Mentok Kangri

Ladakh’s mountains are an incredible experience for both beginners and seasoned trekkers. Of many famous treks in this region, Mentok Kangri is one of Ladakh’s less known trek. It is a challenging 6230-metre peak in Eastern Ladakh offering unique beauty. The stunning mountain towers over the crystal clear waters of the high altitude lake of Tso Moriri. This eleven-day adventure offers various challenges and a wonderful trekking journey that takes you to a new world completely. Though strenuous, Mentok Kangri’s unmatched beauty is a visual delight.

Itinerary

"Day 01: Arrive Leh (3,500m)",

"description": "You can take an early morning flight from Delhi to Leh. The first day will be predominantly checking-\nin the hotel and getting acclimatizing to the local weather. You will stay overnight at the hotel."

Day 02: Acclimatization Day around Leh",

"description": "You will get used to Leh’s climate on the second day. As Leh is a high altitude region, it is significant\nthat you spend time around the city to adapt to the local climate. This becomes helpful in the\ncoming days when you trek in the mountains."

Day 03: Extra acclimatization day in Leh",

"description": "The third day is an additional day for acclimatization. Ideally, you can spend the day to do last-\nminute shopping for any hiking equipment. You can also rent trekking gears. You can explore the\nlocal places of Leh and rest for the day."

Day 04: Drive from Leh to Korzok (4100m)",

"description": "Today, you will drive from Leh to Karzok. It is a beautiful drive of about 5 hours amongst the scenic\nlandscape. Enjoy the drive as you would be trekking to the Korzok Phu tomorrow. Get to know your\ntrek mates as you drive through the gorgeous mountains trails. You will reach Korzok village. You will\nstay here overnight."

Day 05: Trek to Korzok Phu",

"description": "You will trek alongside Tsomoriri, with Lunger and Chamser Kangri. The other side is a beautiful lake\nthat you can’t miss. It is a long and challenging two-hour trek, as you descend about 800 metres to\nKarzok Phu. You can not spot Mentok Kangri that stands tall in glory. You will stay overnight in\ncamps at Karzok Phu"

"Day 06: Trek to Base Camp (5,250m)",

"description": "You will trek to the base camp for Mentok Kangri. It is another six-hour day and it will be a strenuous\nday going uphill. There will be some moraine walking as you will try to camp close to the mountain\nto reduce the time taken on summit day. You will stay overnight at Base Camp."

Day 07: Acclimatize and Orientation Day",

"description": "This will be a rest day. After all the hard work in the past five days, you will take a breather. This also\nhelps you to get further acclimatized to the mountain region. After lunch, you will have a briefing\nsession on how to use the equipment during the summit. Overnight stay will be at Base Camp. Get\nused to climate and briefing day"

"Day 08: Trek to High Camp",

"description": "You will hike to another camp and rest for the day. The camp is on a higher region and close to the\nsummit. You will stay overnight in the high camp. You will go to sleep early as the summit will begin\nearly in the morning tomorrow. Have a good sleep and be prepared for the Mentok Kangri summit."

Day 09: Summit Mentok Kangri - 6230m",

"description": "Today will be the day of the summit. You will ascend to the summit point. The day starts early at\naround midnight. You will start at around 1 am and trek through big boulders for the first 1 to 2\nhours. There might be loose and trekking on it takes about 15-20 minutes. It is a steep climb to the\nridge. Then the summit is around an hour and a half away. The ascend will be physically enduring\nbut the view from the summit is mystical. You can see Tso-Moriri lake, end-to-end. Your overnight\nstay will be at Base Camp."

"Day 10: Contingency Day",

"description": "This will be a buffer day just in case of contingency on bad weather or any emergencies. Ideally, this\nwill be a day of rest."

"Day 11: Trek to Karzok",

"description": "This will be a short day as you descend for about two-three hours from the base camp to Karzok\nvillage. Your overnight camping will be at Karzok village."

"Day 12: Karzok to Leh",

"description": "You will drive back from Karzok to Leh with ever-lasting trekking experience."