

DARCHA PADUM TREK

Duration: 14 Days

Level: Moderate

Day 1: Manali - Darcha – Pal-Lhamo (5 hours)

Early morning start from Darcha camp and easy trek into the valley towards Palemo (3'600m, 11'810ft). On the way, visit the small monasteries of Chika and Rarik. O/N in tent at Palemo camp.

Day2: Pal-Lhamo - Zanskar Sumdo (5-6 hours)

Follow the river on an easy and rocky path which gets wider and wider towards the Zanskar Sumdo camp (3'860m, 12664ft). Enjoy the panoramic views of the surrounding peaks. O/N in tent.

Day 3: Zanskar Sumdo - Chumik Nagpo (6 hours)

Early morning start the trek to Chumik Nagpo (4'655m, 15'272ft): cross the river over a hanging bridge and continue on a challenging path up to the base of Shingo-La (5'090m, 16'700ft) and until the campsite at Chumik Nagpo. O/N in tent.

Day 4: Chumik Nagpo - Shingo-La 5050m- Lakhang (6 hours)

Another day of challenging trekking by crossing the Shingo-La (5050m), the highest pass on this trek route. From the top enjoy the fascinating views of the glaciers and peaks. Easy descent over the glacier to Lakhang (4'470m, 14'665ft), a beautiful valley and famous for grazing yaks in the summer. O/N in tent.

Day 5: Lakhang - Kargyak (6 hours)

Gradually descend along the Kargyak river, observe lots of wild plants and flowers on the way. Cross the massive peak of Gonbo Rang-jon on the right and continue until Kargyak (4'050m, 13287ft) which is the first village of the Lung-Nak valley in the Zanskar area. O/N in tent.

Day 6: Kargyak - kuru (5 hours)

The Lung-Nak valley gets wider and the trail leads us along meadows of flowers and barley fields to the village of Testha (3'950m, 12'960ft). Chortens (stupas) spread along the way depicting the art work and religious sentiments of the population towards Buddha and his teachings that flourish in the Zanskar valley. O/N in tent.

Day 7: Kuru - Phuktal Gonpa. (4 hours)

Short trek to Phuktal gonpa (3'700m, 12'139ft). Proceeds towards Phungtal monastery (3'858m, 12'657ft) perched on the side of an impressive cliff above the river. Trek back to

Purne. O/N in tent.

Day 8: Phuktal - Ichar (6 hours)

Trek along the river towards Ichar (3'650m, 11'975ft), passing through small Canyons of Pudding stones, Ichar, Hanumi and Surle villages. O/N in tent.

Day 9: Ichar - Mune (5 hours)

Easy walk up and down along the Tsarap river until Mune (3'900m, 12'795ft). Visit the monastery at Mune. O/N in tent.

Day 10: Mune - Padum (6 hours)

Trek on the unpaved jeep road towards Padum (3'600m, 11'810ft). On the way visit Bardan of the prominent monasteries of Zanskar. Padum is the only city in Zanskar, there are a few hotels, restaurants, shops, Govt. offices. Use this opportunity to purchase essential items for the remaining trek ahead. O/N in tent.

Day 11

Full sightseeing in Padum Zanskar

Day 12

Drive a car to Rangdum and kargil via Penzila pass. 14000 ft

Day 13

Kargil to Leh along with visit of Old and Ancient Monastery of Alchi, Lamayuru, Regzong and Likir, night at Leh.

Day 14

Leisure and Shopping in Leh and next days Depart to Home/ New Delhi

Trek rate: On Request



TSARAP HIMALAYAN ADVENTURES