

Tsomothang - a 6000 Metre Peak in Ladakh

Trip Code: PXTM

Version: Tsomothang - a 6000 Metre Peak in Ladakh



PIONEER



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- A tough final day climb to Tsomothang's summit for far-reaching views
- Indus Valley monasteries and the drive to the Khardung La (5370m)
- Trek in to Tsomothang across two 5000 metre passes

- Rarely trekked route and encounters with nomadic shepherds

AT A GLANCE

- 7 nights hotels
- 8 nights camping
- 7 days trekking and climbing
- Max. elevation 6050 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

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

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

Introduction

Eighty kilometres west of the Ladakhi capital of Leh, and close to the northern end of the Trans-Zaskar Trek, the snow-capped 6050 metre-high peak of Tsomothang rises above the glacier of the same name. Accessed from Hanupatta across two 5000 metre passes, this rarely climbed and technically undemanding mountain provides an excellent trekking challenge and the opportunity for any keen trekker or aspiring mountaineer to tick off a 6000 metre Himalayan peak. Views from the summit extend westwards to the twin 7000 metre peaks of Nun and Kun and northwards to the mighty peaks of the Karakoram, including distant K2. Flying in to Leh at 3500 metres, we have several days of acclimatising amongst the colourful and often dramatically-located Buddhist monasteries which are a feature of the upper valley of the Indus River. This gives us an excellent insight into the history and culture of Ladakh and an appreciation of the stark beauty of a region known as 'Little Tibet'. Trekking for a week on scant trails, the only people we are likely to meet are nomadic shepherds and their livestock (sheep and yaks), whilst we will also be on the look-out for the local wildlife, including marmots, ibex, blue-sheep and the ever-impressive bearded vulture or lammergeier.

Is this holiday for you?

Trekking above 5000 metres and ascending to a summit above 6000 metres, this new trekking and climbing holiday is physically demanding. The ascent of Tsomothang is, however, not technically demanding and experience of using crampons and an ice-axe is preferable but not essential. The approach trek traverses remote valleys that see few trekkers and the trails will not always be well defined. There may also be unbridged stream crossings and patches of old snow to negotiate. On summit day, we rope up to cross a level glacier before starting the ascent which will involve scree, boulder slopes and open snow slopes. The guides will rope up the group where necessary.

Itinerary

Version: Tsomothang - a 6000 Metre Peak in Ladakh

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 the 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

Monastery visits in the Indus Valley.

After breakfast, we drive out to nearby Matho Monastery. Also known as Thupstan Shaling Chokshor, this is the only monastery of the Sakyapa sect in the region and was founded about 600 years ago. Overlooking the valley, it is famous for the festival of Matho Nagrang at which prophecies for the year are made by two monks who have undergone a two month period of retreat. From here, we continue to

Stakna Monastery on the left bank of the Indus. It sits atop a hill shaped like a tiger leaping up - the name Stakna means tiger's nose. Founded in the 16th century by a learned sage from Bhutan. We then visit the impressive Thikse Monastery which resembles the Potala palace in Tibet and houses a three-storey high statue of the Maitreya (future) Buddha. We spend a second night in Leh.

Meals: **B L D**



Accommodation
Hotel

DAY 4

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 via Lamayuru to Hanupatta (3850m).

Today we head westwards on the spectacular Srinagar-Leh Highway. After approximately 100 kilometres (4 hours) we reach Lamayuru which is the location of another of the great monasteries of Ladakh. After a brief monastery visit, we head south on an unsurfaced road for a further hour or so to Hanupatta, a small traditional settlement, formerly a stopping off point on the trade (and trekking) route which leads across Zaskar to Padum and beyond. We set up our first camp of the holiday on fields near the village.

Meals: **B L D**



Accommodation
Camping

DAY 7

Trek to the foot of the Sniugutsela Pass (4745m).

Setting off on trek, we follow a track which leads after a little over an hour to a tiny settlement of just two houses. From here, we ascend gradually for another hour and a half, enjoying the captivating scenery of colourful rocks and snowcapped peaks, as we walk amongst juniper and wild rose bushes. After reaching an irrigation pond, we leave the main Zaskar trail and take a side trail which crosses a small river before climbing to a ridge with great views of the surrounding valley. We continue climbing gradually and pass a number of shepherding encampments on our way to our camp at the foot of the Sniugutsela Pass.

Meals: **B L D**



Accommodation
Camping



Ascent
1100M



Descent
205M



Time
6 hrs trekking



Distance
14KM

DAY 8

Acclimatisation day at the foot of the Sniugutsela Pass.

The camp here is on an open and relatively level valley floor above a stream. On both sides steep scree slopes lead up to rocky ridges and isolated rock pinnacles. Today's main objective will be to take an acclimatisation walk up to one of the more accessible viewpoints at an elevation of around 5200 metres.

We have the afternoon at leisure and spend a second night at this camp.

Meals: **B L D**

	Accommodation Camping		Ascent 500M		Descent 500M		Time 3 - 4 hrs trekking		Distance 5KM
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DAY 9

Cross the Sniugutsela Pass (5100m) to the foot of a second, unnamed pass.

We will be on the look-out to today for marmots and ibex as we follow the stream uphill towards the pass, entering a narrow gorge with steep and colourful rock walls especially on our right-hand side. The trail then continues across an open and moderately steep scree slope to the top of Sniugutsela Pass (5100m), which is marked by prayer flags and boasts great views of the Zanskar Mountains. We then descend steeply on a zigzag path, before heading into another valley system, climbing a little and crossing another stream and more shepherds' huts. We cross another stream several times and climb finally to a camp before an unnamed pass at an elevation of around 4750 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 700M		Descent 695M		Time 6 hrs trekking		Distance 8KM
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DAY 10

Trek across the unnamed pass (5250m) to Tsomothang Base Camp (4990m).

Today's route leads directly up the steep valley side on a direct and not always well-defined zig-zag trail. It will take us 2 to 3 hours to reach the unnamed pass (5250m) and our efforts are rewarded with fantastic panoramic views of the colorfully landscaped valley and surrounding peaks, including the prominent peak of Tsomothang. An easy descent brings us to a lovely spot near a spring, which is the base camp area for Tsomothang at an elevation of 4990 metres. We will set up camp, have lunch and spend a restful afternoon at camp. An acclimatisation walk in the direction of the high camp is an option.

Meals: **B L D**

	Accommodation Camping		Ascent 600M		Descent 360M		Time 5 hrs trekking		Distance 6KM
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DAY 11

Trek up to Tsomothang High Camp (5500m).

We have a leisurely breakfast and then move up to a camp closer to the mountain. We can't now see Tsomothang, so we trek up a broad ridge consisting of well-consolidated scree. There is a feint trail and the going is easy except for the altitude effect. We pass a small rock feature visible from base camp and known as 'one tree hill' and continue up connecting ridges, never too steep or technical, to a level spot at around 5500 metres. Here, with Tsomothang and its glacier now before us, we set up high camp. If it is clear, the views extend to both the eastern and western Karakoram ranges.





Meals: **B L D**

 Accommodation Camping	 Ascent 600M	 Descent 90M	 Time 4 hrs trekking	 Distance 5KM
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DAY 12

Climb Tsomothang (6050m) and return to base camp.

We will make a very early start pre-dawn start and set off towards the mountain by the light of our headtorches. There's an initial 150 metre descent to the edge of the quite level but crevassed Tsomothang Glacier and we will rope up and put on our crampons for the crossing. There's a rocky prominence at the foot of the ridge that we will ascend and we pass this on its right hand side. Above, we may have to negotiate a steep boulder slope to regain the upper snow-covered part of the ridge. It's a long way to the top where we will be rewarded with excellent views of the Nun and Kun Massif and of the more distant Karakoram ranges. Taking it slowly and carefully, we descend by the same route and return to base camp after a very long day.

 Accommodation Camping	 Ascent 800M	 Descent 800M	 Time 10 hrs trekking and climbing
 Distance 10KM			

DAY 13

Trek out to the village of Kanji (3900m).

Heading north and descending into an open valley, we follow a river, crossing it several times, until we reach the tiny village of Dumbur with its huge prayer wheel. We continue after a trailside lunch to the scenic village of Kanji where there small shops and a road. We are back to civilization and set up our last camp of the trip outside the village and beside the river. Today is a pleasant walk with a good chance, once again, to spot marmots.

Meals: **B L D**



Accommodation
Camping



Ascent
200M



Descent
1290M



Time
6 hrs trekking



Distance
12KM

DAY 14

Drive to Leh.

After breakfast at camp we will board our vehicles for the 5-hour drive back to Leh. We reach the Srinagar-Leh Highway after just 12 kilometres at Heniskot and should reach our hotel in the early afternoon and have the rest of the day at leisure.

Meals: **B L D**



Accommodation
Hotel

DAY 15

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

DAY 16

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

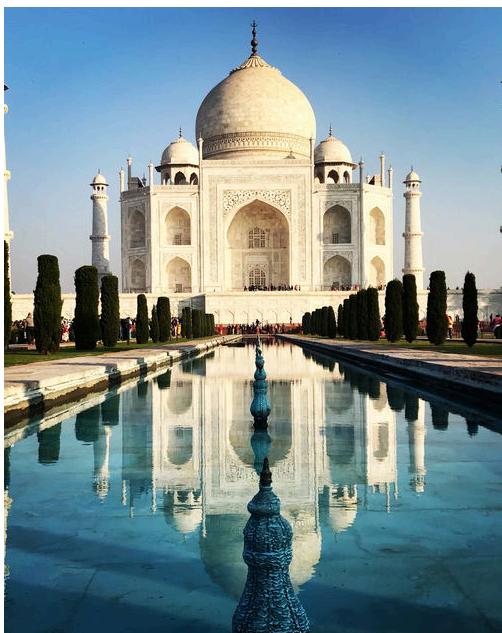
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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



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



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

0 days from
US\$470 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
US\$1,075 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 16.

Food & Water

Breakfast is provided each morning, as well as lunch and snacks throughout the trip. Dinner is provided every night.

All meals are included in the price of this trip as marked on the daily itinerary. Local pubs and restaurants offer a wide choice of local dishes.

On this trip, we generally eat dinner as a group however if you would like to make alternative arrangements you are free to do so. Your guide will have an evening off during this trip where they do not eat with the group. They will recommend options for dinner that evening and will help you make any necessary reservations.

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. 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.

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.

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 8 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. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

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

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending 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 (allow approximately £80) and extra drinks, etc. It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money this in cash since you will be changing the majority of this into local currency on the day of arrival, and changing travellers' cheques can prove time consuming. Sterling, US dollars and Euros are readily exchanged in Delhi. Credit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is also possible to withdraw cash (rupees only) from ATMs in Delhi and Leh using credit and debit cards.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. We recommend that tips are given by the group as a whole rather than individually and as a rough guide we suggest that a contribution of approximately £80 (or equivalent in Euros / US dollars etc.) changed into Indian rupees should provide a good tipping pool for your local staff. Your trek leader will help to coordinate these tips and advise on an appropriate level of tipping for each crew member. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters, many of whom are simple farmers earning extra cash by 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 a day pack. Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg. Please note that the check-in baggage limit on all internal flights within India is now 15kg with a maximum cabin baggage limit of 7kg and you are responsible for any excess baggage fees that the airline may apply. From time to time cabin baggage (other than laptops, cameras and valuables) is not allowed on the Leh flight for security reasons. In this event, the limit for check-in baggage may be increased to 20kg at the discretion of the check-in staff. It is possible to leave travel clothes and any other items not required on trek at the group hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 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 and visas for your holiday. Please ensure that you check for the latest advice 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](#)

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

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](#).

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>

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and comfortable walking for 6 or 7 hours on several days and longer than that on summit day. Previous experience of walking on easy snow slopes wearing crampons is recommended as is previous experience of trekking at altitude (above 5000 metres). We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

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

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' 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

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

Maps

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

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

Travel Insurance

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

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

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your bag whilst trekking should be no more than 15 kgs. Once on trek, your mountaineering equipment including your mountain boots will be carried separately in a group equipment bag and will not form part of this weight limit. There is a baggage limit on the flight to Leh of 15kg for hold baggage and an additional 7kg for cabin baggage.

You must bring the following items:

- A photocopy of your travel insurance policy (required by authorities in Leh)
- Hiking boots
- Mountaineering boots - see note
- Climbing helmet
- Gaiters
- Trekking trousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Good quality (Gore-Tex or similar) overtrousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts or similar
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves or mittens
- Warm and waterproof gloves or mittens
- Daypack minimum 40 litres

- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Headtorch and spare batteries
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Warm jacket (down)
- Sleeping bag (comfort rated -10°C)*
- Ice axe
- Crampons (preferably with 'step-in' bindings and anti-ball plates)
- Mountaineering or climbing harness with karabiner
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, and re-hydration salts (Dioralite)

The following items are optional:

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

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

Notes:

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

Mountaineering boots: Well-insulated single boots designed for Alpine mountaineering (minimum B2 rating) are suitable for this trip. These boots are also designed to take step-in crampons, quickly and efficiently. We recommend you speak to a mountaineering equipment specialist retailer for further advice if you are unsure about your footwear choice.

Needle Sports (specialist mountaineering equipment shop):

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

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

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

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

6000 metre peaks in Ladakh have been a part of what we do for more than 30 years, always working with the same first-rate and professional local agency.

Please Note This document was downloaded on 09/02/2025 and the trip is subject to change