



NUBRA VALLEY TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Ladakh, India



DISTANCE

60 Km



MAX ALTITUDE

17716 ft



LAST ATM

Leh



BEST SEASON

June to September



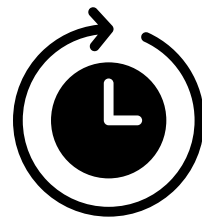
BASE CAMP

Leh



DIFFICULTY

Moderate



DURATION

6 Days & 5 Nights



SERVICE FROM

Leh to Leh



+91 7983285412



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SHORT ITINERARY



DAY 1

Leh to Nubra Valley

DAY 2

Hundar to Wachan (5/6 hours)

DAY 3

Wachan to Sarathang (6/7 hours)

DAY 4

Sarathang to Muru dok via Lasarmola (5330 m) (6/7 hours)

DAY 5

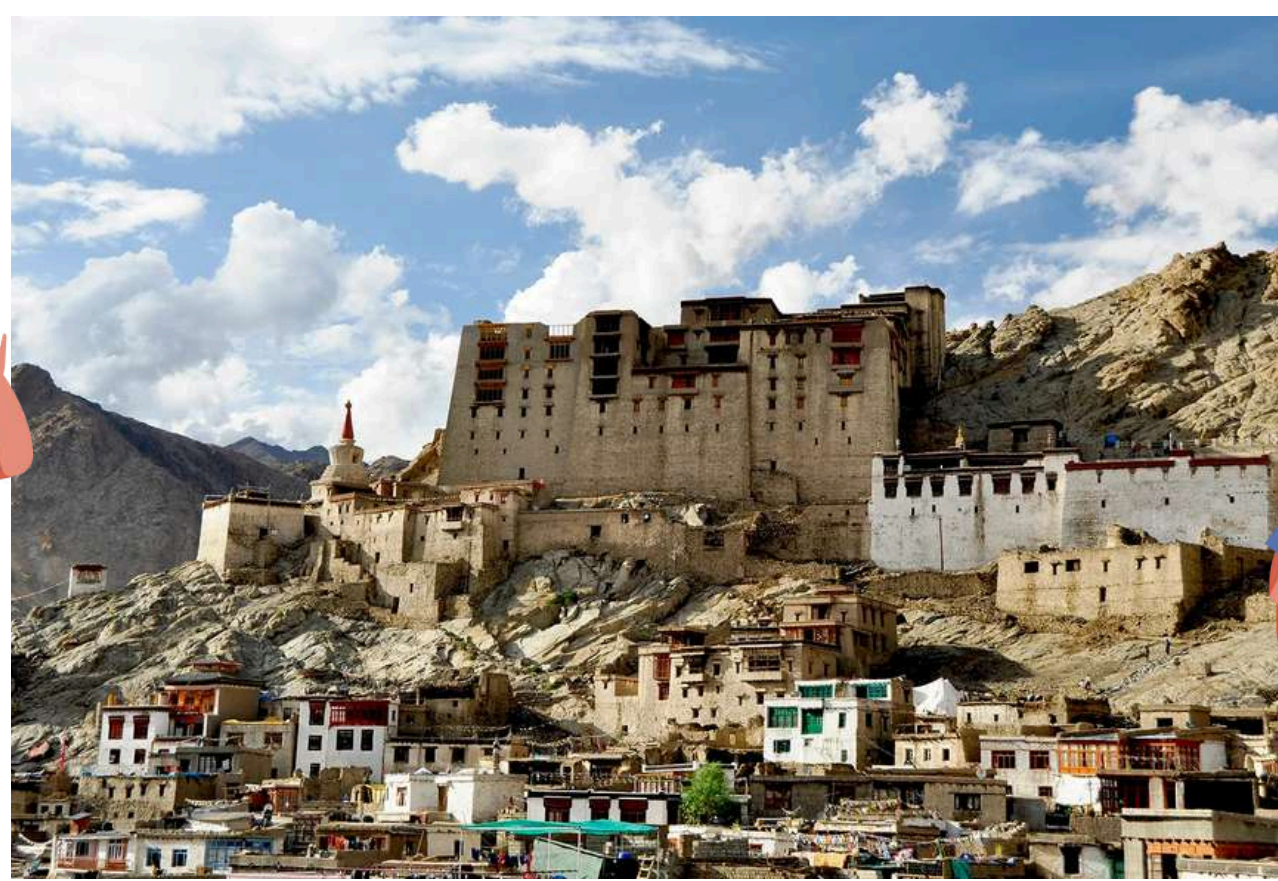
Muru dok to Thachungtse (5/6 hours)

DAY 6

Thachungtse to Leh (5/6 hours)



ITINERARY



DAY 1

Leh to Nubra Valley

Base Camp of Nubra Valley trek is Leh. Reaching Leh by taking road route consumes a lot of time so board a flight and directly reach there.

Our journey starts from Leh over the World's highest motorable road (5500 m) which offers great views of Sasar peak and Nubra valley. Go to the village to visit Sumur Monastery, drive back to Disket, there visit famous Disket Monastery.

Reach Hunder, in the evening explore Hunder Monastery get back to camps and retire for the night.





DAY 2

Hundar to Wachan (5/6 hours)

Follow left side of the Hundar River which gently flows through a narrow valley. The trail is zig zag ascend through it and ahead come across villages and fields.

This is Wachan, setup your camps near the field and settle for the day.



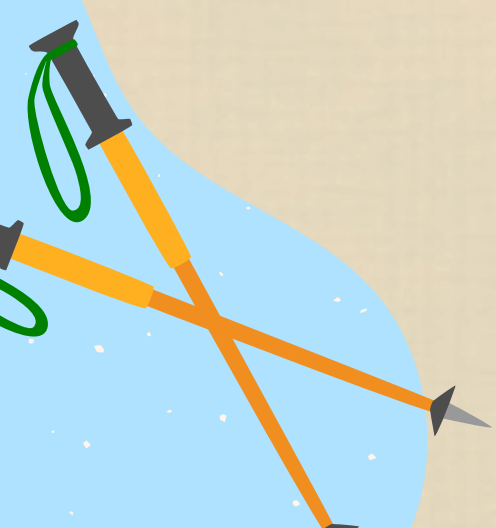


DAY 3

Wachan to Sarathang (6/7 hours)

Leave Wachan and head to Sarathang. Climb gently and cross Hunda River over the bridge. Towards the left are few Hundar dok huts.

Witness sheep, Yaks, goats and other domestic animals. Reach Sarathang and retire for the night.





DAY 4

Sarathang to Muru dok via Lasarmola (5330 m) (6/7 hours)

Post breakfast, follow the right ascending trail to reach the glacier, the climb is tough through rocky terrain. The glacier rewards you with magnificent views of Stok Kangri summit.

The descent from here is long and reaching Muru dok would take 4 to 5 hours.

It is a beautiful campsite amid two rivers, setup your camps here and retire for the night.





DAY 5

Muru dok to Thachungtse (5/6 hours)

Continue the Markha valley trail passing through tone mills, a destroyed castle and pristine monastery of Techa situated upon a cliff above Markha.

There are several streams on the way before the last settlements of valley.

Leave Umlung village and get first sight of Mt Kang Yatse and the view accompanies us until we reach Kongmaru La.

Have lunch at Hangkar, the last village in the valley then continue hiking to Thochuntse, choose a good ground, setup your tents and retire for the night.





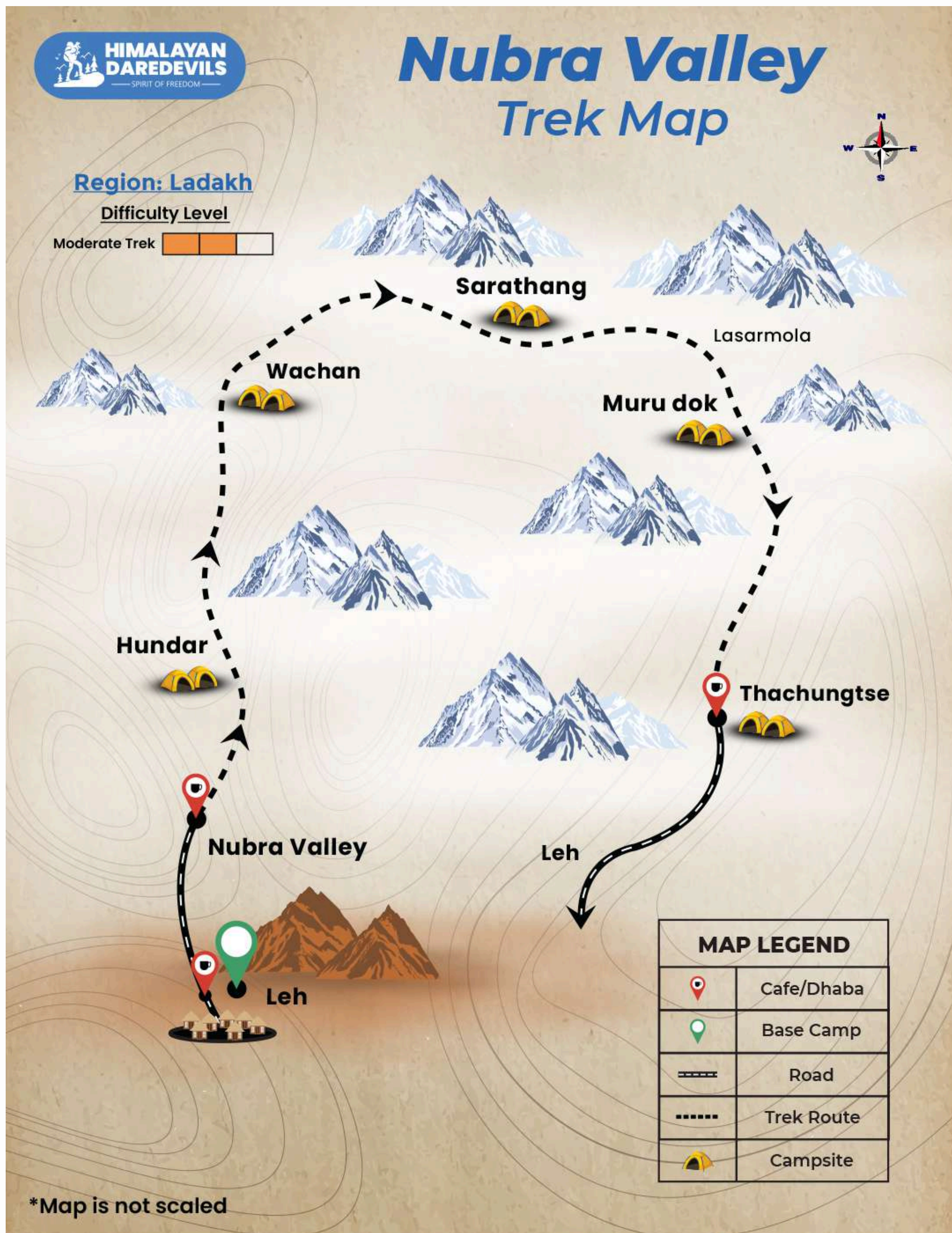
DAY 6

Thachungtse to Leh (5/6 hours)

From the campsite, go along the river and cross it further. Start the gradual ascent to Gyamtsa La which lies at an elevation of 4200 m. And, afterwards descend to Gyamtsa and enjoy your journey 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
- 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.



WHAT TO CARRY



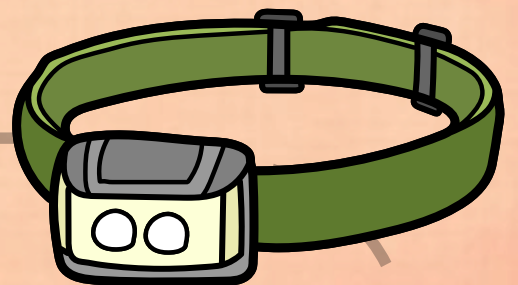
TREKKING SHOES



BACKPACK



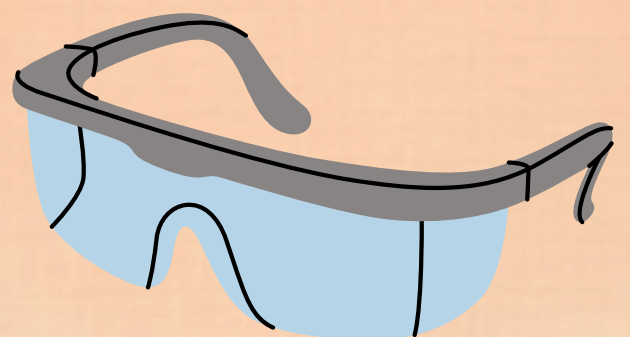
HAND GLOVES



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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