

Markha Valley Trek

Since 1974, when Ladakh first became accessible to foreign visitors, this high and arid region has captured the imagination of adventure travelers.

This itinerary between Ladakh and Zaskar offers a large diversity of landscapes, from the jagged Kongmaru La pass (5000m) to the green oasis of the Markha valley with breath-taking views of the Korakoram snow-capped peaks. Many scattered high villages, each with irrigated fields of barley and potatoes, add color to this otherwise quite barren environment, and provide the chance to meet the Ladakhi peasants in the simplicity of their daily life. Markha will be an opportunity to visit the old monastery, famous for its paintings.

Tour Itinerary :

Duration : 14 Nights / 15 Days

Destination : Delhi - Leh - Marteslang - Chokdo - Latza Kongmaru - Kongmaru La - Nimaling - Hankar - Markha - Chalok - Shingo - Ganda La (4920m) - Rumbak - Namlung La (4570m) - Stok (3700m) - Leh - Delhi

Day 01: Delhi

Arrive Delhi, where you will be met and transferred to your hotel. (Hotel B&B).

Day 02 : Delhi - Leh (3500m) by Plane

Afternoon at leisure in Leh, where we can take a walk to the colorful bazaar. Overnight Leh Hotel.

Day 03 : Leh

Free day in Leh. Overnight at Hotel.

Day 04: Leh - Marteslang by car/bus - Chokdo (4050m) in 5h (trek).

We leave the Indus valley and head south. We progress along the river whose banks are punctuated with ochre rocks.



Day 05: Chokdo - Latza Kongmaru (4800m) in 5h.

After crossing narrow gorges, we start our ascension towards the Kongmaru La.

Day 06: Latza Kongmaru - Kongmaru La (5030m) - Nimaling (4650m) in 5h.

From the pass, there are great views north towards eastern Korakoram and China, whilst the southern view is dominated by the shapely Kang Yatze (6400m) and the Ladakhi range. We take a ridge trail and descend zigzagging across scree. Afterwards, the path meets the Nimaling summer pastures, used by Hankar and Markha shepherds.

Day 07: Nimaling - Hankar (4000m) in 5h.

We steadily descend through meadows to Thachutse and cross the Nimaling river. The trail follows the Markha river now, and will do so for the next few days.

Day 08: Hankar - Markha (3850m) in 4h.

Several monasteries and ruins are scattered along the trail to Markha. After Umlung the valley narrows and becomes a gorge just before Markha. This large village has a fort and a monastery perched on the northern hill. The gompa is reputed to be one of the oldest in Ladakh.



Day 09: Markha - Chalok (3450m) in 4h.

The trail passes through quite lush riverside vegetation. En route, we come across more derelict monasteries, some well maintained shortens and at least one good example of a wolf trap. Wolves become a nuisance during the winter as hunger forces them into the villages.

Day 10: Chalok - Shingo (4150m) in 6h.

We criss-cross the Markha river and cross it on bridges set at many of the most difficult crossing places. From a tiny group of stupas, we leave the valley and continue upwards along a river bounded by willows and wild rosebushes.

Day 11: Shingo - Ganda La (4920m) - Rumbak (3750m) in 7h.

At the pass, colorful 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).

Day 12: Rumbak - Namlung La (4570m) - Stok (3700m) in 6h - Leh (by Bus/Car)

Descending from the pass, we enjoy excellent views towards the Indus valley. Eventually, we reach Stok, which is famous for its palace and museum.

Day 13: Leh - Delhi

Leh - Delhi by plane. (Hotel B&B)

Day 14: Delhi

At leisure in Delhi. Safety day for your international flight. (Hotel B&B)



Day 15: Delhi - Abroad

Transfer to airport and fly back home.