

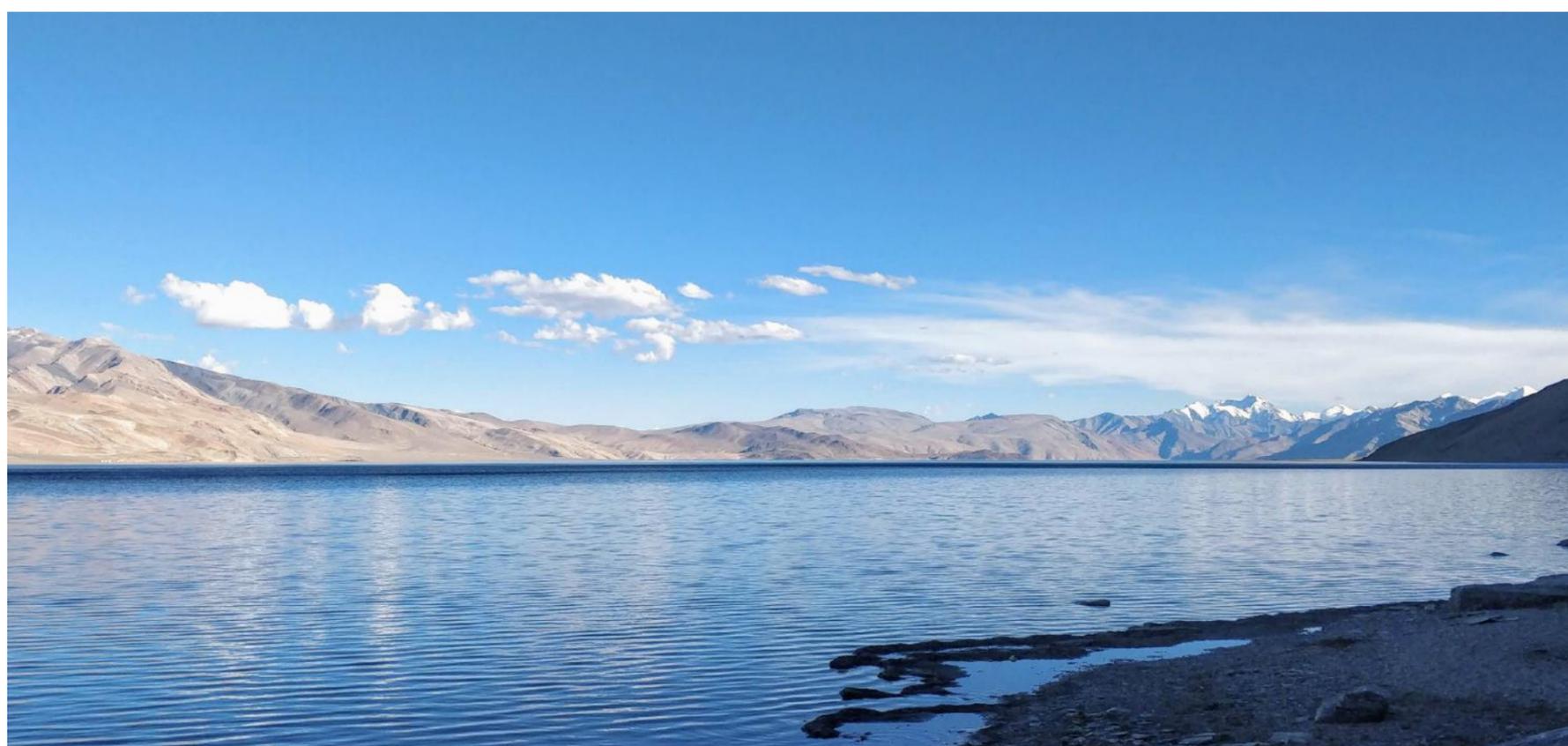
DURATION  
**19N/20D**



## RUPSHU VALLEY TREK

Delhi - Chandigarh - Manali - Keylong - Sarchu - Brandinallah - Sokmikchik - Tabok - Marong La - Tuzak - Yabuk - Zara - Tsokar - Hermanla - Rojangkuru - Kazur La - Gyame - Tsomoriri - Leh - Delhi

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## About

The Rupshu is a large area to the south east of Ladakh, on the road linking Kulu & Leh. The altitude of the valley varies between 4500 & 5500 Mts. The culminate, which is extremely cold and dry, makes for little agriculture but a lot of grazing land. That is why it is sparsely populated. The inhabitants called Changpas, who lead a nomadic life travelling with their herds of goats, yaks, dogs and flock of sheep. Which are their main sources of income. Trade and transport of goods by carvans between Ladakh, Lahoul and Spiti provide them with additional earnings.

### Day 01 :: Delhi

Arrive Delhi, Met upon arrival and transfer to hotel for overnight stay.

### Day 02 :: Delhi / Chandigarh / Manali (Train/Coach)

Transfer to railway station for supper fast train to Chandigarh.- 3 hours . Arrive Chandigarh, meet upon arrival and drive straight to reach Manali (1920M) by covering 338 kms. Arrive Manali and check into hotel for overnight stay.

### Day 03 :: Manali

Morning at leisure. Afternoon proceed for half day tour of Manali. Overnight stay in hotel.

### Day 04 :: Manali - Keylong - 115 kms. - 06 hrs.

Drive After breakfast leave Manali for Keylong over Rothang La. Overnight at hotel.

### Day 05 :: Keylong - Sarchu - Brandinallah (127 kms. / 05 - 06 hrs. Drive)

Depart for Brandinallah over Baralacha La (4892 M). Rest of the day free to prepare for the trek. Overnight in tented camp.

### Day 06 :: Brandinallah - Sokmikchik (4050 M) (Trek 04 hrs approx)

After breakfast , leave for trek, initially on the motorable highway for about 03 kms, turn left, onto the valley following river Tsarap Chu on our right side through the boulder stream area till we branch of from river to follow small stream coming down from Morang La. Dinner and overnight in camp at Sokmichik.

### Day 07 :: Sokmikchik - Tabok (4550 M) (Trek 03 hrs approx)

The trail rapidly gains height through the narrow gorge with thorny bushes and willow trees for first hour & another steep climb of 02 hrs. our camp which is walled by the mountains from all sides. Overnight in camp.

### Day 08 :: Tabok - Morang La (5250 M - Tuzak (4500 M) (Trek 06 hrs approx)

We start early morning long & steep ascend of 04 hrs. through narrow valley till we reach pass. Descend down to the small valley and then onto a narrow gorge will bring us to a small meadow besides stream. Overnight in camp.

### Day 09 :: Tuzak - Yabuk (4400 M) (Trek 05 hrs approx)

Immediately after leaving camp the valley suddenly opens up. We make steep ascend of 01 hour to a small pass and then descend down to Lun. Here we have couple of river crossings before we arrive our grassy campsite. Overnight in camp.

### Day 10 :: Yabuk - Zara (4250 M) (Trek 05 hrs approx)

Gradual walk through the beautiful mountains. We cross river Zara and arrive Sangastha and visit some nomads houses. Cross-river again and follow an easy dusty trail till we arrive Zara. Overnight in camp.

### Day 11 :: Zara - Tsokar (4550 M) (Trek 05 hrs approx)

This is an easy day we turn right towards pang and come out on the Leh/Manali road head just below the tanglang la. We walk through more plains till we arrive Tsokar "Means The Salt Lake". Good day for bird watchers and we may see some herds of Skiyangs (Wild Ass).

### Day 12 :: Tsokar - Hermanla (4850 M) - Rojangkuru (4700 M) (Trek 06 hrs approx)

Gradual walk along the right side of the lake before we reach below the pass. Steeps ascend of 02 hrs. to pass and then another half an hour will bring us to a beautiful meadow besides the stream coming from Kazur La. Overnight in camp.





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### Day 13 :: Rojankuru - Kazur La (5300 M) - Gyame (5050 M) (Trek 06 hrs approx)

The trail stays on the right hand side of the stream before we reach below the pass. The climb to the pass takes 03 hrs. with trail ascending steeply nice view of peaks over 6000 Mts. Descend down to the broad valley and another flat walk of one hour to our camp.

### Day 14 :: Gyame - Tsomoriri Lake (4500 M) (Trek 07 hrs approx)

After leaving camp cross the stream and enter to the narrow gorge and then long descend to the Leh to Tsokar road head where from easy walk of 01 hour to our camp.

### Day 15 :: Tsomoriri

Day to explore the lake and also visit Karzok Monastery. Overnight in camp.

### Day 16 :: Tsomoriri - Leh (3500 M) (Drive 240 kms. / 08 hrs approx)

After breakfast depart for Leh. Upon arrival check in hotel overnight at hotel.

### Day 17 :: Leh

After breakfast leave for full day excursion of Shey, Thiksey and Hemis monasteries. Return to Leh in the late afternoon for dinner and overnight in hotel.

### Day 18 :: Leh

After breakfast leave for halfday sight-seeing of Phyang and Spituk monasteries. Return to hotel for lunch. Rest of the day free for independent activities. Overnight in hotel.

### Day 19 :: Leh/Delhi (Flight)

Transfer to domestic airport in time to board flight for Delhi. Arrive and transfer to hotel for overnight stay.

### Day 20 :: Delhi/Onward

Full day sight-seeing tour of Old and New Delhi. Await transfer to international airport for flight to onward destination.

## TOUR ENDS

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