A Lifetime Trip
..creating colorful memories

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TRAVEL PLAN

Dear Traveler

Greetings from ALifetimeTrip

Thank you for choosing us for your travel needs.

Please find herewith all the relevant details (Itinerary, Accommodation) for your trip to The Frozen River Trek.Kindly take a moment to review these.

The travel plan is totally customizable. Please reach your tour planner and ask for changes that you would like to incorporate in your vacation.

We value your business and look forward to assist you.

Detailed Itinerary

Write a title and description content

Tour Itinerary: Ladakh(9N)

Day 1: Arrival & Acclimitization
Today you arrive at Kushok Bakula Rimpochee Airport at Leh. Once you board the flight to Leh, know that you are going to see beautiful mountains and you must not miss on clicking them from your shutterbags.Upon arrival you will be received by our representative and shall be transferred to your Hotel. You will be welcomed by chilly air and hopefully some sunshine.It is strictly recommended to rest today and give time to your body for altitude acclimatization. This will be a free day as such, however, you may go for an Evening walk to Shanti Stupa. Overnight stay at hotel.

Day 2: Acclimatization
This day is meant to acclimatize with the change in altitude again. However, you might like to explore the local market to buy out trek essentials.Taxi if required will be available and charged extra, directly payable. Overnight stay at hotel.

Day 3: Fitness Day
Today we will visit the city hospital for medical checkup. Due to the health problems the trekkers have faced in past, it is now mandatory to spend three days at Leh and acclimatize well before you begin the trek. Allow your body to get used to the cold.The trekkers can go further to the trek only if they pass this check up. Overnight stay at hotel.

Day 4: Leh to Bakula drive 3 hrs, trek to Shingra Kongma(3,369m)
After breakfast, drive to Bakula. It is one of the most scenic drives which brings you the delight of seeing some of the most beautiful spots in Ladakh. Gurudwara Pathar Sahib, Magnetic Hill and the confluence of the Zanskar and Indus are some of the places where you can take a pit stop for clicking memorable pictures.An hour and a half of driving along the Zanskar will get you to Chilling and then further to Bakula. The car will drop you right where the road ends. This will be your starting point of walking on the Zanskar.Walking on the ice will be the first challenge you will face. You can check for the ice formation using your walking pole before stepping your foot. Be ready to fall on your bum or on your knees many times on the Chadar. Its okay and you will remember it and laugh off when you will be back home. We trek to the first Camp site Shingra.The next challenge will be the first night in the camp in subzero temperature. Our sleeping bags would be of good support but most of this day is to prepare yourself mentally for the days to come.

Day 5: Shingra Yogma to Tibb
Walking time 5 hours. In the morning, pack up and trek on ice of the frozen Zanskar River, Chadar, as we continue towards our second camp at Tip Yogma. The Zanskar Valley is the most isolated of the Trans-Himalaya valleys and that true sense of remoteness will become all the more evident as we approach our camp. After walking for 3 hours, stop for hot lunch and rest.Today, the route will get tortuous and will offer more of zig-zag crossings as the valley gets narrower. But sometimes surprises awaits you in the evenings at camp. Arrive at Tibb Yogma and set the camp for overnight stay.

Day 6: Tip YogmaBac x009C Neural