



RUSILA TREK



Total Duration :
7 Nights / 8 days



Difficulty Level :
Moderate to Hard



Trek Duration & Distance :
4 Days & 38 kms



Highest Altitude :
4960 Metres



Best Season :
June to September

This trek goes through the village called Sapi, which is the highest settlement of Kargil situated at 3900m. The Rusila pass from Sapi to Suru valley there by is the highest pass in the region at 4960m.

The trail on this trip will give you an opportunity to witness a 12th Century cave monastery in Shargole, valleys of herbal plants and flowers in full bloom and a hidden glacial lake in Sapi. spectacular panorama of the Karakoram Range and Nun Kun Massif atop Rusi La. Along the whole trail look out for mountain wildlife such as Marmots, Fox and if lucky Himalayan Ibex or Brown Bear.

Brief Itinerary

Day 2 :
Acclimatization day
and local sightseeing



Day 1 :
Arrive in Leh/Srinagar and
drive to Kargil



Day 3 :
Drive to Shergole Short Day
Hike to Urgen Rzung caves
in Shargole (3600m)
Drive Time: 1.5 hours
Trek distance/duration: 4 to 5 hours



Day 4 :
Drive to Balti Khar
(3800m) from Shargole
(3188m) via Sapi La
Drive Time: 3 to 4 hours



Day 5 :
Trek from Balti Khar
to Spanglung (4438m)
via Sapi lake
*Distance/Time: 10 kms / 5 to 6
hours approx*



Day 6 :
Trek from Spanglung
to Ldumburtse
(4349m) via Rusila (4900m)
Distance/Duration: 9 kms / 5 to 6 hours



Day 7 :
Trek from Ldumburtse to
Pangbar Brog (3612m) via
Chakdola (4390m) Drive back
to Kargil
Trek Distance/Duration: 11 kms / 4 hours
Drive Time: 3 hours

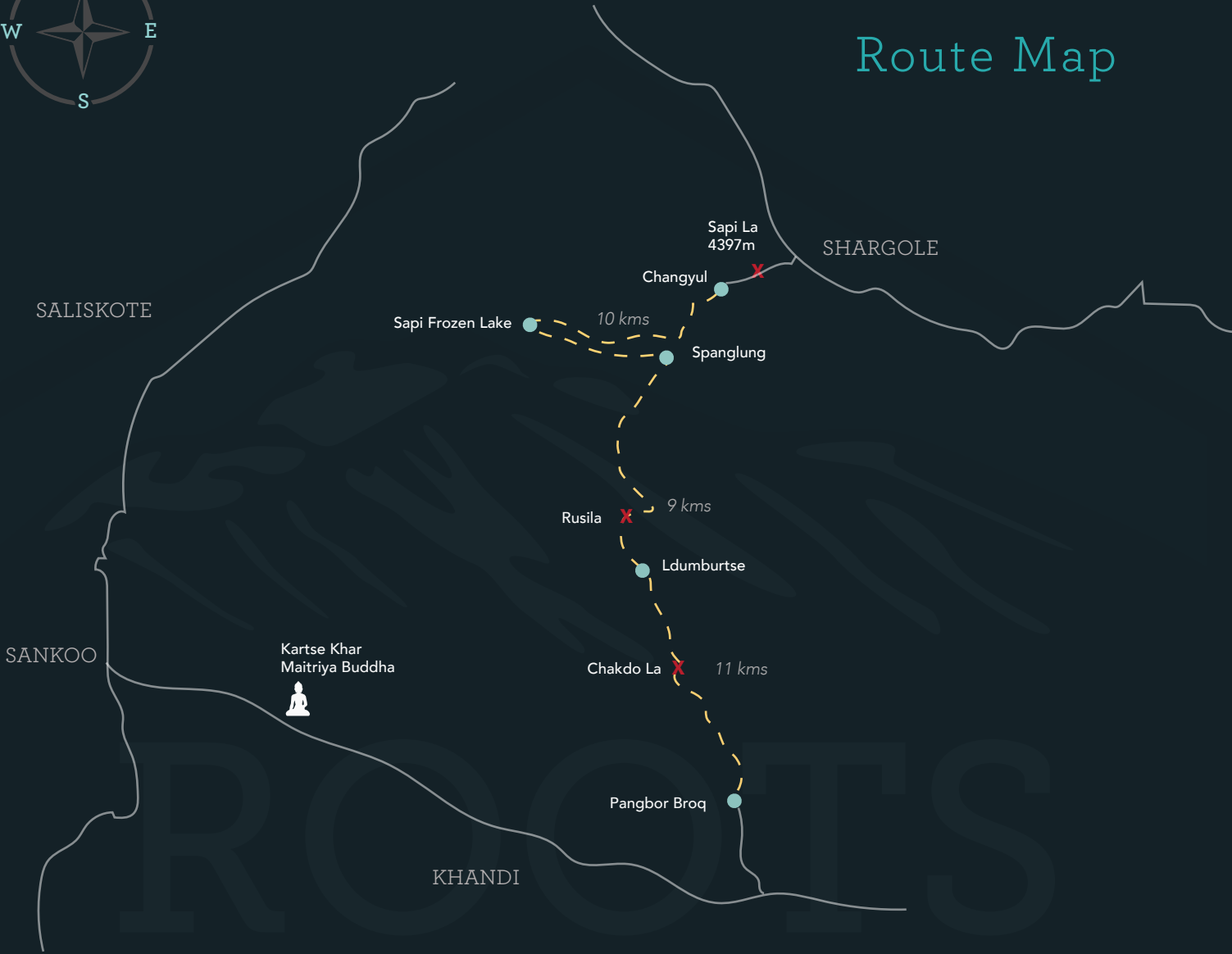


Day 8 :
Drive to Srinagar
airport from Kargil or
drive to Leh



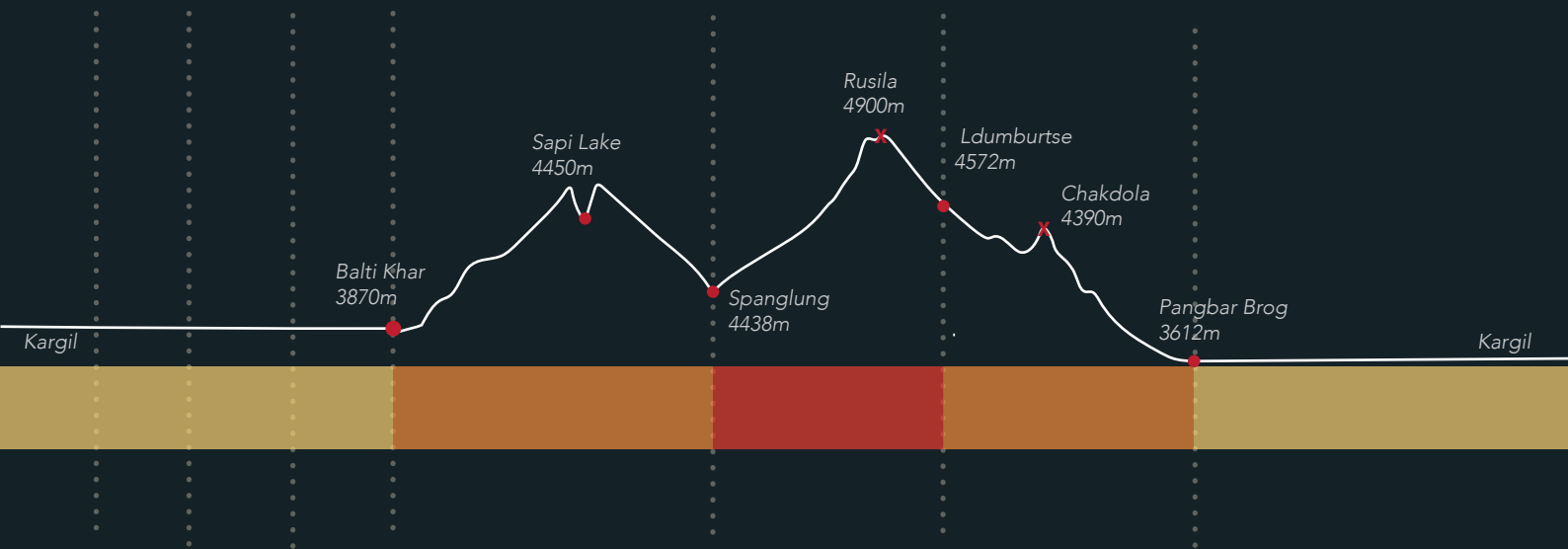


Route Map



Elevation Map

Easy Moderate Hard





Day 1 : Arrive in Leh/Srinagar and drive to Kargil. Overnight at guest house

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

Day 2 : Acclimatization day and local sightseeing

Take this day to acclimatize.

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

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

Post lunch, explore Kargil bazaar

Dinner and overnight at hotel

Day 3 : Drive to Shergole Short Day Hike to Urgen Rzung caves in Shargole

Today after breakfast, drive to Shergole village.

On the way we will take a quick stop over to check out the Shargole Monastery perched into a rock formation.

From here we will start the acclimatization hike as you will be negotiating small water streams through narrow gorges and green pastures and finally end up at an ancient Buddhist site, Urgyen Dong Caves.

These caves are considered as the meditation retreat of Guru Padmashambhava, who was responsible for spreading Buddhism in Ladakh.

We will carry a light packed lunch.

We will back to base by evening. Spend the night at the camp in Shergole.



Day 4 : Drive to Balti Khar from Shargole via Sapi La.

Drive to the Balti Khar, the first village before the hard part of the trek begins and the last village where the road ends.

We will set up camp at a homestay tonight. Use the evening to get acclimatized to the high altitude and prepare for next days' trek.

Day 5 : Trek from Balti Khar to Spanglung via Sapi lake.

Today we will begin early for our trek to the Sapi Lake.

It's a gradual uphill Trek from Balti Khar to Sapi Lake and the decent is around 2 to 3 hours to Spnglung

Enjoy packed lunch by the lake at the snout of the glacier.

In the summer, this trail is filled with wild flowers of different colours which is a very rare sight in a landscape like Ladakh.

We will descend to the next hamlet called Spanglung and setup stay at a local homestay or camp.

Day 6 : Trek from Spanglung to Ldumburtse via Rusila

Today's trek is challenging as we are going to slowly start ascending towards Rusi La pass.

The trail begins with an hour of gradual ascent and then about 3 hours of steep ascent to the shoulder and then traverse to the top of the pass.

Atop Rusi La enjoy super panoramic views of the snow capped, high mountains all around. Towards the east as far as the eyes can see are the Karakorm Peaks, to the North are the Peaks of Baltistan and to the West the mountain of Nun and Kun, Pannicle and Bobang are visible with the source glaciers of Phulungma tributaries in the immediate background.

A two hour descend through loose soil and scree will bring us to a greener area of Ldumburtse where we will camp by the stream.

Explore the surroundings over a hot cup of tea in the evening.

Overnight in tents



Day 7 :

Trek from Ldumburtse to Pangbar Brog via Chakdola Drive back to Kargil

This day again will start with a steep uphill trek to a mini pass called Snag La and then trek diagonally (to the stream) through a small valley called Khalogtse to the base of Chakdo La.

Another steep climb and you will reach Chakdo La. From Chakdo La you will see the village of Pangbor Brog down the valley.

The last stretch of this part of the trip as you will be entering Suru Valley. A 2 hour easy down trek through the streets of Pangbor and we will reach the road head.

After a quick stopover and snack, from here you will take a jeep ride for your journey towards the historical village of Kartse Khar.

Check out a 16th century mosque in Stiankung village. Explore the ancient village along with the local guide to see the ancient Buddha rock statue, 12th century castle ruins and the tomb of the legendary Queen of Ladakh – Rgyal Khatoon. Ask our local guide for more insights.

Head back to Kargil and check into hotel.

Day 8 :

Drive to Srinagar airport from Kargil or drive to Leh

Early morning drive back to Srinagar or Leh

Inclusions :



- Transport :
- Airport transfers
 - Trek point transfers
 - Transport for sightseeing



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



- Equipment :
- Camping gear
 - Safety gear



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



- Medical Services :
- First Aid Kit
 - 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



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