



5 Reasons to Start Early & Sleep Early on a Ladakh or Spiti Trip

In my last 9 years of traveling in the Himalayas including all my Ladakh trip or Spiti Valley trip, I have followed one key principle of “Start Early & Sleep Early”. It has not only helped me have numerous memorable trips to Ladakh and Spiti Valley but it has ensured I had safe and sound travel in all those years. Here’s why I chose to start my day early and sleep early whenever I am traveling in the Himalayas.



Workers come on the road for road constructions especially on Spiti Valley Trip

The later you start in the day, the more delays you should expect. The workers on the roads come for repair/construction works and then there are scheduled road closures. Sometimes blasting of rocks triggers more landslides and hence, further delays are added to overall days. Overall it affects the time of travel in the day.



Sun comes up, snow melts causing landslides and ferocious water streams/nallas

As the sun comes up, the snow melts fast. This results in more landslides or snow slides later in the day. Also, the water level in the nallas or water crossings become high causing issues, especially to small cars. Sometimes the high water levels in the water crossings or a massive snow slide or landslide force you to halt your entire journey or trip at least for the day.



Sun comes up, the winds pick the pace causing shooting stones

Shooting stones are one of the most dangerous of all concerns you should have while you are on a Ladakh or Spiti valley trip as they are totally unpredictable and hard to locate/spot and sometimes triggers massive landslides too. Shooting stones are common as you travel to Spiti Valley from Kinnaur side and when you travel to Nubra Valley from Leh. The later in the day you start, the wind picks up speed the shooting stones become more common.



Adds contingency as you have more daylight, so more bargaining power too

If you start early in the day, there is a high chance that you will reach with a good amount of daylight left in the day even if you face any unexpected delays. The early you reach your destination in Ladakh or Spiti, the more stay options you will have for you to explore and hence, the better the chance of getting a good, economic deal. You’d have a better scope of bargaining as compared to someone who reaches in the late hours of a day.



Best colors to take pictures early in the morning, best colors in the evening when you settle down

You wake up early giving yourself a chance to capture some beautiful early morning shots. And, when you reach your destination, you see the best of the colors again in the evening. Most of us know that dusk and dawn are two best time periods in a day to watch nature’s best colors and immerse yourselves in the vast landscapes of Ladakh or Spiti Valley.

Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



#SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles