

Journey to Himalaya

“A Cultural Exchange Program at Leh & Ladakh”

Vishvet Foundation Program



Program features:

- Adventurous travel to Himalaya's mountain
- Participate in Cultural Exchange Programs
- Visit to Manali, Jispa, Darcha, Sarchu, Leh, Pangong, Khardungla
- Sightseeing, Monastery visit, 3 Idiot movie lake, Highest Motorable road
- Hotel/Tent stay with comfortness
- Pure Vegetarian food
- 24x7 Emergency Medical Help and supervision by Vishvet coordinator

Vishvet Foundation

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About Vishvet

“Vishvet” was created on September 5, 2003 and is headquartered in western part of India at Ahmedabad, Gujarat.

The name ‘Vishvet’ originates from the Sanskrit language which refers to ‘the whole world.’ Vishvet Foundation is an organization dedicated to promote exchange in all forms between India and rest of the world.

Our mission statement is "Promoting Cultural Exchange"

About Program

Vishvet Foundation made this program to give a thrill to participants by experiencing a new place in India. Leh is the place where you will be able to connect direct with God. Those who are in search of some solace Ladakh India is the destination for people all around the globe. Both adventure buffs and nature lovers come to this famous trans-Himalayan district of Jammu and Kashmir , to adore its beauty and to try out their strength. If you are also looking to have a look at the irresistible beauty of Leh, then all you have to participate in this “Journey to Himalay” program at Leh.

Benefits

- Self discipline, Self confidence and Self motivation will be a key learning out of this program.
- Participants will do an exchange program with local people which will give an exposure of cultural exchange.
- Independent journey will teach a lesson to students about cooperation among group.
- Test your endurance at two of the world's most powerful mountain ranges - the Karakoram and the Great Himalayas. It is these hill ranges that make Ladakh a much preferred adventure destination. The altitude in Ladakh ranges between 3505 m and 2750 m.



Leh At Galance

Area	44,000 Sq. Kms
Latitude	32 to 36 degree North
Longitude	75 to 80 degree
Altitude	2900 M to 5900 M
Temperature	+ 30 °C to – 30 °C
Population	1,17,637
Population Density	3 person /Sq. Kms
Educational Insti-	278
Literacy Rate	62.24%
Mountain Ranges	Kharakuram,Ladakh & Zangskar
Famous Lakes	Tsokar, Pangong & Tsomoriri
Famous Rivers	Indus, Shayok & Zanskar

* Data obtained from District Statistical Deptt.

Day wise Activities	
Day	Activity
Day 1 Arrive in Manali	On arrival pick up & transfer to hotel, afternoon local sightseeing. Overnight at hotel.
Day 2 Manali to Jispa - Darcha-(150 km) (3300m) 6hrs.	Drive uphill along the Beas River to Rohtang pass (3950 mtrs.) the gate way between Lahoul and Kullu, Descend to Koksar and continue through several villages to Key-long the Headquarter of tribal distt of Lahoul and Spîti.Night at Jispa. Jispa (22 kms) attractively sited near the confluence or two side streams of the river Bhaga, this is a small village which also has religious significance.
Day 3 Jispa to Sarchu, (90 Kms) (2850m) 5hrs	The trail goes through Zingzing bar over Baralachala (4800 mtrs.) panoramic views of the C.B., K.R ranges and Mulkilla mountains, and Suraj Tal lake a source of river Bhaga. Descend to plain of Sarchu, Night at Deluxe camp.
Day 4 Sarchu to Leh (3600 mtrs, 250 kms.)8/9 Hrs	Leave the vast Sarchu plateau, uphill curvy drive till Namkila 4950 mtrs, spectacular view of rugged rocks, over Lachulangla (5090 mtrs) descend to the gorge of cliffy Ganglajal to Pang, and further drive on vast plateau of Kyangchu-Thang (plateau of wild donkey) over Tanglang La 5332 mtrs, descend to the valley, passing by several villages of Ladakh, evening reached Leh check in hotel. Overnight at hotel.
Day 5 Leh sight-seeing	Early morning visit Shanti stupa and Leh Palace / old fort by walk, after breakfast Leave to visit Shey, Thiksey, Hemis monasteries, and SindhuDarshan, afternoon back to Leh, evening free visit to explore the town, overnight at hotel.
Day 6 Leh to Pangong (3 idiot lake)(4298 mtrs.) 154 kms.	This Lake is situated in Nyoma region of Tchang-Thang in the eastern sector of Ladakh. From Leh across Changla pass (5183 mtrs.) this lake is one of largest and most beautiful natural brackish lakes in the country. It is around 120 kms long, one third of its portion lies in Indian Territory and rest in Chinese Occupied Tibet. And back to Leh. Overnight at hotel.
Day 7 Leh to Khardungla pass (5540 m) back to Leh	Uphill drive till pass, as it is the highest point one has to be careful of the altitude sickness however oxygen cylinder will be along with the vehicle. Reach top of the highest motor able pass in the world, enjoy the magnificent view of surrounding Hi-malayan peaks and its valleys, later drive back to Leh, rest of the time free at leisure, overnight at hotel.
Day 8 Leh to Sarchu (253 Kms)	After checkout from hotel travel by surface from Leh to Sarchu. Evening free to explore the surrounding around camp site. Overnight stay at camp.
Day 9 Sarchu to Jispa to Manali (Kms)	After breakfast in hotel drive to Manali over Baralachala and Rohtang pass. Rohtang pass is the gateway between Lahaul and Kullu. The Magnificent views and natural beauty are never-ending sources of delight. After reaching at Manali check in at hotel. Overnight at hotel.
Day 10 Manali to Delhi. (570 Kms)	Next morning departure by surface from Manali to Delhi. End of our services here.

Participation Conditions and Program Cost

Eligibility Criteria:

- 15 years and above age participants can apply.
- Medically should be fit to travel to the mountain.
- Ready to face challenges in odd situations.
- Able to live alone from family.
- Work in team and help others to show leadership quality.
- Ready to learn culture and accept food of other state

Program Dates: July to October.

Program Cost: [Contact us for more detail](#)

Hotel used as per destination:

City	Manali	Jispa	Sarchu	Leh
Standard package	Himalayan Country house	Ibex	Deluxe camp	Rainbow Guest house

Cost includes:

Cost Included:	Cost excluded:
<ul style="list-style-type: none">• Pick up & Drop.• Manali to Leh transportation as per itinerary.• Hotel in Manali and Leh (breakfast & dinner).• Camp in Sarchu&Pangongon (breakfast, Lunch & Dinner).• Inner line permit.• Oxygen cylinder (only for more than 4 pax).• Entrances fees.• First aid box.	<ul style="list-style-type: none">• Any expenses arising out of unforeseen circumstance.• Insurance.• Lunch where not mentioned• Medical Evacuation.• Porter to carry personal luggage.• Any expense not mentioned under '<i>cost includes</i>'.• Personal expenses.

Travel Plan

Group will meet at Delhi to start the journey to Manali.
For any assistance regarding transportation contact us.

Things to Carry

1. Warm cloths (sweater, Jacket, wind/water proof tracksuit, 6 pair socks, cap, trekking shoes, Gloves), Sleepers/water proof footwear
2. Sun Glass, P Cap, water bottle, Pen/pencil, notebook/diary, Rain coat
3. First Aid kit (powder for dehydration, medicine for cold & cough, glucose, vicks, dettol, cotton, vomit bag etc.), your medicinal course of Ayurveda, Homeopathy or Allopath
4. Sun cream, Odomos for Mosquito
5. Long sleeve T - Shirt and Jeans pants (5-6 pairs), half pant, night dress, under garments
6. Dry snacks, chocolate, toffee, paper dish, steel glass, spoon & plate
7. Video Camera / Camera, Torch, Earplug with music system. Extra batteries for torch and camera
8. Toiletries (Shampoo, toothbrush & toothpaste, deodorant, soap for bath and cloth, tissue paper, toilet paper, towel)
9. Bed sheet, air pillow, Shawl, safety pin, needle & thread. Extra Bag pack for trekking
13. Playing articles like play cards, housie, chess, ball, rope etc.

Note: All above items are not compulsory to carry but all are essentials. Carry minimum articles in small bag with light weight not more than two luggage to be carried.



Objective of Program

We always believe in to explore a new destination to know something knew about nature, culture and education of particular place. We will give you that Aha! Feeling “Yes this place and activity I were searching for”.

We give people a motivation who really love to know culture, education, language, customs, laws etc. of other country and even within India as well. We try to give deep knowledge and experience with love and feelings which no other can give you.



Contact Us:

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