



Ladakh: A Mystical Mountain Journey

15 -24 July 2026



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ADVENTURES OF THE SPIRIT

with Sunil Chauhan

For Those Called to the High Places: A Journey of Silence, Spirit & Strength

The wind carries memories from far away lands, waters and realms that remind us of the need for movement. The need for being moved within. There are few places on our beautiful planet that inspire awe and wonder and one such place is the Himalayas. A journey to this part of our beautiful planet is sure to touch you.

This journey is for those who feel a quiet, persistent call toward something deeper. It is for those who sense that life is more than achievement and accumulation – that there is a sacred fire within them that has not yet been fully met.

This is not a sightseeing tour. It is a pilgrimage into silence, altitude, ancient wisdom and inner terrain.

The Ladakh journey is an inner movement of connection and healing. It is our intention to find a deep resonance in the silence that resides in the high mountains, along-with the pace that nature adopts here, slow.

You do not need to be Buddhist. You do not need to be religious. But you must be willing.

Willing to slow down.

Willing to listen.

Willing to be stretched by altitude, silence and truth.

Willing to sit in circle with others who are also seeking something real.

You may be a leader, a mother, a father, a seeker, a warrior in your own life. You may carry great responsibility. You may feel tired of noise, performance and constant movement. You may be standing at a threshold in your life and feel drawn toward clarity, healing, initiation or renewal.

This pilgrimage is for those who feel the mountains calling them – not as tourists, but as initiates. If you feel a quiet “yes” stirring inside you as you read this, you are likely meant to come.



What's Included:

- Accommodation on all days with breakfast and dinner
- Lunch included on Day 2, 5 and 6
- All Transport in Leh in Toyota Innova Crysta (4 people per car) including airport pick and drop off
- Inner Line permit fees
- Entry fees to Monasteries and Museums
- Heritage walk in Leh
- Tour Leader fees

What's Not Included:

- Airfares to and out of Leh
- Travel insurance and medical cover
- Mineral water and beverages
- Costs arising out of any unforeseen circumstances, especially pertaining to weather conditions
- Tips



Day One

- Arrive in Leh
- Acclimatisation and Sharing (Introductions and stories)
- Overnight in hotel in Leh



Day Two

- Overnight in hotel in Leh
- Thiksay Monastery visit. We spend the first half of the day here
- Drive back to Leh town for Lunch at Tsas which is an award winning restaurant founded on the idea of sustainability and responsibility, offering a fusion of traditional ingredients with global cuisines
- A short meeting with Snow Leopard Conservancy (depending on their availability) to learn a little bit about conservation and its challenges in Ladakh
- Evening sharing circle with a brief orientation on Ladakh



Day Three

- Overnight in hotel in Leh
- Morning meditation at Shanti Stupa
- Heritage walk in Leh town during the day
- Relaxed evening in Leh to further explore the town



Day Four

- Overnight in hotel in Alchi
- Drive to Alchi monastery and visit to Chilling Village along the Zangskar river
- Afternoon visit to the Monastery and evening free time in the village



Day Five

- Overnight in Homestay
- Attend morning prayer in the Alchi Monastery
- Spend an easy morning walking around the village
- Later drive to Lamyuru Village – the moonscape of Ladakh
- Visit Lamayuru Monastery
- Evening drive back towards Leh and settle in Stok Village in a homestay



Day Six

- Overnight in Homestay
- Day hike in Stok Village – we spend our day hiking in Stok Village and exploring the highland wilderness. Its our day in the rugged open spaces of Ladakh
- In the evening we have a gathering with the hosts extended family. A bit of celebration



Day Seven

- Drive to Pangong Lake and stay overnight at the lake
- Enroute we visit Thalthok Cave and Monastery dedicated to Guru Padmasambhava. A high energy cave where we can find some deep connection with the spirit energy of the region



Day Eight

- Overnight in Hotel in Leh
- Morning meditation at the lake
- Drive back to Leh through a mystical moonscape of Ladakh
- If time permits we will visit Hemis Monastery before heading back to Leh town



Day Nine

- Free day in Leh
- A free day to chose an independent experience.
- Visit to Monastery, rafting, biking, shopping, culinary experience, rest



Day Ten

Departure from Leh to Delhi.

Today we say Goodbye and journey back home taking the Spirit of Ladakh with us.

Until Next Time!



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