



SHAM VALLEY TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Ladakh, India



DISTANCE

27 Km



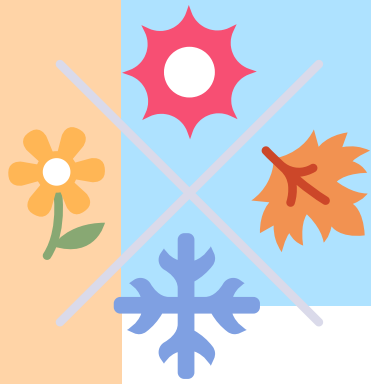
MAX ALTITUDE

12715 ft



LAST ATM

Leh



BEST SEASON

June to Sep



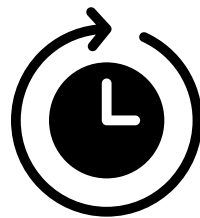
BASE CAMP

Leh



DIFFICULTY

Moderate



DURATION

4 Days & 3 Nights



SERVICE FROM

Leh to Leh



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SHORT ITINERARY



DAY 1

Arrive at Leh

DAY 2

Drive to Likir; Trek to Phobe La | Altitude : 12,073 ft. via 12,171 ft at pass Distance : 9 km

DAY 3

Trek from Yangthang to Hemis Shukpachan via Tsermangchan La | Time Taken : 4 hours Altitude : 11,900 ft. via 12,715 ft. at pass Distance : 10 km

DAY 4

Hemis Shukpachan to Temisgam (10,597 feet) via Mebtak (12,467 feet) (12 km) and Drive to Leh



ITINERARY



DAY 1

Manali to Jispa

Reach Leh and spend the rest of the day exploring around.
Overnight stay in Leh.





DAY 2

Drive to Likir; Trek to Phobe La | Altitude : 12,073 ft. via 12,171 ft at pass Distance : 9 km

We drive to Likir after breakfast, a journey of about 58 km. This marks the beginning of our trek. The day is short and quite easy and takes us through two stunning passes Phobe La, and Chagatse La. We also trek past the quaint little village of Sumdo, from where the path to Chagatse La opens up. Once through the pass, the Yangthang village awaits us, and is our campsite for the night, right beside a gurgling stream. Sleep to the mellifluous sounds of the surrounding beauty.

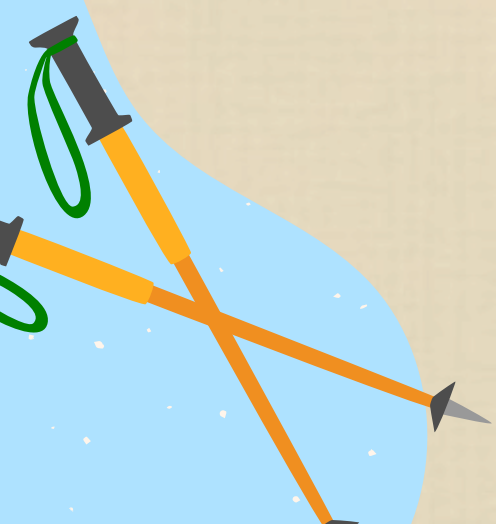




DAY 3

Trek from Yangthang to Hemis Shukpachan via Tsermangchan La | Time Taken : 4 hours Altitude : 11,900 ft. via 12,715 ft. at pass Distance : 10 km

The trail is easy and gradual, over the mild incline. We begin trekking northwards, and soon the trail descends to cross a small stream. From here, the ascent to Tsermangchan La begins, over a gentle slope. Once we cross the pass, we begin ascending yet again to Hemis Shukpachan, one of the loveliest Ladakhi villages. Admire the raging streams that await you, along with expansive fields of barley, adding a dash of greenery as a contrast to the robust mountains that surround you.





DAY 4

Hemis Shukpachan to Temisgam (10,597 feet) via Mebtak (12,467 feet) (12 km) and Drive to Leh

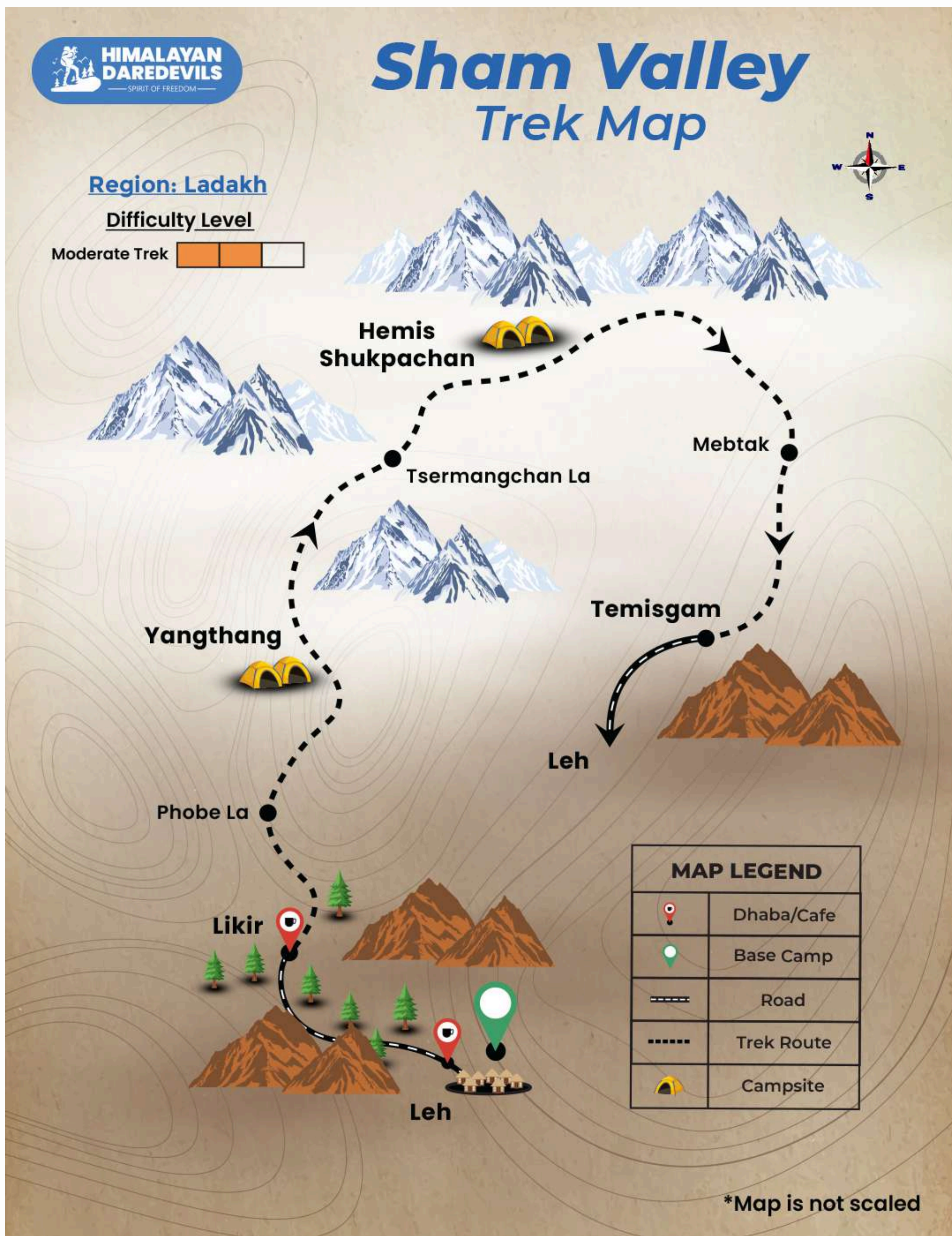
Post breakfast, head to Mebtak La by following the trail which ascends amidst two hillocks towards village's west until it turns south and climbs to the pass "Mebtak La".

The top is marked by prayer flags and offers amazing views. From the pass, get down to the gorge to Ang, it is a beautiful village with some apricot orchards.

Now, head to Temisgam's highway and drive back to Leh.



TREK MAP





INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- Accommodation:- Guest house / Camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook, and Support staff.
- First aid medical kits, stretcher, and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent, kitchen & dining tent, toilet tent, utensils, and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.





EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



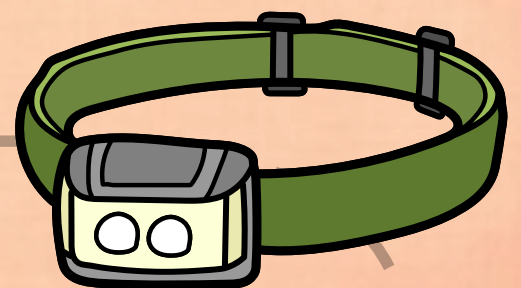
TREKKING SHOES



BACKPACK



HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

By Air

The Kushok Bakula Rimpochee Airport in Leh is the highest airport in India. You can get daily flights to Leh from most of the cities in India. Frequent flights ply from Delhi, Mumbai, Bangalore, Chennai, and Kolkata. Standing at an elevation of 11,150 feet, Leh is one of the highest cities in India.

By Rail

The nearest major railway station is the Jammu Tawi railway station which directly connects major cities of India like New Delhi, Mumbai, Chennai, Bangalore, Kolkata and many more. It is the most convenient stop, from where frequent buses and cabs are available.

By Road

You can use either the Manali-Leh highway or Srinagar-Leh highway if you wish to travel by road. The Srinagar-Leh highway is more preferable than the Manali-Leh highway.



FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

Fitness target:

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.



CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand we plan everything including guide fees, permits, accommodation and ration in advance. Therefore any cancellation means inconvenience and certain losses to the people involved in various stages of programme. Keeping that in mind, our cancellation charges are as below-

Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.

Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Cancellation less than 15 days to the start of event: No refund.

**Please note cancellation will be only accepted by email.
Booking amount is non refundable.**



CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

We plan itineraries based on the information at the time of planning and in rare circumstances, there are subject to change. In the event that the itinerary is changes or delayed due to unforeseen circumstances such as bad weather conditions, transportation delays, government intervention, landslides etc. We will always aim to give you the best experience possible. However The Himalayan Daredevils are not be held responsible for the cost of delay or changes

CONTACT US



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