



Chilling - Shangsumdo Trek 2018

No of Days: 05

Grade: Moderate

*Height point: **Kongmarula** (5100m)*

*Attraction places: **Leh, Chilling, Sku, Markha, Nimaling, Kongmarula, Shangsumdoo, Hemis, Shey Thiksey.***





Detail itinerary

Day 1. Drive Leh-Chilling and trek to Sku 4-5 hrs. (3500 mtrs)

Morning after breakfast you will drive Leh to Chilling with the drive of 2 hours. At the 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 2. 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 3. Markha to Thachungtse 5-6 hours (4250 mtrs)

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

Day 4. Thachungtse to Nimaling 4-5 hours (4650 mtrs)

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 5. Nimaling to Shangsumdoo- 6 hours. (3660 mtrs)

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 Shangsumdoo. And you will drive to Leh. Overnight Guest house.



Costs includes :

- * Taxi Chilling drop, Shangsumdo Pickup.
- * 1 English speaking guide for whole the tour and trek..
- * During the trek (Chilling-Shangsumdo 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.
- * One bottle of mineral water per day per person.

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

Zanskar Travel!!

Fort Road, Leh Ladakh,
Jammu & Kashmir, INDIA.

E mail : stanzin_nyibum@yahoo.com

Zanskar4travel@gmail.com

Mobile number : +91 9419371337, +91 9622159152

Websites: www.zanskartravel.com

Facebook: <http://www.facebook.com/zanskartravelindia>