



Tiwari *tours and travel*

Tour Operator India & Nepal • Small Group Journeys

India: B/160 Radha Swamidham Assi Ghat, Varanasi, U.P.
Australia: 5/127 Carrington Rd. Coogee, NSW 2034 Sydney
India Tel. +91 542 2366727, 2310805, 6450526
Australia Tel. +61 1300136849, cell. 411989151
www.tiwaritravel.com

Ladakh Himalayan Yoga Tour July 1st – July 15th 2008



Travel between two of the world's highest mountain ranges, the Karakoram and the Himalaya and discover awesome landscapes and spiritual havens in this unforgettable adventure with some of the most breathtaking natural scenery on earth!

Ladakh – the land of high passes is the Trans-Himalaya zone which marks the boundary between the peaks of the Western Himalaya and the vast Tibetan Plateau. Since it was opened to tourism in 1974, Ladakh has been known as “moonland”, “Little Tibet” and even the “Last Shangri La”. Whatever the description, Ladakh is one of the most remote regions of India, hence its popularity!

Ladakh is Buddhist, with its close cultural and trading connections with Tibet. This is evident with its many whitewashed “gompas” (monasteries) and forts perched on top of sugarloaf mountains!

This trip is for passionate adventure travellers, who wish to really take the challenge of embarking on a tour different to “off the beaten track”.

The tour starts in Delhi and we take a short internal flight up to the capital of Leh, which has the highest concentration of monasteries in the Indus Valley. Surrounded by sublime landscapes, hotels, guesthouses and restaurants, we shall wander the hectic bazaars of the “Old Silk Route” and witness amazing villages and wandering monks. We will discover the meaning of Buddhism, trek to the remote village of Yangtang, drive over Rohtang Pass, and savour all the vibrancy that Ladakh has to offer.

The tour also encompasses our usual mix of yoga and meditation to keep our mind, body souls in tune with our environments!

This special tour co-insides with the famous “Hemis Buddhist Festival” that can not be missed on any journey to Ladakh.

Day 1/2 - Delhi

Delhi a true cultural wonder, all passengers will be met by the tour leader at Delhi airport. Passengers are required to arrive the night prior to the tour commencement date. The starting hotel is situated in the colourful market district of Karol Bagh. Day 1 will start with the all important orientation meeting discussing the upcoming adventure. The afternoon and evening will be spent sightseeing in and around vibrant New and Old Delhi, including a visit to Jama Masjid Mosque and Mahatma Gandhi's Tomb! We will also visit Connaught Circus, for its great shopping and restaurants.

Day 3/4 - Delhi/Leh (by air)

One of central Asia's most scenic towns, spilling out of a side valley that tapers north towards eroded snow capped peaks, the Ladakhi capital has medieval streets, a Tibetan style palace, and bustling bazaars. Once we have acclimatised we shall visit the palace and the Namgyal Tsemo gompa and the Ecology Centre, a NGO that aims to counter the negative impact of "Western style" development by fostering economic independence and respect for traditional culture. We shall dine at some thriving restaurants and cafes oozing with buzz and local characters.

Day 5/6 - Leh/Alchi/Uletopko

The next few days will be spent exploring the monasteries of the Indus Valley including Alchi, Hemis, and Uletopko The exact itinerary will organized to coincide with any festival being held in the area.

Alchi, set amid the barren gorges of the Indus River and desolate mountains is a village in lower Ladakh, considered one of the most important cultural sites throughout the Himalaya and home to one of the Buddhist world's greatest treasures
The heart of spiritual Ladakh is Hemis, 'the Lone Place of the Compassionate Person'.
The gompa here is Ladakh's largest and most auspicious.

Day 7/8 - Lamayuru/Leh/Khardongia Pass

If one sight could be said to sum up Ladakh, it would have to be Lamayuru Gompa, 130km west of Leh, hemmed in by a moonscape, the whitewashed monastery is the oldest in Ladakh and has deep mystical origins

Day 9/10 - Likir/Yangtang

Five kms north from the main "Leh- Sringar" highway, the large and wealthy gompa of Likkar, home to around 100 monks is renowned for its 23 metre high yellow statue of the Buddha, which towers serenely above the terraced fields.

Day 11/12 - Yangtang/ Rizong/Hemis (July 12 – 13 2008)

The 2 day "Hemis Festival" is a spectacular not to be missed once a year event. Huge crowds of gather to watch locals in their finest traditional garb performing the "chaam dances", accompanied by cymbals, music and drumming. The 2nd day is a frenzied dismemberment of a dummy, symbolizing the destruction of the ego and thus the triumph of Buddhism over ignorance and evil.

Day 13 - Shukpachu/Thimsgam/ Khatse

Making our way back towards Leh, we shall takes some alternative routes through remote villages and witness some spectacular monasteries that house 11th century murals.

Day 14/15 - Leh/Delhi

Day 14 takes us on our flight back to Delhi. Day 15 is a day for rest and re-coup

Tour Details

Airport Pickup...The Tiwari Tour Leader will meet and greet all passengers on your arrival at the airport. Arrival taxi fare to hotel is covered. However airport transfer and taxi fares at the end of tour is not covered. Airline confirmations can also be arranged.

Accommodation...All hotels are 3/4 star and based on twin share basis, with attached bathrooms. Please let us know if you request a single room. (extra \$650 per person for 15days)

Transport...Trekking, walking, Private 4WD tourist vehicles, local taxis, local buses, cycle & auto 3 wheeler rickshaws.

Physical Fitness and Cultural Shock...

On this tour, you will require good fitness, enough for the tolerance of daily walking. The weather will be a mixture of hot and cold, going from Delhi to the cooler Himalayas. You will need to handle some long hours of travel in cars and a local domestic flight. At times you will need to use the great outdoors for toilet stops, or Indian squat loos. You will need to be able to cope with high altitude, which may require some adjustment. But all precautions will be taken. You mainly need to let go of your western ways and let things happen as they do in India! Occasionally we may experience power cuts, no hot water and flat tyres! But all in all, it will be eye opener for all! Please advise us in advance if you have any health issues or are taking any form of medication. All is confidential.

Money/Budget... Allow approx. \$800 AUD miscellaneous expenses for 15days. If you intend to shop till you drop bring more! Tiwari Travel can arrange your cash/travellers cheques to be changed at the hotel on your arrival. ATM's are also available in main cities for visa cash advances. Check with your bank for international transaction fees!

Meals...Continental breakfasts included (1 cup tea/coffee, omelette, toast with jam, corn flakes & milk) One main meal per day. (either lunch or dinner dependant on travel) Passengers will be required to pay any additional food items themselves. Mineral water, drinks, deserts/sweets, extra tea/coffee etc are not included.

Keep in Mind..Tiwari Tour groups travel in a way that fully appreciates cultures and lifestyles very different to our own. While striving to provide the very best holiday possible, we don't shield you from the cultural differences, inefficiencies and frustrations that are a part of traveling in India. Indeed the emphasis is on getting out there amongst the chaos, vibrancy that is India and experiencing all the country has to offer, warts and all! Please be patient with us and remember to just "let things flow" We expect a group to follow the guiding and advice of the tour leader for safety issues and to accommodate all people on the tour.

Yoga Teacher

Our Indian Yoga Teachers travels with us on the tour. He/she is a qualified experienced Indian Yogi with a wealth of traditional teachings to pass on. You will have the opportunity to vastly improve you practice over 2 weeks of classes. The Yoga teacher will also spend time with each person to gauge your needs and yoga level.

Tipping in India...Its is customary to tip on all services in India, including hotels, restaurants, transport, porters, room service etc. We ask that everyone contributes generously by either forming a group tip kitty or paying themselves as we go along. We can advise anytime on correct amounts to be given. Tipping is not included in price of tour.

Weather... July/August is summer is Northern India and a perfect time to visit the Himalayan region of Ladakh. The average temperature in Leh will be 25 deg Celsius. Delhi will be very hot approx. 40 deg. It should generally be dry as it is outside the monsoon season.

What to bring...

Please travel as light as possible, everything you will need is available in India. The requirement is one backpack/suitcase per person, plus a day pack.

Bring light comfortable clothing for walking and yoga. Yoga mat, Hat/cap, thongs, trekking shoes/sandshoes, fleece, shawl, scarf, beanie for early mornings! Long cotton pants, jeans t-shirts, long sleeved shirt, fleece or jacket, tracky dacks, mossy repellent, a torch for night and earplugs if you are noise sensitive. Remember India is conservative, no short shorts or short skirts. All leg wear must be below the knee and shoulders covered!

What the Tour includes;

Tour itinerary preparation and advice.

All hotels, guesthouses

Meals - all continental breakfasts - generally cereal, toast jam, egg/omelet tea or coffee 1 x main meal per day – generally vegetarian North Indian food, No drinks included. Filtered water is provided at meals.

Transport – a commercial tourist vehicles, with drivers
vehicle taxes & insurance, road tolls, 1 x Tour Leader, 1 x Indian yoga teacher (classes daily except where travel interferes) Airport Pickup
Sightseeing and entrance fees to all sights.

What the Tour Does Not include;

1 x return flight from Delhi to Leh (extra \$350 AUD per person)

Bottled Mineral water, extra food/meals outside what is stated.

Drinks, tea/coffees, desserts/sweets, any personal items.

Laundry

Local 3 wheeler auto and cycle rickshaws, (very cheap!)

Any travel insurance, tipping, extra nights for hotel outside tour dates

Luggage porters at train stations

Local Tour Guides

Trip Extensions...

Tiwari Tours is able to advise and organise any further travel for you at the end of the tour.

Total Tour Cost \$2,899 AUD per person (plus 10% service tax)

NB: Due to nature of India and things running to “Indian time” the itinerary is subject to minor changes!

Booking Terms & Conditions

Validity

Price is based on the costs and exchange rates current at date of quote

Exchange Rate

Conversion from Australian Dollars to Indian Rupees based \$1 – 34 Rs. This is non changeable.

Responsibility

You acknowledge that travel in India requires a degree of flexibility and understand that hotels, accommodation, etc are subject to change.

Payments

20% deposit to confirm booking required to Meredith Wilks (Tiwari Travel Sydney office) via either Direct bank deposit, cheque or cash. Final payment due 1 month prior to departure.

Cancellations by the Passenger

Deposits not refunded at any cost. Final Payment refunded with 1 month notice prior to tour start date.

Cancellation by Tiwari Tours & Travel

Please see website for Terms and Conditions.

Private Tour Booking Amendments

If you wish to change your booking (after paid deposit) in any way (ie. which will require us to change hotel booking etc) a fee of \$50 per person will apply each change.

Disclaimer

Its is a pre-requisite of acceptance of travelling/booking with Tiwari Tours & Travel, that all passengers remove any form of responsibility from Tiwari Tours & Travel and its staff in the event of personal accident or injury or any personal loss due to travel to India. It is also a pre-requisite that all passengers have fully comprehensive travel insurance.

Guarantee

Tiwari Travel guarantees, once payment has been made, to provide you the passenger with the travel services indicated in the itinerary. Please take the time to read our website for further details on health & safety, travel insurance, visas etc.

Tour Changes

Due to nature of India and things running to “Indian time” the itinerary is subject to minor changes.

Thanks for booking with Tiwari Tours & Travel and wish you a safe, enjoyable and happy journey!

The logo for 'Incredible!India' is displayed on an orange rectangular background. The word 'Incredible' is in a serif font, followed by an exclamation point, and 'India' is in a larger serif font. A small red dot is positioned below the exclamation point.

Incredible!India