



# MARKHA VALLEY TREK

( VIA ZINCHEN )



Total Duration :  
*8 Nights & 9 Days*



Difficulty Level :  
*Moderate to Hard*



Trek Duration & Distance :  
*6 Days & 98 kms*



Highest Altitude :  
*5200 Metres*



Best Season :  
*June to September*


A rather sought-after trek in the Ladakh region, the Markha Valley trek route does not disappoint anyone! It spills the chance to ascend the top of two very high passes, Ganda La (4800 m) & Kongmaru La (5150 m) and lets you feast your eyes on stunning sights from the summit. You also come across the charming Markha Village that is a trove in this cold semi-arid terrain of Ladakh. Other delights include witnessing the way of life of the region, crossing several streams and rivers and enjoying a trail through remote gorges and unbridled grazing grounds.

# Brief Itinerary

 **Day 1 :**  
Arrival in Leh

**Day 2 :**  
Leh  
(Acclimatization day)




 **Day 3 :**  
Leh to Zingchen drive.  
Trek from Zinchen (3400m)  
to Yurutse (4150m)

*Distance/Duration: 8 kms / 4 to 5 hours*

**Day 4 :**  
Trek from Yurutse to  
Skiu (3366m) via  
Ganda La (4960m)  
*Distance/Duration: 18 kms / 7 to 8 hours*



 **Day 5 :**  
Trek from Skiu  
to Markha (3760m)  
*Distance/Duration: 21 kms / 7 hours*

**Day 6 :**  
Trek from Markha  
to Hankar (4030m)  
*Distance/Duration: 11 kms / 5 hours*



 **Day 7 :**  
Trek from Hankar  
to Nimaling (4840m)  
*Distance/Duration: 11 kms / 5 hours*

**Day 8 :**  
Trek from Nimaling to Shang  
Sumdo (3680m) via  
Kongmaru La (5260m). Drive  
to Leh (10,550 ft.)  
*Distance/Duration: 17 kms / 7 to 8 hours*

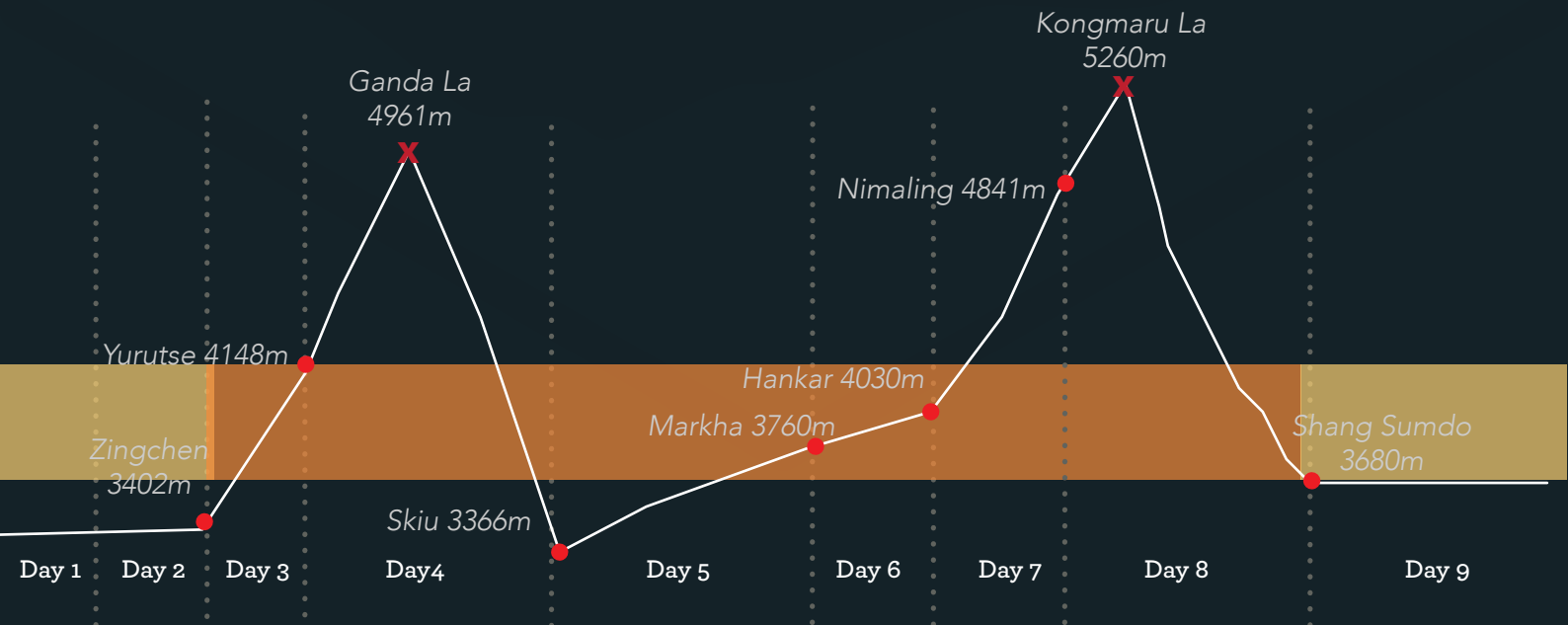


**Day 9 :**  
Departure From Leh.



### Elevation Map

Easy Medium Hard





### Day 1 : Arrival in Leh

Arrival at Leh.

Meet us at Leh and check in to the hotel. The first day is kept for relaxation and recuperation.

The night will be spent at the hotel.

### Day 2 : Leh (Acclimatization day)

After breakfast, we will do a briefing and introduction session followed by equipment check.

Spend rest of the day exploring Leh

Overnight will be spent at the hotel.

### Day 3 : Leh to Zingchen drive. Trek from Zinchen (3400m) to Yurutse (4150m)

This is the first day of the Markha Valley trek.

After an early breakfast at Leh we will drive through Spikuk Village to reach Zingchen.

This is where the first hike begins and is of moderate difficulty. Enjoy the trail through Rumbak Village to reach Yurutse. Then come across several stream crossings. Pass the village before setting up camp. The site is a gorgeous one with barley fields all around.

Overnight will be spent in tents.





Day 4 : **Trek from Yurutse to Skiu (3366m) via Ganda La (4960m)**

The day will begin early, with the sunrise, as we ascend to Ganda La (15750 ft.). Expect a steep climb and strong winds towards the latter half. From the pass, enjoy views of valleys on both side, Zanskar range and some distant summits of the Himalayan range. Commence the descent to Shingo Village, after which, the trail makes its way into a narrow gorge leading towards Skiu, where a confluence of the rivers come from Markha Valley and Shingo. Overnight will be spent in tents

Day 5 : **Trek from Skiu to Markha (3760m)**

Be prepared for a long and moderate hike till the charming Markha Village. Cross a few streams along the way. Reach the largest hamlet in the middle of this cold and arid desert. You will discover green fields, willow trees and a deserted palace. Visit the monastery and fort ruins, if time permits. Overnight will be spent in camps. Homestay is possible for smaller groups.

Day 6 : **Trek from Markha to Hankar (4030m)**

The 4th dy of the Markha Valley trek will be packed with fetching views and you will come across many stream and river crossings. Make your way through settlements and grazing grounds. Take in the stunning view of Kangya Tse Peak (6400m) when walking towards Hankar. We will pick the point with the best view to set up camp. Overnight will be spent in tents



Day 7 : **Trek from Hankar to Nimaling (4840m)**

A gradual trail leads to the Nimaling plateau campsite. From here the view of the wide open valley with unbridled grazing grounds, and the backdrop of Kangya Tse Peak will dazzle your eyes. It is important to note that there will be cold winds blowing constantly at such altitudes. Overnight will be spent in tents/homestays.

Day 8 : **Trek from Nimaling to Shang Sumdo (3680m) via Kongmaru La (5260m). Drive to Leh**

After an early breakfast we will hike up a steep climb to reach the top of the highest pass on the trail - Kongmaru La. Take in the great sights of Nun Kun in the West and Saser Kangri to the North. Enjoy the moment before climbing down to Sukarmo, from where your trail is a flat walk along the river till you come to Sumdo. From here, hop on to a jeep to drive back to Leh. Overnight will be spent at a hotel.

Day 9 : **Departure From Leh**

Departure from Leh. You can celebrate the completion of the Markha Valley trek. You can also rest assured that you will never forget the things you would have seen and learnt along the beautifully gritty journey.

## 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 (5 kg)



### 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:

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. We may have to compromise on the campsite & adjust to these situations. 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 while taking care of your own equipment.

The local administration has made it compulsory for every trekker to get a Medical Fitness certificate from the local SNM hospital in Leh. You will not be allowed to perform the trek without clearance from the hospital.

The minimum age restriction for this trip is 18  
(unless accompanied by parent/guardian)

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

Discount available for doctors or medics who wish to join the trek  
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

# 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

## 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.