

Stok Kangri & The Markha Valley Trek

(A superb trek and climb in the Buddhist stronghold of Ladakh)

Flying into the Ladakhi capital of Leh, the shapely peak of Stok Kangri (20075ft.) is prominent on the southern skyline. Spending several days acclimatizing, we visit the colorful monasteries at Shey, Thikse and Hemis before setting off on the lovely trek through the Markha Valley.

Our route leads by way of several remote and picturesque villages to the high Nimaling Plain below the imposing peak of Kang Yatze. Crossing the Kongmaru La, we then follow an unusual high route to Stok Kangri Base Camp, a 3-day approach to the mountain, which includes superbly located campsites and far-reaching views towards Tibet and the eastern Karakoram.



Although objectively very safe and technically straightforward (involving low-angle scree and easy snow slopes), the climb on Stok Kangri is both challenging and interesting. This is a wonderfully varied trip, perfectly suited to someone seeking his or her first Himalayan summit.

Tour Itinerary :

Duration: 21 Night / 22 Days

Destination: Delhi - Leh - Khardung La- Leh - Chilling - Skiu - Markha - Hangkar - Nimaling - Chogdo - Shang Po - Gangpoche - Base camp - Stok Kangri - Stok village - Delhi

Day 01: Arrive Delhi

Arrive Delhi late evening and transfer to the hotel.

Day 02: Delhi - Leh (3500 m)

An early morning transfer to the domestic terminal of the airport for the flight up to Leh. This surely is one of the most sensational scheduled flights in the world, taking you right over the top of the Greater Himalaya before dropping down in a series of steep turns, to land at the small airport at Leh. Flight time approx. 1½ hours. You will be met on arrival and driven through Leh to check into the Hotel. Leh is at an altitude of 11,500ft/3,500m and therefore we recommend that the rest of the day be spent resting to help adjust to the altitude.

Day 03: At Leisure in Leh

Again take it easy today and enjoy a tour around town. Leh is very Tibetan; the national dress, 'stove-pipe' hats and felt boots with turned-up toes are much in evidence. The Royal Palace, which dominates the town, is very reminiscent of the Potala in Lhasa and Tibetan Buddhist monasteries, large chortens, prayer flags and mud brick houses with flat

roofs are a dramatic culture change from the hot, teeming frenetic rush of Delhi. Don't try to do too much on this first day! Visit the palace,

Day 04: Indus Valley sightseeing.

Sightseeing tour, Shey, Thiksey and Hemis monasteries. Return to Leh.



Day 05: Leh - Khardung La- Leh

Drive up to the Khardung La (5300m) as an acclimatisation exercise. Return to Leh.

Day 06: Leh - Chilling

Drive to the village of Chilling on the west bank of the Zaskar River (3100m).

Day 07: Chilling - Skiu trek

Cross the river on a pulley bridge and trek to Skiu in the Markha Valley.

Day 08: Skiu - Markha trek

A long day of trekking beside the Markha River to Markha Village (3800m).

Day 09: Markha - Hangkar trek

Still following the river, trek to the highest village in the valley, at Hangkar (4100m).

Day 10: Hangkar - Nimaling trek

Trek up onto the Nimaling Plain, to a camp (4600m) beneath the peak of Kang Yatze.

Day 11: In Nimaling trek

Rest day. Explore towards Kang Yatze.

Day 12: Nimaling - Chogdo trek

Trek up to the Kongmaru La (5100m) and descend through a rocky gorge to Chogdo (4000m).



Day 13: Chogdo - Shang po trek

Heading west through uncharted territory and crossing several passes, trek to Shang Po (4350m).

Day 14 Shang P - Gangpoche trek

More rugged terrain and superb trekking, en route to Gangpoche. (4320m).

Day 15 Gangpoche - Base camp trek

Approaching Stok Kangri, descend into the Stok Valley and trek up to the basecamp at 4900 metres.

Day 16: In Base camp (or advance base camp)

A rest and acclimatisation day. Time to sort out equipment for the climb.

Day 17: Climb to Stok Kangri

Climb Stok Kangri (6120m). Or, possibly move to a high camp (5300m).

Day 18: Reserve Day

Spare day for climbing Stok Kangri. Return to basecamp.

Day 19: Trek to Stok village and drive to Leh

An easy morning's descent to Stok Village and then drive to Leh.
Afternoon free. Hotel.

Day 20: Leh - Delhi flight

Fly to Delhi, transfer to the hotel. Overnight Hotel.

Day 21: Delhi sightseeing

Full day sightseeing of Old and New Delhi.

Day 22. Fly back home.

