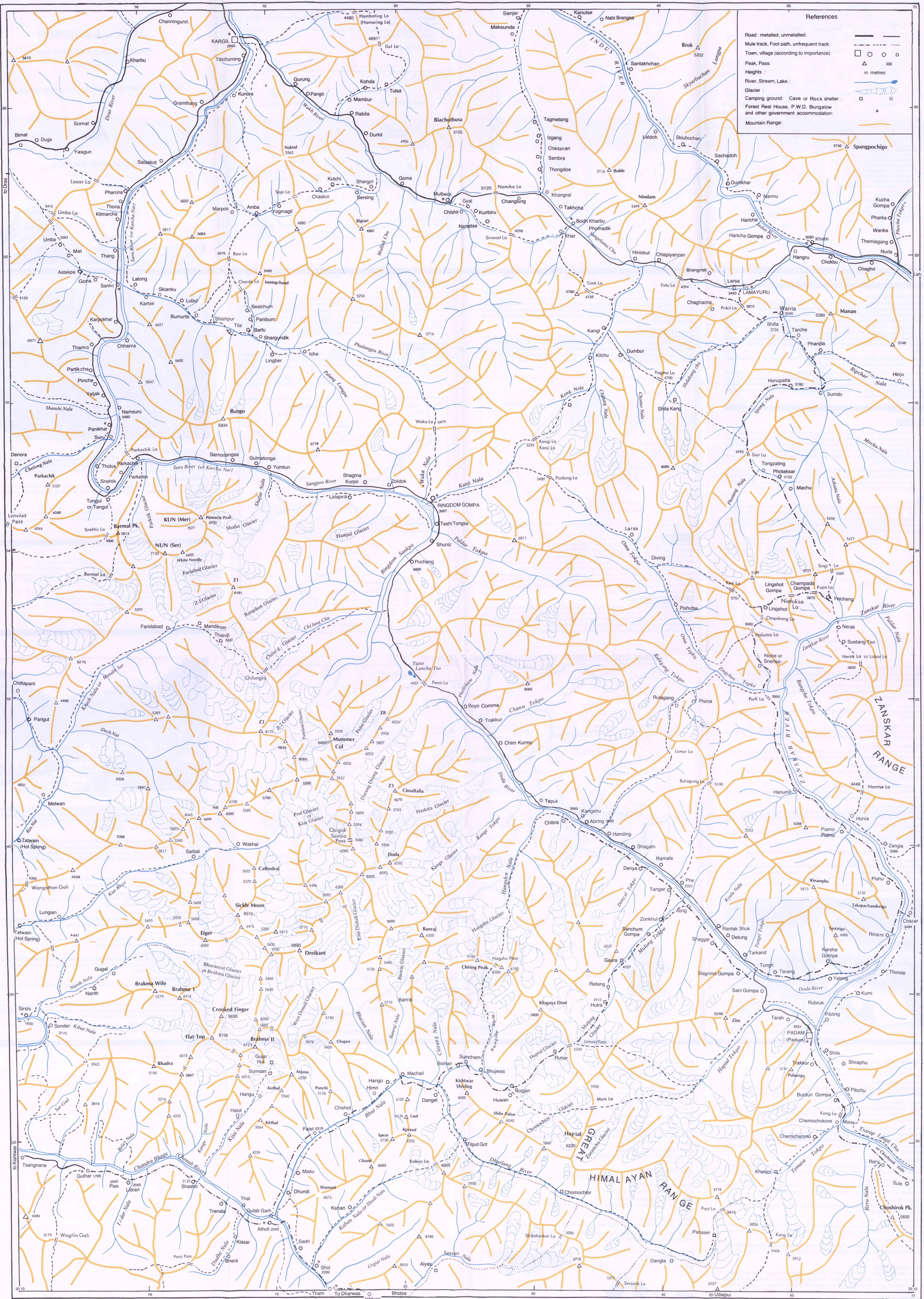


JAMMU & KASHMIR (Zanskar) Trekking Routes

1 : 200,000

Kargil, Zanskar & Nun Kun Area



References

- Road : metalled, unmetalled.
- Mule track, Foot path, unfrequent track
- Town, village (according to importance)
- Peak, Pass:
- Heights :
- River, Stream, Lake :
- Glacier :
- Camping ground: Cave or Rock shelter :
- Forest Rest House, P.W.D. Bungalow and other government accommodation :
- Mountain Range :

GLOSSARY OF TERMS

Sar Tso	= Lake
Nala, Nar, Khul, Sin, Nai, Kol	= River, Stream
Chihah	= Peak
La, Gali	= Pass
Dhar	= Range
Bagh	= Garden
Nala, Lungpa Tokpo, Chu, Nai	= River, Stream

Scale 1 : 200,000
 1" = 3.17 miles
 1 cm = 2 Km

Indian Himalaya Maps

Sheet 2

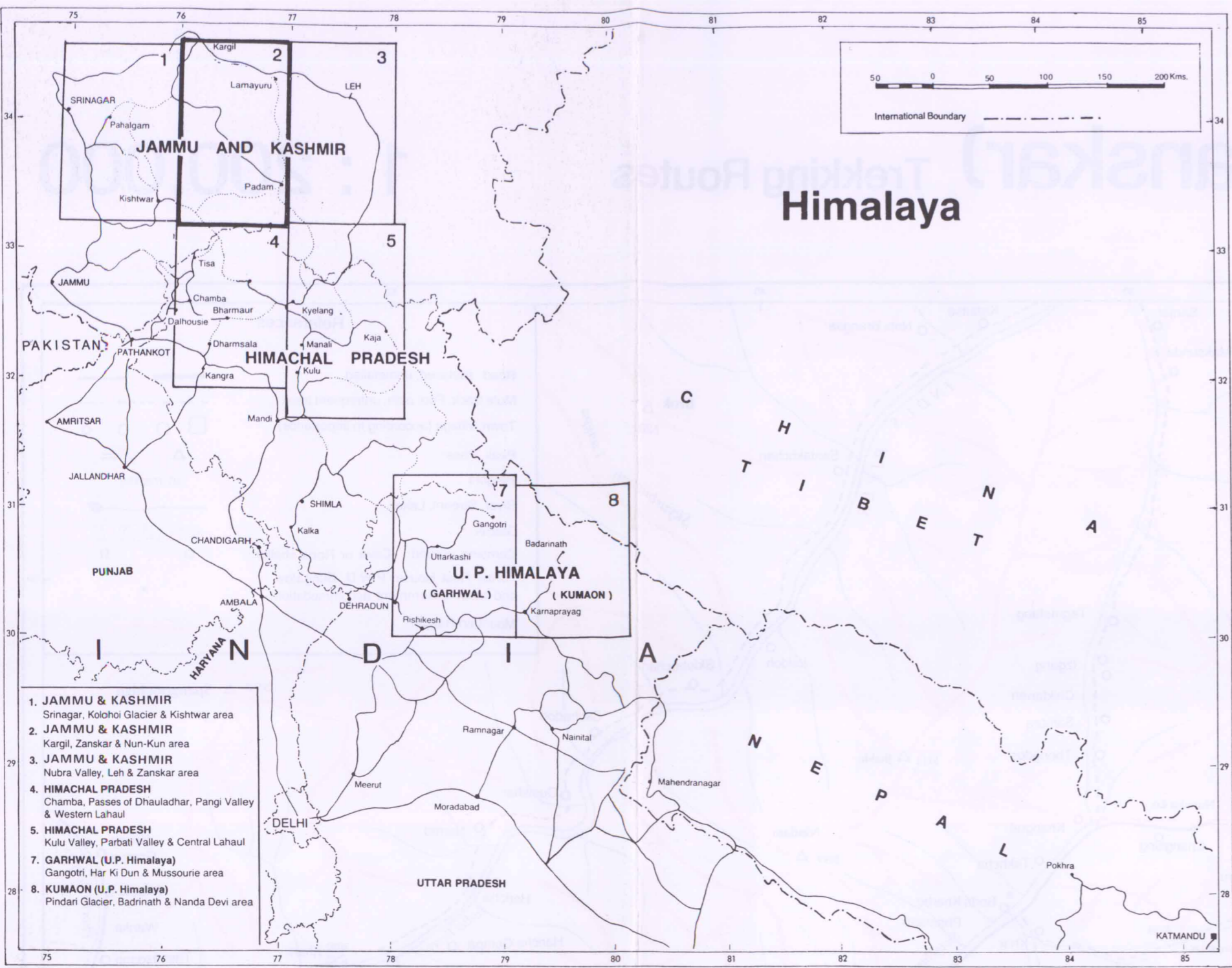
JAMMU & KASHMIR

Kargil, Zanskar & Nun-Kun area
Scale 1:200,000

Trekking routes with short description and physical topography



LEOMANN MAPS



HIMALAYA

Though the formation of the Indian continent is among the oldest in the world, the Himalaya mountains are among the youngest. A geologist can present conclusive proof that the Himalaya were once at the bottom of the ocean.

The Himalaya have attracted geologists, geographers and lovers of nature. They have a strange fascination for artists, poets, photographers and mystics. They are a paradise for trekkers and mountaineers and are the cradle of thousands of rivers, streams and glaciers.

The Himalaya extend over 2500 km in east-west and between 250 km and 425 km in north-south direction. The most extraordinary thing about the Himalaya is the way they have been formed in three parallel ranges, known as: the Great Himalaya, the Lesser or Central Himalaya and the Outer or Siwalik Himalaya. Commencing at Nanga Parbat in the north-west, these ranges pass through Pakistan, Jammu & Kashmir, Himachal Pradesh, Garhwal, Kumaon, Nepal, Sikkim, Bhutan and Arunachal Pradesh. Of these the following form the part of Indian Himalaya:

1. Jammu and Kashmir – which includes: Jammu, Valley of Kashmir, Leh and Zaskar area.
2. Himachal Pradesh – which includes: the valleys of Chamba, Kangra, Pangi, Lahaul, Spiti, Kulu and Simla area.
3. Garhwal and Kumaon Himalaya – which includes: Nanda Devi, Gangotri and Yamunotri area; also called U.P. Himalaya.
4. Sikkim
5. Arunachal Pradesh

JAMMU AND KASHMIR

Kashmir is India's northernmost state bordering Pakistan, Afghanistan, China and Tibet. Snow-capped parallel mountain ranges, including the major Karakoram, Zaskar and Pir Panjal, running north-west to south-east, adorn the landscape of icy pinnacles towering above frozen lakes, rippling streams meandering through tall coniferous forests, flower-spangled meadows and emerald glades, wild orchards and sylvan pools of lotus and lily, and all the magic of the rugged face of earth. Through this extravagantly beautiful land flow mighty rivers – Indus, Jehlum, Chenab, Shyok and many more. Its forest wealth is evident in the Himalayan evers, firs and junipers that girdle every mountain. No wonder Kashmir is often called the Switzerland of the Orient.

The State of Jammu and Kashmir, often referred to 'J&K', comprises of three main constituents – Jammu, valley of Kashmir and Ladakh.

Geographically, the trekking area can be divided into three parts. First the valley around Srinagar, second the mountains around the valley such as Kolohoi Glacier and 'Harmukh', and third the rugged-vertical country of Ladakh and Zaskar. Many trekking trails start from Manali (in Himachal Pradesh), Kishtwar (in Jammu) and Pahalgam; they lead to Zaskar and Ladakh over more than 5000m-high passes.

Padam (3531m)

Padam (33° 28' N, 76° 51' E) is situated in Zaskar at the confluence of Doda River and Tsarap Lingti River. The valley here becomes very broad and is surrounded by high mountains and famous monasteries. With the construction of a new road to Kargil and being the Centre of many trekking trails, it has started attracting mountain lovers from far and wide. There are many local hotels to accommodate trekkers, and also few shops. Padam is the headquarter of Zaskar and is almost equidistant from Leh, Kishtwar and Manali (Himachal Pradesh).

How to reach these Towns

Indian Airlines operate a Boeing service to Leh from Srinagar. A fairly good road links Leh with Srinagar, which usually remains open from mid-May to first week of November. Kargil lies 204 km from Srinagar and is only a day's journey from there. The road to Padam bifurcates at Kargil and from Kargil one can go to Padam by jeep or by taking a lift in a truck. The road runs through Suru Valley to Ringdom Goma and over Pensil La. Regular buses ply between Kargil and Panikhar.

Karsha Gumpa

Karsha (33° 32' N, 76° 52' E) is the largest and the most important monastery in Zaskar region. It lies north of Padam towards Yalang and can be reached after crossing the Doda River (Stod River). The monastery, which is picturesquely built on a rock high above the Doda River, can be seen from a distance. The monastery houses more than 150 yellow-capped monks who are headed by the younger brother of Dalai Lama. The monastery was built in 15th century and contains beautiful statues of Buddha, Shakyamuni, Tsongkhapa and Avolokeshwara. The wall paintings are very attractive and depicts the life of Buddha and his disciples and number of Bodhisattvas. It also contains a big library. On the way to the monastery, one passes the Chamba Ling temple which dates back to 11th century.

Phuktal Gumpa

The imposing and honey-comb-like monastery of Phuktal is a rare sight and is unmatched in its sublime grandeur. The monastery has been etched out of a composite mountain and has been set with a massive cave. The monastery is dominated by yellow capped monks who are very hospitable and a visitor is always welcome. It lies about 6 km of the main Manali-Padam trail and can be approached from a hamlet Purne (see trek No. 2). Inside the cave there is a water hole whose water remains constantly at the same level. It can be reached from Padam also in two or three days. (see map below)



Accommodation and Food

There are a few local hotels and shops at Panikhar and Padam, but one should start the treks to Zaskar completely outfitted in Srinagar or Kargil. It is not easy to buy any eatables along the trails and a western traveller should equip himself with a sufficient quantity of tinned food and other stuff.

Porters and Mules

Mules are the most commonly used beasts of burden. These can be hired either at Manali (in Himachal Pradesh) or at Kargil, Padam, Panikhar and Lamayuru. It is advisable to make the arrangements in advance.

Best Period

June to mid-October is the best period. Rains are very scarce in this area, therefore, a journey can also be undertaken during the monsoon instead, even though some clouds creep over the mountain barriers and bring occasional rainfall.

Useful addresses:

1. The Director of Tourism, J & K Government, Srinagar. Tel: 72449, 73646, 77224
2. J & K Tourist office, Chandernagore Building, Jangpoh, New Delhi – 110001. Tel: 345373
3. Indian Institute of Skiing and Mountaineering, Govt. of India, Dept. of Tourism, Gulmarg (J&K).
4. Jawahar Institute of Mountaineering and Winter Sports c/o High Altitude Warfare School, 56 A.P.O. Kashmir, (Situated at Aru near Pahalgam)
5. Indian Mountaineering Foundation, Benito Juarez Road, New Delhi – 110021. Tel: 671211
6. Mountaineering Institute and Allied Sports, Manali (Himachal Pradesh).
7. Tourist Information Office, Manali (Himachal Pradesh), Tel: 25
8. Regional Mountaineering Centre, McLeodganj, Dharamshala (H.P.).

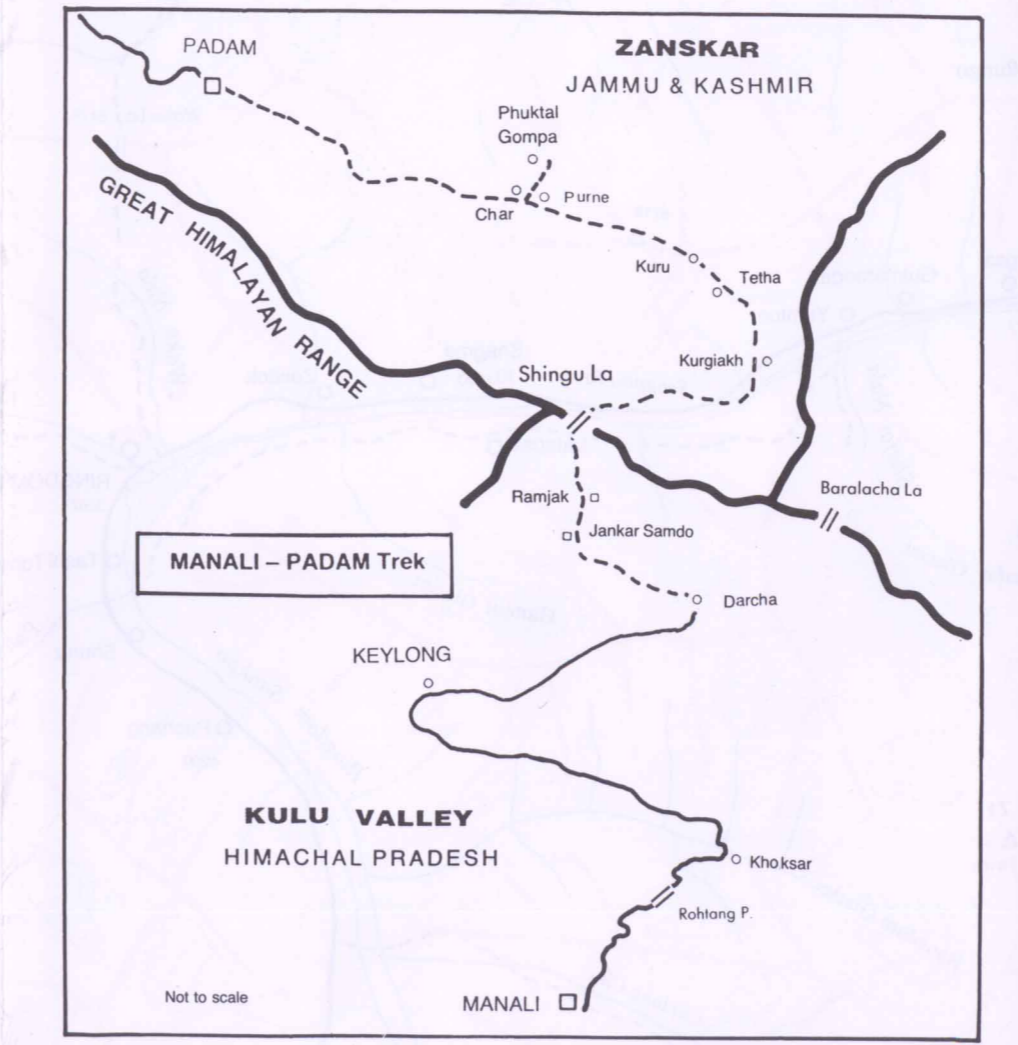
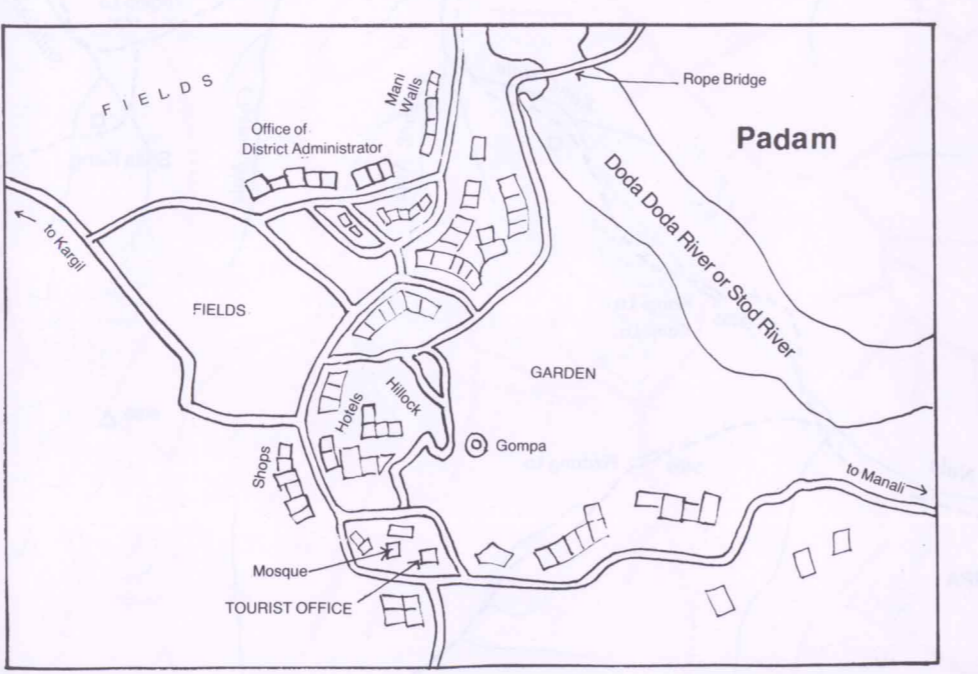
ZANSKAR

Zaskar, in the Kargil sub-division of Ladakh, is situated between Great Himalayan Range in the south and Indus Valley in the north. The river Zaskar, which flows through it, joins Indus River a little below Leh. The whole valley is situated in the inner Himalaya and is higher than most other areas of Ladakh. The climate is very harsh and receives very little rain. The greatest attractions of Zaskar are: its Buddhist culture, beautiful monasteries, awe-inspiring barren mountainscape and the twin peaks of Nun (7135m) and Kun (7077m).

Padam (or Padum) is the headquarter of Zaskar and is joined by rough road to Kargil. The valley is about 300 km long and is connected with Manali and Leh by passes over 5000 metres high. Trekking on these trails involve strenuous walking at altitudes between 3000 and 5000 metres. The people are mainly Buddhist and much like the people of Ladakh in their dress, customs and religion.

Kargil (2650m)

Situated on the ancient trade route to Russia, Kargil (34° 35' N, 76° 08' E) is a small town 204 km distant from Srinagar. The buses plying between Srinagar and Leh stop for the night at Kargil. Recently the Padam – Zaskar road has been constructed and Kargil's importance has increased. There are good Western and Eastern style hotels and anything forgotten at Srinagar should be purchased there. There are cheaper hotels too, situated near the bus station. Providing dormitory accommodation.



Lamayuru (3440m)

Situated 15 km east of Fotu La Pass (4094m) in the direction of Leh and 125 km from Srinagar, Lamayuru (34° 18' N, 76° 44' E) is one of the most important and sacred monasteries in Ladakh. It can be approached in 15 minutes from the main Srinagar-Leh highway by a small path. The present monastery, standing above the oasis of the village, is a later construction. The first monastery was built at the end of 10th Century, and the ruins can still be seen lying deep down below the village.

The Monastery is well maintained and in the main hall stands the statues of five Transcendental Buddhas with Vairocana in the centre. On the left wall is a painting of the eleven-headed and 1000-eyed Avolokeshwara. Nowadays about 30 Lamas, belonging to the yellow sect live here. The most popular trail to Padam and Manali starts from here.

Ringdom Goma (3667 m)

Ringdom Goma (34° 03' N, 76° 22' E) is situated almost midway along the Kargil – Padam road. Standing on a hill top, it is surrounded by a broad valley. It is about eight hours drive by truck or jeep from Kargil. It was built in the 16th Century and at present 40 monks live there. The walls are decorated with beautiful frescoes and in the Assembly Hall stands the impressive statues of Buddha, Avolokeshwara and Tsongkhapa. Ringdom Goma is the start, or the termination, of many trekking trails.

Trek 1 LAMAYURU – PADAM Trek

It is a very strenuous trek of 9 to 10 days which involves crossing of many high Passes over 5000 metres and walking at an altitude above 3000 metres. Lamayuru (34° 18' N, 76° 44' E) lies approximately 15 km east of Fotu La. Lamayuru Monastery is famous and worth a visit. There is a small hotel-cum restaurant. Accommodation is also available at monastery guest house. Mules/porters can also be arranged. Best season: July to 15th October.

Day 1: Lamayuru – Wanla (3345m)
It is a five hours walk across Pirhit La (3810m) through narrow gorges. Wanla is a small village with a small monastery.

Day 2: Wanla – Hanupatta (3780m)
A six hours trek along the Saline river and over a steep pass of 4265m with loose rocks on the trail. Hanupatta is a small village consisting of 20 houses and a gumpa.

Day 3: Hanupatta – Photakkar (4100m)
A gradual ascent of about 12 km to the top of Siar La (4990m) followed by a steep descent to the small village of Photakkar. The area is full of Yaks and the village is surrounded by lofty mountains.

Day 4: Photakkar – Chumpado Gomba
This 17 km trail crosses Singi La (5066m). After crossing the pass one can camp or proceed further to the small village of Chumpado Gomba.

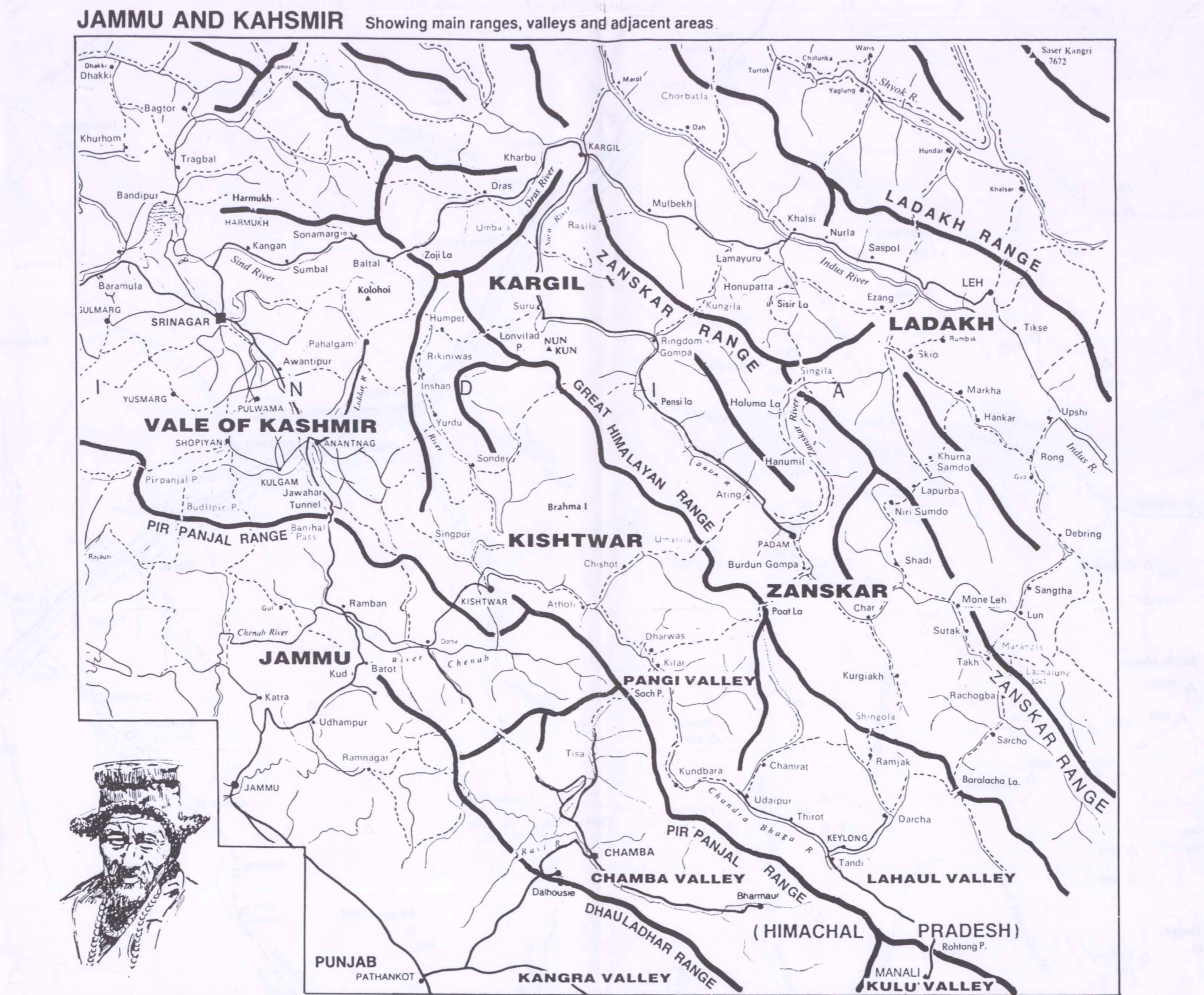
Day 5: Chumpado Gomba – Lingshot Gomba
This 13 km trail crosses the pass of Nietuek and then descends to Lingshot Gomba. It is a large monastery with 60 Lamas and is the religious and cultural centre of the area.

Day 6: Lingshot Gomba – Snerite
It is a 15 km trail which fords a river and crosses Halums La (5000m). Beyond the pass, the trek is downhill through a wild valley with glaciers, snow and rivulets. Snerite is the summer grazing ground.

Day 7: Snerite – Hanumil
This 14.5 km trail fords the Zingchen Topko and, after crossing the Parli La (3950m) follows the Zaskar River upstream as far as the village of Hanumil.

Day 8: Hanumil – Pishu
The 12 km trek continues upstream along the Zaskar River passing through Pidmu village.

Day 9: Pishu – Karsha Gumpa – Padam
It is a 14 km easy walk to Karsha Gumpa along the Zaskar River. Do not miss visiting this famous monastery. One can take a boat from there across the Doda River, then trek to Padam on the same day. Padam a small town with few local hotels. From there one can travel north by truck to Kargil via Ringdom Goma or continue the trek southwards to Manali (see Himachal Pradesh Maps) via Kurgakh and Shinguta. (see following trek No. 2)



Trek 2 MANALI – PADAM Trek

A most rewarding trek of 8 days from Manali (Himachal Pradesh) to Padam over Shingu La (5100m). Part of the journey from Manali to Darcha (32° 41' N, and 77° 12' E) can be done by bus. Best period: June to 15 October. Permission is required from the Government to go beyond Darcha.

Note: For days 1 to 5 – Manali to Kuru – Consult Map No. 5

Day 1. Manali – Darcha
A bus leaves Manali every day during the summer season for Keylong and Darcha (3300m) in Lahaul Valley; the journey takes about 10 hours. Situated on the confluence of River Bhaga and Baral Nala, Darcha is an open camping ground. There is a police control post at Darcha. Arrangement for hiring mules in Darcha should be made at Manali, where there are a few contractors who deal with these matters.

Day 2. Darcha – Ramjak (3750m)
Start early morning because few streams have to be forded on the way. This 16 km trek is fairly easy for the first 12 km but the last part of 4 km is a very steep climb.

Day 3. Ramjak – Shingu La (5100m) – Lakong (4400m)
A continuous climb of 8 km over boulders up to Shingu La. The pass is known for its cold wind. A very steep descent of 5 km to Lakong camping ground.

Day 4. Lakong – Kurgakh (4000m)
A very pleasant trek through a most spectacular broad valley with mountain ranges of stern grandeur on both sides. Kurgakh, the first village to be reached from this direction, is 12 km distant from Lakong.

Day 5. Kurgakh – Purne (3745m)
A fairly easy trail of 21 km along the river Tsarap Lingti, through the picturesque villages of Tonze and Tetha. Purne is a small hamlet consisting of two houses.

Day 6. Purne – Phuktal Gumpa – Purne
This 12 km side trek to Phuktal Gumpa and back is the most rewarding. The honeycomb-like monastery of Phuktal is a rare sight. In the huge cave above the monastery there is a water hole whose water remains constantly at the same level.

Day 7. Purne – Mone (3650m)
It is again an easy trail past the village of Sule to Mone Gumpa where the valley opens up and a good camping ground is available.

Day 8. Mone – Padam (3531m)
An almost level walk of 18 km. 6 km beyond Mone is the Burdun Gumpa, standing majestically at the top of a huge rock. At Padam the valley broadens out and the river flowing northwards is called the Zaskar River; ultimately it flows into the river Indus, near Leh.

This trek can be extended to Lamayuru (see Trek 1) Alternatively one can take a lift in a truck and reach Kargil on the Srinagar – Leh Highway.

Trek 3 PADAM – KISHTWAR Trek

This is a seven to eight days difficult trek which crosses 5330m high Umasi Pass. This trail is not suitable for mules, hence only porters should be hired.

Day 1. Padam – Ating (3664m)
It is an approximately 24 km easy trek upstream along the river Doda. A few kilometres from Ating, a dry glacial stream has to be forded and should be done as early in the morning as possible.

Day 2. Ating – Hutra (4510m)
Turning S.W. along the Mulung Topko this 24 km trail leads to Zongul Gumpa in three hours. The path is vague. After another 2 or 3 hours there is huge glacier. At about one kilometre from the snout of the glacier, the trail enters a hanging valley after crossing a stream. Camp after crossing.

Day 3. Hutra – Umasi Pass – Bhujwas (3960m)
A six-hour strenuous climb over the Mulung Glacier leads to the top of Umasi Pass (5330m). There is a huge ice field at the top of the pass; on the other side of the pass the descent is easier. About 3 km before Bhujwas, there is a good camping spot. This 17 km trek takes 12 to 13 hours from Hutra to the camping ground.

Day 4. Bhujwas – Machali (3200m)
Machali (or Matsel) is a pleasant eight hour (27 km) journey. You may have to change your porter there because Zaskar porters generally do not go beyond this point.

Day 5. Machali – Atholi (2245m)
It is a long 30 km trek full of many ups and down. Situated in an open valley, above the river Chenab, Atholi is a small town with a Forest rest house, a few shops and government offices.

Day 6. Atholi – Shasho (2135m)
A tiring trek of 18 km along the river Chenab. A Forest rest house and one eating shop at Shasho. The rest house is situated 500m above the trail.

Day 7. Shasho – Galhar (1700m)
A seven hours trek again full of ascents and descents. One kilometre before Galhar there is a Forest rest house. Galhar, a small but growing village, is the motor-head with a regular bus service to Kishtwar.

Day 8. Galhar – Kishtwar (1634m)
It is a short 2 hour (30 km) journey by bus. P.W.D. rest house is the best place to stay at Kishtwar (33° 19' N, 75° 47' E) which is connected by long distance buses to Srinagar and Jammu (shown at map-1).

Trek 4 KARGIL – PADAM TREK

This is rather easy but long trek on the fair weather road linking Padam with Kargil. A regular bus plies between Kargil and Panikhar (34° 08' N, 75° 56' E). The road crosses Pensil La (4401m) via Ringdom Goma and reaches Padam. On the way, between Suru and Ringdom Goma, one can have close views of Shafat Glacier and Nun-Kun peaks. Most of the daily treks are above 3000m. Best period is between June and 15 October.

Day 1. Kargil – Panikhar (3200m)
This 67 km journey can be done by bus. (From Panikhar a trail leads westwards to Pahalgam (Vale of Kashmir) via Lovriwad Pass. Mules and porters can be hired at Panikhar but it is advisable to book the mules in advance.)

Day 2. Panikhar – Tongul (3350m)
A 10 km walk. Excellent view of Nun-Kun peaks and of the glacier.

Day 3. Tongul – Parkachik (3505)
A 12 km easy walk. Parkachik is the base for Nun-Kun (7135m)

Day 4. Parkachik – Yumtu (3566m)
20 km. up the right bank of the Suru River. Excellent view of Shafat Glacier.

Day 5. Yumtu – Ringdom Goma (3667m)
21 km easy walk. Ringdom Goma is an imposing monastery. The camping ground is 1.5 km southwards from the Gumpa towards Pensil La

Day 6. Ringdom Goma – Pensil La
This 20 km long trek crosses Pensil La (4401m). Excellent view from the top. Good camping sites on the top of the pass.

Day 7. Pensil La – Trakur
12 km trek downstream along Doda River and camp at Trakur.

Trakur – Abring (3800m)
20 km fairly level trek along the Doda River.

Day 9. Abring – Tangar (or Tungri)
This is a 16 km easy trek through Hamling and Phe. From this village the trail crosses the Doda River to Tangar.

Day 10. Tangar – Padam
A 12 km walk via Sani Gumpa. At Padam there are local hotels, guest houses and eating shops. For the return journey one can take a lift in a truck. Alternatively one can continue the trek to Manali (see Trek No. 2) or to Lamayuru (see Trek No. 1)

