



TREK LADAKH - THE HIMALAYAN KINGDOMS



ITINERARY – OUTLINE FOR BESPOKE TRIPS

The Markha Valley Trek is certainly one of the most varied and beautiful treks in the world. It ventures high into the Himalayas crossing a pass of 5274m as it circles from the edges of the Indus Valley, down into parts of Zaskar, through terrain that changes from incredibly narrow valleys to wide-open vast expanses! It is made all the more interesting by the elaborately decorated shrines and prayer walls and the ancient form of Buddhism that flourishes in the many monasteries that dot the landscape perched high in the mountainside. As we trek to the upper end of the Markha Valley we are rewarded with spectacular views of jagged snow capped peaks before crossing the Kongmaru La/Pass and descending to the famous Hemis Monastery, where we end our trek.

DAY 1 DEPARTURE

DAY 2 ARRIVE DELHI

On arrival we transfer to our hotel where we spend the day relaxing and exploring India's capital. Tonight we have a welcome meal and are given a full briefing on the challenge ahead.

DAY 3 LEH ALTITUDE 3505M

This morning we fly to Leh and on arrival we transfer to our hotel, with the rest of the day free to enjoy the bustling markets in the main bazaar of the town.

DAY 4 ACCLIMATISATION ALTITUDE 3505M

Today we have the full day in Leh to help in our acclimatisation process. Amongst Lehs' highlights we will visit the Shankar Gompa, Shanti Stupa, Tsemo Castle and in the afternoon we will go out of town and see the old capital of Shey and the ancient monastries of Thiksey and Hemis,

DAY 5 SKIU ALTITUDE 3400M

Finally we transfer to the start of our trek at the beautiful Chilling Lake. The trail regularly crosses the river that we are following as we trek surrounded by willow, poplar and rose bushes. Eventually the route heads into a narrow gorge leading to camp at Skiu where the rivers from Markha and Shingo meet.

DAY 6 MARKHA ALTITUDE 3700M

After breakfast we start our 7/8hr trek to Markha, passing through lush riverside vegetation. En route we come across derelict monasteries set amongst incredible scenery. We keep our eyes peeled for signs of wolf which become a nuisance during the winter months as hunger forces them into the villages. On arrival at Markha we make our way to our tented camp after our first full trekking day.



LOGISTICS



COSTS OF CHALLENGE

From £1775 per person

For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International and domestic flights

Action Challenge event manager

Challenge medic with full emergency kit

English-speaking local facilitator/translator

Full camp staff

All accommodation

All meals, except in free time

All group transfers

3 litres of purified water provided daily

Mules for trek baggage 20kgs/participant

NOT INCLUDED

Travel insurance

Single supplement

Visas

Local departure tax

Tips for staff

Vaccinations

Fuel supplement

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

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RATING & FITNESS

This tough challenge requires a good level of fitness to trek the route.

ACCOMMODATION

Hotels: 4/5* in Delhi, A* class in Leh

Camping: Complete camping arrangements for trek including two man mountain tents, mattresses & other camping gear.

FOOD

All meals for the entire challenge apart from Delhi where we have included hotel on half board basis. Breakfasts are served at the accommodation, lunch en-route and dinner at camp, hotel or at a local restaurant.

WEATHER

The best time for trekking in Ladakh is June-October. Ladakh is isolated from most of the Indian weather patterns and is one of the few places where humidity is always low. Rainfall is also low with only a few centimetres falling each year, however waterproof clothing should be brought on the trek.