Kang Yatse 2 and the Lhato Valley

Trip Code: IKY

Version: IKY Kang Yatse 2 and the Lhato Valley

MOUNTAINEER	GUIDED GROUP	8 CHALLENGING

HIGHLIGHTS

- Climb Kang Yatse 2, a 6250m peak and a perfect introduction to Himalayan climbing
- Prepare for the climb with a superb trek through the remote Lhato Valley
- Explore the ancient Ladakhi capital Leh, the Indus Valley and its Buddhist monasteries
- Featuring a carefully planned acclimatisation programme to fit a two week holiday

AT A GLANCE

- 9 days trekking & climbing
- 4 days exploration & sightseeing
- Max altitude - 6250 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

- All meals included
- 7 nights Hotel
- 7 nights Camping

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Commanding the head of the Markha Valley are the towering twin peaks of Kang Yatse. We will tackle the western summit known as Kang Yatse 2, a perfect introductory 6000m+ peak for those wanting to hone and sharpen their skills, and a perfect alternative to the popular Stok Kangri.

The approach to our base camp is through the, almost unknown, Lhato Valley meaning this is an adventure for those who want to experience the remarkable Ladakhi landscape in perfect solitude. Our carefully planned itinerary allows for ample acclimatisation by exploring the ancient Buddhist monasteries and palaces of the Indus Valley and driving up to the Kardung La (5390m), one of the highest roads in the world, for a sensational panorama of the Karakoram range. The trek through the Lhato Valley allows for further acclimatisation to ensure that we are fit and ready for our summit attempt on our arrival into base camp. The ascent of Kang Yatse 2 is technically straightforward, involving easy-angled scree and snow slopes and is the perfect end to this two-week climbing holiday.

Is this holiday for you?

Our trekking and climbing holiday to Kang Yatse 2 is a physically demanding trip, reaching an altitude of over 6000m. However, this is not a technically demanding climb and crampon experience is preferable but not essential. The approach trek traverses remote valleys that see very few visitors and the trails will not always be well defined and will also require numerous stream and river crossings. It may be necessary to rope up to cross a small glacier before starting the ascent which will mainly be over easy-angled scree and boulder slopes. The final 100 - 200 metres may require the use of crampons on snow slopes up to about 35 degrees and along a short rocky ridge where the guides may use safety ropes depending on the conditions on the day. The ridge is not a knife-edge, but there is a degree of exposure and some scrambling may be required depending on the snow conditions.

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 (3524m), transfer to group hotel. Remainder of day at leisure.

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 (3524 metres), 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 your room. Later in the afternoon the guide will organise a leisurely 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

Full day of sightseeing in the Indus Valley, including a visit to Alchi Monastery.

A full day's sightseeing tour. We visit several of the area's most important monasteries such as Alchi, with the opportunity to meet some of the monks who live here. Some of these monasteries occupy elevated sites and offer remarkable views across the Indus Valley to the Zanskar Ranges, as well as good

acclimatisation walking up and down steps!

Meals: **B L D**

Accommodation
Hotel

DAY 4

Acclimatisation walk set by tour leader and return to Leh (3524m).

Today we will make an acclimatisation walk. During the acclimatisation process, it is important to strike the right balance between working the heart and lungs but not overtaxing and our guide will choose an appropriate route depending on the group and local conditions.

Meals: **B L D**

Accommodation
Hotel

Time
2 - 3 hrs

DAY 5

Drive to the Kardung La (5380m) and return to Leh (3524m).

Today, we further our acclimatisation with a jeep drive up to the 5380m 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 2000m climb to the pass provides panoramic views of the Zanskar Range beyond the Indus Valley, with Stok Kangri standing out prominently as one of the higher peaks in the range. At the pass itself, there are views of the little-known peaks of the Eastern Karakoram. After taking tea at the pass, gasping in the thin atmosphere, we return to our hotel in Leh.

Meals: **B L D**

Accommodation
Hotel

DAY 6

Drive to trailhead hamlet of Lhato (4000m).

From Leh, we drive along the Indus Valley for an hour or so to Upshi where we turn away from the valley,

heading south on a road which would eventually take us across the Himalaya to Manali. However, we stop off after just half an hour at the tiny hamlet of Lhato (4000m), situated at the foot of the Lhato Valley. The afternoon is free to explore and to continue the process of acclimatisation with an out and back walk to a high point at 4275 metres. We will spend our first night under canvas at Lhato surrounded by incredible views.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	300M	300M	2 - 3 hrs	4KM

DAY 7

Trek from Lhato to Rigyul Sumdo (4500m).

We start our trek today. We follow the stream along the valley floor before the path rises and gradually gains height. After an hour or so, we cross the stream and heard northwards, crossing more streams until we reach the confluence of two majestic valleys. The place is called Rigyul Sumdo and, depending on water availability, makes an ideal location for our campsite for the next two nights.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	600M	100M	5 hrs trekking	6KM

DAY 8

Acclimatisation day, exploring above Rigyul Sumdo.

Nomadic shepherds sometimes bring their sheep and goats to this place for the summer grazing and there are some basic drystone enclosures adjacent to our camp. Hiking up above camp to a high point at around 5000 metres, towards the remnant snow patches that lie beneath the peaks of Gapo Ri and Dzo Jongo, is a great way to aid our acclimatisation.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	575M	575M	5 hrs trekking	7KM

DAY 9

Trek from Rigyul Sumdo to Lhalung Camp (4940m) via the Chagtsang La (5200m).

We strike camp and set off again on our trek, leaving the valley that has been our home for the last two nights. The path undulates, gently climbing as we come to the first pass: the Poze La (4953m). Once we have crossed the pass, we drop down on the other side until the path levels off. After a while it starts to rise again, until we reach the Chagtsang La (5200m). From here, we have the most amazing views towards the magnificent peaks of Reponi Mallai Ri, Dzo Jongo and Gapo Ri. After resting at the pass for a while, drinking in the scenery, we descend to our camp at Lhalung, at a beautiful spot at a riverside meadow.

Meals: **B L D**

Accommodation Camping | **Ascent** 730M | **Descent** 290M | **Time** 6 hrs trekking | **Distance** 8KM

DAY 10

Trek from Lhalung Camp to campsite above Nimaling (5000m).

We set off on foot towards the Lhalung La (5330m), reaching it after about two hours of walking. From the saddle, we will be rewarded with spectacular views towards our objective of Kang Yatse 2. The path descends easily, as we drop down to the relatively flat plain of Nimaling. We cross the valley and start to climb gradually to gain the high and wide open meadows that are perfect for setting up a base camp for Kang Yatse 2 (5000m).

Meals: **B L D**

Accommodation Camping | **Ascent** 650M | **Descent** 590M | **Time** 8 hrs trekking | **Distance** 11KM

DAY 11

Rest and personal administration day at the camp above Nimaling (5000m).

Today we rest and recuperate, using this opportunity to sort and check through our personal equipment for tomorrow's summit attempt. An early night is encouraged as we will have a super-early start to the following day.

Meals: **B L D**

Accommodation Camping

DAY 12

Ascent of Kang Yatse 2 (6250m) and return to Nimaling (4830m).

We leave at 1am for the summit. We start by walking across scree and rocky terrain, our way picked out by our head-torches. Once we meet the snow-line we strap on our crampons and rope up together and set off once more, up the steepening snow and ice slope. We continue in this fashion for another two hours, until we gain the final ridge that leads up to the lofty summit. The ridge line continues for another two or three hours to the summit (6250m). After enjoying the panoramic views, we descend the way we came, dropping back down to where our base camp was located this morning. We continue downwards for a little longer, to arrive at our new camp at Nimaling (4830m).

Meals: **B L D**

Accommodation
Camping

Ascent
1300M

Descent
1470M

Time
10 - 12 hrs trekking/climbing

Distance
10KM

DAY 13

Trek from Nimaling to roadhead at Chogdo, via the Kongmaru La.

We will savour our final day of trekking as we climb up to the Kongmaru La (5290m) on a well-marked trail for two hours, switch-backing steeply for the final 250 metres. From the pass, views open up northwards towards the hills of the Eastern Karakoram and China. Behind us, the skyline is dominated by Kang Yatse. We descend into the narrow gorge at Chuskyurmo (4155m), trekking for several hours until we reach the village of Chogdo (3950m) where we will be met by our vehicles and transferred, tired and happy, to Leh.

Meals: **B L D**

Accommodation
Hotel

Ascent
570M

Descent
1450M

Time
8 hrs trekking

Distance
11KM

DAY 14

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 15

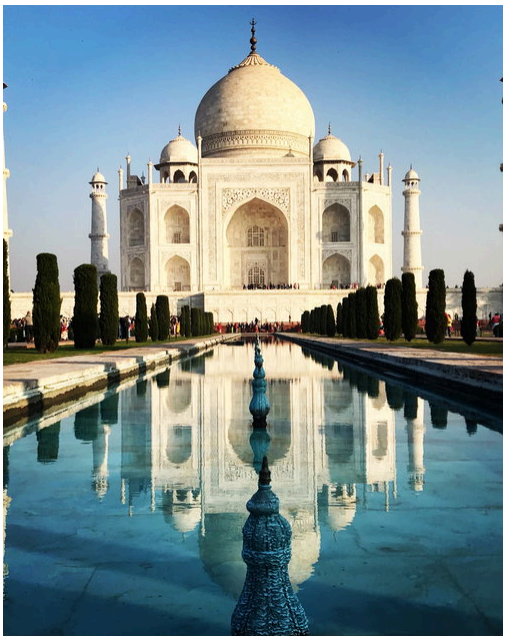
Your holiday ends after breakfast. Transfers to Delhi Airport are provided.

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

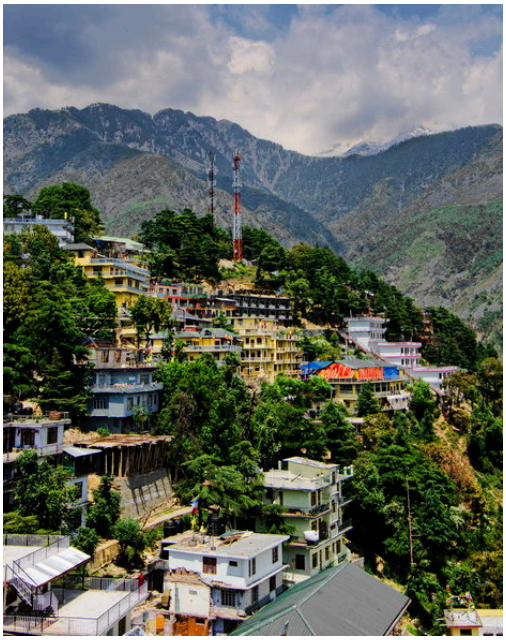
The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient 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$390 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.

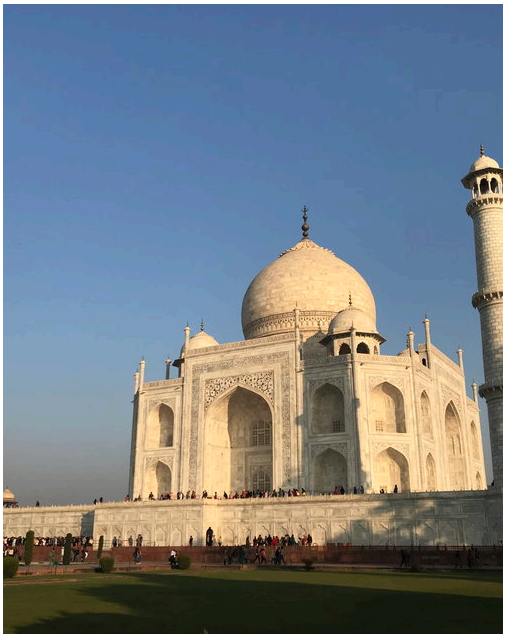
2 days from
US$605 per person



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
US$1,075 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 magestic 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$890 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 ascendency 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$220 per person

Holiday Information

What's Included

- A professional English-speaking trek leader
- 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)

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 15.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Drinking 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 food, 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.

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 5 nights in a good tourist standard of hotel. Whilst on trek there are 7 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. Single hotel rooms and/or single tents are available for a supplementary cost. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Please note that you may not be able to access your hotel room on Day 1 until 2pm. If you are arriving early and would like more direct access to your room there is the option to book an extra night.

Group Leader & Support Staff

The group will be led by professional and qualified tour leader, who is trained in the prevention, recognition and treatment of altitude sickness.

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 trek crew tips, 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. Sterling, US dollars and euros are readily exchanged in Delhi or in Leh. 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 cash machines in certain banks in Delhi using credit and debit cards.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the trek staff are given their tips at the end of the trek and this is best done as a group and with a simple ceremony. Your tour leader will advise the group on an appropriate level of tipping. As a guide, we recommend that each group member contributes around £90 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag and a daypack. Your bag 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 bagage limit of 7-8kg 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. Note that excess baggage charges on domestic flights are minimal (a few hundred rupees per kilo), and we advise that you ready to pay any additional small costs should your baggage be overweight. 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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

NB. The application process can be temperamental and we suggest you try a different browser (Firefox is known to work) if your application does not at first go through.

e-Arrival Card - Important

Separately and additionally, foreign nationals must now complete an e-arrival card to present at immigration on arrival in India along with their e-Visa. The digital e-Arrival form is found here https://indianvisaonline.gov.in/earrival/ It should be completed **within the 72 hours prior to your arrival in India.**

Ebola Self-Declaration Form (SDF) - Important

All passengers travelling to India must now also complete the Ebola Self-Declaration Form (SDF) to present at immigration on arrival in India. The form is found here https://airsuvidha.civilaviation.gov.in It should be completed **within the 72 hours prior to your arrival in India.**

Sikkim

If you are joining one of our Sikkim Beneath Kangchenjunga (SIK) groups, we will ask you to complete a Sikkim Permit form approximately 20 days before you travel. You will need your Indian Visa details for this form. A 30-day E-Tourist Visa can be applied for within 30 days of travel and will usually be processed within a couple of days. As an alternative you can apply for a 1-Year E-Tourist Visa within 180 days of travel. DO NOT MENTION SIKKIM in 'Places to be visited' when you make your application.

Nagaland

If you are joining the Kaziranga, Nagaland and the Hornbill Festival (HBF) group we need to apply for a PAP (Protected Area Permit) for Nagaland once the tour is confirmed. Approximately 20 days before you travel, we will need from you a copy of your passport and of your Indian E-Tourist Visa, along with a colour passport photo and a copy of your international flight e-tickets.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a climbing 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 7 - 8 hours each day over several 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. Previous experience of walking in crampons is useful if you have the opportunity although instruction in all necessary techniques for the climb will be given at Base Camp.

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 reach the high 20s while trekking in the Indus Valley and around 15°c at Kang Yatse 2 Base Camp. We may encounter night-time temperatures at this camp as low as -10°c. At the time of our last departure of the year, September, temperatures in Delhi will have started to cool while on trek. A typical average daytime temperature will vary from mid to low 20s in the Indus Valley, to around 10°c or even lower up at Base Camp. Despite the lower ambient temperatures, it will still feel warm in the strong sun. 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'** 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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 Zanskar Tekking Maps

Editions Olizane publish a useful map at scale: 1:150,000. The central sheet covers the majority of this trip.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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. Note that 15kgs is the max weight for hold luggage on the Delhi-Leh flights, although excess baggage charges are minimal at just a few hundred rupees per kg.

The packed weight of your bag whilst trekking, including your sleeping bag, should be no more than 15 kgs. Your mountaineering equipment will be packed into additional, communal kitbags at the start of the

trek in Leh and this equipment will not be part of your personal 15 kgs trekking weight limit. If you are bringing your own mountaineering equipment, you must factor this into your overall baggage weight for the Leh flights.

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
- Waterproof jacket
- Warm jacket (down)
- Sunhat with a wide brim (the sun is very strong)
- Warm hat

- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Daypack 30 litres, with ice axe loop
- Headtorch and spare battery
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2 or 3) (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:

- Insulated and rigid mountaineering boots which can be securely fitted with crampons. (B2 grade minimum). For departures in September, an insulated double boot is required.**
- 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 repellant
- 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 Delhi.

****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.

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.

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/

Satellite Communications:

India does not currently allow the carrying of satellite communication devices such as satellite phones and Garmin 'inReach'.

If you use such devices, please do not bring these with you to India.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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

Those looking for a their first 6000m peak in Ladakh but seeking a quieter, more remote experience need look no further. We have created this walking holiday for those seeking an alternative to the rightly popular (but lower!) Stok Kangri. Approached from a tranquil valley, surrounded by tumbling glaciers and towering peaks, the ascent is techically straight-foward. This two-week holiday is the perfect combination for those wanting to hone their mountaineering skills whilst enjoying cultural immersion and true wilderness trekking.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change