

**WHAT**

**SELF DISCOVERY  
THROUGH  
TIBETAN WISDOM**

**REMAINS**

**8<sup>th</sup> July - 14<sup>th</sup> July**

**LADAKH**

We spend most of our lives accumulating.

**NOISE. ROLES.**

**IDENTITY. URGENCY.**

But in Ladakh, among collapsing mountains,  
ancient monasteries, and landscapes  
that feel untouched by time,

a different question begins to emerge:



A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding environment. The lake is bordered by a gravelly shore. In the background, there are rugged, brown mountains under a clear blue sky. The scene is framed by two ornate, dark metal pillars on either side, with colorful prayer flags hanging from them. The overall atmosphere is serene and contemplative.

What remains when everything unnecessary falls away?

# WHY LADAKH?

## THE LANDSCAPE

Ladakh forces slowness. Its altitude, silence, and vast terrain constantly remind you how little is truly in your control.

In a world built for speed, Ladakh changes your relationship with time.

## THE PEOPLE

Life here is rooted in simplicity, resilience, and humility.

Away from excess and urgency, everyday living feels quieter, slower, and more intentional.

## THE PHILOSOPHY

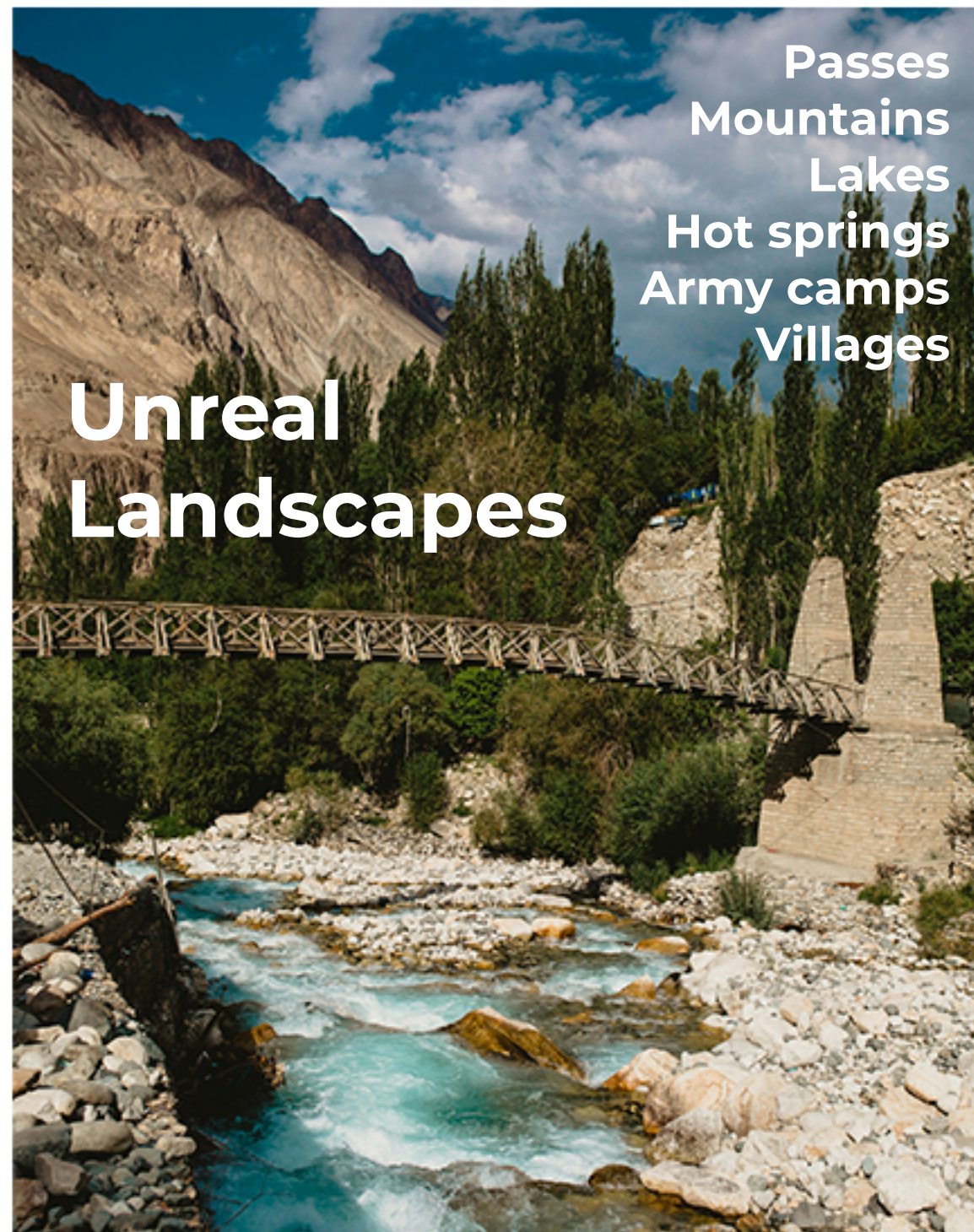
In Ladakh, Buddhism is not separate from life.

It exists in rituals, monasteries, symbols, conversations, and everyday practice making impermanence something experienced, not just understood.

## THE SKY & SILENCE

Beneath vast skies and endless silence, your own existence begins to feel smaller.

The scale of Ladakh shifts perspective creating space for reflection, observation, and a deeper awareness of what truly matters.

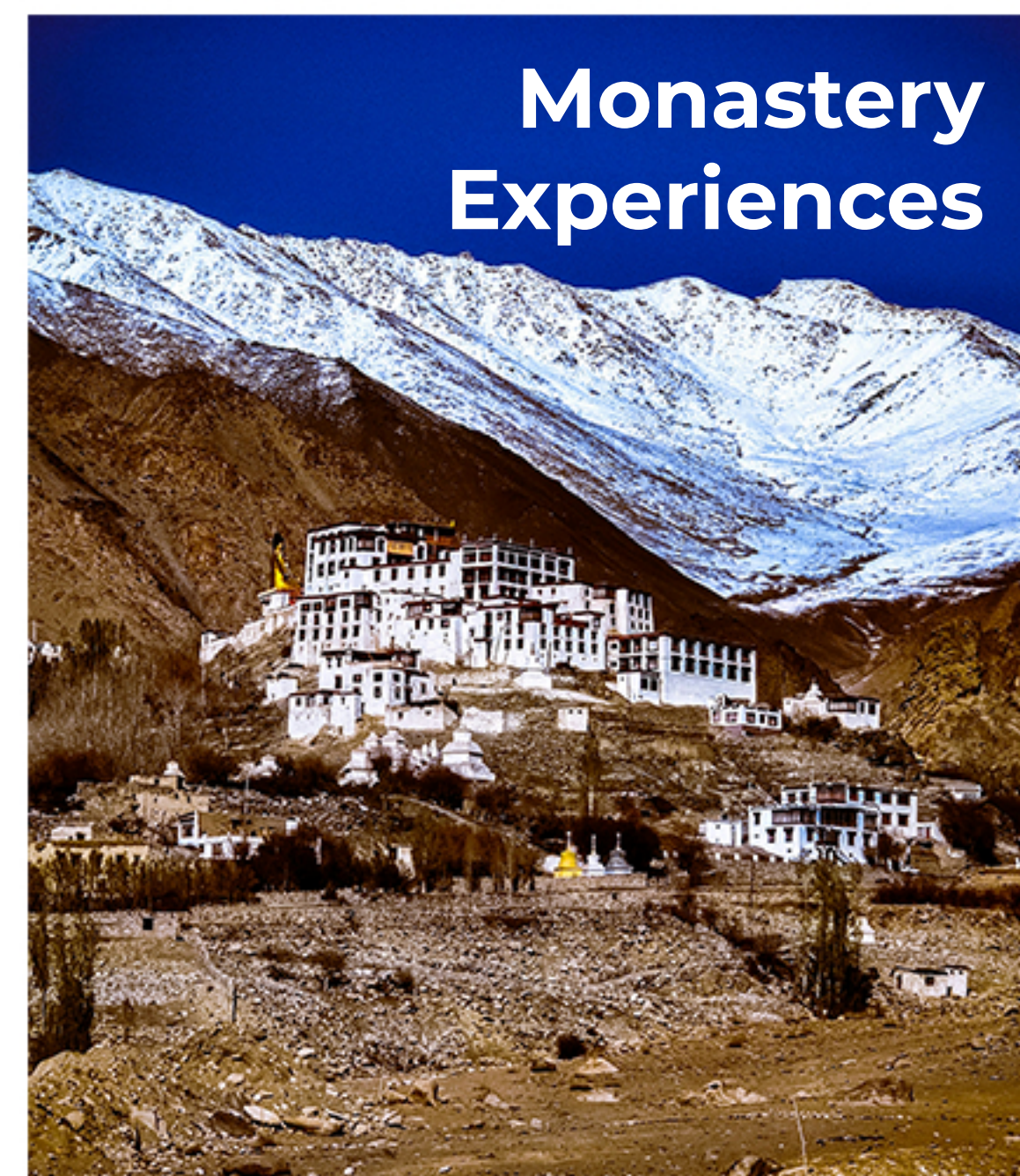


Passes  
Mountains  
Lakes  
Hot springs  
Army camps  
Villages

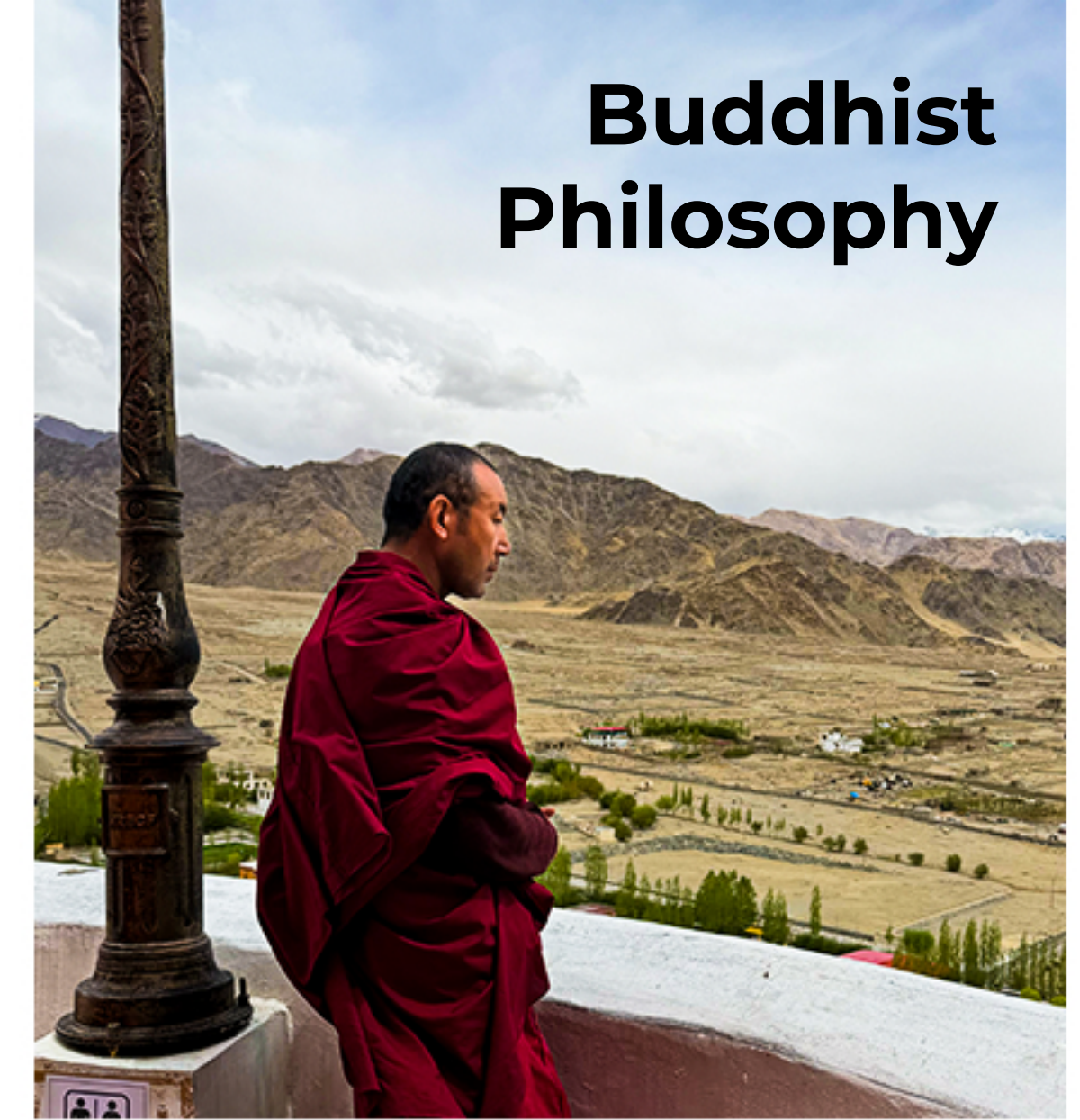
**Unreal  
Landscapes**



**Reflective  
Mandala  
Creation**



**Monastery  
Experiences**



**Buddhist  
Philosophy**

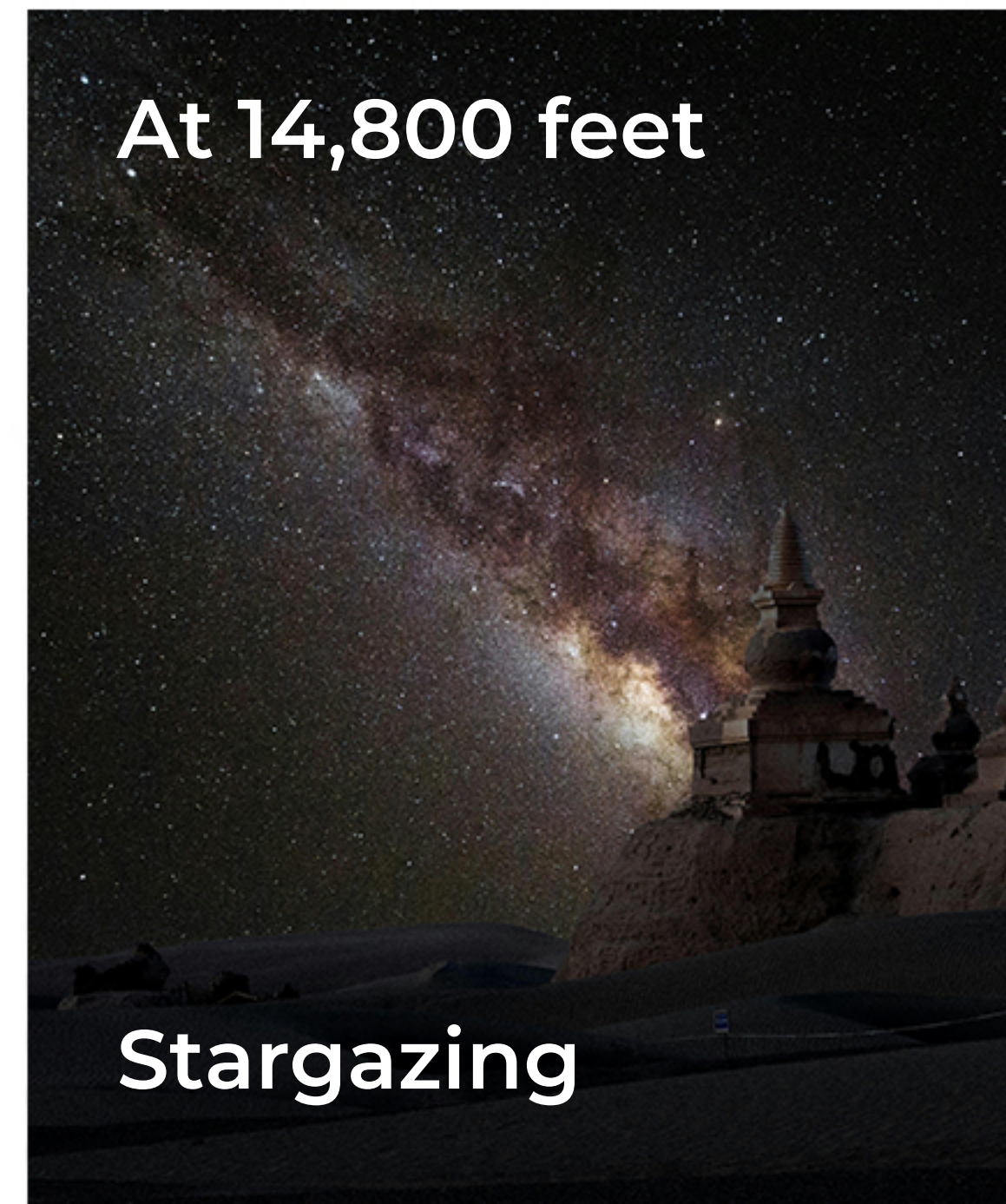


**Silence &  
Conversations**

**Slow Travel**

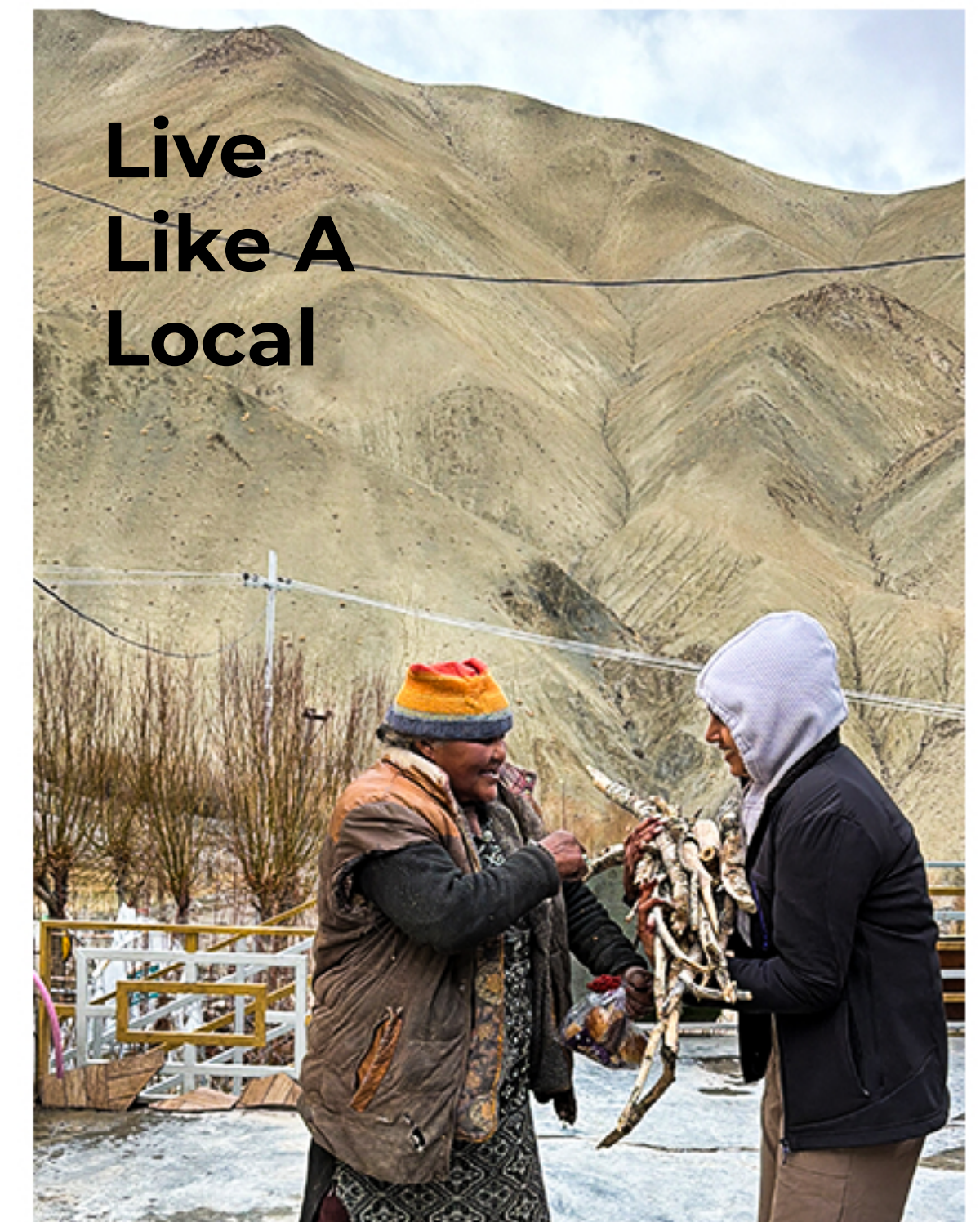


**Local  
Immersion**



**At 14,800 feet**

**Stargazing**



**Live  
Like A  
Local**



# MANDALA

MAP OF SELF

Throughout the expedition, participants gradually **create a personal mandala.**

**This will be a 1 hour practice for 4 days.**

Not as a painting exercise, but as a symbolic map of memory, identity, attachment, roles, fears, values, and transformation.

**Inspired by Buddhist mandala philosophy, the process becomes a way of observing:**

- what we hold onto
- what shapes us
- what we perform
- what we inherit
- and what remains beneath it all

# DESIGNED AS A JOURNEY, NOT JUST A TRIP

As the journey moves through Ladakh, an inward journey quietly unfolds alongside it.

## OUTER EXPERIENCE


Arrival

- Monasteries
- Village Life
- Landscapes
- Night Skies
- Silence
- Return

## INNER EXPERIENCE

Slowing Down

- Observation
- Reflection
- Perspective
- Self-Observation
- Stillness
- Integration

An aerial photograph showing a small village nestled in a valley. A large, light-colored sand dune or landslide slope dominates the left side of the frame. The village consists of several buildings with red and white roofs, surrounded by some green trees. A paved road with white dashed lines curves through the foreground, separating a lush green field from the sandy area. The background features more rugged, brownish hills.

Through landscapes, philosophy, culture, conversations, and symbolic mandala creation, the expedition gradually becomes both an external exploration and an inward experience of reflection and perspective.

# TRAVEL AT GLANCE

## Explore Leh City

The cultural heart of Ladakh, surrounded by mountains, monasteries, cafés, and the infamous market.

## Spend time in Rumbak Village

A secluded Himalayan village with raw mountain wilderness and traditional Ladakhi life.

## Explore Leh Palace

The historic royal palace overlooking the old town and Himalayan ranges.

## Visit the Indian Astronomical Observatory, Hanle

One of the world's highest observatories, located amidst pristine dark skies.

## Witness the beauty of Tso Moriri

A remote high-altitude lake known for its untouched blue waters and peaceful landscapes.

## Stop by army cafés along the journey

Listening to stories and experiences from the people stationed in these remote terrains.

## Cross Tanglang La Pass

One of the world's highest motorable mountain passes with surreal Himalayan views at 17,480 feet.

## Stargaze in Hanle

Under some of the clearest night skies in the world, with views of the Milky Way.

## Visit the iconic Shanti Stupa

For breathtaking panoramic views of Leh during sunrise or sunset.

## Experience Thiksey Monastery

One of Ladakh's most beautiful monasteries, known for its giant Maitreya Buddha.

## Explore Alchi monastery or Hemis monastery

Visit either of the Ladakh's richest and most spiritually significant monasteries.

## Experience Magnetic Hill

Where the landscape creates a fascinating optical illusion that appears to defy gravity.

## Witness Sangam Point

Where the Indus and Zaskar rivers meet amidst stunning landscapes.

## Meet the Changpa tribe

Visit Rebo- the traditional, nomadic tent used by the Changpa who produce the best quality pashmina.

## Explore Puga Valley

Famous for its geothermal hot springs, mud pools, and dramatic terrain for an offbeat poolparty.

## Enjoy ATV rides & rock climbing

Amidst Ladakh's rugged mountain terrain and desert landscapes.

# LEARN AT GLANCE

## **Thiksey Monastery**

Spend a full day immersed in the ancient world of Thiksey Monastery- observing rituals, conversations, silence, and the slower rhythm of monastic life in the Himalayas.

## **Create your own mandala**

Across the expedition, create a personal mandala - a symbolic map of identity, attachment, perception, memory, and self-observation, inspired by your experiences through Ladakh.

## **Buddhist philosophy**

Learn Tibetan Buddhist philosophy, impermanence, interdependence, and symbolic cosmology through intimate conversations with Geshe Thokmet.

## **Local Ladakhi life**

Live inside a traditional Ladakhi home and experience village life firsthand through shared meals, stories, traditions, and everyday moments with local families.

## **Meditation with monks**

Experience guided meditation sessions inside the monastery space alongside practicing monks, surrounded by chants, stillness, and mountain silence.

## **Hands-on learning**

Participate in farming, shepherding, cooking, and other everyday practices that shape life in the remote Himalayan villages of Ladakh while enjoying delicious Ladakhi food.

## **Mandala philosophy**

Understand the symbolism and deeper philosophy behind traditional mandala art with a teacher whose family has practiced this sacred form for generations.

## **Intentional journey design**

Every experience across the expedition from monasteries and villages to landscapes and night skies is intentionally designed to mirror a deeper inward journey through the mandala itself.

# WHAT'S INCLUDED

- **Accommodation** for 6 nights / 7 days
- All **breakfasts** during the expedition
- 1 curated **360 village experience** with all activities, lunch, dinner, local beer (chang) and bonfire
- **Innova Crysta** for comfortable long drives for entire expedition
- **Monastery experiences** including sessions with monks and generational mandala teacher
- **Stargazing experience** with dinner at Hanle
- Facilitated **mandala** sessions by TEC
- Mandala creation **materials**, including colours, sketch pens, pens, and sheets
- **Inner Line Permits**, wherever applicable
- **Oxygen cylinders, other medical facilities**
- **Merchandise**, refreshments and other TEC goodies

# WHAT'S NOT INCLUDED

- Travel to and from Leh
- Travel insurance or medical insurance, which is strongly recommended
- Meals outside the planned itinerary\*
- Personal expenses including SIM card, shopping, laundry, room service, or phone/internet charges
- Additional stay before or after the expedition
- Any transport taken independently outside the group itinerary for personal reasons
- Optional activities or experiences not included in the final itinerary
- Unforeseen costs arising due to weather, road closures, flight delays, altitude-related concerns, health issues, or any change in government/local regulations

\*Ladakh is highly vegetarian friendly.

# Cost: **INR 52,700**

For a 6 night 7 day immersion.

- Long high-altitude drives in Ladakh can be physically demanding, which is why we are traveling in well-maintained Innova Crystas instead of tempo travellers for greater comfort and safety.
- Our stays are carefully selected to balance authentic local immersion with essential comfort, heating, hygiene, and safer living conditions especially in remote regions like Hanle.
- We prioritize high-altitude safety by carrying oxygen cylinders, oximeters, first-aid support, and essential medical preparedness throughout the journey.






## **IMPORTANT NOTE:**

Ladakh is a high-altitude region, and the expedition has been designed with acclimatisation in mind. The first day will involve strict rest and hydration. Participants are expected to follow altitude-related guidelines seriously. The expedition is intentionally slow-paced with no intense hikes or adventures.

TEC will support with coordination and basic guidance, but this is not a medical retreat. Anyone with breathing issues, heart conditions, recent surgery, severe asthma, or other health concerns should consult a doctor before signing up.



**Healing is easier when you're surrounded by people who make you feel "I can be myself here."**

We believe deep work needs a safe space. TEC brings together a carefully crafted tribe of **creatives, professionals, seekers, and reflective humans** who value growth and authenticity. You won't just meet fellow travellers. You'll meet people who push you, inspire you, mirror you, and support you.

**Intentionally intimate.**

**10-14 PEOPLE**

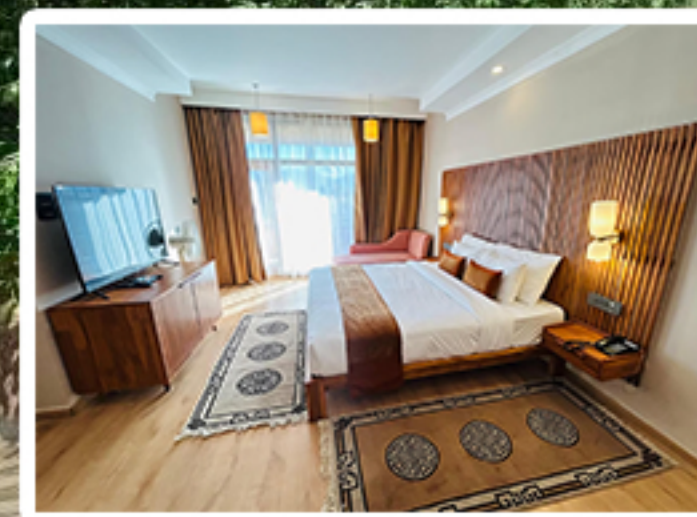
# ACCOMMODATION



**HESCHUK GUEST HOUSE**  
Night 1 & 2



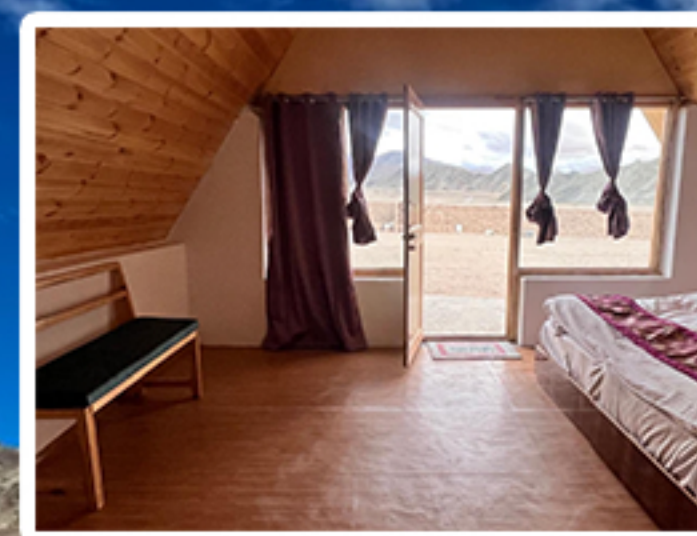
**HOTEL AMANTHI**  
Night 4 & 6



**LOCAL HOMES OF RUMBAK**  
Night 3



**SANGRAK RESORT HANLE**  
Night 5



Some journeys give you memories.  
Some give you photographs.  
Some give you stories to tell.

And some quietly change the way you  
observe the world and yourself within it.

Somewhere between silence, landscape,  
philosophy, and impermanence,  
another question begins to emerge:

# What remains?



Applications Open | Limited Participants | The Expedition Collective

# THE EXPEDITION COLLECTIVE

A **TRAVEL-AND-LEARN** collective of like-minded explorers. Together, we cultivate meaningful experiences, develop valuable skills, revive our rich culture and build a thriving community filled with limitless opportunities.

Join us on this journey - where exploration meets growth, and where every step leads to a richer, more fulfilling life.

**How to apply?**

**FILL THIS FORM**

This is a pre-launch sign up.  
You are getting priority for this expedition.

**Any assistance?**

**TALK TO US**

+91 78966 73868  
+91 69012 53427  
+91 91018 88376

[info@expeditioncollective.in](mailto:info@expeditioncollective.in)

**Want to know more?**

**CHECK US OUT**

<https://theexpeditioncollective.in/>  
[@theexpeditioncollective](https://www.instagram.com/theexpeditioncollective)