



Day 1	26th July 2015	Delhi
<p>On your arrival at Delhi airport, you will be welcomed by our Druk Expeditions representative and transferred to your hotel.</p>		
Day 2	27th July 2015	Delhi
<p>Full day of sightseeing in Delhi. You may visit the famous National Museum, which shows the varied history of India and houses many wonderful sculptures, paintings and artefacts, including a Buddha's tooth! See India Gate, Delhi's largest monument and Red Fort, built in the 1600's in red sandstone, as the palace from which Mughal emperors ruled the region and made Delhi the capital.</p>		
Day 3	28th July 2015	Amritsar
<p>Morning flight to Amritsar – the home of the Golden Temple, the most famous centre of Sikhs. After lunch you can relax, explore or go for street shopping.</p>		
Day 4	29th July 2015	Amritsar
<p>Sightsee Amritsar, in particular The Golden Temple: a central religious place for the Sikh and a symbol of brotherhood and equality. Here we can meditate and learn more about the Sikh religion. We will also visit Jallianwala Bagh : a public garden which houses a memorial of national importance.</p>		
Day 5	30th July 2015	Dharamsala
<p>After breakfast we drive to Dharamsala via the beautiful Kangra Valley. Mcleod Ganj sits above the town of Dharamsala and here H.H The Dalai Lama resides, the Tibetan Government in exile sits, and the Tibetan refugee community lives. After dinner you may explore the town, visit the Main Temple (Tsuglakhang) of His Holiness' Namgyal monastery or go for street shopping.</p>		
Day 6	31st July 2015	Dharamsala
<p>Full day of sightseeing which will include visits to Namgyal and Nechung (State Oracle of Tibet) Monasteries - should the Oracle be in residence we will meet with him. The Library of Tibetan Works and Archives which houses over 80,000 manuscripts and other important resources related to Tibetan history, politics and culture. Visit the offices of the Tibetan government in exile and a local organisation working with political prisoners.</p>		
Day 7	1st August 2015	Dharamsala
<p>More sightseeing of Dharamsala. Today we visit Norborlingka, a reconstruction of His Holiness' summer palace in Tibet which now houses a training centre for traditional Tibetan arts such as statue making, thangka painting, woodcarving and metal craft. Here you may purchase good quality Tibetan crafts. After Norborlingka we will also visit Nyingtop Ling , an institute where Tibetan handicapped youths are trained.</p>		

Day 8**2nd August 2015****Dharamsala - Rewalsar**

After breakfast we drive to Rewalsar via Bir. On the way there are many monasteries and special places to visit, including Dzorzong Rinpoche's beautiful new gompa; Tashi Jong, the home of the Drukpa Kargyud yogis and the Tibetan rural village, Bir, a thriving refugee community where all lineages and their devotees live. Bir is also the location of "Deer Park", the conference centre which Dzongsar Khyentse Rinpoche has established and nearby is also the Dzongsar Institute. It will be another full and interesting day and we will arrive to Rewalsar (Tso Pema) in the evening.

Day 9**3rd August 2015****Rewalsar**

Day to explore Rewalsar. Also known as Tso Pema or "lotus lake" this place is sacred to adherents of all three religions - Hinduism, Buddhism and Sikhism. For the Buddhist, this is the place where Guru Rinpoche and his consort meditated and where upon his being burnt on a pyre, he emerged sitting on a lotus in the middle of a new lake! Famous now as a place of meditation we will visit Guru Rinpoche's cave and meet locals who meditate there.

Day 10**4th August 2015****Rewalsar - Manali**

Full days drive to Manali will begin after breakfast. It is a beautiful drive through the foothills of the Himalayas and into the Kullu valley aka "The valley of the gods" because this is where the "gods" entered India. Manali is at the head of this beautiful valley and is surrounded by huge snow peaked mountains, waterfalls and conifer trees.

Day 11**5th August 2015****Manali**

Morning rest and afternoon visit to Khandro Rinpoche's family Gompa, meditate and meet Imi Drupten, the 87 year old, life long attendant to her late father Apho Rinpoche. This is renowned as a central training place of Drukpa yogis. If Rinpoche's brother, Sey Rinpoche is here you will receive an audience.

Day 12**6th August 2015****Manali**

Morning walk through the forest and local hillside to Drukpa Gompa, home of the late His Holiness Shabdrung Rinpoche of Bhutan and his consort Khandro Rinpoche. Have morning tea here then lunch in Spanish restaurant and later visit Hadimba temple - an ancient temple dedicated to Hadimba, who was a character in the Indian epic, Mahābhārata.

Day 13**7th August 2015****Manali**

Day sightseeing to Naggar which is famous for its beauty, castle and Art Gallery. First we will visit the Nicholas Reorich Art Gallery that displays a moving private collection of paintings of this Russian painter, naturalist and philosopher. He loved the Himalayas and lived and died here in 1947. Lunch will be at Naggar Castle which was built around 1460 and it offers a scenic view over the Kullu valley. On the return journey to Manali we can visit the Tibetan school of traditional arts in Patlikul and see pashmina shawl shops and displays.

Day 14**8th August 2015****Lahaul**

Early morning we set out for our full days drive to Lahaul. We first meander above Manali through the fir and cedar trees, seeing waterfalls amidst the backdrop of the higher Himalayan ranges. We reach the Rothang Pass which sits at 13,051 ft. After a stop to play and appreciate the view we head down the other side into the beautiful serene and sacred valley of Lahaul. Packed lunch will be served on the way and we will have tea from local stalls.

Day 15	9th August 2015	Lahaul
<p>In Lahaul we will stay at Peukar Gompa, local Shakya Shri hermitage founded by Khandro Rinpoche's father Apha Rinpoche, and truly experience local food and culture over our two nights in this area. Lahaul sits at around 10,000 ft and is famous for its agriculture, particularly peas and potatoes. The valley is known as the "Land of the Dakinis" and it holds many sacred retreat places which we will explore. After a local breakfast with the nuns we visit the nearby Kardang gompa which is the birthplace of Khandro Rinpoche. It will be a relaxed day for you to acclimatize – you may walk in the hills, assist with the preparation and cooking of food or you may explore the central town of Lahaul called Keylong.</p>		
Day 16	10th August 2015	Lahaul
<p>After breakfast, full day sightseeing of the most beautiful and holy sights of Lahaul, including Garsha Phakpa Monastery, a famous holy site of Chenrezig, the Buddha of Compassion.</p>		
Day 17	11th August 2015	Leh
<p>Today you will make a very early departure. The road from Lahaul to Leh covers at least five high passes and some of the most spectacular landscape you will ever see.</p>		
Day 18	12th August 2015	Leh
<p>Full day for rest day and acclimatization in Leh. Drink lots of water! Early evening, you may visit the Peace stupa which overlooks Leh valley and watch a beautiful sunset.</p>		
Day 19	13th August 2015	Leh
<p>Full day of sightseeing in Leh and surrounds. You will visit Shey and Thiskey monasteries (see the large Maitraya statue) on the way to the 700 year old Hemis Gompa which houses a wonderful museum. The active retreat centre of Gotsang is above Hemis (it is possible to walk to that should you choose).</p>		
Day 20	14th August 2015	Pangong Lake
<p>After breakfast, we will drive to Pangong lake - "Heaven on Earth". Untouched by mankind, the lake is in its purest form. It is an endorheic lake in the Himalayas situated at 14,270 ft. It is 134 km long and extends from India to Tibet. The moment you reach there, you will fall in love with this place. The water seems to change its colour every minute! You may meditate and relax here. Dinner will be in our night camp.</p>		
Day 21	15th August 2015	Leh
<p>After breakfast, we will return from Pangong lake to Leh. Afternoon visit Stok Palace – beautifully restored home of the King of Ladakh, which also houses a significant museum.</p>		
Day 22	16th August 2015	Leh
<p>Day sightseeing to the dramatic Lamayuru Monastery, the oldest in central Ladakh, which is situated on a steep rock mountain approximately 127km from Leh. It is an active monastery and houses a rich collection of thangkas and wall paintings. On the way you will visit the ancient gompa of Alchi. This is on the banks of the Indus river and dates back to 1000 AD, is famous for its unique sculpture and paintings with a strong Kashmiri influence. Should you prefer, you may instead choose to visit Kardung La, the highest motorable road in the world.</p>		
Day 23	17th August 2015	Leh
<p>Free day for relaxing and last minute shopping.</p>		

Day 24

18th August 2015

Delhi

After breakfast transfer to Leh airport, for your flight to Delhi. After reaching Delhi, you can either sightsee Delhi till your late night flight, rest in a hotel during the day or stay an extra night. Additional charges apply. May you take beautiful memories home with you!



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