

Peaks and Passes of the Nubra Valley

Trip Code: NVP

Version: NVP Peaks and Passes of the Nubra Valley



MOUNTAINEER



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Explore the monasteries and palaces of Leh, known as Little Tibet.
- Walk across flower-filled meadows of the Thanglasgo Valley
- Ascend the non-technical peaks of Samgyal and Dawa
- Traverse the Ladakh Range at the Lasermo La (5400m) with far-reaching views

AT A GLANCE

- 10 days trekking and climbing
- Max altitude - 5900 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

- All meals included
- 6 nights Hotel
- 10 nights Camping
- 1 nights Guesthouse

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

Introduction

North of Leh, beyond the Khardung La, the remote valley of Nubra is only now coming to the attention of the world's adventure travellers. This fascinating region, lying in the shadow of Saser Kangri in the Eastern Karakoram, is a little warmer and more fertile than the Indus Valley and has traditional 'Silk Road' trading links across high passes to Xinjiang Province of China. After acclimatising in the vicinity of the Ladakhi capital of Leh, we cross into Nubra where we have the chance to visit the 14th century Diskit Monastery and to explore a spectacular sand-dune landscape home to double-humped Bactrian camels.

Then, from Hundar, we trek back southwards across the Ladakh Range, following a seldom-used trail to isolated villages and through rugged gorges to reach the high grazing land in the Palzampiu Valley. Here, we set up our high camp and have 2 days in which to make ascents of the glaciated and non-technical Samgyal Peak (5814m) and Dawa Peak (5900m). Each of these peaks provides unsurpassed views of the Karakoram, Zaskar and Ladakh ranges. Then, returning to the main Thanglasgo Valley, we trek out across the snow-covered Lasermo La (5400m) to Phyang Monastery and from there return to Leh. Cut off from the outside world by high passes, this is a unique and very special part of the Indian Himalaya and this new trek and climb combination aims to make the most of it.

Is this holiday for you?

This challenging trek follows three days of gentle acclimatisation to ensure that by the time we start the trek on the first day to Skarchen, we would already have spent a number of days at around 3500m. Much of the trek follows paths and trails that are used by local villagers and shepherds and are in reasonably good condition. Higher up, above our base camps there will be sections of trackless scree and open, unspoiled snow-slopes to negotiate. There are ten days on trek, of which much involve around 10-12 kilometres of walking (5-6 hours). There are elements on this trip that push it to the limits of its grading: the two climbing days are shorter in distance, but longer in time (8-9 hrs) due to the altitude and slower pace of the ascent and the high base camp is above 5000m. Neither Samgyal or Dawa are technical peaks and once above the snowline it may be necessary to fit our crampons and use a walking axe for the steeper sections, although previous experience is not essential. The guides will rope up the group if they deem it necessary. This trek is suitable for those comfortable walking for up to six hours a day, over several consecutive days.

Itinerary

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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

Fly to Leh and transfer to the group hotel. Afternoon free, with optional acclimatisation stroll around the town.

After breakfast, we transfer to the airport and take an early morning flight to Leh. The short journey offers spectacular views across the Himalayas, notably the 7000 metre massifs of Nun and Kun. Leh, known as Little Tibet, lays nestled beneath an imposing old fort and palace. Overlooking the Ladakhi capital, Buddhist monasteries and stupas perch on top of cliffs and ridges. At an elevation of around 3500m, it is important to take it easy and allow for gentle acclimatisation. For those who want to stretch their legs, the colourful bazaars and roadside stalls make for a relaxed afternoon's exploration.

Meals: **B L D**



Accommodation
Hotel

DAY 3

Visit the monasteries at Shey and Thikse as part of the acclimatisation programme.

To aid our acclimatisation, we have a full day's sightseeing tour of the area surrounding Leh. We visit the Buddhist monasteries and palaces of Shey and Thikse. These photogenic historical monuments are still occupied by orange-clad monks and sprawl across elevated sites with remarkable views across the

fertile Indus Valley. Visiting Leh's monasteries always involves climbing up and down long flights of stairs which is all good for our acclimatisation.

Meals: **B L D**



Accommodation
Hotel

DAY 4

Exploring the monasteries, stupas and palaces of Leh as part of the acclimatisation programme.

Starting from the hotel in Changspa, we walk across to the base of the Shanti Stupa (Peace Pagoda). We have the option to either climb up the long flight of steps leading to the stupa or we can take the more gradual approach on the jeep road. Looking back (from the steps) we can see the whole of Leh town and the Indus Valley beyond. After enjoying the views from the stupa, we follow the road downhill to the stupa gate and continue our walk to Sankar Gompa, a 16th century monastery belonging to the Gelukpa (Yellow Hat) sect of Tibetan Buddhism. We then hike up to Tsemo Monastery, founded in 1430 by the King Tashi Namgyal. It has a three-storey high gold painted statue of the Maitreya (future) Buddha. Once again, the views from this place are amazing. The trail then zig-zags down to Leh Palace which is being renovated by the ASI (Archaeological Survey of India). Leaving the palace, we descend through Leh's old town to arrive at the main bazaar.

Meals: **B L D**



Accommodation
Hotel



Ascent
500M



Descent
500M



Time
4 - 5 hrs walking



Distance
8KM

DAY 5

Drive via the Khardung La (5370m) into the Nubra Valley. Visit Diskit Monastery and overnight in Hunder (3050m).

Nearly 2000 metres above Leh is the Khardung La (5370m) one of the world's highest road passes. The exciting drive up to the pass affords us with extraordinary panoramic views across the Indus Valley to the Zaskar Range, with Stok Kangri standing prominently as one of the higher peaks in the range. Dropping down on the north side of the pass, we have views across to the Eastern Karakoram ranges. After approximately 4 hours, we find ourselves in the Nubra Valley where we will stop for lunch at a roadside restaurant before paying a visit to the serene Diskit Monastery. White-painted buildings cling to the ridge above Diskit's pretty patchwork of fields. We continue our drive to the next village of Hunder (3050m). After we've checked into our guesthouse accommodation, we can pay a visit to nearby sand dunes where we can observe shaggy, double-humped Bactrian camels which are native to the steppes of Central Asia and came here thanks to the caravan traffic on the trails on the Silk Road.

Meals: **B L D**



Accommodation
Guesthouse

DAY 6

First day of trekking to reach the camp at Wacham (3865m).

Hundar and Wacham are connected by a rough 4x4 road, but (after a short initial transfer) we will undertake this journey on foot. Useful for our acclimatisation and fitness, this is a straightforward walk, following the Thanglasgo River, a tributary of the Shyok, as it flows from the upper reaches of the Ladakh range. In clear weather, we will have good views of the snow-capped 6000 metre peaks that guard this valley. Many of these remain unnamed and unclimbed, such is the relative obscurity of this part of the Himalayas. Beyond a bridge, we enter a narrow gorge and start to gain height up to a grazing area on a plateau. Here we will find a group of abandoned shepherds' huts at the enclave of Skarchen (3600m). We carry on a little further and set up our camp at Wacham, near the confluence of two streams.

Meals: **B L D**



Accommodation
Camping



Ascent
750M



Descent
200M



Time
3 - 4 hrs trekking



Distance
8KM

DAY 7

Trek to our streamside basecamp (4450m) in the Palzampiu Valley.

After being awoken in our tents with 'bed tea' and bowls of hot water to wash, we are served a hearty camp breakfast. We then set off along a track, following the river and crossing a wooden bridge before climbing again to the next small community of Dok Yogma, lying at the entrance to the Palzampiu Valley. Contouring the steep hillside we now follow the Palzampiu Togpo River and gain height gradually towards the cluster of peaks. The trail is pretty well defined, as it is used by shepherds taking their animals to the high pastures in the warmer summer months. Crossing pleasant pastureland, we reach an open basin, where we set up our basecamp next to a stream.

Meals: **B L D**



Accommodation
Camping



Ascent
835M



Descent
250M



Time
5 - 6 hrs trekking



Distance
10KM

DAY 8

An acclimatisation day at basecamp. Gentle walks and exploration of the area.

Having gained a fair bit of height yesterday, it's important that we spend a second night at the same elevation before going any higher to ensure adequate acclimatisation. Our camp is located on an open grassy area beside the Palzampiu Togpo. There are some stone shelters and walled enclosures a short distance away and we are likely to see marmots which live in burrows dug into grassy mounds all around our camp. There are plenty of options for exploration around this excellent camping place and for gentle acclimatisation walks with our guide.

Meals: **B L D**



Accommodation
Camping

DAY 9

Trek up to our high camp (5150m) in the Palzampiu Valley.

Another short but spectacular day of trekking as we approach our objective peaks. We trek up above camp following the river for an hour or so before turning due south alongside a small tributary. Here, we climb more steeply across an open hillside to reach a small top beyond which the angle eases and we soon reach the site of our high camp (5150m) close to the terminal moraine of Samgyal Peak's glacier. At the head of this valley there is an impressive peak (6060m) with a clean rock face and several rocky pillars that dominate our view. Samgyal Peak, cloaked by its glacier, is situated to the north-east (to our left) of this peak. We reach high camp by lunchtime and have plenty of time to rest and to make preparation for the climb in the morning. Looking out from our camp we can see a number of nearby snow-capped peaks and, more distantly, the mountains of the Eastern Karakoram.

Meals: **B L D**



Accommodation
Camping



Ascent
800M



Descent
100M



Time
3 - 4 hrs trekking



Distance
4KM

DAY 10

An early start for the ascent of Samgyal Peak (5814m).

We will be up early, hours before dawn, before wolfing down a simple breakfast of tea and porridge and setting off, lighting our way with head-torches. There's no rush today and we will take it easy as we make our approach to the mountain, initially across rough moraine and then up to a ridge which we follow to reach the glacier after around 2 hours. Here, we put on our crampons and set out very straightforwardly across the low angle glacier. There's usually no need to rope up, although as the climb steepens a little towards the top the guide will review this decision. The climb is continuous but gradual and we should be on the top 5 hours after leaving camp. After spending some time enjoying the spectacular views in the light of early morning, we set off back down. We will be back at camp in time for lunch and plenty of

tea. The rest of the afternoon is free to rest and recuperate at camp.

Meals: **B L D**

	Accommodation Camping		Ascent 800M		Descent 800M		Time 8 hrs trekking		Distance 4KM
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DAY 11

A contingency day and a chance to summit Dawa Peak (5900m).

Today has been planned into the itinerary as a contingency day. If everything has gone to plan so far, those who are up for a second challenge can opt to climb Dawa Peak (5900m). This peak, which is not dissimilar to Samgyal Peak, lies on the right shoulder of a central 6060 metre rock peak and is clearly visible from our high camp. Once again, we will have a very early start and this time trek down to cross the stream before ascending across a scree slope for about 30 minutes. From here, it's a more gradual climb across moraine and loose rocks for about an hour to reach the glacier. The route across the glacier traverses to the right and then zig-zags across snow and rock to reach the summit. Five hours after leaving camp, we should be at the top and we will descend via the same route to high camp.

Meals: **B L D**

	Accommodation Camping		Ascent 850M		Descent 850M		Time 7 hrs trekking		Distance 6KM
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DAY 12

Trek back to the Thanglasgo River and the village of Dok Gogma (4020m).

Today, we backtrack to the main valley at Dok Yogma and from there turn to head upstream beside the Thanglasgo River. After a couple of hours of very pleasant trekking up the valley floor, we reach the upper village of Dok Gogma (4020m), where there are about 20 households. We set up camp on a pleasant meadow site next to the river. The rest of the afternoon is free to relax and perhaps interact with the people of Dok Gogma. Visitors here are an extremely rare phenomenon and our arrival will cause much interest and a thoroughly warm reception.

Meals: **B L D**

	Accommodation Camping		Ascent 200M		Descent 1330M		Time 5 - 6 hrs trekking		Distance 11KM
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DAY 13**Trek from Dok Gogma to Thanglasgo (4565m).**

We are spoiled with another great day of trekking through this high and wild landscape. We continue to follow the river upstream, following towards its source through scenic pastures carpeted with wild flowers. During the summer months, shepherds bring their sheep, yaks and dzos (a yak-cow cross) to these high pastures and we come across their temporary summer huts. There is a tradition that each summer only 2 or 3 families from Dok Gogma watch over all of the animals from the village. Whilst here, they busy themselves by making cheese and butter for the villagers. They stay here until late August or early September, before returning to the lower village for the upcoming harvest season. We eventually reach our camp, situated in a beautiful spot on the banks of a river at the head of the valley.

Meals: **B L D**

	Accommodation Camping		Ascent 700M		Descent 155M		Time 5 hrs trekking		Distance 10KM
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DAY 14**Trek up to our camp (5075m) before the Lasermo La.**

Continuing our gradual ascent beside the river, we pass more temporary huts and pens. The valley is quite wide and we can see for a good distance in both directions. Ahead of us, we can almost make out the Lasermo La on the high skyline. The trail is quite well defined as it passes through huge patches of pastureland dotted with yaks and dzos. There are snow-capped peaks on both sides of the valley, providing a stunning backdrop for our walk. The trail underfoot is mostly gentle throughout with small undulating sections in between. Nearing the pass, we come across an expansive meadow area, sometimes used as the approach camp for the pass. However, we are pretty well acclimatised now and continue across a small scree slope to reach our camp.

Meals: **B L D**






	Accommodation Camping		Ascent 650M		Descent 140M		Time 6 hrs trekking		Distance 12KM
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DAY 15**Cross the Lasermo La (5470m) and descend into the Phyang Valley (4550m).**

Leaving our camp early again (firm snow conditions make life easier for our pack-horses) we make the 2 to 3 hour ascent to the pass across scree and across the remnant snow patches which linger throughout the year on this north side of the crest. At the pass we are rewarded with excellent views of the Karakoram and (in the other direction, to the north) the Zaskar range of mountains. There is an accessible viewpoint above the pass which offers an even better perspective, including a view of Stok

Kangri. From the pass we descend down into the Phyang Valley to our camping place at 4550 metres above the village of Phyang.

Meals: **B L D**




	Accommodation Camping		Ascent 600M		Descent 615M		Time 6 - 7 hrs trekking		Distance 12KM
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DAY 16

Descend easily through Phyang Village to the roadhead and drive to Leh.

We enjoy a short and easy morning of trekking, accompanied by fabulous views of Stok Kangri once again, as we descend through the pastures of Morubuk to the roadhead in the Phyang Valley, at a little over 4000 metres elevation. Here, we meet our 4WD transport and drive through the village of Phyang, stopping to visit the photogenic monastery, before continuing to Leh in less than an hour's drive. We have lunch in Leh and the afternoon is free to relax and explore Leh.

Meals: **B L D**


	Accommodation Hotel		Ascent 50M		Descent 600M		Time 2 - 3 hrs trekking		Distance 5KM
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DAY 17

Fly to Delhi and afternoon free for independent sightseeing or taking it easy at the hotel.

We have a usually early start and go to the airport to catch our flight back to Delhi. Arriving in Delhi, we transfer to our airport-accessible hotel. In the afternoon, there is the option of independent sightseeing or you may choose to simply take it easy at the hotel.

Meals: **B L D**

	Accommodation Hotel
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DAY 18

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

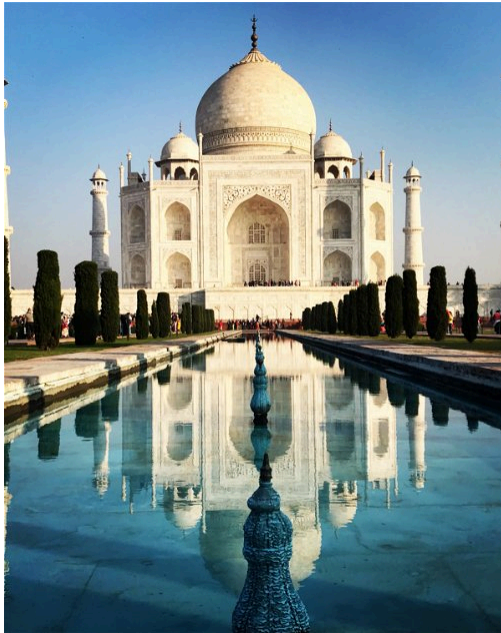
Your holiday ends after breakfast. Transfers to Delhi Airport are provided. To extend your holiday in India,

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.



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 Dhauladhar 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 Dhauladhar.

4 days from

₹9,223,372,036,854,776,000 per person



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



Delhi Sightseeing Tour - Full day

Old Delhi is centred on the Red Fort and is a labyrinth of narrow, bustling streets including Chandni Chowk bazaar. Must-sees here include the Red Fort, built by Emperor Shah Jahan; Hummayan's Tomb, constructed in similar style to the Taj Mahal and the towering Qutab Minar minaret. New Delhi was the creation of the British Raj who wanted to show their ascendancy over the former Mogul rulers with many grand buildings designed by the greatest ever British architect, Sir Edwin Lutyens. Exploring this area by vehicle will give a glimpse of this interesting aspect of India.

1 day from
US\$170 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

Holiday Information

What's Included

- A professional English-speaking mountain leader
- Delhi Airport transfers (on group arrival and departure days only)
- All land transport involved in the itinerary
- Internal flights - Delhi-Leh and Leh-Delhi
- All accommodation as described
- All meals throughout the trip
- Full trekking service including food and all equipment (excluding personal equipment)

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 18.

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 and in Leh, 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. In Leh, we have 4 nights in a good standard of hotel and there is a single night in a simple guesthouse at Hundar in the Nubra Valley. When on trek there are 10 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 for the trek at additional cost and you can also pre-book single rooms at each of the hotels, again at additional cost.

Group Leader & Support Staff

The group will be accompanied by an experienced English speaking local mountain leader throughout the trip, and on trek will have the services of a full trek crew, including a local guide or sirdar and several Sherpas employed by our Indian agent and a team 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 at least one night above 4000 metres and/or trekking to 5000 metres or above. 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](#). Unless you have previous experience of trekking above 4000 metres you should 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.

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 and soft drinks, etc. It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money 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. It is also possible to withdraw cash (rupees only) from cash machines in certain banks in Delhi using credit and debit cards. Credit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs.

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. It is important to remember tipping is voluntary and should be dependent on good service. For your trek crew we recommend that you give a tip if you feel that their services have met your satisfaction. We recommend that you give tips as a group rather than from individual group members and suggest you decide together on a level of tips that suits everyone. As a rough guide we suggest a contribution of around £60 - £70 (in local currency) per group member to a 'pool' should provide an appropriate level of tips. 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 portering 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 one 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.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any 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. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](https://travelhealthpro.org.uk).

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>

Currency

The currency of India is the Indian Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday 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 for 5 to 6 hours each day over several days and with a couple of longer days. The best preparation for a trip of this nature is regular hiking in hill or back country, particularly involving sections of steep terrain. If this is not possible because of where you live, we would suggest that you adopt a weekly exercise regime, gradually increasing your working time as you head towards departure.

Climate

During July and August the temperature in Delhi will be hot (35°C or even a few degrees above this). It will also be humid. On the high plateau of Ladakh, the air will be much drier but temperatures in the noon-day sun can still be as high as 25°C. As we gain height towards our trekking peak objectives it will be cooler. At our highest camps close to 5000 metres, the daytime temperatures will be no higher than 10 or 15°C and could fall at night to minus 10°C. Lying to the north of the main Himalaya chain, Ladakh and the Nubra region are 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.gov.uk/travelaware)' 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).
- 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 Nord (North) Trekking Maps

Editions Olizane publish a range of 3 useful maps at scale: 1:150,000. The Ladakh-Zaskar - Nord sheet covers the majority of this trip including all of the trekking route. The Ladakh-Zaskar - Centre sheet covers Leh and the Indus Valley.

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 trek bag whilst trekking, including your sleeping bag and camping mattress, should be no more than 15 kgs. Please note that your mountaineering equipment will be packed into additional, communal kitbags at the start of the trekking and this equipment will not be part of your personal 15kg 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 'Mountaineering Equipment' below)
- Climbing helmet
- Trainers or sandals for river crossings and camp use
- 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 (at least 1 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warmer and waterproof gloves or mittens
- Daypack 30 litres
- Headtorch and spare battery or powerbank charger
- 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
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Sleeping bag (comfort rated -10°C)*

- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, Insect repellent, and re-hydration salts (Dioralite).

◆ Mountaineering Equipment

- Mountaineering boots which can be securely fitted with crampons. (B2 grade minimum).
- Ice axe
- Crampons
- Climbing harness
- Karabiners (1 x screwgate)

The following items are optional

- Thermarest or similar camping mattress - a foam mattress is provided
- Trekking poles (recommended)
- Sleeping bag liner
- Spare laces
- Insect repellent
- Scarf or buff
- Pee bottle
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)

- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Equipment hire: Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure. All hire / rental equipment is issued in Leh.

****Mountaineering boots:** Well-insulated single boots designed for Alpine mountaineering (minimum B2 rating) are suitable. These boots are designed to take step-in crampons, quickly and efficiently. You must make sure that you are suitably equipped for potentially low temperatures.

PHD Gear Advisor

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. Click [here](#) to view the list.

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.

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

Unlike some operators, we have developed this itinerary for those trekkers keen to avoid the busier parts of Ladakh and trek into the more remote parts of the Nubra Valley. With two non-technical high peaks and stunning mountain passes, this has all the hallmarks of a future classic. We take care of almost everything including all meals and a full trekking service including all equipment as well as internal flights, all land transport, Delhi airport transfers and a professional english-speaking mountain leader. You only need to sort out your own Indian visa and insurance.

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