



MARKHA VALLEY TREK

**MAX ALTITUDE : 5200 METRES/ 17,060
FEET**

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

- 10 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 RUMBAK (3960M)

TODAY THE TASK IS TO LEAVE EARLY IN THE MORNING AND REACH RUMBAK (3960M) (DRIVE DISTANCE APPROXIMATELY 18 KM,DURATION 2-3 HOURS) , FROM THERE WE WILL TREK TO YURUCHE. IT WOULD BE A SHORT HIKE FROM THE VEHICLE DROP POINT WHICH WOULD NOT TAKE MORE THAN AN HOUR. AFTER REACHING WE WOULD EAT AND KEEP OURSELVES HYDRATED AS MUCH AS POSSIBLE TO AVOID ANY SYMPTOM OF AMS. 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.

RUMBAK IS A VILLAGE IN THE LEH DISTRICT OF LADAKH, INDIA. IT IS LOCATED IN THE LEH TEHSIL AND LIES WITHIN HEMIS NATIONAL PARK. IT IS LOCATED 3,960 M ABOVE SEA LEVEL. THE RUMBAK VALLEY IS SITUATED WITHIN THE HEMIS NATIONAL PARK AT AN ALTITUDE OF 4000M.

DAY 4 :

YURUCHE TO GANDA LA VIA SHINGO TO SKIU (3290M)

THE BREATHTAKING HEMIS NATIONAL PARK, WHICH IS RENOWNED AS THE SNOW LEOPARD CAPITAL OF INDIA AND BOASTS OF DIVERSE FLORA AND FAUNA. THIS TRAIL RUNS THROUGH THE MARKHA VALLEY, OFFERING A CHALLENGING TREK ACROSS THE RUGGED LANDSCAPES OF LADAKH WHILE ALSO PROVIDING AN OPPORTUNITY TO EXPLORE THE REGION'S RICH CULTURAL HERITAGE, WHICH HAS REMAINED INTACT IN THE VAST EXPANSES OF THE HIMALAYAN MOUNTAINS.

YURUCHE - GANDA LA BASE - SKIU VIA GANDA LA 6-7 HOURS AFTER A LIGHT BREAKFAST, WE WILL BEGIN OUR 2-HOUR ASCENT TOWARDS GANDA LA (4900M). THE USUAL CHORTEN AND PRAYER FLAGS MARK THE TOP OF THE PASS, WHERE ONE MAY SEE BLUE SHEEP, MARMOTS AND ARGHALI ROAMING THE HILLS AROUND. VIEWS OF THE LOFTY ZANSKAR RANGE AND THE DISTANT HIMALAYA RANGE ARE GREAT AS WELL. AFTER A SHORT REST, WE WILL MAKE A GRADUAL DESCENT TO SHINGO AND BREAK FOR LUNCH. WE WILL FINISH THE DAY BY HIKING FOR 2-HOURS THROUGH A SPECTACULAR GORGE BEFORE MAKING CAMP AT SKIU (3300M). WITHIN THIS IDYLIC VILLAGE LIES AN OLD MONASTERY AND RUINS OF AN OLD CASTLE, ONCE A REST STOP FOR THE ROYAL FAMILY ON THEIR WAY TO SRINAGAR.

WE WILL ACQUIRE THE CAMP SITE, SET UP THE TENTS AND CHANGE TO THE WARMER LAYERS AND WE WILL COOK, CHAT, HAVE FUN AND SLEEP.

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

DAY 5 :

SKIU TO MARKHA (3800 m)

SKIU - MARKHA (7-8 HOURS) FOLLOWING THE MARKHA RIVER, WE WILL HIKE THROUGH THE LOVELY VALLEY ON A FAIRLY LEVEL PATH. THE TRAIL CROSSES THE RIVER AT VARIOUS POINTS, AND PASSES WINTER SETTLEMENTS THAT CONTAIN LHATOS (RELIGIOUS SHRINES FOR LOCAL DEITIES) AND MANI WALLS (STONES INSCRIBED WITH BUDDHIST PRAYERS). MARKHA (3800M) IS THE LARGEST VILLAGE IN THE VALLEY, CONSISTING OF AROUND 20 HOUSES, AN OLD MONASTERY AND A RUINED FORT.

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

DAY 6 :

MARKHA TO THACHUNGTSÉ (4100 m)

THE MARKHA VALLEY TRAIL CONTINUES PASS OLD STONE-MILLS, A RUINED CASTLE AND THE AUSPICIOUS MONASTERY OF TECHA, WHICH PROUDLY PERCHES UPON A CLIFF THAT LOOMS ABOVE MARKHA. THE PATH THEN INTERSECTS THE RIVER SEVERAL TIMES BEFORE CUTTING THROUGH THE LAST HAMLETS IN THE VALLEY. AFTER LEAVING THE VILLAGE OF UMLUNG, WE WILL BE AFFORDED OUR FIRST VIEW OF MIGHTY MT. KANG YATSE (6400M), WHICH WILL STAY IN SIGHT UNTIL WE CROSS KONGMARU LA. AFTER WE BREAK FOR LUNCH IN THE VILLAGE OF HANGKAR (THE LAST ONE IN THE VALLEY), WE WILL CONTINUE ONWARD TO THE LOVELY GREEN PASTURE OF THACHUNGSTE (4100M), WHERE WE WILL MAKE CAMP. IT WILL TAKE AROUND 5-6 HOURS.

TIP FOR THE DAY: SAVE YOUR ENERGY.

DAY 7 :

THACHUNGTSÉ TO NIMALING (4700 m)

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 TO CHOKDU (3901 m)

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. WE WILL STAY AT CHOKDU.

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 :

CHOKDU TO LEH VIA HEMIS

ON THE WAY TO LEH, IT WILL BE POSSIBLE TO VISIT SOME OF THE GREAT MONASTERIES OF LADAKH SUCH AS THIKSE, HEMIS AND SHEY. DRIVE TO LEH TAKES ABOUT 2 HOURS. REACH LEH BY LATE AFTERNOON.

DAY 10 :

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 ~
