



# RUMTSE TO TSO MORIRI LAKE TREK

Discover Yourself on the Trail!



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# TREK OVERVIEW



## LOCATION

Ladakh, India



## DISTANCE

106 km



## MAX ALTITUDE

17880 ft



## LAST ATM

Leh



## BEST SEASON

June, July and August



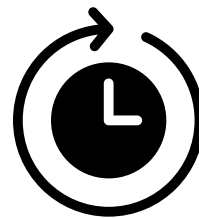
## BASE CAMP

Leh



## DIFFICULTY

Difficult



## DURATION

9 Days & 8 Nights



## SERVICE FROM

Leh to Leh



+91 7983285412



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# SHORT ITINERARY



## DAY 1

Drive from Leh to Rumtse: Acclimatization at Rumtse

## DAY 2

Rumtse – Kyamar

## DAY 3

Kyamar – Kyamar La – Mandachalan La – Tisaling

## DAY 4

Tisaling – Shibuk La – Pongunagu (Tso Kar campsite)

## DAY 5

Pongunagu to Nuruchen

## DAY 6

Nuruchen – Horlam La – Rachungkharu





# SHORT ITINERARY



## DAY 7

Rachungkharu – Kyamayaru La – Gyamar La – Gyamalhoma

## DAY 8

Gyamalhoma – Yarlung Nyau La – Karzok

## DAY 9

Drive from Karzok to Leh





# ITINERARY



## DAY 1

### Drive from Leh to Rumtse: Acclimatization at Rumtse

Start the day early, around 7:00 AM, The journey typically takes around 5-6 hours, covering a distance of approximately 75 kilometers. Enjoy the picturesque drive through the Ladakh region, taking in the breathtaking landscapes, rugged mountains, and barren terrains. Reach Rumtse by early afternoon, around 1:00 PM. Rumtse is a small village situated at an altitude of approximately 4,100 meters (13,450 feet) above sea level.

After resting for a bit, it's advisable to engage in light activities to help your body acclimatize. You can take short walks around the village, but avoid strenuous exertion.







## DAY 2

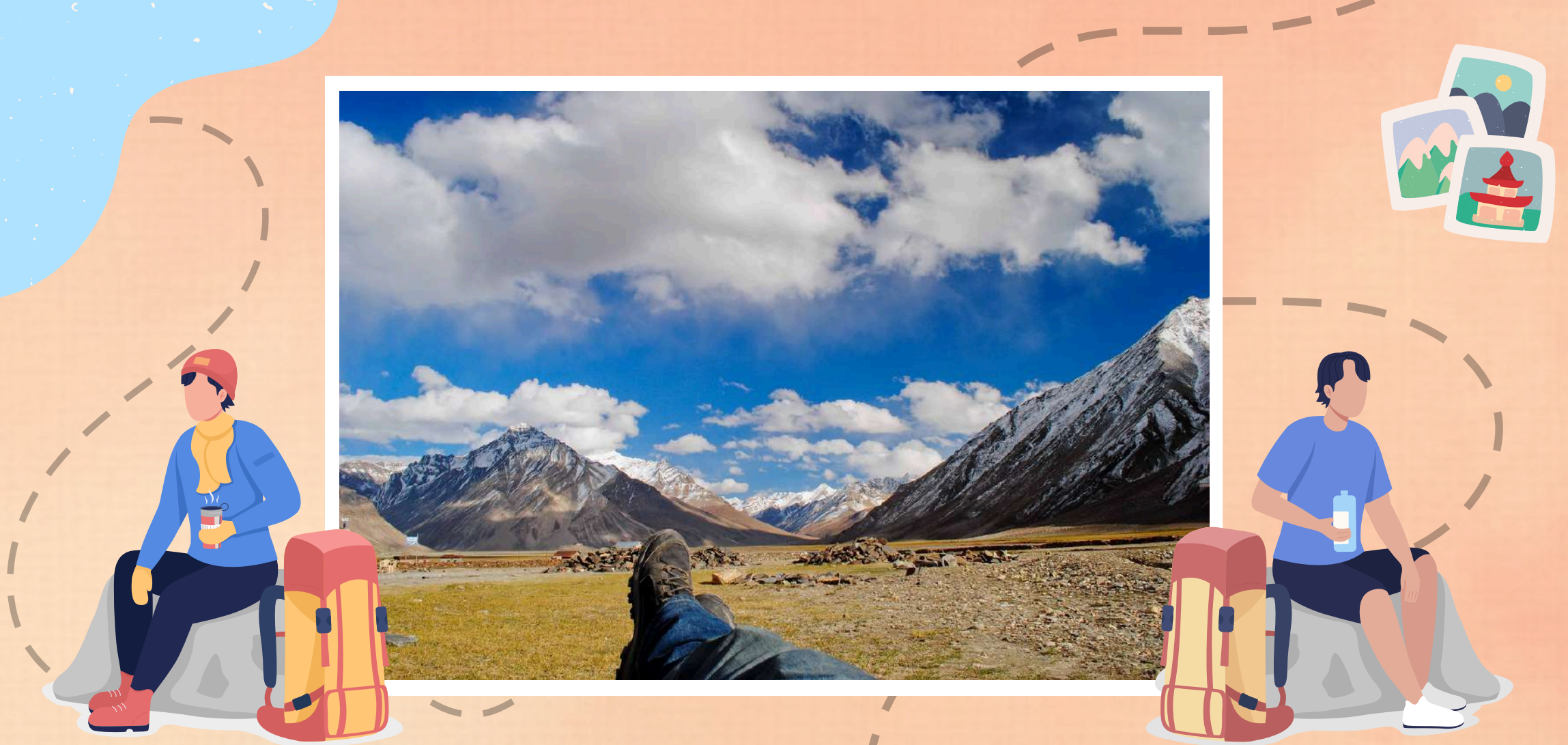
### Rumtse – Kyamar

Begin your trek from Rumtse, following the well-marked trail that leads towards Kyamar. The initial part of the trek may involve ascending gentle slopes and crossing open terrain. The trail might include some rocky patches,

Reach Kyamar, Get comfortable, and take in the stunning mountain scenery that surrounds Kyamar. and stay overnight there







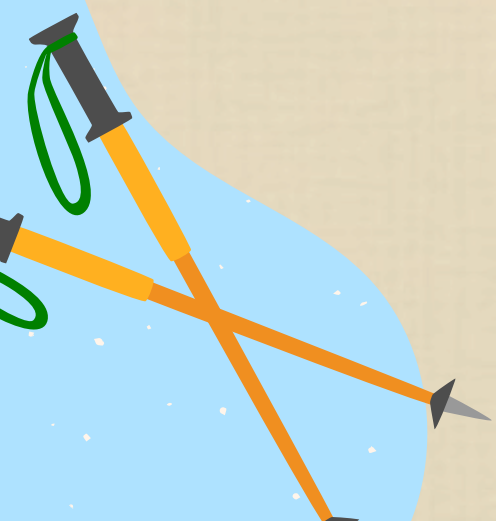
## DAY 3

### Kyamar – Kyamar La – Mandachalan La – Tisaling

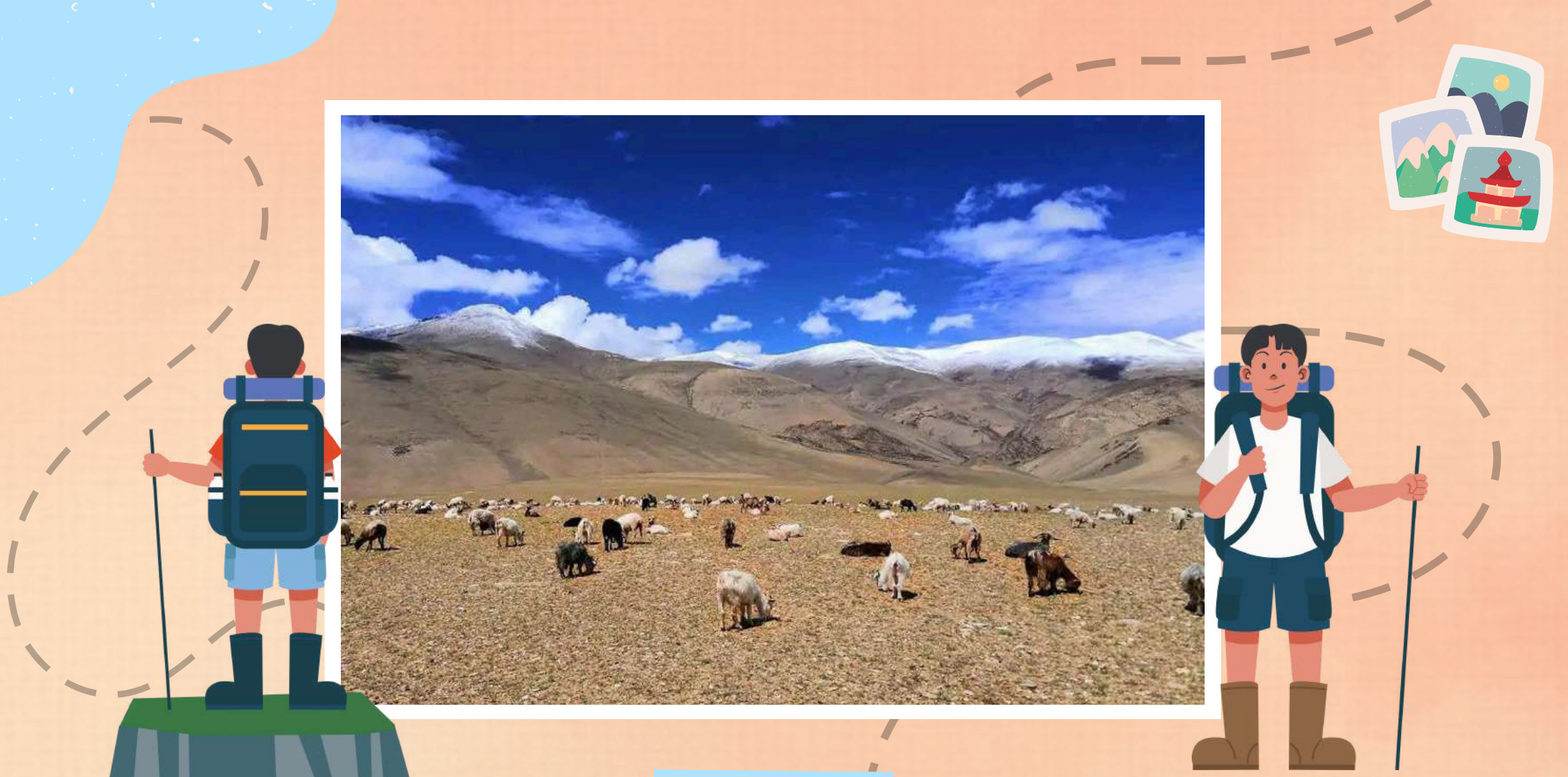
Start the day's trek by ascending towards Kyamar La, a high mountain pass. This part of the trail may involve steeper sections, so proceed at a steady pace.

Once you reach the pass, take a moment to catch your breath and soak in the breathtaking panoramic views of the surrounding peaks and valleys. After spending some time at Kyamar La, begin the descent into the valley. The trail may be rocky and uneven,

Reach Tisaling, a beautiful camping spot situated at an altitude of around 4,950 meters (16,240 feet) above sea level.







## DAY 4

### Tisaling – Shibuk La – Pongunagu (Tso Kar campsite)

Start the day's trek by ascending towards Shibuk La, a mountain pass. The trail may involve steep sections, Once you reach Shibuk La enjoy the stunning panoramic views of the surrounding landscapes

Continue along the trail, which may lead you through varied landscapes, including meadows and rocky terrain. Reach Pongunagu, the campsite situated near Tso Kar Lake, and stay overnight there







## DAY 5

### Pongunagu to Nuruchen

Start the day's trek from Pongunagu, following the trail that leads towards Nuruchen. The trail may involve some ascending and descending sections, Reach Nuruchen, a campsite along the route.







## DAY 6

### Nuruchen – Horlam La – Rachungkharu

Begin the day's trek by ascending towards Horlam La, a mountain pass. The trail may involve steep sections. Once you reach Horlam La, enjoy the views of the surrounding landscapes. Reach Rachungkharu, and stay overnight there.



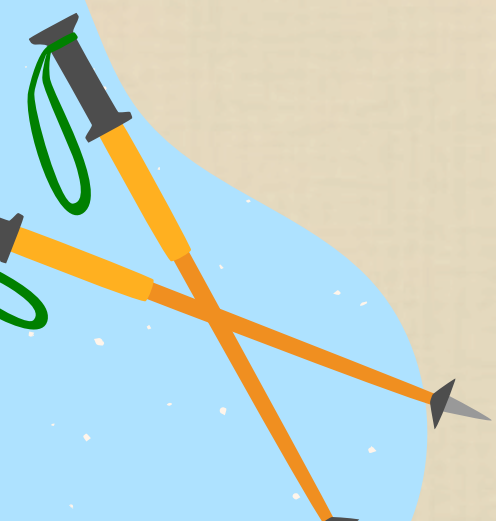




## DAY 7

**Rachungkharu – Kyamayaru La – Gyamar La –  
Gyamalhoma**

Start the day's trek by ascending towards Kyamayaru La, a mountain pass. Once you reach Kyamayaru La, enjoy the views of the surrounding landscapes. Reach Gyamalhoma, at your camping spot.







## DAY 8

### Gyamalhoma – Yarlung Nyau La – Karzok

Start the day's trek by ascending towards Yarlung Nyau La, a mountain pass. Once you reach Yarlung Nyau La, continue along the trail, which may lead you through varied landscapes, including meadows and rocky terrain. The trek will eventually take you to Karzok. Reach Karzok, a village situated at the northwestern shore of Tso Moriri Lake, and stay overnight there.







## DAY 9

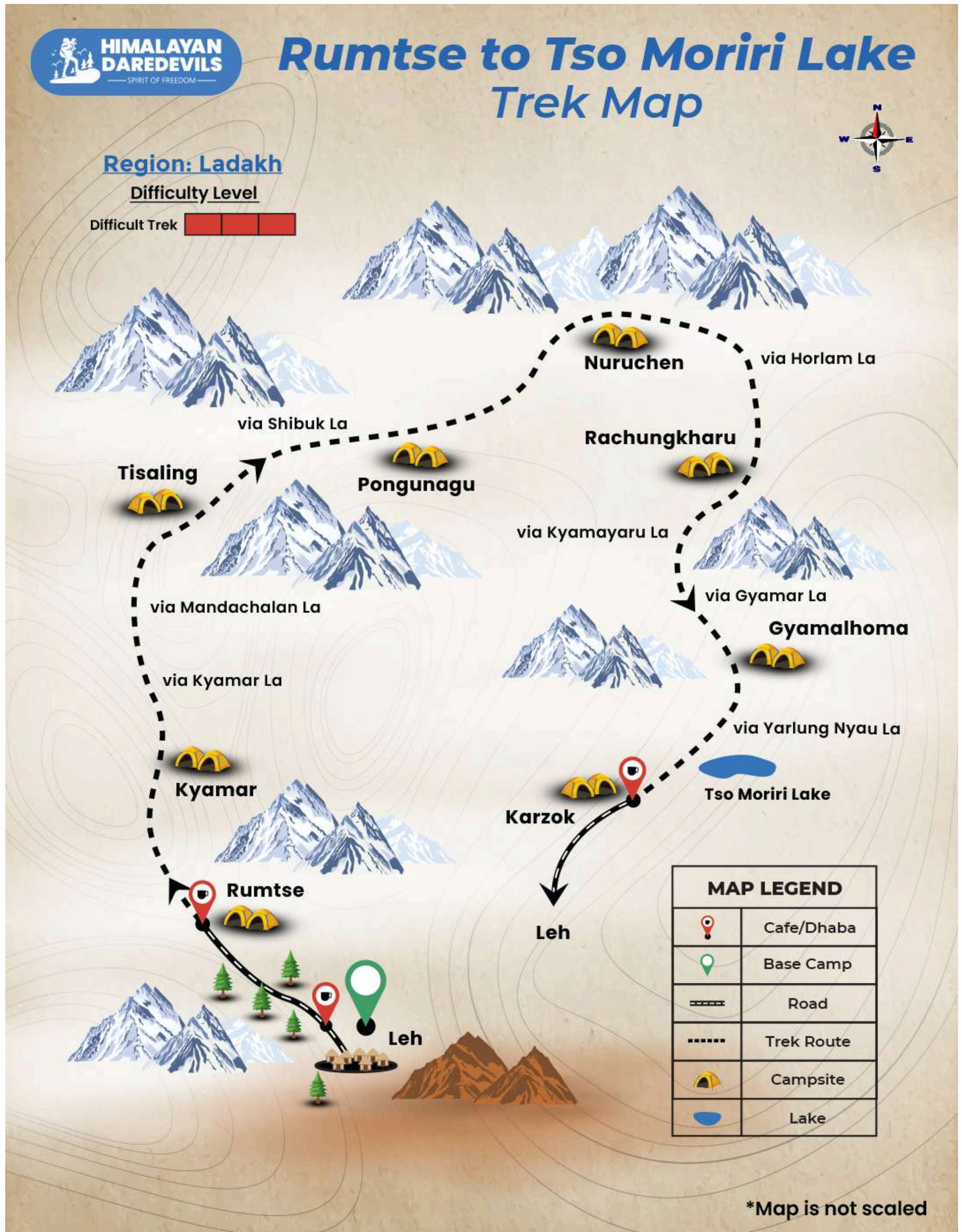
### Drive from Karzok to Leh

Prepare to depart from Karzok. Depending on road conditions and weather, it's advisable to start early in the morning, around 7:00 AM, to make the most of the day.





# 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
- On first day En Route to base camp the Breakfast and Lunch are Not Included
- Last Day En Route Lunch and Dinner are Not Included
- 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

## Travel to Leh Ladakh by air

Flying is the fastest and most convenient way to reach Leh. Leh's Kushok Bakula Rimpochee Airport is a small but well-connected airport that has regular flights from major cities like Delhi, Srinagar and Mumbai. Airlines like Air India, GoAir and Vistara ensure smooth connectivity. The aerial view as you land in Leh is a sight, with snow-covered peaks and endless mountains below you.

But flying directly to Leh has a catch: altitude sickness. The sudden jump to over 11,000 feet above sea level can cause Acute Mountain Sickness (AMS) which gives you headaches, nausea and fatigue. To avoid discomfort, travellers are advised to spend their first day resting and acclimatizing. Hydration and light food can also help alleviate symptoms. Flying is perfect for those who are short on time but want to see the treasures of Ladakh.





# 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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