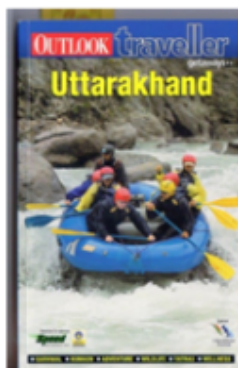


AQUATERRA

A D V E N T U R E S

SHAM VALLEY TREK



SHAM VALLEY TREK: INTRODUCTION

The Sham Valley Trek is probably the one most ideal for beginners and families in Ladakh. Even so, it is still one of the most enjoyable as one comes across villages, and views on the way that give insights into Ladakhi village life. One will notice how a stream of glacial water has led to an oasis of life amidst barren wilderness, not to mention the smiles on the faces of people living there.



FACT SHEET

DURATION OF TREK: 06 Days

REPORTING POINT: Leh Airport

GRADE OF TREK: Moderate

HEIGHT: 3700 M

ACCOMMODATION

DAY	ACCOMMODATION	MEAL PLAN
DAY 1-2	HOTEL OMASILA, LEH	ALL INCLUSIVE
DAY 3-4	TREKKING CAMP / HOMESTAY	ALL INCLUSIVE
DAY 5	HOTEL OMASILA	ALL INCLUSIVE
DAY 6	HOTEL OMASILA	BREAKFAST

ITINERARY CHART

DAY	START POINT	END POINT	DIST.	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	YANGTHANG	DRIVE 58 KM TREK 9 KM	7 HRS	3700 M
DAY 4	YANGTHANG	HEMIS SHUKPACHEN	TREK 8 KM	3 HRS	3600 M
DAY 5	HEMIS SHUKPACHEN	HOTEL OMASILA	TREK 10 KM DRIVE 8 KM	7 HRS	3500 M
DAY 6	HOTEL OMASILA	LEH AIRPORT	DRIVE 5 KM	15 MIN	TRIP ENDS!

SHAM VALLEY TREK: DETAILED ITINERARY

DAY ONE: LEH AIRPORT - HOTEL

(3500 M)

Board the early morning flight from Delhi to Leh. It takes a little more than an hour to get to Leh, the capital of Ladakh. On a clear day the flight offers excellent views of the mighty Himalayas. Arrive at the hotel for welcome drinks followed by breakfast. Spend the rest of the day at leisure & acclimatise.



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 - LIKIR - YANGTHANG

(3700 M)

It's about 1.5 hrs drive to Likir from where we start the walk which goes parallel to a motorable road that ascends to Phobe La (3580m). From the pass we leave the road to take a descending track leading to a gorge which finally takes us back on the road. At this point one can view Sumdo village with its few houses. We leave the road again to climb up to Chagatse La (3630m) after crossing the stream on a wooden bridge. One starts seeing the Yangthang village where we camp for the night.



DAY FOUR: YANGTHANG - HEMIS SHUKPACHAN

(3600 M)

It's a relatively short walk to Hemis Shukpachen village. We cross Tsermangchan La (3720m) to get to the village, which has its own beauty with a rich cultural background, myths and mysteries. There is a bunch of juniper trees on one side, which is not disturbed by the villagers for a superstitious belief they attach with it. There are a couple of guest houses and homestays in the village.



DAY FIVE: HEMIS SHUKPACHAN - ANG - LEH

(3500 M)

Today, we cross a pass called Meptak La (3980m) after which we reach the Ang village. We board the waiting vehicles to be driven to Leh. We visit Alchi monastery on our way back to Leh.



DAY SIX: LEH HOTEL - LEH AIRPORT

Early morning transfer to Airport for Leh - Delhi flight. Trip Ends!



SHAM 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
ALL COMMON CAMPING AND TREKKING EQUIPMENT
PEAK FEE/SANCTUARY FEE/ROYALTY/PERMITS WHERE APPLICABLE
A GUIDE FOR ALL MONASTERY SIGHTSEEING SHEY, THIKSE, HEMIS GOMPA

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
TRAIN & FLIGHT TRAVEL

SHAM 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!

