



Ideal 7 Day Itinerary for Leh

Day 1

Morning

Arrive at Leh early morning. Ask the hotel/Guesthouse staff to serve you ginger tea. Acclimatize by popping in a Diamox tablet and take ample rest.

Noon - Evening

Wake up and monitor oxygen levels. This is extremely important. Have proper lunch and head out nearby to explore the place. Maybe rent a bike if you want.

Night

Return to your place of stay, have dinner and sleep.

Day 2

Morning

After an early breakfast, head to Shanti Stupa. Next visit Tsemo Fort and spend some time there.

Noon - Evening

Have lunch at any of the eateries in the main market and head to Leh Palace and head to Leh Hall of Fame. Your final destination for day 2 should be

Magnetic Hill.

Night

Return to your place of stay in Leh after an exciting day. Have dinner and sleep early.

Day 3

Morning

Eat your morning meal and head straight to Khardun La – the highest motor able pass in the World. Enjoy the view there but ensure to leave early as there can be altitude sickness.

Have quick snacks at the Pass (at the Indian Army canteen).

Noon - Evening

From Khardung La, head to Nubra Valley, Dikshit Monastery and even Panamik (famous for sulphur springs).

At Hunder in Nubra Valley, do observe double humped camels.

Night

Stay at Dikshit (because it has an awesome range of staying places), eat supper and sleep.

Day 4

Morning

Head straight towards Pangong lake without going back to Leh. Take the Shyok road.

Noon - Evening

It will take 7 plus hours to reach Pangong. You will reach there by evening. Hence have lunch mid way.

Night

Camp overnight at Pangong.

Day 5

Morning	<p>Wake up to the most beautiful view ever. The shimmering blue waters of Pangong lake will stay in your mind forever.</p> <p>Enjoy early lake side breakfast.</p>
Noon - Evening	<p>Head for Loma and finally Hanle. For reaching Loma, take the take the Chushul route. At Loma, register yourself at the check post. Take the diversion towards Hanle.</p>
Night	<p>Either check in to the sole guest house in Hanle or stay as a paying guest with any of the villagers.</p>

Day 6

Morning	<p>The main destination for day 6 is Tso Moriri lake. Start early. Take the same back road till Loma as the previous day.</p>
Noon - Evening	<p>Once you reach Loma, follow the Nyoma, Mahe and Sumdo route to reach Tso Moriri lake.</p> <p>Tso Moriri lake is located on the shores of Karzok village.</p>
Night	<p>Stay overnight at Karzok village. Have dinner and sleep early.</p>

Day 7

Morning	<p>Wake up once again to a splendid view. Have early breakfast and head back to</p>
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Leh.

Noon - Evening

On the way back you can visit Thiksey and Hemis monasteries, in case you have time.

Night

Reach Leh and either stay overnight and head back home early next morning or head back right away.

Feel free to share your Leh backpacking experience with us. Write about the place, its best and worst destinations, accommodation, food, safety anything. Post your views in the comments section of the article entitled **Leh Backpacking Trip**. If your experience comes across as interesting and worth sharing, we'd love to have you as a Travel Blogger on Budget Wayfarers where you will be paid for your contribution.

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