SHANG SUMDO TO STOK

**BRIEF**

One of the shorter treks in the Himalayan region would be the trek from Shang Sumdo to Stok Valley. This five day trek is as mesmerizing as you can dare imagine. One of the main attraction along this route would be the nomadic villages that dot the hill side with their flock of sheep and yak. This trek has all the beauty of the nature like grasslands and its fauna and flora all packaged into a short five day trip. For beginners as well as experts who like to explore mother nature, this is the best short trek available.

SHORT ITINERARY

DAY 1: Leh to Shang Sumdo

* Drive from Leh to Shang Sumdo
* Start early at 09:30 am.
* Total distance: 15km
* Altitude: 3450m to 3700m

DAY 2: SHANG SUMDO TO SHANG PHU

* Trek from Shang Sumdo to Shang Phu
* Trek starts at 08:30 am.
* Total distance: 13km to be covered in 6 hours.
* Altitude: 3700m

DAY 3: SHANG PHU TO SHANG LA TO GANGPOCHE

* Trek from Shang Phu to Gangpoche via Shang La.
* Total distance: 19km
* Altitude: Shang Phu 4350 metres Shang La pass 4940 metres Gangpoche 4434 m

DAY 4: GANGPOCHE TO MATHO LA TO MANKARMO

* Trek from Gangpoche to Mankarmo via Matho La.
* Total Distance: 13 km
* Altitude: Gangpoche to Matho La  4957 metres Matho La to Mankarmo  4336 meters

DAY 5: MANKARMO TO STOK TO LEH

* Trek from Mankarmo to Leh via Stok
* Total Distance: 13.5 km
* Altitude: 3650 metres at Stok

DAY 1: LEH TO SHANG SUMDO

The day begins with a drive down to Shang Sumdo. On our way we will visit the monasteries in Hemis as well as the Hemis museum. A further drive of around 15km will take us to our destination in Shang Sumdo. After lunch we can roam around till nightfall enjoying the beautiful and mesmerizing nature in all its glory. The night is to be spent in tents pitched along the roadside with the view of a beautiful river running below. This half day rest would help acclimatize our bodies to the high altitude in Shang Sumdo as we gain nearly 250m during the drive.

DAY 2: SHANG SUMDO TO SHANG PHU

We start early on our trek around 08:30 am after our breakfast. The initial two hours today would be quite easy as we have a motorable road till we reach a village with a monastery on top. From here onwards, the road continues to climb steeply till it reaches the next village with prayer wheels and chortens. Enjoy the lush fields of mustard and barley as we continue on foot to cross two knee deep rivers and follow the gentle climb towards a small pass with prayer flags and a temple on the right side of the trail. Further down this trail, we will reach a small village with few houses and a tea stall. This is our destination for the night, Shang Phu.

DAY 3: SHANG PHU TO SHANG LA TO GANGPOCHE

The day starts early at around 08:30 am. Today we trek along the narrow trails which goes gently up the valley. Along our path we can see the majestic yaks grazing on the lush green vegetation. Trekking for around 3.5 hours, we reach the top of the pass from where we can see the plains as far as the eye can see all, around us. After numerous river crossing and grazing fields filled with sheep’s and yaks, we expect to reach our camp by around 05:30 pm. As the day was quite long, make sure to get enough rest to recharge your bodies for another day of hard trekking.

DAY 4: GANGPOCHE TO MATHO LA TO MANKARMO

We start early today by 8 am, trekking onwards till we reach our first river crossing. Another 45 minutes of walking and we reach our second river crossing. From here the narrow path widens into a pass. After numerous crossing and passes we reach Matho La from where we can get excellent views of Matho Golep and Stok Kangri. From atop Matho La we begin our steep descent into the valley below till we reach Mankarmo.

DAY 5: MANKARMO TO STOK TO LEH

The final day of our trek starts at 08:30 in the morning. 20 minutes of walking and we reach our first river crossing at Chorten Chen. Further down, the trail enters a beautiful rocky canyon with jagged rock faces beautiful to watch but dangerous if we are not careful. Leaving the canyon the trail climbs gently to a small pass and from there further down into a scrub forest filled with bushes and river before finally entering Stok. The drive down to Leh from here is just 45 min.