SHAM VALLEY TREK

If you are new to trekking, there is no other trek better suited than the Sham Valley Trek. A short trek which includes all that you can expect from more strenuous treks out there. It has short ascends, high altitude and rocky terrain as its elements. This is the reason why this trek is called the Baby Trek in Ladakh. A basic level of fitness will ensure you complete this four-day trek without much difficulty but at the same time enjoying the beautiful views along the way.

This trek covers Hemis Shukpachan, a village located in the middle of a cedar tree forest, Khaltse, Lamayuru Monastry before taking you back to Leh. At the highest point in your trek, you reach a maximum altitude of 13,100 ft, trekking along streams of water icy enough to chill you to the bones. Discover ancient monasteries like the Shey, Hemis, Thiksey, Spituk, Alchi etc. along the way with slight detours.

The highlight of this trek would be the opportunity to mingle with the locals who are very friendly. You can stay at the many local homestays which are well maintained and cosy, giving you a rich local feeling. Be sure to capture the beautiful sceneries, Tibetan customs and rituals on your camera for everlasting memories.

SHORT ITINERARY

DAY 1: Arrival in Leh from Delhi.

* Local sightseeing and shopping
* Conserve energy and acclimatise to the high altitude
* Early to bed for an interesting early trek the next day

DAY 2: Trek starts from Leh to Yangthang via Likir (approximate time taken: 5 hrs)

* Drive to Likir, approx. 2 hrs
* Follow river Indus to Chagatse
* Final stop at Yangthang

DAY 3: Start early to reach Hemis Shukpachan via Ri-Zong(approx. time: 4 hrs)

* Visit Ri-Zong monastery
* Enjoy the view from Shushut pass at 13,100 ft
* Descent down to camp at Hemis Shukpachan

DAY 4: From Hemis Shukpachan to Tingmosgam in 4 hours

* Flat terrain descending down into Mebtak La
* Enjoy Stupas along the route
* Final destination at Tingmosgam
* Enjoy the local apples and apricot

DAY 5: Trekking 150km in 6 hrs to cover Lamayuru, Alchi and Leh

* Desert like views towards Lamayuru Monastery
* Visit other famous monasteries at Alchi
* Trek along Indus to reach Leh by evening

Day 6: Back home to Delhi from Leh.

* Memories, Memories and even more Memories
* Early morning flight back to Delhi
* Always welcome to come back.

**LONG ITINERARY**

Day 01: The day begins with your arrival in Leh, a respite from the chaotic city life. You are welcomed by the majestic Himalayas as you touch down at the Kushok Bakula Rinpoche Airport. We will pick you up and from here and check you into your hotel for a day of rest. Make sure you don’t spend much energy trekking around as you need to save it for the actual trek the next day. Day 1 is mostly to get you acclimatised to the high altitude atmosphere.

Day 02: The day begins quite early with our drive down to Likir, which would take roughly two hours. The course would take us along the Indus river. Once in Leh, we take our first break visiting the Likir Monastery before resuming our trek towards Chagatse. Our final stop for the day, Yangthang is just 2 hrs away through the pass where we would rest for the day.

Day 03: The first stop today would be the Rizong monastery. The trek takes us through streams and dense trees taking us into natures lap. Further down the trail, we reach the Shushut pass, the highest point in our trek at 4000m. The pass is considered a viewpoint with a clear view of the Hemis Shukpachan and its sister peaks. After enjoying the beautiful views, we will begin our descent towards our camp at Hemis Shukpachan. The entire trek could be covered in under 4 hours till we reach our camp and tuck in for the night.

 Day 04: Today the trek takes us into flat terrain from the dense forests we transversed the previous day. The trek descends further down quite steeply towards Mebtak La. The path takes you through Chortens which is what the stupas are known locally. From Mebtak La after a short rest, we continue on to Ang, a sleepy village on the outskirts. From here we travel further south along the dusty road to reach Tinngmosgam, our final stop for the day. Enjoy the beautiful monasteries here as well as the sweet apples and apricots sold in the local market. Stay arranged at any of the local guest houses.

Day 05: We start early today, driving along landscapes dry and mesmerising at the same time towards the Lamayuru monastery. Along the way, we would visit other monasteries like the one in Alchi known for its wall murals. Following the course of the river Indus till Khalsi and from there further across the river towards Lamayuru. Enjoy your stroll along the Indus which would be one of a kind till you reach Leh by evening. Stay arranged at any of the local Guesthouses in Leh.

Day 06: The final day of the trek would see you reaching the airport early morning for your flight back home. The memories would be enough to last a lifetime. Make sure you click as many photos as possible.