



# TREK DHARAMSALA – LITTLE TIBET

# ITINERARY- OUTLINE FOR BESPOKE TRIPS

This trek is in the Indian Himalaya, in the shadow of the mighty Daula Dhar 5490m. For eight days we are immersed in the culture and traditions of a unique area in India that has become the home of the many thousands of Tibetan refugees, amongst them His Holiness the Dalai Lama. Our challenge will take us into villages, through forests, crossing rivers and streams, over passes and finally down to the village of Bhagsu Nag with its famous 600 year old temple.

## DAY 1 DEPARTURE

We depart for our over-night flight to Delhi.

## DAY 2 ARRIVE NEW DELHI

Upon arrival in India's capital city we transfer to our hotel in the centre, where we have a little time to relax before a tour of some of the highlights of the city. After our welcome supper we transfer to New Delhi central station for our overnight sleeper train to Pathankot in the foothills of the Indian Himalaya.

## DAY 3 DHARAMSALA AND THE DALAI LAMA

On arrival we transfer 3 hrs to the old hill station of McLeod Ganj 1750m, also known as Upper Dharamsala. Here the white peaks of the Himalaya on the horizon guard the largely Tibetan refugee population, reminding them of their lost Tibet. You could be forgiven for thinking you were in Lhasa though, with its many similarities; the smiling Tibetan faces, shrines, prayer flags, mantras carved in stone, Buddhist monks in red robes and Tibetan music. This afternoon we visit His Holiness, The Dalai Lama's residence and the Kalachakra Temple.

## DAY 4 KONAL VILLAGE

## 12KMS/5-6HRS TREKKING

Dharamsala is a great place to start our journey and after a good early breakfast the 2hr transfer will bring us to Boa Village on the banks of the Brahal River. Our trek begins with a steep climb to the remote tribal village of Batuni and just above it, the Snake God Temple at Lingru Nag. This is a picturesque place to enjoy lunch, after which we descend through forest, terraced fields and small villages to our camp at the village of Konal, 1,600m.

## DAY 5 KARERI 2070MTS

## 14KM/6-7HRS TREKKING

From our camp we start with a constant and tough climb through dense pine and deodar forests for about 4hrs to the top of the ridge. Our route from here is surrounded by the most magnificent views as we continue along the ridge path all the way to the village of Kareri at 2070m. The setting for our camp tonight is surrounded by rolling hills in a picturesque meadow on the banks of the Laund River with distant views of the mountains and slate roofed villages across the river.

**DAY 6****BAL VILLAGE****12KM/6-7HRS TREKKING**

After breakfast we continue our trek with a gradual but tough ascent to a typical mountain village where we are welcomed by the locals. We can see the traditional way of life of the local shepherds and perhaps share a cup of hot sweet Chai. The distant views of the Dhaula Dhar mountain range accompany us as we continue through open meadows, pine forest and villages to our lunch spot in the valley by a mountain stream. Dense forest of bamboo, oak and pine surround us this afternoon until we reach a col from where it is another short climb to Bal village at 2330m. From here a descent through terraced fields brings us into camp by a glacial river.

**DAY 7****LAKA GOT****12-15KM/6-8HRS TREKKING**

Today is one of the highlights of our challenge as we reach the height of 3500m. From our camp we climb the steep trail through magnificent forest. Once we arrive at the ridge, we make a gradual ascent on a path used by the Gaddi tribal people during their summer migrations to Laka and Triund. From mid afternoon the views open up into the panorama of the Dhaula Dhar mountain range. Our camp tonight is at Triund and for those with more energy there is a chance to visit Laka Got.

**DAY 8****DHARAMSALA****12-15KM/5-6HRS TREKKING**

And so to the last day of our trek. The classic Himalayan views today are dominated by the snow covered peaks and of the valley below us, into which we start to descend. Our trail takes us through mixed forests and a river which we cross by boulder hopping, to a small teashop and a perfect lunch spot by an attractive waterfall. For the afternoon we have a short trek to the trailhead at Bhagsu Nag where our jeeps will be waiting to drive us to the luxury of our hotel in Dharamsala. Tonight we relax once again in comfortable surroundings and enjoy a fantastic celebratory meal after our tough challenge.

**DAY 9****THE NEW DELHI FLYER**

We enjoy a good breakfast before having the rest of the day free to visit the Tibetan Bazaar and the monastery. In the afternoon we transfer to Phatankot station where we board the New Delhi Flyer for our overnight train to Delhi.

**DAY 10****DELHI**

We arrive into Delhi and transfer to the airport for our return flight home.

**DAY 11****ARRIVE HOME**



LOGISTICS

## **COSTS OF CHALLENGE**

From £1995 per person

For groups of less than 15, please get in touch

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge representative

Expedition medic

English-speaking local guides

All accommodation

All meals, except in free time

All transfers people and Luggage transfer

All National Park fees

3 litres of water provided daily

## **NOT INCLUDED**

Sleeping bag (where needed)

Travel insurance

Fuel supplement

Single supplement

Visas

Local departure tax (if applicable)

Tips for staff

## **RATING & FITNESS**

This is a moderate challenge and requires a good level of fitness.

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **ACCOMMODATION**

Comfortable hotels in Delhi/Dharamsala and tents on trek. All accommodation is on a single sex twin/triple share basis.

## **FOOD**

We will try and bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time.

## **WEATHER**

The weather in October and March/April are good months to be trekking in this region, before and after winter takes hold of the countryside. It can be cold at night and so appropriate warm clothing should be brought on to the trek. Much of the rest of the year is determined by the monsoon from late June to September.

## **TOTAL DISTANCE TREKKED**

Approximately 60km