

# Forbidden Land Trekking in Ladakh

<https://www.nectravels.com/package/forbidden-lands-trekking/>

The old trade route to Ladakh and Tibet may have been tarmacked, but most of this remote and spectacular region is still only accessible on foot. Its trails, though well frequented in high season, are long, hard and high, punctuated by few settlements, so be ready for this unending exploration journey!

## Itinerary

**Day 01: Arrive Delhi, on arrival meet and transfer to Hotel. Stay overnight at Hotel.**

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**Day 02: Express Train to Chandigarh, Drive to Manali.**

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**Day 03: Day at Leisure. Stay overnight at Hotel.**

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**Day 04: Travel by jeep over 3978 Rohtang pass, gateway to Lahaul, then continue by jeep over 4358 metre Kunzum La to Losar, the first village in the Spiti valley.**

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**Day 05: Continue by jeep to Kaza, the modern capital of Spiti.**

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**Day 06: TTravel by jeep to Dhankar fort, the former capital of Spiti, high above the confluence of the Pin and Spiti rivers. We then continue to Tabo Gumpa, one of the greatest artistic treasures in the Himalayan region, to view its paintings and sculptures, some of which are over 1000 years old.**  
Travel by jeep to Dhankar fort, the former capital of Spiti, high above the confluence of the Pin and Spiti rivers. We then continue to Tabo Gumpa, one of the greatest artistic treasures in the Himalayan region, to view its paintings and sculptures, some of which are over 1000 years old.

**Day 07: Travel by jeep to Kyi gompa, the largest in Spiti, and Kibber, famed as the world's highest village with electricity and daily bus service. Overnight at Kibber.**  
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**Day 08: Local walk around Kibber:to Gete and Tashigang, two villages among the highest permanent settlements on earth. We return to Kibber for the night.**  
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**Day 09: We begin our trek with a short but steep climb to the grazing pastures above Kibber.**  
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**Day 10: Trek to Pangrochen, our last camp before Parang La. Only a small spring sustains life at this high, rocky campsite.**

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**Day 11: Trek over 5577 metre Parang La and descend the dazzling Parang glacier to the lovely oasis of Kharsa Gongma.**

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**Day 12: Trek down the valley of the Pare Chu (river) to Tarang Yogma.**

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**Day 13: Continue down the Pare Chu, cross the river and camp at the broad oasis of Norbu Sumdo.**

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**Day 14: Trek to Kiangdam, on the southern shore of Tso Moriri, the "Mountain Lake".**

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**Day 15: Rest day in the incredible setting of Kiangdam. It's hard to imagine a more spectacular setting than this.**

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**Day 16: Trek to Korzok, the village and gompa at the northern shore of the lake.**

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**Day 17: Trek past many large nomadic encampments over Gyamsharma La to Gyama.**

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**Day 18: Cross the Kyamamuri La to Rajung Karu.**

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**Day 19: Trek over the low ridge of Harlam Konka to the small village and Gompa of Nuruchan.**

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**Day 20: Trek to Tso Kar, another of the remarkable lakes of the Changtang plains.**

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**Day 21: Travel by jeep to over the 5328 metre Taglang La to Leh.**

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**Day 22: Exploration of Leh.**

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**Day 23: Morning flight to Delhi. Check into the hotel. Stay overnight at Hotel.**

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**Day 24: Depart-Delhi, Transfer to airport for flight to onwards journey.**

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