

HEMIS TSOMORIRI TREK

Duration: 13 Days

Level: Moderate

This trek connects the Markha valley to the highlands of Changthang region, home to the nomadic people. Enjoy stunning high-altitude landscapes and the beautiful lakes of TsoKar and TsoMoriri. An exceptional trek, but demanding because of the crossing of numerous high passes.

Day 1: Hemis - Martselang - Shang Sumdo

Visit Hemis monastery, one of the most important and largest monasteries in Ladakh follow the trail to Martselang and Shang Sumdo possibility to drive from Hemis to Shang Sumdo by jeep.

Day 2: Shang Sumdo - Lartse

walk along the river in a beautiful valley and gorge on the way is the village of Chogdo and ahead is Chuskurmo follow the trail to Lartse.

Day 3: Lartse - Kongmaru La - Tachungtse

continue to move up to the Kongmaru La, the pass offers stunning views of Kang Yatse and the Karakoram peaks go down from the pass to Nimaling where people from Markha valley bring their herds for grazing in summer walk further down to Tachungtse.

Day 4: Tachungtse - Yakrupal

The trail follows the remote Langthang valley to Yakrupal

Day 5: Yakrupal - ZalungKarmo La - Khar

cross the ZalungKarmo La from the pass, enjoy the spectacular view of Zaskar range and Changthang plateau the trail down is steep and you need to cross the river several times before reaching Khar.

Day 6: Khar - Dat

follow the trail until it widens into a valley where you reach TangtseSumdo the left trail leads to the village of Dat.

Day 7: Dat - Yar La - LungmoChe

follow a wide valley surrounded by rolling hills an easy climb takes you to the Yar La walk down from the pass to LungmoChe.

Day 8: LungmoChe - Zara

the trail leads to Yagang, the Kharnak nomads settlement follow the trail to Zara.

Day 9: Zara - Ponganagu

the trail crosses the Manali-Leh highway follow the trail that leads to Ponganagu next to TsoKar lake the place is known for wildlife sightings such as marmots, ibex, kiang (wild asses) and migratory birds.

Day 10: Ponganagu - Nuruchan

start the day walking along the bank of TsoKar lake. TsoKar means "white lake" in Ladakhi because of the salt deposit on its shores walk to wild grazing land of Nuruchan.

Day 11: Nuruchan - Kyamayuri La - GyamarBarma

it's a long day today that starts with the HorlamKongka La from the pass, it is an easy descent to Rajungkaru where you will come across several nomad settlements cross the Kyamayuri La pass before reaching the high altitude valley of GyamarBarma.

Day 12: GyamarBarma - Kartse La - Gyamar

cross the Kartse La and walk down to the valley of Gyamar

Day 13: Gyamar - YalungNyau La - Korzok

ascend gradually towards the YalungNyau La, the highest point on this trek offering a stunning view of TsoMoriri lake descend to the village of Korzok on the bank of TsoMoriri.

Trek rate: On Request



TSARAP HIMALAYAN ADVENTURES