

## India Ladakh Trek

Duration: 14 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5150 m.</b>
<b>Activity: Trekking</b>	<b>Group Size: Minimum 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

“The very basic core of a man's living spirit is his passion for adventure.” There is no better way to get a taste of adventure than by trekking to the electrifying city of Ladakh. For travelers and adventure enthusiasts who want to make sure that they get the most out of their travel vacation, we offer them our [India Ladakh Trek](#). Starting off with our flight to Delhi, we then take another flight towards Leh which is also the starting point of the tour. For your information, many refer Ladakh as the land of high passes as it holds a vast amount of heart-pounding passes. And so, traveling here can be a very thrilling yet exhilarating experience for many travelers. Our initial phase of the tour, lets us go for a sightseeing tour around the exotic areas of Leh. After that, we also make stops along the way to visit several other historical and cultural treasures of this region. That includes exploration of the Spituk Gumpa, hike to Zingchen and visit the Ganda La Base Camp. As planned, our itinerary will take us through Skiu, Markha, Thachungtse, Nimaling, Shangsumdo and lastly to Martselang before reaching Leh. All in all, this entire trip package gives you an opportunity to travel through the dramatic terrains of Ladakh and shows you a different side of India. Contact, [Himalayan Holyland Treks and Expedition](#) to book our India Ladakh Trek package. Â

## Itinerary

### Day 01: Arrive in Delhi

Arrive at any time. Receive and transfer to Hotel. Feel free to explore, but make sure you're back in time to meet the group and review the details of your tour.

### Day 02 : Delhi to Leh (1h/30 minutes flight)

Morning transfer to Delhi airport. Fly to Leh and enjoy the rest of the day free to explore. Wander among the monasteries and stupas of the incredible mountain city of Leh, stopping to watch life passing by.

### Day 03: Sightseeing tour of Leh.

Enjoy a full day of sightseeing tour of Leh visit the Buddhist monasteries of Shey, Hemis and Thikse. Enjoy the spectacular views across the Zaskar range. Check out the massive, three story statue of the Buddha in Shey monastery and admire the beauty of the Thikse monastery. Explore around the Hemis monastery, it's one of the most famous and largest monasteries in the region.

### Day 04: Leh to Zinchan (12km, 4/5 hours)

Drive to Spituk Gompa. Explore the monastery, then begin the hike to Zingchen. The hike gradually ascends and passes through deep gorges on the way.

### Day 05: Zinchan to Ganda La (16km, 6/7 hours)

Enjoy a full day hiking. Head for Ganda La today, with the peak of Stok Kangri looming overhead. Enter Hemis National Park and ascend through picturesque valleys towards the village of Rumbak. Hemis is a wildlife sanctuary and home of the snow leopard, an endangered species.

### Day 06: Ganda La BC to Skiu-5 hrs walk.

Enjoy a full day trekking from Ganda La Base Camp to Skiu, including ascent of Ganda La (4,950m). The views from the pass include the entire Zaskar range below. Prayer flags and chorten line the route with the peaks of the Himalayas in the distance. Descend down to Skiu, where an old monastery marks the history of the area.

### Day 07: Skiu to Markha (18km, 6/7 hours)

Full day hiking from Skiu to Markha. Walk along the Markha Valley, crossing the river and through settlements. The paths are marked by Manistones, inscribed with Buddhist prayer flags.

### Day 08: Markha to Thachungtse (18km, 6/7 hours)

Enjoy a full day hiking from Markha to Thachungtse. Castles, monasteries, and old mills line the trek, reminders of the once prosperous history of the region. Pass small hamlets on the trek, then look up to see the views of the impressive Mt Kangyatse.

### Day 09: Thachungtse to Nimaling (10km, 3/4 hours)

Spend the full day hiking from Thachungtse along the Nimaling stream. Arriving at the Nimaling plateau, enjoy the view of the alpine grassland and the yaks that are brought to pasture here. This is the highest camping point on the trek.

#### **Day 10: Nimaling to Shangsumdo (5150m, 20km, 7/8 hours)**

It's a full day of hiking to Shangsumdo via Kongmaru La (5,150m/16,896 ft). This is the highest point of the trek and it's a challenging hike, but the stunning views across the Indus Valley and Ladakh mountain range are worth the effort. The descent is quite steep, with some river crossings along the way.

#### **Day 11: Shangsumdo to Martselang (4h-5h 14km)**

It's a short trek this morning, leaving Shangsumdo and returning to Leh. Drive the last section of this journey and enjoy the view while giving your feet a well deserved break. Walk back along a jeep track down to meet the transport and drive to Leh(1h,35km). Stretch out and scan the scenery from the comfort of a private vehicle.

#### **Day 12: In Leh**

Take a day to relax and enjoy the sights around Leh. Absorb the culture at Hemis Monastery, once the richest and largest in the region. Visit Stok Palace and learn more about the history of the area.

#### **Day 13: Leh to New Delhi**

Fly back to New Delhi and make the most of the city with free time in the afternoon.

#### **Day 14: Departure from Delhi**

Departure at any time. Not ready to leave? We can help with travel arrangement also so extend your adventure.

## Cost Includes

- => Accommodation for all.
- => Guide & porter salary and insurance.
- => Meals for all.
- => Transportation.
- => Flight fair Domestic.
- => Additional Services.

## Cost Excludes

- => Any other things that are not mentioned in the itinerary.
- => International Flight tickets.
- => Lunch and Dinner in Delhi day.

