

# PUNJAB & DHAULADHAR HIMALAYA

EXPERIENCE SIKH, TIBETAN & HIMACHALI CULTURES  
AMRITSAR, DHARAMSHALA & KARERI LAKE TREK



DAY	DATE	SKETCH ITINERARY
1	19 SEPT	Fly to Amritsar/ Visit Golden Temple, Jallianwala Bagh & Colorful Markets
2	20 SEPT	Drive Amritsar – Paragpur Village, India’s first classified heritage village & the cradle of <i>Kangra school of paintings</i>
3	21 SEPT	Drive to Snow Monk Camp. Visit Masrur 8th Century rock cut monolithic temples, Brijeshwari temple & Kangra Fort
4	22 SEPT	Trek to Daled Camp (10Kms/ 5 Hrs)
5	23 SEPT	Day Trek to Kareri Lake (3200M)
6	24 SEPT	Trek down to Snow Monk Camp & drive to Dharamshala. Visit H.H. Dalai Lama Temple, Kalachakra Temple and shopping in the local Tibetan market
7	25 SEPT	Visit the Norbulingka Institute showcasing Tibetan values, expression in crafts, art and literature. Transfer to the Gaggal airport

## HIGHLIGHTS (8 DAYS/7 NIGHTS)

- Trekking to the Kareri Lake (3200M)
- Visit Golden Temple, Jallianwala Bagh & Colorful Market (Amritsar)
- Village walk tour of Amritsar
- H.H. Dalai Lama Temple, Tibetan Museum.
- Kora Walk, Astrology & Medical Center and Gyuto Tantric Monastic University
- Kalachakra Temple, Shopping in the local Tibetan market
- Norbulingka institute & Visit the Doll museum

A sojourn which epitomizes and showcases the spiritual side of three distinguished cultures and religions, this journey takes you through the holy city of Amritsar, the headquarters of Tibetans in Dharamshala and the beautiful landscapes of the Kangra district of Himachal Pradesh.

Golden temple which is also known as Harmandir Sahib located in Amritsar, Punjab, is considered the holiest shrine in Sikh religion. Sikhs from all over the world visit golden temple. Golden temple construction began in the year 1574 on land donated by the *Mughal emperor Akbar*. The temple is surrounded by a lake called sarovar that is assumed to have water (holy water) inside it to take away the sins of people. Sikhism is a monotheistic religion founded in fifteenth century in Punjab on the teachings of Guru Nanak Dev Ji and ten successive Sikh Gurus. It is one of the fastest-growing religions in the world. The principal beliefs of Sikhism are faith and justice, in “Waheguru”, the almighty. Sikhism advocates the pursuit of salvation through disciplined, personal meditation on the name and message of God. Adherents of Sikhism are known as Sikhs and number over 26 million across the world.

Dharamsala (McLeod Ganj) is the home of Exiled Tibetan Spiritual leader and head His Holiness the Dalai Lama. After Chinese occupation of Tibet in 1959, His Holiness Dalai Lama escaped from Tibet to India and since then He decide to make Dharamsala his home in Exile. His Holiness lives here with thousands of Tibetan refugees who escaped into India. Experience Tibetan monasteries, health alternative Tibetan medicine practitioners, enjoy the Tibetan flavours of McLeod Ganj in Dharamsala, refugees welfare associations selling Tibetan duvet covers, singing bowls, Buddhist Incense Sticks, Tibetan Prayer Beads & Wheel, etc amidst the throbbing flea market selling local Tibetan food, wine and steamed momos !

## DETAILED ITINERARY

### DAY 01: FLY DELHI – AMRITSAR/ VISIT GOLDEN TEMPLE, JALLIANWALA BAGH & COLORFUL MARKET

- Welcome to Amritsar! The city of the Golden temple
- Arrive and transfer to the hotel. Check into the hotel
- Post Lunch, visit Golden Temple & Jallianwala Bagh
- Evening visit colorful market around Golden Temple
- Overnight stay at Amritsar

**Meals : Lunch, Dinner**

**JALLIANWALA BAGH** is a public garden in Amritsar in the Punjab state of India, and houses a memorial of national importance, established in 1951 to commemorate the massacre by British occupying forces of peaceful celebrators on the occasion of the Punjabi New Year on April 13, 1919 in the Jallianwala Bagh Massacre. Colonial British Raj sources placed the fatalities at 379, and with 1100 wounded. Civil Surgeon Dr. Smith indicated that there were 1,526 casualties. The true figures of fatalities are unknown, but are likely to be many times higher than the official figure of 379.



**GOLDEN TEMPLE**, there are many **religious sites in Amritsar**. A number of Gurudwaras and Temples are scattered all over the district. Gurudwaras are sacred places for Sikh community. All the Gurudwaras have a copy of the Sacred Book **Guru Granth Sahib** centrally placed inside. The Temples are Hindu place of worship. Idols of all Hindu Gods are exhibited in the Temple. You can spot a Gurudwaras and a Temple from a distance. Both have domes but of different style. The domes in the Gurudwaras are round whereas in Temples they have a conical shape. About **Golden Temple** offers you a list of some of the popular pilgrim places in Amritsar. This place noted for its most notorious massacre under British rule. It is 400 meters north of the Golden Temple. Today this ground has been changed to a park and it has a pleasant garden. At the entrance there is a memorial plaque which recounts the history. There is a well on the north side in which many people who tried to escape from the bullets were drowned, and remnants of walls have been preserved to show the bullet holes. At the east end of the garden there is a large memorial built in memory of those who died.

## DAY 02: AMRITSAR – PARAGPUR VILLAGE DRIVE (170KMS/ 4 HRS)

- After Breakfast, Check out from hotel
- Drive to the heritage village – [Paragpur](#). (60kms/ 2hrs)The Kangra Valley, where India’s first classified Heritage
- Village Paragpur is located is panoramic and replete with history. It is the home of the famous Kangra School of painting. Visit Kangra School of painting
- Overnight in the heritage hotel.

Meals : Breakfast, Lunch, Dinner

## DAY 03: PARAGPUR VILLAGE - SNOW MONK CAMP (90 Km/ 4 hrs driving time)

- After breakfast at 8:00am, drive to Snow Monk Camp
- Enroute visit the Masrur 8th Century old monolithic temples cut out of one single sandstone rock decorated with sculptural ornamentation
- Drive to visit **Brijeshwari temple**
- The drive to visit the **Kangra Fort**. Tae an audio guide at the entrance for a memorable walk up the fort
- Arrive at Snow Monk Camp and check in.
- Savour the nature around the camp over a cup of tea with snack
- Prepare for the trek tomorrow
- Overnight at Hotel

**MASRUR ROCK TEMPLE:** 40 kms south of Dharamsala in Kangra valley are one of the only such type of Temple in the Himalayas. This 7th of 8th Century old **monolithic temples** have been cut out of one single sandstone rock and are decorated with sculptural ornamentation and seem to have been built in the same manner as the great temples of Kailash at Ellora in Maharashtra.

**KANGRA FORT:** The Kangra Fort was built by the royal Rajput family of Kangra State (the Katoch dynasty), which traces its origins to the ancient Trigarta Kingdom, mentioned in the Mahabharata epic. It is the largest fort in the Himalayas and probably the oldest dated fort in India. The fort of Kangra resisted Akbar's siege in 1615. However, Akbar's son Jahangir successfully subdued the fort in 1620. Kangra was at the time ruled by Raja Hari Chand Katoch of Kangra (also known as Raja Hari Chand Mughal Emperor Jahangir with the help of Suraj Mal garrisoned with his troops.

Meals : Breakfast, Lunch, Dinner

## Day 04: TREK FROM SALLI VILLAGE TO DALED CAMP (2850M) 10 Kms/5 Hrs.

- Post breakfast, departure for trek to Camp I
- Arrive around lunch time. Daled camp offers one of the most spectacular views of the Dhauladher Himalayan range.
- Soup time followed by dinner and campfire
- Overnight in tents

Meals : Breakfast, Lunch, Dinner



Though **Kareri Lake** is the source of Nyund stream, at an elevation of about 3,000 meters it can also be accessed by a new route via the Khauli valley. The Lake lies below the Minkiani Peak. The trek, one of the most stunning alpine treks, can also be reached following the Khauli River. The trek crosses several streams, through lush green meadows and thick forest home to numerous Himalayan birds and animal species. Lord Shiva temple overlooking the lake is a main attraction. This trek route to Kareri Lake originates from Salli village and follows Khauli River. This is a rarely visited route and is pristine free from all trekkers. One treks from Salli village to Daled Camp staying overnight at the camp. The next day's climb takes ones over the eastern ridge and approaches the Kareri lake. It will be a full days

#### **DAY 05: CLIMB TO KARERI LAKE (3300M) 6KMS RETURN TREK**

- Post breakfast, Height gain day to Kareri Lake. Great spectacular views of the Dhauladhar snow mountains from the top
- Return back to the camp around lunch time
- Evening at leisure
- Soup time followed by dinner and campfire
- Overnight in Camp

**Meals : Breakfast, Lunch, Dinner**



#### **DAY 06: TREK DOWN TO THE BASE CAMP AT VILLAGE SALLI (06 Hrs) – Drive to DHARAMSHALA**

- Post breakfast, departure for trek to Base Camp
- Arrive Snow Monk Camp around lunch time
- Drive to Dharamshala. Explore upper Dharamshala. Visit H.H. Dalai Lama Temple (also known as Namgyal Temple) including the official home of his Holiness Tsuglagkhang, Tibetan Museum, Kalachakra Temple and enjoy walking & shopping in the local Tibetan market
- Overnight at Hotel

**Meals : Breakfast, Lunch, Dinner**

**H.H. DALAI LAMA TEMPLE** or the main Buddhist temple (also called (Tsuglakhang in Tibetan) in McLeod Ganj, situated opposite the residency of H.H. Dalai Lama is open to the visitors from Sunrise to sunset each day. The temple has three main images of Lord Buddha or Sakyamuni, Padmasambhava and Avlokiteshvara. The images of Padmasambhava, Tibet’s great tantrik teacher and Avlokiteshvara, the Buddha of compassion are facing towards Tibet. Besides these images several volumes of religious Buddhist texts wrapped in yellow cloth are kept in glass paned cupboard on both sides of Buddha image. The temple is visited of hundreds of devotees every day. You can see the the Tibetan devotees during prayer in the temple every day in the morning and later afternoon. From time to time H.H. Dalai Lama gives public appearance in the temple his followers from all over the world and also gives preaching’s at the same temple.

**DAY 07: VISIT NORBULINGKA INSTITUTE / TRANSFER TO DHARAMSHALA AIRPORT / PATHANKOT RAILWAY STATION**

- After breakfast, Visit [Norbulingka Institute](#).

**NORBULINGKA INSTITUTE** is dedicated to handing down tradition and restoring standards by providing training, education and employment for Tibetans. It supports an environment in which Tibetan community and family values can flourish. It reconciles the traditional creatively and respectfully with the modern, and seeks to create an international awareness of Tibetan values and their expression in art and literature. The institute houses gardens, museum, temple, arts & crafts, sculptures & galleries.

- Visit traditional arts workshops such as – Thangka painting. Sculpture and wood work
- Visit the Doll museum - the Losel Doll museum houses a unique collection of 150 costumed dolls depicting the regional, official and monastic costumes of Tibet.
- Shopping at the Norling shop is a delight well lit and beautifully set out with a unique Norling range of fine goods, all of which have been made by hand. such as our rich silk appliquéd hangings, cushion covers and bedspreads, and our Tibetan boxes and chests decorated with a lightly moulded design that enhances the effect of paint and colour, you will not find anywhere else.
- The Norling café serves a wide range of delicious Italian, Tibetan, Chinese & Indian dishes. Delightful cakes, real coffee, local tea and fresh juices
- Transfer to Gaggal airport/ Pathankot railway station

**Meals : Breakfast, Lunch, Dinner**

**!!! Tour Ends With Sweet Memories!!!**

**PROPOSED HOTELS / SIMILAR**

PLACE	DELUXE HOTEL NAME
Amritsar	Ranjeet Svasas/ Similar
Paragpur	<a href="#">Judge’s Court</a> / Similar
Dharamshala	Grace Hotel/ Similar
Salli Village	<a href="#">Snow Monk Camp</a>

## PACKAGE INCLUDES

- Accommodation on single sharing basis.
- Meal Plan as per the itinerary
- All transfers & sightseeing by standard vehicle as per the itinerary.
- Amritsar Village walk tour
- Camping on full board basis as per the itinerary - Tents, sleeping bags, Appx 35 Ltrs Rucksacks, Carry mats
- Local Guides accompanying the group
- Services of Trip leader

## PACKAGE PRICE EXCLUDES

- Personal Expenses
- Meals other than specified above
- Tips
- Anything which is not mentioned in the "**Price Includes**"

## PERSONAL EQUIPMENT FOR THE TREK

- Please bring your personal clothing & good strong pair of walking boots.

## MEDICAL FACILITIES

- Facilities for proper medical aid are available at every campsite throughout the trek. However those on special medication or with known drug allergies should bring their own necessary medications.

## SAFETY

- Extensive and painstaking preparations have gone into the planning of trek routes keeping safety in mind. Our experienced camp leaders have been constantly visiting the area to check all the details. Stringent safety standards are adhered to strictly, and only quality equipment is used.

## RESPONSIBLE TOURISM

Since the start, through his vision, the main objectives have been very strongly supported by:

The principles of **protecting** the environment, flora, fauna, landscapes

**Respecting** the local cultures, traditions, religions and heritage

**Benefiting** the local communities – both economically and socially

**Conserving** natural resources – from office to destinations

**Minimizing pollution** – from waste disposal and congestion