

Chilling Zanskar Trek



Days: 21
Price: 1560 EUR
International flight not included
Comfort: ★★★★★
Difficult: ★★★☆☆
📍 Off the beaten track

A challenging trek that covers remote upper Ladakh and Zanskar areas with steep ascents and winding descents along the way as one zigzags across high passes and deep gorges lined with multi-hued rocks and villages, dotted with white mud-brick buildings and Buddhist monuments. In short, this challenge provides abundant spectacular experience, both in raw nature and deep culture, in the rarefied mountain air of the high Himalayas.

After two days of gentle acclimatization in and around Leh the first part of our trek from Chilling village traverses Dungduchen La, a pass at 4,849 meters. Breathtaking views of the Stok range mesmerize us before we descend into the beautiful Ripchar valley. We walk through several villages including Sumdo, Phenjila and Hanupatta and appreciate the beauty of some stunning landscapes with flower-filled meadows and dramatic views on the way. The second part of the trek takes us across the high Sniugutse La (5,009 meters), marked with prayer flags. It also provides panoramic views of the Zanskar range and the nearby Tsomothang peak. There are good chances of sighting marmots and ibexes, some of the Himalayan wildlife creatures not seen by many. We then trek along the Kong River before scaling Kanji La (5,279 meters), the highest point on this trek where we spend some time in shivering cold to admire the amazing panoramic views all around us. Here the feeling of being on 'Top of the World' is ecstatic to most of the trekkers.

Finally, we descend to the enchanting village of Rangdum where we conclude our trek and drive through the scenic Suru valley, appreciating the tall and mighty Nun and Kun peaks on our side, all the way to Leh with an overnight stop at Kargil - a small town midway between Srinagar and Leh, in Jammu & Kashmir state.

Day 1. Traditional Welcome on arrival



Delhi 📍

- We arrive at the **international airport** of Delhi at night. We get professional assistance in boarding our early morning flight to Leh after the traditional welcome by **company's representative** at Delhi airport.

Day 2. Fly to Leh (3500m)



Delhi 📍

Delhi - Leh

- In the early morning flight from Delhi, the plane flies over the **Himalayan Range** providing amazing overhead view of the whole mountain range with gigantic glaciers and glaring peaks before it brings us to Leh, a fertile valley just to the north of the mighty **Indus River** (this flight is subject to appropriate weather and perfect flying conditions). Upon arrival we transfer to the hotel.
- The rest of the day is free to relax and **acclimatize to the altitude (3,500m)**. Late afternoon there is a gentle orientation walk in Leh and its bazaars. In the older days Leh was

✈ 610km - ⌚ 1h 30m
Leh 📍

afternoon there is a gentle orientation walk in Leh and its bazaars. In the olden days Leh was an important trading center along the old Silk Route from China. The town is dominated by the nine-story Namgyal Palace whose faded grandeur has been likened to a mini version of the Potala Palace in Lhasa.

🍷 Dinner	Hotel Mansarovar
🏠 Accommodation	Hotel Mansarovar

Day 3. Leh – Thiksey – Hemis – Matho – Leh



Leh 📍

- Today, in the sightseeing tour to three of the major gompas (monasteries) around Leh we first drive to Thikse Monastery that belongs to **Gelukpa order (Yellow hat)**. Perched on top of a hill its red and white buildings can be seen from miles. A recently built temple within this complex contains a magnificent image of the Future Buddha. Next we drive to Hemis Gumpa that belongs to **Drukpa order (Red hat)**. It holds the distinction not only of being the biggest and the wealthiest monastery of Ladakh but also of very rich collections of ancient relics and the rare 17th century murals and the painted stone reliefs adorning the courtyard

gallery making it a true UNESCO World Heritage Site. We continue our excursion and visit Matho monastery situated right across Thikse on the other side of Indus River. This monastery was founded in 16th century and it's an only monastery that belongs to **Sakya order** of Tibetan Monastery.

☕ Breakfast	Hotel Mansarovar
🍷 Dinner	Hotel Mansarovar
🏠 Accommodation	Hotel Mansarovar

Day 4. Drive to Chilling



Leh 📍

🚗 66km - ⌚ 2h 20m
Chilling 📍

Leh - Chilling

- This is a day with a fantastic option for rafting enthusiasts. We either drive to Nemo or do an optional 2½-hour rafting trip down the Indus River from Phey to Nemo where we stop for lunch. From here we drive for about two hours up the valley on a rough track following the Zaskar River upstream to Chilling (3180m). Chilling is a small village and one of the few where metalwork is still practiced. It is believed that the earlier settlers came from Nepal and intermingled with the Ladakhi people here.

☕ Breakfast	Hotel Mansarovar
🍽 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 5. Trek to Base of Dundunchen La (4050m)



Chilling – Base of Dundunchen La



Chilling - Base of Dundunchen La

- After breakfast we start our trek that enters a narrow valley and follows a river. We pass several **old Stupas & Mani Walls** on our way. We then climb quickly over a zigzag path with scree on some sections all the way to the **base of Dundunchen La**. This is a short day as we gain a lot of altitude. (3-4 hrs walk/4050m).

Chilling 📍
5km - ⌚ 3h 20m
Base of Dundunchen La 📍

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 6. Trek to Sumda Chenmo(3900m)



Base of Dundunchen La - Sumdo Chenmo

- In the morning we begin with a steep climb for about 3 to 4 hours to the top of **Dundunchen La (4800m)**, offering good views of the Stok range of mountains up to **Kangyatse** and the Indus valley. From the pass it is a gradual easy descent to **Lanak**, the other base of Dundunchen La. We then descend to a nice spot near a grove of willow trees and wild roses and then to the river from where we climb gradually for another hour to the small village of **Sumda Chenmo (3900m)**. Sumda Chenmo has an old monastery and a couple of houses where we may see metalworkers at their craft.

Base of Dundunchen La 📍
4km - ⌚ 5h 20m
Sumdo Chenmo 📍

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 7. Trek to Sumdo Phu (3800m)



Sumdo Chenmo - Sumdo Phu

- Today we continue up the main valley to some shepherds' huts at **Sumdo Phu** and continue up on the stream bed for another hour. Campsite is at 3800m

Sumdo Chenmo 📍
4km - ⌚ 4h 20m
Sumdo Phu 📍

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 8. Trek to Konke La Base (3800)



Sumdo Phu - Konke La Base

- We climb through pastures where shepherds graze their yaks, to **Konke La Pass (4900 m)**, another fantastic viewpoint for the distant **Zanskar Peaks** and the **Stok Range**. From the pass it is a short steep descent to **camp (3800m)** in pastures on the other side of the pass



Sumdo Phu 📍
 4km - ⌚ 4h 20m
 Konke La Base 📍

pass it is a short steep descent to **camp (3800m)** in pastures on the other side of the pass.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 9. Trek to Hanupatta (3850m)



Konke La Base 📍
 4km - ⌚ 6h 20m
 Hanupatta 📍

Konke La Base - Hanupatta

- Today we descend to the **village of Hinju** and then further down through **Ripchar Valley** to the **village of Phenjila** (The trail is easy now as a road is being built). We then enter a lovely but narrow gorge with colorful rocks. (Some sections of the trail which are difficult for the horses are being widened). We go through natural stone archways and bridges before reaching Sumdo, the meeting point of three valleys. We take the right valley and follow the river for another two hours to camp in a relatively larger **village of Hanupatta**, marked by Mani walls and Chortens. We camp near the river a little beyond the village at 3850m.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 10. Trek to Base camp of Sniugutse La (4500m)



Hanupatta 📍
 5km - ⌚ 4h 30m
 Base Camp of Sniugutse La 📍

Hanupatta - Base Camp of Sniugutse La

- After breakfast we follow a nice path for about half an hour before climbing up gradually for another 45 minutes to a tiny settlement of two houses. From here we climb gently for another hour and a half, enjoying the captivating scenery of colorful rocks and **snow-capped peaks** as we walk past juniper bushes and wild rose bushes. After reaching an irrigation pond we leave the main Zanskar trail and take the one on the left side, crossing a small river before climbing a ridge. We walk along the right bank of the river to another small ridge and climb for another half an hour to the top, which offers very nice views of the surrounding valley. We continue climbing gradually past shepherds' huts to our camp at the **base of Sniugutse La at 4500m**

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 11. Trek to Sniugutse La



Base Camp of Sniugutse La 5km - 4h 20m Sniugutse La (5100m)

Base Camp of Sniugutse La - Sniugutse La (5100m)

- Today we may have chances of seeing lots of **marmots and ibex**. We follow the right bank of the river for about an hour and then enter a narrow gorge with sharp jagged rocks before we climb steeply to the top of **Sniugutse La (5100m)**, marked by fluttering prayer flags and providing great views of the Zanskar Mountain. We then descend steeply on a winding path for about 20 minutes before climbing gradually for about an hour. We cross another small river and walk past some more shepherds' huts before descending to a river we wade across several times. After the last crossing we climb again steeply for a while and then gently to **camp (4767m)** at the base of unnamed pass.

☕ Breakfast	Made by your team
🍲 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 12. Trek to Spring Camp (5300m)



Sniugutse La (5100m) 5km - 4h 20m Spring Camp (5300m)

Sniugutse La (5100m) - Spring Camp (5300m)

- In the morning we climb steeply on a direct but not too well defined zigzag trail to the top of the unnamed pass (5390m). The steep and strenuous walk for an hour and a half is 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, where we establish our **camp at 5300m**.

☕ Breakfast	Made by your team
🍲 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 13. Trek to High Camp (5520m)



Spring Camp (5300m) 5km - 6h High Camp (5520m)

Spring Camp (5300m) - High Camp (5520m)

- Today we hike to the **High Camp (5520m)** where climbers stay and camp on their attempt to ascend **Tsomothang peak**. As we explore the High Camp we can see the glacier and **K2** in a distance. Return to camp.

☕ Breakfast	Made by your team
🍲 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 14. Trek to Kanji (3850m)



High Camp (5520m) - Kanji



High Camp (5520m) ↴
4km - ⌚ 5h
Kanji ↴

High Camp (5520m) - Kanji

- Today we descend from the valley and follow a river that we cross several times until we reach the tiny **village of Dumbur** with its huge prayer wheel. We continue to the scenic **village of Kanji (3850m)** where we feel having returned to civilization as we see more people and shops. Today is a nice walk with good chances of seeing some wild life including Ibexes and marmots.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 15. Trek to Base of Kanji La(4390m)



Kanji ↴
4km - ⌚ 6h
Base of Kanji La (4390m) ↴

Kanji - Base of Kanji La (4390m)

- After breakfast, leaving the village behind, we pass through cultivated fields and follow the river that we cross by a small wooden bridge. We then follow the right bank of the Kong River that we must wade across several times to reach a narrow valley past shepherds huts before taking a small trail leading to the **Kanji La base camp**. Camp at 4390m

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 16. Trek to Mapollan(4310m)



Base of Kanji La (4390m) ↴
4km - ⌚ 7h
Mapollan (4310m) ↴

Base of Kanji La (4390m) - Mapollan (4310m)

- Today we follow a steep rough trail on loose rocks to the top of **Kanji la (5250m)**. From the camp we climb steeply about 2 hours to a small ridge and then walk on moraine and rocky terrain to the actual base of the pass from where we follow a steep narrow path to the top (the top of the pass is likely to have some snow). Fluttering prayer flags and fantastic views of the **Nun Kun** massifs and Zaskar Mountains greet us at the top. From the pass it's a two-hour descent on rocky terrain to a narrow dark gorge. We cross the river and camp at **Mapollan**.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	Camping

Day 17. Trek to Tashitongde (3667m)



Mapollan (4310m) - Tashitongde (3667m)



Mapollan (4310m)
 3km - ⌚ 5h
 Tashitongde (3667m)

- Today we walk through meadows of wild alpine flowers and follow a stream until we reach the road head. We walk up to **Rangdum Gompa (3667m)**, scenically situated atop a hill and covering a huge area. **Rangdum monastery** was founded in the early 16th century and is currently home to about 40 monks. The monastery complex also houses a small school. We descend to the road and continue a little further to a **lovely camp at Tashitongde** where we finish our trek.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	Camping

Day 18. Drive to kargil



Tashitongde (3667m)
 🚗 267km - ⌚ 6h
 Kargil

Tashitongde (3667m) - Kargil

- It's a very scenic drive today as we cross the **Parkachik la** from where we get good views of the **Parkachik Glacier**, and drive through the most scenic valley of Ladakh - **the Suru Valley**, which is also known as the Granary of Ladakh as its hillsides are green and filled with flowers. Forming a backdrop to the green pastures are high peaks of **Nun (7135m) and Kun (7087m)**. Overnight stay is in a hotel in Kargil.

Breakfast	Made by your team
Lunch	Picnic from the camp
Dinner	Zojila Residency
Accommodation	Zojila Residency

Day 19. Drive to Srinagar



Kargil
 🚗 210km - ⌚ 6h
 Srinagar

Kargil - Srinagar

- After early breakfast we drive to Srinagar passing through **Drass, the second coldest inhabited place on earth**. Spectacular view of the famous **Tiger Hill** and other surrounding snow-clad peaks fascinate us here. After a stopover at Drass, where our passports are checked at the Army Checkpoint, we continue our journey towards **Zojila, a pass at 3527m**. Here is a discernible change in the landscape from barren colorful mountains of Ladakh to lush green hills of Kashmir. After crossing over Zojila we drive towards Srinagar via Sonamarg. Upon arrival, we check-in to the hotel and relax for the rest of the day. In the evening, there will be an **optional shikara (a small boat)** ride on Nigeen Lake.

Breakfast	Zojila Residency
Lunch	Houseboat
Dinner	Houseboat
Accommodation	Houseboat

Day 20. Sightseeing of Srinagar



Srinagar 📍

- In the morning we start our sight-seeing programme with a visit to the Mughal Gardens and the famous Shankaracharya Temple. Mughal gardens are a group of gardens built by the Mughals in the Islamic style of architecture. This style was heavily influenced by the Persian gardens. The Shankaracharya Temple, overlooking the city of Srinagar and dedicated to **Lord Shiva**, is located on the summit of the Shankaraharya Hill at a height of 300m above sea level. In the afternoon we visit the Old city. With its almost medieval charm the old city of Srinagar has sights, smells and sounds to enchant the most jaded traveler. Its labyrinthine roads and bustling bazaars are a photographer's delight.

☕ Breakfast	Houseboat
🍴 Lunch	Houseboat
🍷 Dinner	Houseboat
🏠 Accommodation	Houseboat

Day 21. Fly to Delhi and departure to airport



Srinagar 📍

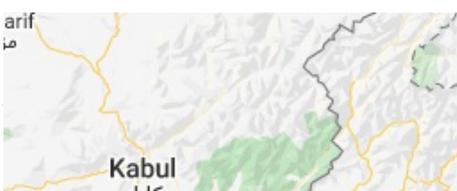
✈️ 230km - ⌚ 1h 25m

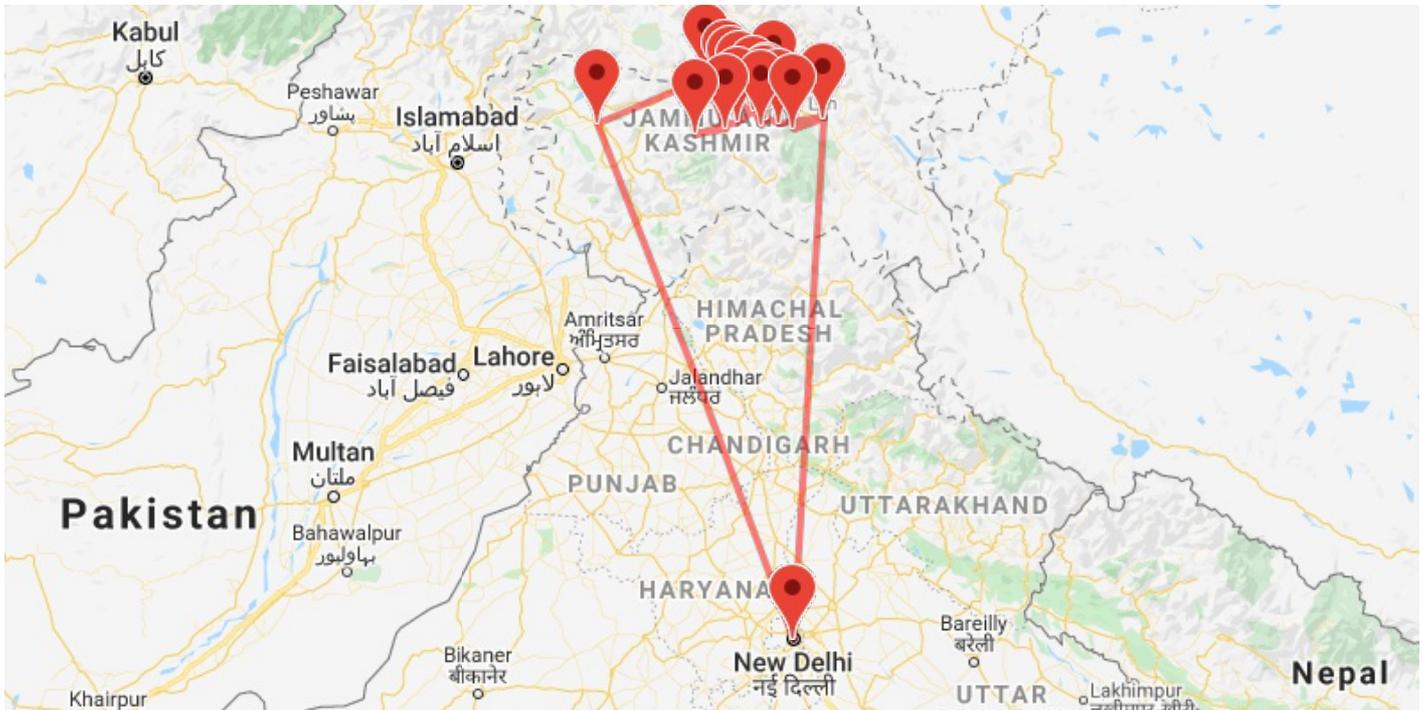
Delhi 📍

Srinagar - Delhi

- Today we have an early-morning transfer to the airport to board the **Srinagar - Delhi flight**.
- We arrive in Delhi and are transferred to the hotel where we have the facility to use day rooms. Evening is free to explore the **local Bazaars** of Delhi.
- Late evening, we are transferred to **Delhi International Airport** to catch flights to our respective destinations

☕ Breakfast	Houseboat
🏠 Accommodation	Ashok Country Resort





Individual price per person

2-2	3-3	4-5	6-8	9-12
3365 EUR	2600 EUR	2325 EUR	1870 EUR	1560 EUR

Included

- Accomodation for 14 nights on Full board in camp/tent on double sharing basis
- 02 nights on Half board in hotel in Leh on double/twin sharing basis
- 02 nights on full board in Houseboat in Srinagar on double /twin sharing basis
- 01 night in Kargil on Full board on double/twin sharing basis
- 01 room for 04 participants would be available for Wash & Change D:21
- All ground transportation included in the program using private air-conditioned vehicle with English speaking driver
- Full trekking service including food and all equipments and materials (excluding personal equipment)
- Trekking guide for 13 days during trekking (D: 05 till D:17)
- Professional English speaking tour leader throughout the trip
- A hyperbaric chamber
- First aid kit
- Govt. Taxes

Not included

- International flightstickets
- Domestic flight tickets for the sector: (Delhi - Leh and Srinagar - Delhi)
- Travel insurance
- Breakfast, Lunch and Dinner in Delhi
- Tips for Local guide, trek guide and other trek staff
- Rescue and evacuation services
- Miscellaneous Expenses - drinks, souvenir, personal expenses etc.
- Indian Visa
- Other services not mentioned in 'Inclusion'