

What To Do In Phyang Valley

The village of Phyang is one of the bigger villages in Ladakh which is situated in a south-facing valley that gets its waters from glaciers in the Ladakh Mountain Range. If you have some spare time, this beautiful valley is worth-while to visit.

Phyang is only 23 km west of Leh, and a perfect destination to stay for a few days away from Leh or for a day trip, too. It is easily reachable by public transport or rented transport facilities.

Phyang gonpa is the biggest Drikung monastery in Ladakh. The oldest part of the monastery was built in the 16th century and apparently has survived an earthquake. The new temple was inaugurated a few years ago. The monastery rooms in both parts contain beautiful wall paintings that can be visited during the day. Interested visitors can assist the early morning puja (prayers), too. On the monastery compound live about sixty monks.



The **mask dances at Phyang monastery** are held every year in summer. The participation of the locals, the carved masks and beautiful silk costumes of the monks make it a festival of colours. Do not miss this opportunity to experience a part of the richness of Ladakh's rich heritage! Kindly check our website for the dates of festivals and other events in Ladakh.

Ideal trekking point: The village of Phyang is a destination on three popular and entertaining trekking routes. From here, you can acclimatize for or end the Mystic Nubra Valley Trek via Lasermo-la, start to the Historical Sham Trek or the Highlander Bokbok-la Trekking. Check our website www.hiddennorth.com for more details.

HIDDEN NORTH Guesthouse is your ideal accommodation if you plan to stay some days in a quiet place. Whether you like to acclimatize after your arrival, to relax after your trekking or to simply enjoy a quiet place away from busy Leh. It is a friendly family-run guesthouse with clean rooms, and a big organic garden.



The accommodation has six to eight clean rooms with private or common bath, and has good spots for meditation and yoga, too. It is recommended on Tripadvisor by Lonely Planet, and other guide books, and is quite popular within the traveller community. To book your room, kindly check www.hiddennorth.com.

From HIDDEN NORTH Guesthouse, you can see the **Guru Lakhang**, a small white temple situated on a rock. It is an easy and enjoyable walk for which you have to calculate around 2 hours. The temple has been erected on the place where it is said that Guru Padmasambhava did meditate, and contains interesting wall paintings. From this site, you can enjoy a scenic view over the central and upper part of the village.

Above the Guru Lakhang, on the top of the same mountain, one can see the **ruined castle of Phyang**. You will have to ascend a dry valley on the backside of the mountain until you will reach the saddle below the ruins. From the top you have a wonderful view to the north towards Lasermo-la in Ladakh Mountain Range as well as over the entire valley towards the Indus and the Zangskar Mountain Range to the south. You can also see Stok Khangri, with 6,123 m the highest peak around Leh.

Phyang is a natural village. The fields are surrounded by bushes, dog roses and trees. There are three wetlands adorned with springs where domesticated animals are grazing. Sometimes, territorial fights between powerful Dzogs (a cross-breeding between Yak and cattle) and Yaks can be observed. The village stream offers fresh water and cools, especially when the summer days are hot.

Traditional field work: In spring, the inhabitants start their field work using Dzogs to bring the fertilizer onto the fields and later, to plough their fields. The local population grows different crops and vegetables. Harvest time usually takes place in late August or beginning September.

For the patient visitor, Phyang can be also a **great spot for the observation of wild animals**. Resident and migratory birds, ibexes and other mammals, rodents, etc. can often be seen descending from the mountains in search for food and water. During winter, snow leopard sightings have been recorded, too.