

Markha, Kharnak and the Zalungkarpo La Trek

Trip Code: MAZ

Version: Markha, Kharnak and the Zalungkarpo La Trek



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Views from the Zalungkarpo La (5195m) of nearby Kang Yatze (6400m)
- Trek on shepherds' trails from the Markha Valley to the edge of the Chang Tang
- Acclimatise at Leh, visit Alchi Monastery and drive to the Khardung La

- Look out for eagles and vultures and for signs of wolves and snow leopards

AT A GLANCE

- 6 days trekking
- Max altitude - 5195 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

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

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

Introduction

In the remote north-western corner of India, the Himalayan region of Ladakh is an inspirational destination for a trekking holiday. Connecting the Markha Valley to the Kharnak Valley across the Zalungkarpo La (5195m), this superb trek leads through a dramatic and generally arid mountain landscape, coloured by green irrigated fields and the red of the monks' robes at the villages and monasteries en route. After acclimatising and sightseeing at the monasteries around the ancient regional capital of Leh and taking a jeep ride up to the Khardung La, we drive on a jeep road to Markha at the heart of a valley where the traditional way of life has been based around growing a few hardy staples and herding sheep, goats, yaks and horses. From our first camp at Hangkar, we hike up onto the Nimaling Plain for views of Kang Yatze (6400m), before trekking through the Langthang Valley in the realm of the snow leopard and impressive lammergeier or bearded vulture. Crossing the Zalungkarpo La, where the views extend to the peaks on the Tibetan border, we enter the remote Kharnak Valley, home to nomadic Changpa shepherds who graze their flocks on its streamside pasture during the summer months. Trekking out to Dat, we return to Leh at the end of a splendid holiday that highlights the culture and magical landscapes of Ladakh.

Is this holiday for you?

This is not a long or sustained trek and we have allowed 4 days and nights in and around the town of Leh (3500m) to help us acclimatise to the altitude, before setting off. Throughout the trek we will follow trails used primarily by local shepherds and their animals. There will be stream crossings and sections of more challenging trail including zig-zag paths on scree, but any regular hillwalker will cope well with the underfoot conditions. There are a couple of half-day walks and several where you can expect to be walking for 6 or 7 hours. Daily distances are not great, but at elevations of between 4000 and 5000 metres, the trek will provide a reasonable challenge.

Itinerary

Version: Markha, Kharnak and the Zalungkarpo La Trek

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 stroll around the town.

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

Acclimatisation from Leh with a visit to Alchi Monastery and Basgo Fort.

After breakfast we drive out westwards for an hour and a half on the Leh-Srinagar Highway. Our destination is Alchi Monastery, built in the 11th century and remarkably unrestored. There are 5 temples

here including the Dukhang which is entered through a finely carved wooden archway and a door which features carvings of the 5 manifestations of Buddha. Another of the temples, the Sumstek, has strong Kashmiri influences, unique to this monastery. On our way back to Leh, we stop off to visit the 15th century Basgo Fort, the jagged skyline of which dominates the village of Basgo. Formerly the site of the Ladakhi capital, the citadel is in complete ruins but we can see 3 temples here dedicated to the Maitreya Buddha. We spend a second night in Leh.

Meals: **B L D**



Accommodation
Hotel

DAY 4

Today we have an acclimatisation walk in and around the town of Leh.

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 also has an impressive gold painted statue of the Maitreya 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
200M



Descent
200M



Time
2 - 3 hrs walking



Distance
6KM

DAY 5

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

Today, we further our acclimatisation with a jeep drive up to the Khardung La (5380m), 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, 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 and have the remainder of the day at leisure.

Meals: **B L D**



Accommodation
Hotel

DAY 6

Drive from Leh to Markha and trek to Hangkar (3995m).

The Markha Valley which runs parallel to the Indus on the south side of the Stok Kangri group of peaks is accessed via Chilling beside the Zaskar River. Crossing a bridge at Chilling we drive on a rough jeep road as far as Markha Village, passing a few small white-painted hamlets and 2 or 3 ruined monasteries high on the valley side. After around 4 hours we reach Markha Village (3770m) where we stop for lunch. The monastery at Markha is reputedly one of the oldest in Ladakh. After lunch, we set off on trek, deeper into the Markha Valley, passing more impressive monasteries, some ruined and some intact, a testament to the fact that this valley was once more populous than it is today. In this high valley we are likely to see small herds of blue sheep (bharal) which often come right down to the river to graze. We reach our camping place at the village of Hangkar where, high on a rocky spur, is another remarkable ruined monastery. There are glimpses ahead of us of the summit of Kang Yatze (6400m), the biggest peak in this immediate area.

Meals: **B L D**



Accommodation
Camping



Ascent
350M



Descent
125M



Time
4 hrs trekking



Distance
11KM

DAY 7

Hike to the twin Tigu Lakes on Nimaling Plain and return to Hangkar.

Today is an opportunity for us to gain some useful acclimatisation, as well as fantastic views of Kang Yatze (6400m) the dominant peak in this area. Heading up the pretty valley, after an hour and a half we cross the Markha stream and ascend more steeply towards the high plain known as Nimaling. As well as herds of blue sheep, huge golden marmots and large hares, the other impressive wildlife species hereabouts are birds of prey, including lammergeiers (bearded vultures - the biggest of the Himalayan raptors). Our high point today is at the small pools known as the Tigu Lakes, one of the best places from which to view Kang Yatze. We return more easily to spend a second night at Hangkar.

Meals: **B L D**



Accommodation
Camping



Ascent
650M



Descent
650M



Time
6 hrs trekking



Distance
13KM

DAY 8

A short morning's trek from Hangkar to Langthang Chen (4150m).

Just 10 minutes from our camp we reach the confluence of the Nimaling and Langthang streams (which together form the Markha). We cross the Nimaling on a wooden bridge which leads to a small patch of irrigated farmland and the start of the trek into the Langthang Valley. We head up this valley, crossing the stream on at least one occasion and by late morning we reach a good camping place beside the stream at Langthang Chen (4150m). We have the afternoon to rest at camp with the option to do some local exploring.

Meals: **B L D**





| | | | | |
|---|---|---|---|--|
|  Accommodation Camping |  Ascent 200M |  Descent 45M |  Time 3 hrs trekking |  Distance 5KM |
|---|---|---|---|--|

DAY 9

Langthang Chen to Yakrupal (4675m) below the Zalungkarpo La.

Continuing our ascent of this rarely trekked valley, we cross the stream and following an ancient stock trail gain height only gradually. The valley narrows and becomes steep-sided for a while and, depending on recent rockfall activity, we may have to cross the stream again. The trail undulates and contours the valley side, passing abandoned shepherds huts and old mani walls. There are also side streams to cross en route to our overnight stopping place at Yakrupal (4675m), the last practicable camping place before the Zalungkarpo La.

Meals: **B L D**

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|---|---|---|---|---|
|  Accommodation Camping |  Ascent 600M |  Descent 75M |  Time 5 - 6 hrs trekking |  Distance 10KM |
|---|---|---|---|---|

DAY 10

Trek across the Zalungkarpo La (5195m) to Khar (4350m).

Trekking away from camp, it takes about an hour to reach a junction of two narrow valleys where we take the right-hand option. The trail climbs a little more steeply and it will take a further couple of hours to reach the crest of the Zalungkarpo La (5195m) marked with many prayer flags. Looking back towards Nimaling, to the north-east, and also directly eastwards, there are superb views of numerous snow-capped summits including Kang Yatze. We make a short, steepish descent from the pass and then a more gentle descent to the Gunlus stream which we follow down to our very pleasant camping place on open pasture at Khar (4350m). We are likely to meet shepherds and their flocks of sheep and goats in this remote valley.

Meals: **B L D**

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|---|---|--|---|---|
|  Accommodation Camping |  Ascent 600M |  Descent 925M |  Time 7 hrs trekking |  Distance 12KM |
|---|---|--|---|---|

DAY 11

Trek down the valley from Khar to Dat (4300m).

Leaving Khar, we continue following the Gunlus downstream until we reach Tsogra which is at the confluence of a small side valley. The people of Dat spend their summer months grazing their animals here. Below Tsogra is a lovely section of narrow valley lined with ancient willow trees. We cross the stream a couple of times up to the junction with the Chang Chu which we now follow gradually uphill. There are more extensive patches of willow woodland and grassy meadow areas and, beyond another narrowing of the valley, a more open area with several old mani walls. The wild ass known as a kiang can be spotted in this area and near Dat there is a wetland area important for birdlife.

Meals: **B L D**


| | | | | |
|---|---|--|---|---|
|  Accommodation Camping |  Ascent 400M |  Descent 450M |  Time 7 - 8 hrs trekking |  Distance 18KM |
|---|---|--|---|---|

DAY 12

Monastery visit in the morning and then drive to Leh.

After breakfast, there's the chance to visit the monastery in this ancient and quite basic village of about a dozen houses. Dat is the winter headquarters for people of Kharnak Valley. Mid-morning, we board our vehicles for the exciting 4-5 hour drive back to Leh which takes us across the Yara La (4900m) and by way of Jakang before meeting the Manali to Leh Highway and then crossing the mighty Taglang La (5320m) the most northerly of the great passes on this famous trans-Himalayan road. Overnight at the hotel in Leh.

Meals: **B L D**

| |
|---|
|  Accommodation Hotel |
|---|

DAY 13

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 include 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 14

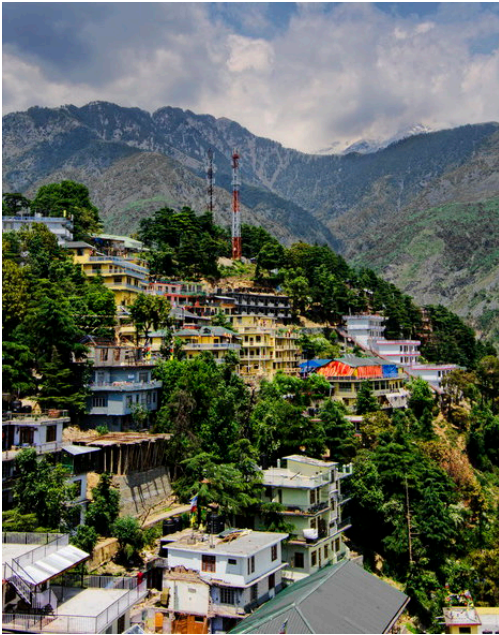
Your holiday ends after breakfast. Transfers to Delhi Airport are provided.

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

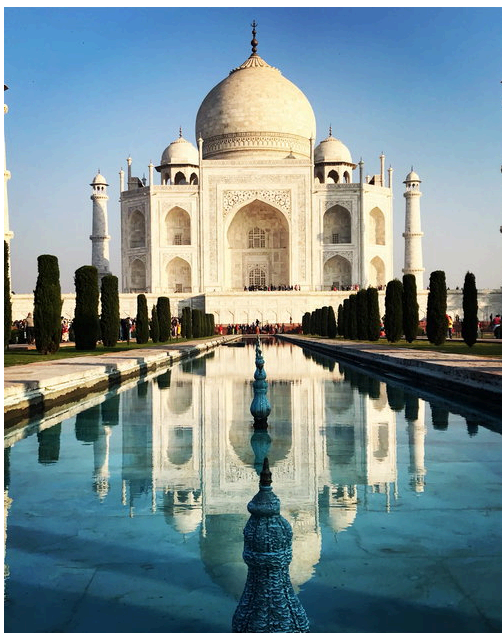
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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
US\$1,075 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\$330 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\$505 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\$805 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

Holiday Information

What's Included

- A professional English-speaking local leader
- Delhi Airport transfers (on group arrival and departure days only)
- Internal flights
- All land transport involved in the itinerary
- All accommodation as described
- All meals throughout the holiday
- 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 14.

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, 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.

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. 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. It is possible to hire a single tent while on trek. Depending on availability it may be possible to book single rooms. 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.

Internal flights

Deposits for internal flights

The cost of the internal flights between Delhi and Leh are included in the trip price. To allow us to pay for these flights as soon as the trip is guaranteed, a higher than normal deposit is required for this trip which includes the internal flight payment. Once these flights have been booked the deposit cannot be refunded if subsequently you cancel your booking. In the unlikely event that KE have to cancel the holiday for any reason, this deposit will be refunded in full.

Group Leader & Support Staff

The group will be accompanied by an experienced English-speaking local leader throughout the trip, and on trek will have the services of a full trek crew, including a local guide or sirdar and several Nepalese Sherpas employed by our Indian agent, as well as a team of pack-ponies 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 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 £80 (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 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 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. This digital form replaces the paper disembarkation card (which will continue to be available on your flight or on arrival until March 2026). The digital e-Arrival form is found here <https://indianvisaonline.gov.in/earrival/>. It should be completed **within the 3 days 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.

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.

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.

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 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 hours on some days. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hilly country is the best training but running, cycling and swimming are also good for developing cardio vascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

During July and August the temperature in Delhi will be hot (35°C) and humid. On the high plateau of Ladakh, the maximum daytime temperature low down on our trek (and at Leh) will be around 25°C, with night-time lows around 10°C. At our highest camps, the night-time temperature may fall as low as minus 10°C. At high altitude, the sun has a very strong effect and it will feel hotter than the indicated temperatures. Ladakh is not 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. 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 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. Lonely Planet
- Ladakh, Crossroads of High Asia. Janet Rizvi

Maps

India - 150K Ladakh and Zaskar Tekking Maps Editions Olizane. Scale: 1:150,000

These are excellent topographic trekking maps of the Ladakh - Zaskar region from the Geneva based Editions Olizane. Printed on light, waterproof and tear-resistant plastic paper, each map is double-sided, covering a large area of 90km x 240km. The maps have exceptionally clear cartography with contours at 100m intervals, enhanced by relief shading, additional spot heights for peaks and passes. The legend is in English and French. For this trek you will need the following sheet: Ladakh and Zaskar Centre: Indus - Zaskar - Pangong.

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. There is a baggage limit on the flight to Leh of 15kg for hold baggage and an additional 7kg for cabin baggage. The packed weight of your bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

- A photocopy of your travel insurance policy (required by authorities in Leh)
- Daypack 30 to 40 litres
- Sleeping bag (comfort rated -15°C)*
- Hiking boots
- Trainers / sandals for river crossings and camp use
- Walking socks (2 or 3 pairs)
- Trekking trousers
- Lightweight waterproof overtrousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warmer over gloves or mittens

- Thermal gloves
- Warm hat
- Sunglasses
- Headtorch and spare batteries
- 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
- Basic First Aid Kit containing pain-killers, plasters, blister treatment and rehydration salts. We also recommend altitude medicine such as Diamox.

The following items are optional:

- Thermarest (note that foam mattresses are provided)
- Trekking poles
- Gaiters
- Insect repellent
- Scarf or buff
- Sleeping bag liner

- 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)

Equipment hire / rental:

Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure.

Note all hire / rental equipment will be issued in Leh.

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

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

The Best New Itineraries With the recent establishment of a jeep road into the heart of the Markha Valley, it was inevitable that we would want to take advantage... with the result being this excellent new 2-week trekking adventure which makes the most of the fascinating region of Ladakh.

Please Note This document was downloaded on 18/04/2026 and the trip is subject to change