

Ladakh optional trekking



Optional – Post tour Trekking in Ladakh

2 nights/3 days

With its combination of breathtaking landscapes, remote villages, ancient settlements and deep spirituality, Ladakh offers superb trekking experiences. Snowcapped peaks, high mountain passes, and the opportunity to experience traditional village life await. We will be staying in Homestays – with families in their traditional homes (mattresses on the floor and 2-4 guests sharing rooms), and enjoying simple traditional meals made by host families.

Important: Your body needs to train itself to process more work with lower levels of oxygen. Cardiovascular training before this trek is critically important. Though in the Moderate category, prior training is mandatory before attempting the trek.

Day 1

STOK (3600M) – RUMBAK (3850M) – YURUTSEY (4000M), TREK 8-9 km (4-5 HOURS)

After breakfast, drive (2 hr.) to Rumbak Sumdo and trek to Yurutsey. The drive (20 km) from Leh starts at Spituk below the Monastery and leads across the Indus River into Rumbak Valley, entering through a narrow gorge. The ascent is about 400 meters by car. The Valley opens up at Rumbak Sumdo and we are at a junction of two main valleys, the trek starts here. Have packed lunch by a mountain stream on the way, visit Rumbak village and its small temple and then proceed to Yurutsey Homestay for tea, dinner and overnight. Rumbak Village falls under the only National Park in Ladakh known as the Hemis High altitude National Park and is part of the traditional Markha Valley trek with opportunity to take in pristine nature and also if lucky view some wildlife! This is a moderate trekking day as we are getting ready for the next day trek across high pass (4900M)

O/N Homestay Yurtsey

Meals: B, L, D

Day 2

YURUTSEY (4000M)– GANDA LA PASS (4900M) - SHINGO (4000M), TREK 10KM (6 HOURS)

After breakfast we embark on the main highlight of the trek as we climb our high pass - the Ganda La Pass Trek (5-6hrs) with views of both sides of the mountain ranges. We will enjoy our packed lunch at the top of the pass taking in the spectacular mountain views and enjoying the feeling of fulfillment of crossing a Ladakhi high pass in the Himalayas. After hoisting prayer flags for good luck and wellbeing of both travelers and other beings we will proceed to Shingo hamlet – a few households called Shingo pa houses. The descent from the Pass closes into a narrow Valley and is a route that was used to get to the villages of Skyu, Kaya and other villages in this world famous Markha Valley

O/N Homestay at Shingo

Meals: B, L, D cont'd on next page

Ladakh – optional trekking



Optional Trekking in Ladakh (Continued)

Day 3

SHINGO (4000M) – SKYU/KAYA (3400M) – CHILLING (3200M), TREK 7-8 KM (4 HOURS) AND BACK TO LEH (3500M)

After our final traditional breakfast with our host family, we will begin our trek (3-4 hrs) to Skyu/Kaya village. The trek down is through a narrow gorge opening up to the Markha Valley main stream at the Skyu junction. Kaya is the lowest village in terms of altitude in Markha Valley and is the exit point towards Chilling or Zangskar river route leading to Nimo. We will enjoy our simple packed lunch that our home stay families will have prepared along the way. Cars will be waiting to drive us back to Leh (70 km, 2-3 hours). The drive from Skyu/Kaya towards Leh leads through the western end of Markha Valley and the altitude drops dramatically leading to the Zangskar River near Chilling bridge. On the way we will visit Chilling village to visit with copper smiths upholding the 500-year-old legacy of their ancestral work of copper. Visit the copper product museum and shop. Drive back to Leh via Sangam, the confluence of Zangskar and Indus rivers). The drive from Chilling route to Nimo is very smooth and beautiful as you drive along the Zangsar river as it flows to meet the Great Indus River at Sangam / Confluence at Nimo.

O/N Leh

Meals: B, L,D

COST: please enquire.

Includes: experienced trekking guide, pack mules to transport luggage, meals as indicated. Minimum 04 pax.

Excludes: O2 cylinders

Enquire: shila@eyhotours.com

Note: Homestay are simple village houses with rooms; mattresses may be on the ground; Rooms are shared by 2-4 persons depending on the size of the group and segregation can be requested –e.g. females in separate rooms, couples, etc. Homestay food is simple (yet delicious) local/Indian food prepared by the village house owner or their assistants. Western style bathrooms are common but squat toilets are likely.

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