



# CHILUNG LA TREK



Total Duration :  
*9 Nights / 10 days*



Difficulty Level :  
*Hard*



Trek Duration & Distance :  
*6 Days & 63 kms*



Highest Altitude :  
*5112 Metres*



Best Season :  
*June to September*

One of the eight ancient Trans-Himalayan traverses between Zaskar and Kishtwar Himalayas, Chilung La is probably the most remote and least used even by the hardy "Bakarwals" who dwell in these mountains through the summer. We will cross two high passes surrounding some of the highest peaks in the region such as Nun and Kun, Z1 and Doda. A true wilderness adventure meant only for the seasoned trekker.

The trail on this trek has some long glacier traverses and spectacular meadow trails with a lot of wildlife life such as the Asiatic Ibex and Himalayan Brown Bear.

# Brief Itinerary

**Day 2 :**  
Aclimatization day  
and local sightseeing



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



**Day 3 :**  
Kargil to Rangdum drive  
*Drive Time: 5 hours*



**Day 4 :**  
Trek from Rangdum  
(4176m) to North  
Basecamp (4322m)  
*Distance/Duration: 10.5 kms / 5 hours*



**Day 5 :**  
Trek from Chilung East  
Basecamp to Chilung West  
Basecamp (4476m)  
via Chilung La (5112m)  
*Distance/Duration: 12 kms / 8 to 9 hours*



**Day 6 :**  
Trek from Chilung  
West Basecamp to  
Z1 Glacier Basecamp (4024m)  
*Distance/Duration: 15 kms / 6 hours*



**Day 7 :**  
Rest Day/Explore Jabal Nala



**Day 8 :**  
Trek from Z1 Glacier  
Basecamp to Mt Kun  
Basecamp (4550m)  
via Shafat La (5023m).  
*Distance/Duration: 9 Kms / 7 to 8 hours*



**Day 9 :**  
Trek from Mt Kun Basecamp  
to Shafat Road Head (3935m)  
and drive to Kargil  
*Distance/Duration: 15 kms / 5 hours*  
*Drive Time: 5 hours*



**Day 10 :**  
Drive from Kargil  
to Srinagar



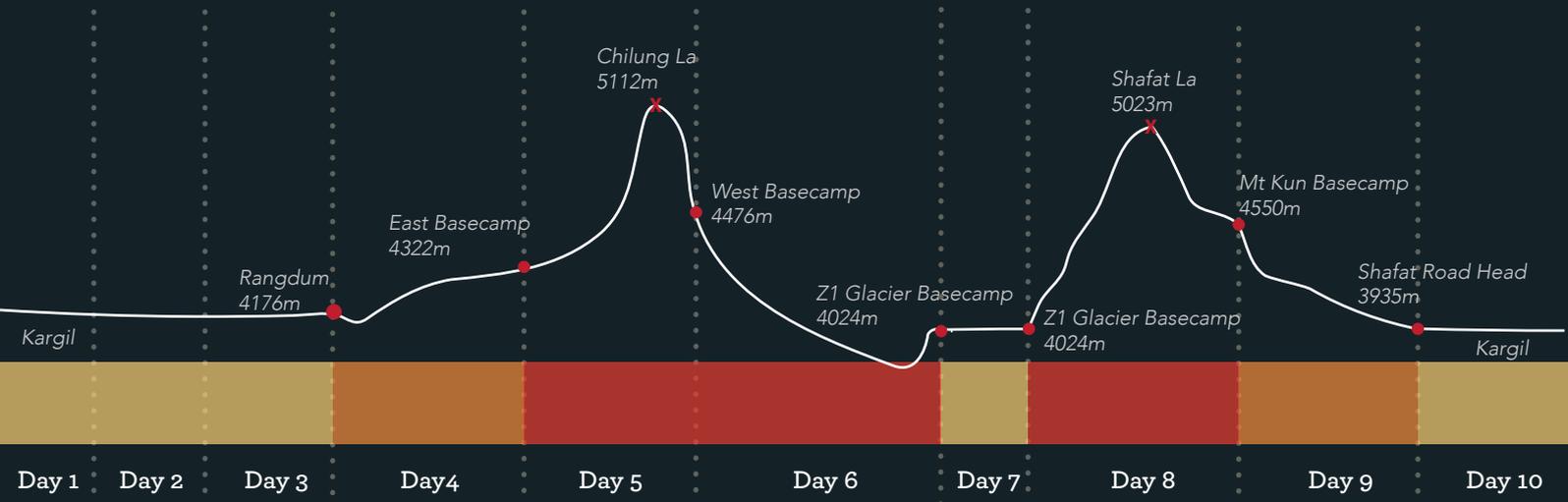


# Route Map



# Elevation Map

Easy Moderate Hard





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  
Overnight in Kargil

Day 2 : Kargil local and Acclimatization day

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](http://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 : Kargil to Rangdum drive

After an early breakfast, drive towards Rangdum through the scenic Suru valley  
Enroute visit the 7th Century Buddha rock statue at Kartse Khar  
Lunch in Panikhar/Parkachik  
Arrive in Rangdum and setup camp for the night

Day 4 : Trek from Rangdum to North Basecamp

First day of the trek starts with crossing the Rangdum river and enter Chilung nalla



## Day 5 :

Its an easy gradual trek along a flattish trail through some rocky patches and pastures filled with wild flowers  
Arrive at the campsite by lunch time

### Trek from Chilung East Basecamp to Chilung West Basecamp via Chilung La

Today is a long and hard day as we to ascend Chilung La pass. Therefore, we will begin early  
Trail begins along a flat trail with some small stream crossings till the base of the glacier snout  
From here we have to take the moraine crest on the right to approach the glacier towards the pass  
Descend from the pass is very steep and tricky as we have to find a trail through a lot of scree and loose rocks.  
Another massive glacier is visible while descending and we have to follow the moraine crest on the right bank of this glacier till we arrive at our campsite.  
Setup camp next to the glacier with views of some of the highest peaks in the Kishtwar region

## Day 6 :

### Trek from Chilung West Basecamp to Z1 Glacier Basecamp

The trail today is one of the most beautiful ones through green meadows  
Expect some wildlife sightings today  
We will take the right from the confluence towards Laetur campsite and continue from there till the Z1 glacier basecamp  
Our campsite for tonight will be setup right below the Z1 glacier in the green pasturelands with a rare sight of the south face of Mt Nun.  
Here you will also find a lot of Bakarwal settlements along with their livestock.  
We will spend two nights at the camp here



### Day 7 : Rest Day/Explore Jabal Nala

Today we will take it easy and rest of the day as we have another hard traverse on the following day

After breakfast, we will take a short hike into the adjacent Jabal Nala till the base of the Nun south face

A massive waterfall gushing out from the south face glacier is intimidating as well as mesmerizing.

Return to camp by lunch time

Overnight at camp

### Day 8 : Trek from Z1 Glacier Basecamp to Mt Kun Basecamp via Shafat La

Today after a quick breakfast, we will start our ascend towards Shafat La before sunrise

The trail going to the pass has some tricky sections with stream crossings and negotiate a few small rock faces to get on to the glacier

Once at the glacier you will get a close range view of Z1, Nun and White Needle.

A short scramble across the glacier and moraine will bring you to the top of Shafat La. From here you will be able to see Mt Kun and the route leading upto its camp 1 across the valley

Descend from Shafat La is fairly short but a bit difficult

Traverse the Kun Glacier to arrive at the basecamp of Mt Kun

Setup camp here for the night

### Day 9 : Trek from Mt Kun Basecamp to Shafat Road Head and drive to Kargil

Today is the last day of the trek and is mostly descend.

We will start early after a quick breakfast

The first part of the trek involves crossing the Z1 glacier moraine till we reach the plains near Chumik



From Chumik the trail is very easy along the valley floor till we reach the road head at Shafat  
After a quick lunch, drive back to Kargil

## Day 10 : Drive from Kargil to Srinagar

Today early morning, check out from hotel and drive to Srinagar  
Catch the evening flight to Delhi/Mumbai

## 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.