

The Markha Valley Trek

Trip Code: MAR

Version: MAR The Markha Valley Trek Standard Departure (MAR)



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Witness the traditional way of life in the Markha Valley on an 8-day trek
- Enjoy spectacular views from the Kongmaru La (5290m) of nearby Kang Yatze (6400m)
- Explore Ladakh, a stronghold of Tibetan Buddhism often referred to as 'Little Tibet'
- Visit several Indus Valley monasteries including Thikse and Hemis

AT A GLANCE

- 8 days trekking
- Max altitude - 5290 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

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

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

Introduction

In the remote north-western corner of India, the Himalayan region of Ladakh is a truly inspirational destination for a trekking holiday. Following a beautiful high valley, this superb trek leads through a spectacular mountain world, 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 set off on our trek into the Markha Valley. Crossing the Ganda La to reach Skiu in the Markha Valley, we enter a region where the way of life has changed little for centuries. Gradually gaining height on a riverside trail, our highest camp is at 4860 metres on the Nimaling Plain, in the realm of the snow leopard and impressive lammergeier or bearded vulture. Returning to the Indus Valley via the Kongmaru La (5290m), we have excellent views of nearby Kang Yatze (6400m) and northwards to the peaks of the Tibetan border. This popular holiday offers a real taste of the magical landscapes of Ladakh.

Is this holiday for you?

For almost all of this trekking holiday we follow good trails, which are the main routes between the villages. Crossing the 2 high passes on the trek, we will encounter zig-zag paths on scree. This is not a long or sustained trek and we have allowed 3 days and nights in Leh to help us get used to the altitude, before setting off. The holiday is made relatively challenging on account of 8 days of trekking at generally quite high altitude, including 2 high pass crossings at close to 5000 metres.

Itinerary

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DAY 1

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

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

Meals: **L D**



Accommodation
Hotel

DAY 2

Fly to Leh and transfer to the group hotel. Afternoon free, with optional 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

Sightseeing and acclimatising. Visit the Buddhist monasteries at Shey and Thikse.

A full day's sightseeing tour. Today we will visit the impressive monasteries at Shey and Thikse and have the opportunity to meet the monks who live there. These monasteries occupy elevated sites and offer

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

Meals: **B L D**



Accommodation
Hotel

DAY 4

Drive up to the Khardung La (5380m) the gateway to the Nubra Valley. Return to the hotel in Leh.

Today, we further our acclimatisation with a jeep drive up to the 5380 metre Khardung La, one of the world's highest road passes. This high pass in the mountains to the north of Leh leads into the Nubra Valley, which has, until recently, been closed to foreign visitors. The 2000 metre climb to the pass provides panoramic views of the Zaskar Range beyond the Indus Valley, with Stok Kangri standing out prominently as one of the higher peaks in the range. At the pass, we can look across to the Eastern Karakoram peaks. 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 5

Drive via Spituk Monastery to Lato. Short trek via the Jingchan Gorge to Rumbak (3880m).

We set off on the drive to the start of our trek. After just 15 minutes, we arrive at Spituk Monastery and take the opportunity for a quick look around. We then continue our drive to Lato, which takes a further hour or so. Here, we begin trekking. A fairly easy 3 to 4-hour walk takes us away from the Indus and through the Jingchan Gorge to our overnight camp near Rumbak (3880m). The trek crew will have made an early start and our camp will be ready for us. This area is also famous for blue sheep, snow leopards, Tibetan wolves, wild dogs and red fox. The evening can be spent visiting the village.

Meals: **B L D**



Accommodation
Camping



Ascent
600M



Descent
200M



Time
3 hrs trekking



Distance
7KM

DAY 6**Trek through the village of Yurutse to the foot of the Ganda La with good views of the Ladakh Range.**

Our trek continues easily to the lovely little settlement of Yurutse. We then follow a well defined path along the mountainside to a small valley and one of 2 possible camping places at the base of the Ganda La. Taking care not to gain height too quickly, today's walk is short and we arrive at camp by lunchtime. The altitude at camp is 4380 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 600M		Descent 100M		Time 4 hrs trekking		Distance 6KM
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DAY 7**Trek up to the Ganda La (4974m) and descend to Skiu (3380m) in the Markha Valley.**

We follow the path up the mountainside to the top of Ganda La (4974m). This prayer-flagged summit affords excellent views of the Stok range of mountains. A long but easy descent then leads to Shingo and we can look out for marmots as we go. Beyond the hamlet of Shingo, the walk passes through a wonderful gorge with quite luxuriant stands of willow on the stream-bed and some sections of trail that require care. Reaching the Markha River at the village of Skiu (3380m) after a long day's walk, we set up camp amongst irrigated fields and poplar trees. There is a small monastery in Skiu and a derelict fortress-monastery on the cliff above our riverside camp.

Meals: **B L D**

	Accommodation Camping		Ascent 500M		Descent 1500M		Time 7 - 8 hrs trekking		Distance 17KM
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DAY 8**Trek beside the Markha River through several isolated hamlets to Markha Village (3770m).**

We have another long (and potentially hot) day of walking beside the Markha stream without too much up and down. A jeep road runs up the valley as far as Markha, but there is very little (if any) traffic and the trekking trail avoids the jeep road for much of its course. Close to the river there are stands of willow and poplar trees, whilst the upper valley-slopes are much drier. We pass several more derelict monasteries, which are often quite difficult to pick out, high on the valley sides. There are also a number of well maintained chortens and prayer walls and a couple of impressive wolf traps. We will also pass a couple of isolated houses, one of which was traditionally occupied by old lady who continues to wear the old-style Ladakhi headdress known as a peraq. Markha consists of 30 or 40 houses and on a hill to the north

there is a small gompa whose resident monk will be happy to show you its ancient wall paintings and festival masks. This is reputedly one of the oldest monasteries in Ladakh. We camp at Markha at an altitude of 3770 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 750M		Descent 350M		Time 8 hrs trekking		Distance 21KM
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DAY 9

Follow the river upstream via the village of Hangkar to Thachungtse (4250m).

We continue above Markha Village, trekking eastwards, deeper into the Markha Valley, to a good camping place at Thachungste. During today's walk we pass 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. After 2 hours of trekking we pass through Hangkar village, 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. A further 2 to 3 hours brings us to our overnight stop at Thachungste (4250m).

Meals: **B L D**


	Accommodation Camping		Ascent 750M		Descent 250M		Time 7 - 8 hrs trekking		Distance 17KM
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DAY 10

Trek up onto the Nimaling Plain and camp (4860m) opposite the peak of Kang Yatze.

This morning we cross the Markha stream on the last bridge that we will see and start a steeper climb up towards the high plains known as Nimaling. Today we will climb from around 4250 metres to our camp at 4860 metres. The scenery opens out as we traverse around to the north side of Kang Yatze and we can see ahead of us the location of the pass that we must cross to return us to the Indus Valley. The Kongmaru La is not immediately apparent from our camp beside the frozen upper reaches of the Markha stream. As well as herds of blue sheep, huge golden marmots and large hares, the other impressive wildlife species hereabouts are immense birds of prey, including lammergeiers (bearded vultures - the biggest of the Himalayan raptors) and golden eagles. The sight of a lammergeier drifting towards you on motionless wings, passing just overhead, unconcerned by your presence, is simply unforgettable.

Meals: **B L D**

	Accommodation Camping		Ascent 600M		Descent 10M		Time 4 - 5 hrs trekking		Distance 7KM
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DAY 11

Cross the Kongmaru La (5290m) and descend through a rocky gorge to Chuskyurmo (4150m).

We trek up to the Kongmaru La (5290m) on a well marked trail which zig-zags across scree for the final 250 metres to the pass, overall a 2-hour ascent. From the pass there are views north to the hills of the eastern Karakoram and into Tibet, whilst the southern panorama is dominated by the shapely Kang Yatze. Descending, we enter a narrow gorge, which presents wonderfully contorted rock formations, pillars and buttresses, some of them remarkable colours, reds through to green and greys. The best trail crosses from one side of the valley to the other time and time again - and we are obliged to cross the growing stream many times. Except for a small level area just beyond the pass, the first reasonable camping place is at Chuskyurmo at 4150 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 500M		Descent 1200M		Time 7 hrs trekking		Distance 11KM
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DAY 12

Trek down to Shang Sumdo and transfer to the Hemis Monastery, with time to look around before driving back to Leh.

From Chuskyurmo, we make an easy descent of 3 hours to reach the road at Shang Sumdo. Meeting our vehicles, we now drive to the monastery at Hemis. This is the most powerful of the monasteries in the vicinity of Leh, and belongs to the Kagyupa Buddhist sect. Large areas of the surrounding farmland are controlled by the monastery. After looking around the monastery, we continue our drive back to Leh where we check into our hotel.

Meals: **B L D**

	Accommodation Hotel		Ascent 15M		Descent 450M		Time 3 hrs trekking		Distance 8KM
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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 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 14

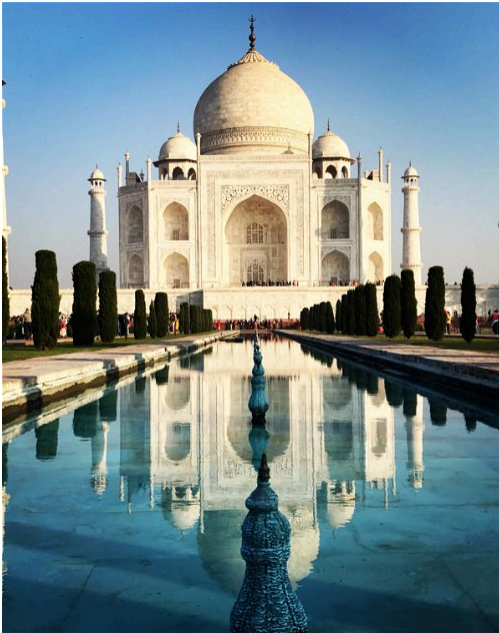
Your holiday ends after breakfast. Transfers to Delhi Airport are provided.

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.



One day tour of Agra and the Taj Mahal

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

1 day from
US\$290 per person



Dharamsala and the Dalai Lama

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

4 days from

₹9,223,372,036,854,776,000 per person



Agra & the Taj Mahal two day tour

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

2 days from

US\$470 per person



Agra and Jaipur four day extension

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

4 days from
US\$735 per person

Holiday Information

What's Included

- A professional English-speaking 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

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

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

Special Diets

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

Accommodation

On arrival in Delhi and for one night after the trek, we stay at a hotel close to the airport which provides convenient and comfortable accommodation. Being near the airport makes the whole travel experience more relaxing, whilst still allowing us to include a sightseeing city tour. In Leh, we have 4 nights in a good standard of hotel. Whilst on trek there are 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.

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 £150 (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 £60) and soft drinks, etc. (allow approximately £40). It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money 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 cash machines in certain banks in Delhi 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. Most people will want to tip the people who work so hard to make the trip a success and we suggest that any tips are given at the end of your trip and by the group as a whole rather than from individuals. Although the level of tip is at your discretion, we understand that you will want some guidance on this. As a rough guide we suggest a contribution from each group member of approximately £60 (or equivalent in Euros / US dollars etc.) changed into Indian rupees, should provide good tips when distributed among the crew.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

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

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

Visa India

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

Health & Vaccinations

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

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

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

Vaccinations

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

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

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

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 hill country is the best training but jogging, squash 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 15°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](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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

Single Use Plastic

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

Books

- Leh and Trekking in Ladakh. Charlie Loram
- Trekking in the Indian Himalaya. Lonely Planet
- Ladakh, Crossroads of High Asia. Janet Rizvi

Maps

India - 150K Ladakh and Zaskar Trekking 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

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. 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.

Cotswold Outdoor



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

Land Only Information

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

Flight Inclusive Information

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

Why Choose KE

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Much like our travellers, we can't get enough of this stunning part of the world and have run this irresistible trekking holiday in Ladakh every year since 1998; we know exactly how to get the most out of this breathtaking area rich in culture and adventure.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change