



MENTOK KANGRI TRI - PEAK MASSIF EXPEDITION

MENTOK KANGRI I : 6262M

MENTOK KANGRI II : 6210M

MENTOK KANGRI III : 6110M

(GRADE : 7/10 – DIFFICULT)

- 12 DAYS -

MAX. ALT 6262 M/20,544 FT (LADAKH, INDIA)

(JUN - OCT)

MENTOK KANGRI CLIMBING EXPEDITION –

AN ELABORATE DESCRIPTION

MENTOK KANGRI IS A MOUNTAIN MASSIF IN THE RUPSHU PLAINS OF LADAKH, OR CHANGTANG. IT HAS 3 SUMMIT POINTS, CONVENIENTLY NAMED MENTOK 1, 2 AND 3 WITH HEIGHTS VARYING BETWEEN 6110 – 6262M

WITH MARVELLOUS AND ENCHANTING VIEWS OF THE TSOMORIRI LAKE AND ITS WETLANDS RESERVES, SURROUNDED BY HIGH RISING PEAKS OF THE CHANGTANG, NEAR THE TIBETAN PLATEAU, THIS IS A WONDERFUL TREK EXPERIENCE THAT ALL THE PASSIONATE TRAVELLERS AND WANDERING SOULS MUST NOT MISS AT ALL! THE LANDSCAPE OF THE LADAKH RANGES WILL WIN YOUR HEART AT ONCE WITH ITS CHARM AND BEAUTY. THE CREAMY, BEIGE AND IRREGULAR PATCHES OF RED AND VIOLET WITH SOME UNIQUE ROCK SCULPTURES MADE BY THE ARTISTIC WIND ARE JUST ENOUGH TO SET YOUR IMAGINATIONS FLYING WITHOUT CONTROL. TO TOP IT OVER, WE HAVE THESE HIGH PEAKS AND PASSES WITH SNOW PATCHES ON TOP OF WHICH FURLS THE COLOURFUL BUDDHIST PRAYER FLAGS. OH YES, THIS REGION HAS A FEW MORE ELEMENTS OF NATURE WHICH MULTIPLY THE BEAUTY OF THE REGION BY SEVERAL FOLDS. WE HAVE THE VAST BLUE WATERS OF THE TSOMORIRI LAKE VISIBLE FROM ALL AROUND THE TOP WHICH INJECTS ENOUGH COOL AND PATIENCE IN YOUR HEART, WHICH ON THE OTHER HAND IS EXCITED BY THE UNBELIEVABLE BEAUTY OF THE SURROUNDING LANDSCAPE AND THE SUMMIT CHALLENGE.

NOT JUST THAT !! WE ARE ALSO GIFTED BY THE RARE SIGHTINGS OF THE WILDLIFE OF THE TSOMORIRI WETLAND RESERVES WHICH INCLUDES THE ANIMALS LIKE KIANGS, TIBETAN GAZELLE, LYNX, MOUNTAIN GOATS, BLUE SHEEP, MARMOTS INCLUDING THE CARNIVORES LIKE TIBETAN WOLVES AND THE ELUSIVE SNOW LEOPARD. WHERE THERE IS WATER, THERE ARE BIRDS, AND HERE THERE ARE MANY - ESPECIALLY THE BLACK NECKED CRANES, GEESE, GULLS AND GREBE ARE COMMONLY SIGHTED NEARBY THE LAKE.

STARTING FROM KORZOK, A SMALL SETTLEMENT NEAR THE BLUE WATERS OF THE TSOMORIRI, THE TREK TO THE SUMMIT OF MENTOK KANGRI CLIMBS QUICKLY TO ITS BASE CAMP ABOVE 5300 METERS, FROM WHERE WE ATTEMPT ITS SUMMITS. THE ALTITUDE GAIN IS RAPID, AND HENCE WE NEED TO FOLLOW PROPER ACCLIMATIZATION PROTOCOLS TO BE SUCCESSFUL AND MAKE SURE WE DO NOT RUSH THROUGH IT.

TREKKING IN LADAKH CAN SOMETIMES BE HEARTBREAKING WITH FALSE SUMMITS, AND THIS TREK IS NO DIFFERENT. STAYING FOCUSED AND ENJOYING THE CLIMB IS THE ONLY WAY TO GET PAST THAT FEELING.

ANY 6000-METER PEAK REQUIRES GOOD PHYSICAL CONDITIONING, HIGH MENTAL ENDURANCE, A WELL-ACCLIMATIZED BODY AND A CHEERFUL SOUL. THE SUMMIT CLIMB TO MENTOK KANGRI IS NO DIFFERENT. STARTING BY MIDNIGHT, WE FIRSTLY NEGOTIATE THE LOOSE MORAINES IN THE DARKNESS FOR A LONG TIME AS WE NEAR THE BASE OF THE SUMMIT RIDGE. THE DAY DAWNS SLOWLY AS WE KEEP GOING WITH OCCASIONAL REST, NEGOTIATING THE LOOSE ROCKS OF ALL DIMENSIONS. AS TIME PASSES, WE KEEP GAINING ALTITUDE MAKING THE GOING BIT MORE DIFFICULT WITH EVERY MINUTE. A STEADY PACE AND A MOTIVATED SPIRIT ARE THE KEY TO SUCCESS AND SOON WE SEE THE PRAYER FLAGS FURLING AT A DISTANCE MARKING THE SUMMIT.

THE VIEW FROM THE SUMMIT IS ONE OF THE REASONS MANY PEOPLE CLIMB THE MOUNTAINS. MOUNTAIN RANGES OF THE SURROUNDING REVEAL THEMSELVES IN A NEW AVATAR WHICH IS WORTH TAKING ALL THE PAIN. THE SUMMIT OF MENTOK KANGRI OFFERS ASTONISHING VIEWS OF THE GREAT HIMALAYAN RANGE, THE MARKHA VALLEY DENOTED BY THE HIGH ELEGANT LOOKING PEAK OF KANG YATSE, THE PLAINS OF TIBET AND THE TWIN PEAKS OF CHAMSER AND LUNGHER ALL RISING ABOVE 6400 METERS. SPANGNAK RI DOES NOT FAIL TO INSPIRE YOU EITHER. THE GRAND VISTA OF THE TSOMORIRI LAKE AND RUPSHU PLAINS SURROUNDED BY SOME OF THE HIGH SNOW-CAPPED PEAKS OF LADAKH IN THE MORNING SUNLIGHT IS A BREATHTAKING VIEW AND ONCE IN A LIFETIME MOMENT THAT ALL THE HIMALAYAN HIGH SEEKERS MUST EXPERIENCE.

DAY 1 :

ARRIVE IN LEH (3500M)

REST, ACCLIMATIZATION AND SHOPPING FOR PERSONAL OR RELATED THINGS FOR THE EXPEDITION. 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)

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 KARZOK PHU (4600M)

TODAY THE TASK IS TO LEAVE EARLY IN THE MORNING AND REACH KARZOK (4500M) (DRIVE DISTANCE APPROXIMATELY 211 KM, DURATION 10 HOURS). 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.

DAY 4 :

REST AND ACCLIMATISATION AT KARZOK PHU(4600M)

DUE TO THE HIGH ALTITUDE OF KARZOK, A REST DAY IS IMPORTANT FOR YOUR BODY TO ACCLIMATIZE. USE THIS DAY TO EXPLORE THE STUNNING BLUE LAKE OF Tso MORIRI LAKE. OVERNIGHT IN TENTS.

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

DAY 5 :

KARZOK PHU - BASE CAMP (5250 M)

ROAD HEAD TO BASE CAMP (7-8 HOURS) FOLLOWING THE DUSTY PATH, WE WILL HIKE THROUGH THE LOVELY VALLEY ON A FAIRLY LEVEL PATH WITH GRADUAL ACCENT INITIALLY AND INCREASING GRADIENT AS WE APPROACH THE BASE CAMP. WITH NO TIME ONE CAN

SEE THE TSO MORIRI LAKE IN THE BACKGROUND ALONG WITH MANY SURROUNDING 6000ERS IN THE PANORAMA.

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

DAY 6 :

TRAINING AND ACCLIMATISATION AT BC. TREK TO HIGH CAMP

TODAY WE WILL TAKE SMALL HIKEs AND PREPARE FOR OUR EXPEDITION. ALSO, LET YOUR BODY ACCLIMATE TO THE HIGH ALTITUDE. OVERNIGHT IN TENTS.

TIP FOR THE DAY: SAVE YOUR ENERGY.

DAY 7 :

SUMMIT ATTEMPT AND RETURN TO BASE CAMP (MENTOK 1)

WAKE UP EARLY AND START THE SUMMIT PUSH BY 1AM. THE VIEW FROM THE SUMMIT IS ABSOLUTELY AWE-INSPIRING. WITH A PANORAMIC VIEW OF TSO MORIRI LAKE, PARANG LA, CHAMSER AND LUNGSER KANGRI. DESCEND DOWN TO THE BASE CAMP AND RETIRE FOR THE NIGHT.

DAY 8 :

RESERVE DAY/ MENTOK 2 & 3 SUMMIT ATTEMPT)

RESERVE A DAY FOR SUMMIT CLIMB IF THE WEATHER DOES NOT ALLOW YOU TO SUMMIT THE DAY BEFORE OR IF YOU ARE READY TO TRY THE MENTOK 2 SUMMIT.

WE WOULD KEEP ONE MORE DAY TO ATTEMPT (FOR NO EXTRA COST AS AN ADDITIONAL RESERVE DAY)

DAY 9 :

RESERVE DAY/ MENTOK 2 & 3 SUMMIT ATTEMPT)

WE WOULD KEEP ONE MORE DAY TO ATTEMPT (FOR NO EXTRA COST AS AN ADDITIONAL RESERVE DAY)

DAY 10 :

BASE CAMP - KARZOK

WE TREK BACK TO KARZOK AND REST FOR THE NIGHT. OVERNIGHT IN TENTS.

DAY 11 :

KARZOK - LEH [10 HOURS DRIVE]

DAY 12:

DEPARTURE FROM LEH (3500M)

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 MAT,GAITERS AS REQUIRED**
- **TREK PERMISSIONS FEE, IF ANY (UPTO THE AMOUNT CHARGED FOR INDIAN NATIONALS)**
- **EXPERIENCED GUIDE 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 DATES MENTIONED IN THE FIRST POINT.**
 - **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**
 - **ANYTHING NOT SPECIFICALLY MENTIONED UNDER THE HEAD INCLUSIONS.**
 - **INNER LINE PERMIT FEE AND IMF FEE**
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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 TRACK 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.**

NOTE :

MENTOK KANGRI EXPEDITION IS MADE ONLY FOR EXPERIENCED CLIMBERS WHO WANT TO TEST THEIR LIMITS. THE CHALLENGES FACED IN THE CLIMB SHOULD NOT BE UNDERESTIMATED. YOU SHOULD ATTEMPT THIS PEAK ONLY IF YOU HAVE ALREADY DONE A TREK THAT CLIMBS TO 5000M+. 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 CLIMB

~ DIFFICULTY GRADE ON MAN TO MOUNTAIN RATING SCALE : 7/10 ~
