



STOK KANGRI EXPEDITION



Total Duration :
8 Nights / 9 Days



Difficulty Level :
Hard



Trek Duration & Distance :
5 Days & 40 kms



Highest Altitude :
6140 Metres



Best Season:
June to October

Stok Kangri or Kangelachen is one of the most popular trekking peaks in the Indian Himalayas and its proximity to Leh makes it very accessible. Easy to climb from the north side, the shortest time required is 4-5 days. It is not a technical climb but one of its kinds in western Himalayan range and in season requires no advanced mountaineering equipment. Although one should have enough time to acclimatise in Leh before Climbing Stok Kangri.

Brief Itinerary



Day 1 :
Arrive in Leh

Day 2 :
Acclimatization
and preparation day



Day 3 :
Drive from Leh to Stok village
and Trek to Lchangma
15 kms / 4 hours

Day 4 :
Trek from Lchangma
to Mankarmo
3.5kms / 2 hours



Day 5 :
Trek from Mankarmo
to Basecamp
4kms / 3 hours

Day 6 :
Rest and Training



Day 7 :
Summit attempt
at Midnight
14kms / 8-9 hrs

Day 8 :
Trek from basecamp to
Stok village and drive to
Leh
5 hours walking and 30 min driving



Day 9 :
Departure from Leh

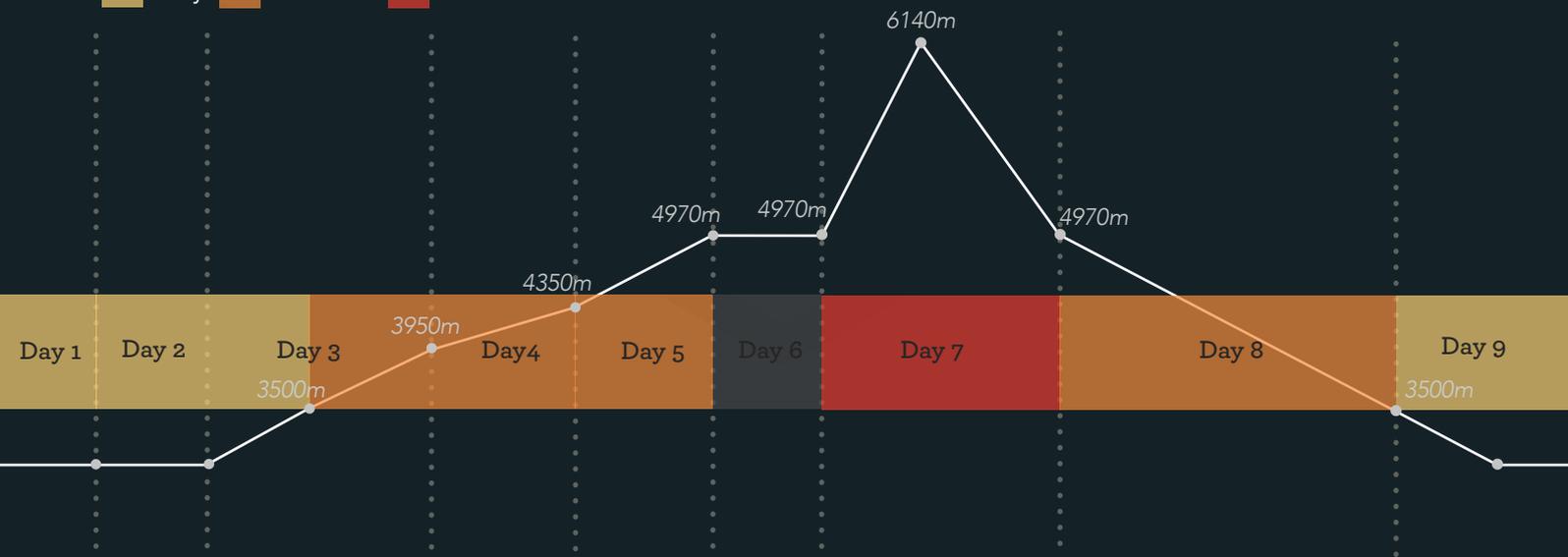


Route Map



Elevation Map

Easy Medium Hard





Day 1 :

Arrive in Leh

Airport pick up and transfer to hotel in Leh.
Rest and acclimatise .Overnight in hotel.
Optional visit to Let market, Shanti stupa, Leh palace.

Day 2 :

Acclimatization and Preparation day

Breakfast at the hotel.
Introduction, briefing and preparation for trek.
Medical Check up for eligibility.
Post lunch market shopping.

Day 3 :

Drive from Leh (3500m) to Stok village (3596m) and trek to Lchangma (4200m) - 15 kms / 4 hours

Early breakfast & leave for Stok (15 kms).
Start trek from Stok and arrive at Changma by Lunch at campsite. (5.5 kms)
Overnight in tents.
Camping equipment on mules, route follows upstream with rocky trails, shrubs & river crossings.

Day 4 :

Trek from Lchangma to Mankarmo (4350m) - 3.5kms/2 hours

After breakfast do some stretching exercises.
Trail is gradual with few stream crossings.
Might encounter some wildlife such as Blue Sheep or Ibex.
Arrive at Mankarmo campsite by lunch (3.5 kms).



Day 5 : Trek from Mankarmo (4300m) to Base Camp (4980m)
- 4kms/3 hours

Breakfast and stretching exercise

Trail involves crossing the stream at several points during the forward march.

You will reach at the camp after a steep ascent.

Use the rest of the day to rest and acclimatize for the summit attempt.

Overnight in camp

Day 6 : Rest and Training

After breakfast there will be a briefing session for the summit attempt.

Equipment check.

Short Acclimatization hike.

Lunch at campsite.

Rest and mentally prepare for midnight summit attempt.

Day 7 : Base Camp (4980m) - Summit (6120m) - Base Camp,
14kms / 8-9 hrs

Keep your torch and other climbing gears ready before you set off early morning so that you get in time at the advance base camp and then wait till the day breaks for enough light to do the climbing.

We will carry some light packed breakfast

carry enough hot water due to lack of water sources.

The climb to Stok Kangri is divided into 5 parts (7 kms each way):

Part 1: (45 mins - 1 hr) - Steep ascent.

Part 2: (1 hr - 2 hrs) - Gradual ascent to ABC (Advance Base Camp).

Part 3: (45 mins - 1 hr) - Glacier traverse from ABC

Part 4: (3 hrs - 3 1/2 hrs) Steep ascent* till shoulder.

*80 degree angle most challenging part.

Part 5: (2 hrs - 3 hrs) Difficult ascent* shoulder to summit.

*Circumstantial rope climb to summit



Follow the same route back to the camp by early afternoon.
Overnight will be spent at the base camp.
Beverages and Lunch at campsite
There will be celebratory feast with the whole team

Day 8 :

Base camp to Stok and then Leh
(5 hours walking and 30 min driving)

Morning after the breakfast trek down to Stok village and then drive back to Leh.
Overnight stay in the guesthouse.

Day 9 :

Departure from Leh

Early morning transfer to airport.

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
 - Climbing gear (Crampons, harness, ice axe, snow boots, ropes etc)



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



- Medical Services :
- On-site
 - Oxygen cylinder



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



- Permits :
- Trekking permits
 - Camping charges
 - IMF climbing fee

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 muffer



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. 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.

The local administration has made it compulsory for every trekker to get a Medical Fitness certificate from the local SNM hospital in Leh upon your arrival 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

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