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SPECIAL FIXED DEPARTURE 2009

THE STOK KANGRI EXPEDITION

DEPARTURE DATES

I 16th June 2009 To 30th June 2009

II 10th July 2009 To 24th July 2009

III 22nd August 2009 To 5th September 2009

An outstanding adventure, the Stok Kangri expedition is a spectacular tour in the Ladakh region offering stunning views of the Indian Himalaya as well as the Karakoram Range in the extreme north. Immensely popular with experienced and amateur trekkers, the massif has captured the imaginations of all adventure seekers with its exhilarating challenge and rewarding results that the mountain has to offer. Scattered with villages, monasteries and barren high valleys, the region of Ladakh, is a popular cultural destination that includes rich historical and religious heritage mixed with traditions and old customs practiced since unknown times. This extraordinary trek is covered in 8 to 9 days starts from the picturesque city of Leh, where you continue to explore the monasteries and villages, while slowly getting acclimatized to the high altitude trek. Although very safe and technically straightforward (involving low-angle scree and easy snow slopes), the climb on Stok Kangri is a beautiful experience, perfectly suited to someone seeking his or her first Himalayan summit.

Duration : 15 days.
Highlights : Monasteries, high passes, green valleys, culture, people, landscapes and wildlife.
Focus : Hemis in Leh, Lamayuru, Dundunchenla pass, Stok Kangri and Karakoram views.
Highest Pass : Ganda-la (4850m).
Mountain Peaks : Stok Kangri (6153 m).
Grade of Trek : Moderate to Strenuous with some long days of walking.
Best Time : Mid June to Mid September.

Details of trek:

Day 1: Arrive in Leh:

You will be met at the airport upon your arrival in Leh. Our Representative will then escort you to your pre-booked Guest House situated in the central part of the city. The day will be spent in complete rest to acclimatize you in this high altitude region. In the evening you will take a light stroll to the market.

Day 2: In Leh:

You will be driven for a full day sightseeing of Ladakh's most famous monasteries known locally as Shey, Thikse, and Hemis & Spituk. 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. After exploring the monasteries we return back to the hotel in the evening. Overnight in Guest House.

Day 03: Leh to Lamayuru via Phyang & later drive to Wanla: (3250m / 4-5 hrs drive):

After breakfast in the morning, we will leave from Leh and drive along the Indus River to our sightseeing stopover at Phyang. The monastery is tucked away into one of the side valleys and has a number of interesting frescoes and murals to offer. Later we drive across small villages and green orchards and eventually arrive in Lamayuru in the afternoon.

On our arrival, we will disembark from our vehicle and trek up to the monastery. The Lamayuru monastery was built and founded by an Indian scholar in the 11th century on the site of a dried up lake. The monastery at present has around 150 permanent resident monks working and meditating for the whole year. Afterwards we will board our jeep and drive to the small village of Shilla in the Wanla valley, which will serve as our first camp on the trek to Stok Kangri. Overnight in tents.

Day 04: Wanla to Phanjilla: (3410m / 4-5 hrs trek):

Running parallel to the Yapola River, you ascend in the morning towards Phanjila. Few hours of ascents bring you near Phanjila village at an altitude of 3410 meters. You can sightsee amazing apricot orchards on the way. There is also a school in the village. Overnight in tents.

Day 05: Phanjilla to Hinju: (3720m / 4-5 hrs trek):

After breakfast, we will walk through a narrow gorge until we reach a traditional Rangthak (flour mill) at the far end of the village. The trail then cuts through the village of Hinju (3720m). We will camp here for the overnight. Dinner and overnight in tents.

Day 06: Hinju to Sumda: (4430m / 5-6 hrs trek):

Today after breakfast, we will continue along the trail and ascend the ridge below Kongkila (4950m). Here there are a few chances of capturing some wildlife with your cameras. We then climb gradually until we reach Kongskila where we will be rewarded with dizzying views of the Karakoram and Stok Ranges. The descent down the trail is quite steep with loose moraine at times. We follow the trail on the left side of the valley floor, passing a yak herders hut, before we reach our campsite. Overnight in tents.

Day 07: Sumda to Dundunchenla Base: (4430m / 5-6 hrs trek):

After a short walk and a few river crossings, we will head towards the left side of the valley, which provides a beautiful view of the village and its lush greenery. Further on the trail we will catch with wild rose bushes and another river crossing that originates from the high snow capped peaks of Photoksar (5685m). We will then make a steep challenging ascent over Lanak and arrive at the base of the pass, where we put up for the night. Overnight in tents.

Day 08: Dundunchenla base to Chilling: (3550m / 6-7 hrs trek):

We begin our trek with a gradual ascent to the top of the pass (4820m), which offers views of the beautiful vistas of the Stok Range in the east and the Zaskar Range in the south. From the pass the trail gradually descends down a ridge toward the valley continually tapering before reaching the village of Chilling. Chilling is the only village in Ladakh that has provided metalwork's such as copper, bronze, tin, silver and iron to the Leh market through the centuries. We stay at Chilling for the night. Overnight in tents.

Day 09: Chilling to Skiu: (4150m / 4-5 hrs trek):

After breakfast, we cross the Zaskar River by way of a cable car and meet our trekking team on the opposite riverbank. From here, we trek on a trail that runs parallel to the Zaskar river and approach a picturesque gorge. Enroute we will walk past Shingo and enter the Skiu valley. We walk for an hour or more to arrive at our campsite in the Skiu valley. Overnight in tents.

Day 10: Skiu to Rumbak: (3800m / 7-8 hrs trek):

We begin early in the morning and trek along the trail to Rumbak that take more than half a day to complete. We walk through side valleys and up down small passes to arrive in Rumbak late in the afternoon. On arrival, we will transfer to our tents. Rest of the evening at leisure, dinner and overnight in tents.

Day 11: Rumbak to Khilchay: (4200m / 5-6 hrs trek):

After breakfast, we trek and gradually ascend the Gandala Pass (4850m), towards Khilchay. The trail further winds through Yurutse and finally after about 5 or 6 hours of trek, we enter the valley of Khilchay. Our camp will be pitched for us at one of the superb sites in the valley. Overnight in tents.

Day 12: Khilchay to Advance Base Camp: (4800m / 4-5 hrs climb):

We make an early start towards the Stok Kangri Base Camp. The gradual climb takes around 5 or 6 hrs of continuous ascents that brings you to the base camp, where we stay for the night. Overnight in tents.

Day 13: Attempt Stok Kangri Summit: (6123m):

After breakfast, you will begin your ascent to Stok Kangri. The trail crosses a boulder-strewn route and at certain points you may see moderate to strenuous steepness. All your efforts during the past week will be rewarded once you put your foot on the summit top, for the Stok Kangri has some and the most beautiful views of the entire Leh region. After capturing many of the fine views in your camera, you will descend back to the base camp. Overnight in camp.

Day 14: Advance Base camp to Stok Village & Drive to Leh:

We begin our last trek day by descending into the Stok village from where our jeep will pick us up to drive us to Leh. On arrival, we will transfer to the hotel for rest and relaxation. In the evening, you can stroll around the bazaar and look out for souvenirs amongst others. Overnight in Guest House.

Day 15: Depart Leh:

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

ALL PRICES IN INR (Indian National Rupee)

02 pax Onwards: 51,390/- INR per person on twin sharing basis with APAI plan.

SRS will be charged @: 960/- INR

The above prices exclude the IMF Peak fee which is charged as: USD: 60 /- Per person.

THE PRICES INCLUDE:

- ** Accommodations in a 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 helpers 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.

E&O.E

JOURNEYS BEYOND THE ORDINARY!!!