



MT. NUN ADVANCE BASECAMP (ABC) TREK



Total Duration :
6 Nights & 7 Days



Difficulty Level :
Moderate



Trek Duration & Distance :
3 Days & 22 kms



Highest Altitude :
5016 Metres



Best Season :
May to October

Mt Nun is the highest peak in Ladakh standing at 7135m in the Suru region. Being one of the most accessible seven thousanders in the Indian Himalayas, Mt Nun is a favourite among many climbers. For non climbers, the trek to the Advance basecamp is a unique experience as trail involves walking through rocky paths, moraines and doing a glacier traverse to the base of the 300 feet icefall at the ABC. If time permits, you also experience ice climbing on the icefall. It offers a variety of magnificent views of the Zaskar range as well as opportunities to witness the diverse flora and fauna of Ladakh. The valley is filled with many wild and medicinal plants and flowers. One can also witness a variety of wildlife such as Himalayan Marmots, Fox, Wolves, Himalayan Griffins, Bearded Vultures and many other birds.

Brief Itinerary



Day 1 :
Arrive in Kargil
from Srinagar/Leh

Day 2 :
Acclimatization day
and local sightseeing



Day 3 :
Drive from Kargil
to Tangole (3289m)
Drive Time: 3 hours

Day 4 :
Trek from Tangole
to Nun Basecamp (4247m)
Distance/Duration: 5.5 kms / 4 to 5 hours



Day 5 :
Trek from Basecamp
to Advance Basecamp
and Icefall (5016m)

Day 6 :
Trek from ABC to
Tangole and Drive to Kargil
Distance/Duration: 9 kms / 3 to 4 hours
Drive Time: 3 hours



Day 7 :
Early morning drive to Srinagar



PANIKHAR

Route Map

PARKACHICK

Tangole

5.5 kms

Tangole La
4246m

Mt Nun Base Camp

4 kms

Mt Nun ABC

1 kms

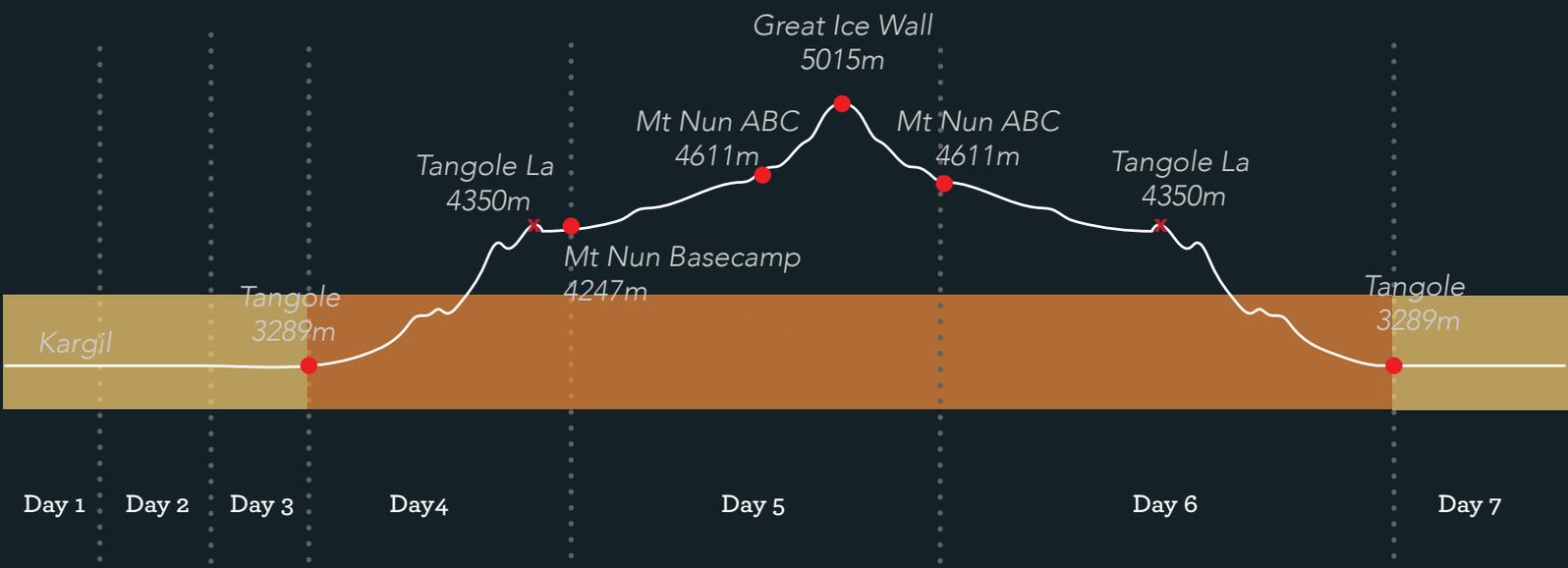
Great Ice Wall

Mt Kun
7070m

Mt Nun
7135m

Elevation Map

Easy Moderate Hard





Day 1 : Arrive in Kargil from Srinagar/Leh

Pick up from Airport and drive to Kargil (5 hours)
Lunch Enroute
Evening for leisure

Day 2 : Acclimatization day and local sightseeing

After an early breakfast, we will drive to Hundurman which is border settlement on the LoC between India and Pakistan and check out the Hundurman Museum
Visit to Munshi Aziz Bhat Museum, a family run museum that had preserved the silk route history of Kargil
Post lunch, explore Kargil bazaar
Dinner and overnight at hotel

Day 3 : Drive from Kargil to Tangole (3289m)

Drive from Kargil to Tangole and camp there for the night at Tourist Dak Bunglow.
After lunch there will be a short briefing about the following days
Spend evening at leisure by the bonfire



Day 4 : **Trek from Tangole to Nun Basecamp (4247m)**

The day starts with a crossing the Tangole foot bridge and through the village of Golma Thongus.

The trail immediately starts becoming uphill with almost 80 degree ascent for almost 4 hours all the way till Tangole La.

You will be able to see the glacial snout from here.

From Tangole la a short descent will bring you to the basecamp by a stream fed by the glacier.

Set up camp by the stream. Spend the evening at leisure.

Overnight in tents

Day 5 : **Trek from Basecamp to Advance Basecamp and Icefall (5016m)**

Today's trek begins with an easy trail for the first one hour.

Once we start approaching the glacier, the terrain transforms into rocky moraines and then the trails goes over mud covered glacial ice.

A short scramble over the glacier and by lunchtime we will arrive at the advance basecamp.

We will set up camp here and fter lunch we will walk to the great Ice fall.

We will set up small section of rope on the icefall where you can try your hand with ice climbing using jumar

After spending sometime at the glacier we will return to our camp at the ABC.

Overnight in tents



Day 6 : **Trek from ABC to Tangole and Drive to Kargil**

After an early breakfast, we will carry packed lunch and set out back to Tangole.

We will follow the same trail back through the glacier and moraines and then through the steep downhill from base-camp to Tangole.

Arrive at the Alpine hut at Tangole to by afternoon and drive back to Kargil.

Overnight at hotel in Kargil

Day 7 : **Early morning drive to Srinagar**

Early morning drive from Kargil to Srinagar airport

Catch the evening flight from Srinagar

Inclusions :



Transport :

- Airport transfers
- Trek point transfers
- Transport for sightseeing



Meals :

- Breakfast and dinner at hotel in Kargil
- All meals on the trek



Equipment :

- Camping gear (sleeping bags, mattress, two man dome tents, toilet tent, dining tent)
- Safety gear (ropes, iceaxe, micro spikes)



Accommodation

- Twin sharing rooms at hotel
- Dome tents on trek



Staff :

- Trained and experienced guide/trek leader
- Kitchen and support staff
- Porters/Mules



Medical Services :

- First Aid Kit
- Oxygen cylinder



Permits :

- Trekking permits
- Camping charges

Exclusions :

- Single room accommodation
- Lunch during stay in Kargil
- Meals while on the road
- Personal equipment such as walking sticks, rain coats, gloves etc
- International & Domestic flight fares, visa charges
- Monument/monastery and Museum visit fee
- Any expenses of personal nature such as mineral water, laundry.
- Cost incurred due to emergency evacuation
- Any kind of insurance, such as accident, theft, medical, evacuation etc.
- Personal Mules & porters. You can request for one in advance while booking
- Tips to porters, camping team, driver, guide, etc.
- Cost incurred due to change / extension in the itinerary due to roadblocks, bad weather condition, flight delays, vehicle breakdowns, etc.

Checklist for your trip

Clothing :



Water-proof
Trekking Shoes



Woolen &
cotton socks
(2 pairs each)



Full sleeve
tshirt



Water-proof
trekking pants
(1 spare)



Woolen or
fleece
sweater/jacket



Downfeather
Jacket



Thick gloves
with inner



Spare under
garments
(3 pairs)



Thick muffler



Woolen Cap



Rain poncho or
wincheater

Essentials :



Sun goggles



Valid ID proof



Wearable
Flashlight with
batteries



Power bank



2 ltr. Water
bottle



Rucksack

Toileteries :



Personal
Toileteries



Sun
block



Personal-Aid
Kit

Trip Specific Information

By signing up for a trip with Roots :

You acknowledge that you have voluntarily applied to participate in this trip and that you have read the description of the trip as it appears on the website and the information below:

You are expected to carry your own luggage. If you need a porter/mule during treks please inform us in advance.

Delays are expected on account of roadblock & weather conditions. Our effort will be to continue with the trip as per the schedule & make you as comfortable as possible. But in such situations we may have to compromise on the campsite & adjust to these situations then & there. The final call will be taken by our Lead Guide on location.

The itinerary should be viewed as ideal & we may have to make some spot changes due various unavoidable reasons.

The distances & altitude mentioned in the above itinerary are to the best of our knowledge & information; marginal variance in the actual distances & altitudes is possible.

You are expected to be in reasonable shape and fitness, being able to walk for several hours at a normal pace as well as to take care of your own equipment.

You are required to produce a Medical Fitness certificate before starting the trip.

The minimum age restriction for this trip is 18

All outdoor related activities involve a certain level of risk. You are expected to sign an Indemnity Form in agreement to the risks involved through part taking in such outdoor activities.

Roots Ladakh reserves the right and permission to use photographs of individuals and photographs submitted by them on tour for use in promotional and publicity purposes

Payment & Cancellation Policy :

- Full payment must be made before commencement of the journey
- 30% of the total amount will be retained as cancellation fee if the trip is cancelled 30-21 days prior to date of journey.
- 50% of the total amount will be retained as cancellation fee if the trip is cancelled 21-15 days prior to date of journey.
- 70% of the total amount will be retained as cancellation fee if the trip is cancelled 15 days prior to date of journey.
- No refund will be granted on cancellation done within 15 days of the date of journey.
- No refund will be granted for portion/portions of the journey not performed by the traveller.
- No refund will be granted in case of non-performance of journey due to external and natural events.
- The refund process will take atleast 10 to 15 days working days.
- In the event of any dispute, the matter shall be resolved under the jurisdiction of the District Court, Kargil.

Get Your Adventure Trip Insured :

We have now partnered with India's first Adventure Insurance provider www.asc360.com to make your trek safer. For an additional one time amount of Rs 988/- you will get a cover of over 3.5 Lakhs for your 10 day trip. Please let us know if you are interested so that we can send you more details. We strongly recommend signing up for it. Please note that we are not charging any additional service fee on this. The policy rates are as per ASC360. You can also get your insurance directly by contacting them.

4 REASONS WHY

You should travel with us!



Go Offbeat :

We pride ourselves in being the experts in offbeat and adventure travel experiences in Ladakh. We like to mix it up – a little bit of history and a little bit of adventure.

Travel Responsibly

We believe in creating shared value. We focus on engaging local communities in our work and always try to harness the local knowledge from the land.



Travel with Locals

Get an authentic and immersive Experience. Expect some local food, close interaction with locals and more time out in the nature on your own.

Expect Professionalism

We promise only what we can deliver. We are a great team of young, trained & experienced professionals from various backgrounds and share the same passion for outdoors & exploration.



Everything you need to know about

ACUTE MOUNTAIN SICKNESS

Altitude sickness ranges from mild headache and tiredness to a fatal build up of fluid in the lungs or brain at high altitudes.

Causes of AMS

Dipping air pressure & Lack of Oxygen at High Altitudes

The symptoms



Headache



Dizziness



Nausea



Loss of Appetite



Fatigue



Loss of sleep

steps to prevent ams



Consume 2 Litres of water everyday

Start exercising 1 month prior to the Journey



Diamox to help with better Acclimatisation



If initial precautionary measures are not taken, Acute mountain sickness might prove to be fatal and lead to further heart conditions

WHO DOES AMS AFFECT?

Part of the mystery of Acute Mountain Sickness is that it is difficult to predict who will be affected. There are many stories of fit and healthy people being badly limited while their older companions have felt fine!

what to do if you suffer from AMS?



Tell your team mates immediately



Descend down as soon as you can