



# OMASI LA TREK



Total Duration :  
*10 Nights / 11 days*



Difficulty Level :  
*Hard*



Trek Duration & Distance :  
*6 Days & 80 kms*



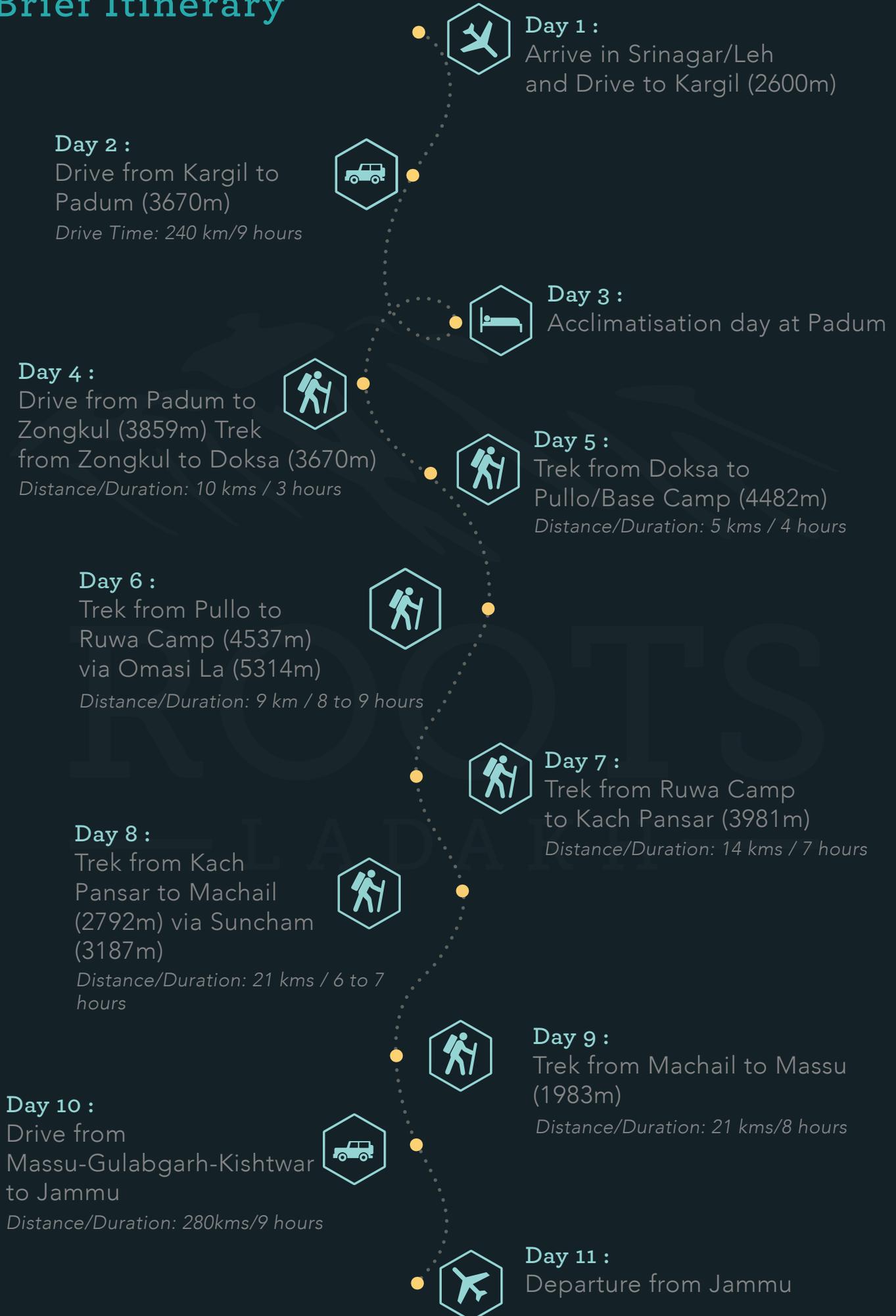
Highest Altitude :  
*5314 Metres*



Best Season :  
*June to September*

The Omasi La or Umasi La is one of the most extreme trekking expeditions in the Zaskar range which also has a lot of history and legend attached to it. Famously known as the "Saphire Trek" in the 1980s, this is an ancient Trans Himalayan trade route between Zaskar and Kistwar famous for its Saphire mines in Paddar valley, a remote Buddhist settlement in the Kishtwar mountains. This is the same route used by the Dogra General Zorawar Singh during his attempts to invade Ladakh in 1800s. Although there is only one high pass on this trail, it is a very challenging and treacherous one due to the extreme weather conditions and the presence of many deep crevases while ascending and descending a total of 14 km glacier section. The expedition team will require knowledge of ice craft and an experienced guide. However, the transition from the Higher Himalayas into the Lower Himalayas is truly a surreal experience. This route also provides a rare peak into the life and culture of the many tribes and settlements dwelling in these mountains on both sides of the pass. Truly an outback odyssey.

# Brief Itinerary

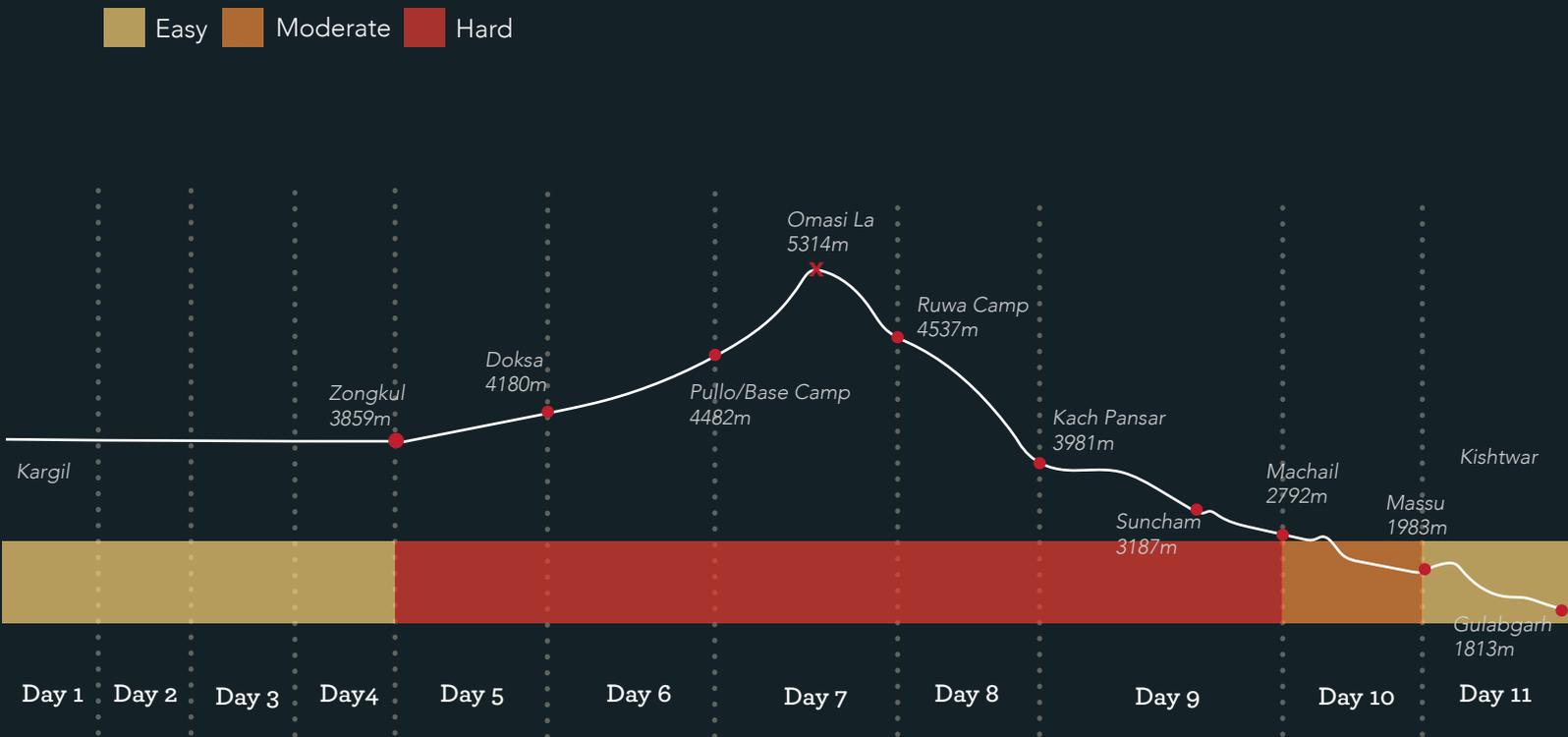




# Route Map



# Elevation Map





### Day 1 : Arrive in Srinagar/Leh and Drive to Kargil

Pick up from Airport and drive to Kargil (5 hours)

Lunch Enroute

Your trek leader will greet you at the hotel upon arrival.

Evening for leisure

We will drive to Hundurman which is border settlement on the LoC between India and Pakistan and check out the Hundurman Museum

Explore a local family run museum ([www.kargilmuseum.org](http://www.kargilmuseum.org)) followed by walk in the old caravan bazaar; a rare glimpse into Kargil's Silk Route trade history.

Overnight in Kargil

### Day 2 : Drive from Kargil to Padum

After an early breakfast, we will drive towards Padum through the scenic Suru valley

Enroute visit the 7th Century Buddha rock statue at Kartse Khar

Enjoy a hot cup of Tea near Parkachik glacier and Lunch in Rangdum

Stop by at the 200 year old Rangdum monastery

Enjoy the views of Rta Tso Lhang Tso twin lakes at Penzi La top (4400m) and Drang Drung glacier

Arrive in Padum by evening

Overnight at hotel

### Day 3 : Acclimatisation day at Padum

Take this day to get acclimated to the high altitude.

After breakfast, visit Karsha monastery and the Zangla fort ruins.

Post lunch take a short hike to staqringmo just above Padum town

Evening for leisure

Overnight at hotel in Padum



Day 4 : Drive from Padum to Zongkul Trek from Zongkul to Doksa

After breakfast at the hotel, drive from Padum to Zongkul monastery for 36 kms

Dzongkul is an ancient cave monastery attributed to Naropa who was a Buddhist yogi (956-1041 CE). It is said that Naropa had meditated in one of the two caves. It is definitely worth a visit before we begin our trek.

From here we will begin our trek after loading up our equipment on the local porters

Today will be a short distance and an easy trail along the river stream  
We will arrive by lunch time and setup camp at Doksa for the night

Day 5 : Trek from Parpalo to Shirmal

We will continue our upstream trek towards the Omasila base camp near the Haptal glacier

The trail is a gradual ascent after crossing a rock bridge

We will set up by the stream close to the terminal moraine of the glacier

Take the rest of the day to prepare yourself mentally and physically for the ascent next day

Day 6 : Trek from Pullo to Ruwa Camp via Omasi La

Today is the hardest and the most rewarding day of the trek. We need to carry a good amount of packed lunch for the day.

We will be starting very early after a healthy breakfast

Ascent starts by approaching tiring extensive boulders and moraines on a wide glacial valley for the first couple of hours followed by a steep and challenging ascent till the top of the pass

From the top, the descent towards Kishtwar is again very steep and along a glacier



It involves trekking on snow fields and negotiating a number of crevasses along the glacier which is why ice craft becomes indispensable during the descent.

The trail emerges near a rock shelter known as Ruwa, a small portion of dry land surrounded by glaciers.

We will halt here for the night. If weather conditions don't permit we will have descend further down another 12 kms.

### Day 7 :

#### Trek from Ruwa Camp to Kach Pansar

Today the trek involves crossing yet another glacier and then a long and tiring traverse through boulder fields and moraines.

We will start early after a healthy breakfast

Trail starts with a kilometer long steep descent from the campsite onto the glacier

A 3 kilometer traverse on the glacier will bring you to a boulder field which is about 2 kms long

From here on, it is an easy descent till Kach Pansar

You will be able to see breathtaking views of the the tree line and meadows of Paddar valley

We will camp here for the night, just above the tree line.

### Day 8 :

#### Trek from Kach Pansar to Machail via Suncham

The last two days of the trek, we will be covering more distance but it's an easy descend all the way down.

Today we will be descending into the tree line from Kach Pansar to Machail which is the headquarters of Paddar valley

The first section of the trail from Kachpansar to Bhujas starts with a steep descent through long meadows and then onto the Bhujas plains lined with birch trees growing along side the valley

We will stop here to have our packed lunch

As you enter the tree line you will be able see a wide variety of wild birds including creepers, finches and raptors



Another few kilometers through the valley and we will arrive at Suncham village which is the first settlement after crossing Omasi La  
In Suncham the famous Sapphire mines are situated at a distance of 3 kms hike in the opposite direction

The trail ahead from Suncham to Machail is through thick forest of Fir, Pine, Spruce, Deodar, Wilows and Paper Brush trees along with a variety of herbal plants.

Also known as the Bot (Buddhist in Kashmiri language) Nala, there are many Buddhist settlements along the opposite end of the trail such as Losani, Daga and Dangali. There are two monasteries as well in Losani and Haloti  
We will arrive at the campsite at Machail by evening and set up camp here for the night amidst the lush greenery

You could visit the famous Chandī Mata Temple in Machail in the evening.

### Day 9 : **Trek from Machail to Massu**

Today is the last day of our trek and we will again be covering a long distance  
But this trail will be a mix of walking along a foot trail as well as along a dirt road (which has been constructed recently)

However, vehicular movement on this section of the road is not frequent  
Trail till Massu is mostly gradual descent with breathtaking scenery through lush green forests and interesting villages

There are plenty of beautiful camping locations in Massu where we can setup camp for the night

Celebrate your success with the team in the evening!

### Day 10 : **Drive from Massu-Gulabgarh-Kishtwar to Jammu**

After an early breakfast today, we will load up the gear onto our jeep and say goodbye to the support staff and porters

We will begin the journey from Massu to Jammu via Batote  
Arrive in Jammu by evening and check into hotel

### Day 11 : **Departure from Jammu**

Early morning transfer to the airport

## Inclusions :



### Transport :

- Airport pick up and drop
- Journey to Kargil from Srinagar/Leh and Kargil to Padum
- Journey from Gulabgarh/Massu to Jammu
- Trek point transfers
- Transport for sightseeing in Padum



### Meals :

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



### Accommodation

- Twin sharing rooms at hotel in Kargil, Padum and Jammu
- Dome tents on trek



### Equipment :

- Camping gear (sleeping bags, mattress, two man dome tents, toilet tent, dining tent)
- Safety gear (rope, ice axe, harness etc)



### Staff :

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



### Medical Services :

- First Aid Kit
- Oxygen cylinder



### Permits :

- Trekking permits
- Camping charges

## Exclusions :

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



Woollen or fleece  
sweater/jacket



Downfeather  
Jacket



Thick gloves  
with inner



Spare under  
garments



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 :

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- 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 :

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We have now partnered with India's first Adventure Insurance provider [www.asc360.com](http://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