

LEH & LADAKH · RELAXED ITINERARY

Relaxed Ladakh

Built for families travelling with senior parents or young children: an extra acclimatisation day in Leh, only one high pass crossing each way, and no overnight at Pangong — visit it as a long day trip if the group is comfortable, or skip it altogether.

7 nights / 8 days

Route: **Leh – Sham Valley – Nubra (via Khardung La) – Leh, with Pangong as an optional day trip**

From **₹48,000** per person, indicative

Day by day

Day

1

DELHI → LEH

Arrive and rest completely

Fly in via Delhi, landing by late morning. No sightseeing today under any circumstances — go to the hotel, hydrate, rest, and let the body adjust to 3,500 m. Order light meals; avoid tea, coffee and alcohol on this first day.

Stay: **Leh** · Meals: **Dinner**

Day

2

LEH

Continue acclimatising

A second full rest day, unusual for most Ladakh itineraries but important for seniors and children. A short, slow walk to Leh market in the late afternoon if everyone feels well; otherwise stay at the hotel. This extra day is what makes the rest of the trip comfortable.

Stay: **Leh** · Meals: **Breakfast, Dinner**

Day

3

LEH

Sham Valley, gently paced

Now that the group has settled in, drive the low-altitude Sham Valley loop: Magnetic Hill, Sangam viewpoint, Gurudwara Pathar Sahib, and Likir Monastery. Return by mid-afternoon with time to rest before an early dinner.

Stay: **Leh** · Meals: **Breakfast, Dinner**

Day
4

LEH → NUBRA VALLEY

Over Khardung La to Nubra

Drive to Nubra via Khardung La, with a brief stop at the top only if everyone is comfortable — the guide will keep this short. Reach Hunder or Diskit by afternoon; a gentle walk at the sand dunes, camel ride optional and skippable for anyone not up to it.

Stay: Nubra (Hunder/Diskit) · Meals: Breakfast, Dinner

Day
5

NUBRA VALLEY

Diskit Monastery and a free day

No further pass crossing today. Visit Diskit Monastery's Maitreya Buddha statue in the morning; the rest of the day is free by the river. This is a good day for anyone who felt the altitude at Khardung La to recover fully before the drive back.

Stay: Nubra (Hunder/Diskit) · Meals: Breakfast, Dinner

Day
6

NUBRA → LEH

Back to Leh, Pangong day trip optional

Return to Leh over Khardung La (about 5 hours). Families who are travelling well and want to see Pangong Tso can instead take the longer Shyok-road day trip to the lake and back to Leh in a single very long day (12–13 hours round trip) — we only recommend this for fit adults; seniors and children are better off skipping Pangong this visit and enjoying Leh at a slower pace.

Stay: Leh · Meals: Breakfast, Dinner

Day
7

LEH

Thiksey and Hemis Monasteries

An easy day near Leh: Thiksey Monastery for the morning prayers, Shey Palace, and Hemis Monastery in the afternoon. Evening free in Leh market for last-minute shopping — pashmina shawls, apricots, Ladakhi handicrafts.

Stay: Leh · Meals: Breakfast, Dinner

Day
8

LEH → DELHI → AHMEDABAD

Fly home

Early morning flight via Delhi. Leh airport can be slow; arrive at least 2.5 hours before departure and keep valuables in hand luggage as checked bags are screened separately.

Stay: — · Meals: Breakfast

Inclusions

Included

- + Return Ahmedabad–Delhi–Leh flights
- + 7 nights in Leh (5) and Nubra (2), hotels chosen for ground-floor or lift access where possible

Not included

- Lunches en route
- Optional Pangong day-trip vehicle supplement if added (₹4,500–6,000)

- + Private SUV with driver for the whole trip, kept slower-paced by design
- + Inner Line Permit arrangement for Nubra (and Pangong if the optional day trip is taken)
- + Daily breakfast and dinner throughout
- + Oxygen cylinder and a basic first-aid kit kept in the vehicle at all times
- Travel and medical evacuation insurance (strongly recommended for this itinerary)
- GST 5%

Indicative cost

STANDARD

₹48,000–56,000

Per person, twin sharing

PREMIUM

₹70,000–88,000

Per person, twin sharing

Per person on twin sharing, indicative for 2026. Slightly higher than the classic itinerary because of the extra night and slower vehicle use; the optional Pangong day trip is quoted separately since not every family takes it. All prices on this document are indicative for 2026 and confirmed in writing at the time of booking.

Good to know

Getting there. Fly: There is no direct Ahmedabad–Leh flight. Fly Ahmedabad–Delhi (about 2 h) and connect to Delhi–Leh (about 1 h 20 m); total travel time including the layover is usually 4–5 hours. Book Delhi–Leh for a morning slot — afternoon flights are more prone to weather cancellation as winds pick up over the Leh valley.

Food. Leh town itself is comfortable for vegetarians — several Punjabi- and Gujarati-run dhabas and restaurants operate through the season, and most hotels can arrange a simple Gujarati-style thali on request. Nubra Valley guesthouses and camps offer simpler thali-style vegetarian meals; choice narrows but pure-veg is generally available with advance notice.

Permits and rules. An Inner Line Permit (ILP) is required for Indian nationals to visit Nubra Valley, Pangong Tso, Khardung La beyond a point, and Tso Moriri/Hanle; foreign nationals need a Protected Area Permit through a registered agent. Permits are applied for online (the Ladakh administration's ILP portal, or through us) using a scanned Aadhaar card and passport-size photo for each traveller; the fee is nominal, roughly ₹30–40 per person per permit plus a small environment fee, and processing normally takes a few hours to a day. We handle this for every group and carry printed copies, since photocopies are checked at multiple army and police checkpoints along the way — carry original Aadhaar cards too, not just the copies.

Pack

- Warm layers even in summer — fleece and a windproof jacket for evenings and passes, thermal wear if travelling before June or after mid-September
- Diamox (acetazolamide) only after consulting your doctor before travel, especially if anyone in the group has heart, BP or breathing conditions

- High-SPF sunscreen and lip balm — UV at this altitude is far stronger than it feels, even on cool or cloudy days
- Sufficient cash in small denominations — carry more than you think you need (see Food and FAQs)
- A refillable water bottle and electrolyte sachets to help with hydration and acclimatisation
- Sunglasses with UV protection and a warm cap or monkey cap for wind at the passes
- Personal medication in original packaging with a doctor's prescription, plus basic motion-sickness tablets for the mountain roads

Want this booked properly?

Send this PDF to us on WhatsApp with your dates and the number of travellers. Hotel names and a firm price within 24 hours.

99093 93030

WhatsApp · Mon–Sat 10 am – 7 pm