



# Junglam Trek & Zanskar Rafting 2018

*No of days: 18 Days*

*Highest point: Charcharla 5030 meters*

*Grade: Moderate to Challenging*

*Attraction places: Leh, Phyang, Chilling, Sku, Markha, Bairpa Kangchik, Talit Sumdo, Stashong Gameshong, Charcharla, Zangla, Padum, Phey, Rimala, Karsha, Hanamur, Nitse, Nimoo.*





# Detail itinerary

## Day1. Arrival Leh.

*Zanskar Travel representative will Wel-Come you at Leh Airport and Drop you to Guest House Board. After that you will have a good sleep after a long fly. Rest of the day rest. Overnight in the guest house.*

## Day2 & 3. Rest In Leh.

*You will have two days rest in Leh for acculimatize and preparation for trek. Overnight in the Hotel.*





## Trekking

### Day 4. Drive Leh –Chilling via Phyang Monastery. (3 hrs)

*Morning after breakfast you will drive Leh to Chilling with our Guide. On the way you will visit the Phyang Monastery. At the arrival at Chilling you will meet the trekking staffs like Cook, helpers and horseman. You can also visit the beautiful village Chilling. Overnight in the camp.*

### Day 5. Trek Chilling to Sku 4-5 hrs. (3500 mtrs)

*At the first day of trek starting you will find a interesting and adventures to crossing Tully. Here you need to cross Zangskar River with a cable car of Tully. And we have to change the horses too. Because the horses cannot cross the other side of River. The staffs will transfer all the luggage by tully. And the trek starts with some up and downs. You will enjoy the landscape and scenery. After noon you will Reach Sku via Kaya Overnight in Camp.*



### Day 6. Sku to Markha 7-8 hours (3850 mtrs)

*From Skiu, follow a good path on the right bank of Markha where one can find great vegetation. Then cross right bank of river and cross through barren plain and arrive at Chaluk. Thereafter walk along the left bank of river and after another crossing climb towards Markha village. Good camp site beyond the Village and near river. Overnight in camp..*



## Day 7. MARKHA - BAIRPA KYANCHIK. 6 hours

*The trail leads Langrula ( 4900 Mtrs), from a top the pass, the route branch off, one in front is very steep which is not advisable and the other to the left has a gradual descending, come across Kharnak Sumdo. Valley runs to the Southeast and to the Southwest. The former valley is restricted. One should follow the route to the south west. An hour walk bring you to Bairpa Kyanchik, a suitable camping place.*

## Day 8. BAIRPA KYANCHIK - TILAT SUMDO ( STABDONGSA) 5 hours.

*Between Bairpa - Kyanchik and Tilat Sumdo route pass through narrow gorges, Tilat Sumdo offers good camping place. After the gorge trail turns to the east and ascends continuously upto the Tilat Sumdo, the river has to be crossed after every half a kilometre. The route is very narrow, specially at Nari Nartse. It is quite precarious for loaded animals. Ultimately you reach Stopdongsa which offer camping place.*

**Day 9. STAPDONGSA - STASHONG GAMISHONG. 5 hours.**  
*En route there are glaciers . Sta shong Gamishong offer camping place. It being the coldest place the water freezes during night. Therefore water for morning use should be stored in the evening.*

## Day 10. Rest at STASHONG GAMISHONG.

*Today you will have a rest before climbing big pass Charcharla. You will have a easy day. Its also possible to see wild animals like Ibex, and snow leopard. Overnight in the camp.*





## Day 11. STASHONG GAMISHONG - CHAR CHAR LA 6 hours.

*Stashong Gamishong the trail is very narrow at the initial stage. The animal has to be unloaded at certain places. After the gorge turns to the east and ascends continues upto the summit of Charcharla ( 5030 Metres), from the top of the pass one can enjoy the panoramic view of the surrounding mountain of Zanskar valley and descend to the south base camp of Charcharla for nearly 2 hours. At the base water and wood is available.*

## Day 12. SOUTH BASE OF CHAR- CHARLA - ZANGLA 5 hours.

*The trail descend towards Zangla. En- route a river has to be forded for several times.*

*The trail passes through narrow gorges and the descending continues upto Zangla. Zangla is fairly a big village with a monastery and an old palace.*

## Day 13. Drive Zangla-Padum-Rimala.

*Today after breakfast you will drive to Padum which is capital of Zanskar. You will visit the Market, shopping. There are also internet facility in Padum if you need. Our guide will serve you the lunch in the best restaurant of Padum.*

*Afternoon you will drive to Rimala (near Phey) which is the starting point of Rafting. Overnight in the camp.*

## Day 14. Rest at Rimala.

*Today you will have full day at Rimala. Afternoon the team of Rafting will join you. Overnight in the camp.*





## RAFTING

### Day 15. Rimala to Karsha - 31km.

*We will get to see oldest monasteries in the Zanskar area and the highest pass known as Omsila pass on the side of the river during the trip.*

### Day 16. Karsha to Hanimol - 44km and above.

*A long trip through the magnificent rapids of Zanskar.*

### Day 17. Hanimol to Nyetse.

*Hanimol onwards you get to pass through the narrow gorges(14-15 feet wide) of Zanskar. You will also get to see the beautiful Jennifer trees alongside the gorges.*

### Day 18. Nyetse to Nimmoo.

*The last day of the expedition. If you are craving for more, After Nimmoo you will arrive to Leh. Overnight in the Hotel.*



### Costs includes :

- \* All the Taxi ( A class Taxi) Airport pickup, Chilling drop via Phyang Monastery, Zangla pickup and drop to Rimala.
- \* 1 English speaking guide for whole the tour Leh to Delhi.
- \* Hotel in Leh on Bed and breakfast basis.
- \* During the trek (Chilling-Zangla trek):
  - A professional cook, helpers, Horses, All the food,
  - Dome tent for sleeping with mattress, Dinning tent with Chairs and table, Kitchen tent with all Kitchen equipments, Toilet tent,
  - Oxygen cylinder, A safety kit bag for your luggage,
  - Monastery fee, camping fee, wild life fee, Innerline permits etc.
- \* During the Rafting (Phey-Nimoo):
  - A professional Guide, all the equipments, raft, kayak,
  - A professional cook, helpers, Horses, All the food,
  - Dome tent for sleeping with mattress, Dinning tent with Chairs and table, Kitchen tent with all Kitchen equipments, Toilet tent,
  - Oxygen cylinder, A safety kit bag for your luggage,
  - Monastery fee, camping fee, wild life fee, Innerline permits etc.

### Costs excludes :

- \* Domestic flight tickets.
- \* Extra drinks like coca, beer
- \* Shopping and phone bill.
- \* Tips.

### List of Important things you need to bring while trekking in Ladakh

- \* Sleeping Bags
- \* Sun Screen / Lotion /cold cream
- \* Walking Sticks, Down Jackets
- \* Thermals, Water Bottle
- \* Trekking Shoes , Hat, Gloves , Very very warm Jackets, Flesh light

#### Stanzin Nyibum

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