

Markha Valley Trek

Tour My India Itinerary

2009-2010

Outline Itinerary

Day 01 Depart From Your Country

Day 02 Delhi – Leh

Day 03 Leh – Shey – Thiksey - Hemis

Day 04 : Leh – Spitok – Trek to Zingchan

Day 05 Zingchan - Yurutse

Day 06 Yurutse - Skiu

Day 07 Skiu - Markha

Day 08 Markha – Thochuntse

Day 09 Thochuntse - Nimaling

Day 10 Nimaling – Kongmaru La – Sumdo

Day 11 Sumdo – Hemis – Leh

Day 12 Leh Khardung La – Leh

Day 13 Leh – Delhi

Day 14 Delhi Departure



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Introduction

The Markha Valley Trek is certainly one of the most varied and beautiful treks in the world. It ventures high into the Himalayas crossing two passes over 15,000 ft (4575 m) as it circles from the edges of the Indus Valley, down into parts of Zaskar, and passes through terrain that changes from incredibly narrow valleys to wide-open vast expanses.

It is very interesting place as it is well known for its ancient form of Buddhism that flourishes in the many monasteries. These monasteries dot the landscape perched high atop hills. The trails are decorated by elaborate "chortens"(shrines) and "Mani"(prayer) walls that further exemplify the region's total immersion in Buddhist culture.

As you trek to the upper end of the Markha Valley you will be rewarded with spectacular views of jagged snow capped peaks before crossing the 5150m Kongmaru La (Pass) and the famous Hemis Monastery, where we end our trekking. There are also few days to explore the fascinating town of Leh and raft the Indus River.

Day 01**Depart from Australia**

We depart from the Australia for our overnight flight to Delhi. We arrive into in the early hours and transfer to our hotel. Overnight stay at hotel.

Day 02**Delhi- Leh (Complete Rest in Leh for acclimatization)**

Take the morning flight for Leh. Check into the guest house and relax the whole day. This is necessary for getting acclimatized. Overnight stay at the guesthouse.

Day 03**Leh – Shey – Thiksey - Hemis**

On this day you will go a sightseeing trip to some ancient monasteries in this area.

Shey Gumpa is about 15 kms from Leh. It used to be the summer palace of the kings of Ladakh. There are lots of Stupas and Gompas built around the palace. Shey palace was built by Deldan Namgyal in the beginning of 17th century AD. Main attraction in Shey is the 12m Shakyamuni Buddha statue inside the Dresthang Gumpa.

Thiksey Gumpa, close to Shey is about 17 kms from Leh. The monastery is considered to be one of the most beautiful in Ladakh and belongs to the Gelukpa order.

Hemis, about 45 kms south of Leh it is one of the most famous and largest monastery in Ladakh. It belongs to the Drukpa order and was founded in the early 17th century. The setting is perfect with the monastery cradled in a lovely valley, surrounded by streams and fronted by long Mani walls. Overnight stay at the guesthouse.

Day 04**Leh – Spitok (drive) – Trek to Zingchan (3200 mts / 10496 ft)**

Leave Leh early morning by Jeeps and reach Spituk (1 hr). Visit the Spituk Gompa, built about 500 years ago. Start the trek from here by crossing a bridge and walking south-west of the river Indus. The gorge section leads to the confluence of Indus and Zingchan. Camp near the village of Zingchan. Overnight stay in tents.

Day 05**Zingchan – Yurutse (3900 mts / 12792) via Rumbak**

It's a gradual climb from Zingchan to Rumbak. From here you can get fabulous views of the snow capped Stok Mountains. From here we move along the Rumbak Nala towards Yurutse. At Yurutse village you will find fields of barley and potatoes. Overnight stay in tents.

Day 06**Yurutse – Skiu (3100 mts / 10168 ft) via Ganda La**

A gradual ascent followed by a steep climb gets one to the Ganda la (4900 M). From here views extend south to the Zanskar range and distant summits of the Himalayan range. This is followed by a long descent to Shingo village. From Shingo the trail heads into a narrow gorge leading towards Skiu. At Skiu there is a confluence of the rivers coming from Markha valley and Shingo. Overnight stay in tents.

Day 07**Skui – Markha (3800 mts / 12464 ft)**

It's a very pleasant hike, up the Markha valley and well known for its trail crossing numerous streams. Markha is a quaint village with a deserted fort and a small village. Overnight stay in tents.

Day 08**Markha - Thochuntse**

From Markha the country changes and the warm, relatively heavily wooded sections of the lower Markha is left behind. One will be required to cross the river several times as there are no bridges here. Hankar, enroute, is the highest village in the Markha valley. Overnight stay in tents.

Day 09**Thochuntse – Nimaling (4700 mts / 15416 ft)**

Trek starts on a good path with several small inclines and a series of grassy ridges. There are a series of Mani walls (walls carved with Buddhist prayers) and chortens en route. This is one of the most beautiful high valleys in Ladakh and is dominated by the Kangyaze peak. Overnight stay in tents.

Day 10**Nimaling – Kongmaru La (5150 mts / 16892 ft) - Sumdo**

Today you will cross to the north of the Markha, climbing to the top of the highest of the three passes, the 5,306 M Kongmaru La, with its wonderful views from the top. There are snow peaks in every direction and on a clear day the giants of Karakoram, including K2, can be seen on the north-western horizon. The trail descends to the Martselang valley, following the Martselang stream to the village of Sumdo. Overnight stay in tents.

Day 11**Sumdo – Hemis (4 hrs trek) - Leh**

Today you will make an easy descent along the Martselang to where it broadens into the valley of the Indus at Martselang village. Board the awaiting jeeps. Visit Hemis monastery and after that drive to Leh via Shey and Thiksey monastery. Overnight stay in a hotel.

Day 12**Leh Khardung La – Leh (40 kms/ 2 hrs)**

In the morning drive for the Khardung – La Pass. This is the ultimate challenge of the trip. It is the highest motorable road in the world taking you to a dizzy 5,600m. !

The view from the top is spectacular, stretching from the Indus valley in the South over the endless peaks and ridges of the Zaskar range to the giants of the Sesser Massif in the North. You can feel proud of a true achievement as you finish the trip with your final satisfying descent. Evening back to Leh for dinner and overnight stay.

Day 13**Leh - Delhi**

Transfer to the airport for the spectacular flight across the main chain of the Himalaya to Delhi. On arrival at Delhi transfer to hotel and have an overnight stay.

Day 14**Delhi Departure**

Transfer to international airport according to your flight schedule.