



Ideal 7 Day Itinerary for Leh

Day 1

Morning

Start as early as 4 am from Manali and Reach Rohtang Pass by 9 am. Have breakfast there.

Noon - Evening

From Rohtang, head to Lahaul Valley and Tandi. Have lunch at Tandi.

Night

Reach Keylong finally. Check in your place of stay. Have dinner and sleep.

Day 2

Morning

Wake up as early as 4 am and start for your onward journey at 5 am. Have breakfast on the way.

Noon - Evening

On your beautiful journey, you will travel past locations such as Suraj Tal, Deepak Tal, Baralacha La, Lachuchulung La, Nakee La and Taglang La pass.

Night

Check in your hotel. Have some strong ginger tea. Savour some good dinner. Finally pop a Diamox pill for acclimatization and sleep well.

Day 3

Eat your morning meal and visit the Khar. The Leh Palace, Tsemo Castle and Namgyal Gompa lie on the same hill as Khar.

Morning

Next visit the Shanti Stupa. Try taking a cab up till the hill top. Else you'll land up climbing a flight of 500 stairs.

Spend some time here.

Noon - Evening

Night

Get back to your Hotel maximum by 7, have dinner and sleep.

Day 4

Morning

Head towards Lamayuru on Leh Srinagar highway. Visit Gurudwara Patthar Sahib.

Noon - Evening

Have langar at Gurudwara Pathhar Sahib and head out towards Magnetic Hill and the confluence of Indus-Zaskar rivers. If you have time, visit the Chilling village.

Night

Head back to your hotel, have dinner and sleep.

Day 5

Morning

Rise early and head straight towards Khardung La Pass. Its the highest

motorable pass in the world.

Spend not more than half an hour here to avoid altitude sickness.

If you like, sip hot steaming tea at the army canteen on top of Khardung La.

Noon - Evening

Nubra valley is your next destination for the day. You will spend the rest of the day here because here are a lot of places to visit - Sumur, Panamik, Hunder or Diskit.

At Hunder, observe double humped camels. At Panamik, watch the hot sulphur springs.

Night

Check in to a guest house at Dikshit. Have dinner and sleep for at least 7 hours.

Day 6

Morning

Wake up early and after savouring some healthy breakfast, head straight towards Pangong Tso.

This will take 6 plus hours.

Noon - Evening

Reach Pangong by early evening and head to your home stay at Spangmik village or tent near Pangong.

Night

Stay overnight at Pangong. Enjoy an early night meal, keep yourself warm and sleep.

Day 7

Morning

Wake up to a magnificent morning near Pangong Lake. The shimmering blue water will change shades and make you fall in love with it.

Noon - Evening

Head back to Leh. On the way, stop by Thiksey Monastery.

Night

Leave for home.

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.