LAMAYURU TO ALCHI TREK

BRIEF

Most of us trek to be free from the clutches of our monotonous routines, to seek adventure in remote and hard to reach places of the earth. The virgin nature fills us with joy and energy, and the very thought of undertaking these treks is an experience that very few could be said to enjoy. These adventures fill our spirit with fulfilment. Once such trek in Ladakh could be the trek from Lamayuru to Alchi, this trek can be considered to be a spiritual one as it starts from the famous Lamayuru Monastry, taking you through few of the oldest monasteries in Ladakh till you reach Alchi. This route will take you through many high passes where you can enjoy nature at its best.

SHORT ITINERARY

DAY ONE – LAMAYURU to WANLA via PRITIKINGI LA

Altitude: 11,319 ft at Lamayuru to 10,500 ft at Wanla.

Trek duration: 3-4 hrs

Difficulty level: Easy

DAY TWO – TREK FROM WANLA TO HINJU

Altitude: 12,303 ft at Hinju

Trek duration: 5-6 hrs

Difficulty level: Easy

DAY THREE - TREK TO SUMDHA CHENMO via KONGSKE LA

Altitude: 16,076 ft at Kongske La to 12,795 ft at Sumdha Chenmo

Trek duration: 4-5 hrs

Difficulty level: Medium

DAY FOUR – TREK TO SUMDHA CHUN

Altitude: 12,631 ft at Sumdha Chun

Trek duration: 5-6 hrs

Difficulty level: Easy

DAY FIVE – TREK TO ALCHI via STAKSPI LA

Altitude: 16,240 ft at Stakspi La to 10,335 ft at Alchi

Trek duration: 7 hrs

Difficulty level: Difficult

LONG ITINERARY

DAY ONE

LAMAYURU to WANLA via PRITIKINGI LA

Start for this trek early in the morning as otherwise, you would get hot from all the heavy walking. This trek is a short one in which you initially climb around 200 feet to reach Pritikingi La pass. The path takes you along a beautiful stream with prayer flags all along the track. Passing Pritikingi La, the trek starts descending, taking you across the Shillakang stream till you reach Wanla, loosing around 1000 ft in altitude. Your first day of trek ends here as you check in to a guest house for the night. Be sure to explore the nearby areas if you have any energy left.

DAY TWO

TREK FROM WANLA TO HINJU

The trek today is little steep and at the end of which you would gain 1,800 feet. We start early, trekking for 2 hours till we reach Panji La pass. From here we will take the left track( the track splits at Panji La), leaving behind the Wanla river till we reach the Ripchar stream. An hour more and you reach Hinju to camp for the night. The camping grounds here are after the village. However, water and food is not an issue. Enjoy the cool night breeze but be careful as the temperatures can reach into the minus.

DAY THREE

TREK TO SUMDHA CHENMO via KONGSKE LA

The trek today would be slightly difficult owing to the steep climbs, gaining around 3700 feet initially, followed by the steep descends where you loose around 3300 feet. The initial climb out from Hinju takes around 2 hrs till you reach the summer pastures. Thereafter the climb becomes steeper till you reach the summit of Kongske La. However the climbs can be justified by the beautiful views atop Kongske La. After enjoying the views, we start our steep descent into Sumdha Chu, which takes around 2 hrs and 30 min. From the camp, we can see yaks and sheep grazing above as well as the sheepdogs guarding them.

DAY FOUR

TREK TO SUMDHA CHUN

Today we start our trek south-east, crossing the streams that dot our path. Follow the course of the stream for 45 minutes till we reach a bridge. However, don’t cross the bridge but continue along the stream down. Stay the course which crosses around four rivers for the next 3 hrs and 30 min till we reach Sumdha Chun. This place has a beautiful Gompa worth checking out if you are not too tired. Try to mingle with the locals who came from Nepal 200 years ago to learn the local history.

DAY FIVE

TREK TO ALCHI via STAKSPI LA

The last day of our trek as well as the toughest. The initial climb to Stakspi La pass is quite steep and difficult to navigate, taking around 4 hrs to complete. Continue the climb through the valley to reach a campsite where we will stock up on water. The stream opens up into the valley and from there to a band of rocks. Continue on through the rocky terrain to reach the summit of Stakspi La at an altitude of 16,240 feet. The tough climb is rewarded by the beautiful views atop this peak. The climb down is equally treacherous and difficult, so be careful. Once we reach the grazing grounds below, the terrain becomes more forgiving. Another 3 hours of walk to reach our destination Alchi where there are many good restaurants and guest houses to regain our lost energy.