

## Spituk Trek



Spituk trek is one of the easy treks in Ladakh; the trek will give you a huge opportunity to see quite a few earliest monasteries and villages rich in culture and agriculture, one. This trek is easily accessible from Leh and offers a diverse landscape with famous peaks like Stok Kangri (6115m), Kang Yatse (6400 mts) and the Zaskar Range from the south west. During these treks, one can view Karakorum and Nun Kun Range (above 7000m) from the top of a high pass.

**Area:** Ladakh

**Duration:** 6 Days

**Best Time:** Round the year

**Highest Point:** Stok La (4900 mts)

**Highlight:** People, Village, Wildlife and High Passes

**Physical Challenge:** Easy

### Day 01: Delhi - Leh

Early in morning flight from Delhi gets to Leh in less than two hours. From the airport you would be transferred to a hotel. Where they would be housed on full board. Leh is at an altitude of 3500 mts. And all guests are advised to rest for the entire day. A successful trek in Ladakh requires you to acclimatize well Early in the morning transfer to airport. From here catch a flight for Leh. Upon arrival at Leh transfer to hotel for full day acclimatization. Dinner and overnight stay at the hotel/guest house.

### Day 02: Leh

Full day sightseeing at Leh covering Hemis, Shey and Thiksey Monastery.

**Shey Gompa** is about 15 kms from Leh. It used to be the summer palace of the kings of Ladakh. There are lots of Stupas and Gompas built around the palace. Shey palace



was built by Deldan Namgyal in the beginning of 17<sup>th</sup> century AD. Main attraction in Shey is the 12m Shakyamuni Buddha statue inside the Dresthang Gompa.

**Thiksey Gompa**, close to Shey is about 17 kms from Leh. The monastery is considered to be one of the most beautiful in Ladakh and belongs to the Gelukpa order.

**Hemis**, about 45 kms south of Leh it is one of the most famous and largest monastery in Ladakh. It belongs to the Drukpa order and was founded in the early 17<sup>th</sup> century. The setting is perfect with the monastery cradled in a lovely valley, surrounded by streams and fronted by long Mani walls. Overnight stay at the guest house.

#### **Day 03: Leh – Spituk - Zingchen**

In the morning after breakfast drive to Spituk (8 kms). From here the trek traditionally starts at the bridge over the Indus about a kilometer west of Spituk Village. However, a jeep able road slated to connect Spituk runs nearly all the way to Zingchan. Upon arrival at Zingchan set out a campsite for dinner and overnight stay. Evening explore the area.

#### **Day 04: Rumbak – Stokla – Camp Site**

In the morning after breakfast you will ascend the 4,900-m. Stok Pass also known as the Namlung La. If you are fit and have camped at the plateau just under the pass as all do, you should have no problem climbing up to the pass. One can climb steadily and made it in less than 1.5 hrs. From the campsite walk up east for 10 mins and on your right you will find a path zigzagging up the mountain. At first it looks quite

steep. Don't worry. soon crosses over the cleft to the left and heads up east at a less troubling gradient all the way to the pass. Dinner and overnight stay in tent.



#### **Day 05: Camp Site – Stok – Leh**

Today is an easy day going downhill all the way. Follow the stream on its left bank as it heads north. The path is broad and easy. You will find willows and wild roses growing on islands in the middle of the stream which grows quite wide as you approach Stok. Visit the Stok Palace, residence of the king of Ladakh after he was

#### **Day 06: Leh – Delhi**

Depart for Delhi by the morning flight.

**Trip & Services Ends here**

#### **COST OF THE TRIP**

**USD 415 per person** (for a minimum of 2-4 people)\*

**INR 18300 per person** (for a minimum of 2-4 people)\*

\*4.9 % service Tax Extra

#### **COST INCLUDES**

- Accommodation: Hotel/Guest House/Home stay Leh with bed & breakfast basis. While on trek Dome/Alpine trekking tents on twin sharing basis. All camping equipment on trek.
- Transport: Arrival and Departure transfer at Leh. All sightseeing at Leh, also pick up and drop for trek point.

- Meals: At Leh only breakfast will serve. On trek all meal will be provided. Meals will be freshly prepared and will be a mix of Indian, Chinese & Continental.
- Mules/Porters: For carrying camping equipment, rations, vegetables and some amount of personal gear of the clients (one bag not weighing more than 15 kgs).
- Professional trekking guide and kitchen staff would accompany the group.
- Trekking permit

#### **COST DOES NOT INCLUDE**

- Air fare
- Any charges for carrying video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Monastery entry fee
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance

#### **Trekking equipment**

1. Trekking shoes or Regular sports shoes Nike or Adidas
2. One warmer (jacket or equivalent with hood)
3. One wool shirt or sweater, Two cotton shirts/T-Shirts
4. One pair cotton trousers or shorts
5. One pair shorts or calf-length skirt for women
6. Three pairs of regular underwear, Long underwear - thermal or wool
7. Wind- and rain-gear with hood, Sun hat, Cotton socks 4 pair
8. Personal first-aid kit including medication for common ailments
9. Flashlight with extra batteries, Sunglasses
10. Water bottle, preferably wide mouthed, with at least one liter capacity
11. Pocket knife, Camera, Note book with pens and pencils
12. Plastic bags - small size for books, film etc., larger bags for clothes
13. Sun cream lotion
14. Personal toiletries