



MT. KUN (ABC) TREK



Total Duration :
6 Nights & 7 Days



Difficulty Level :
Moderate



Trek Duration & Distance :
4 Days & 38 kms



Highest Altitude :
5042 Metres



Best Season :
May to October

Mt Kun (7070m) is one of the most sought after peaks in the J&K Himalayas. It is part of the the Nun and Kun massif in the Zaskar range of Suru valley (Kargil). Its accessibility makes it a favourite among climbers and mountaineers who wish to try their hand at 7000er peaks in the Indian Himalayas. The route to the ABC can be covered in two days and this version of our trek allows you to experience this spectacular trail amidst towering snow peaks and glaciers. During the summer, it is also home to Bakarwals (Shepard Nomads) and a variety of flora and fauna. Not to mention the unique landscape of the Zaskar Mountains. It's a great trek for beginner and intermediate trekkers.

Brief Itinerary



Day 1 :
Arrive in Kargil
from Srinagar/Leh



Day 2 :
Acclimatization day
and local sightseeing



Day 3 :
Drive from Kargil to Shafat (3935m)
Trek from Shafat to Chumik (4008m)

Driving Distance/Duration: 102 kms / 3 to 4 hours
Trek Distance/Duration: 5 kms / 2 hours



Day 4 :
Trek from Chumik to
Kun Basecamp (4554m)
Trek Distance/Duration: 10 kms / 5 hours



Day 5 :
Glacier Walk on Shafat Glacier
Trek Distance/Duration: 8 kms / 5 hours

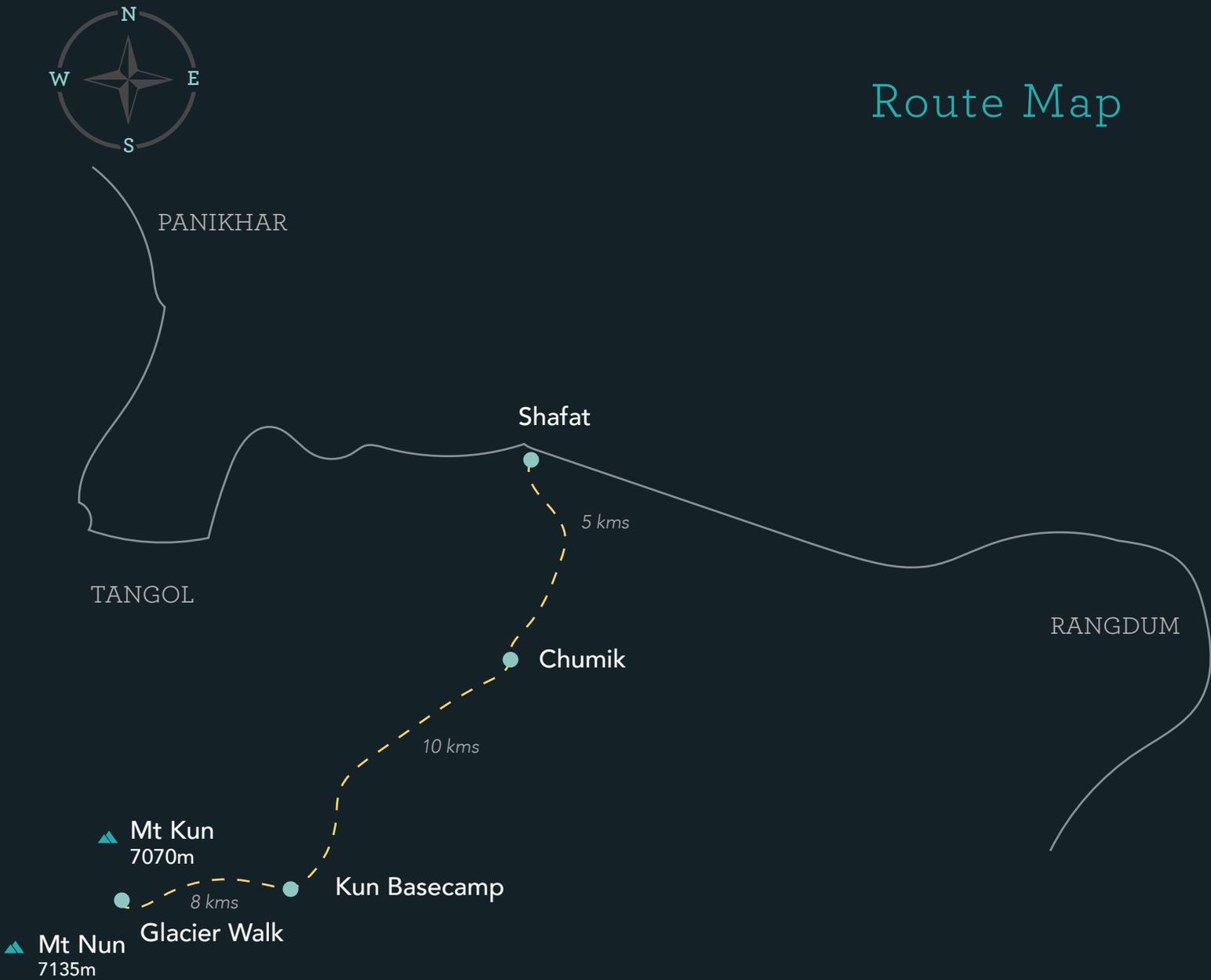


Day 6 :
Trek from Kun basecamp
to Shafat. Drive to Kargil
Trek Distance/Duration: 15 kms / 5 hours
Driving Distance/Duration: 102 kms / 3 to 4 hours



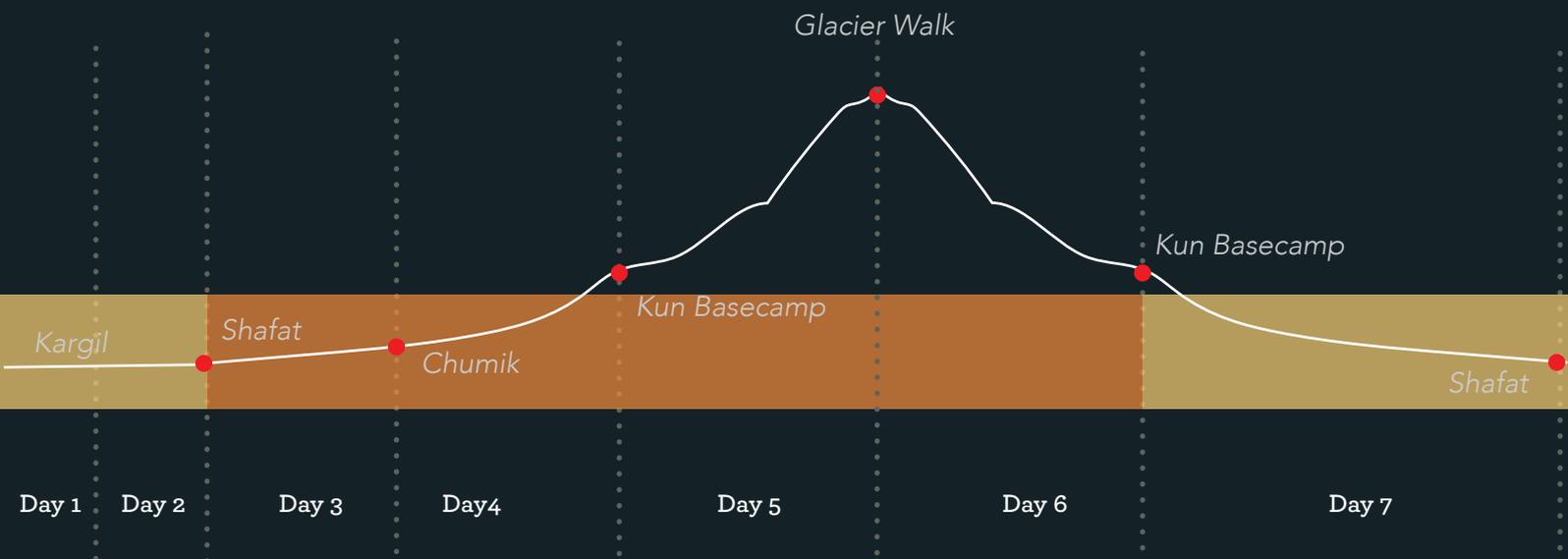
Day 7 :
Departure from Kargil to Leh/Srinagar

Route Map



Elevation Map

Easy Moderate Hard





Day 1 :

Arrive in Kargil from Srinagar/Leh

Pick up from Airport and drive to Kargil (5 hours)
Lunch Enroute
Evening for leisure

Day 2 :

Aclimatization day and local sightseeing

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
Visit to Munshi Aziz Bhat Museum, a family run museum that had preserved the silk route history of Kargil
Post lunch, explore Kargil bazaar
Dinner and overnight at hotel

Day 3 :

Drive from Kargil to Shafat Trek from Shafat to Chumik

After an early breakfast, drive from Kargil to Shafat
Start trekking from the road head till Chumik
The trail goes into Shafat nala along a defined foot trail through a green pasture land till the snout of the Z1 glacier
Today is going to a short and easy hike but provides great views of the Zaskar mountains
Camp overnight in Chumik



Day 4 : **Trek from Chumik to Kun Basecamp**

Today's trail will begin with walking through the boulders and moraines

Taking the right bank of the Z1 glacier, we will first negotiate the crest and then get onto the tricky glacier section

This section has to be negotiated carefully as there are many loose boulders and steep falls along the glacier

Arrive at the Kun advance basecamp by evening and setup camp

Day 5 : **Glacier Walk on Shafat Glacier**

Wake up to the views of Z1 and Z4 peaks and the many glaciers surrounding the campsite.

Today we will go for a glacier walk on the Shafat glacier

Return to camp by evening

Day 6 : **Trek from Kun basecamp to Shafat. Drive to Kargil**

Today we will start our descend journey back to Shafat

After breakfast, wrap up and trek back the same route till Shafat road head

Arrive in Shafat by lunch time

Post lunch, drive back to Kargil

Overnight in hotel



Day 7: Departure from Kargil to Leh/Srinagar

Early morning drive to Leh or Srinagar

ROOTS
— LADAKH —

Inclusions :



- Transport :
- Airport pick up and drop
 - Transport to and from to Kargil
 - Trek point transfers
 - Transport for sightseeing



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



- Equipment :
- Camping gear (sleeping bags, mattress, two man dome tents, toilet tent, dining tent)
 - Safety gear (ropes, ice axe, micro spikes)



- Accommodation
- Twin sharing rooms at hotel
 - Dome tents on trek



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



- Medical Services :
- First Aid Kit
 - Oxygen cylinder (5 kg)



- Permits :
- Trekking permits
 - Camping charges

Exclusions :

- Single room accommodation
- Lunch during stay in Kargil
- Meals while on the road
- 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
(3 pairs)



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 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