

# LADAKH SKY TRAIL GHT



**COUNTRIES VISITED:** INDIA

**TRIP TYPE:** Trekking  
**TRIP GRADE:** Strenuous  
**TRIP STYLE:** Camping  
**5 Based On 10 Reviews**  
**KG Carbon Footprint**

**TRIP LEADER:** International Leader  
**GROUP SIZE:** 5 - 14 people  
**NEXT DEPARTURE:** 10 Aug 2024  
**8 Trees Planted for each Booking**

Ladakh Sky Trail GHT is a unique camping trek designed by us to explore a remote Himalayan region of northern India. While trekking for three weeks you will travel through Ladakh, Zaskar, and on the Rupshu plateau.

In January 2024, we launched a new and improved itinerary for our Ladakh Sky Trail GHT trek. The changes mean you will spend less time walking along jeep tracks with vehicle traffic. In fact, at the start of the trek (ie Day 5) we use the road to our advantage by driving over Singge La (5,120m) to Yulching village. It is early days on the trek, and we are not yet sufficiently acclimatised to walk over a 5,000m pass. Our new itinerary is very scenic and crosses more high passes in total compared to our old itinerary. Furthermore, the new trail is less risky for the pack animals compared to the previous route which followed a very narrow gorge.

On this remote trek, we cross seven mountain passes over 4,500m. These passes link landscapes described as a geological wonderland. Stunning white-washed monasteries and Buddhist villages mark our route. We hike on ancient footpaths from the Lamayuru monastery into the Zaskar valley. We follow the trail to Tsokar Lake where the people of Zaskar traded yak products and barley for salt. You will end your Ladakh trek at Tsokar Lake (4,520m), which is a salt lake located on the Rupshu plateau. Near the lake, you will see nomads and observe their traditional lifestyle. This area is an important wildlife sanctuary harboring snow leopards and wild asses. There are various species of birds such as the black-

necked crane.

Our Ladakh Sky Trail GHT is one of the best treks in Ladakh exploring remote parts of the Indian Himalayas. This is a camping-style trekking expedition where you sleep in tents and our cooks provide the meals. For a shorter itinerary in Ladakh take a look at the [Markha Valley](#) trek and the [Nubra and Shyok Valley](#) trek.

## REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Ladakh for many years. [Almas Khan](#), one of our leaders, designed this itinerary from his experience of Ladakh.
- [Almas Khan](#) leads all of our Ladakh Sky Trail GHT groups. He knows this trek well after having led eight groups since 2014. Almas has trekked in Ladakh for many years and has an excellent rapport with the trek crew.
- The Mountain Company has organised eight successful Ladakh Sky Trail GHT treks. For more information on how these treks went please take a look at our Trip Reports.
- Our [AITO Traveller Reviews for Ladakh Sky Trail GHT](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We use Western-branded tents for our camping treks in Ladakh. These are high-quality three-person tents with space for two people plus gear.
- We review weather forecasts for Ladakh throughout this trek.
- We send a GPS tracker for our group treks in Ladakh. We upload your location daily on Google Maps to track your progress during the trek.
- We provide a range of tasty meals for breakfast, lunch, and supper. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive medical aid kit. There will also be a portable altitude chamber (PAC or Gamow bag).
- Our team with first-hand knowledge of this trek provides pre-trip support.

## WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Twin-share room at Hotel Lotus (or similar) in Leh.
- Breakfast only in Leh, all meals included while on the trek.
- Twin share tents while on trek using our Western branded tents. These are three-person domed tents with plenty of space for two people sharing plus gear.
- Trekking arrangements. Including permits and fees, tents, International and Ladakhi guides, porters and cooks.
- The weight allowance on trek for your main bag is 15kg. A horse or pony will carry this bag during the day.
- Weather forecasts for Ladakh during your trek.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- UK-registered charity, Pipal Tree, will plant 8 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom or face-to-face meetings.

## WHAT'S NOT INCLUDED

- International flight to/from Delhi.
- Internal flight to/from Leh and Delhi.
- Travel & trekking insurance.
- India visa for 30 days.
- Lunch and evening meals in Leh.
- Delhi hotel and airport transfers.
- Personal clothing & equipment, please see Appendix for suggested kit list.

- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of £140 or US\$175.
- Other items not listed in "What is included".

## ITINERARY

### DAY 1: ARRIVE IN LEH (3,500M)

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Arrive in Leh

Sightseeing in Leh

No meals

Hotel Lotus in Leh

On a clear day this is a spectacular 75 minute flight from Delhi with views of Himalayan peaks. We will meet you on arrival at Leh airport and drive you back to the hotel. The rest of the day we recommend you relax and keep hydrated to help your adaptation to the high altitude of Leh. Once everyone has arrived Almas will give a detailed briefing on the trek. In the evening we will organise a meal to meet the rest of the group.

Leh is the ancient capital of Ladakh. It has hilltop forts and palaces to visit including the Royal Palace above the town. The town is on the old Silk Route and still has a trading tradition. It is well worth wandering around the colourful bazaar and exploring the centre of town.

### DAY 2: DAY TRIP TO VISIT SHEY AND THIKSEY MONASTERIES

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Sightseeing in Leh

Breakfast

Hotel Lotus in Leh

During today's sightseeing tour we visit Shey palace and Thiksey Monastery. Thiksey is a beautiful monastery and is sometimes called the mini Potala. It contains stupas, statues, thankas, and wall paintings. There is also a large pillar engraved with the Buddha's teachings. The sightseeing is by private cars as Shey and Thiksey are about 10 kms out of Leh. We leave the afternoon free to do what you like. You might like to do last minute shopping for the trek and spend time exploring Leh.

### DAY 3: DAY WALK AROUND LEH FOR ACCLIMATISATION

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Morning hike to Leh Royal Palace

Breakfast

Hotel Lotus in Leh

After breakfast, we go on a hike from the hotel up to the Leh Royal Palace overlooking the town. This walk is important to do as will help acclimatisation to the high altitude before the trek starts. From the Palace, there are good views of Leh and the mountains behind. We leave the afternoon free to do what you like. You might like to do last-minute shopping for the trek, packing your gear, and spend more time exploring

Leh.

#### **DAY 4: DRIVE TO LAMAYURU (3,500M), WALK OVER PRINKITI LA (3,600M) TO WANLA VILLAGE (3,150M)**

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Drive to Lamayuru (4 hours)

Walking (4 hours)

Breakfast, Lunch and Dinner

Homestay (Rongtak House)

After breakfast, we drive to Lamayuru and on the way visit Alchi monastery. This is the oldest monastery in Ladakh and is situated on the bank of the Indus River about 70 km from Leh. After Alchi, we drive for a further 55 km to Lamayuru Monastery (3,510m). After lunch, we walk over Prinkiti La (3,700m) and descend to Wanla village (3,150m).

#### **DAY 5: DRIVE TO YULCHING VILLAGE OVER SINGGE LA (5,120M ) AND THEN WALK TO NERAK VILLAGE (3,750M)**

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Drive to Yulching village over Singge La (2 hours)

Walking (3 to 4 hours)

Breakfast, Lunch and Dinner

Camping

After breakfast, we drive to Yulching Village via Singge La (5,120m). We opt to drive this section as there is a jeep track so can be dusty if vehicles pass by when walking. Furthermore, it is early days on the trek, and yet not sufficiently acclimatised to walk over a 5,000m pass.

We start walking again from Yulching and start a gentle climb to Chuchokhuri La (3,970m). After crossing the pass we descend on a steep switchback trail until we reach the Zaskar River. We cross over the river on a wooden bridge and then climb to the Nerak village. After getting to camp it is worth taking an evening stroll to explore the village.

#### **DAY 6: WALK OVER LABAR LA (3,980M) AND TARTI LA (4,950M) TO PANATSEY (3,730M)**

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Walking (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

After leaving Nerak, we have a steady climb to reach the top of Labar La (3,980m). After crossing the pass, we continue our ascent towards the Tarti La (4,950m). From the top of the pass, there is a panoramic view of the surrounding mountains and landscape. We follow a trail descending to a river and after crossing it we walk downstream to our camp at Panatsey (3,730m).

**DAY 7: WALK TO TSOGO (3,650M)**

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Walking (5 to 6 hours walking)

Breakfast, Lunch and Dinner

Camping

After breakfast, we continue walking along the river. Later on, we cross several rivers on foot so pack your sandals in your day pack. After the rivers, we continue on a gentle gradient along the valley up to the campsite.

**DAY 8: WALK TO ZANGLA (3,430M)**

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Walking (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

After leaving Tsogo, we follow a trail with a gentle climb towards a small pass. After crossing the pass we continue walking up the valley towards Namtse La (4,400m ). After crossing the pass, we descend until reaching Honara. We continue to descend until reaching the jeep track where we walk on it for only 1 km and in practice there is very little, if any, traffic. We camp in the meadows near the Zanskar River.

**DAY 9: REST DAY IN ZANGLA (3,430M)**

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Sightseeing by vehicle

Breakfast, Lunch and Dinner

Camping

Today is a well-earned rest day for the group in Zangla. At 3,430m, it is the lowest camp on the itinerary so is a good place to rest and recharge.

We will explore the area and do some sightseeing by vehicle. We will first visit the superb monastery of Karsha. This is a magnificent building that is culturally very important. In the afternoon we can visit the Nunnery monastery and the royal palace of Zangla. Our crew will go to Padum to get resupplies for the rest of the trek.

**DAY 10: WALK TO ZANGLA SUMDO (3,850M)**

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Walking (4 to 5 hours)

Breakfast, Lunch and Dinner

Camping

From Zangla village we start walking through the most remote section of the trek. The trail is in a beautiful



gorge until we get to Daat. This area does not see many trekkers and according to locals, there are less than four groups per year. We are now walking along the old salt route. The people of Zanskar used to take yak products and barley over to Tshokar Lake in exchange for salt.

It is a steady ascent up the Zangla River to our camp at Zangla Sumdo (3,850m). We have several river crossings on the walk to Zangla Sumdo. Please make sure you have your sandals and walking poles in your day pack. The river crossings are likely to have water up to knee high given normal weather conditions. If the water level is low it can be an easy half day to reach the camp but if the water level is high it can take up to 7 hours. The walk is in a beautiful gorge and the trail is not too challenging.

### **DAY 11: WALK OVER NIRI LA (5,150M) TO NIRI DOKSA (4,400M)**

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Walking (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From camp, we follow a valley on the left side and start our ascent towards Niri La (5,150m). It takes about 3 hours to the top of the pass. We descend on a good trail for 1 1/2 hours until reaching Niri Doksa (4,400m). This is the summer pasture for Shade Village.

### **DAY 12: WALK OVER LAR LA (4,850M) TO NINGRI DOKSA (4,370M)**

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Walking (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From camp, we walk along the left bank of the river. Afterward, we start the gentle approach to Lar La (4,850m) taking about 2 hours to reach the top of the pass. We descend on a good trail for about 2 hours until we reach Ningri Doksa (4,370m). Like Niri Doksa, this is the summer pasture for Shade Village.

### **DAY 13: WALK OVER ROTHANG LA (5,000M) TO SHADE (4,290M)**

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Walking (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

From camp, we start the ascent up to the Rothang La (5,000m). After crossing the pass, we descend and continue walking on a good trail to Shade Village (4,290m). Along the way, we pass shepherd looking after their animals of yaks, cows, sheep, and goats. After getting to camp it is worth exploring the village

### **DAY 14: WALK TO YATAK (4,000M)**

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Walking (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

We walk alongside the Niri Chu until reaching its confluence with the Tsarap Chu. From there we head south and walk to Yatak (4,000m).

## **DAY 15: WALK VIA PHUGTAL MONASTERY TO PURNE VILLAGE (3,850M)**

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Walking (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From camp, we continue following the Tsarap Chu until reaching the Phugtal monastery. This is a dramatic building clinging to the cliff. Temples and monastic residences date from the 10th Century. After visiting the monastery, we continue walking to Purne village (3,850m). This place overlooks the confluence of the Tsarap Chu with the Lung Nag Chu, a tributary of the Zaskar.

## **DAY 16: WALK TO TABLA VILLAGE (4,100M)**

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Walking (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

Today we walk to Tabla village (4,100m). In the afternoon we can explore this traditional Zanskari village. It is surrounded by fields growing barley and black cumin.

## **DAY 17: WALK TO PHIRTSE LA BASE (4,750M)**

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Walking (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From Tabla, we enter a narrow gorge before a steep ascent to a ridge. From here there are good views of Kargyak river and its plains dotted with grazing yaks. We cross the Phirtse River before getting to camp at the base of Phirtse La (4,750m).

## **DAY 18: WALK OVER PHIRTSE LA (5,490M) TO CHUMIK MARPO (4,750M)**

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Walking (7 to 8 hours)

Breakfast, Lunch and Dinner

Camping

This is a tough day and probably the most demanding of the whole trek. We start early in the morning by crossing a small river and then ascend to Phirtse La (5,490m). The view is superb as we can see snow-covered mountains and the high peaks of Zaskar. We descend on a trail on a glacier covered with rocks and boulders to the plains at Chumik Marpo (4,750m).

## **DAY 19: WALK TO LINGTI (4,750M)**

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Walking (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

We walk through a large river plain with many yak grazing on the grass. We cross by foot a river called, Khala Meera, and a few other streams. At Lingti (4,750m) and nearby we are likely to meet the Changpa who live in a nomadic camp.

## **DAY 20: WALK TO SARCHU (4,200M) AND THEN DRIVE OVER VIA LACHUNG LA (5,059M) TO TSOKAR (4,520M)**

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Walking (4 to 5 hours)

Drive to Tsokar Lake

Breakfast, Lunch and Dinner

Camping

Today we have an easier walk along the plains to Sarchu (4,200m) where we end the trek. We meet our vehicles for the drive over Lachung La (5,059m) to Tsokar Lake (4,520m) which is a salt lake located in the Rupshu plateau. It is a lovely place for the last night of the trip sleeping in a tent.

## **DAY 21: DRIVE TO LEH (3,500M)**

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Drive to Leh (6 to 7 hours)

Breakfast

Hotel Lotus in Leh

On our drive back to Leh we visit the important monastery at Hemis.

## **DAY 22: FLY TO DELHI**

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Flight to Delhi

Breakfast

Transfer to Leh airport for you flight to Delhi.



## DATES & PRICES

### 2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
10 Aug 2024 to 31 Aug 2024	Almas Khan	US\$4,595pp	US\$310pp / US\$450pp	Guaranteed

### 2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
09 Aug 2025 to 30 Aug 2025	International Leader	US\$4,595pp US\$4,395pp	US\$310pp / US\$450pp	5 Left to Guarantee Early Bird Discount

## PRACTICAL INFORMATION

A Typical Day On Trek

### TYPICAL DAY ON CAMPING TREK IN LADAKH

We provide a comfortable experience on our camping style treks in Ladakh. Our team works hard to support you so that you can relax and enjoy the trek. We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The pony men arrange their loads and the horses and ponies set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

Food provided on Camping Trek

### FOOD PROVIDED ON CAMPING TREK IN LADAKH

While on a camping style trek in Ladakh we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients

provided to the cooks so they have more to work with.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We also provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

#### Kit List

### **KIT LIST FOR LADAKH SKY TRAIL GHT**

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Ladakh Sky Trail GHT trek. The group leader will check your gear in Leh before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you experience hot conditions with temperatures up to 25 or 30 Celsius. August is the peak of summer in the Ladakh region. Using sun protection and wearing light clothing is essential.

The weather will start to cool off in the later stages of the Ladakh Sky Trail GHT trek as we progress into September. During Autumn the nights are colder and the daytime temperatures go to only 15 Celsius. You will experience the coldest temperatures at Phirtse La Base at an altitude of 4,750m. The overnight lows go down to around -10 Celsius.

You should bring a rucksack or backpack for the gear required during the day. Your pack should contain items such as warm clothes, a jacket, a camera, water bottles, a personal first aid kit and snacks. A pony will carry the rest of your personal equipment packed in a duffel or kit bag. The weight limit for your duffel bag is 15kg. Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

#### **Footwear**

- Walking Boots. A pair of water-repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.
- Gaiters. A pair of knee-high gaiters is used to keep boots dry if walking through snow or on wet ground.

#### **Clothing**

- Waterproof and Windproof jacket (with hood) and trousers (Goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Long-sleeved tops or shirts (not cotton).

- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet is used in combination with base layers, other fleeces and a down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Medium-weight down jacket.

### Head and Gloves

- Fleece gloves.
- Warms mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. [Buff Headwear](#) or buy a [#myTMCbuff](#)).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or a wraparound design.

### Personal equipment

- Sleeping bag. Overnight lows down to -10 Celsius.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek, we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. The recommended size is around 40 litres. You need to have enough space to carry water bottles, a camera, snacks extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide-mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men, you can use an old water bottle. For women take a look at [SheWee](#).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitiser. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitiser for use before meals.

### Travelling

- Duffle bag for your personal gear on the trek. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Leh.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

### Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.

- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

## **RISK ASSESSMENT FOR LADAKH SKY TRAIL GHT TREK**

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Ladakh Sky Trail GHT trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group e.g. crossing passes in a whiteout.
- Severe bad weather and conditions when camping e.g. flash flooding
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke).
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are not available for evacuation.

Weather and conditions

## **WEATHER AND CONDITION FOR LADAKH SKY TRAIL GHT TREK**

August is the peak of summer for the Ladakh region. You should expect the days to be hot for the first two weeks of this trek often up to 30 Celsius. The weather will start to cool off in the later stages of Ladakh Sky Trail GHT trek as we progress into September. During Autumn the nights are colder and day time temperatures decrease to 15 Celsius. You will experience the coldest temperatures on the evening of Day 23 in Gyama Burma camp at an altitude of 5,030m. The overnight lows go down to around -10 Celsius.

The weather will start to cool off in the later stages of Ladakh Sky Trail GHT trek as we progress into September. During Autumn the nights are colder and the day time temperatures go to only 15 Celsius. You will experience the coldest temperatures in Gyama Yagmo camp at an altitude of 5,190m. The overnight lows go down to around -10 Celsius.

We have selected the best time of year to increase your chances of a successful trek. The reason for starting later in the Summer is to allow for snow melt to decrease the snow in the mountains. The advantage of trekking into September is that the river levels will be lower. This is key for the section through the gorge with many river crossings on Days 14 to 16.

## ACCOMMODATION

### HOTEL LOTUS IN LEH

Hotel Lotus is above the main town of Leh and in a grove of evergreen trees. The hotel has seventeen rooms, restaurant and lobby.

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## CAMPING IN LADAKH



We use A frame tents in Ladakh. These sturdy tents work well with the conditions experienced in Indian Himalaya. They are waterproof plus have ample headroom inside.

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## TRIP REPORTS

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**To read our trip reports please click on the link below to our blog:**

[Ladakh Sky Trail in August/ September 2023 led by Almas Khan](#)

[Ladakh Sky Trail in August/ September 2022 led by Almas Khan](#)

[Ladakh Sky Trail in August/ September 2019 led by Almas Khan](#)

[Ladakh Sky Trail in August/ September 2018 led by Almas Khan](#)

[Ladakh Sky Trail in August/ September 2017 led by Almas Khan](#)

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[Ladakh Sky Trail in August/ September 2016 led by Almas Khan](#)

[Ladakh Sky Trail in August/ September 2015 led by Almas Khan](#)

[Ladakh Sky Trail in August/ September 2014 led by Almas Khan](#)

## TRIP REVIEWS

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### REVIEW BY FELIX ON 15/09/2022

Ladakh Sky Trail GHT The Ladakh trek was extraordinary. The guide was very professional and competent and the whole team provided us wonderful trek experience. Very good information and communication before the trip. ...

### REVIEW BY SIMON ON 16/09/2022

Ladakh Skytrail The Ladakh Skytrail is a tough trek in a very interesting area. The trip starts in Leh and takes you through a high-altitude desert with very interesting geological features. A part of the trek took place in a remote gorge with lots of river crossings. The gorge was used earlier as part of a salt route. The trip is well worth the effort! It's worth noting that the trek starts quite high as Leh is around 3500 meters above the sea. This can make the first week or so a bit challenging for people who, like us, live at sea level. This was our second trip with the Mountain Company and as before the guide (Almas Khan) and the local crew was excellent. The pre-trip contact with the owner, Roland, as well as the pre-trip information provided is equally good and made us feel well-prepared. ...

### REVIEW BY NINA ON 25/09/2022

Extraordinary trekking in Ladakh The Ladakh Sky Trail was an amazing and very recommendable experience. The scenery was extraordinary and must be a dream for geologists. The trails are mostly on rocky or sandy underground, and nice to walk. One section of the trek goes through a remote gorge with more than 250 river crossings. This is definitely a highlight of the trek. This trek is a perfect choice if you like remoteness and dramatic scenery. Our guide Almas and the local crew were very competent and a fun team to be with. We always felt in safe hands and enjoyed the time with them very much. The organisation was flawless. Also, the pre-trip information provided everything we needed. This was my second trip with The Mountain Company. Both times everything was really perfect. ...

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