

Trek to Tsomoriri Lake : Trekking in Rupshu Valley, Ladakh

Location: Ladakh
Duration: 16 Days
Grading: Moderate
Webpage:

http://www.team4adventure.com/trips/trek_ladakh_tsomoriri_16d/index.php



Tso-moriri is a picturesque lake in the Changthang plateau area of Ladakh. This brackish water lake is situated at an altitude of 4595 Mtrs and is nearly 27 kms long at some places. Korzok village overlooks this magnificent lake at one end, and this used to be an important transit on the ancient silk route to Tibet.

It is easy to come across an occasional camp of Changpa Tribe, which is a nomadic tribe living in Yak skin tents and thriving by grazing sheep, goats and yaks.

Our trek would start from Pang (4700 Mtrs), on the Leh-Manali route. This is a simple stop over, and is nearly mid way between Manali and Leh. The walk is graded as easy to moderate, and would trail over gravel river beds and over the Thelakung la (4980 Mtrs) to enter into the beautiful Rupshu Valley. Largely the trek is level, and climb to the passes would be gradual. Camping is divine with exclusive and exotic experience of untouched Himalayas. Wildlife in the area includes Kiangs (wild asses), Snow Leopards, Shankhoo (Ladakhi wolf), Marmots, Hare, Yaks and migratory birds.

Apart from the trek, the tour also gives a justified experience of Leh and the important excursions around it, making it a complete experience.

Itinerary:

Day 01: Arrival in Leh (3500 Mtrs) Pickup from Leh Airport which is one of the highest civilian airports in the world. Check into hotel/guest house. The day is recommended as a complete rest to acclimatize and hydrate. All meals provided at hotel.

Day 02: Local sight visits A visit to the surrounding local sightseeing places like Shey, Thiksey and Hemis. This would be largely a jeep ride and one would experience the Buddhist culture and background of Ladakh. Return to Leh by late afternoon. Explore the Leh markets, and do any last minute shopping for the trek.

Day 03: Drive to Pang (9-10 hours) Today we drive through spectacular geography, over the Tanglang La pass (5360 Mtrs), the second highest motor able pass in the world. We would reach Pang (4700 Mtrs) our starting point of the trek. Overnight at camp.

Day 04: Pang to Numa Trek An easy walk on a river bed. We pass through a wide gorge with amazing wind sculpted gravel laden mounds on either side. The camp site would be a nice green patch overlooking a wide valley. Overnight camp.

Day 05: Numa to Takstago Trek The trek continues crossing the river several times as the water stream meanders spanning the whole width of the river breadth. We would approach a narrower gorge which meets the river on the left side. Here we would camp for the night. Overnight camp.

Day 06: Takstago to Zozogong over Thelakung La (4980 Mtrs) Today we cross through the gorge, and reach the base of the pass. From the top of this pass one can see the beautiful Rupshu valley as it spreads well beyond. The camp would be setup just after descending from the pass. Overnight camp.

Day 07: Zozogong to Phuang Trek The trek now is a walk through the arid landscapes of the cold desert. It is very common to sight wild asses in this area. Camp would be established near a stream. Overnight camp.

Day 08: Phuang to Thargang Trek Marvel at the beautiful sceneries, and never ending Himalayan landscape. Overnight camp.

Day 09: Thargang to Lhatho over the Manechan La (4780 Mtrs) This is a nearly flat pass with hardly any ascent. There is a descent though soon after the pass, and the valley would become narrow. Overnight camp.

Day 10: Lhatho to Kyangdom Kyangdom is one of the ends of Tso-moriri lake. The camp site is a grassland which descends into the lake forming a wetland kind of area where migratory birds can be sighted. Kyangdom implies land of the Kyangs (wild asses). This is a very picturesque sight with high Himalayan peaks around the crystal clear blue waters of the lake. Overnight camp.

Day 11: Kyangdom to Kharlong Today's walk is besides the lake. Experience the lapping water of the lake at the banks as strong winds blow past. At Kharlong a small stream is there with small space for camping. Overnight camp.

Day 12: Kharlong to Korzok A short walk across Bhudhist Chortens and Gompas. Reach Korzok in early afternoon. Korzok is a small sleepy village at one end of the lake. This is the place where a jeep able road connects to Leh. Overnight camp.

Day 13: Korzok to Leh - Drive (8-9 hrs) Drive across exotic geography, and ever changing terrain. Reach Leh by late afternoon. Evening celebration party. Overnight at hotel/guest house.

Day 14: Jeep Excursion to Khardung La (5359 Mtr) This is the highest motor able pass in the world. The road further leads into Nubra valley. After the obligatory photo sessions and some rest at this high altitude, we would return back to Leh. Evening can be spent exploring the markets. Overnight at Hotel/Guest house.

Day 15: Rest day at Leh One can go for shopping or can simply chill out at the numerous eateries in Leh. If needed one can also arrange for some more sight visits or explorations around Leh. Overnight at hotel/guest house.

Day 16: Fly out from Leh Transfer to the airport. Trip ends.

Travel Advisory

PACKING LIST

Personal torch, appropriate footwear, fleece body warmers, windproof jacket and lower, warm headgear, UV protection sunglasses, gloves, warm socks, suitable backpack, camera etc.

GENERAL NOTIFICATIONS

- Minimum age for participation is 15 years.
- Accommodation provided at Leh would be in A-class Guest house on twin share basis.
- Hotel/guest house stay at Leh is on bed/breakfast basis.
- This is not a luxury trip; Trekking days may be long and tiring.
- People with past history/ailment of heart, asthma, epilepsy are recommended to take medical advice.
- Weather disruptions may at times result in discomfort or unplanned adjustments.
- Any additional expenses which might occur due to delays, weather disruptions, medical evacuation etc. would need to be borne by the participants as per actuals. All overstay due to weather disruption, road blocks and similar which are not under our control would be charged on pro-rata based as per tour cost for planned days.

JOURNEY

This tour starts from Leh, and ends at Leh.

- Leh can be reached by flights from Delhi, Chandigarh, Jammu and Srinagar.
- Reach the airport well before departure time, as security procedures are extensive.