



# Khangyartse Expedition

## 2018

*No of days: 12*

*Highest point: Khangyartse (elevation) 6400 meters.*

*Grade: Moderate to Challenging.*

*Attraction places: Leh town,, Shey,thiksey , hemis, Zingchen, Rumbak,Sku,Markha, Nimaling, Khangyartse, Tochungtse, Shang sumdo.*

Kang Yatze (elevation 6,400 metres (21,000 ft)) is a mountain located at the end of the Markha valley in the Himalayas in the Ladakh region of northwest India. The mountain has two main summits, the lower western peak (Kang Yatze II) is easier (Alpine PD) and more frequently climbed, although lower at about 6200m. The higher eastern peak is the true summit (Kang Yatze I) although less frequently climbed as it is across a technically difficult knife-edge traverse. An alternative is to climb the North East ridge then directly up the steep snow face

## Detail itinerary

**Day 1 DELHI – LEH (3,500 M / 11,550 FT) - By flight**

*After an early breakfast you are transferred to the domestic airport for your flight to Ladakh. This must be one of the most sensational flights in the world. On a clear day from one side of the aircraft can be seen in the distance the peaks of K2, Nanga Parbat, Gasherbrum and on the other side of the aircraft, so close that you feel you could reach out and touch it, is the Nun Kun massif. Upon arrival you will be received and*



*transferred to Hotel. You would take a little time to settle in and acclimatize since you have gone from a relatively low elevation in New Delhi to over 11,000 feet! The rest of the day is at leisure for you to acclimatize.*



**Day 2 IN LEH - HEMIS - by surface: 48 km / approx 1 1/2 hrs**  
**THIKSEY – by surface: 29 km / approx 45 mins**  
**SHEY – by surface: 3 km / approx 10 mins**  
**LEH – by surface: 16 km / approx 30 mins**

*After breakfast you drive on a well mettled broad road traveling upstream along the Indus River to Hemis Gompa, crossing over the Indus at the village of Karu. The most famous of Ladakh's monasteries, Hemis or Changchub Samstanling (The love palace of the compassionate person), dates back to the 17th century and was built over a period of 40 years (1602 - 1642 A.D.). Today Hemis is well known for its festival or Hemis Tsechu commemorating the birthday of Guru Padmasambhava. In the year of the Monkey (every 12 years) a giant thangka depicting Guru Padmasambhava is unfurled from the terrace draping the five-storey facade. Delicately wrought in pearls and appliquéd, it is one of the most*



famous art treasures of Ladakh. The central courtyard forms the focus for the masked dances held every year in summer. In the dukhang, remnants of the original 17th century murals can be seen. The Gompa boasts of an excellent library, well preserved frescoes and murals, silver gilt chortens and a Kashmiri lacquered wooden throne.

On the road back to Leh you stop to visit Thikse Monastery, which is one of the most vibrant and active monasteries in the region. It dates back to the 16th century and is part of the Gelug-pa Sect. It is headed by successive reincarnations of the Khanpo Rimpoche. The monastery is 12 storied and painted in deep shades of red, ochre and white. It has evolved around a central courtyard with buildings surrounding it from three sides. At one extreme lies the main dukhang, which houses numerous racks containing religious texts. Behind the main altar lies a small chamber that contains images of revered deities.

Then three km ahead you will visit Shey. Overlooking a small lake, the palace and fortification of Shey was the site of one of the former capitals of Ladakh. In the 10th century the first ruler of Western Tibet, Nyima-Gon, laid the foundations of the first dynasty of Ladakh. On a large rock below the palace is an engraving in shallow relief of the Five Dhyai Buddhas, credited to him. His son constructed the small place and made it the first capital of Ladakh. During subsequent reigns the palace was expanded and the present structure dates back to the time of Deldan Namgyal who lived here for the better part of his reign. The significance of the sight is apparent from the large number of chorten that dot the entire landscape around Shey. After the visit, you return to Leh.





### Day 3. Drive Leh/Spituk/Zingchen and trek to Yurutse. (3900 mtrs) 6 hours.

*After the breakfast drive to Zingchen , on the way you will cross Bridge behind the Spituk monastery, around 7 kms from Leh town. After that you will drive directly to Zingchen. From Zingchen you will start your trek.*

*Leave Zingchen for Rumbak through a straight forward road; leaving village, you enter Hemis national park for the preservation of Snow leopard, Bharal and the marmot and wolf etc. Walk through a narrow trail and valley widens as you arrive Rumbak and camp at Yurutse below Gandsa Pass. Overnight in Camp.*

### Day 4. Yurutse to Sku (3200 mtrs) 6-7 hours

*From Yurutse follow path along the mountain side, then cross a small valley and follow zig zag steep path. There after cross Ganda La pass (4800m). Then long descent towards Shingo. After 2 hrs of descent arrive in the valley of Markha and after few hundred meters you reach Sku. Overnight in camp..*





### Day 5. Sku to Markha (3800 mtrs) 7-8 hours

*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 6. Markha to Thachungtse 5-6 hours

*Morning after breakfast start trekking to reach Tchatchutse via Hankar village. Overnight in camp.*

### Day 7. Thachungtse to Nimaling (4800 mtrs) 4-5 hours

*After breakfast start trekking to reach Nimaling. Nimaling (4900 M) has a sweeping pasture where thousands of sheep, goats, yaks and graze during the summer months, rising to the south is 6400 M high Kang Yatse (Nimaling Peak), a lovely mountain, but not an easy one to climb, Overnight in tents.*





### Day 8. Expedition Kangyatse (6200m)

*The final push, beginning at 2 am, will be both physically and mentally challenging. But once atop the summit (6200m), the surrounding awe-inspiring scenery of Tibet, and the Zanskar and mighty Karakoram ranges, all of our numbing pains will melt away in a warm glow of success! After spending an hour on top of the world, we will descend to Base Camp, where we will while away the afternoon, relaxing and congratulating each other on a job well done.*

*Note: If you choose to scale the primary summit (6400 m), you will need to be experienced and well prepared, as you must traverse a very difficult and technically challenging ridge.*

### Day 9. Nimaling to Chuskurmo- 6 hours.

*After breakfast start trekking to reach Kongmaru La (5100 M). The trek to Kongmaru la passes through narrow Gorges. At the top of the pass, you can have view of the Ladakh range and the villages of the Indus valley to the north is excellent. Cross the pass and proceed to Chuskurmo.*

*Overnight in camp*

### Day 10. Chuskurmo to Shang Sumdo to Leh..

*Trek Walk along the stream down to Shang Sumdo. After having the lunch you will drive to Leh, Overnight in the Hotel.*

### Day 11. Free day in Leh.

*After finishing your trek and expedition you will have one day rest in Leh for shopping and rest. Overnight in the Hotel.*

### Day 12. Fly back to Delhi.

*Morning with early breakfast you representative will see off you at Leh airport for boarding.*



### Costs includes :

- \* Taxi Airport pickup, Shey , Thiksey Hemis, Zingchen drop, Shangsumdo pickup , Airport Drop.
- \* 1 English speaking guide for whole the tour and trek.
- \* Hotel in Leh on Bed and breakfast basis.
- \* During the trek (Zingche to Shangsumdo trek with Khangyartse Expedition): 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. Expeditions permit, All the equipments of Expedition.
- \* One bottle of mineral water per day per person.

### Costs excludes :

- \* International and 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 for minus degree
- \* Sun Screen / Lotion /cold cream
- \* Walking Sticks, Down Jackets
- \* Thermals, Water Bottle
- \* Trekking Shoes , Hat, Gloves , Very very warm Jackets
- \* Flesh light

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