

Ladakh Trek

5 day trek through the Sham Valley



Ultimate Challenges

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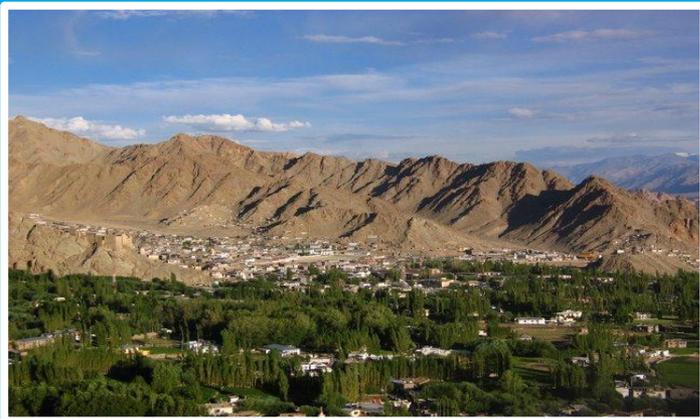
Ladakh Trek

Trek “Little Tibet” amidst India’s finest mountains

Travel to India and experience this stunning 5 day trek passing through the multi-coloured mountain range ornamented with villages, monasteries, temples and stupas.

Ladakh is an ethereal cold desert that goes by names such as ‘The Last Shangrila’, ‘Moonscape’ and ‘Little Tibet’ – all of which ring true as it’s a land that seldom fails to baffle or surprise. The stark and rugged landscape is situated amidst multiple-hued mountains, surprised by quaint little vibrant green hamlets oozing wild roses and lavender. It is bounded by two of the world's mightiest mountain ranges, the Great Himalaya and the Karakoram, and it also lies across two other, the Ladakh range and the Zaskar range.

The trek follows trails away from the popular routes, passing through quiet villages, monasteries, offering an extensive range of flora & fauna. We will be walking along a mixture of long steep climbs and descents, on trails that range from well-maintained trekking routes, to rocky, dusty paths and tracks. This is a very safe route, with our highest point being Matho La (4850m), allowing for acclimatisation. This trek is an unforgettable journey and possibly one of the finest treks in Ladakh .



Detailed itinerary

Day 1: Depart London

Depart London for Delhi, India

Day 2: Arrive Delhi, India

Arrive Delhi in the early morning where we'll be met and transferred to our hotel. In the afternoon you will have the opportunity to rest and explore Delhi. Dinner and overnight in hotel.

Day 3: Delhi to Leh

A very early start this morning as we head back to the airport for our short spectacular flight to Leh. On arrival in Leh, 3505m we are met and transferred to a traditional Ladakhi-style hotel. The remainder of the day is best spent relaxing and acclimatising to the rarefied air at this altitude or you can explore the town's fascinating markets and the wonderful 17th century fort that dominates the skyline. Lunch and dinner will be provided in the hotel.

Day 4: Leh – acclimatisation day

A full day's excursion through the Indus Valley to the beautiful village of Stok with its fascinating Royal Palace and the Buddhist monasteries of Shey, Tikse and Hemis. The day will involve a fair amount of gentle walking to build up fitness and altitude acclimatisation for the trek, which follows. Packed lunch will be provided, dinner and overnight in hotel. Full briefing tonight about the challenge ahead.

Day 5: Leh to Stok 4hrs trekking

Visit Stok village and trek up to camp at the top of village Changma (3850m). Camp overnight.

Day 6: Changma to Mankarmu 4300m 5hrs trekking

Our trail heads through the village and is used for the summer movement of cattle and sheep to the higher pastures. About three hours into the day's walk, a spur forces the river to take a sharp turn, passing the jagged ruins of the Staklang Khar fort which supposedly dates back to the 13th or 14th century and dominates the upper part of the gorge. From here the trail climbs steeply for a short distance to a saddle called TonTon, with its ritual cairn of rocks, decked with prayer flags and topped with the skulls and horns of Bharal (blue sheep); which is common in this area. The path then drops down to the stony river bed and then continues upstream, past the summer camp or 'doksa' of Chatang to another 'doksa' at Mankyurmo, where camp is set for the night.



Detailed itinerary

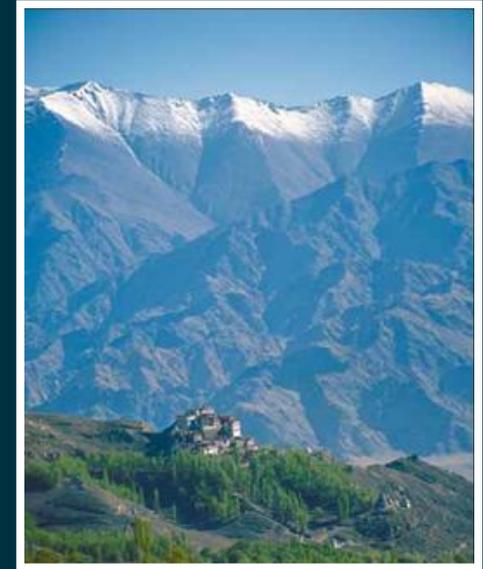
Day 7: Mankarmu to Gangpoche 4210m/7hrs trekking

Leaving Mankyurmo, the stone huts along the way are piled high with drying caragana, linicera and acantholimon bushes, which are used for fuel. In mid summer, even the driest parts of this area have tiny flowers and flowering bushes in the meadows. Where water is close to the surface, bright patterns of yellow, pink and blue can be seen. The climb up to Matho La is strenuous and at the top, travellers are often greeted by the high pitched, wild cry of the Snowcock, a giant partridge common in these parts. The initial descent is steep, but we eventually reach the valley floor, crossing some streams and reach camp at Gyangpoche Doksa. The pasture of the Upper Matho is a huge area bisected by streams, dotted with doskas, hidden amongst the dips and rises of the sharply uneven plain. To the south, it extends to the foot of the ice-clad bastion formed by Matho Kangri peak.

The plain is full of life; white-tailed hares are abundant and whole colonies of Himalayan marmots can be seen sunning themselves outside their burrows, whistling sharply in alarm as they catch sight of a golden eagle circling above. The lucky ones may catch a glimpse of a wolf or the track of a snow leopard imprinted in wet ground. Camp overnight.

Day 8: Gangpoche to Shang phu 4030m/8hrs trekking

Crossing the stream, the trail climbs up the opposite hill. Three to four hours of steady walking through relatively barren country, leads to Shang La which links the Matho Valley with the Shang Valley. From here, the view to the south is spectacular. The gradual descent leading to a small stream through dense scrub vegetation, is one of the loveliest parts of this trek. The spring-fed stream forms clear deep pools along its course and flows into the main Shang stream.



Detailed itinerary

Day 9: Near Shang Phu to Martselang 3400m/7hrs

Some two hours after leaving camp, the trail goes through the lovely small village of Shang perched high above to the left of the trail, the old gumpa with its stone fences & complex braided irrigation system, dominates the valley. From here, the trail continues to the confluence of the Shang and the larger Martselang Nala, where there is a one-house settlement called Sumdo. From Sumdo, the trail follows the Martselang Nala, crossing back and forth from one bank to the other, until it opens into the wide valley of the Indus. Our jeeps will be waiting to pick us up for our 1hr scenic drive back to Leh. Tonight we will celebrate our achievements with a special gala dinner and local cultural show in the hotel garden.

Day 10: Leh to Delhi

After early breakfast transfer to Leh Airport to board the short flight to Delhi. Once again flying over the great Himalaya is a true farewell. Met on arrival and transferred to the hotel in Delhi. Guided tours of Old and New Delhi can be organised. Dinner and overnight at hotel.

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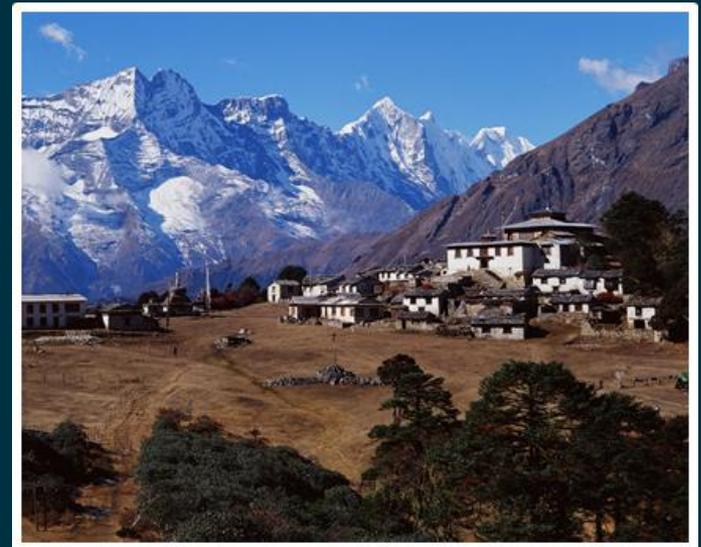
This itinerary is complex and subject to change

Challenge grade

Tough

Best time of year

June to September



Why choose Ultimate Challenges

- We have over 16 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximize your income

Our pricing policy

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, as small alterations in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.

‘ Choose your Tour Operator with your head, so your supporters can following their hearts when they travel’



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