

# Demchok Itinerary

## Day 1: Leh to Demchok (240 km, 8-9 hours)

- **Morning:** Begin your journey early from **Leh**, traveling through the scenic **Nyoma** and **Chumathang** regions.
- **Midday:** Stop at **Chumathang Hot Springs** for a short break and enjoy the views of the surrounding rugged landscape.
- **Afternoon:** Continue your drive along the **Indus River** and pass through **Hanle**, one of the most remote yet breathtaking regions of Ladakh.
- **Evening:** Arrive in **Demchok** and check in at a local guesthouse or army-arranged accommodation (subject to availability). Spend the evening soaking in the serene beauty of the village and its surroundings.
- **Night:** Overnight stay in Demchok.

## Day 2: Explore Demchok and Return to Leh

- **Morning:** Start the day by visiting the **Indus River viewpoint**, where you can see the river flowing gracefully through the region, marking the India-China border.
- **Midday:** Interact with the local Changpa nomadic community and learn about their lifestyle, traditions, and unique handicrafts, including pashmina wool products.
- **Afternoon:** Begin your journey back to **Leh**, stopping at scenic spots like **Nyoma Monastery** and **Tso Kar Lake** (optional detour) for photography and refreshments.
- **Evening:** Arrive in Leh, marking the end of your adventure.

