Indian Himalaya Maps Sheet-3 JAMMU & KASHMIR (Ladakh) Trekking Routes 1:200,000 Leh, Zanskar & Nubra Valley Area O Spanglas References O Sanghri Changpo SHYOK RIVER Camping ground: Cave or Rock shelter O Kurambik Burchan Kianteh Telthep Khardung O Himis Shukpa PANGONG PANGE // O Eurkung O Makpan Tarche O Dunchunpa Sumdo ZANSTA O Hanupatta Ranagu 10 Chortenchan O Choktsi Sumdah Chu Ezang Tangyar Drogulika 3284 Choklamsur PA Rumchu O Dundochonila La OF O Machu O Chiling Yuruche O Rumbak Shushot O Ganda La Kildyrma La Ranbirpura 5508. A Parcha Kangri O Shingo STOK Chimre Chum pado Gompa O Yelchung Ígu La Chango (ZANSKAR Nerak or O.Karu Sachum Namlas Shandok Nangma Chog do Hankar Gompa Namling Tahungtse 10 Chorten D Funa O 3970 D Shangkong Ma Ikpadok 5020 Tilut Sumdo Tom Tokh Namling Ukharphu Changlund Rubarung Dok O O Tarchi I O Khurna Kur Rinamphu Shiachun n ☐ Tsakenama Niri Sumdo Chilingkit □ \ Kamlang Stongde or Thonde Purang DODA RIVER 5753 Rubruk O △ 6120 Thralsang Lo Pibting 5145 ☐ Debring Sultanlango PADAM Shade △ ₅₈₈₆ Sultantakhatakh D 4814 4572 E Trakkur O O Pibchu Tantak Gompa Karnak Burdun Gompa O Mone Chemochokore Pongunagu Niaia Kontse La Chemichenmo Shaikul Sumdo Maggul D, O Sangtha Gabrachun 5 Dorzong 4540 - Riyul Tokpo Chogdo Stiang Gompa O Murshun Nuruchan Mone Leh Choshirok Chokirze O Purne **GLOSSARY OF TERMS** 5993

15

Scale 1:200,000

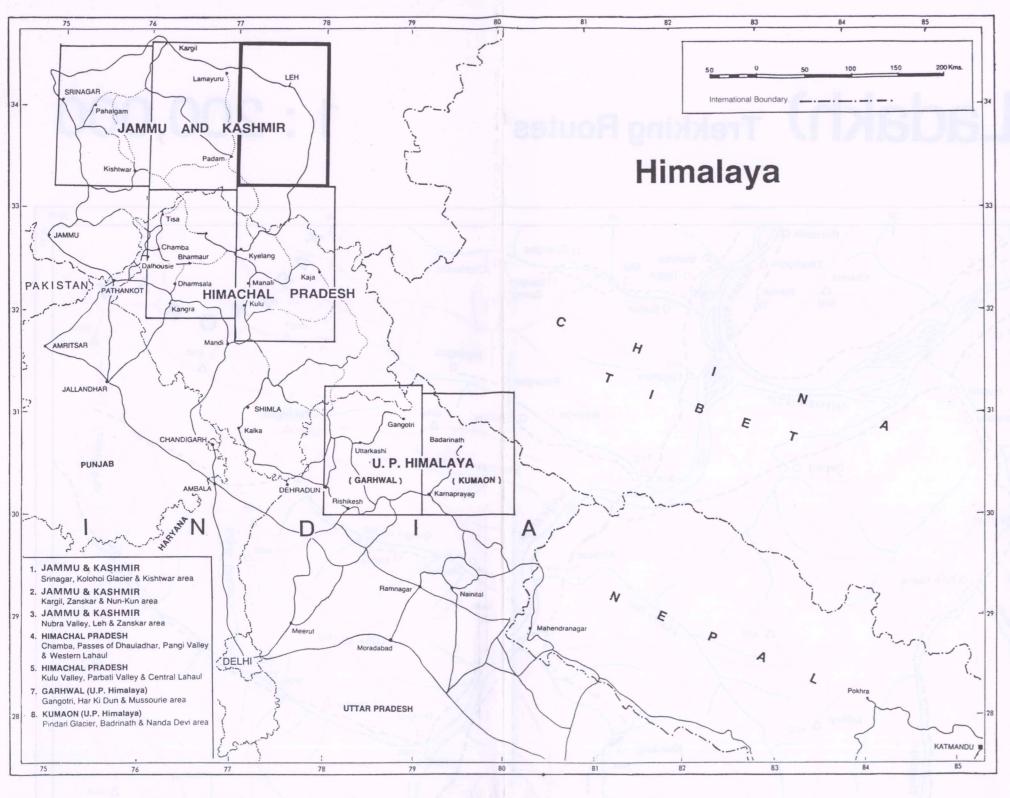
1'' = 3.17 miles

20 km

PassRange

77.00

Tetha O



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 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

1. Jammu and Kashmir - which includes: Jammu, Valley of Kashmir, Leh and Zanskar area. 2. Himachal Pradesh - which includes: the valleys of Chamba, Kangra, Pangi, Lahaul, Spiti, Kalpa

Pradesh. Of these the follwing form the part of Indian Himalaya:

3. Garhwal and Kumaon Himalaya - which includes: Nanda Devi, Gangotri and Yamunotri area; also called U.P. Himalaya.

4. Sikkim 5. Arunachal Pradesh



in the last century. It contains a few magnificent wall paintings. The Avolokiteshwara Temple, built in

the 18th century, is to the east of the palace. The statue of Avolokiteshwara stands at the head of the

assembly hall. The steep climb up to the palace is worth the effort as it offers a panoramic view of the

It is situated above the Leh palace and was built in 1430. It contains a 13.7 metre high statue of the

Buddha which the ladakhi call Chamba . According to the Lamas this splended statue is the future

Buddha. On the right of Chamba stands the statue of Avolokiteshwara, and on its left the statue of

This is the biggest and the most important monastery in Ladakh. It is situated 49 km. to the south of

Leh, a little off the main Leh-Manali road. It was built in the 17th century by Chapgon Gyalshas and

ever since has enjoyed the patronage of the royal family. Hemis is the headquarter of the Drukpa order

and all the monasteries throughout Ladakh are administered by it. It also trains Lamas for the royal

In the 19th century it faced a siege by General Zorawar Singh. The Gompa was saved due to the skillful

handling of the situation by the head Lama. In 1956 the head Lama of the Hemis Gompa disappeared

mysteriously never to be seen again. A 12 years old boy was brought from Dalhousie (in Chamba dis-

trict of Himachal Pradesh) in 1976 to be appointed as head Lama. He will assume authority after his

The monastery contains quite a few gold statues and stupas decorated with precious stones. It has a

superb collection of tankhas, including one which is supposed to be the largest in existence and is exhi-

bited only once every 11 years. The monastery has an annual festival which falls in June/July and is

a big tourist attraction. Masked dances are held on that day. The Tankha was exhibited in 1980 and

Leh

Tsemo Gompa

Manjushree. A butter lamp burns day and night in front of these statues.

Hemis Gompa (33°56'N, 77°41'E)

monasteries at Leh, Shey and Bazgo.

Sheet 3

Indian Himalaya

Maps

Leh, Zanskar, and Nubra Valley

JAMMU & KASHMIR

Scale 1:200,000

Trekking routes with short description and physical topography



LEOMANN MAPS



Thiksey Gonipa (34°04′N, 77°40′E) En route to Hemis Gompa, the Thiksey monastery is a most imposing structure providing a panoramic view of the green Indus valley from its vantage point atop a hill. It has chambers full of statues, stupas and tankhas. There are 60 resident lamas. The library in Thikse is one of the biggest in Ladakh.

Shey Palace & Monastery (34°05′N, 77°39′E)

Also on the way to Hemis Gompa, and 15 km. from Leh, is the summer palace of the erstwhile Raja of Leh. Set upon a hill, and housing the largest golden topped victory stupa, the monastery has a 2storeyed statue of the sitting Buddha 'wrought with copper and gold that leaves one breathless. Since the monastery is exclusive, it is preferable to make arrangements with the lama before hand. Many chortens can be seen to the east of the monastery.

Sankar Gompa (34°11′N, 77°34′E Just 3 km. from Leh is this monastery that has a formidable collection of miniature statues of pure gold and a number of exciting paintings. It is well lit and may be visited in the evening as well. The Gompa

is open to the public from 6 a.m. to 8 a.m. and from 6 p.m. to 7 p.m.

capped monks = Tson-Kha - Pa

Spitok Monastery (34°08′N, 77°33′E) Just before Leh on the Srinagar-Leh road on the hilltop overlooking the Indus, the Spitok monastery boasts not only of some prized tankhas, but also a chamber with enormous statues of Kali, whose faces are unveiled but once a year. The chamber contains an ancient collection of facemasks too. It is recommended that you visit the monastery on the Puja day. It is 10 km. from Leh and houses 125 yellow-

Alchi (34°14′N, 77°10′E) and Likir Gompas (34°18′N, 77°14′E)

These two monasteries are located near Saspol on the Srinagar-Leh road. They house many gigantic clay staues of the Buddha in various forms. The primary attraction of these monasteries is, however their 1000-year old wall paintings which make a visit more than worthwhile.

Chortens & Mane Walls They are the most common sight all over Ladakh. Chortens are small stupas that contain the ashes

of Lamas or other religious and important personages. They can be seen on the outskirts of monasteries, villages and other important landmarks. It is believed that these chortens ward off the evil spirits. Mane walls are usually built on the outskirts of villages. The Mantyras 'Om Mane Padma Hume' are engraved on the rocks and piled on each other in the shape of walls which are up to two metres high, one to 10m in width and 5m to 100m long, some of these walls are more than one km long.

Most of the trails in Leh and Zanskar area are accessible by mules. Porters, guides and mules can be hired at Leh, Lamayuru, Kargil, Panikhar, Padam and Stongde etc. The tourist office at Leh can be very helpful. There are a few small trekking agencies at Leh, located in the main bazar. These are quite dependable and can provide you with experienced guides, porters and mules.

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, 73648, 77224

2. J & K Tourist office, Chanderlok Building, Janpath, New Delhi – 110001. Tel: 345373 3. Indian Institute of Skiing and Mountaineering, Govt. of India, Dept. of Tourism, Gulmarg (J&K).

4. Jwahar 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. Manager, Himalayan Tourism, Air India, Hansalaya Building, Bara Khamba road, New Delhi -

110001. Tel: 3110491 7. Tourist Information Office, Manali (Himachal Pradesh). Tel: 25

Trek 2 LAMAYURU-ALCHI TREK

This is an interesting and short trrek of 5 days which starts from Lamayuru (34°18'N, 76°44'E). The trail crosses Konke La at 4905m (34°09"N, 77°01'E) and Stakspi La (4878m) and reaches Alchi monastery. Best period-July to 15 October. (see map-2) Day 1: Lamayuru-Prikit La-Phanjila (3410m)

The trail from Lamayuru goes down south for one hour, turns east and climbs to Prikit La (3810m) for

another hour and then descends to Wanla taking about 2 hours. Phanjila is reached in another 3 hours. It is situated at the meeting point of Spang Nala and Ripchar Nala. Camping ground.

Day 2: Phanjila-Hinju (3779m) From Phanjila the trail turns east and follows the Ripchar Nala keeping the Zanskar Range on its rright. It is a gradual climb up to Hinju village situated at the foot of Konke La, 5 to 6 hours from the starting

Day 3: Hinju-Konke La (4905m)-Sumdah (4100m)

The trail begins with a 3 hour steep climb to Konke La and then continues along Sumdah Tokpo. After passing through Drogulika, reaches the camping ground at Sumdah. (From Drogulika a side trail

branches off north, climbs over Spangting La and meets Srinagar-Leh highway near Saspol). Day 4: Sumdah-Sumdahchoon (4375m) It is a long trek of 8 to 9 hours. The trail descends for one hour and reaches a point where the trail splits, one going up S-E towards Dundochon La and the main trail following the Sumdah Chu. The

track is very rough and hazardous at certain points. After another 2 to 3 hours walk the trail branches off towards north and climbs up to Sumdahchoon. There you will discover a monastery more than 100 year old. There are many camping spots beyond Sumdahchoon. Day 5: Sumdahchoon-Stakspi La (4978m)-Alchi This again is a day long trek. It begins with a stiff 3 to 4 hours climb to the pass. From the top you

get a grand view north to the Ladakh Range and the Indus Valley. The trail then descends steeply and passing through some meadows, reaches Alchi. A good camping site. At Alchi there is an important monastery which also is over a 1000 years old. From there the metalled road crosses the Indus by a steel bridge and reaches Saspol (34°16'N, 77°11'E), situated on Srinagar-Leh highway. (34°16'N,77°00'E), situated on Srinagar-Leh highway.

From Sumdah the trail continues along Sumdah Chu and meets the Zanskar River. There it turns north along the Zanskar River to reach Nimu, at the confluence of Zanskar and Indus rivers





© Leomann Maps 1987 Printed in U.K. General Editor: Louis C. Baume

Leh (34°10′N, 77°36′E)

Leh (3505m), the capital of Ladakh, was once a meeting place for caravans from Kashmir, Gilgit, Central Asia and Tibet. This caravan route connects Leh to Yarkand, Kashgar and Khotan over the Karakoram Pass at 5570m (35° 02'N, 77° 42'E) and Sasar La at 5328m (35° 02'N 77° 42'E). The trade route winds its way through numerous valleys and passes and goes through Leh on its way to Kashmir

Leh, a tiny speck of freshness in the hollow between grey monotonous slopes, with gradual transition from desert to greenery, is dominated by a granite peak. The terraced roofs of the houses are jammed one against the other. The bazaar cuts the town into two. It is the main artery of Leh and reaches out from its centre to the enormous Royal Palace. Built into the rock itself, the palace dominates the whole

The mosque used by the Muslim community lies at the far end of the bazaar. In the narrrow inner lanes of Leh are small eating places. Here the standard meal is a bowl of boiled noodles, topped with a meat broth, washed down with salted butter tea. The little bazaar sells handwoven carpets with dragon designs, trinkets of silver and copper set with turquoise, and painted tankhas or scrolls.

Leh can be reached by bus from Srinagar. Class A buses leave from the Tourist Reception Centre in Srinagar and class B buses from the Lal Chowk bus depot. Jeeps and cars can also be hired. Indian Airlines flights operate from Srinagar, Chandigarh and Delhi.

Srinagar-Leh highway is open for about five months in a year; normally from mid June to mid November. This 450 km. ride is one of the most picturesque in the world. The bus, starting from Srinagar goes east, passes through the lush green valley of Kashmir and climbs to Zoji La at 3529m (see Map-1). The change in the landscape from the tree covered slopes to the barren mountains of Ladakh is extremely abrupt. Dras is reached after crossing Zoji La. From there the bus heads north-east and reaches Kargil, 203 km from Srinagar. One has to break the journey for the night at Kargil (see

About 40 km. east of Kargil the bus passes the small village of Mulbek where a monastery can be seen. A large rock cut relief of 'Maitrya' stands beside the road, one kilometre from Mulbek. From there the road climbs to the 3720m high Namika La. Passing through small villages the road again climbs to the 4094m high Fotu La (see Map-2) and 15 km down from the pass the famous monastery of Lamayuru can be seen. After that the road takes many sharp turns and reaches Khalsi. It is an important stop and many eating shops line the highway. 32 km from Khalsi is the Rizdong Monastery. The road then goes to Alchi and passes through Saspol, Lekir, Bazgo and Nimu to reach Leh.

On the way there are government rest houses at Sonamarg, Dras, Bod Kharbu, Lamayuru and Khalsi.

Leh is not a big city and one can easily go around on foot and find out a suitable place to stay. There

are inexpensive, medium and luxury hotels. Among the inexpensive the Palace View, New Antelope Guest House and Kidar Hotel are quite popular. The medium ones include the Ladakh Guest House,

The Moonland Guest House, The Himalaya Guest House, The Rainbow Guest House, Kangri Hotel and Hotel Yak Tail

Where to Stay

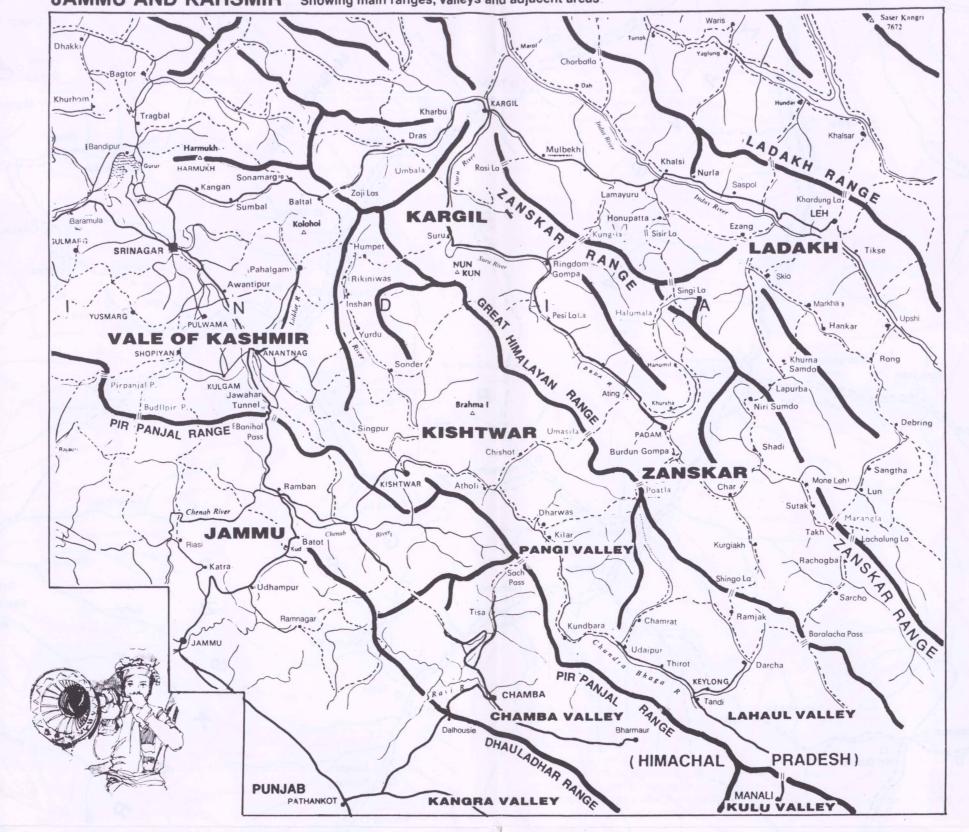
In and Around Leh There are several important gompas or monasteries around Leh. Some of these are: Hemis Gompa, Shey Gompa, Thikse Gompa, Sankar Gompa, Spitok monastery, Alchi Gompa and Likir Gompa. The best and easiest way to go around is the local bus service. Though the buses are over-crowded and run down, they always manage to reach the destination. In season the J&K Tourist Office offers conducted tours around Leh. The main bus services are to: Chushot, Hemis Gompa, Matho, Sabu, Saspol Thikse, Stok and Spitok

There are several local trekking agencies. Their offices are simple and the staff is dependable and helpful. The Tourist Office in Leh can also give you the names of some dependable guides.

The imposing multi-storeyed palace juts out of the slopes of Tesemo Hill overlooking the town of Leh.

It was built by a king named Tashi Namgyal in the 16th century, around the same period when the great Potala Palace of Lhasa was built. Part of the palace was damaged during the Kashmiri invasion

JAMMU AND KAHSMIR Showing main ranges, valleys and adjacent areas



Trek 3 PADAM TO LEH Via CHARCHA LA

Day 3: Sumdo-Charcha La (5210m)-Tom Tokh (4400m)

Leh is 49 km from there and can be reached by bus.

JAMMU AND KASHMIR

over more than 5000m high passes.

western exremity the Kanjut area of Hunza.

STOK-HEMIS TREK Via Markha Valley

including the head dresses of the royal family.

Day 1: Stok-Base of Namling La (3810m)

Rumbak village is 2 hours downhill. Camping ground.

Day 3: Rumbak-Base of Ganda La (3630m)

Day 5: Skyu - Markha (3813m)

Day 6: Markha-Tahungtse (3915m)

and another 1 hour to Tahungtse Day 7: Tahungtse-Namling (4235m)

Day 9: Sumdo-Hemis Gompa

offers interesting views of mountains around.

Day 8: Namling-Gangmaru La (5200m)-Sumdo (3560m)

Day 2: Base of Namling-Namling La (4570m)-Rumbak (3740m)

Day 4: Base of Ganda La-Ganda La (4940m)-Skyu (3705m)

After that the trail climbs up steadily to the base of Ganda La. Camping ground.

reaches Markha village. The camping ground is situated 1 km further up.

to 10 days. Best period-July to October.

LADAKH

stituents - Jammu, valley of Kashmir and Ladakh,

Kashmir is India's nothernmost state bordering Pakistan, Afghanistan, China and Tibet. Snow-

capped parallel mountain ranges, including the major Karakoram, Zanskar and Pir Panjal, run-

ning north-west to south-east, adorn the landscape of icy pinnacles towering above frozen

lakes, rippling streams meandering through tall confiferous forests, flower-sprangled 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.

Jhelum, Chenab, Shyok and many more. Its forest wealth is evident in the Himalayan elders,

firs and junipers that girdle every mountain. No wonder Kashmir is often called the Switzerland

The State of Jammu and Kashmir, often referred to 'J&K', compromises of three main con-

Geographically, the trekking area can be divided into three parts. First the valley around

Srrinagar, second the mountains around the valley such as Kolohoi Glacier and 'Harmukh', and

third the rugged-vertical country of Ladakh and Zanskar. Many trekking trails start from Manali

(in Himachal Pradesh), Kishtwar (in Jammu) and Pahalgam; they lead to Zanskar and Ladakh

Situated in the northernmost part of India, the most striking physical aspect of Ladakh are the parallel

mountain ranges running from south-east to north-west. In the north are main ranges of Karakoram

and Kuen Lun, separating India from Central Asia and Tibet. The Ladakh Range starts from the Indus-

Shyok confluence and the Zanskar Range is the dividing line between Indus Valley and Zanskar

Valley. The Great Himalayan Range in its south demarcates Ladakh from the Kashmir valley and Hi-

machal Pradesh. On its northern frontier lie the high lands of Aksai Chin and Soda Plains, and on the

Ladakh compromises two districts: Leh and Kargil. The District of Leh can be further devided into Indus

Valley, Nubra Valley, Shyok Valley and Markha Valley. Its main rivers are Indus, Zanskar and Shyok.

Like the mountain ranges, these rivers also run from east to west. Being next door to the Soviet Union,

Afghanistan, Pakistan, China and Tibet, Ladakh has been of great stratagic importance for many cen-

Certain areas of the main valley floor are sandy plains where most of the people live. Their habitations

are at elevations ranging from 3000m to 4570m. They are either nomads or live in small hamlets.

Monasteries are the major landmarks all over the country and influence every aspect of the people's

life. The monasteries are usually situated at the most stratagic places, often on the top of a hill or rock

The great Himalayan Range in the north holds back the clouds and, as a result, Ladakh gets only a

few centimetres of rain every year. Much of its landscape is devoid of any vegetation — from steep

and barren mountains capped with snow to narrow, rocky canyons carrying rapids or swift rivers at

the great depths. The mountainscape of Ladakh has been called the moonland'. It's stark landscape,

it's ancient monasteries, it's medieval way of life, and it's remoteness attract geologists, an-

Some of the interesting trails lie around Leh forming almost circular routes. A few of these cross over

the high passes of Zanskar and other ranges to reach Padam (in Zanskar) or Manali (in Himachal

It is the most popular trek and involves crossing over three passes more than 4500m high. Duration-9

If you drive towards the S-E of Leh for some 75 minutes, you reach Stok (34°04'N, 77°30'E) after

crossing the Indus. The trail begins here. Stok boasts of a palace and a Gompa. The palace was built

in 1840 after the royal family of Leh had to flee here during the Kashmiri invasion. There is a small

but very attractive museum which contains royal Thankas (painting on cloth) and several other things

It is a 5 to 6 hours trek from Stok (3414m). The trail ascends through a narrow gorge for the first two hours and then reaches the camping ground below Namling Pass. You will find a few shepherd huts

The trail leading to Namling La is very steep. The pass is situated below Parcha Kangri (5508m) and

offers a splendid view of the Indus Valley. The climb to the pass takes approximately 3 hours. The

It is a short trail of 3 to 4 hours. The first half of the trail up to Yuruche village is a downwards trek.

It is quite a steep but short climb to the Pass from where a view of the Zanskar mountains and valley

can be had. The small peak of Palam stands to its N-W. The trail then descends along the Shingri

Nala to Shingo village and after a short while meets Markha River. The village Skyu is situated 1 km

further up along the river towards Markha. It takes 7 to 8 hours to reach Skyu from the base of Ganda

This 8 to 9 hours trail follows Markha River to the S-E and after a pleasant trek it passes Sara village,

crosses the river by a bridge and reaches Chalak. The trail continues along a series of Chortens and

A one hour walk from Markha brings you to the confluence of Charcham Chu and Markha River. The Markha Monastery can be seen perched on a cliff at a little distance from the confluence. The monas-

tery is open in the early morning. Following the river the trail reaches Hankar village which contains

ruins of an old fort and a small Gompa. From there the trail leaves the river and turns west. After a short, steady climb the camping ground of Tahungtse is reached. It takes 4 hours to reach Hankar

The short and steep trek to Namling takes 4 to 5 hours. The trail turns east and reaches the plateau of Namling. The Namling peak is seen to the south. A very good camping ground amidst the pastures

Gangmaru La is situated on the Masho Mts. and offers a very good view of the Indus to its N-E and Sanskar Valley to its South. The climb is gradual for the first one hour, becoming steeper as it nears the pass. From there the trail goes down steeply for three hours and reaches Sumdo Camping ground.

The trail continues to descend gradually until it meets the Manali-Leh road. From there the trail turns west and climbs for one hour to reach the Hemis Gompa. A camping ground and some eating places.

thropologists, mountaineers and lovers of nature from far and wide.

turies. It covers an area of approximately 100,000 sq. km, i.e. about twice as much as Switzerland.

This 11 to 12 days trek is one of the most adventurous. From Zanskar Valley to the indus Valley it crosses three passes each over 5000m high. The foot trail terminates at Hemis Gompa which is on the bus route from Leh. As this trail is un-frequented and without any habitation for most of the part, a local guide is very essential. The trail passes through deep canyons and crosses barren and rugged mountains. Only experienced trekkers should venture on it.

Day 1: Padam-Zangla (3369m) This is an easy trek of 7 to 8 hours. The trail from Padam (33°28'N, 76°51'E)crosses a bridge over Tsarap Lingti River and going N-E reaches the Stongde village (33°31′N,76°59″E). A monastery peers at Stongde from above. For the trek to this side of the valley, this is the place to hire mules. From Stongde (also called Thonde) the trail passes through Chazar and reaches Zangla. In 19th century when Padam and Zangla were attacked by General Zorawar Singh, the Raja of Zangla reached a compromise with the general and thus he was able to continue his rule around Zangla. The present Raja lives in Zangla. Camping ground.

Day 2: Zangla-Sumdo (3940m) It is approximately a 4 hours trek and the camping ground is some 8 km from Zangla. The trail asccends steeply up to Zangla Gompa and then enters a narrow river gorge. The river has to be crossed and recrossed many times while walking through the gorge. The valley opens out after 5 km. where two streams meet. From there a side trail branches off south-east to Ningri La. The main trail' continues and turns north to Sumdo camping ground, situated at the foot of Charcha La, also called Shirshir La.

A 5 to 6 hours strenuous climb leads up to the pass. The trail heads west for some distance before turning north. The trail crosses Zumlung stream many times and the route is full of boulders and stones. It is very steep near the pass. From the top the trail descends N-E to Tom Tokh. Camping

Day 4: Tom Tokh-Shangkong Ma (3970m) As the trail beyond Tom Tokh again crosses and recrosses the stream a number of times, it is advised to start the trek early in the morning when the water level is not very high. The trail descends to a gorge and after a 4 to 5 hours walk reaches Shangkong Ma camping ground.

Day 5: Shangkong Ma-Tilut Sumdo (3810m)-Rubarung (4410m) Walking along the stream for two hours as far as Tilut Sumdo, where the stream coming from Charcha La meets Khurna River, the path turns SE and climbs along the Khurna River to reach Khurna Sumdo. From there it turns left, and after passing through a narrow gorge, continues for 8 km as far as the

camping grounds of Rubarung at the base of Rubarung La. It is a long trek of 9 to 10 hours from

Day 6: Rubarung-Rubarung La (5020m)-Markha (3813m) About 7 hours are needed to reach Markha. For the first 2 hours the trail ascends to the pass then descend to meet Charcham Chu. After another hour the confluence of Charcham Chu and Markha

Rriver is reached. Markha village is situated 2 km downstream. Days 7,8,9,10: Markha-Leh (3500m)

This 4 days trek is the same as described in Stok-Hemis trek, but in reverse.

Alternative route No. 1 From Khurna Sumdo there is another trail leading to Hemis Gompa via Zalung La (5198m). This trail climbs up to the Rubarung Camping ground and then turns to its right. The mountain ridge is crossed through a narrow gap which leads to Zalung La. From there it descends sharply to the Luntung Chu and reaches the camping grounds of Tahungtse, near Hankar. After that the route is the same as described in Stok-Hemis trek No. 1, but in reverse.

Alternative route No. 2

From Khurna Sumdo another trail branches south at Lapurba and after crossing two passes reaches Purne (33°13"N, 77°09"E) situated on the main Manali-Leh route. The trail from Khurna Sumdo follows Lalung Topko to the SW, crosses over Shapodak La (5335m) and meets Niri Chu near Niri Sumdo. From here it turns south along Niri Chu, crosses Gautang La (4814m) and reaches Pkuktal Gompa. From here to Purne is an easy walk of 2 hours. Purne to Padam is an easy 2 to 3 days trek. (see map-2)

PADAM-LAMAYURU TREK via ZANGLA AND NAMTSE LA.

It is a 9 days strenuous trek and is quite popular among European trekkers. Many passes have to be crossed en route. But as you are never below 3350m, crossing of a pass every day is not very difficult. Best period-15 July to 15 October.

Day 1: Padam-Stongde (3493m)-Zangla (3369m) Stongde (33°31"N, 76°59"E) is situated on the banks of Tsarap Lingti River; it is an important place

for trekkers as the horses for Lamayuru are to be hired there. The trail crosses a rope bridge near Pibting and then follows the river downstream. The Stongde monastery is perched high up. Walking up to it is quite strenuous. Tsarap-Lingti joins Doda River at this place to form the great Zanskar River which ultimately flows into Indus River near Nimu (see map-2). Padam to Zangla is a 7 to 8 hours

It is a 6 to 7 km trek. The trail follows the Zanskar River downstream over scree slopes and through a deep gorge and after passing through Chazar reaches Honia. The camping ground is situated a

Day 3: Honia-Namtse La (4446m)-Khurmafu (3650m) The trek begins with a steep climb of 2 hours to Namtse La. After another 2 hours' descent the camping ground located near Kharmafu Chu is reached.

Day 4: Khurmafu-Foot of Nerak La (4320m)

This 5 hours' trek is very rough indeed. At several places you have to ford turbulent streams and climb

Day 5: Foot of Nerak La-Nerak La (4850m)-Nerak (3353m) The ascent to the pass is very strenuous and may take 2 to 3 hours. Again at the far side of the pass

the trail descends steeply for 2 hours. The camping site is situated just before Nerak La. Day 6: Nerak-Singi La (5060m)-Photaksar (4100m) The trail goes down to meet the Zanskar River and crosses it over a bridge. From there the trail climbs to the village of Yelchang and then for another 2 hours to Singi La. Just before Singi La the trail meets

another popular trail coming from Padam. From there to Photaksar is a gradual descent of 3 to 4 hours. There are two Gompas overlooking Photaksar. Comping ground. (see Map-2). Day 7: Photaksar-Sisir La (4990m)-Hanupatta (3780m) This is 5 to 6 hours trek which begins with a strenuous 3 hours climb to Sisir La. The trek down to

village consisting of some 20 house. Day 8: Hanupatta-Wanla (3245m)-Lamayuru (3440m)

The trail descends gradually for an hour and meets Zapola Chu at Sumdo and turns north along the Zapola Chu. It reaches Wanla in another 2 hours after passing through many hamlets. At Wanla it leaves Zapola Chu, turns west along the Shilakang Chu and climbs over the Prinkit La. This pass is different from other passes and muddy walls can be seen on both sides of the trail. It takes one hour to walk through the pass and the descent to Lamayuru is a short one. In total it takes 9 to 10 hours to reach Lamayuru from Hanupatta. The camping site is located just below Lamayuru where you will find a few hotels and restaurants. Accomodation is also available at the monastery's guest house. You

Hanupatta takes another 2 to 3 hours. You will come across many yaks en route. Hanupatta is a small