



MARKHA VALLEY TREK

MAX ALTITUDE : 5200 METRES / 17,060 FEET

**(GRADE: 5.5 / 10 –
MODERATE / CHALLENGING)**

- 9 DAYS -

(LADAKH, INDIA)

(JUNE - SEPTEMBER)

MARKHA VALLEY TREK – THE CLASSIC LADAKH TREK –

AN ELABORATE DESCRIPTION

THE MARKHA VALLEY TREK IS ONE OF THE MOST SCENIC AND CULTURALLY RICH TREKS IN LADAKH, INDIA. IT OFFERS A PERFECT MIX OF STUNNING LANDSCAPES, HIGH MOUNTAIN PASSES, BUDDHIST MONASTERIES, AND TRADITIONAL LADAKHI VILLAGES.

TREK OVERVIEW

- **LOCATION: LADAKH, INDIA**
- **DURATION: 8 TO 11 DAYS (DEPENDING ON THE ROUTE)**

- **TREK DISTANCE: 65–75 KM**
- **ALTITUDE RANGE: 3,500M TO 5,200M**
- **DIFFICULTY LEVEL: MODERATE TO CHALLENGING**
- **BEST TIME TO VISIT: JUNE TO SEPTEMBER**

TREK HIGHLIGHTS

SPECTACULAR LANDSCAPES – TREK THROUGH DEEP GORGES, RIVER CROSSINGS, BARREN MOUNTAINS, AND GREEN OASIS VILLAGES.

HIGH PASSES – CROSS **KONGMARU LA PASS (5,200M)**, THE HIGHEST POINT OF THE TREK, OFFERING BREATHTAKING VIEWS OF **KANG YATSE PEAK**.

TRADITIONAL LADAKHI VILLAGES – EXPERIENCE THE UNIQUE CULTURE OF VILLAGES LIKE **SKIU, MARKHA, AND HANKAR**, WITH THEIR MUD-BRICK HOUSES AND MONASTERIES.

HEMIS NATIONAL PARK – HOME TO **SNOW LEOPARDS, BLUE SHEEP, AND MARMOTS**.

BUDDHIST MONASTERIES & STUPAS – VISIT ANCIENT MONASTERIES LIKE **HEMIS MONASTERY**, ONE OF THE LARGEST IN LADAKH.

WHY CHOOSE MARKHA VALLEY TREK?

- **BEST ALTERNATIVE TO CHADAR TREK IN SUMMER.**
- **GREAT FOR WILDLIFE SPOTTING IN HEMIS NATIONAL PARK.**
- **CULTURALLY IMMERSIVE EXPERIENCE WITH HOMESTAYS IN LADAKHI VILLAGES.**

TREK REQUIREMENTS

ACCLIMATIZATION – SPEND AT LEAST **2-3 DAYS IN LEH** BEFORE THE TREK.

PHYSICAL FITNESS – REQUIRES GOOD STAMINA DUE TO HIGH-ALTITUDE CONDITIONS.

PERMITS – **INNER LINE PERMIT (ILP)** REQUIRED FOR INDIAN AND FOREIGN TREKKERS.

DAY 1:

ARRIVE IN LEH (3500M)

REST, ACCLIMATIZATION AND SHOPPING FOR PERSONAL OR RELATED THINGS FOR THE TREK. AFTER AN INTRODUCTION AND BRIEFING SESSION, YOU ARE FREE TO EXPLORE LEH. EXPLORE THE MARKET AND WHILE DOING SO YOU WILL BE GETTING ACCLIMATIZED AND USED TO THE WEATHER.

TIP FOR THE DAY: EAT WELL SLEEP WELL.

DAY 2 :

REST AND ACCLIMATIZATION IN LEH (3500M)

HIKE TO SHANTI STUPA AND LEH PALACE FOR ACCLIMATIZATION.

REST AND ACCLIMATIZATION AND REMAINING POSSIBLE SHOPPING AT LEH.

TIP FOR THE DAY: EAT WELL AND SLEEP EARLY AS THE NEXT DAY WE WOULD MOVE FOR THE NEXT DESTINATION EARLY IN THE MORNING; ALSO, THIS WOULD BE THE LAST DAY BEFORE THE TREK BEGINS WHEN YOU WOULD GET THE PROPER NETWORK SERVICE COVERAGE.

DAY 3 :

LEH TO SKIU (3500M)

WE WOULD LEAVE IN THE MORNING AND REACH SKIU , THERE WOULD BE A SHORT HIKE OF 2.5 KM FROM THE ROAD HEAD WHICH WOULD NOT TAKE MORE THAN AN HOUR. AFTER REACHING THE CAMPSITE WE WOULD EAT AND KEEP OURSELVES HYDRATED AS MUCH AS POSSIBLE TO AVOID ANY SYMPTOM OF AMS. ONCE WE SET UP CAMP AND ARE FINISHED WITH LUNCH, WE GO FOR A LITTLE ACCLIMATIZATION WALK IN THE EARLY EVENING. THIS IS EXTREMELY IMPORTANT AS IT'S A NEW TERRAIN AND THE BODY NEEDS TIME TO ADAPT TO NEW CONDITIONS. REMEMBER TO CARRY A BOTTLE OF WATER EVERYWHERE YOU GO. GIVE YOUR BODY SOME TIME TO RECALIBRATE. WE WOULD SPEND THE NIGHT THERE.

TIP FOR THE DAY : KEEP YOURSELF HYDRATED AS MUCH AS YOU CAN FROM THE DAY 1 IN ORDER TO AVOID FATIGUE.

DAY 4 :

SKIU TO SARA (3901 M)

TODAY WE LEAVE EARLY MORNING FROM SKIU ,THE TRAVELLING DISTANCE FROM SKIU TO SARA IS 11 KM. TWO AND A HALF HOURS INTO THE TREK, WE CROSS A SMALL WOODEN BRIDGE OVER THE AGGRESSIVELY FLOWING MURKY STREAM. AND WITHIN AN HOUR FROM THEN, WE REACH SARA, WHICH IS OUR DESTINATION FOR THE DAY. THE TRAIL IS MOSTLY DIRT ROADS AND THE ROCKY SEA BED. IT WILL TAKE AROUND SIX HOURS AND WE REACH SARA. EVEN THOUGH THE ALTITUDE IS SIMILAR OF LEH. USE THIS DAY TO PREPARE THE BODY AND MIND.

TIP FOR THE DAY: HYDRATION ALERT (THIS DAY IS CRUCIAL)

DAY 5 :

SARA TO UMLUNG (4000 M)

THIS DAY IS NOT A HEAVY DAY AS WE CONTINUE ON THE TRAIL FROM YESTERDAY, ONWARDS TO UMLUNG VIA MARKHA VILLAGE WHICH, WITH UPWARDS OF 40 HOUSEHOLDS, IS THE LARGEST VILLAGE IN THE VALLEY. THE TRAIL GRADUALLY ASCENDS 300M ACROSS 10 KM. THE TERRAIN ALSO REMAINS THE SAME AS YESTERDAY AND HENCE IS EASIER TO COVER BECAUSE OF FAMILIARITY WITH THE TOPOGRAPHY. IT WILL TAKE 6-7 HOURS TO COVER THE TOTAL DISTANCE OF 15 KM. WE REACH THE CAMPSITE IN TIME FOR A HOT LUNCH. AFTER SETTING UP OUR CAMPS IN THIS CAMPSITE IN THE MIDST OF THE TALL GREEN GRASS WITH A BACKDROP OF BARREN MOUNTAINS, WE GO FOR AN

ACCLIMATIZATION WALK IN THE EVENING. THE REST OF THE DAY IS TO EXPLORE THE SETTING AND REST OUR WEARY SELVES.

TIP FOR THE DAY: SAVE YOURSELF FROM AMS AND CONSERVE YOUR ENERGY.

DAY 6 :

UMLUNG TO THOCHUNG TSEY (4298 M)

WE START TODAY AS EARLY AS 08:30 IN THE MORNING. WITHIN AN HOUR INTO THE TREK, WE REACH OUR FIRST RIVER CROSSING. THE WATER LEVELS HERE ARE EXTREMELY UNPREDICTABLE. DEPENDING ON THE LEVEL OF THE WATER, YOU WILL EITHER FIND YOURSELF WADING THROUGH WAIST DEEP CURRENT OR CROSS THE STREAM IN A HOP, SKIP AND JUMP. THIS DAY WE WOULD COVER A DISTANCE OF 8.5 KM IN ABOUT 5 HOURS.

WITHIN AN HOUR OF CROSSING THE RIVER WE REACH TACHA GOMPA – A MONASTERY HIGH UP ON A STEEP INCLINE, PRECARIOUSLY STANDING DRESSED IN MUD ON TOP OF A MUDDY MOUNTAIN. IN ANOTHER HOUR WE CLIMB A SMALL PATCH OF STEADY INCLINE LEADING TO A SMALL VILLAGE CANTEEN WHERE WE GET SOME REFRESHMENTS AND WELL-EARNED REST. OUR CAMPSITE FOR THE DAY IS A TWO HOUR TREK FROM HERE. ONE HOUR INTO THE TREK, WE START SEEING LOWER HUNKAR. IT IS A CLEARING WHERE LARGE BUSHES END AND THE LANDSCAPE OPENS UP TO VIEWS OF MOUNTAINS DISAPPEARING INTO EACH OTHER. THIS IS WHEN YOU START CLIMBING A LITTLE FARTHER UP FROM THE RIVER BED. WHILE THE TRAIL MISSES AN UNEVEN TERRAIN WHICH CAN GET MONOTONOUS AT TIMES, BUT CONSTANTLY DIPPING YOUR FEET IN ICY WATER HAS A WAY OF JOLTING YOU BACK TO ATTENTION.

WE SET UP OUR TENTS IN THE MIDDLE OF WHEAT FIELDS. FAR AWAY VILLAGES WITH HOUSES LINED FAR APART STAND GUARD AROUND THE TENTS, IN THE BACKGROUND. WE WILL GO FOR AN ACCLIMATIZATION WALK LATER IN THE DAY WHICH WOULD BE BEAUTIFUL.

TIP FOR THE DAY: SAVE YOUR ENERGY.

DAY 7 :

THACHUNG TSE (4298M) TO NIMALING (4700M)

TODAY THE TRAIL WILL LEAD US UP TO THE BEAUTIFUL PLATEAU OF NIMALING, WHERE THE PEOPLE OF THE MARKHA VALLEY BRING THEIR HERDS TO GRAZE DURING THE SUMMER MONTHS. AT 4700M, NIMALING IS THE HIGHEST CAMP (4600M) ON THE TREK, GIVING US SPECTACULAR VIEWS OF THE HUGE PEAK OF KANG YATSE TO THE RIGHT. WE WILL CAMP AT NIMALING.

DAY 8 :

NIMALING (4700M) TO CHOKDU (3901 M) TO LEH (3500M)

TODAY THE TREK WILL TAKE YOU TO THE HIGHEST POINT. YOU WILL BE CLIMBING A STEEP HILL TILL YOU REACH KONGMARU LA PASS. FROM THERE, IF THE WEATHER IS CLEAR YOU WILL CATCH SIGHT OF THE HUGE, BEAUTIFUL K2 MOUNTAIN, THE SECOND-HIGHEST MOUNTAIN IN THE WORLD. THE TRAIL THEN GRADUALLY DESCENDS THROUGH A NARROW PASS TILL YOU REACH CHIKIRMO VILLAGE. ON THE WAY, YOU WILL BE MESMERIZED BY THE VIEW OF THE INDUS VALLEY AND LADAKH RANGES. AND FROM THERE, CLIMB DOWN

THROUGH THE ROCKY TERRAIN TILL YOU REACH CHOKDU. THE TREK DISTANCE WILL BE OF 12 KM WHICH WOULD TAKE AROUND 6 HOURS. YOUR TREK COMPLETES AT CHOKDU.

DRIVE TO LEH TAKES ABOUT 2-3 HOURS. REACH LEH BY LATE EVENING.

ALTITUDE: NIMALING (15,380 FT / 4689 M), KONGMARU LA (17,050 FT / 5197 M), CHOKDU (12,800 FT / 3901 M)

ALTITUDE DIFFERENCE: NIMALING TO KONGMARU LA (1670 FT / 508 M), KONGMARU LA TO CHOKDU (4250 FT / 1296 M)

DAY 9 :

DISPERSAL FROM LEH

YOUR TRIP IS OFFICIALLY COMPLETED HERE, SO FROM HERE YOU CAN TRAVEL TO YOUR RESPECTIVE CITIES TO FIND YOUR NEXT ENDEAVOURS. THE CHECK OUT FROM THE HOTEL WILL BE AT 09/10:00 AM.

“WE USE BRAND NEW EQUIPMENTS FOR SAFETY PRECAUTIONS & BELIEVE IN MAGICAL AND LUXURIOUS EXPERIENCE”

WHAT'S INCLUDED

- **CAMPING DURING THE TREK AND GUEST HOUSE/HOTEL STAY ON TWIN / TRIPLE SHARING BASIS IN LEH/DURING THE TREK**
- **VEG MEALS AS PER MENU DURING THE TREK**
- **TECHNICAL EQUIPMENTS : TENTS,SLEEPING BAGS,SLEEPING MATS,GAITERS AS REQUIRED**
- **TREK PERMISSIONS FEE, IF ANY (UPTO THE AMOUNT CHARGED FOR INDIAN NATIONALS)**
- **EXPERIENCED GUIDES AND SUPPORT STAFF**
- **CERTIFIED MOUNTAIN RESCUERS AND INSTRUCTORS**
- **FIRST AID MEDICAL KITS AND OXYGEN CYLINDER.**
- **TRANSPORT FROM LEH TO ROAD HEAD AND RETURN.**
- **CAMPING DURING THE TREK.**
- **HOTEL/GUEST HOUSE STAYS IN LEH AS PER THE RELEVANT DATES .**

- **MOUNTAINEERING COURSE CERTIFIED GUIDE (BMC, AMC, S&R , MOI : (GRADE A) WITH WILDERNESS ADVANCED FIRST AID CERTIFICATION + CPR FROM HANIFL & SEARCH & RESCUE COURSE FROM HIMALAYAN MOUNTAINEERING INSTITUTE (GRADE A WITH LEADING THE OPERATION)**
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WHAT'S NOT INCLUDED

- **MEALS DURING HOTEL STAY IN LEH**
- **MEALS DURING ROAD JOURNEYS**
- **ANY KIND OF PERSONAL EXPENSES**
- **ANY KIND OF INSURANCE**
- **MULES OR PORTER TO CARRY PERSONAL LUGGAGE**
- **PORTERS FOR PERSONAL LUGGAGE AVAILABLE FOR EXTRA COST.**
- **ANYTHING NOT SPECIFICALLY MENTIONED UNDER THE HEAD INCLUSIONS.**
- **INNER LINE PERMIT FEE AND IMF FEE**

PACKING LIST

THIS IS A LIST OF ESSENTIAL ITEMS FOR EVERY INDIVIDUAL. ALL THE ITEMS IN THE LIST ARE ESSENTIAL EXCEPT FOR THOSE MARKED AS OPTIONAL.

GEAR

- **RUCK SACK BAG WITH RAIN COVER.**
- **DAY PACK BAG/PLASTIC BAG – TO KEEP THE THINGS SAFE AND DRY WHILE YOU ARE AWAY FROM THE CAMP**
- **HEAD TORCH WITH SPARE BATTERIES.**
- **U V PROTECTION SUNGLASSES. VLT: 5-8 % IS RECOMMENDED.**
- **WATER BOTTLES: 2 BOTTLES OF 1 LITRE EACH**

FOOTWEAR

- **NON-SKID, DEEP TREADED, HIGH-ANKLE TREKKING SHOES**
- **PAIR OF LIGHT WEIGHT SLIPPER/SANDALS**

CLOTHING

- **QUICK DRY WARM LOWER OR TREK PANTS. QTY - 2**
- **FULL SLEEVES T-SHIRTS/ SWEATSHIRTS. AS PER YOUR BODY NEEDS**
- **PAIR OF THICK WOOLLEN SOCKS. 1 PAIR FOR EVERY TWO DAYS OF TREKKING**
- **THERMAL BODY WARMER UPPER & LOWER. QTY-1**
- **UNDERGARMENTS.**
- **WARM JACKET CLOSED AT WRIST & NECK (WARM ENOUGH FOR SUMMIT PUSH)**
- **RAIN WEAR (JACKET & PANTS) .**
- **PAIR OF WATERPROOF WARM GLOVES.**
- **WOOLLEN CAP.**
- **SUN SHIELDING HAT.**

TOILETRIES

- **PERSONAL TOILETRIES KIT (SMALL TOWEL, TOILET PAPER, PAPER SOAP, BAR SOAP, TOOTHBRUSH, TOOTHPASTE, COLD CREAM, ETC.)**
- **SUN SCREEN LOTION SMALL PACK TO STAY SAFE IN THE BRIGHT SUNNY OUTDOORS.**
- **LIP BALM SMALL PACK.**
- **UTENSILS (OPTIONAL)**
- **SMALL SIZE, LIGHTWEIGHT & LEAK PROOF LUNCH BOX.**
- **PLATE. QTY- 1 (OPTIONAL)**
- **SPOON.QTY-1 (OPTIONAL)**
- **TEA/COFFEE (PLASTIC) MUG. QTY-1**

MISCELLANEOUS

- **CAMERA (OPTIONAL)**

- **CARRY YOUR MEDICINES IN PLENTY IN CASE YOU HAVE ANY SPECIFIC AILMENT. CONSULT YOUR DOCTOR BEFORE JOINING THE EXPEDITION.**
 - **DRY FRUITS, NUTS, CHOCOLATE BARS.**
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NOTE :

MARKHA VALLEY TREK HAS THE MAXIMUM ALTITUDE OF 5200M, AND IS A CHALLENGING TREK SUITABLE FOR TREKKERS WITH PRIOR EXPERIENCE OF HIGH ALTITUDE TREKS. IT IS GREAT FOR THOSE WHO WANT TO ADVANCE FROM HIKING TO TREKKING. THE CHALLENGES FACED IN THE TREK SHOULD NOT BE UNDERESTIMATED. YOU SHOULD ATTEMPT THIS TREK ONLY IF YOU HAVE ALREADY DONE A TREK THAT CLIMBS TO 3500/4000M+. IT IS RECOMMENDED NOT TO OPT THIS TREK IF YOU CANNOT GET ACCLIMATIZED IN THE MOUNTAINS OF LADAKH. BESIDES YOU NEED TO HAVE A STRONG PHYSICAL ENDURANCE TO COMPLETE THIS TREK.

~ DIFFICULTY GRADE ON MAN TO MOUNTAIN RATING SCALE : 5.5/10 ~
