

# Stok Kangri Trek

Summit your first Himalaya Peak at 6120m



Ultimate Challenges

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# Stok Kangri Peak (6120m)

## Ladakh Hidden Kingdom Trek with Stok Kangri Peak (6120m)

Stok Kangri is a perfect objective for fit trekkers without climbing experience, and is one of the few achievable Himalayan peaks. It is one of the dominant peaks in the Zaskar range, situated in the fascinating region of Ladakh, north India. This high and arid landscape has captured the imagination of travellers since it first opened to visitors in 1974.

The expedition travels through remote valleys, scattered high villages and past hilltop monasteries to the base of the mountain. The South Ridge provides an exhilarating climb in these fantastic surroundings. Although technically straightforward, the route is challenging, giving spectacular views of the Karakoram Range and on a clear day, even K2 in the far distance.

One of the highlights of the trip is the exciting flight into Leh, and spending time exploring the ancient capital of Ladakh. The regal air of the city, with its 'potato-like' palace and the charm of the friendly and traditionally dressed Ladakhi people, all contribute to the experience of this breath taking expedition.



# Detailed itinerary

## Day 1: Fly Delhi to Leh

Fly to Leh, the capital of Ladakh. The flight takes us over the Greater Himalaya and makes an exciting landing at one of the highest airports in the world. We can hope to get excellent views of Stok Kangri as we fly in and on a clear day the great peaks of the Karakoram are visible to the north. We are met at the airport and taken to our hotel. Leh is at an altitude of nearly 3500m and you can expect to feel the effects of the rarefied atmosphere. The rest of the day is spent at rest acclimatising to the altitude.

## Day 2: Exploring city of Leh

Spend the day sightseeing in Leh and acclimatising to the altitude. The ruins of the Palace are perched on Namgyal Hill, and provide magnificent views of the whole of Leh and surrounding villages.

## Day 3: Begin trek up Matho River Valley to Stok Kangri, 4480m

Leaving early in the morning, we drive up the Indus Valley to Matho (2 hours), which is the start of our approach to Stok Kangri, we trek up the Matho River Valley. We set up camp at a place called Matho Phul at 4,480m.

## Day 4: Trek to Stok Kangri base camp, 5000m

From Matho Phul, we continue up the valley making a steep climb over a pass from which we get more super views of Stok Kangri. Also visible below us is our base camp and the route we will be trekking from base camp to the summit. From here, a steady descent leads to our base camp and home for the next three nights.

## Day 5: Rest day and time for final preparation

Today we will have the opportunity to do a number of short walks around base camp to help with our acclimatisation. Today we will also spend time checking our climbing equipment. We will be given training on how to use crampons and how to walk on a rope, which may be needed for confidence. Our guide will give us a small demonstration and briefing about the summit day. Tonight we will have an early dinner to prepare for summit day.

## Day 6: Summit day, Stok Kangri, 6120m

Our summit day begins before dawn, to give us ample time for the climb. It is most likely that we do not need our crampons for the majority of the trek as we scramble over scree and boulders, which lead up to the south ridge. The 1,500 ft ridge that stretches up to the summit is exciting and superbly exposed, although never particularly steep and very straight forward. Most of the ridge is like a steep path, so ropes are not usually necessary, although some scrambling is required. At an altitude approaching 20,000 ft it is extremely tiring and anybody who needs a rope will be able to use one. The summit is a superb reward for your effort. From the top you get a magical 360-degree view of the whole of Ladakh - the twin peaks of Nun (23,400 ft / 7,132m) to the east, the Karakoram range to the north.

After spending some time on the top we will descend down from same way. The way down is very tricky so we have to be very careful. Overnight in tents.

# Detailed itinerary

## Day 7: Trek to Stok (3600 m) from base camp

Today after breakfast, we will say goodbye to this magical peak. From our base camp we descend on an easy trail passing spectacular layered multi-coloured rock formations into the Stok Valley and down to Stok village through fields of barley and buckwheat. This will take 4-5 hours. We will have lunch and before the short drive back to Leh.

## Day 8: Free day

Spare day for Stok Kangri summit in case of bad weather or free day in Leh.

## Day 9: Fly from Leh to Delhi

After another spectacular flight, we return to Delhi. Afternoon guided tour of Old Delhi, visiting Red Fort, Chandni Chowk (Silver market). Overnight in hotel.

## Day 10: Departure to London

Early morning departure transfer to the airport for our return flight to London.

## Challenge grade

Tough

## Best time of year

July to September

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*This itinerary is complex and subject to change*



# Why choose Ultimate Challenges?

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