



HIMALAYA INSIGHT TOUR

Create Memories For Life

Rumtse to Tso Moriri Trek

06 Nights – 07 Days



Day 1 : Rumtse to Kyamar – Distance – 10 km, Time taken – 4 hours

The trail to Kyamar is also called salt road because through this valley salt was transported from Tso Kar to Indus valley and Leh. Witness the different landscapes and sceneries different from Ladakh.

Day 2 : Kyamar – Kyamar La – Mandalchan La – Tisaling – Distance – 13 km, Time taken – 6/7 hours

Leave Kyamar and climb gradually to Kyamar La which offers exotic sight of Changthang region. After a short break at the pass descend towards Tiri Doksa.

It is a temporary shelter of shepherds on the way. Continue trekking and ascend to Mandalchan La, get great views of the surroundings. Halt for a while there enjoy being at the top then descend to Tisaling. After covering 13 km trail reach the campsite and retire for the night.

Day 3 : Tisaling to Shibuk La – Ponganagu – Distance – 14 km, Time taken – 6/7 hours

Leave Tisaling and head towards Shibuk La, the altitude is gained gradually. Reach the top and get amazing views of Tso Kar Lake. Without wasting much time get down to Ponganagu your campsite for today.

Ponganagu is near Tso Kar lake, it is rich in Fauna and some Himalayan animals and birds can be easily spotted here like ibex, marmots and kiang.

Day 4 : Ponganagu to Nuruchan- Distance – 17.8 km, Time taken – 5/6 hours

Walk along the west of Tso Kar lake and there spot Brahmini ducks and necked cranes.

Tso Kar is also known as “White Lake” because on its bank salt gets deposited.

From here walk to Nuruchan, campsite for today.

Day 5 : Nuruchan to Kyamayuri La and Gyamar Barma- Distance – 19 km, Time taken – 7/8 hours

After breakfast, get ready to cross two passes; Horlam Kongka La and Kyamayuri La. On the way come across some nomad families with their goats, sheep and yaks.

After crossing these passes and tough long hike reach Gyamar Barma. Setup your camps here and retire for the night.

Day 6: Gyamar Barma to Kartse La and Gyamar – Distance – 5.7 km, Time taken – 3 hours

Today also you will be crossing a pass “Kartse La”. The trek is 5.7 km long, covering the distance will take around 3 hours.

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After crossing Kartse La go downwards to reach Gyamar valley.

Gyamar to Yalung Nyau La and Karzok – Distance – 16 km, Time taken – 5/6 hours

Leave Gyamar and cross the final Yarlung Nyau La, it is the highest pass you are going to cross. From the top bluish freshwater Tso Moriri Lake is clearly visible.

This pristine Lake is 40 km long at an altitude of 4,522 m flanked by the Greater Himalayas and Trans Himalayas.

The interesting story behind Tso Moriri's name is – A Chomo woman (Buddhist nun) was riding on a Yak and got carried into the lake, the Yak started drowning into the water then the scared woman cried “Ri Ri” for help until she drowned then the lake got its name “Chomoriri”.

Descend to the village of Korzok which overlooks Tso Moriri and it is a settlement of Chanpa (nomads). Karzok is India's highest altitude village (4572 m) and there a 500 years old ancient monastery lies on the trading route between Ladakh and Spiti.

www.himalayainsight.in

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