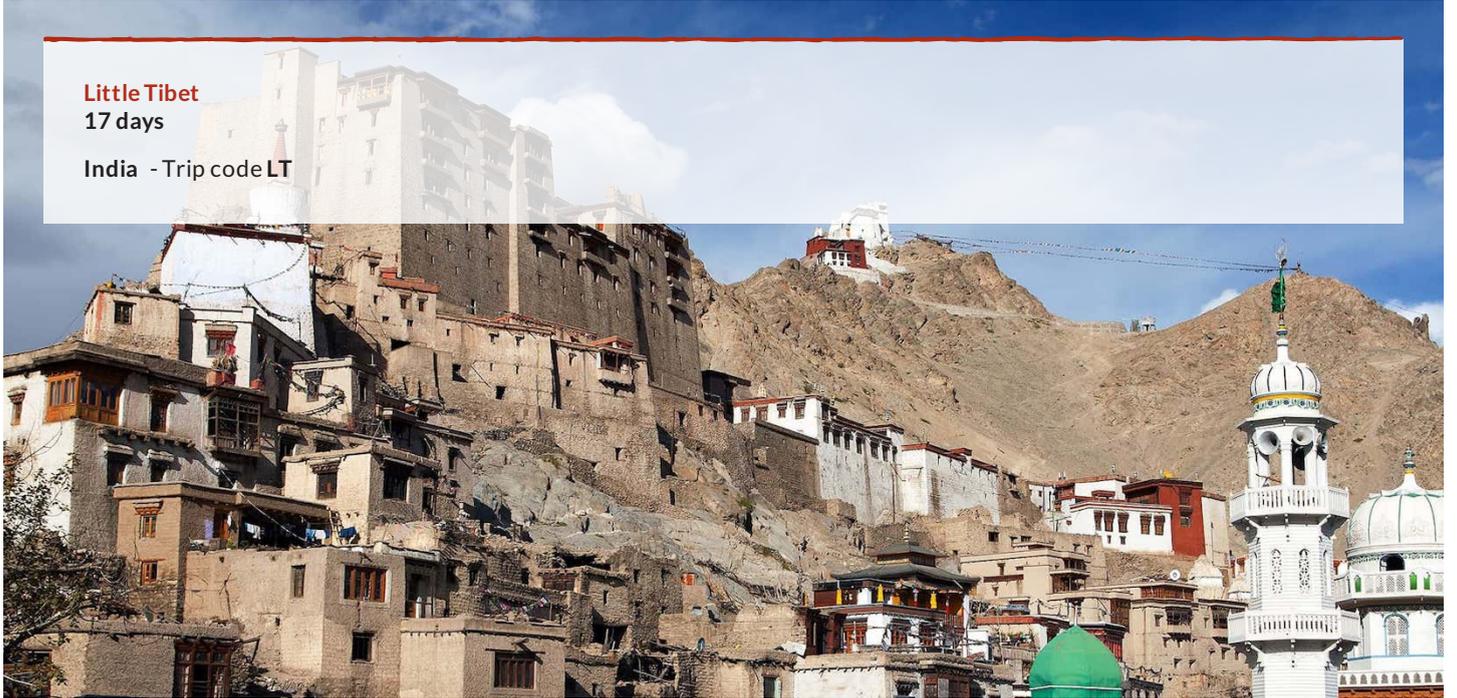


# EXPLORE!

## Little Tibet

17 days

India - Trip code LT



## Little Tibet

Join us on a journey across the great Himalaya to Little Tibet, the ancient Buddhist enclave of Ladakh on India's northern border. Here we walk through dramatic scenery, discover mountain caves, and visit Tibetan-Buddhist monasteries. Following one of the world's highest roads through snow-covered peaks and temple towns, we travel from the hill station of Dharamsala, the home of the Dalai Lama, to the monasteries and barren landscapes of Leh.

## Trip highlights

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

### TRIP PACE:

#### Full on

Full on paced trips are for travellers who like their holidays packed with activities and experiences, moving on quickly from place to place with lots of early starts and long, busy days. Some may find them tiring, but others get a buzz from packing their precious holiday-time as chock-a-block full of new experiences as possible!

**GROUP SIZE:**

**12 - 18**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Join tour in Amritsar

Our tour begins today in Amritsar, the Sikh's holiest city. After time to freshen up we visit the stunning Golden Temple. Shoes must be removed, feet washed and heads covered before we can enter (please bring a headscarf with you or buy one outside). The Golden Temple itself is a surprisingly small building surrounded almost entirely by tanks of holy water in which the Sikh pilgrims bathe. The atmosphere is one of incredible calm with devotees taking their turn to pass through the main shrine where there is a continuous and melodic recital (known as the Akhand Path) from the Guru Granth Sahib, the holy book. We also visit the nearby Jalianwala Gardens, site of the notorious massacre under General Dyer in 1919 which led to 379 Sikhs being shot from point blank range by British troops.



**Accommodation: Hotel Ritz Plaza** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Travel to Dharamsala, home of the Dalai Lama

Today we drive out of Amritsar and cross the plains of the Punjab before making our way up to the old British hill station of Dharamsala. Until 1959 this was a quiet unassuming town, but that all changed when the Dalai Lama settled here after fleeing Tibet at the time of the Chinese invasion in October of that year. McLeodganj is the upper part of the town situated 500m above Lower Dharamsala and is the area with the greatest Tibetan influence. It is also where we base ourselves for our visit to the area. On arrival an orientation walk is organised which will include the Church of St John in the Wilderness, the Buddhist Namgyal Monastery known locally as Little Lhasa, and the Kalachakra Temple.



**Accommodation: The M Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - A free day to explore Dharamsala's temples

We spend this morning in McLeodganj. If the Dalai Lama is giving one of his occasional public audiences we may be lucky enough to be granted permission to attend. This afternoon is left free for further personal exploration in the town. Alternatively you may wish to walk out to one of the temples in the surrounding hills, the closest being the Bhagsunath Temple with its small pool, attractive waterfall and spectacular views.



**Accommodation: The M Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Drive to Mandi and visit the Tilonath Temple

Leaving Dharamsala we continue on to Mandi, once an important town on the salt route to Tibet, now a small temple town held sacred by both Hindus and Buddhists. On arrival we walk to see some of the 81 temples in the town, many of which are huddled on the banks of the Beas River.



**Accommodation: Hotel Munish Resorts** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Visit Nagar Castle en route to Manali

Today we follow the Beas River north through the lovely Kulu Valley. A slight detour takes us up to the quirky Naggar Castle which overlooks the valley. Our destination is the picturesque town of Manali, surrounded by forests and mountains.



**Accommodation: Hotel Utopia** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Take a walk through villages to aid acclimatisation

The day is free to explore the town and the many picturesque villages nearby. Your tour leader will organise an optional half day walk to some of the traditional villages to the north of Manali. Alternatively you can also visit the Hadimba Devi Temple or Vashisht village on the other side of the Beas River. Later perhaps you may bargain for colourful souvenirs in the local bazaar.



**Accommodation: Hotel Utopia** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Cross the Rohtang La Pass (3977m) and visit the Khardang Monastery

Our full day's drive today takes us over the Rohtang Pass (3977m) today to the small settlement of Keylong, the administrative centre of the Lahaul and Spiti district. Along the way we are treated to impressive views of the Himalaya and we can watch the scenery change as we increase in altitude and the reduced oxygen level impacts the flora and fauna that inhabit the area. We will visit the Khardang Monastery which follows the Drukpa sect of Tibetan Buddhism. It is set on the slopes facing back towards Keylong and is one of the largest in the area.



**Accommodation: Hotel Dekyid** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 8 - Drive to Jespa

Today we have a very short drive to the town of Jespa where we'll have some free time to relax and enjoy the mountainous landscape.



**Accommodation: Hotel Ibex - Jespa** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

## DAY 9 - Drive to Sarchu via the Baralacha La Pass (4891m)

We climb higher today as we head for Sarchu. We climb to the top of the Baralacha La Pass (4891m) and then descend to our campsite for the night. The large pre-erected tents are set up each summer when the Leh to Manali highway is open and are fully equipped with beds and bedding with ensuite toilet facilities.



**Accommodation: Sarchu Fixed Camp** (or similar)



Simple Camping



Single room available

## DAY 10 - Experience the Gata Loops on the road to Leh

We set off for the long drive to Leh. We wind our way up through the Gata loops, an amazing series of 21 hair-pin bends before crossing the Tanglang La Pass at 5328m - the highest point of our journey. Leh was once a staging post on the Silk Road from China and is a small, picturesque town of about 8,000 people. Sited at 3500m, the summer days are dry and sunny but nights can be cold. The people of this harsh land are Tibetan and have maintained their strong sense of tradition. On arrival in Leh we take it easy and have a short orientation walk through the town.



**Accommodation: Himalayan Heritage Hotel** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast

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## DAY 11 - Spend a day watching the masked dances of the Hemis Festival

Today we spend a full day at the Hemis Festival, an annual celebration dedicated to the Lord Padmasambhava (Guru Rimpoche). Hemis Gompa, situated some 48km outside Leh, is the largest and most important monastery in Ladakh, a treasure house of golden statues, gem-studded stupas, rare books and fine paintings of the Buddha. The festival opens early in the morning with the sound of traditional long horns and drums beating from the monastery, a mural of Lord Padmasambhava is then displayed for people to worship throughout the festival. The highlight of the festival is the masked dances, known as chhams, performed by monks and depicting good overcoming evil. This is one of the biggest festivals in Ladakh and draws in thousands of pilgrims and is a great opportunity to spend time with the locals as they enjoy the festivities.



**Accommodation: Himalayan Heritage Hotel** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast & Dinner

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## DAY 12 - Visit the monasteries at Thiksey and Tak Tak

The predominant faith of the local residents here is the Lamaistic form of Buddhism of Tibet. This is seen clearly in the monastery (gompa) architecture and by the extraordinary number of gods and demons that order the daily life of the community. Today we plan a full day of sightseeing to visit the gompas of Thiksey and Taktak.



**Accommodation: Himalayan Heritage Hotel** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast & Dinner

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## DAY 13 - A chance to raft on the Indus River on the way to Alchi

This morning we have the opportunity to do some white water rafting (optional) on the Indus River, if water levels permit before driving on to Alchi village. Whilst lifejackets are provided we recommend you are able to swim a minimum of 25 metres unaided. In the afternoon we visit historic Alchi Gumpa. Alchi is renowned for its magnificent Kashmiri Buddhist artwork which dates from an earlier period and is quite different from the other frescos in Ladakh.



**Accommodation: Hotel Zimskang** (or similar)



Simple Guesthouse



Single room available



Meals Provided: Breakfast & Dinner

## DAY 14 - Explore Saspol Caves and Rizong Monastery

Today we have a number of optional walks planned. The first takes us back across the river to Saspol, then up to the nearby Saspol caves with glorious views across the Indus Valley. This afternoon we can take a slightly longer and very scenic walk back down to the Indus Valley after a visit to Rizong Gumpa and nearby nunnery where we may see the nuns sorting and toasting barley (depending on the season).



**Accommodation: Hotel Zimskang** (or similar)



Simple Guesthouse



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 15 - Take a walk to Likir Gumpa before returning to Leh

This spectacular walk is the last of the optional walks in this area and takes us up to Likir Gumpa which contains some beautiful murals and is seemingly guarded by a 10 metre golden Buddha (please note: some may find this walk strenuous). There is also a small museum of religious artefacts here. This afternoon we drive back to Leh, with the remainder of the afternoon left free. You may opt to walk to the Shankar Gumpa, a small but interesting monastery housing an impressive Dukar figure (Avalokiteshvara), complete with 1000 arms all holding weapons, and 11 heads. There may also be time to visit the ruined 17th century Old Palace, which hangs tier by tier on the hillside above the town.



**Accommodation: Himalayan Heritage Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 16 - Fly to Delhi and explore the city

Today we take an early morning flight to Delhi and transfer to our hotel. After checking in we begin a city tour of some of the main sights of New and Old Delhi. The Indian capital has long been a phoenix rising again and again out of its own ruins. New Delhi was the creation of the British Raj of the 30's and our tour includes viewing the President's Palace, Lok Sabha (Parliament), India Gate and the Rajpath. We then continue to Old Delhi with its hub at Chandni Chowk Bazaar, a jamboree of deafening barter. A short cycle rickshaw takes us to the Jama Masjid Mosque and we pass by the Red Fort en route. Please note that hand luggage is not permitted on the flight from Leh to Delhi, so you will be required to pack all of your belongings in to your hold luggage.



**Accommodation: Taj Princess Hotel** (or similar)



Standard Hotel



Single room available



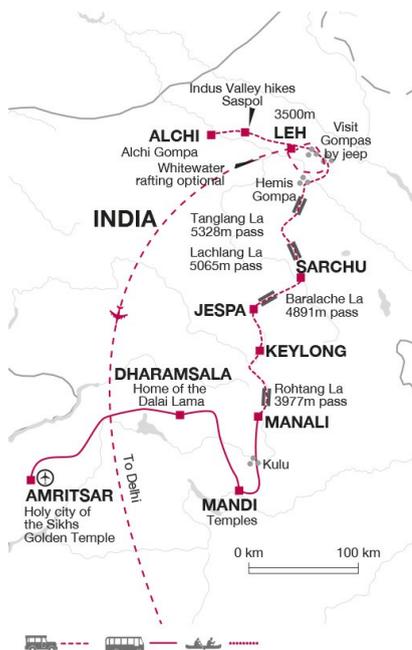
Meals Provided: Breakfast

## DAY 17 - Tour ends Delhi

Our tour ends this morning after breakfast in Delhi.



Meals Provided: Breakfast



# What's included?



## Included meals

Breakfast: 16  
Lunch: 1  
Dinner: 6



## Transport

Bus  
4WD  
Flight



## Trip staff

Explore Tour Leader  
Driver(s)  
Local Guide(s)



## Accommodation

1 nights simple camping  
2 nights simple guesthouse  
13 nights standard hotel

# Trip information

## Country information

### India Holidays & Tours

#### Climate

There is considerable variation between the different regions of India but, in general, the climate is tropical. Summer temperatures on the plains are very hot, but cooled by the South-West Monsoon, which lasts from June- September. During these months it can be very wet and therefore very humid. At altitude, temperatures can become quite cool at night even in the summer and may drop below freezing between December and February so warm clothing is necessary. In the winter, northern and mid India can be very cool, with cold evenings, so warm clothing, including plenty of layers, are essential. The south of India remains warm and sunny during the winter months.

#### Time difference to GMT

+5

#### Plugs

3 Pin Round

#### Religion

Catholicism, Hindu, Islam and Sikhism

#### Language

Hindi and English.

## Budgeting and packing

### Optional activities

Phey To Nimu - White water rafting on Indus River £27.00 (per person, on a sharing basis).

### Clothing

Because of the high altitude temperatures in Ladakh can drop dramatically at night, please make allowance for warmer clothing accordingly. It is essential to bring waterproofs, sweater, long trousers (if walking in shorts), warm hat, gloves and sun hat.

## Footwear

We strongly recommend walking in good boots. Although all the walks are day walks and optional it is worth noting that trainers and tennis shoes simply do not give the ankle support afforded by a decent pair of boots. Please bring comfortable shoes for relaxing in/evenings.

## Luggage

15Kg

## Luggage: On tour

One medium size rucksack or holdall and a day sack for the day. Suitcases are not recommended. Please note that hand luggage is not permitted on the flight from Leh to Delhi, so you will be required to pack all of your belongings in to your hold luggage.

## Equipment

Sunglasses, sun cream, water bottle (at least 1 litre) and a torch. Swimwear is useful for the optional rafting. We carry a Portable Altitude Chamber (PAC Bag) on this tour and have a supply of oxygen available if required in an emergency for anyone suffering from altitude sickness.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow £45 for tipping. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

## Country Information

### India Holidays & Tours

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

##### Lunch price

£6

##### Dinner price

£8

##### Beer price

£1.4

##### Water price

£0.5

#### Foreign Exchange

##### Local currency

Indian Rupee Recently new 500, 1000 and 2000 rupee notes have been bought in to circulation and as the old notes are no longer accepted there have been some cash flow issues. You don't need to worry about being given old notes as it's very easy to tell the difference, the new notes are pristine in comparison with most Indian money which is fairly tatty.

##### Recommended Currency For Exchange

GBP/US\$ are the best currency to change into local currency.

##### Where To Exchange

The Indian rupee is a restricted currency and it is best not to obtain in the UK as rates are very poor. You can either change money at the airport on arrival or in major towns during the tour. Your Tour Leader will advise you on the best places in each town. Both GBP and USD cash are easy to exchange at the airport and at hotels however you will be restricted to changing £60 cash at a time and it's not possible to change money at these locations using a credit or debit card.

**ATM Availability**

ATMs are available in most large cities in India but they are very limited elsewhere so please do not rely on this.

**Credit Card Acceptance**

Very rarely, only in the larger outlets.

**Travellers Cheques**

Opportunities to exchange are limited.

## Transport, Accommodation & Meals

### Transport Information

Bus, 4WD, Flight

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

With its rapidly expanding economy, accommodation choices in India are expanding. Whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. Plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to. As you might expect from their mountainous and in some instances remote locations, accommodation in Ladakh and Himachal Pradesh is generally fairly simple with basic facilities. In Leh we stay in a small hotel which is new but built in traditional Ladakhi style. Our guesthouse in Alchi is family-run. The tented camp at Sarchu on the Leh to Manali highway is specially erected each summer for travellers - it has walk-in fixed tents for two people with beds and all bedding provided. A small bathroom with western-style toilet and running cold water is attached to each tent and there is a separate large dining tent. Our hotels in Jespa, Manali, Mandi, Dharamsala and Amristar are all graded standard. Please note that due to high rainfall during the summer months, hotels can sometimes feel a bit damp - due to construction standards this is unavoidable. Accommodation in India is as varied as the country itself. On our tours we stay in a mix of hotels, heritage properties, camp sites and homestays. Standards do not equate to standards in the UK and it's best to approach each type of accommodation with an open mind. Service can be slow in places especially when travelling with a group. For the most part hotels do not have heating so in the winter months it can be chilly and if you feel the cold you may wish to ask for extra blankets. Hot water is not always available 24 hours a day in some of the smaller properties, and with a group staying you might find if you are showering last you may miss out on the hottest water.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

**Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa Information

India: Holders of passports endorsed 'British citizen' may be eligible for the e-Tourist Visa to enter India. The visa can be applied for through the official Indian government visa website only - <https://indianvisaonline.gov.in/visa/tvoa.html>. Please check all eligibility criteria that can be found on the website but important points are listed below - You must be arriving into one of 16 selected entry points, however, you can exit from any of the authorised immigration check posts in India. Entry points are - Bengaluru, Chennai, Delhi, Goa, Kochi, Kolkata, Mumbai, Hyderabad, Thiruvananthapuram, Jaipur, Amritsar, Gaya, Lucknow, Trichy, Varanasi and Ahmedabad. Passports must have at least 6 months validity from the date of arrival in India and at least two blank pages for stamping. The visa application will take approximately 4 days to process. It is only valid for 30 days and is only allowed for a maximum of two visits in a calendar year. The visa costs \$60. Biometric data will be collected on arrival in India. Whilst the online form offers a relatively quick way to apply for a visa, a number of applicants have reported difficulty in completing the form. Travcour will complete the on-line visa on your behalf for a fee of £25 + the visa cost. Please contact them directly if you wish to take up this service. If you are not eligible for the e-Tourist Visa, please refer to VFS Global to apply for your Indian visa - [http://in.vfsglobal.co.uk/how\\_to\\_apply.html](http://in.vfsglobal.co.uk/how_to_apply.html).

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## India Holidays & Tours

**Vaccinations**

Nothing compulsory, but we recommend protection against Tetanus, Infectious Hepatitis, Typhoid and Polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider.

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