

Tsomoriri Lake Trekking



Recently opened to foreigners due to the proximity of the Chinese border, the Changthang is a land of wilderness and magnificent landscapes. This region is characterized by high arid plains, remote villages, snow-capped peaks and beautiful high altitude azure-blue lakes, the largest being Tsomoriri at 4,500 m. Truly remote, this area is only accessible for a few months every summer and is inhabited by Changpas - nomadic yak and pashmina goat herders of Tibetan origin, who wander this area crossing over high altitude mountain passes. Our trek will take us across these passes to their summer settlements to witness a unique human culture, far away from the reaches of the modern world. The itinerary then goes south towards Spiti, following the western bank of the lake. The scenery is wild and vast with snow-capped peaks lining the far horizon. The trek ends at Tabo, famous for its monastery.

Day 01: Delhi – Leh (Complete Rest in Leh for acclimatisation)

Take the morning flight for Leh. Check into the guest house and relax the whole day. This is necessary for getting acclimatised. Overnight at the guesthouse.

Day 02: Leh – Shey – Thiksey

On this day you will go a sightseeing trip to some ancient monasteries in this area.

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 17th 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 Gelukspa order.

Day 03: Leh - Rumtse (4000 mts/13120 ft)

In the morning after breakfast Trek to Kyamar (4420 m) in 4 h. We stop at



Hemis to visit its monastery, one of the largest and most important of Ladakh. Later, we will continue to Rumtse, where the trek starts. We enter a magnificent and vast area, where the Changpas - nomadic herders take their yak to pasture. We follow the ancient salt along the green Kyamar valley.

Day 04: Kyamar - Kumor La (4770 mts/14990 ft) - **Tisaling** (4805 mts/15760 ft)
5 -6 hrs

We start through beautiful color gorge towards Chorten Sumda. Easy walk for one hour then ascend towards Kumor La. From the top one can see the beautiful view of the chain of Kangyatse and the chain of Indus valley.

Day 05: Tisaling - Shibuk La (4875 mts/15990 ft) - **Pangunagu** (4800 mts/15744 ft) 5 hrs

From the pass we get a panoramic view of the Tsokar Lake (4400 mts/14432 ft) and the Rupshu valley. Then descend towards the lake, from which the nomads collect some salt. We will camp near the winter camp of nomad people of Chanthang.

Day 06: Pangunagu - Nuruchan (4630 mts/15187 ft) 5 hrs

Today we have an easy trek along the lake. On the way one can see many birds and Wild ass (Kyang) of Ladakh and Tibet plateau. At the end of the lake the trail goes right and enter the Nuruchan village.

Day 07: Nuruchan - Horlam Kongka La (4900 mts/16072 ft) - **Kyamayuri La** (5410 mts/17745 ft) - **Gyamabarma** (4950 mts/16236 ft) 6 hrs

This is a high altitude route and we will cross two passes around 4900 m.

Day 08: Gyamabarma - Yalung Nyau La (5440 mts/17844 ft) - Karzok (4550 mts/14925 ft) 6 hrs

Trek over the Yalung Nyau La to Korzok, on the northwestern shore of Tso



Moriri, the "Mountain Lake". We visit the Korzok monastery. Camp by the lake.

Day 09: Karzok - Kyangdam (4550 mts/14924 ft) in 6 h 30.

Walk along the western shore of Tso Moriri to Kyangdam, an expansive grassland on the southern shore.

Day 10: Kyangdam - Narbu Sumdo (4450 mts/14924 ft) 6 h.

After crossing the river, the trail climbs up for a while and enter the Parang Chu valley.

Day 11: Narbu Sumdo - Parang Chu 1 (4850 mts/15910 ft) 5 hrs

We gradually ascend the Parang Chu valley, on the right bank of the river.

Day 12: Parang Chu 1 - Parang Chu 2 (5000 mts/16400 ft) 5-6 hrs

The trail passes through a narrow gorge involving many ascents and descents to the side valleys and streams

Day 13: Parang Chu 2 - Parang La (5500 mts/18040 ft) - Jugstok (4800 mts/15744 ft) 7 hrs

After the frontal moraine of the Parang glacier, the trail continues on the opposite bank, thorough a mass of fallen rocks. After making our way over a few patches of snow, we climb gradually up to Parang La. The top of this Pass presents spectacular viewpoints of the peaks and ranges of Lahaul and Ladakh. The Parang Chu, whose source is on the southern slopes of Parang La, can be seen below.

Day 14: Jugstok - Kibber (4205 mts/) 7 hrs

Steep descend towards the Sampa Lungpa valley. After crossing a little pass, the Thaltak La (4600 m), one can see towards Parilungbi in the Lingti Valley and

Shilla. We soon reach the little hamlet of Dumla, a tiny green oasis, then Kibar, which is the highest village in the world.



Day 15: Kibber - Kunzum La (4590 mts/15056 ft) - Rohtang La (3980 mts/13055 ft) - Manali

Transfer by taxi. This is quite long drive, about 8 to 9 hours. We will cross two passes split by the Chandra valley. On arrival transfer to hotel for overnight stay.

Day 16: Manali - Delhi

After breakfast visit old Manali, Hadimba temple and Vashisht village. In the evening drive to Delhi by AC Volvo coach. Overnight journey.

Day 17: Delhi

Arrival at Delhi by morning....

Trip & Services Ends Here

Cost of the trip

USD 1485 per person (for a minimum of 2-4 person)*

INR 62000 per person (for a minimum of 2-4 person)*

*4.9 % service tax extra

Cost include

- **Accommodation:** At Leh & Manali: Hotel with bed & breakfast basis
- While on trek dome/alpine tent, carry mat, kitchen tent, dining tent, camping stool, table etc will be provided.
- **Transport:** All road transfer according to itinerary.

- **Meals: At Manali & Leh** - Only breakfast will serve. While on trek all 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 & cook** would accompany you.
- **Trekking & camping fees**

COST DOES NOT INCLUDE

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

Trekking Equipments List

- Trekking boots - well broken in and waterproofed
- Down jacket or equivalent with hood
- One heavy wool shirt or sweater
- Two cotton shirts
- One pair cotton trousers or shorts
- One pair woolen trousers
- One pair shorts or calf-length skirt for women
- Three pairs of regular underwear
- Long underwear - thermal or wool
- Wind- and rain-gear with hood
- Sun hat with brim
- Woolen hat or balaclava, Woolen gloves
- Woolen socks to wear with boots, Cotton socks
- Personal first-aid kit including medication for common ailments
- Flashlight with extra batteries
- Sunglasses or snow goggles (an extra pair is recommended)
- Water bottle, preferably wide mouthed, with at least one liter capacity
- Pocket knife
- Note book with pens and pencils
- Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
- Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
- First aid set for minor accidents and sickness.
- A raincoat is necessary to meet uncertainties of weather.
- Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
- It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.