

The female side of Ladakh

Intensive encounters
easy

Experience the female side of Ladakh. You are going to stay at a nunnery for two nights and get to know the daily life of a nun. In Nubra and in Sham - the north and west of Ladakh - you will visit villages and talk to peasant women and other very awe-inspiring personalities.

You will have a female guide on this tour to facilitate the communication and open the doors to the hearts of Ladakhi women.



As individual tour at your preferred travel date

Best time of travel: **June-October**

Prices: [on request](#)

Meet the friendly women of Ladakh



Highlights at a glance

- Overnight stay at a nunnery
- Cooking with peasant women
- Women and craft
- Simple hikes from village to village
- Hemis, Thikse & Alchi - the most important monasteries of Ladakh

This tour is specially made for women!

- [Itinerary](#)
- [Prices and dates](#)
- [Services](#)

Itinerary

Day 1

Departure from home

Wherever you come from, you will arrive in Delhi shortly before midnight or early on the next day. Attention! Please make sure to arrive before 3 a.m. on your second day!

Day 2

Arrival in Delhi & Leh

In Delhi we will bring you to the other/domestic terminal or you stay at the same terminal and just go to the upper floor. The flight over the Himalayas and the landing in Leh is an adventure in itself and even when you are tired from your long journey, that experience will wake you right up. Your guide is already waiting for you at the airport in Leh and will bring you to your hotel. On the first day you can relax and ONLY relax to better acclimatize to the high altitude. (It is a conscious decision not having planned any activities on the first day, it is crucial for your adaptation to the high altitude!) B,L,-

Day 3

In the focus: Leh

The first day of sightseeing dedicated to Leh. At first sight Ladakh's capital seems chaotic and not very charming, but if you look closely you can discover many exciting aspects. You visit the central city monastery - the Gonpa Soma - , the bazar of Leh with its market women selling fresh produce from their gardens and the polo field, where polo was already played long before the British came. After lunch at the hotel there is time to relax, the second part of the program only starts later in the afternoon. A car will take you to Tsemo monastery, then you walk over green pastures along beautiful Ladakhi houses, with laughing children and friendly Leh-pas (Leh's residents) to the hidden Samkhar monastery. To complete the day you visit Shanti-Stupa, built in the 1980's, where you have a great view over Leh and the Indus valley. B,L,-

Day 4

Monks & Nuns

After breakfast we drive to Thikse, where we will see one of the most impressive monasteries of Ladakh - this magnificent monastery is in direct opposition to the simple nunnery of Nyerma. We will reach Nyerma after a small hike from Thikse. We stay in Nyerma and sleep at the guest house attached to the nunnery, so we can learn more about the life of Ladakh's nuns. B,L,D



Monastery Thikse (c) Roland Amon

Day 5

Puja & talks

Even before breakfast we are leaving for Thikse monastery again to participate in the daily morning puja of the nun's male colleagues at their monastery. Afterwards we will have our well-deserved breakfast in Nyerma. We will spend the day discussing with nuns and exploring our neighborhood. B,L,D

Day 6

To Nubra

We will cross Khardong La pass (at 5,360m) - it is wrongly claimed to be the world's highest motorable pass - and drive to Nubra. In Khardong village we will make a stop and meet some women living in this high altitude village, we will have some tea with them before we continue our drive to Tirith. Here we are going to stay the night at a gorgeous deluxe camp. B,L,D

Day 7

The women of Tirith

The whole day is dedicated to the women of Tirith. We visit peasant women, we cook with them, work with them on their fields, we laugh, dance and maybe sing with them. There is no strict schedule for today, just be inspired by whatever spontaneous interaction is going to happen. B,L,D



Kloster Diskit (c) Josef Reifenauer

Day 8

Medicine woman

We drive to Shyok valley and visit the local (female) amchi (Amchi = Tibetan Medical practitioner) and find out more about her profession. If wanted, you can receive a personal consultation and ask her your questions. After this interesting conversation we hike to Hundar and will stay there for the night. B,L,D

Day 9

Back to Leh

After our visit of Diskit monastery we will return to Leh quickly. Later in the afternoon we are visiting the handicraft-center of neighboring village Sabu, where women can learn to weave and practice carpet-weaving. B,L,-

Day 10

Towards the west

We are leaving Leh now and follow the Indus in a westward direction. In Likir we make a stop and visit the local monastery. After that we start our 3-day-trek from village to village. We spend the night at a simple village homestay in Yangthang. B,L,D

Day 11

Village of junipers

Our hike is continuing... we will reach our destination for today in two to three hours. Hemis Shukpachan has its name from the fragrant juniper trees, we will explore this village together and talk to the women. Overnight stay at the village homestay. B,L,D



At Sham-Trek (c) Josef Reifenauer

Day 12

Crossing two passes

After breakfast we start our trek to Ang, during which we will cross two passes higher than 3,800 m. We will hike for about 3-4 hours, then reach our destination, where the taxis are already waiting for us at the beginning of the road. They will bring us to Nurla via Tingmosgang, we are spending the night in Nurla at a hotel. B,L,D

Day 13

Hidden village

Should we hike again, today? Of course! We follow a side valley of the Indus until we reach a hidden village. There we visit a family, who lets us help them prepare our lunch. After lunch, back at the starting point of our hike, we drive to Leh via Alchi, where we can see one of the oldest monasteries of Ladakh. B,L,-

Day 14

Once again Leh

You can spend the last day in Leh in whichever way you want: shopping, relaxing with a cup of coffee or visiting some sights of the city. B,-,D



In Leh (c) Josef Reifenauer

Day 15

Hello Delhi

When you come from beautiful Ladakh and arrive in Delhi today, you will find it to be loud and not very charming. But we try our best to show you Delhi's best side and create a wonderful last day for you here. You can check into your hotel (shower room), where you can stay until your flight departs at night. In the afternoon we show you the most beautiful parts of Delhi and one or two markets, where you could do some last minute souvenir-shopping. In the late evening/early morning we will bring you back to the airport. B,-,-

Day 16

Flight home

Basic data at a glance

- Best time of travel: June-October
- 2 pax onwards
- Prices: on request
- Duration: 16 days

Services included

- All transfers/transports according to itinerary
- Tour guidance by female guide in English (in Ladakh)
- Accommodation in guest house/deluxe camp/hotel/village homestay
- Transport of luggage while trekking
- All entrance fees (see itinerary)
- Shower rooms in Delhi while waiting for departure international flight

Not included

- Flights (We can arrange your international flights for you by request)
- Insurance (travel insurance is recommended)
- Tips
- Drinks
- Visa for India
- Vaccinations
- Sleeping bag
- Additional costs caused by illness, accident, route changes due to acts of nature beyond control, etc.
- Additional costs caused by cancelled or delayed flights[/tg_promo_box]

Book this tour

Something to read before coming to Ladakh

- [General info on Ladakh](#)
- [10 rules for Ladakh](#):To avoid cultural misunderstandings
- [Top 10 Restaurants and Cafés in Leh: Our top tips about food](#)
- [Tips for the acclimatization in high altitude](#)
- [Packing lists & more](#)
- [Travel insurance](#)
- [Terms & Conditions](#)
- [Maps, Books & Links](#)
- [Frequently asked Questions](#)

This tour might be also interesting for you



Basics of Ladakh

Ladakh

Our popular classic cultural travel that combines classic highlights with little secrets and fantastic dayhikes. This tour can be booked individually as well as group tour.

Dates for fixed departures available

easy

If you have questions regarding this tour, don't hesitate to contact us

Name (required)

Email (required)

Phone

Subject

Message

*I agree that the data entered will be stored during the period of processing - namely to answer my request and information about requested products and services. My data will not be stored for more than three months. And should the processing of my request take longer than three months, my data will be deleted at the latest upon completion of the processing.

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