



Himalayan Yoga Adventure in Ladakh

June 8 - 18, 2024 | \$3,295 USD



Itinerary

Day 1 – June 8

Nimmu

Fly to Leh (3600m)

Drive to the boutique hotel, Nimmu House

Rest and acclimatise to the altitude

Opening Ceremony and Restorative Yoga class

Dinner

Altitude: 10000 ft / 3140m

Overnight: Nimmu House

Day 2 – June 9

Nimmu

Meditation, pranayama and yoga

Breakfast

Drive to Alchi to see murals

Lunch at Alchi Kitchen

(If time permits, visit the Sasapol Caves)

Evening Yoga

Dinner

Altitude: 10000 ft / 3140m

Overnight: Nimmu House

Day 3 – June 10

Nimmu

Meditation, pranayama and yoga

Breakfast

Gentle hike to the village of Tar

Picnic lunch

Evening Yoga

Dinner

Altitude: 10000 ft / 3140m

Overnight: Nimmu House

Day 4 – June 11

Nubra Valley (7 hr drive)

Meditation, pranayama and yoga

Breakfast

Drive over Khardung La pass (5340m) to Nubra Valley

Lunch

Leisure time

Evening yoga

Dinner

Altitude: 10335ft / 3150m

Overnight: Lchang Nang Resort

Day 5 – June 12

Nubra Valley

Morning meditation and pranayama by Tiris Lake

Picnic breakfast

Visit Ensa Gompa and walk to Murgi petroglyphs

Lunch

A sunset mindfulness meditation with a monk at Samstanling monastery,

followed by a yoga class by Heather

Dinner

Altitude: 10335ft / 3150m

Overnight: Lchang Nang Resort

Day 6 – June 13

Nubra Valley

Rise before dawn to attend morning prayers at Samstaling Monastery

Meditation, pranayama and yoga at monastery

Walk back to hotel via Sumur

Breakfast

Leisure time

Farm to table lunch with enterprising agriculturalist at Lar-i-mo.

Late afternoon yoga

Sunset walk through Sumyur (Sumoor) Sand Dunes for meditation

Dinner

Altitude: 10335ft / 3150m

Overnight: Lchang Nang Resort

Day 7 – June 14

Sakti

Meditation, pranayama and yoga

Breakfast

Drive back towards Leh and hang prayer flags at over Wari La pass

*Optional - Cycle down to Sakti

Lunch & Relax

Evening yoga

Dinner

Altitude: 11473ft / 3497m

Overnight: Fana Resort

Day 8 – June 15

Sakti

Morning prayers and tour of Chemrey Monastery

Breakfast

Afternoon walk through Sakti village and visit the cave monastery at Dakthok

Lunch

Evening pranayama and yoga

Dinner
Altitude: 18,379ft / 5602m
Overnight: Fana Resort

Day 9 – June 16

Hemis Cham Festival

Meditation, pranayama and yoga
Breakfast
Drive to Hemis Monastery to see Cham festival
(Possible hike to Gotsang hermitage)
Lunch
Drive to Leh
Late afternoon yoga
Altitude: 11483ft / 3500m
Overnight: Rabsal House

Day 10 – June 17

Leh

Meditation, pranayama and yoga
Breakfast
Tour the old fortified city of Leh to see Ladakhi architecture and the Leh Palace
Lunch
Shop for pashminas and souvenirs at Looms of Ladakh and Jigmet Couture
Closing ceremony and dinner
Altitude: 11417ft / 3500m
Overnight: Rabsal House

Day 11 – June 18

Departure Day

** If you're arriving on an international flight, you will need to spend a night in Delhi before flying to Ladakh. We also recommend two nights in Delhi on the return trip. This extra extra 'security' day in Delhi is in case your Leh to Delhi flight is cancelled due to weather.*

*** If you want to go on a trek or extend your stay in Ladakh, or do sightseeing in Delhi, we're happy to make arrangements for you.*