

The Rupshu Trek

<https://www.nectravels.com/package/the-rupshu-trek/>

Southeast of Leh the high altitude cold desert is the western extension of the Tibetan Plateau. Previously closed to visitors, this region offers some of the most amazing scenery to be found in Ladakh.

It is a land of monasteries and high passes, dissected by numerous mountain ridges and traversed by a number of ancient trading routes. We will venture in a mineral wilderness where only a few nomads live, totally reliant on their yak and sheep herds for their subsistence.

Itinerary

Day 01: Arrive Delhi,

Where you will be met and transferred to your hotel.

Day 02: Delhi - Leh (3500m) by plane

Arrive Leh and drive by jeep to the Ladakhi style hotel. The rest of the day is free to either rest in the shade of the hotel courtyard, or we can take a lazy walk into Leh's colourful bazaar. Overnight at the hotel.

Day 03: Visit Leh

A whole day at leisure in Leh. You can visit some of the most famous and oldest monasteries of Ladakh (15th and 17th century), Thikse, Shey and Hemis and take a walk to the colorful bazaar. Overnight at the Hotel.

Day 04: Leh - Hemis (3505m) by bus

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Day 05: Hemis - Shang Sumdo (3850m) in 4h

Today we leave the Indus valley. We descend towards Martselang, then follow the valley, which is fairly narrow in some places, continuing along the riverbed to Shang Sumdo. A short and pleasant stage, in anticipation of the next two long days.

Day 06: Shang Sumdo - Latza Kongmaru (4800m) in 7h.

We progress along the river whose banks are studded with ochre rocks. From Chukirmo village, the track leads into narrow gorges, where ponies need to be unloaded twice, and climb up to the base of Kongmaru La.

Day 07: Latza Gongmaru-Kongmaru La(5030m)-Langtang Chu (4250m) in 7h

From the pass, there are great views north towards eastern Karakoram and China, whilst the southern view is dominated by the shapely Kang Yatze (6400m) and the Ladakhi range. We take a ridge trail and descend zigzagging across screen. Afterwards, the path descends easily towards the Nimaling summer pastures and the Markha valley, the most beautiful valley in Ladakh.

Day 08: Langtang Chu - Yakrupal (4700m) in 4h

We climb up the large valley, and, after crossing a stream, carry on along a wall of moraine.

Day 09: Yakrupal - Zalung Karpo La (5200m) - Sorra (4200m)

We carry on upwards until the valley divides, where we fork right. From the pass, we follow a ridge trail that leads to another pass, then plunge into the valley.

Day 10: Sorra - Dat (4200m) in 5h

We follow beautiful woody gorges until they widen into a valley. Manis and shortens are scattered along the trail that leads along the Sara and Dat rivers. Dat is a verdant village, where arable farming uses every inch of land.

Day 11: Dat - Yar La (5000m) - Lungmo Che (4010m) in 6h

An easy climb takes us up to the pass, where we enjoy a dramatic view over the Rupshu. Sometimes we are overtaken by caravans of "Khyangs", wild donkeys that frighten our ponies.

Day 12: Lungmo Che - Lun (4100m)

An easy climb takes us up to the pass, where we enjoy a dramatic view over the Rupshu. Sometimes we are overtaken by caravans of "Khyangs", wild donkeys that frighten our ponies.

Day 13: Lun - Marang La (5300m) - Takh in 7h

The path leaves the river and leads up to a beautiful plateau at 4500m. We climb up gently to the last pass. Then it is a long descent towards Takh.

Day 14: Takh - Manali by bus

A long drive to Manali. Crossing the Rohtang Pass(3990m) above Manali, We glimpse the green forested slopes of the Kullu- Manali Valley. Overnight at the Hotel.

Day 15: Manali - Delhi,

Check in to our Hotel.

Day 16: Visit - Delhi

The morning is free to relax and then after lunch we leave for a 05 Hours sightseeing tour of Old and New Delhi, Which are completely different in character to one another. We will visit the Qutub Minar, Red fort and India Gate.

Day 17: Transfer to airport and fly back home

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