

JAN Treks & Travels

Journeys into Adventure and Nature

Frozen River Trek Zanskar (Ladakh) – 15 or 25 days

Trans-Zanskar winter trek

Tour JTT-LWT01: Delhi - Leh – trekking – Leh - Delhi

Trekking through wintry Himalayas is an experience that is hard to beat. Those who have done it, hoard a well-kept secret: it is fantastic hallucinant experience. On this trek we throw in an extra element: frozen rivers. Most of the time we walk on the ice of the Zanskar River and other large streams. This means the trek entails relatively little climbing, making it quite doable for experienced walkers. Obviously, this is not a tour for people with cold feet.



Some pictures can be seen here:

<https://www.facebook.com/media/set/?set=a.481292518581948.112616.361784520532749&type=3>

Fixed departure dates for group tour:

Feb. 05 – March 01 (long version)

For parties of 4 persons or more 'individual' tours can be arranged.

Itinerary

Day 01: Arrival Delhi

At Delhi Airport you will be received by our representative and taken to your guesthouse not far from the airport for overnight stay.

Day 02: Flight Delhi - Leh

Early morning fly for an hour from Delhi to Leh. Generally we fly over the spectacular views of the snow-clad Himalayas. On a clear day the Karakoram can be viewed as well.

After reaching Leh you'll be transferred to a charming family-run guesthouse just outside Leh. Rest of the day you're advised to take it easy to allow the body to get used to the altitude. Afternoon can rest either at guesthouse or in downtown Leh (transport available).

Day 03: Leh

Day spent in and around Leh. As it is still wise to avoid exertion we shall only make short walks in and around Leh. You will get our first taste of the colorful and fascinating Tibetan Buddhism on a visit to the small but picturesque *gompa* (monastery) of Sankar. Dinner and overnight at the guesthouse.

Day 04 - 13 (long version: 04 - 23): Ice trek

After breakfast jeeps will take us to the beginning of the trek. After arranging our luggage by our porters we'll start off on the ice.

On the short trek we'll walk to the isolated area of Zanskar over ice, rest for the day in a small village and then walk back. The route back will be largely same as the way up.

On the long version we traverse Zanskar from south to north along a *unique route*, most of the time following rivers and walking on the ice. So there is no back tracking. After covering much of area, we reach even more isolated Zanskari hamlets, where one can encounter the track of snow leopards and wolves.

It takes two days in jeep to get to the starting point.

Accompanied by the Zanskari porters we walk, slide, slip and shuffle through a wintry wonderland

till we got off the ice again, 16 days later we reach close to the Indus Valley in Ladakh. In between there are several hidden monasteries and small villages. Rest for two days, which also serve as a buffer in case we get behind on schedule.

Jeep trip and the trek we will camp, on the resting days it is possible to stay with a Zanskari family.



Day 14 (24): Leh

A full day in Leh at the guesthouse, buy souvenirs or make an excursion by jeep to nearby Buddhist monasteries.

On the group tour we'll visit a Buddhist festival, a so-called *tsechu* today which is held at a place not far from Leh, known for their so-called *cham* dances. Monks dressed up as demons, gods and mythical figures – notably Guru Rimpoche, the great apostle who

spread Mahayana Buddhism through the Himalayas in the eight century. For the locals it's something to look forward too during the long, monotonous winter days.

Please note: also on the individual tours you will shown a Buddhist festival, if the dates coincide.

Dinner and overnight at the guesthouse.



Day 15 (25): Flight Leh – Delhi

After breakfast transfer to the airport to board the flight to Delhi, where the tour ends.

Tour Price – group tour

Feb. 05 – March 01 (long version)

Group size 6-12 pers.

18 day trek

INR 193.000

Single supplement: INR 20,000

Tour Price – individual

15 days/ 10 day trek

For 04 & 05 pers.: INR 95,250 p.p.

For 06 & 07 pers.: INR 92,250 p.p.

For 08 - 10 pers.: INR 88,500 p.p.

Single supplement: INR 15,000

25 days/ 18 day trek

For 04 & 05 pers.: INR 167,000 p.p.

For 06 & 07 pers.: INR 158,500 p.p.

For 08 - 10 pers.: INR 150,250 p.p.

Single supplement: INR 20,000

Prices are non-commissionable.

Above tour price is on current rates only. Tour price may rise in case of air ticket price hike as well.

Price includes: pick-up from Delhi/Int. Airport on day 1 and drop to hotel/ Int. Airport

on day 15/25, one night in Delhi in excellent guesthouse on day 1, flights Delhi – Leh and Leh – Delhi, all transfers in Ladakh, all accommodation in Ladakh (twin sharing guesthouse, home stay and tent), all meals (day 02 breakfast till day 15/25 breakfast), English speaking local escort throughout, fuel and driver allowance, entry fee at Hemis High Altitude N.P., government tax.

Group tour: professional western tour guide (speaking English, Dutch, German and Spanish)

Price excludes: international air fare, sleeping bag and warm outdoor clothes, tips, laundry, alcohol, insurance and any other expenses of personal nature.

Extension of program

It is very well possible to extend your stay in Ladakh with a number of days. Also, if you want to do sight-seeing in Delhi we can arrange that. Apart from regular car-based sight seeings we can also arrange bicycle tours through Old Delhi, a delightful and safe way to explore the buzzing maze of alleys of this ancient place. Trips further afield, for instance to Jaipur or Agra, site of the famous Taj Mahal, can be arranged as well. We also offer tours to NE-India, The Andaman Islands and the Lakshadweep Islands. Please contact: info@jantreksandtravels.com.