



Earthbound Expeditions

Stok Kangri Expedition

15 days, from US\$1,380 per person

Duration

15 days

Group size

Unlimited People

Country

India

A classic trek to a spectacular 6000m 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...

Day by day

Day 1

Arrive at Leh

Today, arrive at Leh, Ladakh where our representative will meet you at the airport, and then he will transfer you to the hotel.

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

Day 2

Acclimatization day

The day will be spent on acclimatizing. No strenuous activity shall be done today. The day will be doing sightseeing in the significant areas around Leh like the Shey, Thiksey, Sangam, and Hemis. The monasteries are located around the city premises so you won't have any trouble to go around.

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

Day 3

Visit the Hemis monasteries, Leh Palace

Today will also be spent on acclimatization. We visit the major landmarks of Leh like the Hemis monastery and the Leh Palace. In comparison to many Ladakhi monasteries, the Hemis Gompa is set into a cliff-backed valley rather than on top of a crag. The monastery is a combination of vibrant colors, and it enthralls anyone who wishes to venture in its lap of wisdom. You can observe the monks busy in their prayers and work. Visit the Leh Palace which strikingly resembles the Potala Palace in Lhasa. The palace dates back to the 16th century, and its summit provides a picturesque view of Leh and the surrounding areas, and you can see the Stok Mountain range in the Zaskar mountain range.

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

Day 4

Khardungla day trip

After having a delightful breakfast, we head towards the Khardungla Pass on a jeep. It is the highest motorway pass in the world, and it takes about 2 hours to reach there. The road is a mixture of rugged terrain, rough roads that overlooks the snowy Himalayas. The drive represents the beauty of the icy abode of India. After the visiting head back 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

Today, you'll drive to Shang Sumdo on a jeep, and from there the trek to Chogdo village begins. Follow the Shang river upstream through a beautiful gorge, and then come out Chogdo.

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

Day 6

From Chogdo, we turn towards the west

From Chogdo, we turn towards the direction into a tributary valley which leads after a long and gradual ascent to the Gyunchu La at 4700 meters. Descending from the pass, we make camp at Shang Pu at an altitude of 4365 meters.

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

Day 7

Camp at Matho Pu

Today will be a bit tough day, as we have to do some heavy trekking. Today we'll have to cross many spurs and minor passes that are rarely visited. These crosses provide a picturesque view of the Indus valley and the peaks that lie beyond the horizon. We will climb to cross the Shang La pass and then descend to the Tokpo river for lunch. After lunch, we generally trek downhill, by going around spurs and over a pass to reach the camping place at Matho Phu.

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

Day 8

Climb the Matho La

Our day commences by climbing the Matho La, and then we descend into the valley to the north of Stok village. The Stok valley is filled with wilderness, and you have to take care while visiting here. Interact with the locals here, and spend some time to visit the picturesque villages of stone huts. Watch as the farmers tend their flock of sheep and goats.

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

Day 9

Reach the base camp

By lunch, we would have reached the Basecamp, and it is just a 4 km trek. As the altitude keeps on rising, the walking pace is a bit slow. We trek for at least 3 hours, and then we 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

Rest day

Today we take a walk towards 5100 meters, which is about 4 km. In the afternoon, we rest and take excursions around to acclimatize fully. We practice the use of crampons as well. The trek lasts for about 3 hours.

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

Day 11

Return to Base Camp

We will leave a little past midnight – 3 hrs to high camp and then we trek across the glacier and climb up to the col. From here it's steep, and we will rope up and climb steadily to the summit marked with prayer flags (4 – 5 hrs from High camp). Either descend via the same route, or if the conditions are fine, we can slide direct down the scree slope. Return to Base Camp. Total trek 10 km of 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

Today will be a spare day that will be used in case the weather is terrible.

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 the village of Stok

Today, you'll descend to the village of Stok, and it takes about 5 to 6 hours. At Stok, we'll visit the Stok Palace Museum. The vehicles will be available there to drive you to Leh, and then to Pangong.

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

Day 14

Drive back from Pangong to Leh

Today, you'll drive from Pangong to Leh, which is about 140 km and it 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 to connect with an onward flight to Heathrow

Today will be the last day of the trek, and you will fly to Delhi, and then combine with another trip to Heathrow.

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

What's included

- Khardungla transport in tempo travellers, transport from arrival in Srinagar until –Leh in tempo travelers (mini coaches), transport to and from trek point in tempo travelers,
- Sightseeing in Leh on acclimatization day
- Ponies to carry luggage, full trek services –
- Two people in one Tents, mattress, hire of crampons, ice axe, boots (subject to size),
- Meals, services of 2 cooks, helpers, Experienced climbing Sherpas to guide climb, –Emergency oxygen cylinder.
- Khardungla day trip
- Mountain Peak fees payable at base camp
- Transport costs for Pangong day trip (Innova).
- Environment fee.
- An Inner line permit fee for foreigners, applicable as the district authorities have just announced this.
- Sleeping bag and Down Jackets, Duffle Bag(returnable)

Not included

- Airfares International and Domestic,
- Items of any personal nature such as drinks, etc.
- Extra costs incurred due to roadblocks, landslides, flight cancellations, rescue & evacuation, insurance