



On the ridge above base camp, Samgyal 1, Samgyal 2, Jungdung Kangri and Dawa peak in the background

# Ladakh and Nubra Valley trek including and ascent of Dawa ( 6000m) peak

## Price and outline itinerary



Ladakh is situated in the Indian province of Jammu and Kashmir. Regarded by travellers as part of the “real India” it is a cultural melting pot of Buddhist, Christian and Islamic religions. It is also home to one of the major Indian mountain ranges in the Greater Himalayas.

Due to border disputes with China and Pakistan the northern area of Ladakh was closed until the mid nineties with the checkpoint (line of control) based on the top of the Khardung pass (the highest motor-able road in the world) to the North of Leh. However due to

thawing relationships with China the line of control was then moved back to Panamik and Turtok. This has opened up a large swath of mountainous country that had not been easily accessible before this time. The opened area is rarely travelled by trekkers and is home to Tibetan wolves, Snow Leopards, Blue Sheep and Eagles. The area also gives access to some rarely climbed and reasonably non technical high altitude snow and ice peaks.



## Outline Itinerary

Day 01: Depart UK

Day 02: Arrive Delhi. Transfer to hotel.

Day 03: Transfer early to airport to fly to Leh. Transfer to guest house. Rest for acclimatisation.



### The old palace above Leh

Day 04 & 05: Days in Leh for further acclimatisation . This also gives us the opportunity to explore this fascinating town which is home to one of the oldest palaces / monasteries outside of Tibet. We can enjoy the trappings of civilisation ( chocolate cake and coke ) before we head off into the mountains

Day 06: Leaving early in the morning we depart by four wheel drive to cross the Kardung La ( still the highest motor able road in the world at 5400m) for the Nubra/Shyok river valley. O/N Guest house in Hundar

Day 07: From Hundar, we leave the road behind and take the trail following the river through a narrow and impressive gorge then climbing quite steeply we reach a long plateau where we can see the 6000m peaks of the Hundar Valley ahead. We continue to Skarchen approx 3800m at the confluence of 2 streams in the gorge. This walk will take us 6 hours through the gorge on an undulating path.

Day 08: Skarchen to Wachan (4000m) . Continue through the now widening gorge to Hundar Dok . A short day simply to allow for acclimitization, you will be in camp by lunch.

Day 09: Base Camp of Samgyal 1 (4400m) We now climb gently up through the Palzampiu valley at first following the river then the broad grassy slopes to our base camp..



This is a lovely grassy pasture where a few Shepherds tend their flocks.

The valley is surrounded by high snow capped peaks, and a beautiful small river runs through the camp. With views to the Saser Kangri range in the eastern Karakorum this must be one of the most beautiful places in the world.

Day 10: Acclimatisation Day at Base Camp.

Day 11: Establish High Camp. Today we carry our tents and kit to the Advance Base Camp and return to base for a good nights sleep at the lower altitude.

Day 12: In the morning we rest then in late afternoon we leave to sleep at ABC (5100m).

Day 13: At 0200 we will rise, cook breakfast and then in the dark, cross the moraine and trek towards Dawa Peak along the glacier which is fairly flat for about 2 kms to reach the final slopes and the summit of Dawa peak ( 6000m). Descend to base camp.

Day 14: Spare day

Day 15: Base Camp to Sumdo (4575m) Today we backtrack to the Hundar Dok River, which we follow to camp at Sumdo. We will pass Brok Gongma, another small beautiful village with views of the mountains in the Hundar Valley.

Day 16: Base of Lasermola. Today we continue the gradual climb across the flower carpeted pastures again, following a stream for another 5 – 6 hours to camp at 4800m near Thanglasgo, at the base of Lasermola. A very pleasant walk again today, camping in a beautiful spot on the banks of a river at the head of the valley.



### **Crossing the Lassermola at 5400m**

Day 17: Phyang valley. Leaving the pastures, we keep climbing to the snow line and moraine until the top of the Lasermola pass 5400m, taking approximately 2 – 3 hours to the top. From the pass, you descend the Phyang valley to camp at 4500m above Phyang village. 6 – 7 hours.

Day 18: Phyang to Leh. We trek back to Leh via Gyamsa village.

Day 19: Fly to Delhi to connect to Heathrow flight by either Kingfisher / Jet Airways.

**Cost £2200.00 p/person ( based upon a group of 12 with one teacher going free)**

**What does this include**

- Flights from Heathrow to Leh
- Airport transfer in Delhi
- Moderate hotel in Delhi on twin/ triple sharing with breakfast only
- Guest house in Leh and Nubra on twin /triple sharing with all meals.
- Trekking with camping facilities – tents on twin sharing, foam mattress, dining tent, kitchen tent, toilet tent, all meals, support cook and kitchen team and camp manager ( Sirdar), transport to trek point.
- An experienced British mountain leader and climbing Sherpa.
- School visits to advise participants.
- Ongoing support from our office in Somerset.
- Helpful handouts on all aspects of the expedition from kit to fitness requirements.
- Risk assessments, parental consent forms, visa forms, kit lists etc

**What is not included ( The honesty section )**

- Personal spending money including tips, allow a total of £100.
- Specialist mountaineering kit.
- Indian visa fees £50
- UK airport transfers
- Travel and personal insurance

**The school representative will be responsible for**

- The pastoral care of any pupils
- Any discipline issues
- Compiling and retention of personal information on participants
- Brining to the attention of the WCC staff any medical or personal issues that may affect the safety of the individual or group.
- Dealing with any participants should they decide, or it be decided, that they are unable/unwilling to continue on the expedition.

### **Fitness requirements.**

This is a reasonably demanding trek and climb, however anyone with a reasonable degree of personal fitness will be able to complete all aspects of the expedition.

Altitude however is an unknown quantity to anyone who has not been to this height before. The itinerary is designed to ensure that everyone has the maximum opportunity to acclimatize appropriately and the british mountain leader will be able to help and assist with any acclimatization issued experienced during the course of the expedition.



### **On the summit of Dawa peak**