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SPECIAL FIXED DEPARTURE 2009

MARKHA VALLEY TREK

DEPARTURE DATES

I 23th June 2009 To 03rd July 2009

II 25th July 2009 To 4th August 2009

While trekking along the Markha River through one of the world's highest inhabited plateaus, you take in spectacular views of the Great Himalayan, Ladakh and Zaskar ranges. You will cross two high passes at elevations of up to 17,400'. The trails wind past willow groves, alongside patches of wild roses and through pastel canyons festooned with multi-hued prayer flags undulating in the breeze. The opportunity to meet nomadic families as they herd their yaks and a visit to a small monastery where butter lamps are lit morning and evening by an elderly nun leave indelible impressions of our journey through this gloriously illuminated landscape.

Tour Name : Exploring Himalayas.
Duration : 11 days.
Highlights : Markha trek, Buddhist monasteries, stark landscapes & sun-kissed peaks.
Red Tape : Need wildlife permit to trek.

Tour Details:

Day 01: Arrive in Leh:

On your arrival at the airport, you will be transferred to your hotel for a complete day of relaxation, because of the high altitude. Overnight in Guest House..

Day 02: In Leh:

You will spend day of sightseeing in Ladakh's most famous monasteries known as Shey, Thikse and Hemis. Built in between the period of 15th and 17th centuries, the monasteries are a living example of the Buddhist teachings largely forgotten in the Asian region. An interesting collection of murals, frescoes and statues can be seen inside the main temples. We return in the afternoon to the hotel for lunch and relaxation. In the evening we will take a walk to the beautiful Shanti Stupa perched on a hilltop overlooking the city and the Indus valley. Dinner and overnight in Guest House.

Day 03: Leh to Stok & Trek to Khilchay: (4-5 hrs)

Today we will leave for our trek and drive to the small village of Stok, which also serves as a base trekking point to the Markha Valley. We cross over the village on higher section keeping on the left bank of the Stok Nallah and continue

walking in the south-west direction. We climb uphill and reach Khilchay (4116 mtrs) in the afternoon. Rest of the day at leisure. Evening and overnight at camp.

Day 04: Trek to Yurutse: (6-7 hrs):

A long trekking day today, we start early in the morning and begin our ascent over the Stok-La (4900 M). After a well spent time at the top we descend into the Rumbak Valley and continue walking along the Jingchan Nallah, before crossing the bridge and arriving at our campsite in Yurutse. The day will be spent in exploring the area and visiting a small family. Evening and overnight at camp.

Day 05: Trek to Skiu: (7 hrs trek)

We will begin a gradual ascent today that will be closely followed by a steep climb to the mountain pass of Ganda-La (4971m). From the top, we will be greeted by a spectacular view of the snow capped peaks of Stok Kangri and the Zanskar range. After a well spent hour of rest and lunch, we will descend steadily to Shingo, and continue down to our campsite at Skiu. As we enter the village, we will be confronted by a majestic wall of towering rock faces. Evening and overnight at camp.

Day 06: Skiu to Markha: (5-6 hrs):

Today we will walk along one of the most beautiful sections of the Markha Valley. En-route we will pass several monasteries that are perched high on the hillsides and dotted with chortens and prayer walls. We camp in the Markha valley (3793m).

Day 07: Markha to Hankar: (7-8 hrs):

Our walk for today will take us to the distinctly cooler valley of Hankar. You will notice the changes once you leave the Markha Valley and head towards the twin villages of Lower and Upper Hankar. After a well spent day of 7 to 8 hrs of trek we arrive at Hankar (3986 m) in the late afternoon. Evening and overnight at camp.

Day 08: Trek to Nimaling:

Our journey today takes us on the trail to the plains of Nimaling. A broad meadow that reaches upwards to the base of Kangyatse peak (6553 m), The Nimaling plains are a great asset to the nomads living in this area as it provides pastures for their animals. Here you can also see the occasional wild sheep or wolf. We arrive in Nimaling (4878 m) in the afternoon and set our camp in the meadow. The day will be spent in exploring the fascinating valley or even getting close to the base camp.

Day 09: Trek to Shang-Sumdo: (7-8 hrs):

A long day ahead, we begin our journey in the early morning and begin our slow ascent to the highest pass on this trek. The imposing Kongmaru-la pass sits pretty at a height of 5346 m, and looks beautiful in the glistening sun. After a well trekked hour or so, you will be rewarded with fine views of the Kangyatse peak in the distance. Afterwards we then begin a steep descent down a slope until we reach the Martslang valley. We spend some time at the sulphur springs of Chuskarmo, and then resume our walk into the lovely village of Sumdo (5274 m). We will spend the night here, at the confluence of the Shang River and the Martselang stream.

Day 10: Shang-Sumdo to Leh: (3-4 hrs):

Today we will walk leisurely, congratulating everybody on the completion of the trek and singing melodies of the mountains. We follow the jeep track along the Martselung stream, and continue to the broadening valley of River Indus. As we arrive in Hemis (3400 m), we will be greeted with a lovely view of the Hemis monastery in the distance. We will spend a little time inside the monastery, before heading back to the comforts of a hotel in Leh. We arrive at Leh in the late afternoon and transfer to the Guest House for Overnight stay.

Day 11: Depart Leh:

Early in the morning, you will be transferred back to the airport for your flight to Delhi.

ALL PRICES IN INR (Indian National Rupee)

02 Pax Onwards: 38,160/- INR per person on twin sharing basis with APAI plan.

SRS will be charged @ INR: 700/-

THE PRICES INCLUDE:

** Accommodation in Guest House as per CPAI plan only.

** All transfers by non A/C Toyota Qualis.

- ** Non a/c Toyota Qualis during the entire duration of the tour as per suggested program.
- ** Services of an English speaking local guide in Leh.
- ** All monastery fees included.
- ** Sightseeing in Leh as per the itinerary.

THE PRICES EXCLUDE:

- ** Any domestic airfare, overland journey except the above suggested tour program.
- ** Any other meals / services not mentioned in the program.
- ** Camera Fees at places of visit.
- ** Any English speaking traveling escort cost
- ** Any porter age at the airport and hotels
- ** Any tips
- ** Any expenses of personal nature such as table drinks, laundry, telephone calls, mineral water, tipping, shopping etc.

THE TREK COSTS INCLUDE:

- ** Services of a trained cook on the entire trek.
- ** Services of a helper on the entire trek.
- ** Services of an expert English speaking mountain guide.
- ** All meals as per the day's schedule.
- ** Mules to carry luggage and equipment.
- ** Camp charges during the entire trek.
- ** "A" Shaped member tents.
- ** All trekking equipment: includes, dining tents, mattresses, kitchen and toilet tents, tables, chairs, cutlery etc.

PLEASE BRING YOUR OWN:

Sleeping bags, torch / head lamps, enough camera batteries, good trekking boots, slippers, enough medicines, energy bars and drinks, sun creams and lotions, toiletries, jackets and warm trousers etc.

Journeys beyond the Ordinary!!!