MT. Z-I EXPEDITION 6155 M

**Overview**

The Zanskar area of Ladakh Union territory in the Indian Himalayas boasts a remarkable range of peaks, including Mount Z1, Z2, Z3, and several others. Situated in the Zanskar valley, which acts as a divider between Zanskar and Ladakh, this region offers a captivating setting for mountaineering enthusiasts.

Within the expansive Zanskar valley, numerous peaks remain unnamed and unconquered, presenting an exciting prospect for climbers. These uncharted peaks await brave individuals seeking the thrill of conquering untouched heights. Adventurers can explore these peaks and fulfill their passion for climbing.

Among these peaks, Z-1 stands out as a renowned destination within the Zanskar valley. Drawing the attention of countless tourists and mountain enthusiasts, Z-1 peak, towering at an elevation of 6,155 meters, allures trekkers and expedition enthusiasts alike.

**MT. Z-I EXPEDITION 6155 M Itinerary**

**Day 01: Arrival in Leh (3,500m)**

Start your journey by taking an early morning flight from Delhi to Leh. Upon arrival, the first day will be dedicated to checking in at the hotel and acclimatizing to the local weather. It&#39;s important to take it easy and allow your body to adjust to the high altitude. You will spend the night at the hotel.

**Day 02: Acclimatization Day in Leh**

This day is crucial for acclimatization. It is recommended to remain at the hotel and avoid excessive movement or physical exertion. Your body needs time to adapt to the physiological changes brought about by the high altitude. Stay hydrated, rest well, and take this opportunity to prepare yourself for the rest of your time in Ladakh.

**DAY 03: LEH**

Start your morning with a hearty breakfast, followed by a hike to Shanti Stupa and Leh Palace. The rest of the day is free for you to acclimatize to the altitude and explore the shopping opportunities in Leh. In the evening, you can take a leisurely walk to the nearest market or simply relax. Spend the night at the hotel. Meals: Breakfast + Lunch + Dinner

**DAY 04: LEH - KARGIL (2,676 M)**

After breakfast, check out from the hotel and embark on a 230 km drive to Kargil. Enjoy lunch en route. Upon reaching Kargil, check in to the hotel for an overnight stay.

Meals: Breakfast + Lunch + Dinner

**DAY 05: KARGIL - RINGDOM**

Follow the right bank of the Suru River and arrive at Ringdom village for an overnight stay at a camp or homestay.

Meals: Breakfast + Lunch + Dinner

**DAY 06: RINGDOM- BASE CAMP TREK**

After breakfast, embark on a trek to the base camp located in the Drang Drung glacier. Spend the night at the camp.

Meals: Breakfast + Lunch + Dinner

**DAY 07-16: BASE CAMP – SUMMIT MT. Z-1 6155 M - BASE CAMP**

These days will be dedicated to climbing, summiting, and descending Mt. Z-1 (6155 m) from the base camp.

Meals: All meals at the base camp

**DAY 17: BASE CAMP – RINGDOM TREK**

Trek back to Ringdom and enjoy an overnight stay at the camp.

Meals: Breakfast + Lunch + Dinner

**DAY 18: RINGDOM– KARGIL**

Drive back to Kargil and spend the night at the hotel.

Meals: Breakfast + Lunch + Dinner

**DAY 19: KARGIL – LEH**

After breakfast, check out from the hotel and drive back to Leh. Spend the night at the hotel.

Meals: Breakfast + Lunch + Dinner