

MATHO KANGRI TREK

Duration: 16/17 Days

Level: High/Difficult

Mentok Kangri is situated on the western side of Changthang Korzok, the elevation is 6250 M, vast of the Famous Tsomoriri Lake, from the summit there are magnificent view of other famous Peak of Chamser, and Lungser Kangri across the Lake, after sufficient acclimatise need the summit the Mentok kangri, its also highly recommend to do a trek from Rumtse to Korzok in 8-9 days.

Mentok Kangri is an ideal option for the trekking & climber admirer who want to discover the pristine beauty of Himalayas. Perched in the spellbinding region of Rupshu Valley, this elevated and barren panorama attracts the imaginations of travellers from all around the blue planet. Mentok is a Tibetan name (means) flower . The trail takes the traveller through secluded valleys, rustic villages and hilltop monasteries. The trekkers have to low-angle snow on the way. Itinerary includes trekking & climbing to Mentok Kangri in a comprehensive and heartwarming way. The trail comprises of exploring beautiful regions of Ladakh. However, a bit of technique is required for this ascent.

NOTE:- All the itineraries can be customized to suit your own special interests, preferences, abilities, extension and reduction of numbers of days.

Day 1: Delhi- Leh (3500 M)

Our services will start with your arrival at Leh airport. Meet & welcome and transfer to the Hotel. Highly recommend you to completely relax for the rest of the day to enable yourselves to acclimatize to the rarefied air at the high altitude and a successful tour or trek in Ladakh region. Evening explore the Leh market, shanti stupa, in the evening only if you feel & fine. Over night at Hotel.

Day 2: Leh (3500m) (Full day monasteries and palaces visit)

After breakfast drive by car and take a full day excursion to renowned monasteries and palaces of Ladakh region.

Thiksey Gonpa, Founded in 1433 by Changsem Sherab zangpo, Thiksey monastery is the most beautiful monastery of Ladakh .This monastery majestically overlooks the valley, a magnificent group of about 80 monks; discovery of the beautiful inner courtyard which distributes access to the various temples. The most amazing is certainly the temple of Maitreya Bhudha statue ,

Hemis Gonpa (Monastery)

Founded in 1632 by Lama Staktsang Raspa, (Shamunatha) visit Hemis Monastery, it is a Tibetan Buddhist monastery of the Drukpa Lineage. The monastery houses an amazing collection of the age-old relics, shrines and such as the idol of Lord Buddha made up of copper gilt, gold and silver stupas. It holds the distinction of being the biggest as well as the wealthiest monastery of Ladakh region. The annual Hemis festival honoring Padmasambhava is held every year according to the Tibetan Lunar calendar falls in 4th Month.

Shey castle,

On the way back to Leh visit Shey (Built in 17th century by king Deldan Namgyal) capital of

ancient Ladakh, is an interesting complex whose importance is still measured by the quality of the paintings and the astonishing quantity of chortens or other votive monuments that surround it, especially the copper gilt statue of Lord Buddha. The Rock-carved statue of five Buddha can be seen below the palace on the roadside, which was probably carved during the reign of King Singay Namgyal.

Stok Palace,

The Stok Palace built in 1825th by King Tsespal Tundup Namgyal, residence of the present kings of Ladakh. Transformed into a museum, the collections presented evoke a recent past where the royal family ruled over this valley. Over night hotel

Day 3:Leh - Lower Indus valley –Lamayuru (3570m) 152kms

After breakfast drive to Lamayuru enroute visit Likir, also known as Lu-Khyil Gumpa, its meaning NAGA INCIRCLE, the Likir Monastery was ordered to be built by the 5th king of Ladakh Lhachen Gyalpo and was thus founded by Lama Dupwang Chosjhe in 1065. The monastery is of the Gelugpa sect of Tibetan Buddhism,

visit Alchi temple Renowned as the oldest Buddhist learning centre, the Alchi Gumpa is one of the magnificently built monasteries in Ladakh. Located 70 kilometres west of Leh on the banks of the Indus River, it is also the largest and most famous gumpas built by Tibetan translator of Lotsava Rinchen Zangpo in 11th century, continue drive to visit the mesmerizing Moon landscapes and the Lamayuru monastery renowned as Tharpa Ling which means the 'place of freedom'

Lamayuru monastery is one of the oldest monasteries in Ladakh. There you can visit 16th Arahats, also Nimagon blessed the site and Naropa founded the monastery in the 11th century. Over night hotel

Day 4:Lamayuru-Leh (3550 m) 130kms

After the breakfast drive back to Leh, visit Rigzong, according to popular belief, Guru Padmasambhava along with other lamas used to meditate in the caves around Rigzong in isolation, surviving on two meals a day and avoiding any contact with the outside world. Before building the monastery in 1831, Lama Tsultim Nima started a hermitage at the site to teach monks about Buddhism, there is also visit for nunnery Gonpa before the Rigzong Gonpa, known as Chulichan (Chomoling), its under the cover of the monastery, where 20 nuns or the Chomos reside and worship at the temples of the monastery

Evening back to Leh. Over night hotel

Day 5:Leh-Tsokar Lake (4500m) 5hrs

Drive towards Tsokar Lake. Where you can find nature salt, cross the Indus river then take full south by gorges, towards the Tsokar lake. Arriving in Latho and Runtse village, the landscape opens on the Changthang. The road climbs the Tanglang La (5300m). At the pass, at the end of the Kang Yatse range, we almost touch the snow-capped peaks. Descent to a long plain, then by a small paved road we reach to Tsokar, visit Thukje Gonpa, a small monastery with a mystic cave (a lamp will be useful). The view of the lake from the terraces is exceptional, the opportunity for great photos,

The mules/horses for the trek would join us later in the evening at same day. We will have plenty of time to go for a long walk along the shores of Tsokar lake. Over night camping.

Day 6:Tsokar-Nuruchan (4670m) 5hrs

After spending the few days vacationing and trips, trek start from the Tsokar . Today is a short day, and we walk for about four to five hours to reach Nurchan camp site . Our campsite is set next to a beautiful stream and we can see the very picturesque, saddle-shaped pass that we would be crossing the following day. Overnight camping

Day 7:Nuruchan-Rajungkaru (4750m) 4hrs

These day starts with us having to cross the narrow stream, and then we are on the trail to cross over the first of four passes during the next three days. Today we just have to negotiate one pass, Horlam Kongka La (4840m). Its a very gradual ascent to the top, which is marked by the typical Buddhist prayer flags on pass. even we can see the Tsokar Lake from the pass. From top of the pass descent to the campsite. Overnight camping

Day 8:Rajungkaru- Gyama Bharma (5140m) 6hrs

Trekkers need to well prepare for the summit day. The agenda is to cross over two passes, both of which are more than 5000m. First up is Kyamayuri La (5400m), which is visible from Rajungkaru, and is another perfect saddle. The views from the top of the pass are breathtaking and looking back we can see the entire valley spread out below us. A long gradual descent is followed by a to climb to the next pass, the Gyama Bharma La (5210m). Once we reach the top, we have a pain-staking one and half hour descent to the campsite at Gyama Burma, which is just about visible as tiny speck from the pass. Overnight camping

Day 9:Gyama Bharma -Korzok Phu (4700m) 5hrs

Compared to the previous day its a short day of about five hours. We cross over the final pass of the trek the Yalegon La (5241m). Just as we begin the descent, the Tsomoriri lake comes into sight and its a brilliant sight, barren mountains, snow-clad peaks and the lake, all in a single frame. Its a long and hard two hour descent, as we descend about 800 metres all the way to our campsite at Karzok Phu. Mentok Kangri is now visible to us, standing tall and proud, in all its glory. Overnight camping

Day 10:Korzok Phu – Base Camp (5250m) 6hrs

These day trekker can walk up to the base camp of Mentok Kangri. Although its just another six-hour a day, it feels like a long day as its uphill all the way, with some moraine walking as well and we try and camp as close to the mountain as possible, as that would reduce the time taken by us on summit day. Overnight camping

Day 11:Acclimatize at Base Camp

Rest day. Team and trekker will be granting training on usage of technical equipment. You will be taught how to walk in the snow, using crampons, handling of ice axe,ropping and other techniques that are a must for the summit attempt.

Try to grasp as much as you can. In doing so try not to exhaust yourself, as next will be the summit day. Additionally, you can also go nearby for height gain trek. Make sure you give enough rest to your body for the summit attempt. Pack your backpack for the summit day, keep it light and easy. You will have dinner early to wake up midnight for the last climb. Hence, try to sleep early to get enough sleep. Overnight camping

Day 12:Summit Day & Expedition

Very early morning trek start to began the expedition up to the Mentok kangri summit . these day will be very exciting for all the climbers to success the summit op to the Top, need sufficient drinking water, oxygen bottle for safe and security. Enough drinks and foods. When

reach on tops of kangri , each and every one can cheers up and hug each other with loudly to cry, thanks for succeeded the summit. The view from the summit is unbelievable to have a sight of plenty peaks with snow capped mountains.

Eagerly descending towards camp for stay. With the view of Tsomoriri lake will be very magnificent and beautiful. Overnight camping

Day 13:Contingency day

Overnight camping

Day 14:Base camp-Korzok village (4500) 3hrs

Descend until the village. After few hours walk from base camp. Reach at Korzok village. Visit Korzok monastery (found in 1861 by Lama Kunga Lhodos Nyingbo) village with its houses and its gumpa appearing like a "Mirage". The few barley fields at Korzok must be among the highest cultivation in the world and today you will visit the Korzok monastery and this is village where nomad people has concrete house, explore the village and walk around the lake. Overnight camping

Day 15:Tsomoriri- Leh (3501m) 230kms drive back to Leh.

The road goes to Kyagar Pass before driving into the Indus Gorge. From Mahe bridge , multicolored rocks over hang us over 1000 meters, also on the way visit Chumathang Hot sulphur springs water , drive along the Indus river until leh. Overnight hotel at Leh.

Day 16:Leh (3501m)

Free day for personal activities and shopping. Overnight hotel

Day 17:Leh-Delhi

Transfer to Leh airport to board flight back to destination. Journey Ends with sweets memories with local people.

Other option for more adventurous a drive to either Manali or Srinagar can also be arranged on request. The road journey is covered in two or more days with an overnight halt at either Serchu or Jispa, which lies on the Leh-Manali highway, or Kargil, which lies on the Leh-Srinagar highway. Moreover , if client have sufficient time, than plan to visit Nubra valley and world highest Pangong lake.

Trek rate: On Request



TSARAP HIMALAYAN ADVENTURES