



# SHAM VALLEY TREK



Total Duration :  
*5 Nights & 6 Days*



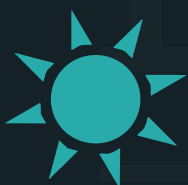
Difficulty Level :  
*Easy*



Trek Duration & Distance :  
*3 Days & 30 kms*



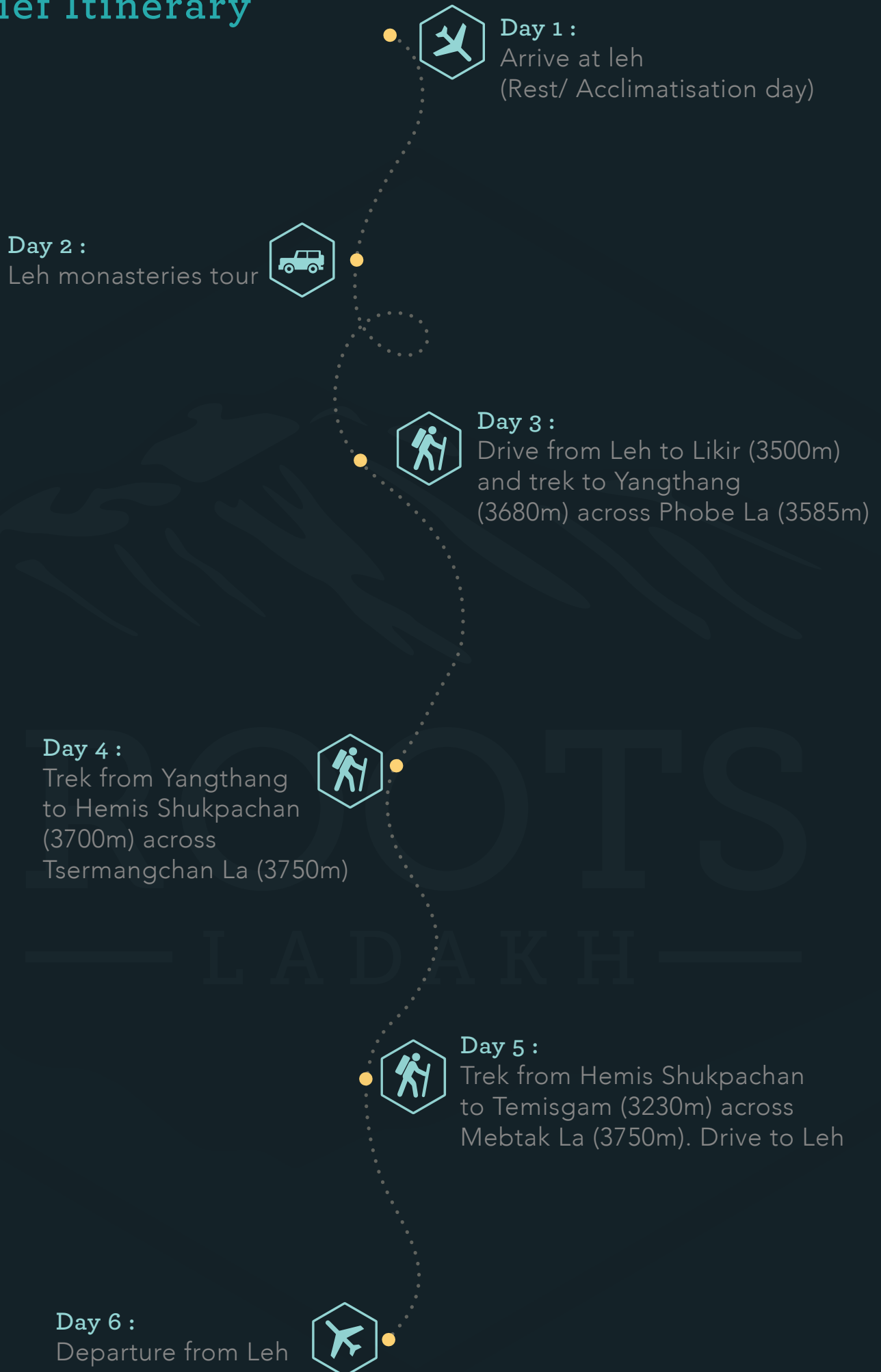
Highest Altitude :  
*3390 Metres*



Best Season :  
*Throughout the year*

Sham Valley is also known as the "Apricot Valley". The apricot flowers blossom in the valley during the winters. The trek is suitable for beginners as well as groups of students. The Sham Valley Trek leads you through remote villages in Ladakh as you cross mountain passes, streams, shady willows and barley fields. The stark landscape against the wild green nature offers trekkers and hikers tempting opportunities for taking beautiful pictures. Possible throughout the year The trek starts from Likir at 3500 meters to Hemis Shukpachen at 3700 meters. En route it has few highland drifts, the Phobe La at 3580 meters, Mebtak La at 3750 meters and Tsermangchen La perched up at 3750 meters, upholding a uniform elevation, and making it desirable for amateur trekkers and adventure enthusiasts.

# Brief Itinerary



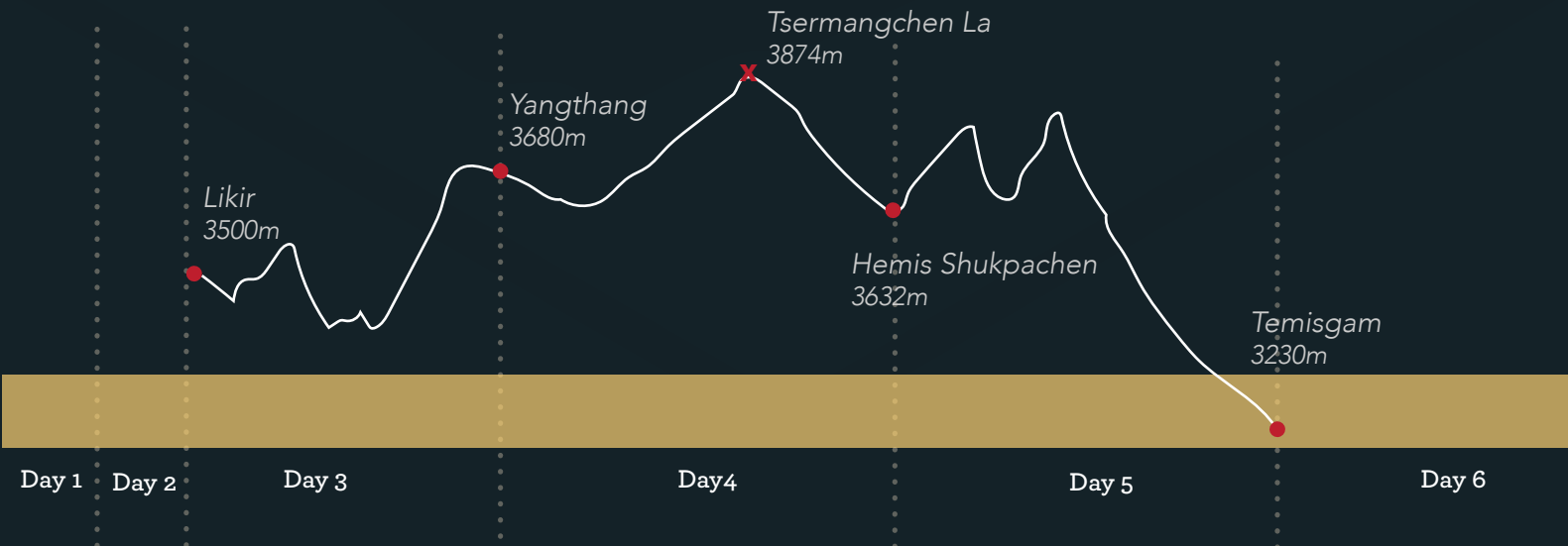


# Route Map



# Elevation Map

Easy Medium Hard





Day 1 : Arrive at leh (Rest/ Acclimatisation day)

Arrive at Leh

It is advisable to take rest on the day of arrival and get acclimatized.

Spend the evening at leisure, visit some local cafes.

Overnight will be spent at the hotel in Leh.

Day 2 : Leh Monasteries Tour

Today, we'll go visit to some old monasteries in the area.

We will visit Shey Gompa, which was once the summer capital of Ladakhi kings; Thiksey Gompa, which is said to be one of the most beautiful structures in Ladakh and the famous Hemis Monastery belonging to the Drukpa Order.

Overnight stay at the hotel.

Day 3 : Drive from Leh to Likir (3500m) and trek to Yangthang (3680m) across Phobe La (3585m)

Post breakfast, we will drive to Likir, which is 58 kilometers about 1 and a half kilometers away from Leh

It is the starting point of our trek.

On the trail, we will cross two passes: Phobe La (3580 meters) and Chagatse La (3630 meters).

The village of Yangthang is across the Chagatse pass.

We shall camp at Yangthang for the night next to a stream.



Day 4 : Trek from Yangthang to Hemis Shukpachan (3700m) across Tsermangchan La (3750m)

Our trek for today will be easy, despite the fact that it involves climbing to the top of a pass.

Both ascent and descent will be on gentle slopes.

We will trek to north, dipping down a bit and then crossing a stream ascending west to Tsermangchan La (3750 meters).

We will then, climb down to Hemis Shukpachan after crossing the pass.

There you'll perceive several streams bordered by shady willows and large barley fields.

Spend the night in tents at Hemis Shukpachan.

Day 5 : Trek from Hemis Shukpachan to Temisgam (3230m) across Mebtak La (3750m). Drive to Leh

Expect another fairly easy trekking day.

We will trek upward between two hillocks in the west side of the village, located upwards until it heads south and ascends up to Mebtak La (3750 meters).

This valley is marked by prayer flags.

We will proceed further down the gorge to Ang from the pass.

Ang is a beautiful village filled with apricot orchards.

Follow the trail to Temisgam, If time permits, we can visit the fort ruins and monastery in Temisgam.

A taxi will be waiting for us at Temisgam.

This taxi will take us to Leh by early evening.

Spend the night at a hotel in Leh.



Day 6 :

Departure from Leh

- Early morning airport transfer

ROOTS  
— LADAKH —

## 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 (tents, sleeping bags, mattress)
  - Safety gear



- Accommodation
- Twin sharing rooms at hotel in Leh
  - Homestays on trek



- Medical Services :
- First Aid Kit



- Staff :
- Trained and experienced guide/trek

## Exclusions :

- Single room accommodation in Leh
- 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, 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 & altitudes 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.



# 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 Intake at High Altitudes

## steps to prevent ams



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

## The symptoms



Headache



Dizziness



Consume 2 Litres of water everyday



Nausea



Loss of Appetite

Start exercising 1 month prior to the Journey



Fatigue



Loss of sleep



Diamox to help with better Acclimatisation

## 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