

## Ladakh, India

**June 26 – July 20, 2010**

**A note:** All of our itineraries are flexible. Our philosophy at Crooked Trails is to let the country guide our experiences and not to live by a strict itinerary. If unexpected events arise, we may change plans to take advantage of the situation or deal with an issue. However, we will do all we can to offer you everything that is on the schedule. Please be flexible yourself and allow the program to unfold.

**B,L,D** indicate meals included.

### **June 26**

Leave US at scheduled flight time.

### **June 27**

En route and overnight in Bangkok or London depending on your flights.

### **June 28**

Upon your arrival into Delhi, a representative from Crooked trails will be at the airport to transfer you to our guesthouse in Delhi.

### **June 29**

Flight to Leh in Northern India. Visit the Ladakhi Ecological Center and see Ancient Futures movie on Ladakh. B

### **June 30**

Acclimatization day. Relax and take small walking tour around mountains in Leh. Spend time exploring the Tibetan handicraft markets. Special dinner prepared by our family hosts at the Padma. B,D

### **July 1**

Acclimatization day. Visit various historical monasteries around Leh and attend many Buddhist festivals. B

### **July 2**

Drive to Lamayuru and explore the monastery. Continue onto Panjilla where we will camp and prepare for the trek. Visit Hemis monastery on the way. B,L,D

### **July 3**

Begin trek to Lingshed Village. Hike through a wild and desolate landscape across the Prinkiti La pass (12, 295 ft.) and travel through cultivated fields to Wanla village. Trek through a spectacular canyon filled with natural bridges and arches to Hanupatta village where we will spend the night. B,L,D

**July 4**

Trek through cultivated fields of mustard grains and cross the high Sirsir La Pass (15,750). Trek to Photoskar where we will spend the night. B,L,D

**July 5**

Rest day in the village of Photoskar. B,L,D

**July 6**

Trek over two more high passes to Sengge La (the lion pass) where we will camp. B,L,D

**July 7**

Final trekking day to Lingshed. Arrive early for welcome and Tibetan celebration. Set up home in near Linshed Monastery perched high on the hills above the village. On our first day into Lingshed we will be met by our host families but will camp near the monastery. Evening Ladakhi language classes. B,L,D

(Please note that trekking into Lingshed could be a day longer or shorter depending on the abilities of the group).

**July 8**

Today we will meet with friends from the Lingshed Cultural Troop. We will spend the entire day sharing dances, singing, crafts and food. Here you will meet your host families and move into their homes for the next few days. B,L,D

**July 9**

Today we will visit the Lingshed School, Monastery and Nunnery. Dinner and language lessons with families at camp. Meditation for monks and other visiting males at the monastery and special teaching for women at the nunnery. Evening dinner and overnight with host families. B.L.D

**July 10-12**

We will spend the next few days working on a organized community project with your host families. To be announced later. B,L,D

**July 13**

Final Day in Lingshed. Participate in family's daily activities. Spend time in the fields, playing with the children, tending the livestock or help teach in the school. B,L,D

**July 14 –July 17**

Trek back to Lamayuru and onto Leh. We will take an alternative cannon out on our final day and this may only take 3 days of hiking. Return to Leh. B,L,D

**July 18**

Morning flight to Delhi. Late afternoon rickshaw ride through the streets of Old Delhi visiting different Sikh, Muslim, and Hindi temples. Evening Bollywood show! B

**July 19**

Train to Agra and journey through the Taj Mahal and the Red Fort and surrounding area.  
B

**July 20**

This will be your last day depending on what time your flight is back to the US.