

Mentok Kangri

Trip Code: MTK

Version: MTK Mentok Kangri and Tso Morari



MOUNTAINEER



GUIDED GROUP



TOUGH



HIGHLIGHTS

- Views from the Mentoks across the lake of Tso Morari into Tibet
- Meet and take tea with the nomadic shepherds of the Chang Tang
- Challenging, but technically undemanding, climbs
- A real trekking and climbing adventure in Ladakh

AT A GLANCE

- 13 days trekking and climbing
- Max altitude - 6250 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

- All meals included
- 6 nights Hotel
- 14 nights Camping

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Close to Ladakh's eastern border with Tibet, the rarely visited high plains of the Chang Tang are coloured in just a few places by beautiful turquoise lakes, such as Tso Kar and Tso Morari and this exciting trekking and climbing holiday is the perfect way to view this remote and stunning landscape. After acclimatising and sightseeing in Leh, we set off into the heart of this remote area, inhabited during the summer by nomadic herders and by rare animals such as wolf and kiang (wild ass) year-round. After a week of inspirational trekking, we reach the Yalung Naula Pass (5400m) where we get our first views of the 20-kilometre long Tso Morari. Not far from the village of Karzok, we establish a basecamp above the lake at an elevation of 5300 metres and from here set out to climb one or two of the summits of the Mentok Massif, all of which are above 6000 metres. The exact choice of objective and route will depend on conditions at the time. The routes to the summits of the Mentok peaks are generally of a relatively straightforward technical standard on snowslopes and the guides will fix ropes on any steeper ground we encounter. Any of these peak present an excellent challenge to fit and adventurous trekkers and this holiday is a super trek and climb combination in a special part of the world.

Is this holiday for you?

Neither the trek to Tso Morari, nor the climbs on Mentok Kangri are technically very difficult undertakings. However, the high altitudes involved during the trek (between 4500 and 5500 metres) and the climbing above 6000 metres including the use of fixed ropes, does mean that this trip will present a physical challenge to even very fit group members. The lower slopes and approaches to the Mentok peaks are likely to be free of snow during the summer months, but on the upper part of the mountain we will need to use crampons and carry an ice-axe (in addition the KE leader or local climbing staff may fix some sections of rope). It is not necessary to have previous experience of using fixed ropes as the simple techniques will be taught during the preparation for the climbs. However, we recommended that all group members have previous experience of winter hillwalking as well as previous experience of trekking at altitude.

Itinerary

Version: MTK Mentok Kangri and Tso Morari

DAY 1

Meet at the group hotel in Delhi. Transfers from Delhi Airport are provided.

Your holiday starts at the hotel in Delhi. Transfers from Delhi Airport are provided. Lunch and an afternoon at leisure at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **L D**



Accommodation
Hotel

DAY 2

Transfer to the domestic airport. Fly over the Himalaya to Leh (3524m). Afternoon free.

After an early breakfast, we return to the airport (this time to the Domestic Terminal) for the early morning internal flight to Leh. The hour long flight is simply spectacular and provides close-up views of the 7000 metre massifs of Nun and Kun. Arriving at Leh (3500m), we drive by jeep to our hotel. The rest of the day is free to either rest in the shade of the hotel courtyard, or for those not phased by their long air journey, there is the option to take a lazy walk into Leh's colourful bazaar to check out the roadside stalls selling Tibetan artefacts. Flying straight into the high altitude of Leh can take your breath away and it is best to concentrate on acclimatising for the first few days.

Meals: **B L D**



Accommodation
Hotel

DAY 3

A full day's sightseeing including visit to the monastery at Alchi. Return to Leh (3524m).

We take it easy today as we begin to get used to the rarefied air of this high and wild territory on the

north side of the Indian Himalaya. We take a ride out of Leh following the mighty Indus River for approximately 65km to reach the monastery complex at Alchi. This is reputedly the oldest monastery in Ladakh with parts of the several buildings dating back to the 10th century. The monastery complex is vast and the wood carvings and mandalas (Buddhist paintings) here are fascinating. A slow and steady exploration - exercise without exertion - will do for today. Returning to Leh the rest of the day is free for looking around the bazaar or relaxing at the hotel.

Meals: **B L D**



Accommodation
Hotel

DAY 4

Drive up to the Khardung La (5380m) for views of Stok Kangri. Return to Leh (3524m).

Today, we further our acclimatisation with a jeep drive up to the 5380 metre Khardung La, one of the world's highest road passes. This high pass in the mountains to the north of Leh leads into the Nubra Valley, which has until recently been closed to foreign visitors. The 2000 metre climb to the pass provides panoramic views of the Zaskar Range beyond the Indus Valley, and towards the Karakoram of Pakistan. After taking tea at the pass, gasping in the thin atmosphere, we return to our hotel in Leh. Those with energy to spare may wish to tackle the climb up to the palace. Modelled on the Potala in Lhasa, the roof of this nine story building is another good viewpoint.

Meals: **B L D**



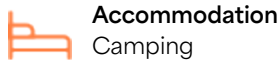
Accommodation
Hotel

DAY 5

Visit the monasteries at Thikse and Hemis. Drive to Rumtse (4200m).

Another day of 'active' sightseeing as we visit the area's most important monasteries at Thikse and Hemis. These monasteries occupy elevated sites and Thikse has an impressive statue of the Matreya Buddha and there are remarkable views from this monastery across the Indus Valley to the peaks of the Stok Range. Visiting Leh's monasteries always involves climbing up and down long flights of stairs which is all good for our acclimatisation. After our visit to Hemis, the most important of the Indus Valley monasteries and tucked away in a rocky valley, we drive on to Rumtse (4200m), where we set up our first camp.

Meals: **B L D**

**DAY 6**

A short first day of trekking through riverside pastures to the base of the Kyanmer La (4615m).

Between the Leh to Manali road and Tso Morari lies one of the highest plains on earth and after the first couple of days we will be trekking above 4500 metres constantly. This does have an effect on our trekking performance and the several relatively small passes that we cross (they are actually 5000 metre passes, but quite minor in terms of the height gain involved) will feel quite tough. On this first day, we start out with a lovely walk to a camp site just above the summer settlement of Chorten Sumdo. The route takes us through pleasant pastures, with several small river crossings. This is an area much used by nomadic shepherds and we will get used to seeing their tented camps, surrounded by herds of sheep. We set up camp on the pleasant grazing ground of Kyanmer (4615m).

Meals: **B L D**

**DAY 7**

Trek across the Kyamar La (5130m) and the Mandalchan La (5216m) to Tisaling (5046m).

The day starts out with a gradual but quite tough climb to the Kyanmer La (5130m), which takes a little over 2 hours from camp. On the way we are likely to see hares, marmots and picas, as well as the elusive Himalayan blue sheep. A recent KE group found the footprints of a snow leopard at this pass. From here, there are spectacular views westwards to the Zaskar range of mountains and also, looking north and east, wide-ranging panoramas across the high plateau of the Chang Tang. We descend on grassy slopes for an hour to Tiri Doksa, a temporary shepherding settlement and then continue to a stream where we take lunch. After lunch, a trek of an hour or so takes us across the Mandalchan La (5216m). We reach our camp at Tisaling (5046m).

Meals: **B L D**



DAY 8**Trek across the Thasang La (5300m) to Phongponagu on the shores of Tso Kar lake (4579m).**

From camp, we climb up to the Thasang La (5300m). Excellent views of the lake of Tso Kar (White Lake) below us. We descend steadily and walk across level plains to Phongponagu (4579m) close to the salt lake of Tso Kar. There should be time in the afternoon to explore the lake shore, with a good chance to see kyang (wild ass), marmots and great birdlife, such as bar-headed geese and Brahminy ducks on the lake. Tso Kar is a salt water lake and the nomads take this salt across to Tibet for trade.




Meals: **B L D**

	Accommodation Camping		Ascent 300M		Descent 750M		Time 7 hrs trekking		Distance 17KM
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DAY 9**Trek along the lake shore and across the Chang Tang plains to Nuruchan (4694m).**

Today's walk is an easy one, along the shore of the lake and then across the open and quite arid Chang Tang plains to a beautiful campsite in the pastures of Nuruchan (4694m). There are usually several nomad camps in this area, with scattered tents, shepherds and their dogs and herds of livestock.

Meals: **B L D**

	Accommodation Camping		Ascent 150M		Descent 50M		Time 5 - 6 hrs trekking		Distance 16KM
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DAY 10**Trek across the Nuruchan La (4750m) to Rachungkaru (4952m).**

On leaving camp, we cross a stream and pass close to a mani wall, sculpted by the Chang Tang herders. We then hike up to the Nuruchan La (4750m), before descending easily to cross another stream and another low pass. In this area, the nomadic herdsman that we meet are likely to be Tibetan, having been displaced here from the western part of that cross-border territory. We camp at Rachungkaru (4952m) amongst grazing yaks, sheep and pashmina goats. Afternoon at leisure.

Meals: **B L D**

	Accommodation Camping		Ascent 350M		Descent 120M		Time 4 -5 hrs trekking		Distance 10KM
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DAY 11**Trek across the Kyamaru La (5400m) and the Gyabarma La (5300m) to Gyabarma (5171m).**

Today is a fairly long day as we cross 2 passes of above 5000 metres. It takes us around 2 hours to reach the first of these, the Kyamaru La (5400m), where the views extend across a high-level landscape to numerous snow-capped peaks. After a short descent, we climb again to cross the Gyabarma La (5300m), beyond which we descend, cross a stream and reach our camping place in the pastures at Gyabarma (5171m). A wild and remote location.




Meals: **B L D**

	Accommodation Camping		Ascent 700M		Descent 450M		Time 8- 9 hrs trekking		Distance 16KM
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DAY 12**Trek across Yalung Naula Pass (5400m) with views of Tso Morari Lake and descend to Karzok Dok (4632m).**

We can enjoy sensational views of the stunning lake of Tso Morari, as we reach the top of the Yalung Naula Pass (5400m). Some 20 kilometres long and surrounded by high, snow-capped peaks, Tso Morari is one of the most beautiful lakes imaginable. The approach to the pass is straightforward, but quite long. We descend to Karzok Dok (4632m) on a zig zag path.

Meals: **B L D**

	Accommodation Camping		Ascent 300M		Descent 800M		Time 5 - 6 hrs trekking		Distance 15KM
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DAY 13**Trek to our basecamp for Mentok Kangri (5300m).**

Today, we hike up to our basecamp area below Mentok Kangri. This approach leads through an open valley and over rounded ridges, on a trail that crosses a mix of open moorland and bouldery moraine. We set up camp at 5300 metres beside a stream.

Meals: **B L D**

	Accommodation Camping		Ascent 650M		Descent 10M		Time 5 - 6 hrs trekking		Distance 8KM
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DAY 14**A day to rest at basecamp and make final preparations for the ascent of Mentok Kangri.**

A day to rest at basecamp and make final preparations for the ascent of Mentok Kangri. The group leader and Sherpas may opt to fix ropes today on any steeper sections of the chosen route.

Meals: **B L D**



Accommodation
Camping

DAY 15**Climb Mentok Kangri for extensive views across the lake and to Tibet. Return to basecamp.**

After an early start, we hike for approximately 2 hours to the glacier where we rope up. Under normal conditions we then ascend the ridge on easy angled snow with the occasional steeper section and a final steepening before the summit. Any steeper sections of the climb will be fixed by our Sherpas. If the weather is good, we will spend some time admiring the fantastic views across the lake to the peak of Lungser Kangri (6666m) and Chamser Kangri and as far as distant Tibet. We descend to basecamp via the same route.

Meals: **B L D**



Accommodation
Camping



Ascent
1100M



Descent
1100M



Time
10 - 12 hrs trekking



Distance
11KM

DAY 16**Move to the basecamp for our second summit.**

This morning, we will move to a different camp for our second Mentok summit. The afternoon can be spent resting and in preparation for this second climb. If conditions allow, we will relocate to a basecamp at approximately 5500m, below the highest of the Mentok summits (6,250m).

Meals: **B L D**



Accommodation
Camping

DAY 17**Climb Mentok Kangri second summit and return to basecamp.**

After another early start, we again negotiate moraine and boulder fields to the start of our climb of our second Mentok summit. If conditions allow we will follow the ridge of the highest of the Mentok summits. This is mainly straightforward snow slope climbing, although there are some steeper sections and a small rock band to cross where we make use of fixed lines, before reaching a col. From here, we traverse a broad crest overlooking Tso Morari to reach the summit (6250m). A great day's climbing with fine views. We return to basecamp after a second long day.

Meals: **B L D**



Accommodation
Camping



Time
10 - 12 hrs trekking

DAY 18**Trek to Karzok (4500m) beside Tso Morari. Afternoon free.**

We begin our walk-out with a relatively easy descent to the village of Karzok, which is one of the highest permanently inhabited settlements on Earth. It is scenically located beside Tso Morari at an elevation of over 4500 metres. The afternoon is free to walk by the lakeshore, meet the local people and check out the village and its ancient monastery.

Meals: **B L D**



Accommodation
Camping



Ascent
70M



Descent
800M



Time
4 hrs trekking



Distance
8KM

DAY 19**Drive across the Chang Tang Plains and beside the Indus to Leh.**

We will meet our vehicles at Karzok and set off on the 6-hour drive back to Leh. The road is quite rough at first but we travel on an ever improving surface and once we reach the Indus River it's very smooth, making the final part of the journey quite comfortable. There are some great views as we cross the open plain of the Chang Tang and then descend by the (at this point) very small Indus. We will all be pleased to check into the hotel in Leh, get cleaned up and enjoy the soft bed before tucking in to a celebratory dinner.

Meals: **B L D**



Accommodation
Hotel

DAY 20**Fly to Delhi and, depending on the flight time, optional short city tour.**

We have a usually early start and go to the airport to catch our flight to Delhi. Arriving in Delhi, we transfer to our airport-accessible hotel. Depending on the timing of the flight from Leh, it may be possible to include a short sightseeing tour. This will included the Qutab Minar and other Delhi sights which may include Humayun's Tomb, India Gate, Lutyens Delhi and Raj Ghat. Alternatively, you may choose to take it easy at the hotel.

Meals: **B L D**



Accommodation
Hotel

DAY 21**Your holiday ends after breakfast. Transfers to Delhi Airport are provided.**

Your holiday ends after breakfast. Transfers to Delhi Airport are provided. To extend your holiday in India, why not pre-book a visit to Dharamsala (home of the Dalai Lama), to the Taj Mahal or a longer excursion taking in the whole of India's classic Golden Triangle. Contact our office for details.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Agra & the Taj Mahal two day tour

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.

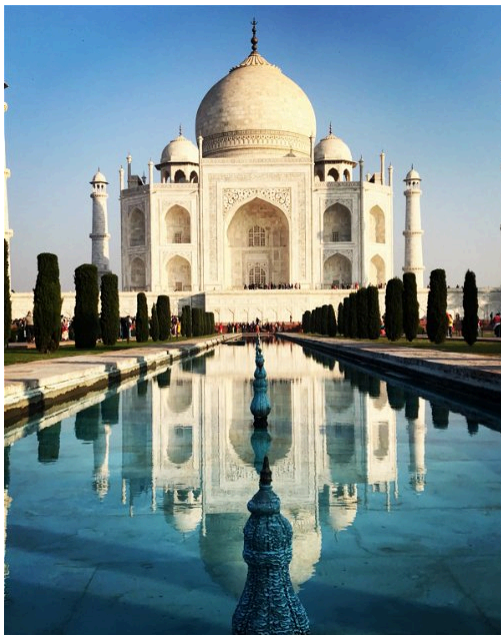
2 days from
US\$470 per person



Agra and Jaipur four day extension

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the majestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

4 days from
US\$735 per person



One day tour of Agra and the Taj Mahal

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

1 day from
US\$290 per person



Dharamsala and the Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhaula Dhar mountain range and currently home to the Dalai Lama and the Tibetan Government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama's temple complex; the Norbulingka Institute; the Tibetan children's village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhaula Dhar.

4 days from

₹9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- Delhi Airport transfers (on group arrival and departure days only)
- All land transport involved in the itinerary
- Internal flights
- All accommodation as described
- All meals throughout the trip
- Full trekking service including food and all equipment (excluding personal equipment)
- Peak fees and permits

What's not Included

- Travel insurance
- Delhi Airport transfers (other than on group arrival and departure days)
- Indian Visa
- Tips for trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Delhi.

Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on day 1 to Breakfast on day 21.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the trip price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

On arrival in Delhi and for one night after the trek, we stay at a hotel close to the airport which provides convenient and comfortable accommodation. Being near the airport makes the whole travel experience more relaxing, whilst still allowing us to include a sightseeing city tour. In Leh, we have 4 nights in a good standard of hotel. Whilst on trek there are 14 nights camping. All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek. Depending on availability it may be possible to pre book single rooms. For additional hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The group will be accompanied by an experienced, professional leader throughout the trip. During the trek, there will also be a full trek crew, including a local guide or sirdar, a team of Sherpas, a cook and a number of pack-animals and their handlers.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending many nights above 4000 metres and several nights above 5000 metres. Basecamp is at around 5300 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. Unless you have previous experience of sleeping above 4000 metres, you should also consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies. www.keadventure.com/page/altitude.html

Spending Money

Approximately £200 (or equivalent in Euros / US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including porter and trek crew tips (allow approximately £70) and extra drinks, etc. (allow approximately £40). It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money this in cash since you will be changing the majority of this into local currency on the day of arrival, and changing travellers' cheques can prove time consuming. Sterling, US dollars and Euros are readily exchanged in Delhi. Credit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is also possible to withdraw cash (rupees only) from ATMs in Delhi and Leh using credit and debit cards.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. We recommend that tips are given by the group as a whole rather than individually and as a rough guide we suggest that a contribution of approximately £70 (or equivalent in Euros / US dollars etc.) changed into Indian rupees should provide a good tipping pool for your local staff. Your trek leader will help to coordinate these tips and advise on an appropriate level of tipping for each crew member. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters, many of whom are simple farmers earning extra cash by porterring for trekking groups. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the local guides and camp crews.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and a day pack. Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg. Please note that the check-in baggage limit on all internal flights within India is now 15kg with a maximum cabin baggage limit of 7kg and you are responsible for any excess baggage fees that the airline may apply. From time to time cabin baggage (other than laptops, cameras and valuables) is not allowed on the Leh flight for security reasons. In this event, the limit for check-in baggage may be increased to 20kg at the discretion of the check-in staff. It is possible to leave travel clothes and any other items not required on trek at the group hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa India

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Indian Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: [Visa India PDF](#)

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 7 or 8 hours on some days. Previous experience of walking on easy snow slopes wearing crampons is recommended as is previous experience of trekking at altitude (above 5000 metres). We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina.

Climate

During July and August the temperature in Delhi will be hot (35°C or even a few degrees hotter than this). It will also be humid. On the high plateau of Ladakh, the maximum daytime temperature low down on our trek (and at Leh) will be around 15°C, with night-time lows below 10°C. At our highest camps, the night-time temperature may fall as low as minus 20°C. Climbing on the Mentoks, the temperature will vary from sub-zero in the early morning to 10°C. At high altitude, the sun has a very strong effect and at the height of the day it will feel hotter than the indicated temperatures. Ladakh is not adversely affected by the monsoon and we can usually expect stable, weather. However, mountains do generate their own weather systems and some rain or snowfall cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Leh and Trekking in Ladakh. Charlie Loram.
- Trekking in the Indian Himalaya. Weare. (L.Planet).
- Ladakh. (Harper Collins India)
- The Trekkers Handbook. Tom Gilchrist.
- Ladakh, Crossroads of High Asia. Janet Rizvi.
- Exploring the Hidden Himalaya. Kapadia and Mehta.
- Ancient Futures. Helena Norberg-Hodge.

Maps

India - 150K Ladakh and Zaskar Tekking Maps. Editions Olizane

This is a very good map in 3 sheets. The south and central sheets cover all the route of this holiday. Get the Northern sheet also if you wish to cover the country up to the Kardung La.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your bag whilst trekking should be no more than 15 kgs. Once on trek, your mountaineering equipment including your mountain boots will be carried separately in a group equipment bag and will not form part of this weight limit. There is a

baggage limit on the flight to Leh of 15kg for hold baggage and an additional 7kg for cabin baggage.

You must bring the following items:

- A photocopy of your travel insurance policy (required by authorities in Leh)
- Hiking boots
- Mountaineering boots - see note
- Climbing helmet
- Gaiters
- Trekking trousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Good quality (Gore-Tex or similar) overtrousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts or similar
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves or mittens
- Warm and waterproof gloves or mittens

- Daypack minimum 40 litres
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Headtorch and spare batteries
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Warm jacket (down)
- Sleeping bag (comfort rated -20°C)*
- Ice axe
- Crampons (preferably with 'step-in' bindings and anti-ball plates)
- Mountaineering or climbing harness with karabiner
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, and re-hydration salts (Dioralite)

The following items are optional:

- Thermarest or similar camping mattress - a foam mattress is provided
- Trainers or similar for camp use

- Spare laces
- Sleeping bag liner
- Swimwear (for the brave)
- Trekking poles (recommended)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Pee bottle
- Ski goggles
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Equipment hire: Items marked * can be hired / rented through KE Adventure Travel. Please make all requests at least 6 weeks prior to the trip departure date. All equipment is issued in Leh. Please remember to allow room in your trek bag for these items (note that on trek your mountaineering equipment including mountain boots will be carried separately in communal equipment bags. These will be collected from you at the start of the trek).

Mountaineering boots: Well-insulated single boots designed for Alpine mountaineering (minimum B2 rating) are suitable for departures prior to September. For departures in September or October the low temperatures encountered combined with high altitude mean that double boots with insulated inners are the best to keep your feet warm. These boots are also designed to take step-in crampons, quickly and efficiently. You must make sure that you are suitably equipped for these low temperatures. We recommend you speak to a mountaineering equipment specialist retailer for further advice.

Needle Sports (specialist mountaineering equipment shop):

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View

>><http://www.needlesports.com/>

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Delhi. Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Delhi. Outbound flights will usually depart from the UK in the evening, arriving in the morning on the following day (Day 1 of the Land Only itinerary). Return flights will depart Delhi on the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

KE are the only UK adventure tour operator trekking to the summit of Mentok Kangri. At 6250m this is an ideal first 6000m peak for those seeking a high altitude adventure! This holiday features a programme designed to ensure ample acclimatisation.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change