Lungsert Kangri Expedition

Total Days : 20

Best time: July until the end of September is the most suitable time for vacationing.

Base Camp Location: Rugyado Phu (5630m)

High Camp Location: is between 5,900-6,000 metres above sea level.

Trek direction: From the western slopes.

Non-technical difficulty: Reaching a rock ledge with low angled snow, as well as straightforward scrambling on rocks, requires the use of ropes or crampons. No previous climbing expertise is required.

FITNESS: The condition of being in shape and having a healthy weight.

Overview: The ascent is simple, but has spectacular views of the surrounding peaks and the Tso-Moriri Lake. This walk is good for fit hikers who lack any mountaineering experience. Although the climb is not particularly steep, the thin air provides additional challenges.

ITINERARY

Day 1: ARRIVAL LEH: On arrival, you will be met, greeted, assisted, and transferred to your hotel in Leh. You're free to enjoy the beautiful scenery of Ladakh while the rest of the day is acclimatisation. Have dinner in Leh, then take a stroll to the nearby bazaar. A night in Leh at the Hotel

Day 2: On the second day, the Indus Valley Monastery tour is offered (120 KMS ROUND TRIP)

First thing in the morning, start your day by driving to Thiksey village, then drive to Thiksey monastery, and finally head to Shey village to pay a visit to Shey Palace and Gompa. Drive on to Hemis Monastery, which is famed in Ladakh. Returning to Leh, travel the Leh-Manali Road and make a stop at Stok Palace and Museum. Relax at the hotel in the evening, then return to Leh tomorrow. A delicious dinner in Leh, followed by an overnight stay at the hotel.

THIKSEY GOMPA: Thiksey, located 19 kilometres from Leh, is a colossal and aesthetically outstanding Gompa. A Gompa has multiple temples with statues, stupas, and murals of Buddha, all of which are beautiful.

SHEY PALACE AND GOMPA: It was previously the residence of the royal family. It is located on a hillside 15 km upstream from Leh. Tradition holds that the seat of authority of the pre-Tibetan races was located here. This here is a monumental copper statue of Buddha that is seven and a half metres tall and is clad in gold.

HEMIS GOMPA: Ladakh's most wealthy, well-known, and biggest Gompa is 40 kilometres from Leh. Popularity is generated by the yearly summer festival that takes place here. Guru Padma Sambhava's birthday is celebrated at the festival. Ladakh's largest Thanka, unfurled once every 12 years, is also near Kargil. During the time of Singge Namgyal, an illustrious monarch of Ladakh, Hemis monastery was established. The kingdom supported the Drugpa sect, which is run by the monastery. On the right of the main temple is the gathering hall, and on the left is the main temple. In addition to being a performance venue, the hall (Dukhang) is used as “green room” by the dancers during the festival. Tshogkhang Temple is well-known as a pilgrimage site. While the verandahs are overflowing with paintings, they feature a diverse assortment of sculptures, including the Kalachakra, the Lords of the Four Quarters, and a prayer wheel.

STOK PALACE & MUSEUM: The fallen Royal family's palace is called Stok Palace and it contains a museum that showcases beautiful royal clothes and jewellery, as well as gorgeous Thankas, the monk's life-style. Additionally, historically significant things such as coins, armour, swords, and jewels can be found here.

Day 3: a day trip to Alchi and Likir (150 KMS ROUND TRIP)

Drive to Alchi after breakfast. Visit Magnetic Hill on the way, as well as the confluence of the Zanskar and Indus rivers. Make the trip to Alchi Monastery, then drive the rest of the way to Leh. En way to Likir Monastery, see the monastery. Arrive in Leh for dinner and spend the night at the hotel.

Magnets atop the hill defy the law of gravity. This location is only a stone's throw away from the Gurdwara Shri Patthar Sahib. There have been rumours that this metallic road here in Ladakh causes vehicles to slip up-hill if they're stopped in neutral on the gear.

The Zanskar and Indus rivers share this great perspective of one another, with the Indus river first getting to Sham Valley before Nimu hamlet. Also, in seasons, colours and flow and wildness change.

Alchi Gompa: 70 kilometres from Leh, on the banks of the Indus, lies a 1000-year-old Buddhist monastery. It has one of its walls displaying a few thousand photographs of the Buddha, each one a few inches in size. Its centre attractions are three big clay images that have been painted brilliant. However, due to being abandoned and neglected, it is currently cared for by monks from the Liker Monastery. Among the 34 monasteries in Tibet, this is the only monastery that is not situated on a mountaintop.

LIKIR GOMPA: A previous Gompa of which there is now no trace was destroyed in a fire in the 15th century. This Gompa was established somewhere in the 18th century. Earthenware, folding stools, and carved wooden folding stools are created here in the village by skilled craftsmen. Commanding a stunning outlook, Likir commands the majestic landscape. One of the few surviving specimens of this extinct species is a magnificent Jupiter tree that sits in the courtyard.

DAY 4: LEH – RUMTSE (80 KMS / 03 HRS DRIVE)

A picturesque journey down the major Indus Valley from the area's main dining hall to Rumtse village (4300m) The panorama on the way to the destination is captivating. Tall rock walls line both sides of the road. After unloading, we head several kilometres to a riverfront camping location. All in one night at camp.

DAY 5: RUMTSE—KYAMAR (TREK BEGINS)

First thing in the morning, we embark on a leisurely stroll that leads to our campground at the base of Kyamar La (4925m). While there are a few little streams to navigate, our path takes us through beautiful grasslands with multiple river crossings. We will observe temporary encampments surrounded by sheep herding herds set up by nomadic shepherds. Kyamar's grassy pasture served as our home base for our expedition (4380m). Trek: around 5-6 hours; stay in a tent overnight.

DAY 6: KYAMAR – TISALING

To continue, head across to Kyamar La (4925m) for spectacular views of the Zanskar range and of the higher elevations of Chang Tang to the north. We first descend to a small shepherd village called Tiri Doksa and go to a creek, where we reach the foot of a low col called Mandalachan La (4805m). go to Tisaling Campground (4720m). Trek: 6 hours; spending the night in a tent.

DAY 7: Phonmponagu Falls-Tisaling

We start our day-long walk from the Thasang La (5030m) for an impressive glimpse of Tso Kar Lake from the top. Following a steady descent into the saltwater lake's brackish shoreline, we discover various nomadic encampment. The nomads' tents can be found in the fields with the flocks of sheep and goats, as well as tiny herds of yaks. Once we arrived to Phongponagu (4430m), we set up camp. The views of Tibetan Wild Ass (Kiang), Ibex, Marmot, and other migratory bird species are all well recognised here. Trek: seven to eight hours in total; overnight in camp.

DAY 8: PHONGPONAGU – NURUCHAN

Once you've had your morning meal, get going; you should have no problems making it over the plains, watching out for the Kiangs, which are the tallest animal in the area. To get to our night halt on the pastures of Nuruchan, it takes four to five hours. This is a remote area full with scarce species such as the blue sheep and the wolfhimalayan, both of which are very rare. Trek: approximately 4-5 hours; overnight at a campground.

DAY 9: NURUCHAN – RACHUNGKARU

We go to Nuruchan La (4750m) after breakfast. Afterward, we proceed to the traditional herding area known as Rachungkaru (4750m). We want to get at Rachungkaru prior to noon, and we will have the rest of the afternoon to lounge around. Trek: around 4 hours; stay in camp for the night.

DAY 10: TODAY: BOWLING AT RACHUNGKARU—GYABARMA

As we cross Kyamaru La (5200m) and Gyabarma La (5175m), our journey takes a difficult turn. We are used to hiking at this height, so even though it may be challenging, we should be fine. The camp is located in the pastureland at Gyabarma, which is roughly 5000m above sea level. Trek: seven to eight hours in total; overnight in camp.

DAY 11: KORZOK DOK – GYABARMA

AFTER BREAKFAST WE CROSS YALUN NYAU LA (5300M) — THE HIGHEST PASS TO REACH TSOMORARI LAKE From the crest at 5150m, we begin our journey up the broad valley towards the pass. It's breathtaking at the summit of the pass, with breathtaking views of the Tso Morari blue expanse and snow-capped peaks behind it. It takes around four hours to go down to Karzok Dok. All in one night at camp.

Day 12: Korzok Dok – Korzoka

Once we've had our morning meal, we proceed to hike for 3-4 hours around the magnificent lake, and soon reach the beautiful lakeside village of Karzok (4350m), which contains about a dozen or so buildings and a monastery, and it appears as though an oasis is situated in barren mountains. Only in Rupshu is there a permanent habitation; elsewhere, the Chang Pa ranchers go with their yaks and livestock to summer pastures. In the afternoon, we go on a field trip to the lake, where we see Kiang marmots, hares, and mice hares, as well as voles. Blue Sheep may also appear, and if it is fated by the gods, a Snow Leopard may be seen. In addition to many bird species, such the Bar-headed Goose, Great Crested Grebe, Brahminy Duck, and Brown-headed Gull, the lake is also the place where these species produce their young. Sustained: from 3 to 4 hours. Overnight at camp.

DAY 13: KORZOK – KURCHU

We go for a long walk along the lake's eastern shoreline after breakfast. Once we've climbed up to the grassy slope of Kurchyu, we've arrived at the mountain summit (4915m). Hiking: approximately five to six hours with an overnight stay in camp.

DAY 14: RUGYADO PHU – KURCHU (BASE CAMP)

After breakfast, we head for our Base Camp in Rugyado Phu for around four hours (5630m). Trek: around 4 hours; stay in camp for the night.

DAY 15: RUGYADO PHU – ADVANCE CAMP

To set out early in the morning and proceed on a hard climb, from an elevation of around 5,900 to 6,000 metres, affording spectacular views of the lake, is an important part of our next and last phase. We further prepare for the summit attempt as we become used to the altitude. All in one night at camp.

DAY 16: SUMMIT DAY

The summit day is day 16. A start at 04:00 in the morning to do the big climb ahead. The climb is not technically difficult, as the difficulty lies mostly in climbing over scree, moraine, and snow slopes. The team will rope up if they come across any exposed or snowy terrain. It takes six to seven hours to reach the summit, and offers superb panoramic views in all directions. Back to camp at Rugyado Phu, which is 4-5 hours away, in 4-5 hours. trek: between 10 and 12 hours; spend the night in camp.

Day 17: Contingency day

If we aren't able to reach the peak on Day 16, there will be one more day to attempt it. All in one night at camp.

DAY 18: TREK BACK TO KORZOKA

It was a long and strenuous journey, back to Karzok. All in one night at camp.

DAY 19: KARZOK – LEH

After breakfast, we return to Leh, which has bumpy and dusty roads, and travel back to the village of Chumathang, where we drive even bumpier and dustier roads to the end of the day. Stay the night in a hotel.

Day 20: Airport Departure

Leh airport serves as a point of departure for flights bound towards Delhi.