

## Junglam Trek



The trek starts from Hemis monastery (one of the richest monastery in Ladakh). It enters in famous Markha valley and Zaskar via Junglam, which is open only for a month. In summer this route is closed due to water crossing and in winter heavy snowfall.

Area: Ladakh

Altitude: 5200 mts/17050 ft

Grade: Challenging

Duration: 14 Days

Season: June to Oct

### **Day 01: Delhi – Leh (Complete Rest in Leh for acclimatisation)**

Take the morning flight for Leh from Delhi. On arrival at Leh met our representative and transfer to pre booked hotel/Guest house for relax and acclimatisation. This is necessary for getting acclimatised at high altitude. Evening one can visit the color full market of Leh. Overnight in the hotel/guesthouse.

### **Day 02: Leh – Shey – Thiksey**

On this day you will go a sightseeing trip to some ancient monasteries in this area.

**Shey Gompa** is about 15 kms from Leh. It used to be the summer palace of the kings of Ladakh. There are lots of Stupas and Gompas built around the palace. Shey palace was built by Deldan Namgyal in the beginning of 17<sup>th</sup> century AD. Main attraction in Shey is the 12m Shakyamuni Buddha statue inside the Dresthang Gompa.

**Thiksey Gompa**, close to Shey is about 17 kms from Leh. The monastery is considered to be one of the most beautiful in Ladakh and belongs to the Gelukspa order.



**Day 03: Leh - Hemis - Shang Sumdo 3700 mts/12135 ft (48 kms/2 hrs)**

Early morning you will drive to Hemis by jeep, visit the Hemis Gompa and start trekking to Shang Sumdo crossing Martselang Bridge, then ascent up valley along the river, crossing it several times before reaching Shang Sumdo. Overnight in the tent

**Day 04: Trek Shang Sumdo - Base of Kongmaru La (4800 mts/15750 ft)**

The route follows through a stunning landscape of red rocks along the slope, then along river till Chuskyurmo (sour water), on through gorges of small rivers many of which need to be crossed before camp is made for the night at the base of Kongmaru la Pass.

**Day 05: Base of Kongmaru La - Langthang Chu River (4375 mts/14350 ft)**

Before descending to a high mountain pasture at Nimaling (4700m), we must ascent steeply up to Kongmaru la Pass (5150m), offering a beautiful view of the northern face of Kang Yatse Peak (6400m). From Nimaling up, cross a ridge, then descent to a beautiful valley, cross river, on up again, following a rocky slope up to Konga Ngonpo (5090m), then descend along a very steep route before reaching a campsite near Male.

**Day 06: Langthang Chu - Zalung Karpo La (5200 mts/17056 ft)**

After crossing a large stream and a moraine, valley divides an hour later. Continuing to our right, the route goes up and down before reaching Zalung Karpo La. From here you

can see the incredible view of Zanskar range, Rupsu Valley and K2 range. Camp on the other side of the pass.



**Day 07: Zalung karmo la - Tilat Sumdo**

Start descending from the camp towards the main stream. After an hour arrive at Kharnak Sumdo, a valley coming from the north (route directly north leads to Rabrang La, 5000m.) Follow the gorge, crossing a stream several times before reaching Tilat Sumdo along a rocky route.

**Day 08: Tilat Sumdo - A North camp (4450 mts/14596 ft) - Chhar Chhar La 4950m)**

Just after Tilat Sumdo camp, cross Khurna River, continues on its right bank, past couple side valleys. Four hours later as the valley narrows, break camp.

**Day 09: A North camp Chhar Chhar La - Zangla Sumdo**

Follow the narrow gorge, past several narrow side gorges, eventually leaving behind the stream. The route follows gently up to the top of Chharchhar La, 4950m. From top follow stream down to Zangla Sumdo.

**Day 10: Zangla Sumdo - Zangla - Padum (35 kms drive)**

Continuing down from Zangla Sumdo along the stream, the trail reaches the wide expanse of the Zanskar Valley, with great views of the Zanskar River and the villages of Pishu and Pidmo on the other side of the river.

**Day 11: Sightseeing around Zanskar**

The day is for relax and sightseeing. Visit Zhungkhul Monastery, Sani Castle Stongde and Karsha monasteries. Overnight stay in guest house.

**Day 12: Padum – Kargil (225 kms/8-9 hrs)**

After early breakfast leave for Kargil enroute visiting Giant Maitreya Buddha at Mulbekh. Arrive at Kargil by evening for overnight stay.

**Day 13: Kargil - Leh (Via Lamayuru)**

Post breakfast we drive to Leh enroute visiting Lamayuru, Belongs to Dripung Kagyu (Red Hat) like Phyang. The oldest structure in Lamayuru is the Singey Lhakhang built by the founder of Alchi Lotsava Rinchen Bzangpo in 11th century. After visiting Lamayuru we proceed further to Leh enroute visiting Ridzong Gompa, known as the paradise for Meditation. Upon arrival in Leh you will met by our representative and check in at our hotel for overnight stay

**Day 14: Leh – Delhi**

Transfer to the airport for the spectacular flight across the main chain of the Himalaya to Delhi.

**Trip & Services Ends Here**

**COST OF THE TRIP**

**USD 1215 per person\*** (for a minimum of 2-4 person)

**INR 46500 per person\*** (for a minimum of 2-4 person)

\*4.9 % service tax extra

**COST INCLUDES**

- Accommodation: Leh: Guest House/Hotel on bed and breakfast basis. While on trek we will use dome/alpine tents
- Transport: Arrival, departure transfer at Leh. Also all sightseeing, drop and pick up for the trek in Leh by Toyota Qualis/Tavera.
- Meals: Leh: only breakfast will serve. Trek: All meals will be provided. The meals will be a mix of Indian, Chinese & Continental.
- Mules/Porters: For carrying camping equipment, rations, vegetables and some amount of personal gear of the clients (one bag not weighing more than 15 kgs).
- Professional local trekking guide & cook would accompany the group.

**COST DOES NOT INCLUDE**

- Air fare (Delhi – Leh return)
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Entrée fee if any
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance

### **Trekking Equipments List**

1. Trekking boots - well broken in and waterproofed, Down jacket or equivalent with hood
2. One heavy wool shirt or sweater, Two cotton shirts, One pair cotton trousers or shorts
3. One pair woolen trousers, One pair shorts or calf-length skirt for women
4. Three pairs of regular underwear, Long underwear - thermal or wool, Wind- and rain-gear with hood
5. Sun hat with brim, Woolen hat or balaclava, Woolen gloves, Woolen socks to wear with boots, Cotton socks
6. Personal first-aid kit including medication for common ailments, Flashlight with extra batteries
7. Sunglasses or snow goggles (an extra pair is recommended)
8. Water bottle, preferably wide mouthed, with at least one liter capacity
9. Pocket knife, Note book with pens and pencils
10. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
11. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
12. First aid set for minor accidents and sickness.
13. A raincoat is necessary to meet uncertainties of weather.
14. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.