

Earthbound Expeditions

Stok Kangri Expedition

15 days, from US$1,380 per person

Duration	Group size	Country
15 days	**No limit**	**India**

Stok Kangri Expedition Overview

A classic trek to a 6,000 m peak in Ladakh. The Stok range lies on the southern skyline of Leh, the capital of Ladakh, and Stok Kangri is the highest mountain in the range.

A classic trek to a 6,000 m peak in Ladakh. The Stok range lies on the southern skyline of Leh, the capital of Ladakh, and Stok Kangri is the highest mountain in the range. During the first two days, set aside for acclimatisation, we visit the monasteries of Shey and Thiksey and the market in Leh. We then set off on a 4-day acclimatisation trek to Base Camp, starting from Matho village and crossing the Matho La. The climb to the summit is technically straightforward and free of objective dangers. On the summit day we cross a glacier and then climb steeply onto the south ridge, from where an exposed walk leads to the summit. It is a challenging climb even for very fit climbers and a good introduction to Himalayan mountaineering.

Itinerary

Day 1

Arrive in Leh

You arrive in Leh, Ladakh, where our representative meets you at the airport and transfers you to the hotel.

Altitude: 3,500 m On foot: None, arrival day Night: Hotel, Leh Meals: None

Day 2

Acclimatisation day in Leh

Today is an acclimatisation day, with no strenuous activity. You visit the main sites around Leh, including Shey, Thiksey, Sangam and Hemis. The monasteries are close to the city, so they are easy to reach.

Altitude: 3,500 m On foot: Easy walking, 2–3 hrs Night: Hotel, Leh Meals: Breakfast

Day 3

Hemis Monastery and Leh Palace

Today is also an acclimatisation day. We visit the main landmarks of Leh, including Hemis Monastery and Leh Palace. Unlike many Ladakhi monasteries, Hemis Gompa is set in a cliff-backed valley rather than on top of a crag. The monastery is brightly decorated, and you can watch the monks at prayer and at work. Leh Palace closely resembles the Potala Palace in Lhasa. It dates from the 16th century, and from the top there is a view over Leh and the surrounding area, including the Stok range in the Zanskar mountains.

Altitude: 3,500 m On foot: Easy walking, 2–3 hrs Night: Hotel, Leh Meals: Breakfast

Day 4

Day trip to the Khardung La

After breakfast, we drive by jeep to the Khardung La, the highest motorable pass in the world. The drive takes about 2 hours on rough, rugged roads with views over the snow-covered Himalaya. After the visit, you return to your hotel.

Altitude: 3,500 m On foot: None, 4 hr round-trip drive Night: Hotel, Leh Meals: Breakfast

Day 5

Drive to Shang Sumdo and trek to Chogdo

Today you drive by jeep to Shang Sumdo, where the trek to Chogdo village begins. You follow the Shang river upstream through a gorge and reach Chogdo.

Altitude: 3,800 m On foot: 3–4 hrs Night: Tented camp, Chogdo Meals: Breakfast, Lunch, Dinner

Day 6

Trek over the Gyuncho La to Shang Phu

From Chogdo, we turn west into a side valley, which leads after a long, gradual ascent to the Gyuncho La at 4,700 metres. After descending from the pass, we camp at Shang Phu at 4,365 metres.

Altitude: 4,365 m On foot: 6–7 hrs Night: Tented camp, Shang Phu Meals: Breakfast, Lunch, Dinner

Day 7

Trek over the Shang La to Matho Phu

Today is a demanding day of trekking. We cross several spurs and minor passes that see few visitors, with views of the Indus valley and the peaks beyond. We climb over the Shang La and descend to the Tokpo river for lunch. After lunch the route is mostly downhill, around spurs and over a pass, to the campsite at Matho Phu.

Altitude: 4,400 m On foot: 7–8 hrs Night: Tented camp, Matho Phu Meals: Breakfast, Lunch, Dinner

Day 8

Cross the Matho La to the Stok valley

The day begins with the climb to the Matho La, after which we descend into the valley north of Stok village. The Stok valley is remote, and care is needed here. You can meet local people, visit villages of stone houses and watch farmers tending their sheep and goats.

Altitude: 4,340 m On foot: 5–6 hrs Night: Tented camp, Mankarmo Meals: Breakfast, Lunch, Dinner

Day 9

Trek to Base Camp

We reach Base Camp by lunchtime. The trek is only 4 km, but the pace is slow because of the increasing altitude. We walk for at least 3 hours, and then camp overnight.

Altitude: 4,980 m On foot: 4 km, 3–4 hrs Night: Tented camp, Stok Kangri Base Camp Meals: Breakfast, Lunch, Dinner

Day 10

Acclimatisation day at Base Camp

Today we walk up towards 5,100 metres, a distance of about 4 km. The walk takes about 3 hours. In the afternoon we rest and take short walks nearby to complete our acclimatisation. We also practise using crampons.

Altitude: 4,980 m On foot: 4 km, 3 hrs Night: Tented camp, Stok Kangri Base Camp Meals: Breakfast, Lunch, Dinner

Day 11

Summit Stok Kangri and return to Base Camp

We leave shortly after midnight and walk for 3 hours to High Camp, then cross the glacier and climb up to the col. From here the route is steep, and we rope up and climb steadily to the summit, which is marked with prayer flags (4 to 5 hours from High Camp). We descend by the same route or, if conditions allow, directly down the scree slope. Return to Base Camp. Total distance 10 km, about 13 hours.

Altitude: 6,153 m at the summit On foot: 10 km, 13 hrs Night: Tented camp, Stok Kangri Base Camp Meals: Breakfast, Lunch, Dinner

Day 12

Spare day

This is a spare day, used if the weather is bad.

Altitude: 4,980 m On foot: Optional 2–3 hrs Night: Tented camp, Stok Kangri Base Camp Meals: Breakfast, Lunch, Dinner

Day 13

Descend to Stok village

Today you descend to Stok village, which takes about 5 to 6 hours. At Stok we visit the Stok Palace Museum. Vehicles meet you there to drive you to Leh and then on to Pangong.

Altitude: 4,250 m On foot: 5–6 hrs Night: Tented camp, Pangong Meals: Breakfast, Lunch, Dinner

Day 14

Drive from Pangong to Leh

Today you drive from Pangong to Leh, about 140 km, which takes 4 hours. Overnight in Leh.

Altitude: 3,500 m On foot: None, 4 hr drive Night: Hotel, Leh Meals: Breakfast

Day 15

Fly to Delhi for your onward flight to Heathrow

This is the last day of the trip. You fly to Delhi and connect with your onward flight to Heathrow.

Altitude: 3,500 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Transport by Tempo Traveller (mini coach) for the Khardung La trip, from arrival in Srinagar to Leh, and to and from the trek start and end points
- Sightseeing in Leh on the acclimatisation day
- Ponies to carry luggage and full trek services
- Tents shared by two people, mattresses, and hire of crampons, ice axes and boots (subject to size)
- Meals, 2 cooks, helpers, experienced climbing Sherpas to guide the climb, and an emergency oxygen cylinder
- Khardung La day trip
- Peak fees payable at Base Camp
- Transport for the Pangong day trip (Innova)
- Environment fee
- Inner Line Permit fee for foreign nationals, recently introduced by the district authorities
- Sleeping bag, down jacket and duffel bag (to be returned)

Not included

- International and domestic flights
- Personal expenses such as drinks
- Extra costs arising from roadblocks, landslides, flight cancellations, rescue and evacuation, and insurance

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/stok-kangri-expedition