



NINDUM LHARI TREK



Total Duration :
6 Nights & 7 Days



Difficulty Level :
Moderate to Hard



Trek Duration & Distance :
4 Days / 31kms



Highest Altitude :
5510 Metres



Best Season :
May to October

Nindum LhaRi literally translates into "The Spirit Mountain" and is a revered mountain peak amongst the local community. Although relatively unknown peak, Nindum is a great peak for all levels of climbers/trekkers. It is situated in Kargil region of Ladakh along the Kargil-Leh highway. There are multiple approaches to this peak but the most ideal route is from the north side through the ancient village of Henasku which is accessible from Leh or Kargil in just 3 to 4 hours. It's a non technical peak with less snow conditions in the summer time but at the same time has some challenging sections with loose scree and sharp rocks. During April or May few snow patches can also be found making the climb even more adventurous. Being the highest peak in the area it gives a 360 degree view of the entire landscape and a close range view of Mt. K2 along with several other peaks in the Karakoram range towards Pakistan.

Brief Itinerary



Day 1 :
Arrive in Leh



Day 2 :
Drive from Leh
to Hinasku – (3690m)
3 hours



Day 3 :
Trek from Hinasku to
Braq Karpo basecamp (4600m)
7 kms / 3 hours



Day 4 :
Summit Day
3.7 kms one way / 6 to 7 hours



Day 5 :
Trek from Braq Karpo to
Takmachik broq (3844m)
via Hemar La (4600m)
10 kms / 4 hours



Day 6 :
Trek from Takmachik
broq to Takmachik (3007m)
6 kms/ 2 hours.
Drive to Leh: 3 hours



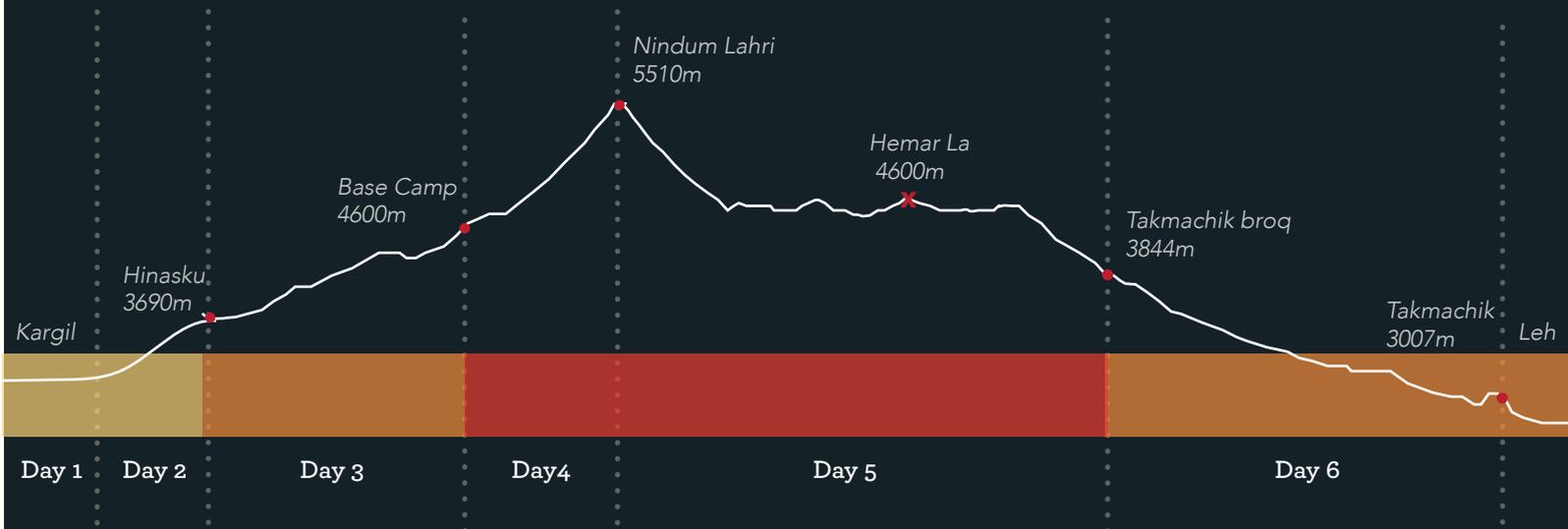
Day 7 :
Departure from Leh

Route Map



Elevation Map

Easy Medium Hard





Day 1 :

Arrive in Leh

Pick up from Airport and transfer to hotel.
Rest and acclimatize
Explore Leh bazaar in the evening. Visit Leh Palace, Shanti Stupa and Central Asian Museum

Day 2 :

Drive from Leh to Hinasku – (3690m) - 3 hours

After breakfast, drive to Hinasku village (3680m)
Enroute visit saspol caves and lamayuru monastery
Arrive at the homestay in Hinasku by lunch. Experience traditional Ladakhi homemade food and hospitality
Post lunch explore the ancient village fort ruins by foot to get acclimatized.
Overnight at homestay.

Day 3 :

Trek from Hinasku to Braq Karpo basecamp (4600m)

Today after an early breakfast we will begin our trek to the basecamp
The route till the basecamp is a gradual ascent for about 3 hours and we will doing a height gain of about 1000m
Arrive at base camp by lunch time.
Post lunch, we will do a short hike for further acclimatization
Evening by bonfire
Dinner and overnight at camp

Day 4 :

Summit Day

After a healthy breakfast we start early morning for the summit attempt.
We will carry some packed lunch for the way
We will take the front face route to climb the peak
Arrive at the summit by sunrise (3-4 hours)

Day 5 :

After a brief celebration we will descend back to basecamp (2 hours)
Celebrate your summit lunch and some local Chang (Barley beer)
Take rest for the day
Overnight at camp

Trek from Braq Karpo to Takmachik broq (3844m) via Hemar La (4600m)

Today after breakfast, we will start our trek back via a different route
We will traverse Hemar La pass at 4600m
This is an easy trail with no ascents till Hemar La
From Hemar La we will descend down to Takamchik broq.
Pack lunch enroute
This route is full of high altitude plants and fauna and provide
opportunities to sight angulates such as Blue Sheep and Ibex and
even mammals red fox and wolf
Overnight camp at Takmachik Broq

Day 6 :

Trek from Takmachik broq to Takmachik (3007m)

After breakfast, start the descend trek to Takmachik Eco village
Arrive in Takmachik village by afternoon
Lunch will be served at a homestay in the village
Post lunch, drive to Leh
Overnight at hotel in Leh

Day 7 :

Departure from Leh

Early morning airport transfer

Inclusions :



Transport :
- Airport transfers
- Trek point transfers



Meals :
- Breakfast and dinner at hotel in Leh
- All meals on the trek and homestay



Equipment :
- Camping gear (sleeping bags, mattress, tents, toilet tents, dining tent)
- Climbing and safety gear (ropes, ice axe)



Accommodation
- Twin sharing rooms at hotel in Leh
- Dome tents or homestays on trek



Medical Services :
- Onsite first aid
- Oxygen cylinder



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



Permits :
- Trekking permits
- Camping charges

Exclusions :

- Single room accommodation
- Lunch during stay in Leh
- 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)



Woollen 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 at least 10 to 15 days working days.
- In the event of any dispute, the matter shall be resolved under the jurisdiction of the District Court, Kangri.

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



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 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.



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