

Delhi and Ladakh – Trails of Little Tibet – Sham Valley

Monday 10th – Saturday 22nd August 2026

AT A GLANCE:

12 nights/13 days Maximum altitude: 4082m

Day 1	Arrive Delhi	HOTEL
Day 2	Flight to Leh (3500m).	HOTEL
Day 3	Acclimatisation in Leh and sightseeing Shey Palace and Tikse Monastery	HOTEL
Day 4	Acclimatisation in Leh to Leh Palace and Sankar Monastery	
	Optional jeep safari to Kardung La Pass (5359m)	HOTEL
Day 5	Trek begins! Likir to Yangthang (10kms)	HOMESTAY
Day 6	Yangthang to Uley (6 kms)	HOMESTAY
Day 7	Cross the Spangpo La Pass (4082m) to Hemis Shukpachen (8kms)	HOMESTAY
DAY 8	Cross the Mebtak La Pass (3796m) and the Lago La Pass (3382m) to Temisgam	
	HOMESTAY	
DAY 9	Temisgam to Khalsi, crossing the Bong Bong La Pass (3630m) DRIVEN to Lamayuru	HOTEL
Day 10	Lamayuru Monastery to Alchi by Jeep	HOTEL
DAY 11	Alchi Monastery to Leh by jeep	HOTEL
DAY 12	Morning flight to Delhi	
	Free afternoon to sightsee	HOTEL
DAY 13	Depart Delhi or continue your stay in India	

DETAILED ITINERARY

Day 01: MONDAY 10th AUGUST 2026 JOINING DAY - DELHI

Welcome to Delhi! A captivating city full of life and cultural intrigue! You will be met at the airport and transferred to your hotel, Le Meridien, in the heart of Lutyens' Delhi, within walking distance of the impressive and beautiful architecture of the government buildings he designed in the 1920s including the Viceroy's House (now known as Rashtrapati Bhawan), the All India War Memorial (now known as India Gate) and Queensway (now known as the Janpath). The magnificent Sikh temple, the Gurudwara Bangla Sahib, is well worth visiting, only a very short taxi ride away. I can advise and arrange any place you may like to visit that first day, depending on your flight arrival. Charity project site visits dedicated to helping street children and women working on the streets can be arranged this first day.

We will all have a group evening briefing before having dinner together. Accommodation:

Le Meridien, New Delhi

Day 02: TUESDAY 11th AUGUST

Morning flight to Leh; rest of day to relax and acclimatise

Early morning transfer to Delhi's domestic terminal for our short flight to Leh (approx one hour). Weather permitting, you will have spectacular views over the Himalayas as we descend into Leh, at 3500m.

The rest of the day is free to relax and acclimatise to the altitude, taking it easy and allowing our bodies to adapt. We will rest and catch up on some sleep and in the afternoon there will be a gentle orientation walk of Leh and its bazaars.

Accommodation – New Glacier View Hotel

Meals included: Breakfast

Day 03: WEDNESDAY 12th AUGUST

Acclimatisation - Drive to Shey Palace; short walk to Tikse Monastery

Today there is a sightseeing tour to two of the major gompas (monasteries) in the area. We first drive to Shey, a former Royal Palace of the Ladakh kings. Inside is a small temple containing a 350 year old copper and gold statue of the Buddha.

From Shey we walk across the fields (approx. 2 hours) on a good level trail to Thikse, where we visit the monastery perched on top of a hill - its red and white buildings can be seen for miles. We can explore the temples and courtyards and meet the red robed monks who live here. In one of the temples there is a 15 metre high statue of the Future Buddha. We return to Leh in the afternoon.

Accommodation – New Glacier View Hotel

Walking – 2 Hrs

Meals included: Breakfast

Day 4: THURSDAY 13th AUGUST

Half day walk to Leh Palace and Sankar Monastery; optional 4WD trip to the Khardung La (5369m)

Today we will have an acclimatisation walk round the Leh Valley. Set above Leh on the Namgyal Hill, are the ruins of the Old Royal Palace. From here a winding path takes us to the Tsemo Monastery where our efforts will be rewarded by magnificent views of the whole of Leh and its surrounding villages.

Descending round the back of the palace, we walk via Sankar to the recently built Japanese Peace Pagoda. This huge stupa overlooks Leh and we have stunning views of the town and the Stok range of mountains across the valley.

There is a chance today to take an optional 4x4 trip to the Khardung La Pass on the borders with India and Pakistan. It is one of the highest motorable roads in the world and once a route of Silk Road traders. On a clear day we can enjoy magnificent views of the Leh valley below us and the distant mighty peaks of the Himalaya. The journey to the top and back takes about 4 hours and can be booked and paid for locally. If you take the drive to the high pass, you can then do the local walks to Leh Palace and Sankar in the afternoon.

Accommodation – New Glacier View Hotel

Walking: 3 – 4 hours (8kms)

Meals included: Breakfast

Day 5: FRIDAY 14th AUGUST

Drive to Likir (3,520m) and start of trek to Yangthang (3,680m)

Well acclimatised now, after breakfast we leave Leh and drive towards Srinagar to Likir Monastery where we will visit the monastery on top of the hill, upstream of the village. We start our trek following the trail that leads to Phobe La 3550m, beyond the Pass Lies Sumdo village, and after the village trail goes steadily upwards to Chagatse La (3630m)) and then to Yangthang Village.

Accommodation: Village Homestay

Walking: 4-5 Hrs Walking /10 kms

Meals included: Breakfast, Lunch, Dinner

Day 6: SATURDAY 15th AUGUST 2026

Yangthang to Ulley (3,990m)

We leave Yangthang away from the main trail and head north with spectacular rock formations surrounding us. Ladakh is a mountainous desert and the multi-coloured hills are magnificent in any light. During the first couple of hours of today's walk we will come across some interesting erosional features, including pinnacles with rock boulders precariously balanced upon them. We will arrive at our accommodation by lunchtime and in the afternoon, there is the chance to walk higher up the valley. This area is well known for Ibex, and Snow Leopards have also been seen in the area.

Accommodation – Village Homestay

Walking: 3-4 hours/ 6km

Meals included: Breakfast, Lunch, Dinner

Day 7: SUNDAY 16th AUGUST

Cross the Spangpo La (4,082m) to Hemis Shupachen (3,663m)

We head off along an easy trail which climbs to our first pass, the Spangpo La (4,082m) with wonderful views of the hills ahead and down to the village of Hemis Shukpachen(3,663m). This tranquil village with a small gompas, green pastures and a clear stream is a lovely place to stay for the night. In the afternoon we can visit the monastery and have a look around the village

Accommodation: Village Homestay

Walking: 4 – 5 hrs walking/ 8km

Meals included: Breakfast, Lunch, Dinner

Day 8: MONDAY 17th AUGUST

Cross the Mebtak La (3,796m) and the Lago La (3,832m) to Ang and onto Temisgam (3,256m)

From Hemis Shukpachen, we cross the pastures in a northwesterly direction, skirting the sides of the fields. After a stop at a chorten (a Buddhist shrine), we follow the trail past the mature juniper trees (known locally as shukpa), after which the village is named. The path climbs easily to our first pass today, the Mebtek La (3,796m), from where we can admire the pink and mauve mountains ahead. We descend into the next valley and the trail ahead can just be made out as it zig-zags up the mountainside in the distance. The path winds up to the Lago La (3,832m) and from the top there are magnificent views across to the south side of the Indus Valley. The trail descends steeply from the pass to the village of Ang. This area is regarded as the richest in Ladakh and fields of barley, potatoes and orchards provide more than adequate food for these villages.

From Ang, it is an easy walk along the 4x4 track to Temisgam (10,682ft/3,256m). This is the largest, most prosperous village on the trek with fertile fields, spreading apple and apricot orchards, and large, white-washed Ladakhi homes, plus castle ruins and temples you can visit.

Accommodation: Village Homestay

Walking: 5-6 hours /13km

Meals included: Breakfast, Lunch, Dinner

Day 9: TUESDAY 18th AUGUST

Trek to Khalsi, crossing Bong Bong La (3,630m) and drive to Lamayuru (3,370m)

The size and wealth of Temisgam becomes evident as we continue our hike through the village to the foot of Bong Bong La, our last pass. As we hike up, we gain wide views of the Sham Valley, with streams and the Tia Monastery in the background. From here, it goes down to the nearest road to Khalsi. Now it's time to say goodbye to our trekking crew before we are picked up and driven to Lamayuru. Shortly before the evening falls, we can get to know the village on a short walk.

Accommodation: Hotel

Walking: 5-6 hours/14 km Meals

included: Breakfast, Dinner

**DAY 10: WEDNESDAY 19th
AUGUST**

Drive to Alchi (3,100m)

In the morning, we visit the 11th-century Lamayuru Monastery which houses more than 150 monks and some of the largest thangas (traditional Buddhist paintings) in the world.

We will then continue on through one of the most extraordinary landscapes in Ladakh, which is called Moon Land due to the forms of erosion and unusual colours. We reach Alchi in the afternoon, take a leisurely stroll through the village in the evening and see many barley fields, apple orchards and apricot trees.

Accommodation: Hotel

Meals included: Breakfast, Dinner

Day 11: THURSDAY 20th AUGUST

Alchi Monastery and drive to Leh

We visit the Alchi Monastery this morning, a fascinating complex said to have been built around the 11th century by the Tibetan translator Richen Zangpo. Where other gompas in Ladakh are built on hilltops, Alchi was constructed on the plains with exquisite architecture including a Kashmiri-style assembly hall and wall paintings depicting Ladakh kings in an intriguing combination of Buddhist and Kashmiri styles. After our visit, we drive to Leh and arrive in the afternoon.

Accommodation: New Glacier View Hotel Meals
included: Breakfast

Day 12: FRIDAY 21st AUGUST

Morning flight to Delhi; afternoon sightseeing in Delhi or Agra

After our early flight to Delhi's city life, the rest of the day is free for exploring and sightseeing. You may choose to visit Red Fort or do a walking tour of Old Delhi, or even head across to Agra to visit the Taj Mahal at sunrise tomorrow morning. All excursions can be arranged and paid for locally.

Accommodation: Le Meridien Hotel

Meals included: Breakfast

Day 13: SATURDAY 22nd AUGUST

DEPARTURE DAY FROM DELHI

Transfers will be provided for your journey from Le Meridien to the airport.

Meal provided: Breakfast

COST: £1590 per person (sharing a twin) based on a minimum group of 7

Single supplement: £300

What's included:

- 8 nights hotels in twin accommodation
- 4 nights Homestay/lodges in twin accommodation
- Meals as stated in the itinerary with full board during the trek
- All transfers by taxis/mini coach in Delhi and Leh
- Support vehicle for luggage during the trek at Homestays, Lamayuru and Alchi
- Domestic return flight Delhi – Leh – Delhi
- All applicable hotel taxes

What's NOT included:

- International flights to Delhi
- India Visa
- Personal travel Insurance
- Meals as detailed in the itinerary in Delhi and Leh (lunch and dinner are not included)
- Optional sightseeing excursions in Delhi or overnight to Agra
- Monastery entrance fees in Ladakh
- Local tips for drivers, hotel staff, Homestay owners and trekking team
- Personal expenses such as laundry, phone calls, mini bar charges, drinks etc

Please enquire for the cost of any extension to the trip before our joining day or at the end, to include the Golden Triangle or elsewhere in India.

How to book:

This trip will be in association with High Places UK, a UK based travel agency affiliated with my ground agent in Delhi. All deposits and payments will be processed through them and financially protected.

High Places holds an ATOL certification for flight-only operations and an ABTOT certification covering non-flight packages starting in Delhi. This will give you security and peace of mind.

A booking form will be sent to you if you'd like to secure a place with a deposit payment.

The balance will be due 56 days in advance of the departure date.

Accommodation

As you will see from the itinerary, we will be staying at the 5 star Le Meridien hotel in Delhi. In Leh, our 3 star hotel, the New Glacier View Hotel, is well located close to the town centre. All rooms in both hotels will have private bathrooms. At the Leh hotel there will be WiFi but there is no coverage for international phones whilst away from WiFi in Ladakh.

During the trek, we stay in a mix of Homestay and small hotels/lodges. Homestays offer an authentic experience of village life, allowing you to immerse yourself in Ladakhi culture, lifestyle, food and drinks. Homestays directly empower and benefit the local community as well as the environment, whilst giving the visitors a unique experience of the true Ladakhi culture. They provide a constant flow of travellers to the rural economies, creating multiple opportunities for the local people, particularly the women. Homestays generally provide shared western toilets and showers with hot water (most of the time!!) although most in the Sham Valley now have en-suite facilities.

We will be taking our own cook and kitchen assistants with us during the trek so ensuring the quality of cleanliness of food preparation throughout and general standard of meals provided.

Food & Drink

Indian food is highly regarded and there is ample chance to try traditional Ladakhi cuisine which was influenced by Silk Road traders from Tibet and China. Don't miss the delicious and popular snacks "momos" (dumplings) or yak cheese. Also try "thukpa", a clear vegetable soup with noodles and often mutton, chicken or yak meat; "tingmo", steamed bread eaten with dhal; and a favourite found in any restaurants, "chutagi", a thick soup of local vegetables and bow-shaped pieces of dough cooked in the broth. Vegetarian food is provided throughout the trek, with any allergies (eg gluten-free, lactose intolerance) and sensitivities catered for. Please just let us know.

Transport

Depending on the time of day, we either use taxis or private bus for transfers in Delhi. In and around Leh and for drives during our trip there, we use a private minibuss or 4x4s. For the trek section, there will be a support vehicle, usually a 4WD. For the flights to and from Leh, we use one of the airlines operating within India, eg Indigo or Vistara.

Weather

The weather is generally good in Ladakh during the summer with warm to very hot sunny days (approx 30C) and cooler nights, depending on the altitude. There is the possibility of rain so you should also prepare for this. The sun is very strong at altitude and the trek can be very hot.

Ladakh is classified as a high-altitude desert and, as in any mountainous area, the weather can be unpredictable. So you should be prepared and equipped to deal with any differences in weather beyond the “normal” conditions described above.

Summer in Delhi is very hot and humid with possible daily rainfall.

Altitude warning

This trip includes several nights over 3,500m above sea level, where there is a genuine risk of being affected by acute mountain sickness (AMS). If left untreated, AMS can be life threatening. We expect some of you to experience some mild symptoms of altitude sickness, such as headaches, shortness of breath while walking or sleeplessness. These should ease over the first three days in Leh whilst we are acclimatising.

I and my Ladakhi guide are trained to identify symptoms of severe AMS and if you do require any extra care, we have all the arrangements in place to assist you and provide a rapid descent if necessary. I will be carrying a full medical kit including Diamox, an oxygen tank and other drugs to treat more serious AMS symptoms.

Several medical conditions or medications can reduce your body's ability to acclimatise. This may affect your performance and make you more susceptible to AMS. If you are worried about pre-existing conditions, such as heart conditions, or your overall physical ability, you must seek medical advice prior to booking. Those of you considering using Diamox (acetazolamide) should speak to their doctor about the drug, its side-effects and a prescription. When taking out insurance, please make sure your policy covers you up to the maximum altitude of this trip (4,082m)..

What to take:

There is a weight limit of 15kg of checked baggage plus 7kg hand luggage on flights to/from Leh.

You will be carrying your own day pack during the trek with waterproofs/ extra warm layers/ personal toiletries/sun hat and water etc.

1. Warm down jacket
2. Lightweight waterproof walking shoes/boots
3. Waterproof jacket and trousers
4. Trekking sandals for sightseeing and evenings
5. Warm hat and gloves, buff.
6. Wide-brimmed Sun hat, sun glasses, sunscreen, lip salve
7. Several pairs of walking socks
8. Comfortable wear/tracksuit
9. Mid layer fleece
10. T-shirts and long sleeved base layers
11. Lightweight walking trousers
12. Walking shorts
13. Day pack (big enough for waterproofs, warm layer & water/snack supply)
14. Head torch and spare batteries
15. Refillable water bottles/water bladder (min 2 x 1 litres)
16. Sterilisation tablets/ steripen, filter bottles, although cooled boiled water is available daily
17. Dry sacks for day packs to keep things dry in case of rain
18. Trekking towel
19. Hand sanitizer gel
20. Mini toiletries eg shampoo, shower gel
21. Toilet paper/ tissues
22. Small personal first aid kit eg paracetamol, plasters, antiseptic
23. We will be visiting monasteries and so ladies will need to cover your head with a shawl/scarf and cover your arms/legs.
24. Trekking poles
25. Umbrella (sun/rain)

Your main luggage suitcase can be left in the Delhi hotel. You will then just take a hold-all type/duffle bag (approx 90 litres) and your day pack to Leh on the domestic flight.



