

SPITI VALLEY

EXPEDITION

12 Days / 11 Nights · Kerala to the Himalayas

15,059 ft

MAX ALTITUDE

12D / 11N

DURATION

12+ Sites

DESTINATIONS

Included

MEDICAL SUPPORT

ROUTE

Kerala › Shimla › Sangla › Chitkul › Kalpa › Nako › Tabo

Pin Valley › Kaza › Chandratal › Manali › Kerala



Chandratal
Lake 14,100ft



1,000-Year
Monasteries



Milky Way
Night Camp



World's Highest
Post Office



Asia's Highest
Bridge



Medical Team
On Board

DTI

MEDICALLY
SUPERVISED

ABOUT THIS JOURNEY

Kerala to the Himalayas

Spiti Valley sits between India and Tibet at a mean elevation of 12,500 ft. Locals have called it the Middle Land for centuries. Geologists trace its rock formations back 540 million years. Monasteries here predate most modern nations.

The valley floor is cold desert. The night sky, free of all light pollution, shows more stars than most people see in a lifetime. Chandratul Lake glows at 14,100 ft. The world's highest post office sits at 14,400 ft in a village of 84 people. Asia's highest motorable bridge hangs over a gorge dropping hundreds of metres straight down.

This 12-day expedition is built for Kerala travelers starting at sea level. The Shimla entry route provides four days of gradual ascent before Spiti proper begins. A DTI medical team monitors every traveler through every altitude jump. The return through Atal Tunnel into Manali closes the journey.

WHY ENTER VIA SHIMLA

Kerala travelers starting at sea level who take the Manali route face a 13,000 ft jump in a single day. The Shimla route spreads that climb across four days: 7,200 ft in Shimla, then 8,900 ft in Sangla, then 11,345 ft in Kalpa, then Spiti. The risk of Acute Mountain Sickness drops significantly with this staged approach.

SHIMLA ENTRY — Recommended	MANALI ENTRY — Alternative
Gradual gain: 0 ft > 7,200 > 8,900 > 11,345 > 12,500 ft	Altitude jumps to 13,000+ ft within one day
Lower AMS risk for South Indian travelers	Rohtang / Atal Tunnel often closed in early June
Bonus sightseeing: Sangla Valley, Chitkul, Kalpa	Shorter total road distance to Kaza
Road open from early June onwards	Best for July to September departures only

KEY HIGHLIGHTS

NATURE

- **Chandratal Lake at 14,100 ft**
Crescent-shaped Moon Lake, UNESCO Ramsar Wetland
- **Kunzum La Pass at 15,059 ft**
Sacred Spiti-Lahaul divide with sweeping panoramas
- **Pin Valley National Park**
Cold desert wilderness with rare Siberian wildlife
- **Sangla Valley**
Along the Baspa River; alpine meadows and apple orchards
- **Malling Nallah**
Cliff-edge road section above a near-vertical gorge

CULTURE AND HERITAGE

- **Key Monastery at 13,668 ft**
1,000 years of Gelugpa Buddhist heritage on a clifftop
- **Tabo Monastery**
Original murals intact since 996 AD; UNESCO-recommended
- **Dhankar Monastery**
1,200-year-old fortress above the Pin-Spiti confluence
- **Nako Monastery**
10th-century monastery beside Nako Lake
- **Chitkul**
Last inhabited village before the Indo-China border

RECORDS AND FIRSTS

- **Hikkim Post Office at 14,400 ft**
World's highest operating post office
- **Komic Village at 14,800 ft**
World's highest motorable village; 84 residents
- **Chicham Bridge at 13,596 ft**
Asia's highest motorable bridge over a sheer gorge
- **Langza at 14,500 ft**
Marine fossil village with a giant Buddha statue
- **Kibber Village at 14,200 ft**
Former record holder for highest motorable village

EXPERIENCES

- **Chandratal night camp**
Milky Way and shooting stars with zero light pollution
- **High-altitude camping at 14,100 ft**
Sleeping bags and warm tents provided by DTI
- **Sunrise walk to Chandratal**
5:30 AM; colours on the lake surface
- **Atal Tunnel at 8.8 km**
World's longest highway tunnel above 10,000 ft
- **Dhankar Lake trek**
Optional 45-minute trek for fit travelers

DAY

01

Kerala to Shimla

Overnight Train / Sea Level to 7,200 ft

~7,200 ft

ALTITUDE

~2,800 km

DISTANCE

36-40 hrs

TRAVEL

Hotel Shimla

STAY

The journey north begins at your nearest Kerala boarding point: Palakkad, Ernakulam, or Trivandrum. The 36-40 hour train ride is transition time. Sleep as much as possible, drink water consistently, and avoid alcohol. On arrival at Kalka or Chandigarh, a road transfer of about 80 km brings you into Shimla. Check in, rest, early dinner.

Highlights and Stops

■ Palakkad / Ernakulam / Trivandrum

Board overnight express to Chandigarh or Kalka

■ North Indian countryside

Scenic views through the day from the train window

■ Shimla

Arrive by evening; hotel check-in and rest

■ Hydration protocol

3-4 litres of water daily starts from today

Note: Report any early headache or nausea to the DTI tour executive. Avoid alcohol for the first four days.



~7,200 ft



36-40 hrs train



Hotel Shimla



Monastery Ahead

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DAY

02

Shimla to Sangla Valley



NH-5 Along the Sutlej River / Foothills into the Mountains

8,900 ft

ALTITUDE

~240 km

DISTANCE

6-7 hrs

DRIVE

Rampur

LAST ATM

The drive follows NH-5, the Hindustan-Tibet Highway, along the Sutlej River. Pine forest gives way to dramatic gorges and apple orchards as the road climbs. Sangla Valley, shaped by the Baspa River, is one of Himachal's most fertile stretches and a gentle, green introduction before the high desert begins.

Highlights and Stops

■ Narkanda at 65 km

Apple orchards and first open Himalayan views

■ Rampur

Last major town with a reliable ATM before Kaza

■ Wangtu Bridge

View over the dramatic Sutlej gorge

■ Sangla Valley

Green meadows, orchards, pine-lined paths; evening walk by the Baspa

Note: Withdraw enough cash at Rampur. No reliable ATM exists between Rampur and Kaza.



8,900 ft



N

6-7 hrs drive



Hotel Sangla



Last ATM: Rampur

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DAY

03

Sangla to Chitkul to Kalpa

Last Indian Village / Kinner Kailash at Sunset

11,345 ft

ALTITUDE

~90 km

DISTANCE

4-5 hrs

DRIVE

BSNL Only

NETWORK

Chitkul is the last permanently inhabited village before the Indo-China border. From there, the drive to Kalpa brings the Kinner Kailash range at close range. At 6,050 m, the peak dominates the skyline. Sunset on it is among the finest views in the country.

Highlights and Stops

■ Chitkul at 11,319 ft

Mathi Goddess temple; Baspa River walk; snow-peak reflections

■ Sangla to Kalpa drive

One of the most scenic mountain roads in Himachal Pradesh

■ Kalpa

Direct views of Kinner Kailash (6,050 m) and Jorkandan peak

■ Suicide Point and Roghi Village

Optional walk with dramatic views

Note: Carry original Aadhaar or Passport. No special permit needed for Indian nationals up to Chitkul.

11,345 ft

4-5 hrs drive

Hotel Kalpa

Border Village

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DAY

04

Kalpa to Nako to Tabo

Official Spiti Entry / Longest Drive of the Expedition

10,000 ft

ALTITUDE

~159 km

DISTANCE

7-8 hrs

DRIVE

None after Puh

ATM

This is the day the landscape changes completely. Colours shift from Kinnaur's lush green to the raw golden-brown of the Spiti plateau over one continuous drive. Spiti Valley officially begins at Sumdo. The day ends in Tabo, one of the most quietly significant places in India.

Highlights and Stops

■ Puh Village

Last fuel stop before Spiti; fill the tank completely

■ Nako at 12,014 ft

10th-century monastery and Nako Lake; brief halt

■ Mallin Nallah

Cliff-edge road section with near-vertical drops

■ Sumdo

First village officially inside Spiti Valley

■ Tabo Monastery

Over 1,000 years old; original murals intact; UNESCO-recommended

! AMS Alert: Mandatory 15-20 min slow acclimatisation walk in Tabo this evening. No exertion. Report any headache, nausea, or breathlessness to the DTI team immediately.

10,000 ft

7-8 hrs drive

Tabo Guesthouse

Spiti Entry Day

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DAY

05

Tabo to Pin Valley to Dhankar to Kaza

Wildlife Corridor / Fortress Monastery / Spiti Headquarters

13,800 ft

ALTITUDE

~45 km

DISTANCE

4-5 hrs

DRIVE

Hotel Kaza

STAY

The day moves between contrasts: lush Pin Valley with its wildlife corridors, and the sheer vertical drama of Dhankar Monastery on a cliff edge. Kaza, the administrative capital of Spiti, is the base for the next two nights. The SBI ATM here is the last before Manali.

Highlights and Stops

■ Pin Valley National Park

Snow leopards, Siberian ibex, red fox, golden eagle

■ Kungri Monastery

One of Pin Valley's oldest monastery sites

■ Mudh Village at 13,999 ft

Last motorable point in Pin Valley

■ Dhankar Monastery at 13,800 ft

1,200-year-old fort above the Pin-Spiti confluence

■ Kaza

ATM, grocery stores, local cafes; base for next two nights

Note: Withdraw sufficient cash from the Kaza SBI ATM. This is the last ATM before Manali.

13,800 ft

4-5 hrs drive

Hotel Kaza

Pin Valley NP

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DAY

06

Kaza / Langza / Hikkim / Komic / Ki Monastery

Record-Breaking Plateau / Highest Cluster of Villages on Earth

14,800 ft

MAX ALTITUDE

~45 km

DISTANCE

4-5 hrs

DRIVE

Hotel Kaza

STAY

Today covers the highest cluster of inhabited villages on the planet. Move slowly. Breathe deeply. Carry warm layers at all times. The Ki Monastery closes a day that most travelers count among the best of their lives.

Highlights and Stops

■ Langza at 14,500 ft

Marine fossil village; giant Buddha statue; 1,000-year-old Lang Temple

■ Hikkim at 14,400 ft

World's highest post office; send a postcard from 14,400 ft

■ Komic at 14,800 ft

World's highest motorable village; 84 residents, yaks, snow cock

■ Ki (Key) Monastery at 13,668 ft

1,000-year-old Gelugpa monastery with cliff-top views

■ Kibber Village at 14,200 ft

Former record holder for highest motorable village

Note: Move slowly at all times today. Carry warm layers, snacks, and water throughout.



World Records Day

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DAY

07

Kaza to Chicham Bridge to Kunzum La to Chandratal

The Highest Day / 15,059 ft / Camping Under the Milky Way

15,059 ft

MAX ALTITUDE

~63 km

DISTANCE

5-6 hrs

DRIVE

Chandratal Camp

STAY

The highest and most memorable day. Chicham Bridge hangs over a sheer gorge. Kunzum La at 15,059 ft is the Spiti-Lahaul divide. Chandratal, the crescent-shaped Moon Lake at 14,100 ft, ends the day with a camp under a sky full of stars and zero light pollution.

Highlights and Stops

■ Chicham Bridge at 13,596 ft

Asia's highest motorable bridge over a sheer gorge

■ Kunzum La Pass at 15,059 ft

Kunzum Mata shrine and stupa circumambulation

■ Batal

Only tea shop for miles; the famous old-couple dhaba pitstop

■ Chandratal Lake at 14,100 ft

Crescent-shaped Moon Lake; UNESCO Ramsar Wetland

■ Night camp

Milky Way, shooting stars, complete darkness; tents by DTI

! No network and no charging at Chandratal. Temperature falls to 0 degrees C even in June. Carry all medicines and a warm thermos. Travelers with heart or lung conditions must consult the DTI doctor before this day.



15,059 ft



5-6 hrs drive



Chandratal Camp



Moon Lake Night

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DAY

08

Chandratal to Atal Tunnel to Manali

Descent from Spiti / Back to Green Hills

6,726 ft

ALTITUDE

~138 km

DISTANCE

5-6 hrs

DRIVE

Hotel Manali

STAY

The return from Spiti begins before dawn with a sunrise walk to Chandratal. Then the descent through the Kaza-Manali highway, riverside lunch at Chattru, and passage through Atal Tunnel at 8.8 km, the world's longest highway tunnel above 10,000 ft. Manali on arrival means a hot shower and full rest.

Highlights and Stops

■ Chandratal Lake

Sunrise walk at 5:30 AM; colours on the water

■ Batal

Breakfast at the old-couple dhaba

■ Chattru

Riverside lunch with open mountain views

■ Atal Tunnel at 8.8 km

World's longest highway tunnel above 10,000 ft

■ Sissu Waterfall and Sissu Lake

Brief scenic stop before Manali



6,726 ft



N

5-6 hrs drive



Hotel Manali



Atal Tunnel

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DAY

09

Manali Leisure Day

Rest and Sightseeing / Last Mountain Town

6,726 ft

ALTITUDE

~30 km

LOCAL DRIVE

Leisure

DAY TYPE

Hotel Manali

STAY

A rest day before the long return. Manali has Buddhist monasteries, hot sulphur springs, cedar-forest temples, and the Beas River. The Mall Road market carries Pashmina shawls, Spiti thangkas, and Kinnauri crafts worth taking home.

Highlights and Stops

■ Hadimba Devi Temple

16th-century wood-carved pagoda inside a cedar forest

■ Manu Temple

Old Manali; dedicated to the sage Manu

■ Tibetan Monastery

Buddhist art, thangkas, prayer halls

■ Van Vihar Park

Relaxation along the Beas River

■ Vashisht Hot Springs

Natural sulphur springs with medicinal properties

Note: Optional at extra cost: River rafting on Beas (Rs.600-800), paragliding at Solang Valley, Jogini Waterfall trek.



6,726 ft



Leisure Day



Hotel Manali



Hadimba Temple

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DAY

10

Manali to Delhi



Overnight Volvo Bus / 540 km South

760 ft

ALTITUDE

~540 km

DISTANCE

~14 hrs

DURATION

~5:00 PM

DEPART

After a final Manali breakfast, check out and board the overnight Volvo semi-sleeper at around 5:00-6:00 PM. Arrive at ISBT Kashmiri Gate, Delhi by 7:00-9:00 AM. Transfer to New Delhi or Hazrat Nizamuddin Railway Station for the return train.

Highlights and Stops

■ Manali Bus Stand

Departure approximately 5:00 to 6:00 PM

■ Overnight Volvo Semi-Sleeper

Scania or Volvo coach

■ Delhi ISBT Kashmiri Gate

Arrival between 7:00 and 9:00 AM

■ Railway Station

Transfer for onward Kerala train



760 ft



~14 hrs bus



Overnight Volvo



Delhi Bound

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DAY

11-12

Delhi to Kerala



Return Train / Sea Level / Home

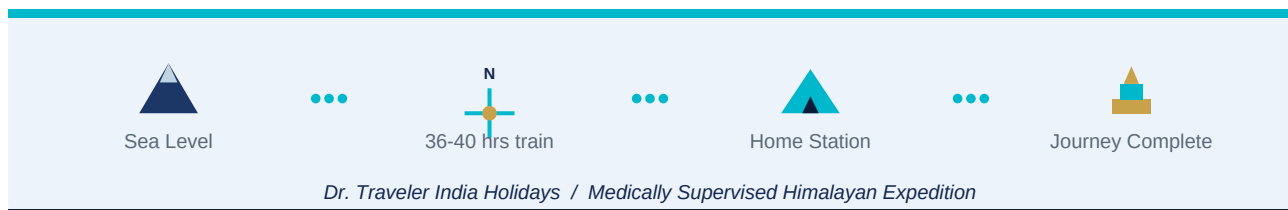
Sea Level ALTITUDE	~2,800 km DISTANCE	36-40 hrs DURATION	Home Station END
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Board the return express from Delhi. The 36-40 hour journey back through North India is time to process everything: the monasteries, the fossils, the silence, the starlit camp at Chandratat. The tour ends at your home station in Kerala on the evening of Day 12.

Highlights and Stops

- **Delhi Railway Station**
Board return express to Kerala
- **North India countryside**
36-40 hour journey; rest and reflect
- **Kerala home station**
Arrive by Day 12 evening
- **End of Tour**
Expedition complete

Note: Thank you for traveling with Dr. Traveler India.



INCLUSIONS AND EXCLUSIONS

What is Covered

INCLUDED	EXCLUDED
Hotel / Guesthouse / Camp (Quad sharing)	Train fares — Kerala to Chandigarh or Kalka
Manali to Delhi Overnight Volvo Semi-Sleeper	Lunch except on 2 days as noted in itinerary
AC coach — all ground transfers Shimla to Manali	Adventure activities: rafting, paragliding, zorbing
9 Breakfasts + 2 Lunches + 9 Dinners	Union cab or snow vehicle at high altitude
All parking, tolls, and road taxes	Room heaters (available at extra cost)
All primary entry tickets (monasteries, Pin NP)	Personal expenses, tips, laundry, alcohol
Chandratal camping — tents and sleeping bags	Extended stay due to weather or road closures
24x7 Tour Executive and Director assistance	Costs from natural calamities or army restrictions
24x7 Emergency helpline support	Inner Line Permit if required beyond Chitkul
First Aid kit and DTI Medical Team on call	5% GST if applicable
One bottle of water per person per day	Anything not listed under Inclusions
All hotel taxes included	

PREMIUM UPGRADE OPTIONS

+ Upgrade to 4-Star Hotels and Premium Resorts	+ Doctor on Call — Complimentary Consultation
+ AC Premium Coach instead of standard coach	+ Free Emergency Medical Transportation
+ Buffet Breakfast and Dinner — up to 15 items	+ 24x7 Priority Customer Support Line
+ Early Check-in / Late Check-out on request	+ Private vehicle for couples or families

ALTITUDE AND HEALTH

Read Before You Go

Spiti sits between 10,000 ft and 15,059 ft above sea level. Kerala travelers arriving from sea level face a real acclimatisation challenge. The DTI medical team monitors every person through every altitude jump. Follow all instructions. Report symptoms early.

MILD AMS	MODERATE AMS	SEVERE AMS / HAPE / HACE
Headache, nausea, fatigue, dizziness, loss of appetite	Persistent headache, vomiting, shortness of breath at rest	Chest tightness, confusion, coughing blood, inability to walk
<i>Rest. Hydrate. Do not ascend further.</i>	<i>Descend 500-1,000 m immediately. Inform DTI team.</i>	Emergency descent and hospital. DTI protocol activated.

PACKING LIST

CLOTHING AND GEAR	ESSENTIALS AND MEDICAL
■ Thermal inner wear (top and bottom) / 2 sets ■ Fleece jacket or sweater / 2 nos ■ Windproof outer jacket (not optional) ■ Heavy down jacket for Chandratal overnight ■ Trek trousers or cargo pants / 2 nos ■ Warm socks / 4 pairs ■ Waterproof trekking shoes with ankle support ■ Woollen gloves and warm cap or balaclava ■ UV400 or polarised sunglasses (not optional) ■ Gaiters (optional; helpful at Chandratal)	■ Sunscreen SPF 50+ (UV is intense at altitude) ■ Medicated SPF lip balm ■ ORS sachets / minimum 20 ■ Personal medicines and 7-day prescription supply ■ Diamox if prescribed by DTI doctor ■ Portable power bank (5,000+ mAh) ■ Reusable water bottle (1 litre minimum) ■ Dry snacks: nuts, dates, energy bars ■ Cash in Rupees (withdraw at Kaza ATM) ■ Aadhaar or Passport original (mandatory)

NETWORK AND ATM GUIDE

LOCATION	MOBILE NETWORK	ATM
Shimla	All operators	Multiple ATMs in city
Rampur / Sangla	Jio + BSNL (weak)	SBI ATM at Rampur — last reliable stop
Kalpa / Chitkul	BSNL only	No ATM
Nako / Tabo	BSNL only (weak)	No ATM
Kaza	BSNL + Jio (limited)	SBI ATM — withdraw all cash needed here
Chandratal Lake	No network	No ATM — carry all cash
Manali	All operators	Multiple ATMs available

CANCELLATION POLICY

CANCELLATION TIMING	CHARGE
More than 30 days before start date	30% of total tour cost
20 to 30 days before start date	45% of total tour cost
10 to 20 days before start date	70% of total tour cost
Within 10 days of start / after tour begins	No refund — 100% forfeiture
No show (did not board or join)	100% of tour cost forfeited

During peak season (June to September), hotel-specific cancellation policies may apply. Hotels may not refund any amount once booking vouchers are issued.

IMPORTANT NOTES AND DISCLAIMERS

- Tour price covers only the services and benefits listed in this itinerary.
- Atal Tunnel, Sissu, and Chandratal routes are subject to weather and BRO clearance. Alternate sightseeing is arranged if any route is closed.
- DTI prepares contingency Plan B and Plan C for all critical route segments.
- Carry original photo ID (Aadhaar or Passport) throughout. Photocopies are not accepted at checkpoints.
- All travelers must disclose pre-existing medical conditions to the DTI team before departure.
- DTI is not responsible for delays or cancellations caused by natural calamities, government restrictions, or force majeure events.

FOR BOOKINGS AND ENQUIRIES

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TRAVEL HEALS. WE PRESCRIBE IT RIGHT.

We build journeys that account for your health, your pace, your safety, and the altitude. Every day in Spiti has been mapped, medically reviewed, and run by a team that has been here before. You arrive. We take it from there.

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