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Itinerary

- Day 1** Leave US at scheduled flight time.
- Day 2** En route and overnight in Bangkok.
- Day 3** Explore Bangkok and arrive in Delhi late. Check into hotel.
- Day 4** Explore the amazing India city of Delhi. Visit to the Red Fort and other historical monuments. Evening dinner and cultural entertainment.
- Day 5** Train to Agra and journey through the Taj Mahal and surrounding area.
- Day 6** Flight to Leh in Northern India. Visit the Ladakhi Ecological Center and see Ancient Futures movie on Ladakh.
- Day 7** Acclimatization day. Relax and take small walking tour around mountains in Leh. Spend time exploring the Tibetan handicraft markets.
- Day 8** Visit various historical monasteries around Leh and attend many Buddhist festivals.
- Day 9** Drive to Lamayuru and explore the Lamayuru monastery. Continue onto Panjilla where we will camp and prepare for the trek.
- Day 10** 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.
- Day 11** 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.
- Day 12** Rest day in the village of Photoskar.
- Day 13** Trek over two more high passes to Sengge La (the lion pass) where we will camp.
- Day 14** Final trekking day to Lingshed. Arrive early for welcome and Tibetan celebration. Set up home in near Lingshed Monastery perched high on the hills above the village. Evening Ladakhi language classes.
- Day 15** Buddhist teachings begin. Join for “Community and World Peace” and “Cultivating Compassion” Special cultural program for visitors.

- Day 16** Buddhist seminar “Harmony and meditation for World Peace”. Special session on responsibility of youth in preservation of traditions in the Himalayan Region. Special Thanksgiving program for all Ladakhi and foreign visitors.
- Day 17** Final day of Buddhist seminars. Move to family home stays with cultural troupe. Evening cultural program and language classes.
- Day 18** Visit and tour of the Lingshed School, Monastery and Nunnery. Dinner and language lessons with families. Meditation for monks and other visiting males at the monastery and special teaching for women at the nunnery. Evening dinner with host families.
- Day 19** Cultural day. Join the cultural troupe for a day of celebration. Dancing, singing and traditional food and drink.
- Day 20** 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.
- Day 21-
Day 24** Trek back to Lamayuru and onto Leh. Time for village interactions on the return trek.
- Day 25** Fly back to Delhi. Slack day for possible bad weather and cancelled flight. Other activities will be organized in Leh or Delhi.
- Day 26** Last day in Delhi. Afternoon in Delhi to explore the old quarter and rickshaw ride through local markets. Visit various religious temples and evening dinner together before flight home. Arrive home on same day.