



Markha & Dzo Jonggo



high places
TAILOR-MADE
ADVENTURES



TOUR INFORMATION

ACTIVITY: TREKKING & WALKING

TOUR DURATION: 16 DAYS

MIN AGE FOR TRIPS: 16+

INCLUSIONS

- 7 NIGHTS HOTEL, 8 NIGHTS CAMPING
- 16 BREAKFASTS, 8 DINNERS, 8 LUNCHES
- FULLY SUPPORTED TREKKING
- FLIGHT DELHI TO LEH RETURN

This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.

A delightful route through constantly changing scenery offering an interesting trek as well as ideal preparation and acclimatisation for the ascent of DzoJongo (6096m). Led by a qualified mountain guides, the trek is supplemented by the most beautiful monasteries of Ladakh, sky high passes, atmospheric landscapes that characterize this unforgettable journey.

Highlights

- A classic and colourful trek
- Optional climb of DzoJongo (6096m) has no technical difficulties
- Remote villages and encounters with locals give a good balance
- Compact itinerary with good acclimatisation
- Stands alone as a quality trek with or without DzoJongo

India and Ladakh

High Places began in India. 1987 saw our very first trip set off to trek in the Garhwal Himalayas in north India. We have gradually widened our destinations and now also go to Ladakh, Sikkim and to Kerala. If you are looking for an authentic, energetic yet sensitive holiday in India we are the specialists. Moreover we continue to hold India in great respect and have a deep regard for the land and its peoples. To travel with High Places here will disprove many of the myths you might hold and leave you with a sense of wonder and incredulity. There is a life-force in India which we may already have lost in the West. You must go and see for yourself

The mountain kingdom of Ladakh is a remote region of wide arid valleys, rocky gorges and ridges leading to peaks over 6000m. It lies in the rain shadow north of the Himalayan divide and so avoids the influence of the monsoon. It is subject to extremes in temperature, with hot summers and very cold winters. Little wonder that the Ladakhis are a hardy and self-sufficient people. Through ingenious irrigation systems, the villages in summer are oases of green barley fields; isolated patches of colour in the desert landscape. Prayer flags, chortens, and mani walls of carved prayer stones are a constant reminder that Buddhism is a way of life, with symbols and spirits from pre Buddhist times incorporated into the present day faith.

Trip Trek

A delightful route through constantly changing scenery offering an interesting trek as well as ideal preparation and acclimatisation for the ascent of Dzo Jongo (6096m). The Markha Valley is at times wide enough for a village with its irrigated crop of barley, where men and women working in the fields greet us as we pass by. At other times it is little more than a rocky gorge. Some days are short due to the altitude and the need for acclimatisation, with the possibility of afternoon forays from camp.

We will be supported by a team of horses. Tents, food and baggage accompany us and on trek we only carry what we need for the day ourselves.

DzoJongo ascent

An easily accessible but little frequented peak in Ladakh. Previous experience of using ice axe and crampons are an advantage, however the main demands of the trip will be stamina due to the altitude. The decision to climb DzoJongo can be made at the time depending on fitness and acclimatisation. Lalung La (5334m) is a very respectable high point for anyone who decides not to tackle the peak. Without DzoJongo the trek grade is 'Steady Plus'.

Itinerary

This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. All times and distances are approximate. **'B,L,D'** refers to meals included in the trip cost, i.e. **Breakfast, Lunch, Dinner**.

This trip is 16 days ex DELHI. The first and last days refer to the days of arrival in and departure from INDIA, and may not be the days you leave or return home.

DAY 1

Arrive Delhi. Transfer to Hotel.

DAY 2

An early morning flight across the Himalayas to Leh - a tremendous experience! There is time to relax and recover in Leh before the trekking starts. **(B)**

DAY 3

(Leh (3505m) is a colourful and vibrant town full of interest. We can get our bearings with a morning guided walking tour around some of the local landmarks – and begin to acclimatise. After a visit to the Royal Palace perched above the town, we head up on a winding path to Tsemo Monastery for tremendous views before dropping down to Sankar Gompa set amongst the local fields. The afternoon is free but try and visit the delightful Dzomsa shop in the centre of town and fill up your bottles with pure boiled water which is on tap! Also on either day, climb up the steps to the Shanti Stupa to watch the sunset as well as take a quick check on your pulse rate! **(B)**



DAY 4

Leh (3505m). Leh lies on a trade route centuries old along the mighty Indus valley and while the trading has greatly changed the magnificent Buddhist monasteries remain. Today we will certainly visit Thikse monastery and Stok Palace and maybe more. **(B)**

DAY 5

Our trekking journey begins with a drive westward transport along the Indus Valley to Chilling & the confluence with the Zaskar River. We cross the Zaskar in a secure but exciting cableway box to meet up with our ponies and crew. An easy walk on a good path leads to our campsite at Skiu (3400m). There will be time to visit Skiu Gumpa in the evening. 4 hours. **(B,L,D)**

DAY 6

A genuinely long, however easy walk today, as we trek along the valley to Markha. We follow the river all the day till we reach Markha Valley and on the way we meet friendly locals and intricate irrigation systems designed to maximise the barley crop, then spectacular sheer rock walls below high peaks. We camp at approx 3600m outside the village of Markha and if we are lucky, may be offered tea in a typical Ladakhi kitchen. 6-7 hours. **(B,L,D)**

DAY 7

The valley changes continually and at times forms a steep sided gorge. Stacha Gumpa, perched high on a cliff is well worth an hour's detour. The climb is steep but the monks use this path to collect water! We camp beyond Hankar at Tahungtse (3940m), having first glimpsed the snowy slopes of Kang Yhatse ahead. 7-8 hours. **(B,L,D)**

DAY 8

Leaving behind valleys and canyons, we enter into high mountain country and climb past surreal rock formations with Kang Yhatse looming ever larger in front of us, to camp at the high meadow, Nimaling (4600m). 5 hours. **(B,L,D)**

DAY 9

A well deserved rest day at Nimaling, 'the meadow of the sun', dominated by the twin summits of Kang Yhatse. Sheep, goats, cows, yaks and dzos all spend their summers here which provides grazing and keeps them away from the valuable barley crop lower down. **(B,L,D)**



DAY 10

We climb up to DzoJongo base camp (5010), and rest and prepare for the summit bid. 3 hours approx. **(B,L,D)**

DAY 11

An acclimatisation walk to Lalung La (5334m). This little used prayer flag strewn pass is an achievement in itself and a fitting climax for anyone who prefers not to tackle Dzo Jongo. 3 hours. In the afternoon we will prepare for the summit bid. This is also a spare day in case there have been any delays earlier in the trip. **(B,L,D)**

DAY 12

Dzo Jongo East (6096m) is a shapely peak reached by a broad ridge often incorporating some easy angled snow slopes, or snow patches later in the season. From the summit we should see as far as the Karakoram, the Pamirs and Tibet. If it's warm enough we'll rest and recover some energy on top before descending back to base camp. Up to 10 hours return. **(B,L,D)**

**DAY 13**

Well acclimatised now, we descend a little towards Nimaling then a rising traverse leads across to the Kongmaru La (5286m) for the final prayer flag strewn pass with great views back towards Dzo Jongo East and West and Regani Malo. The descent is initially steep as we enter a gorge and zigzag down, crossing the river a several times until the angle eases off. We will either camp at Chukdo or continue on to the village of Shang Sumdo. Approx 8 hours to Shang Sumdo. **(B,L,D)**

DAY 14

We meet our transport for the short drive to Hemis, one of the most important Gompas in the region. If the road is closed we will need to walk on the jeep track as far as Hemis. There will be time for a look around Hemis Gompa before continuing on to Leh. Hotel in Leh. **(B)**

DAY 15

A memorable flight across the Himalayas and a dramatic end to our adventures in Ladakh. Hotel. **(B)**

DAY 16

Depart Delhi. Or extend your trip to spend an extra night or two in Delhi, visit the Taj Mahal, or continue with your own arrangements. International flights should depart after 1300hrs to allow for the possibility of a delayed flight from Leh.

Accommodation

In Leh, the hotel is simple, but clean with en suite facilities. On the trek, we use two person tents, with a larger communal tent for meals. In Delhi we stay in a comfortable hotel.

Food

Whilst 'on trek' all meals are included. In Delhi and Leh we provide bed and breakfast only. This allows you the option of choosing where you would like to eat, which is very much part of the adventure. On trek we eat a mix of Indian, Chinese and continental food prepared to a surprisingly high standard. There are always several dishes: dals, vegetables and sometimes meat if fresh chicken or lamb is tracked down. Breakfasts and lunches are varied and appetising.

Transport

To and from the trek/climb we travel by jeep.

Health and Hygiene

We have an excellent record of staying fit and well in India. The key seems to be our enthusiasm for Indian vegetarian food, (most of India is vegetarian), and care with water, peeling fruit, avoiding salads etc. We would recommend abstinence from meat in Leh before the trek. Laundry facilities in towns are always available in India. Their ability to transform a bag of dirty and crumpled trekking 'rags' into a pile of pristine, folded and ironed 'new' clothes constantly amazes.

Language

There are 14 major languages in India and around 200 minor languages and dialects. Hindi is the most important Indian language and is spoken by about half the population. Both English and Hindi are used administratively throughout the country. In Ladakh, Ladakhi, Hindi and English are used. Many people will speak English, but a willingness to pick up some basic words of Hindi and/or Ladakhi may enrich your trip.

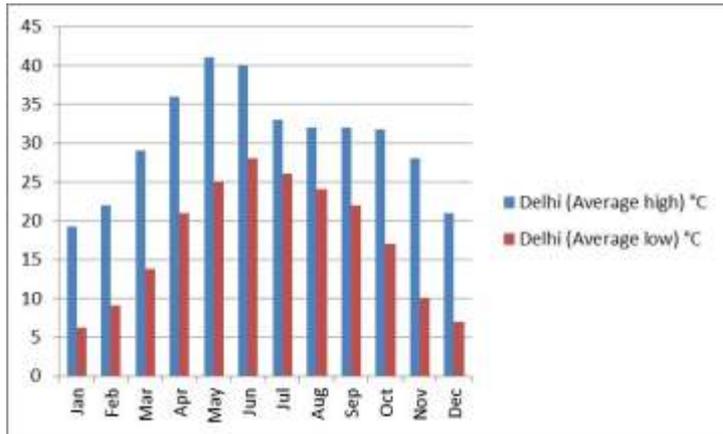
Tipping

It is custom and practice to tip in India. You should perhaps allow the equivalent of around £60/US\$100/NZ\$120 per person or so which would normally be given by the group at the end of the trek. Try to avoid giving sweets, biscuits, pens or cash to children or anyone who has not rendered a service.

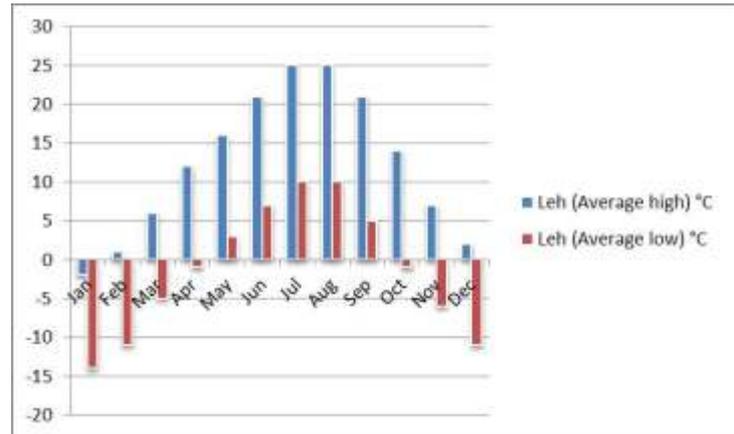
Climate

In Delhi it will be hot around 35°C, and wet. During the monsoon (June to mid-September) it rains almost every day, often in a downpour, but the sun comes out between showers. Beyond the monsoon in Leh and on the trek it should mostly be hot and dry, but rainfall (and snow) are always possible in the mountains. At night on the trek, temperatures could drop well below freezing, especially at the high camps so suitable clothing is required.

Temperatures in Delhi



Temperatures in Leh



Indian Visas

A full passport is required to apply for the Indian visa, with a validity of at least 6 months beyond the intended duration of stay in the country. It is the client's responsibility to complete all the application procedures and obtain their visas before the intended date of departure. A simplified facility of applying for an eVisa is now available to British passport holders, this will entitle the applicants to a 60 day tourist visa, for more details please log on to the official website of Indian Government <https://indianvisaonline.gov.in/> Alternatively UK passport holders can apply themselves for Indian Visa through India High Commissions Visa service VFS by logging on to <http://in.vfsglobal.co.uk/>. Current visa fee for British passport holders

