



MOUNT KUN EXPEDITION

ALTITUDE : 7077 METRES / 23219 FEET

(GRADE: 8/10 - DIFFICULT)

- 23 DAYS -

(LADAKH, INDIA)

(JULY - SEPTEMBER)

MT. KUN CLIMBING EXPEDITION – AN ELABORATE DESCRIPTION

MOUNT KUN: A MAJESTIC HIMALAYAN PEAK

OVERVIEW

MOUNT KUN IS ONE OF THE MOST REMARKABLE PEAKS IN THE INDIAN HIMALAYAS, STANDING AT **7,077 METERS (23,219 FEET)**. IT IS PART OF THE **NUN KUN MASSIF**, LOCATED IN THE **SURU VALLEY OF LADAKH, INDIA**. THE PEAK IS A SOUGHT-AFTER CHALLENGE FOR CLIMBERS DUE TO ITS STEEP RIDGES, HARSH WEATHER, AND TECHNICAL CLIMBING ROUTES.

GEOGRAPHY & LOCATION

- **RANGE:** WESTERN HIMALAYAN RANGE, GREAT HIMALAYAN RANGE (PART OF THE NUN KUN MASSIF)
- **REGION:** LADAKH, INDIA
- **COORDINATES:** 33.9826°N, 76.0353°E
- **NEIGHBOURING PEAKS:**
 - **NUN PEAK (7,135 M)** – THE HIGHEST PEAK IN THE MASSIF
 - **BARMAL (5,900 M)**
 - **WHITE NEEDLE (6,500 M)**
 - **PINNACLE PEAK (6930M)**

MOUNT KUN AND NUN PEAK, THE TWIN SUMMITS, DOMINATE THE ZANSKAR RANGE. WHILE NUN IS THE TALLER OF THE TWO, MOUNT KUN IS EQUALLY SPECTACULAR AND ATTRACTS EXPERIENCED MOUNTAINEERS WORLDWIDE.

CLIMBING & EXPEDITIONS

- **FIRST ASCENT:** ACHIEVED IN 1914 BY ITALIAN CLIMBERS MARIO PIACENZA AND LORENZO BORELLI.
- **CLIMBING GRADE:** CONSIDERED A MIX OF MODERATE TO TECHNICALLY DIFFICULT DUE TO CREVASSES, ICEFALLS, AND STEEP SLOPES.
- **BEST CLIMBING SEASON:** JULY TO SEPTEMBER (OPTIMAL WEATHER CONDITIONS).
- **COMMON ROUTE:** THE MOST FREQUENTLY ATTEMPTED ROUTE STARTS FROM TANGOL VILLAGE, ASCENDING VIA THE NORTH-EAST RIDGE.

CLIMBERS FACE CHALLENGING GLACIERS, ROCKY OUTCROPS, AND STEEP ICE WALLS BEFORE REACHING THE SUMMIT, WHICH OFFERS BREATHTAKING PANORAMIC VIEWS OF THE KARAKORAM AND HIMALAYAN RANGES.

FLORA & FAUNA

DESPITE ITS HARSH CONDITIONS, THE SURROUNDING REGIONS OF MOUNT KUN HOST:

- **FAUNA:** SNOW LEOPARDS, HIMALAYAN IBEX, MARMOTS, AND GOLDEN EAGLES.
- **FLORA:** HIGH-ALTITUDE ALPINE SHRUBS, JUNIPER, AND MEADOWS WITH WILDFLOWERS IN SUMMER.

SIGNIFICANCE

- **ADVENTURE & MOUNTAINEERING:** A DREAM PEAK FOR CLIMBERS, ATTRACTING INTERNATIONAL EXPEDITIONS.
- **SPIRITUAL & CULTURAL RELEVANCE:** LADAKH, KNOWN FOR ITS BUDDHIST HERITAGE, CONSIDERS THE HIMALAYAS SACRED.
- **GLACIAL IMPORTANCE:** HOUSES IMPORTANT GLACIERS FEEDING THE SURU RIVER, SUPPORTING LOCAL AGRICULTURE AND ECOSYSTEMS.

CONCLUSION

MOUNT KUN IS AN ICONIC HIMALAYAN GIANT, OFFERING A BLEND OF ADVENTURE, NATURAL BEAUTY, AND CULTURAL SIGNIFICANCE. WHETHER YOU'RE AN ASPIRING CLIMBER OR A NATURE ENTHUSIAST, ITS TOWERING PRESENCE IN LADAKH'S RUGGED LANDSCAPE REMAINS AN AWE-INSPIRING SIGHT.

DAY 1:

ARRIVAL 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)

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.

DAY 3 :

LEH TO GYAMCHE LA (4850M) AND BACK TO LEH (3500M)

TODAY THE TASK IS TO LEAVE EARLY IN THE MORNING AND REACH DISKO VALLEY AROUND LEH (DRIVE DURATION OF AROUND HALF AN HOUR). THE TREK WOULD TAKE APPROXIMATELY 10 HOURS FROM ROAD TO ROAD. AFTER REACHING BACK TO LEH WE WOULD EAT AND KEEP OURSELVES HYDRATED AS MUCH AS POSSIBLE TO AVOID ANY SYMPTOM OF AMS.

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

DAY 4 :

DRIVE FROM LEH TO KARGIL (2676M)

TODAY WE LEAVE EARLY MORNING FROM LEH TO KARGIL ,THE TRAVELLING DISTANCE FROM LEH TO KARGIL IS 214 KM. A REST DAY IS IMPORTANT FOR YOUR BODY TO ACCLIMATIZE. EVEN THOUGH THE ALTITUDE IS LESS OF KARGIL THAN OF LEH. USE THIS DAY TO EXPLORE THE CITY OF KARGIL AND REST TO PREPARE THE BODY AND MIND.

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

DAY 5 :

KARGIL – SHAFAT NALA (4000 M)

5-7 HOURS DRIVE DEPENDING UPON THE ROAD CONDITIONS, 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 SURU VALLEY. WITH NO TIME ONE CAN SEE THE NUN – KUN MASSIF OF THE GREAT HIMALAYAN RANGE 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 :

REST & ACCLIMATIZATION AT SHAFAT NALA (4000M)

WE WILL ACQUIRE THE ROAD HEAD CAMP AND AFTER THE DINNER WILL REST FOR THE DAY.

TIP FOR THE DAY: SAVE YOUR ENERGY.

DAY 7 :

SHAFAT NALA TO KUN BASE CAMP (4,400M)

WAKE UP EARLY AND START THE TREK TO KUN BASE CAMP. THE TREK IS BEAUTIFUL, AWE-INSPIRING AND CHALLENGING. IT WILL TAKE 8-9 HOURS TO COVER THE DISTANCE OF 18 KMS. WITH A PANORAMIC VIEW OF SURROUNDING PEAKS AND DINNER, RETIRE FOR THE NIGHT.

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

DAY 8 :

REST AND ACCLIMATIZATION AT BASE CAMP.

YOUR TIME AT BASE CAMP IS FILLED WITH IMPORTANT ACTIVITIES, FROM ORGANIZING AND SETTING UP EQUIPMENT TO CONDUCTING TECHNICAL TRAINING, PRACTICING ON NEARBY ICY SLOPES, AND PERFORMING LOAD FERRY TRIPS TO CRAMPON POINT AND BACK TO BASE CAMP. BEFORE STARTING THESE TASKS, HOWEVER, YOU HAVE A FULL DAY TO REST, RECOVER, AND ACCLIMATIZE TO THE ALTITUDE, TERRAIN, AND TEMPERATURES OF THE BASE CAMP.

DAY 9 – DAY 18 : (10 DAYS)

BASE CAMP TO SUMMIT AND BACK TO BASE CAMP

HIGH-ALTITUDE EXPEDITIONS DEMAND FLEXIBILITY, AS WEATHER AND TERRAIN CONDITIONS CAN CHANGE UNEXPECTEDLY, MAKING RIGID DAILY SCHEDULES NEARLY IMPOSSIBLE. ON MT. KUN, THE CLIMB IS CAREFULLY STRUCTURED AROUND ACCLIMATIZATION THROUGH ROTATION ROUNDS BETWEEN CAMPS, WHICH IS ESSENTIAL FOR ADAPTING SAFELY TO THE THIN AIR. THE MOUNTAIN HAS THREE MAIN CAMPS ABOVE BASE CAMP, LOCATED AT 5,300 M, 6,050 M, AND 6,290 M.

THE ROTATION SYSTEM FOLLOWS THE PRINCIPLE OF “CLIMB HIGH, SLEEP LOW,” A CRUCIAL GUIDELINE FOR SURVIVAL AT EXTREME ALTITUDES. CLIMBERS TYPICALLY MAKE TWO ROUNDS BETWEEN CAMPS. ON THE FIRST DAY, EQUIPMENT AND SUPPLIES ARE FERRIED UP TO THE NEXT CAMP, THEN THE TEAM DESCENDS TO THE LOWER CAMP TO REST OVERNIGHT. THE FOLLOWING DAY, THEY RETURN TO THE HIGHER CAMP, SET UP TENTS, AND SETTLE IN. THIS APPROACH REDUCES THE LOAD CARRIED IN A SINGLE TRIP, GRADUALLY EXPOSES THE BODY TO HIGHER ALTITUDES, AND HELPS REFINE CLIMBING TECHNIQUE AND EFFICIENCY AS EACH PASSAGE BECOMES PROGRESSIVELY EASIER.

THROUGHOUT THE EXPEDITION, THE SCHEDULE INCORPORATES REST DAYS, ACCLIMATIZATION CLIMBS, AND ROTATION ROUNDS, WITH THE FLEXIBILITY FOR UP TO TWO SUMMIT ATTEMPTS IN CASE OF ADVERSE WEATHER.

THE ROUTE FROM CAMP 1 TO CAMP 2 IS THE MOST CHALLENGING AND TECHNICAL PART OF THE CLIMB. FIXED ROPES, ASCENDERS, AND CAREFUL NAVIGATION OVER ICE WALLS ARE REQUIRED TO PROGRESS SAFELY. OTHER SECTIONS, INCLUDING THE SUMMIT PUSH, FEATURE STEEP SNOW SLOPES, ICE PATCHES, AND SCATTERED ROCK OBSTACLES THAT TEST BOTH SKILL AND ENDURANCE.

THIS STRUCTURED APPROACH ENSURES CLIMBERS GRADUALLY ADAPT TO HIGH-ALTITUDE CONDITIONS WHILE BUILDING CONFIDENCE AND STAMINA FOR THE SUMMIT ATTEMPT. THE COMBINATION OF ROTATION ROUNDS, STRATEGIC REST, AND TECHNICAL PREPARATION MAXIMIZES SAFETY, EFFICIENCY, AND THE LIKELIHOOD OF A SUCCESSFUL ASCENT, ALL WHILE ALLOWING CLIMBERS TO EXPERIENCE THE UNIQUE CHALLENGES AND BEAUTY OF MT. KUN’S HIGH-ALTITUDE ENVIRONMENT.

DAY 19 :

BASECAMP (4,400M) TO SHAFAT NALA (3,800M) & DRIVE TO KARGIL (2,676M)

ONCE YOU’VE HAD TIME TO REST AND RECOVER, BREAK DOWN YOUR TENTS AT BASE CAMP AND BEGIN THE DESCENT TOWARD SHAFAT NALLA. THIS SECTION OF THE TREK IS FAIRLY GENTLE AND TYPICALLY TAKES AROUND FOUR HOURS. AFTER REACHING THE NALLA, YOU WILL BOARD YOUR VEHICLE AND CONTINUE THE DRIVE TO KARGIL, WHERE YOU CAN EXPECT TO ARRIVE BY EARLY EVENING.

DAY 20:

DRIVE FROM KARGIL (2,676M) TO LEH (3,500M)

DISTANCE: 217 KM

DURATION: APPROXIMATELY 6–7 HOURS

FOLLOWING BREAKFAST, WE WILL SET OFF FOR LEH, AIMING TO ARRIVE BY EVENING. THIS DAY MARKS A SPECIAL OCCASION, AS IT CELEBRATES THE SUCCESSFUL COMPLETION OF THE EXPEDITION.

DAY 21 :

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.

DAY 22 & DAY 23:

RESERVE DAYS

IN CASE OF BAD WEATHER OR OTHER DIFFICULTIES, 2 DAYS ARE RESERVED FOR A SECOND SUMMIT ATTEMPT. THESE WILL ONLY GET USED IF UNEXPECTED AND UNFORESEEABLE CONDITIONS PRESENT THEMSELVES AT THE LAST MINUTE PREVENTING THE FIRST SUMMIT PUSH AND ANY OTHER DAY WHILE MOVING FROM ONE CAMP TO ANOTHER.

“WE PRIORITIZE SAFETY BY USING ALL BRAND-NEW EQUIPMENT AND AIM TO PROVIDE A TRULY 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 EQUIPMENT: TENTS, SLEEPING BAGS, SLEEPING MATS, GAITERS AS REQUIRED**
- **TREK PERMISSIONS FEE, IF ANY (UP TO 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, SAR , 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)**

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.**

NOTE :

MOUNT KUN 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 EXPEDITION 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: 8/10 ~
