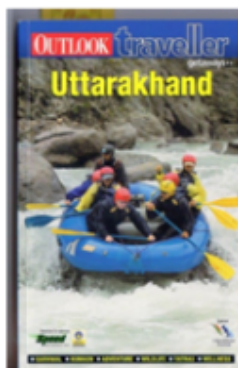


AQUATERRA

A D V E N T U R E S

MARKHA VALLEY TREK



MARKHA VALLEY TREK: INTRODUCTION

One of the most popular treks in Ladakh, the proximity to Leh brings a lot of people to this valley. Beautiful landscapes, good chances to spot some high altitude wildlife, moderate terrain, beautiful high altitude meadows, wild yaks and a 5150m pass all make this trek a bucket list item.

A perfect mixture of adventure, culture and beauty.



FACT SHEET

DURATION OF TREK: 08 Days

REPORTING POINT: Leh Airport

GRADE OF TREK: Moderate

HEIGHT: 4720 M

ACCOMMODATION

DAY	ACCOMMODATION	MEAL PLAN
DAY 1-2	HOTEL OMASILA/SIMILAR	ALL INCLUSIVE
DAY 3-7	TREKKING CAMP - LEH	ALL INCLUSIVE
DAY 8	HOTEL OMASILA/SIMILAR	BREAKFAST

ITINERARY CHART

DAY	START POINT	END POINT	DISTANCE	TIME	ALT.
DAY 1	LEH AIRPORT	HOTEL OMASILA	DRIVE 5 KM	15 MIN	3500 M
DAY 2	LEH	LEH	DRIVE 30 KM	5 HRS	3500 M
DAY 3	LEH	SARA	DRIVE 70 KM TREK 10 KM	2 HRS 4 HRS	3500 M
DAY 4	SARA	MARKHA	14 KM	4.5 HRS	3800 M
DAY 5	MARKHA	THACHUNG TSE	14 KM	6 HRS	4150 M
DAY 6	THACHUNG TSE	NIMALING	8 KM	4 HRS	4720 M
DAY 7	NIMALING	LEH	TREK 13 KM DRIVE 30 KM	8.5 HRS	5200 M
DAY 8	LEH	LEH AIRPORT	5 KM	15 MIN	TRIP ENDS!

MARKHA VALLEY TREK: DETAILED ITINERARY

DAY ONE: LEH AIRPORT - HOTEL

(3500 M)

Transfer to hotel. Relax and acclimatise. Visit Leh market in the evening.



DAY TWO: LEH

(3500 M)

A day for acclimatization. Optional visit to the Leh palace and the Shey, Thikse and Hemis gompas. Last minute shopping in the Leh market.



DAY THREE: LEH - SARA

(3500 M)

Drive along the Zaskar. The trail goes through a flat and desolate plain along the river Markha and swings into the mountains along the pretty, willow-lined Zingchen gorge. Camp at Sara.



DAY FOUR: SARA-MARKHA

(3800 M)

Today's trail is not too strenuous, rising 300m over 22 km, crossing the Markha river a couple times. There are a few ancient chortens along the trail, and a number of wolf pits used to trap wolves when they roam the valley during the winter months. Markha is a big village, complete with a derelict fort on the hillside and a small village monastery.



DAY FIVE: MARKHA – THACHUNG TSE

(4150 M)

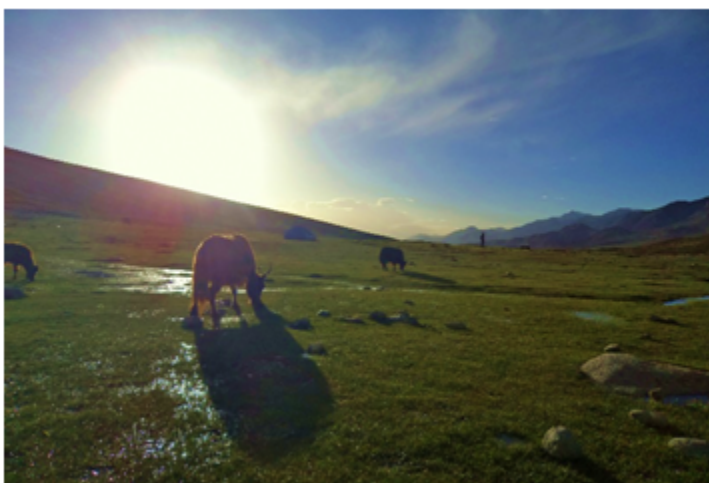
Kang Yatse, commands the views for the next two days. On the walk there are sights of some fascinating geological creations of large boulders balanced precariously on top of consolidated earth spikes. Continue down over a bridge to Thachungtse, a popular place to spot blue sheep slide up and down the steep cliffs with incredible agility.



DAY SIX: THACHUNG TSE – NIMALING

(4720 M)

We pass several Mani walls and suddenly come across a small lake. The view is wonderful from here - both of Kang Yatse, whose bulk gets reflected in the still waters of the lake, and also of the Markha Valley which we are now well above. We descend slowly to the valley of Nimaling which has a semi-permanent population of villagers who come from the Markha Valley to graze their livestock on the summer pastures.



DAY SEVEN: NIMALING – CHUSKIRMO (PASS DAY)

(3300 M)

As we climb the last short but steep slope to the top **(5200 M)** there are good views over the Zaskar Range and of the vertical ice walls on the north face of Kang Yaze. It's about a 3hrs climb to the top. The descent initially is quite steep and then eases out to reach Chuskirmo, where we



board waiting vehicles for the 2 hour drive back to Leh. Overnight hotel.

DAY EIGHT: LEH HOTEL – LEH AIRPORT

Early morning transfer to Airport for flight. Trip Ends!



MARKHA VALLEY TREK: COST BREAKDOWN

COST INCLUDES

ALL TRANSFERS IN A NON-AC VEHICLE AS PER THE ITINERARY (LEH AIRPORT - LEH AIRPORT)
ALL ARRANGEMENTS FOR STAYING AND CAMPING WHILE ON TRIP
ACCOMMODATION ON TWIN SHARING BASIS IN TENTS / HOTEL
ALL MEALS AS MENTIONED IN ITINERARY & SAFE DRINKING WATER
ALL TREKKING ARRANGEMENTS WITH INDIA'S MOST EXPERIENCED GUIDING TEAM, CAMP STAFF AND COOKS
PORTERAGE UPTO 15KG/PERSON
PEAK FEE/SANCTUARY FEE/ROYALTY/PERMITS WHERE APPLICABLE

COST EXCLUDES

SLEEPING BAG
ANY TRANSFERS OR MEALS OUTSIDE OF ITINERARY
BOTTLED WATER
ITEMS OF PERSONAL CLOTHING
EXPENSES OF ANY PERSONAL NATURE (LAUNDRY / PHONE CALLS / ALCOHOL / CIGARETTES / INSURANCE / CAMERA FEE / ETC.)
ANY EXPENSE INCURRED DUE TO FORCE OF NATURE SUCH AS LANDSLIDES, BAD WEATHER OR REASONS BEYOND OUR CONTROL
TIPS & GRATUITIES (WE RECOMMEND 5-10% OF YOUR TRIP COST- TO BE DISTRIBUTED AMONG THE TEAM) - PERSONAL CHOICE
TRAVEL & CANCELLATION INSURANCE
FLIGHT & TRAIN TRAVEL

MARKHA VALLEY TREK: THE NEXT STEPS

Have any questions? [Email us](#)

Ready to go?

Book your place by filling in this [form](#).

Make your payment [here](#).

Once you fill in your form, we'll get in touch with you with all the necessary details.

PLEASE NOTE:

Filling in the booking form does not guarantee a spot on any trek. You will receive a separate confirmation email once the booking form is submitted.

We look forward to hosting you on your next Adventure!

