

TREKKING IN LADAKH

3 Wonderful Treks

Ladakh is a wonderful place to trek; a hidden gem. It is high, remote and is the least populated region of India. It is also wedged between two massive mountain ranges: the Karakoram and the mighty Himalayas. Suffice to say, the scenery is stunning.

Shut off by snow for 8 months of the year, the trekking window is quite small. It is not a classic tourist destination (no beaches!), which probably accounts for the general lack of numbers who come here.

These are all fully supported camping treks.

Ladakh is a strong Buddhist region and has some dramatic geology as well as plenty of interesting flora and fauna.

We have 3 treks on offer; each trek is described in more detail on its own specific itinerary page:

The Markha Valley Trek - 9 days on trek, page 3

The main trek and the one you should do if you have never been to Ladakh.

Lamayuru to Spituk Trek - 9 days on trek, page 4

This trek covers the shorter trek below (to Chilling) and then continues on to do 4 days of the Markha Valley trek in reverse. With 3 Passes over 4800m, it is the most demanding of the three treks.

Lamayuru to Chilling Trek - the Hidden Valley, 6 days on trek, page 5

The only advantage here is the shorter trek length. The altitude is still significant so don't think that it is a stroll in the park!

Regardless of what trek you choose, your itinerary into and out of Leh will be the same.

Flight departures into Leh are early morning (usually around 0600hrs) due to weather conditions so it makes sense to try and choose an international flight that arrives in Delhi in the very early hours of the same morning. You can then transfer straight across without the need for overnight stops.

Leh sits at an altitude of over 3000m and therefore you need to acclimatise for at least two nights before you begin trekking. The more susceptible to altitude sickness may have problems within hours of arrival; it is perfectly normal. We also utilise this downtime to show you the local sights in and around this wonderful region.

On your return from the trek, you will have one full day (two nights) to rest and relax, perhaps have a massage or scour the shops for those hidden gems. There are plenty of artefacts to be had here.

On your return to Delhi, you are free to connect to your international flight or extend your stay as you wish. Travel and Trek can assist you with any extensions you may consider from hotels to excursions. See page 6 for our brief lowdown on Delhi and beyond.



The wonderful geology of Ladakh



Extended Trips

If you have time, why not extend your trip by visiting Delhi itself and perhaps beyond into Rajasthan?

Travel and Trek can tailor make any trip to suit your needs.

For more information, see page 6

Important Information:

- **Costs** are based on twin sharing and are per person (single travellers see below)
- **Dates.** For specific dates of each trek, please consult the website. If you have a **pre-formed group** of 4 or more and you are happy to keep it that way, you can choose your own departure dates.
- **Min Number Required:** 2
- **Passports.** Passports should be valid for a minimum period of 190 days on the date on entry into India.
- **Tourist Visa** is required for UK Nationals. The visa must be obtained prior to travelling. Advice will be given.
- **International Departure Taxes from India.** From 1st March 2009, there was a INR 1300 tax on departures from Indian International airports. It must be paid in cash and may change at short notice.
- **Luggage allowance.** Work on the lowest level of allowance; the domestic flight allowance is currently 20Kg's.
- When you book with Travel and Trek, you will receive a set of **comprehensive trekking notes**, an itinerary, clothing and equipment list and much more to help you prepare.
- **Singles.** Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement. Please consult Travel and Trek.
- **Extended Stays.** You are free to extend your stay in India with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.
- **UK Leaders.** Some treks are led by a UK Leader IN ADDITION to a local Guide. ALL treks have a local Guide on them.
- **Fitness.** Fitness is very subjective. As long as you can trek for approx 6 - 7 hrs per day carrying your daysack with essentials in it, you should be perfectly capable of completing any trek described within this document. Endurance and robustness are key; speed is not. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.
- **Clothing and equipment** list will be provided on booking.
- **Medical/Vaccinations.** You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. You should also seek professional advice on what vaccinations you require for India and other locations should you have an extended trip. Travel and Trek has a specific document on medical issues for clients once they book but as a guide for planning purposes, you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.
- **Altitude Sickness.** Formally known as Acute Mountain Sickness (AMS), Travel and Trek has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. Alternatively, you can request a copy be sent to you. If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.
- **Local Payments.** Travel and Trek does not charge any local payments.
- **Travel Insurance.** It is absolutely vital that you have adequate travel insurance.
- **Your Guide and Porters.** Throughout your trek, you will be under the watchful eye of a very experienced, English speaking and qualified Sidhar (Guide) (and possibly a UK Leader too) who will manage your support crew. The porters (pack ponies/mules are used in Ladakh) will carry your excess kit; you will only carry your daysack. Travel and Trek takes pride in the way it treats its Guides and porters and is a supporter of and complies with the ethics of the International Porter Protection Group (IPPG, <http://www.ippg.net/index.html>). By doing so we ensure that they are all adequately clothed (particularly at altitude), medically supported with drugs if required and only carry up to the maximum limit allowed.

Included in the price of your trip:

All hotel accommodation on a twin share basis in Leh (B&B basis)
 All accommodation for the trek (tents)
 Return airport transfers in Leh
 Sightseeing transport in Leh
 Transport to/from trek area
 The services of your Indian Guide, full time throughout the trek (some groups may have a UK Leader as well)
 Porterage on trek
 Breakfasts in hotels, all food on trek

Excluded in the price of your trip:

International flights UK – India
 Internal flights Delhi - Leh*
 Tourist Visa fee (this must be obtained prior to travelling)
 Local trek staff gratuities, advice can be given
 Airport departure taxes (see important information)
 Entrance to sights and monuments not stated in the itinerary

* Due to the short trekking season, these flights can be in high demand and can therefore be as much as £300 return. Early booking is advisable and should be coordinated with Travel and Trek.

Markha Valley Trek - Daily Itinerary

Days	Event	Remarks
1	Depart London	
2	Arrive Delhi, transfer to Leh flight Arrive Leh	Settle and relax into your hotel for some acclimatisation.
3	Free day for tour of some of the Monasteries and Leh Palace	Acclimatisation day
4	Drive to Spituk, trek to Zinchen (3200m) 1 hours drive time	The trek begins at Spituk by crossing a bridge and walking west of the River Indus. We follow the trail for 3 hours until the Indus enters a narrow gorge and joins the Zinchen river. From here it's a gradual ascent through the Zinchen Valley, before we reach the small village of Zingchen.
5	Trek to Yurutse (4150m) Approx 6 hrs	The trail from Zinchen ascends gradually all the way along the Rumbak Nala until you reach Rumbak, the largest village in the Zingchen Valley. You then follow a trail passing cultivated fields and scattered houses until you reach the village of Yurutse. Camp overnight.
6	Trek to Skiu (3018m), via Ganda La Approx 7 hrs	A gradual ascent followed by a steep climb gets you to the Ganda La (4971m). From the Pass we are treated to fine views of snow capped mountains merging into the distant ranges of the Karakoram. The trail descends steadily to Shingo, the head of the Skiu Valley and continues down into Skiu village. You enter the village confronted by towering rock faces. Camp overnight.
7	Trek to Markha village (3793m) Approx 6 hrs	This is a very pleasant walk along one of the loveliest sections of the Markha valley. It follows the Markha river. En-route you will pass several monasteries perched high on the hillsides above us and the path is dotted with Chortens and prayer walls. Camp overnight.
8	Trek to Hankar (3986m) Approx 5 hrs	From Markha the country changes and the warm, relatively heavily wooded section of the lower Markha is left behind. The camp below the twin villages of Lower and Upper Hankar is distinctly cooler than at Markha Village. Camp overnight.
9	Trek to Nimaling (4840m) Approx 5 hrs	From Hankar the trail climbs steadily up the narrow valley. The Nimaling plain is a broad meadow, reaching upwards to the base of the ice-clad Kang Yatse (6553m). The Nimaling meadows provide pastures in the summer for yaks, sheep, goats and horses from villages further down the valley. It is not unusual to see the occasional wild sheep or wolf. Camp overnight.
10	Rest day and to explore the base camp of Kangytse.	A time to relax at Nimaling and enjoy the wonderful scenery. For the more energetic, we would recommend a walk to the base camp of Kang Yatze, the highest peak in the Zanskar range. Camp overnight.
11	Trek to Chogdo (4000m) via the Konmaru La Approx 7 hrs	Today you cross to the north of the Markha, on a well marked trail, climbing to the top of the highest Pass in the area; the 5400m Konmaru La. To the north there are spectacular views of the eastern Karakoram. The trail descends steeply to the head of the Martselang valley past the sulphur springs of Chyushkarmo before reaching our campsite at Chogdo.
12	Trek to Martselang , approx 4hrs Drive to Leh, approx 2 hrs	After an easy decent along the left bank of the Martselang river, we reach Martselang village where transport will be waiting to take us back to Leh. Overnight Hotel.
13	Rest day in Leh	Simply relax, explore Leh or enjoy a fabulous massage in this very chilled out town.
14	Early morning transfer to the airport for flight to Delhi	You can either connect directly to your international flight or take the opportunity to explore Delhi (or futher) for a few days.
15	Arrive UK	

Cost: £790, based on twin share and is per person
Min group size 2, max 12.

Lamayuru to Spituk Trek - Daily Itinerary

Days	Event	Remarks
1	Depart London	
2	Arrive Delhi, transfer to Leh flight Arrive Leh	Settle and relax into your hotel for some acclimatisation.
3	Free day for tour of some of the Monasteries and Leh Palace	Acclimatisation day
4	Drive to Lamayuru (3420m) 4 hr drive	There are some wonderful Monasteries to visit en route. Establish camp and prepare for the trek. Overnight camp
5	Trek Lamayuru to Wanla (3150m) Approx 4 hrs	Gradual ascent to Prinkiti-la (3650m). After a easy walk through a dry narrow mud gorge, you reach Wanla. Camp overnight
6	Trek Wanla to Hinju (3720m) Approx 5 hrs	Follow a dusty road to Phenjila (3410m) and the scattered village to Uri. A walk thru narrow gorge until you reach a traditional Rangtak (flour mill) at Hinju. Camp at the herder's encampment after the village.
7	Acclimatisation day	Hinju is a wonderful area to explore. There are two big Passes coming up so it also time to acclimatise.
8	Trek Hinju to Sumda Doksa (4430m) Approx 6 hrs	A easy ascend to Kongskil-la (4950m). Beautiful view of Karakoram and Stok range. The walk down from the Pass is steep and through through a moraine. Camp close to the Yak herders camp.
9	Trek Sumda Doksa to Dung Dung Chan base (4430m) Approx 5 hrs	A short walk and a few stream crossings you reach the village of Sumda Chenmo. Take the left valley out of the village to the camp at Dung Dung Chen base.
10	Trek Dung Dung Chen base to Chilling (3550m) Approx 5 hrs	A straight climb from the camp to Dung Dung Chen La (4820m). Great views from the top. A gradual descend to the village of Chilling.
11	Trek Chilling to Skiu (3000m) Approx 4 hrs	Begin this day by crossing the Zanskar River in a cable trolley located upstream a short distance from Chilling. Follow the well worn path to the village of Skaya. From here it is a short walk to the lush green campsite at Skiu. You are now on the Markha Valley trekking route also. The village of Skiu (3000m) is lower than your recent altitudes and in a narrow valley; the temperatures can soar. At dusk it is worth climbing back up the valley to where the Skiu Nala meets the Markha river. Here there is a small monastery cared for by an old nun who comes every evening to light the candles at the altar of 'Chamba', the future Buddha.
12	Trek Shingo to Rumbak (3750m) via the Ganda La Approx 7 hrs	A stiff climb with a series of zig zags out of Skiu up to the Ganda La (4920m). At the pass, colourful prayer flags flap in the wind, with the Zanskari range in the background. Afterwards, we descend steadily along the Jingchan river. We get great views towards the Stock summit and the Stock Kangri (6121m).
13	Trek Rumbak to Zinchen (3200m) Approx 4 hours	Descend all the way to Zinchen village from where you drive to Leh in 2 hours. Overnight hotel.
14	Rest day in Leh	Simply relax, explore Leh or enjoy a fabulous massage in this very chilled out town.
15	Early morning transfer to the airport for flight to Delhi	You can either connect directly to your international flight or take the opportunity to explore Delhi (or futher) for a few days.
16	Arrive UK	

Cost: £830, based on twin share and is per person
Min group size 2, max 12.

Lamayuru to Chilling Trek - Daily Itinerary

Days	Event	Remarks
1	Depart London	
2	Arrive Delhi, transfer to Leh flight Arrive Leh	Settle and relax into your hotel for some acclimatisation.
3	Free day for tour of some of the Monasteries and Leh Palace	Acclimatisation day
4	Drive to Lamayuru (3420m) 4 hr drive	There are some wonderful Monasteries to visit en route. Establish camp and prepare for the trek. Overnight camp
5	Trek Lamayuru to Wanla (3150m) Approx 4 hrs	Gradual ascent to Prinkiti-la (3650m). After a easy walk through a dry narrow mud gorge, you reach Wanla. Camp overnight
6	Trek Wanla to Hinju (3720m) Approx 5 hrs	Follow a dusty road to Phenjila (3410m) and the scattered village to Uri. A walk thru narrow gorge until you reach a traditional Rangtak (flour mill) at Hinju. Camp at the herder's encampment after the village.
7	Acclimatisation day	Hinju is a wonderful area to explore. There are two big Passes coming up so it also time to acclimatise.
8	Trek Hinju to Sumda Doksa (4430m) Approx 6 hrs	A easy ascend to Kongskil-la (4950m). Beautiful view of Karakoram and Stok range. The walk down from the Pass is steep and through through a moraine. Camp close to the Yak herders camp.
9	Trek Sumda Doksa to Dung Dung Chan base (4430m) Approx 5 hrs	A short walk and a few stream crossings you reach the village of Sumda Chenmo. Take the left valley out of the village to the camp at Dung Dung Chen base.
10	Trek Dung Dung Chen base to Chilling (3550m) Approx 5 hrs	A straight climb from the camp to Dung Dung Chen La (4820m). Great views from the top. A gradual descend to the village of Chilling. You will be picked up here and transferred back to Leh. Overnight hotel.
11	Rest day in Leh	Simply relax, explore Leh or enjoy a fabulous massage in this very chilled out town.
12	Early morning transfer to the airport for flight to Delhi	You can either connect directly to your international flight or take the opportunity to explore Delhi (or futher) for a few days.
13	Arrive UK	

Cost: £710, based on twin share and is per person
Min group size 2, max 12.

Time in Delhi and Beyond...

New Delhi is the capital of India and just 60 years ago this developing City was the pride of the late colonial British India. It sits just south of Old Delhi, which still retains its maze of alleys and bustling markets.

Delhi itself is steeped in history; India Gate, the tree lined Rajpath road, Old Delhi's Red Fort and the wonderful markets of Chandni Chowk are just a few of the sights in this cosmopolitan city. Thanks to the Commonwealth Games (Sep 2010), New Delhi has a modern metro system that now extends to the airport. Once in the city, why not have a bit of fun and get a tuk tuk to show you the sights for an hour; it only costs a few pounds.

You can easily kill a few days here and what you do will depend entirely on what you like to do or see. Some research is worthwhile to at least make a provisional plan.

Must see's:

- The tree lined **Rajpath** from the elevated **Government Buildings** right down to **India Gate**.
- **Chandni Chowk**; an absolute maze of small streets and alleys off of the main street selling just about everything that India has to offer. It is classic India.
- **Mahatma Ghandi's museum**; not often mentioned but this museum is really good. It is small but extremely well maintained and follows his interesting life story.
- The **Red Fort** is huge but if intend to go to Agra, there is no need to visit this one. The Red Fort in Agra is more impressive.

Hotels. This is the single most cause for complaints when in India; they can often be overhyped or over priced (or both). Top end hotels are generally very good (and priced to match). It is more difficult with the middle sector and you get what you pay for at the budget end.

Connaught Place is well known and is geographically about dead centre between New and Old Delhi. It is where a good number of tourist hotels are located. Go north, you will hit Old Delhi and the cheaper end of the market. Go south and you get into lush New Delhi where the higher end hotels are. The international airport is on the south west side; you should allow 45 mins for the transfer but be wary of peak traffic times. When the metro link opens it will be faster.

Beyond Delhi.....Travel and Trek took some time to dig deep into **Rajasthan** to get the best from this historic home of the Maharajas. The places that may immediately come to mind are Agra, Jaipur, Jodhpur, Udaipur, Pushkar and Jaisalmer.

Where you go and how you travel very much depends on how much time you have and what you wish to see. You can use domestic flights to get fly to some places such as Jodhpur and also connect to others using the famous railway system. You may inevitably end up in an air conditioned car at some point with your own driver and Guide.

A little research into precisely what you wish to see or do is very important with Rajasthan as it is a big State and travelling distances can be deceptive. Decent standard (recommended) hotels, in our opinion are also important for the enjoyment of your trip.

The highlights.....Agra is a must as it has both the incredible Taj Mahal and the huge Red Fort. The 'blue city' of Jodhpur has the most impressive fort of them all - the Meherangarh. It is huge, stands out above the city and is by far the best organised, well maintained and well presented. You can walk down from the Fort into the town and there are some fabulous fabric stores selling all sorts of items. Jaipur is also worthwhile and with Agra it forms the classic 'Golden Triangle'.



Taj Mahal

The Taj Mahal is a global icon, not just in India.

It is located in Agra, just 6 hrs by road south of Delhi. An overnight extension is easily arranged or you can extend that by visiting Jaipur also (the Golden Triangle).

Travel and Trek can arrange this for you as part of your trip (min 2 pax).

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