



keep calm and travel



METTA ODYSSEY TRAVELS

Keep calm & travel

(A travel studio specialized in spiritual tours in India)

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ABOUT

There could be limitless reasons for travel and one of the oldest and most practiced reasons for taking a trip has been for spiritual adventure. Metta Odyssey primarily aims at facilitating a knowledge through encapsulating spiritual adventures. You may choose Metta Odyssey if you are a seeker of something ethereal, profound and at the same time fun. Travel has been said to have transformative potential, which is true when one takes into consideration the fact that the traveller is almost certain to be exposed to a new environment, new people, and new cultures, and thus, a broader perspective than before. With Metta Odyssey, you will have experiences that are deep-rooted in ancient traditions as opposed to materialistic getaways.

We hope to offer getaways which will leave the traveller feeling inspired to take back what they have learned from their experience with us. For example, meditating daily can be a life-changing practice. We believe an optimal method to facilitate this is through exposure to unique spiritual practices in India that is not limited to visiting a particular site, but often exploring the historic and culturally significant sites, studying the traditional cultural practices of love & kindness, guided by authentic experts and teachers.

ASSOCIATED WITH

FLOWERING DHARMA for Ethics, Education, Culture & Change (NGO)
www.floweringdharma.org | www.rakuhouse.in | www.alphonsoclub.com

Unexplored Ladakh (Specialized in Cycling in Leh)
www.unexploredladakh.com

The Holiday Scout (Award winning agent in Arunachal)
www.theholidayscout.com

Equinox Travel India, since 1991
www.equinoxtravelindia.com



TOURS

TYPE – 1 : MEDITATION ODYSSEY

Spiritual / Mindfulness & Environment Tour

Duration : 6 days:

Leh – Alchi – Nubra Valley – Pangong Tso

TYPE-2 : MINDFUL CYCLE TOUR

Duration: Total 2 days

TYPE-3 : LEH THROUGH A PADEL

Duration: Total 2 days

TYPE-4: COMPLIMENTARY ONE DAY



TOUR 1

MEDITATION ODYSSEY (For healthy body, healthy mind)

TYPE – 1 : Spiritual & Environment Tour

Duration : 6 days:

Leh – Alchi – Nubra Valley – Pangong Tso

What's Spiritual? : By Spiritual, we mean the practice of MINDFULNESS irrespective of any religion, cast and gender. The technique we apply for this practice is simple breathing meditation. And in analytic meditation we prefer methods followed by the Buddhists in the region.

Introduction

This 6-day package covers the rich natural treasures of Ladakh and provides you with the glimpse of the beauty that Ladakh has to offer. You will witness the grandeur of nature as well as the vivid and colorful culture of the locals.

Trip Highlights

You can visit the fascinating Nimmu valley where the mighty Indus River meets the Zaskar River, also known as "Sangam" (confluence). You can also drive through Khardongla pass which is renowned as the " world's highest motorable road" Along with this adventure, also get a chance to experience the rich Ladakhi culture & tradition.

Day 1 Delhi – Leh: Arrive at Kushok Bakula Rinpoche Airport Leh, situated at an altitude of 3500m, where you will meet our representative, who will take you to the hotel. You will take half-day rest to acclimatize to the high altitudes of Ladakh, which is highly suggested. After lunch, you will be taken to Raku House, where you will be given a visual presentation of the house and the centre. You will be given a tour of our library, museum, souvenir counter and the beautiful surrounding area. After this tour, a brief presentation on the **History of Ladakh** will be given. You can also choose to do a short meditation session at our centre & a discussion on **Indian Philosophy** which is the root of Buddhism. After the session at Raku, you can either walk to Shanti Stupa from Raku or drive to Leh Palace which offers the best aerial views of Leh town.

Day 2 Leh – Alchi – Leh: After breakfast at your hotel, you will be taken on a trip to visit 1000-year-old paintings of Alchi Monastery built by the famous Guru Rinchen Zangpo, at a distance of 68 km from Leh, located on the south bank of river Indus. At Alchi Monastery, a session of meditation will be done. This drive will also cover the Likir Monastery, Sangam of Indus & Zaskar rivers which are the two major rivers in Ladakh, Magnetic Hill and the military Hall of Fame.

Day 3 Leh – Nubra Valley: At dawn, you will start for Nubra Valley located at a distance of 125km from Leh. You will cross the Khardongla Pass, situated at an altitude of 18360 ft, which holds the record for being the world highest motorable road. On arrival visit Hunder Monastery and the white sand dunes with a Camel Safari on the double humped camels which in India are found only in Nubra. The day ends with a brief **meditation session** in the evening at Diskit Monastery.

Day 4 Nubra Valley – Leh: Drive back to Leh after visiting the Samstanling Monastery in the morning via Khardongla pass. The evening will be free for you to explore the Leh bazaar where you can find local handicrafts & jewellery, pure pashmina shawls, apricots, etc. You can also relax in the **evening at Raku House** enjoying the peaceful atmosphere & the company.

Day 5 Leh to Pangong Lake & Back: Early in the morning leave for Pangong Lake which is at a distance of 135 km and an altitude of 4400m, en-route Changla Pass at 17500ft and drive through Durbuk and Tangtse villages in the Changthang region of Ladakh. Pangong Lake is well known for its natural beauty and is famous for its changing colors over the span



of a day. A fine set-up will be made for a **unique experience of meditation on the shores** of the Pangong lake. This session will end with a short interactive session on sharing each other's experience. In the evening drive back to Leh.

Day 6 Leh – Delhi (Flight): Early morning drop to KBR airport to board flight for Delhi.

-----SARVA MANGALAM-----



TOUR -2

Mindful & Environment Tour on bicycle (for Mindfulness & Environment)

- Cycling for Environment
- Meditating for Inner Peace (Mindfulness)

This tour will be done in collaboration with the very dedicated & enthusiastic team of Unexplored Ladakh.

Duration : 1 Day Raku House visit & 1 Day Cycling Trip (6 to 8 hours) =
Total 2 days

ITINERARY



Day 1 Delhi – Leh: Arrive at Kushok Bakula Rinpoche Airport Leh, situated at an altitude of 3500m, where you will meet our representative, who will take you to the hotel. You will take half-day rest to acclimatize to the high altitudes of Ladakh, which is highly suggested. After lunch, you will be taken to Raku House, where you will be given a visual presentation of the house and the center. You will be given a tour of our library, museum, souvenir counter and the beautiful surrounding area. After this tour, a brief presentation on the [History of Ladakh](#) will be given. You can also choose to do a short meditation session at our center & a discussion on Indian Philosophy which is the root of Buddhism. After the session at Raku, you can either walk to Shanti Stupa from Raku or drive to Leh Palace which offers the best aerial views of Leh town.

Day 2: Cycling Trip

1st LEG

We will start our trip at around 8 o'clock in the morning. We'll start from the hotel from in Leh. Cycling our way down, through Saboo village road, we'll reach the village of Shey (3,315m above sea lvl.). On our first stop, we will visit the Monastery and the Palace overlooking the village on a hill. The village used to be the capital of upper Ladakh, which was later shifted to Leh, until the Dogra invasion in 1894 (the initial downfall of Namgyal Dynasty). After the visit we will carry on with our trip by choosing the link road which seeps through the village. By avoiding the main road you will get an insight into the rural setting of Ladakh. The village is also a popular picnic spot during the summers with numerous grasslands noticeably evident all around . The link road will soon join the Leh-Manali highway, transporting us to our next halt at the village of Thiksey (3,600m). The Thiksey monastery is one of the most popular and photographed monastery in Ladakh due to its structural resemblance with 'Potala' in Lhasa, Tibet. The monastery, of the Gelugpa sect of Tibetan Buddhism, is the largest monastery in Central Ladakh. The road towards the monastery is a gradual uphill and after the visit we will halt for a Picnic Lunch on the banks of Indus (Inclusive in the trip).

2nd LEG

After a brief rest and a hearty meal. We best move further on the Manali Road, with Indus on the lateral, towards the village of Stakna where we will stop at the Stakna Monastery. The literal translation of Stakna is 'Tiger's nose' as the monastery is built on a hill that displays a strong resemblances of the animal's nose. The monastery is affiliated with the



Drukpa sect and was founded by a Bhutanese saint called Chosje Jamyang Palkar. After the visit we divert our way back through Chuchot village, the longest village in Asia. The residents of the village are predominantly muslims and is a rich fertile land with lush green trees densely grown throughout the village. We will cycle through the village, passing Stakna, Thiksey and Shey village on the other side of the Indus. The village will soon end leading us to Palam road that ultimately connects us to the village of Spituk (3,307m). As the village situated close to the airport there is a strong military presence in the region. The Spituk monastery was founded in the 11th century by Lama Changchub Od and was initially founded under the Red Hat sect (Drukpa) but was taken over by the Yellow Hat sect (Gelugpa) later on. This monastery would be the last stop of our trip. You still have the option of cycling back to Leh, otherwise our car will drop you back. You must take the much needed rest and we shall join again later in the evening at Raku House for evening tea & refreshment and have dinner together.

-----SARVA MANGALAM-----

TOUR 3

LEH THROUGH A PADEL

(Mindfulness & Environment Tour through Cycling & Meditation)

- Cycling for Environment
- Meditating for Inner Peace (Mindfulness)

This tour will be done in collaboration with the very dedicated & enthusiastic team of Unexplored Ladakh.

Global Climate Change is an issue that has never been more relevant than now, in this contemporary world and living ignorant about it, selfishly, is the ultimate cause of this problem. The team at 'Unexplored' have acknowledged the change in the global context and are also aware of its staggering impact. We would like to expand your experience on a very Eco-friendly level. Cycling trips have an immense role in the tourist circuit. Trips, ranging from mild to extreme, rationalises the environment issue along with its commercial aspect and this has become the conventional view of things. Now sticking with our Ideology of being unconventional, we preset a different spectrum of Ladakh and advocate leaving behind a minimum carbon footprint. The trips offered are unique in their own nature and the routes coursed revive a fresher side of the place. As for the 'Unexplored' experience for you as the customer, we will try and insight you with a different perspective of Ladakh and hopefully make you look at things differently.

Duration = Total 2 days : A one-day Spiritual journey at Raku House & a one-day cycling trip revolving within the realms of the immediate location -'LEH'.

ITINERARY



Day 1: Delhi – Leh: Arrive at Kushok Bakula Rinpoche Airport Leh, situated at an altitude of 3500m, where you will meet our representative, who will take you to the hotel. You will take half-day rest to acclimatize to the high altitudes of Ladakh, which is highly suggested. After lunch, you will be taken to Raku House, where you will be given a visual presentation of the house and the center. You will be given a tour of our library, museum, souvenir counter and the beautiful surrounding area. After this tour, a brief presentation on the [History of Ladakh](#) will be given. You can also choose to do a short meditation session at our center & a discussion on [Indian Philosophy](#) which is the root of Buddhism. After the session at Raku, you can either walk to Shanti Stupa from Raku or drive to Leh Palace which offers the best aerial views of Leh town.

Day 2: We shall commence our trip at about 8:30 in the morning from the quaint villages of Ganges and Horze. These villages are situated in the northernmost part of Leh region. We will gradually cycle our way down through these villages and glide to the main road, good enough for any vehicle. However, if you are feeling a little adventurous, there are small narrow roads and alleys that cuts through the village. These chosen routes enhances the experience to a more detailed insight about the village and their way life.

After Horze we swiftly enter into the village of Ganges. The village shares a similar landscape as the previous one. These parts are the more vegetated region of Leh due to rich source of glacial water received from Khardung-La. As we cycle through the village we shall make a quick stop where we will visit the Donkey Sanctuary. The sanctuary was initially started by a visiting tourist when she noticed a concerning number of 'stray' donkeys found in the region. Now these donkeys are rescued and looked after with care.

We then move on towards Ti-Suru, a ruined stupa built by king Takpa Bumde in the 15th century. This was the largest and also the highest stupa in Ladakh of the time and now in ruins. We then hop onto our bike and head down towards the village of Yourtung. Here we will pedal our way up towards the iconic Shanti Stupa. This stupa was built by Japanese buddhists in an effort to promote world peace. This stupa is eminent not only for its religious sentiment but also for its location and the panoramic view of Leh from its deck.

After this visit we will swiftly make our way and jam our breaks at the village of Sankar. Here we will visit the Sankar Gompa (monastery). It is



affiliated with Spituk monastery, one of the prominent monasteries in Ladakh. The Sankar monastery is also the residence of Kushok Bakula Rinpoche, an important personality in Ladakh. We will then head to the Rock and Minerals museum, just near the monastery. The museum started by two gentlemen who shared the love for rock, minerals, and fossils. With a little help from numerous geologists, they have managed to collect minerals, precious stones, semi-precious stones and even Fossils that are found in Ladakh. This museum could really enlighten a new perspective about the Ladakh.

As the sun starts to beam overhead we quickly ascend our way towards Leh market, while making our way past Chubi and Karzu.

The smooth downhill will soon be diverted to towards Changspa, where we will halt for a much needed lunch at a Restaurant (Inclusive in the trip).

After a hearty meal, we will soon commence our second leg of the Trip. Here the option of taking the bike along or just continue walking is entirely upto you.

We will head towards old town of Leh. The contrasting change in the landscape will be noticeably evident. The old town is the structural remnants of the Great Namgyal Dynasty. With the Leh palace towering above this place, you can glimpse the aged glory of Leh's rich history. The narrow alleys compounded by old ruined dwellings, that belonged to prominent Noblemen and women of the court, are now left abandoned. We will now cycle our way past the Leh market descending towards the village Skara where we will stop at Zorawar Fort. This fort was built by General Zorawar Singh. The fort depicts the military exploits by the Dogra dynasty in Ladakh.

This concludes the trip with an auspicious visit to the village Gompa. After the trip, we will head you to your hotel and after a good rest we will meet in the evening for a light tea session followed by a celebratory dinner.



TYPE-4

COMPLIMENTARY ONE DAY

This complimentary tour is done with every type of tour. The idea is to utilize your first day when land up in Leh while acclimatizing.

Day 1 Leh: Arrive at Kushok Bakula Rinpoche Airport Leh, situated at an altitude of 3500m, where you will meet your representative, who will take you to the hotel. You will take half-day rest to acclimatize to the high altitudes of Ladakh, which is highly suggested. After lunch, you will be taken to Raku House, where you will be given a visual presentation of the house and the centre. You will be given a tour of our library, museum, souvenir counter and the beautiful surrounding area. After this tour, a brief presentation on the **History of Ladakh** will be given. You can also choose to do a short meditation session at our centre & a discussion on **Indian Philosophy** which is the root of Buddhism. After the session at Raku, you can either walk to Shanti Stupa from Raku or drive to Leh Palace which offers the best aerial views of Leh town.

----- Sarva Mangalam -----