

PADUM PHUKTAL DARCHA TREK

Duration: 20 Days

Level: Difficult

Day 01:

Delhi to leh, pick up by car to Hoteel Acclimatize

Days 02:

Sight Seeing around the leh, Samkar, Leh palace, Shanti Stupa. Night Hotel.

Days 03:

Hemis, Stakna, Takthok, Thiksey and Shey, night Hotel.

Days 04:

Drive car to Mulbek Via Alchi, Likir, Lamayuru, night at Mulbek Guest House.

Day 05:

Mulbek to Rangdum visit the Panikhar Meteria Buddha, NUN KUN night at Camp.

Day 06:

Randum to Padum. On way Visit the 2 Alpine lake, Drang drung Glacier. Night at Hotel.

Day 07: Padum - Thongday (3.450 m) – Stongday Pulu, 3 hours

Padum is situated in the beautiful central Zanskar plain surrounded by stunning mountains. You drive to Thongde Compa 3.450 m (11.318 ft). Here trek starts. Follow for 2 hours the steady path as far as the pastures of Thongde.

Day 08: Thongde Pulu (3.450) to Cave via Thongde-La (5.150 m), 7 hours

Take the winding path for the last 200 m up to the Thongde-La 5.150 m (16.896 ft). Go down for about 3 hours as far as the junction with the first large valley. Further 2 hours and you see a habitable cave on the left bank after crossing several rivers.

Day09: Cave to Shade, 9 hours

From the camp walk along the main stream as far as the junction with a large valley coming from the northwest. You arrive at a low wall which delimits the wooded area for the villages of Thongde and Shade. This path leaves the foot of the valley and goes up onto the right slope. Pass a small plateau. Continue along the slope and then go down to a gorge entering at right angles and turn back up onto the slope you arrive at a hut and a field. Here the valley is windiness. Go to the valley floor. The valley narrows. A wooden bridge and three Chortens mark the entrance of this gorge, which leads to the village of Shade 30 minutes

away.

Day10: Shade to Phuktal monastery (4.000 m), 7 9 hours

From the village go to the three Chortens and follow the main valley. Half an hour after the three Chortens, the valley widens and you see the small Tanlak monastery, two houses on hill. A monk in Phuktal is responsible for its maintenance. From Tanlak go down and follow the river just till before it narrows. From there, the track rises and stays on the slope as far as Phuktal. At times the track is precarious and very elevated as far as junction with the Tserap. Walk along the Tserap for about 1 hour as far as a large cave on the right, 100 m above the path. Cross a small pass on a right, then go back down towards the river. Follow the path which is well marked but sometimes precarious until the Phuktal monastery 4.000 m (13.123 ft). Phuktal belongs to the tradition of the Gelupas. The spring that gurgles deep in the cave is still out of bounds to women. The Hungarian historian Cosma de Koros stayed here over the winter of 1825-26. For the night you will stay in Purne 3.950 m (12.959 ft).

Day 11 : Fuktal Gonpa to KURU 4 hrs

KURU village explore around the village and house. To know about the people , culture heritage, Nature Heritage, Crops, Dresses, Language, Custom of cultural Usage, Traditional dance and song and performs and display. Study the life spent and moreover how food can manage in winter and stock. Plan to go further on wards to Lenak and Gyabal valley to explore the how in summer local people kept the YAKS, DEMO, COW, Horse, Sheeps and Shepherds. How to Milking , how to make a Yak famous Butter, butter Milk, Fresh Chees, Dry chees for winter and etc.

Day 12: KURU to Kargak. 6 hrs.

These days hiker can see the plenty of house and village by both side of trek route. walking through Kuru, tangzay, raltak villages reach Kargak the last village of zanskar.night at camp./ Local familys House.

Day : 13 Kargyak to lakhang 5-7hrs walk

Before arriving to Lakhang you can have a good view of Gonborangjon on highly rock satnding exist the Godness of Mahakala valley is full of flower and Medows cross through the shephard camp. camp at the base of shingula pass.

Day 14: Lakhang to chumik Nagpo. 5 rhs.

Climb the shingula pass for 2 hrs (5150 mtrs.) decend to the camping at Chumik nakpo. On top of the pass you have a small lake on Top, some client can do a ski and mount Climb. Walk on snow and rocky lang.

Day 15 .Chumik Nagpo to Z. Sumdo. 5 hrs.

Decend for 5 hrs and camp at Z. Sumdo. Cross the Himachal shepherds called the Gadi. Its life can spent whole year on mountains with the sheep and goats.

Day 16 . Sumdo to Pallamo. 5 hrs.

This day you cross the boundary line of zanskar and enter to Himachal Pradesh. Night at camp.

Day 17 .Pallamo to Darcha 4 hrs walk,

4 hrs walk to darcha. You can see the first village of Himachal Pradesh, village name Chika, Rarik and arrive at darcha, these village and people are mostly belong to Buddhism and cultural.

Day 18:

Darcha to manali by car. Night at hotel

Day 19:

Manali you can have a rest one day or few days. And next day leave to Delhi by car

Day 20:

Delhi to international airport. Fly to home.

Trek rate: On Request



TSARAP HIMALAYAN ADVENTURES