TREK OVERVIEW
High and remote, wild and desolate, vast open spaces yet made breathtakingly beautiful by the crystal clear light playing with the colours and tones of this barren upland desert and its turquoise lakes. The high plains of Chantang, which extend across into Tibet are home to the Changpa nomads whose flocks graze these high pastures in the summer, and to rare plants and wildlife such as the Kiang (wild ass), Snow Leopard and wolf.

After some acclimatisation in and around the Ladakhi capital of Leh, we head up to the plains and trek across this land, crossing high passes as we progress past the salt lake of TsoKar and on to the emerald jewel of TsoMoriri, surely one of the world’s most magical lakes. Rising above its eastern shore are gently angled slopes leading up to ChamserKangri (6622m) and the highest in the area, LungserKangri (6666m). We make an ascent of LungserKangri, the climax of the trip before returning to Leh

This trek provides a tough but non-technical challenge in a beautiful part of the world.

Participation Statement
AdventurePeaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary
Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.
PREVIOUS EXPERIENCE/fitness
If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. This is a high altitude trek (all above 4000m) with an optional ascent to 6666m, usually on snow so ice axes and crampons will be needed. Previous walking experience is highly recommended and will help you get the most out of this trip. Non hill walkers must come with a high degree of fitness and stamina. Most days involve 5 - 8 hours walking plus plenty of rest stops.

GROUP AND LEADERS
A fully qualified UK leader will accompany all groups. He/she will be assisted by an experienced local leader. Smaller or private groups will be led by an English speaking Indian guide. This trip is exclusive to AdventurePeaks. Extra local staff join for the ascent of the mountain.

WEATHER
Ladakh is situated in the rain shadow of the Himalayas and in theory experiences dry summers, making it the only Himalayan region to trek in during the summer. In recent years with climate change, Ladakh has been experiencing occasional ferocious storms in the summer, some with disastrous effects (July 2010). However here you can expect mostly clear blue skies with temperatures up in the 20’s in and around Leh, but a lot colder higher up on the Changtang plains where we are trekking. At higher camps it will drop below freezing at night, possibly to -20°C at the highest camp at 6200m. Walkers should realize that weather in the high mountains is unpredictable and should be prepared for this.

WHAT TO CARRY
This trek is fully supported by a team of ponies which will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack with ice axe loops is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS
Our cooks pride themselves on their cooking, and ensure all food on the trek is freshly prepared using local ingredients and there is plenty for everyone. If you like Indian food, here you will be given the opportunity to eat the real thing! By indulging in the local cuisine you will get the most out of this trip. However if you are not a fan of Indian food don’t worry, there will be less spicy food offered as well. A typical menu on this trip would be:

**Breakfast:** A ‘western’ breakfast offering porridge, cereals, toast, eggs, tea, coffee, hot chocolate and hot milk.

**Lunch:** On trek either a pack lunch will be prepared for you and given to you to carry with you in your back pack, or a hot meal will be served.

**Dinner:** A hot meal is served every night consisting of soup, traditional North and South Indian main course (and western food if requested) and a desert.

**ACCOMMODATION**
In Delhi we use a good clean 3* hotel. In Leh you will be in a good tourist class hotel within walking distance of the town centre. On trek you will be in two-person tents. Toilet tents, or ‘long drop’ loos, are provided at camps. Warm washing water will be supplied.

**LANGUAGE AND TIME**
**Language:** Ladaki is the official language of Ladakh, but English is widely spoken.

**Time:** GMT+5hr30 No daylight saving time at present.

**HEALTH**
All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. There are no compulsory vaccinations for India but the following are recommended: Hepatitis A, Tetanus, Polio, Typhoid and possibly Rabies. Ladakh is not a malarial infected area, but there is a low risk of Malaria in Delhi. Consult your GP or a vaccine specialist for professional advice or you may like to refer to: www.fitfortravel.scot.nhs.uk. Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

**INSURANCE**
Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Ladakh and that any evacuation in the event of a serious medical emergency to the nearest hospital (Leh) is likely to be by land and not by helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

**ALTITUDE**
This is one of the highest altitude treks we offer. We allow plenty of time to acclimatise in and around Leh before heading up to the high plateau across which we will be trekking, where the crossing of high passes aids
acclimatisation. If you are new to altitude you may have concerns about the effects. Don’t worry because altitude can affect anyone, regardless of fitness. People who have had previous experience of high altitude trekking are likely to fare better simply because they know what to expect. The best way to avoid symptoms is to walk at a gentle steady pace and drink plenty of fluid.

USEFUL TIPS
Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT
A detailed equipment list is provided on booking but normal summer walking equipment, with extra warm clothes for the higher parts of the trek is all that is required. Sleeping mattresses are provided on trek. For equipment purchases AdventurePeaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE
For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for ponies should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Leh for your return.

VISAS AND PERMITS
Visas for entry into India are required by most nationalities. Applications must be made online either via the official consular site http://in.vfsglobal.co.uk or there are other sites offering a visa service for which an administration fee is charged.

LOCAL COSTS
All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips for local staff and personal spending.

CURRENCY
The currency in India is the rupee (INR). ATMs and change bureaux are available in the arrivals hall at Delhi airport and in Delhi itself. There are ATM’s and change bureaux in Leh as well. Rupees can also be obtained in advance in the UK. We advise you NOT to rely on getting all your money from ATM’s – take some sterling cash with you as well. Please ensure you have a good supply of small denomination rupee notes.

TIPPING
Tipping is very much an accepted part of life in India, and can become a bit tedious! We generally tip our local trekking staff as a whole and would recommend around £70 per person. Tipping at meals and in hotels is also normal practice. At the end of the trek superfluous clothing is usually pooled be the trekkers and donated to the trek staff as well – so do bring some old clothes that you are willing to part with!

ADVENTURE PEAKS KITBAG
All Adventure Peaks clients who reside in the UK will receive a FREE kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS
Flights to and from Delhi are NOT included as part of this holiday, but the Delhi – Leh – Delhi flight is included. Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights. The cost of flights will be quoted to you separately and will vary with departure and booking date. There are a number of routes and airlines from the UK to Delhi to choose from. Our preferred airlines are Jet, Kingfisher or Emirates whose flights arrive in Delhi mid morning on Day 2. Our group transfer to the hotel will leave Delhi airport at around midday to coincide with these flights. If you arrive at any other time you will need to take a taxi to the hotel.

The rendezvous for this trip is the ARRIVALS HALL AT DELHI AIRPORT mid morning on Day 2, or the hotel in Delhi if you arrive separately.

Return flights can be booked for anytime on Day 22. Most flights return in the day. The group transfer to the airport will be timed to suit the airlines mentioned above.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.
INDIA, LADAKH - TSO MORIRI AND LUNGSER KANGRI ITINERARY

<table>
<thead>
<tr>
<th>No</th>
<th>Day, date</th>
<th>Today we...</th>
<th>We stay at...</th>
<th>Accommodation...</th>
<th>Meals...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>Fly</td>
<td>Plane</td>
<td>Plane</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>Arrive Delhi</td>
<td>Delhi</td>
<td>Hotel</td>
<td>BLD</td>
</tr>
<tr>
<td>3</td>
<td>Mon</td>
<td>Fly to Leh</td>
<td>Leb (3500m)</td>
<td>Hotel</td>
<td>BLD</td>
</tr>
<tr>
<td>4</td>
<td>Tue</td>
<td>Acclimatise</td>
<td>Leb (3500m)</td>
<td>Hotel</td>
<td>BLD</td>
</tr>
<tr>
<td>5</td>
<td>Wed</td>
<td>Visit Khardung La</td>
<td>Leb (3500m)</td>
<td>Hotel</td>
<td>BLD</td>
</tr>
<tr>
<td>6</td>
<td>Thu</td>
<td>Drive to Rumtsé</td>
<td>Rumtsé (4200m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>7</td>
<td>Fri</td>
<td>Trek 1</td>
<td>Kyamri La base (4615m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>8</td>
<td>Sat</td>
<td>Trek 2</td>
<td>Tsailing (5050m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>Trek 3</td>
<td>Thugjie (4580m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>10</td>
<td>Mon</td>
<td>Trek 4</td>
<td>Jugti (4850m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>11</td>
<td>Tue</td>
<td>Trek 5</td>
<td>NakpoGozing (5150m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>12</td>
<td>Wed</td>
<td>Trek 6</td>
<td>Tsakshang (4700m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>13</td>
<td>Thu</td>
<td>Trek 7</td>
<td>Skyurchu (4600m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>14</td>
<td>Fri</td>
<td>Ascent 1</td>
<td>Chamser camp (5660m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>15</td>
<td>Sat</td>
<td>Ascent 2</td>
<td>Base camp (5700m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>16</td>
<td>Sun</td>
<td>Ascent 3</td>
<td>Base camp (5700m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>17</td>
<td>Mon</td>
<td>Ascent 4</td>
<td>High Camp (6200m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>18</td>
<td>Tue</td>
<td>Ascent 5</td>
<td>Base camp (5700m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>19</td>
<td>Wed</td>
<td>Ascent 6</td>
<td>Skyurchu (4600m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>20</td>
<td>Thu</td>
<td>Return to Leh</td>
<td>Leb (3500m)</td>
<td>Hotel</td>
<td>BLD</td>
</tr>
<tr>
<td>21</td>
<td>Fri</td>
<td>Fly to Delhi</td>
<td>Delhi</td>
<td>Hotel</td>
<td>B</td>
</tr>
<tr>
<td>22</td>
<td>Sat</td>
<td>Fly home</td>
<td>Home</td>
<td>Own bed</td>
<td></td>
</tr>
</tbody>
</table>

**Days 1/2**
Depart UK, arrive Delhi and transfer to hotel. The rest of the day is free to relax and recover from the flight or for individual exploration of Delhi.

**Day 3**
In the early morning we transfer to the domestic terminal for the highly spectacular flight over the Himalaya to Leh. The rest of the day is free to relax and acclimatise to the altitude.

**Day 4**
Today we will have an acclimatisation walk round the Leh Valley, visiting the ruins of the Old Royal Palace, the Tsemo Monastery and the recently built Japanese Peace Pagoda. All the while we have stunning views of the town and the Stok range of mountains across the valley.

**Day 5**
We continue our acclimatisation with a morning jeep ride up to the Khardung La (5380m), reputedly the world’s highest motorable road. Panoramic views of the Zanskar range to the south and the Nubra Valley to the north reward us. We will take our time descending, stopping about half way down for a picnic and a walk at around 4500m.

**Day 6**
Today we leave Leh and head out on the road to Manali to our trekking area, visiting the monasteries of Tikse (the mini Potala) and Hemis. We leave the mighty Indus valley at Upshi, and climb up past Meru to Rumtse where we make our first camp and meet the team that will be supporting us on the trek.

**Day 7**
A gentle walk up the valley today, which in spite of the easy gradients will feel hard simply because we are so high! We pass through pastures where the nomads have set up camp for the summer months, pass the seasonal huts at ChortenSumdo to a lovely camping site below our first major pass. 5 hours walking.

**Day 8**
The ascent to the Kyami La (5180m) may be gentle but will provide a stiff challenge due to the altitude. We should reach the pass in a couple of hours, and rest a while to enjoy extensive views across the Zanskar range and the Changtang plateau. We descend to a stream for lunch, and after crossing an intermediary spur ascent to the second pass of the day, the Mandalchan La (5170m) and descend to Tsaling. 7 to 8 hours walking.

**Day 9**
Gentle slopes lead up to the Shingbuk La (5230m) from where we look across to the TsoKar (salt lake) towards which we are heading. We descend to the plateau, again dotted with domestic flocks of goats, sheep and yaks and also home to wild asses (Kiang), marmots and Ibex. We continue across to make camp near the village, regional headquarters and small gompa at Thugje. 7 hours walking.

**Day 10**
Nowadays many of the local nomads have shunned the traditional pack animal to transport their homes in favour of a vehicle (well - wouldn’t you?), so the plateau is now crossed with dirt roads. Today we follow the vehicle tracks (which stick to firm ground) past the lake and veer eastwards. Easy walking and a chance to concentrate on the wild desolate surroundings. Very little ascent or descent today. 5 hours walking.

**Day 11**
The road rises gently to the Polo Kongka La (4970m) and just beyond the pass we branch off to the south, contouring around the slopes but gently gaining height again to reach a fine campsite at NagpoGozang. 5 hours walking.

**Day 12**
We cross the broad NakpoGozang (5270m), and a short way beyond here we get our first views of TsoMoriri, the smaller TsoKyagar and the twin summits of Chamser and LungserKangri. We head down crossing rivers to Tsakshang for the night. 7 hours walking.

**Day 13**
Again, with no suitable alternative, we follow the dirt road down to the northern tip of the TsoMoriri, and then along its east shore the settlement of Skyurchu. As we head nearer and nearer to our goal of LungserKangri, our guides will be able to indicate our ascent route. At Skyurchu we are treated with fresh food supplies. 5 to 6 hours walking.

**Days 14/19**
LungserKangri ascent. We allow 6 days for the ascent of LungserKangri, returning to Syurchu. Our first camp is the base camp for ChamserKangri, after which we cross a ridge at 5930m before descending to the LungserKangri BC. A day is spent here acclimatising before moving up to high camp (6200m) on the col between the two mountains, from where we attempt the summit. We can expect to be on snow anywhere above Base Camp. Summit day can be long (10 to 12 hours).

**Day 20**
We drive back to Leh (initially on rough dirt roads until we reach the Indus Valley) and the luxury of a hot shower at our hotel. We should get to Lehmid-afternoon and the rest of the day is free for last minute sightseeing or shopping in the bazaars.

**Days 21/22**
We fly to Delhi, with time for last minute shopping before transferring the international airport the following day for the flight home. Some flights home are overnight so you may not arrive back in the UK until Sunday.