sup>th</sup> Aug)** - Our river journey continues down to the confluence of the Doda with the Tsarap River, to form the Zaskar. Today's stretch is approximately 50 kms. With Class 2 & 3 rapids, passing by Zangla village the old capital of Zaskar. We enter the upper Zaskar gorge, completely dwarfed by the gigantic chasm walls each turn bringing on amazing rock formations and colors. The power of the river and rapids pick up, ending our exciting run till Nyerak, the only camping site in the upper gorge section. Lounge around in the early evening and take in the grandeur of this geological wonderland.



**Day 08 (16<sup>th</sup> Aug)** - Layover day. You have the option to just take it easy or go on a day long hike up this magnificent canyon first crossing the 25 ft span wooden Nyerak Bridge across one of the narrowest parts of the river. Up it is after that on the old trade route between Zaskar and Indus valleys, now a well known trekking route. This trek gives you a completely different perspective on the scale and geological formation of the gorge with stunning views as we climb higher above. We have a chance to interact with the hardy but cheerful locals as they trek between their habitations in this harsh and desolate lunarscape. Visit the local home of Tashi who weaves carpets. After lunch we descend back down to river level and Nyerak camp.

**Day 09 (17<sup>th</sup> Aug)** - Action packed rafting day through the heart of the Zaskar Grand Canyon- 40 kms of non-stop Class 3 and 4 whitewater, awe-inspiring rock formations and a stop for lunch at a gigantic cataract pouring out of a cliff face to an oasis below - Paradise! We conclude our long days rafting at Lamaguru camp, the confluence of the Markha River with the Zaskar.

**Day 10 (18<sup>th</sup> Aug)** - We start early to raft the final leg of the Zaskar from Lamaguru to Nimu, covering approx 25 km to its confluence with the mighty Indus. Mostly Class 3 bouncy rapids including encountering the big water 'Chilling' rapid as the volume increases significantly after the Markha River has joined. Our raft trip ends at the confluence from where the river becomes the mighty Indus as it flows westward towards Pakistan and finally to the Arabian Sea. We drive back 40 km to Leh to check into our hotel to have lunch and take those much needed hot showers! Overnight at hotel.

**Day 11 (19<sup>th</sup> Aug)** - After a leisurely breakfast some sight-seeing of the neighbouring monasteries at Thikse, Shey and Shanti Stupa. The afternoon is for shopping and exploring Leh's quaint bazaar and numerous bakeries. Overnight at hotel.

**Day12 (20<sup>th</sup> Aug)** - Fly Leh /Del.

**COST PER PERSON:** Rs.75,000/-  
Single Supplement: Rs. 12,000/-

**COST INCLUDES:**

- Hotel accommodations on twin share basis in Leh and Kargil
- Tented and Rest house accommodation on twin share basis, enroute through the trip
- Rafting and all specialized equipment
- Meals throughout the trip

**COST EXCLUDES:**

- INR Airfare Delhi / Leh / Delhi
- Any expenditure of a personal nature such as laundry, telephone calls etc.
- Alcoholic beverages
- Medical and/or Travel Insurance
- Any cost arising out of unforeseen circumstances such as landslides, bad weather and road conditions and any other circumstances beyond our control
- 2.575% Govt. Service Tax



**NOTE:**

1. Himalayan River Runners reserve the right to modify and alter the itinerary due to circumstances beyond our control, such as weather and road conditions, condition on the river, etc. This right would be exercised in the best interest of your safety and well being
2. Cost may change in case of a fuel hike or any other unprecedented hike
3. The cost is based on twin share accommodation for Leh and all points enroute as well as in tents. Should you be booking as a single person – the supplement will apply

4. Himalayan River Runners will not be liable in case of delays on flights in the Delhi-Leh-Delhi sectors as well as for any delays due to bad weather etc.

**CHECK LIST OF PERSONAL ITEMS TO BRING ALONG ON THE ZANSKAR EXPEDITION.**

1. 3 season's sleeping bag
2. Thick fleece/warm jacket
3. Water resistant shell jacket with hood
4. Canvas shoes or, ideally, neoprene booties for the raft
5. 2 pairs cotton socks for land use, 2 pairs synthetic/wool socks to wear on the raft
6. Light hiking shoes/boots
7. Fitted synthetic shirt/non-cotton vest to wear under wetsuit. Ladies can bring a swimsuit, but be warned that a one-piece might cause problems when going round the corner while wearing a wetsuit!
8. Light synthetic/woollen thermal underpants (optional) – 1 pair
9. Trousers/jeans/ track bottoms – 2 or 3 pairs + Shorts (optional)
10. Teeshirts -3or 4 (some long-sleeved T-shirt recommended)
11. Flash light with extra set of cells. Hands free headlamps better.
12. Towel – 1 large. Hand towel (optional)
13. Personal toiletries.
14. Cap with brim that can be worn under the helmet
15. Dark glasses (a spectacle chain or band also recommended)
16. Water bottle (non-breakable, 1 litre min.)
17. A few clothes clips (helps to hang out your clothes/wetsuit after rafting)
18. Day pack – for personal items for hikes out from river camps.
19. Small medicine bag for personal medications (optional)
20. Sun block with high SPF (waterproof one recommended)
21. Binoculars/camera preferably waterproof (optional)
22. Light woollen gloves, muffler, balaclava (optional)
23. Hand sanitizer/soap strips (optional)
24. Sandals or rubber chappals (optional)
25. Big handkerchief or scarf to protect back your neck (strong sun and UV)



**Sleeping mats and toilet paper will be provided**

- Tips:
1. Pack light in duffel bags pref. when you leave home.( No hard shells)
  2. Large waterproof bags will be provided at Rafting start point, Day 5 (from here all excess baggage can be sent back, which will meet you in Leh on Day 11.)
  3. 2 persons will pack in one large waterproof bag
  4. A common "Shoes" waterproof bag will be provided

5. Smaller waterproof bags will be shared for cameras and small personal items and are 'easy access' on the raft

## ZANSKAR TRAVEL ADVISORY

**About altitude :** Leh is at an approximate altitude of 1,200 ft asl compared to Delhi's 750 ft asl. Some adapt better and faster to altitude than others. By travelling via Srinagar and Kargil etc we will be giving ourselves enough time to acclimatize slowly and therefore we are likely to "suffer" less when we reach the Zaskar valley and finally Leh. Let your body get attuned to the 'thin air' and focus on your breathing. Consciously hydrate yourselves at short intervals (i.e. with water and not alcohol!). You must try and drink at least 5-7 litres of water every day. Rest a lot in the first 24 hrs. Do not be alarmed if you have an odd headache or two in the first 36 hrs. Keep your guides and trip leader informed about your headaches, nausea, 'tingling' sensations or swelling in hands and feet.



**About weather :** Srinagar is a valley and therefore it is likely to be less cold and quite pleasant in August. Ladakh is a high altitude desert. When clear and sunny, it is very hot during the day and the sun is strong. It gets extremely cold once the sunsets. You have to be prepared for both extremes. Do not step out without applying liberal amounts of sun block (this goes for all skin types and colors). A sun shade and dark glasses are necessary. Keep the nape of your neck covered.

**Checklist of clothes :** Please follow the checklist closely. We will provide you with wet suits and paddling jackets on the river as well as neoprene gloves. Please bring along suitable closed shoes (canvas is OK, but, neoprene booties are ideal) for the rafting. While rafting you should wear your shoes with a pair of wollen or synthetic socks. Cotton clothes will keep you cold when wet. Toilet paper is provided. Towels are not provided during the trip. There will be towels in your hotel in Leh.

**Packing for the rafting trip :** You will be allotted 1 large dry bag between 2 persons to carry all the clothes and sleeping bags you require for the rafting trip. There will be smaller dry bags on each raft, which will be easily accessible for all to carry your sun block and cameras etc. Extra

clothes can be left behind at the Lha Rimo Hotel in Leh. Some clothes may also be returned at the put-in point of the rafting trip from where the vehicles will return to the Hotel in Leh.

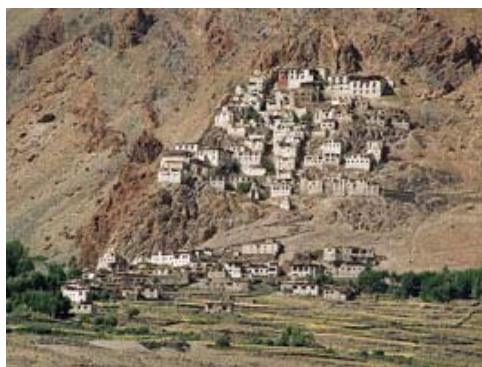
**Water:** From Mulbek onwards you will be drinking water which will be treated with iodine. On the river you will get fresh spring water also treated with iodine.

**Delhi-Leh-Delhi flights and bookings :** This is a very crucial part of the trip! It is only in August and September that there are daily flights from Delhi to Leh. As has been our practice in the past – we make bookings for the day closest to our fixed date departure date incase there are no flights on the day that our trip is supposed to leave and return. All agents make block bookings and therefore most are heavily wait listed. Closer to the time by June – the new flight schedule is announced and there are flights every day and then we get the dates of our choice. The Indian Airlines and Jet Airways both fly to Leh and we try and make bookings on both flights and go ahead with the one that confirms the booking first. You will be periodically informed about flight status and the final bookings will be made with your approval.



**Return Flight Leh - Delhi :** The security check for this flight is very detailed. You are advised not to carry batteries, nail files (any remotely sharp objects), cigarette lighters etc. in your carry on cabin baggage.

**Passports :** For Expats/diplomats/foreign tourists - Please carry your passports till Leh which can be left behind at the Hotel. On the rafting trip please carry photo copies of your passports.



**While site-seeing :** Before taking pictures, please take permission from the monks at the monasteries. Some monasteries restrict or disallow the use of flashes on cameras. All (or most) Ladhakhis are friendly, quiet and courteous and smile a lot - but it wouldn't harm to just take permission before you take their photograph. As with children all over the world - the kids in Ladakh are cheerful and boisterous and will always try and get a "bon bon" or pen off you - we request you not to give in to their pleas!, this might encourage beggary.

**Please do not hesitate to contact us for further information  
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