



HIMALAYA INSIGHT TOUR

Create Memories For Life

Junglam Trek

Duration: 13 Days

Best Season: 15 August to October

Max. Altitude: 5200 mts /17050 ft

Grade: Challenging

Routes: Leh - Hemis - Shang Sumdo - Kongmaru la - Zalungkarpo la - Zangla - Padum

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.



ITINERARY

Day 01: Arrival Leh (Complete Rest in Leh for acclimatisation)

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 – 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

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valley along the river, crossing it several times before reaching Shang Sumdo.
Overnight in the tent

Day 03: 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 04: 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 05: Langthang Chu - Zalong 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 Zalong 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 06: Zalong 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 07: 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 08: 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 09: 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.



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Day 10: 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 11: 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 12: 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 13: Leh – Delhi

Tour concludes. HIMALAYA INSIGHT TOUR thanks you for your patronage and ensure a punctual transfer to Domestic Airport to catch the flight for your onward Destination.

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