

Leh

Leh, a beautiful town in Jammu & Kashmir, is best described as an abode of the Buddhist spiritual aspirants. It is a true representation of splendid beauty with lofty mountains, deep blue water, white dunes, Buddhist monuments, beautiful mosques and warm people.



Famous For : City

Nestled between the majestic Himalayan and Karakoram ranges, Leh (Ladakh) is a beautiful land with fantastical and surreal landscapes. Leh (Ladakh) is home to several Buddhist monasteries, study centres and monuments. It is surely a dream destination for tourists with a plethora of attractions to visit and various exciting adventure sports to enjoy. For those who are keen on shopping, the local markets offer some interesting options like the beautiful Tibetan jewellery, motifs, decorated carpets and woollen clothes which will surely find their way to your bags. Don't forget to be a part of the colourful tourist festival that is annually held in August. With all this and more, Leh (Ladakh) is definitely a tourist paradise. However, there are some precautions one should keep in mind while planning a trip to Leh (Ladakh) to avoid any health issues which may arise due to the weather condition.

You may feel ill-at-ease for a day or so,

especially if you fly into Leh, till your body gets used to the lower levels of oxygen at this high altitude. Take it easy for the first few days. Do not exert yourself, rest and drink a lot of water. Avoid alcohol. A hat, dark glasses and a good sunblock are a must. The breathtaking scenic beauty of Leh has been perfectly captured in movies like 3 Idiots, Jab tak hai Jaan, and Bhaag Milkha Bhaag (some portions)! Once you are here, don't forget to visit the pristine Pangong Lake to have your own filmy moments.

When To VISIT

<http://www.ixigo.com/weather-in-leh-ip-1143821>

Jan		
Freezing weather. Carry Heavy woollen.		
Max: -8.199999809 265137°C	Min: -1.899999976 158142°C	Rain: 9.5mm
Feb		
Freezing weather. Carry Heavy woollen.		
Max: -4.699999809 265137°C	Min: 0.699999988 079071°C	Rain: 8.10000038146972 7mm
Mar		
Very cold weather. Carry Heavy woollen.		
Max: 0.300000011 92092896°C	Min: 4.099999904 632568°C	Rain: 11.0mm

Apr		
Very cold weather. Carry Heavy woollen.		
Max: 5.599999904 632568°C	Min: 7.800000190 734863°C	Rain: 9.10000038146972 7mm
May		
Very cold weather. Carry Heavy woollen.		
Max: 9.699999809 265137°C	Min: 11.100000038 1469727°C	Rain: 9.0mm
Jun		
Cold weather. Carry Heavy woollen.		
Max: 14.600000038 1469727°C	Min: 15.199999980 9265137°C	Rain: 3.5mm
Jul		
Cold weather. Carry Heavy woollen.		
Max: 17.799999923 7060547°C	Min: 18.5°C	Rain: 15.1999998092651 37mm
Aug		
Cold weather. Carry Heavy woollen.		
Max: 17.700000076 2939453°C	Min: 17.600000038 1469727°C	Rain: 15.3999996185302 73mm
Sep		
Cold weather. Carry Heavy woollen.		
Max: 13.800000019 0734863°C	Min: 12.899999961 8530273°C	Rain: 9.0mm
Oct		
Very cold weather. Carry Heavy woollen.		
Max: 6.800000190 734863°C	Min: 6.099999904 632568°C	Rain: 7.5mm
Nov		
Freezing weather. Carry Heavy woollen.		
Max: 0.600000023 8418579°C	Min: 1.0°C	Rain: 3.59999990463256 84mm
Dec		

Tso and Shanti Stupa.



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Freezing weather. Carry Heavy woollen.

Max: - 4.699999809 265137°C	Min: - 1.299999952 3162842°C	Rain: 4.59999990463256 8mm
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What To SEE



5 Sights

<http://www.ixigo.com/places-to-visit-see-in-leh-lp-1143821>

1 Leh Palace



Namgyal Hill, Leh, Jammu and Kashmir, India

Situated on one side of the dry, dusty Namgyal (Tsemo) hill, Leh Palace was built by Sengge Namgyal, one of the greatest monarch to have reigned over Leh. While construction was initiated in 1553 by Tsewang Namgyal who established the dynasty, Leh Royal Palace was eventually completed in the 17th century at a time when Namgyal dynasty was at its zenith. The structure has since outlived all the monarchies and forces that

ruled Leh at different times.

Leh Palace is based on the design of Potala Palace that lies in Lhasa, Tibet. It spreads over nine floors and much of it lies in ruins. However, its once-rich appearance can be deciphered if you take your time to explore it. One excellent place to get a glimpse of the royal dynasty's lost glory is the palace museum that displays a rich collection of jewellery, Chinese Thangkas (some of which are over 450 years old), crowns, ceremonial dresses and much more.

The winding narrow passages and corridors seem more like a maze, with some leading to stairways hidden beyond plain sight and ladders. Standing on the wooden balconies of the upper floors at Leh Palace you can see the Zaskar mountain range stretching beyond the horizon and the city in its various hues lying below. Currently, the palace is under the management of the Archaeological Survey of India.

2 Gurdwara Pathar Sahib



Leh-Kargil Road, Ropar, Leh, Jammu and Kashmir, 194101, India

In the land of Buddhism and beautiful serene monasteries, the appearance of a Gurudwara on the Leh-Nimu road will make you peer closely to ensure you are seeing right. Steeped in mythology, Gurudwara Pathar Sahib was built in 1517 to commemorate Guru Nanak Devji's visit, founder Guru of Sikhism. In fact, Guru Nanak Dev is revered by Buddhists who regard him as a saint.

Steeped in faith and legends, impressions on the large rock, enshrined in the gurudwara and covered by a holy cloth, are believed to be the imprint of Guru Nanak Devji's shoulders, head, back as well as foot, and is revered by Sikhs and local Lamas. The Gurudwara Pathar Sahib was built and is maintained by the Indian Army. Right at the entrance of the Gurudwara, on a plain white board, are listed the Mool Mantra, root verse, from Guru Granth Sahib. Upon attaining enlightenment, Guru Nanak Devji's first utterance was the Mool Mantra and it essentially encapsulates Sikhism's entire theology.

3 Thiksey Monastery



20 kms from Leh, Jammu and Kashmir, 194101, India

A beautiful, striking 12 storied monastery, Thiksey Gompa not only houses the largest statue of Maitreya Buddha in Leh, but is also the largest monastery in Central Ladakh. Ancient, magnificent and steeped in folklore and legends, Thiksey Monastery's 12 storeys are arranged in the order of significance. While the dwelling units are on the lower floors, the monastery and Chief Lama's official residence are on the uppermost floors. Considered to resemble Potala Palace in its architecture, Thiksey Monastery offers some of the most incredible views of the Indus Valley, and one can easily spot the Matho Gompa in the east, Stok Palace in the south and Shey Palace towards the west. Erected in 1970, and commemorating XIV Dalai Lama's visit to the monastery, the 49 feet statue of Maitreya Buddha seated in a cross legged meditative position, largest in Ladakh, covers two storeys of the monastery. Adorning the walls, rooms and various nooks and crannies of the monastery are murals, stone reliefs, Thangkas, swords, statues and stupas.

4 Phyang Monastery



 Leh Srinagar Highway, Leh, Jammu and Kashmir, 194101, India

Holding within its sacred walls a significant chunk of Leh's ancient history now lost in its dynastic past, Phyang Monastery, despite its disputed origin, is one of the most important monasteries of Leh, both historically and culturally. Built in 1515, Phyang monastery belongs to the Dringungpa school of Buddhism, one of the only two in Leh.

5 Likir Monastery



 62 kms west of Leh, Jammu and Kashmir, 194101, India

By the side of sparkling Indus river, near the village of Saspol, is a hillock in the valley of Likir where one of Ladakh's oldest monastery, Likir monastery or Likir Gompa stands is situated. Likir translates to 'the Naga encircled', referring to the bodies of Nanda and Taksako, both Naga kings and great serpent spirits. Buddhism, akin to

ancient naga (snake) cult of India, considers snakes as divine spirits of the underworld, guardians of concealed teachings and hidden treasures.

Recognizable from afar by the large seated statue of Maitreya Buddha, gilded in gold and 75 feet tall, which is a much recent addition having been built in 1999, Likir monastery itself was built in 1065 by the fifth monarch of Ladakh, Lhachen Gyalpo. Belonging to the Gelugpa sect of Buddhism, known by their Yellow Hat, it is the official seat of Ngari Ringpoche. There are two assembly halls (dukhang) and the older one houses statues of Sakyamuni, Maitreya and Tsong Khapa who founded the Geluk or Gelugpa sect, in addition to the statue of Bodhisattva.

The verandah at Likir monastery is adorned with exquisite Thangka paintings of the Four Heavenly Gods and Dharamchakra. Replete with paintings, murals and stone reliefs, the monastery is a repository of Buddhist heritage, its founding principles, history, legends and teachings. There's a school inside the monastery run by the

Central Institute of Buddhist studies and a library open to visitors, at a nominal fee, where old manuscripts, volumes and books on Buddhism and the teachings of Tsong Khapa are housed.



1 Tenzin Dickey Tibetan



 Ford Road, Leh, Jammu and Kashmir, 194101, India

Tenzin Dickey Tibetan, a cozy little restaurant, awaits you if all you want is a scrumptious bite of vegetarian Tibetan delicacies at pocket friendly prices. Veg cheese fried momos, Thukpa, potato cheese momos, thenthuk and noodles are some of the must try dishes at Tenzin Dickey Tibetan restaurant. The

chefs here leave no stone unturned in preparing the meal with love and desire to make your taste buds happy. You simply can't resist the delicious offerings amidst an inviting and relaxing ambience. Be aware that vegetarian food in Tibetan dishes includes egg if the dish calls for it, so check with the staff before placing your order.

2 KC Garden Cafe



 Changspa area, Leh, Jammu and Kashmir, India

 +91-1982-254499

KC Garden Cafe is where you can indulge in scrumptious pizzas, pastas, falafels and more underneath the cold open sky with the bonfire's glow to keep you company.

3 Open Hand Cafe



📍 Library Road, opposite Hotel Bijoo, Leh, Jammu and Kashmir, 194101, India

☎ +91-98719-09777 | +91-95969-79242

An organic bistro, Open Hand Cafe is a cozy, intimate affair amidst a vegetable garden growing lushly. Part of the Open Hand Movement that manufactures, exports and sells textiles and handicrafts in addition to a chain of cafes and bistros, Open Hand Cafe is the perfect place to delve on your transcendental experiences in Leh and plan out your next day's trekking expedition over a cup of frothy cappuccino with cakes and wraps on the side.

There is a small shop inside the cafe selling handicrafts- jewellery, candles, paintings, bags made by local artisans and lamas. While their medium dark espresso is simply divine, their signature drink, Rooibos, is a must try if only for the novelty. From sandwiches, wraps, cakes, muffins to thalis, the options are aplenty at Open Hand Cafe.

4 Chopsticks Noodle Bar & Cafe



📍 Ford Road, Leh Ho, Leh Ladakh, Jammu and Kashmir, 194101, India

☎ +91-1982-252414

Chopsticks restaurant boasts of being the most stylish restaurant in Leh and you would vouch for that yourself once you step inside this breezy, snug den. Brightly and tastefully done with plush seating arrangements, Chopsticks calls for a wonderful time for you with your loved ones over delicious food and refreshing beverages.

Try their popular preparations like Thai Green Curry, Coconut Soup and Thai chicken and you will be craving for more. The momos at Chopsticks restaurant are a must try. While not all dishes score high on taste, their Chinese, especially noodles, and Ladakhi dishes are definite menu picks.

5 Lamayuru Restaurant



📍 Ford Road, Leh, Jammu and Kashmir, 194101, India

While the decor and ambience of Lamayuru Restaurant might leave much to be desired, but when it comes to mouth watering food, Lamayuru restaurant scores high. Step in to enjoy a deliciously filling Indian meal, eclectic appetizers or Chinese cuisine. Every dish out here is meticulously prepared under expert guidance to satiate your hunger pangs.

Chicken tikka, chicken steak and chicken chilli are few of the delicious non-vegetarian options, while Baingan masala is one good vegetarian option out of a range of savoury vegetarian dishes out at Lamayuru Restaurant. Serving a smattering of dishes from different cuisines, it's their thukpas that come highly recommended.

Quick LOCATE



<http://www.ixigo.com/hotels-in-leh-lp-1143821>

See

- A: Leh Palace
- B: Gurdwara Pathar Sahib
- C: Thiksey Monastery
- D: Phyang Monastery
- E: Likir Monastery

Accommodation

- F: Mantra Cottage
- G: Oriental Guest House
- H: Hotel Himalaya Villa
- I: Mantra Cottage
- J: Oriental Guest House
- K: Hotel Himalaya Villa
- L: Mantra Cottage
- M: Oriental Guest House
- N: Hotel Himalaya Villa

Food

- O: Tenzin Dickey Tibetan
- P: KC Garden Cafe
- Q: Open Hand Cafe
- R: Chopsticks Noodle Bar & Cafe
- S: Lamayuru Restaurant

