



zabarwan
adventures

Tso Moriri Trek

Traverse To The Shepherd's Trail Of Changthang Valley



165 kms



14,700 ft.



8 days

Traverse To The Shepherd's Trail Of Changthang Valley

Onset of Trek

DAY 1

Leh – Rumtse (2 hours drive)
– Kyamar (Short Trek)

 **4**
Hours

It is a nice drive from Leh to Rumtse with a beautiful view of the Indus Valley and many monasteries along the way. From Rumtse it is a short walk in rather flat terrain, which will aid acclimatization. We will camp overnight at Lush Kyamar.

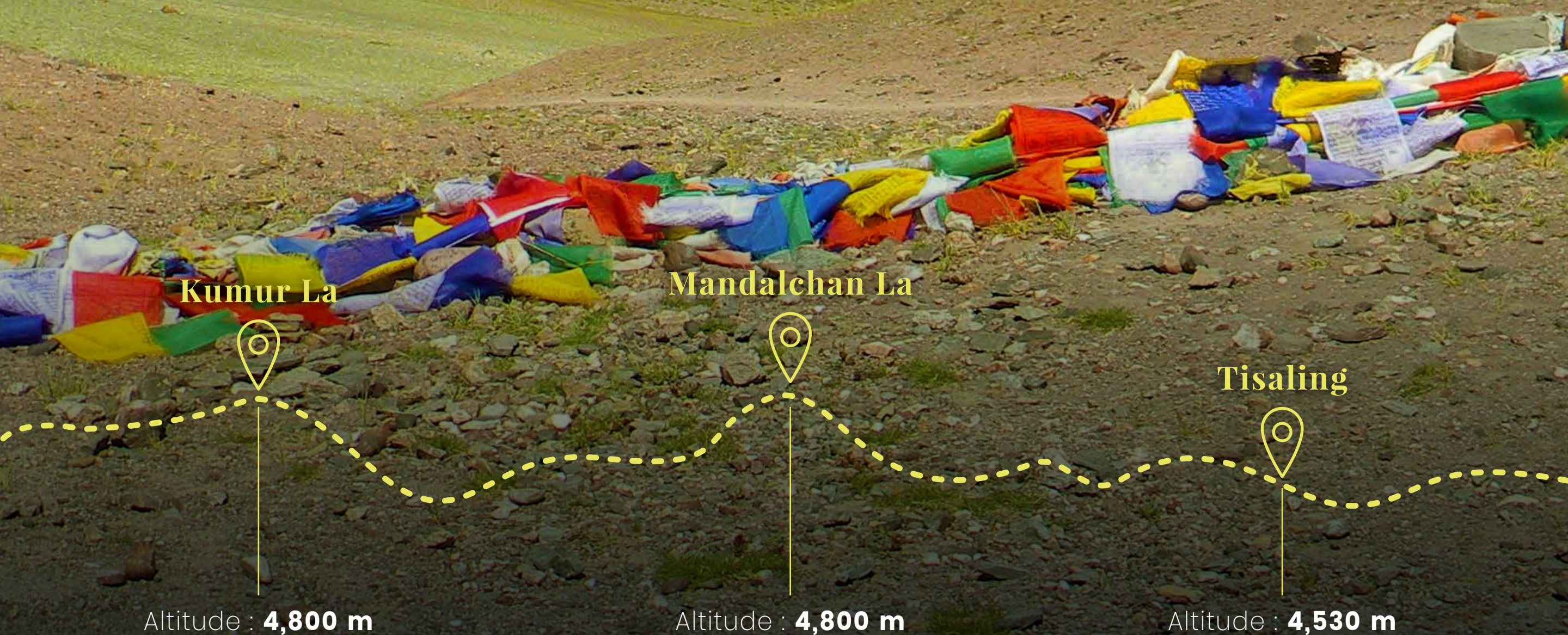


DAY 2

Kyamar – Tisaling (Enter Changthang Valley)

 **6-7**
Hours

We begin with a gradual ascent toward our first pass, Kumor La, which gives a spectacular view of the Changthang range with its colorful rife of mountains. After the pass, we steadily descend towards the base of Mandalchan La. Here we might come across nomads with herds of sheep, goats and yaks. The nomads stay here only during summer season, while their animals can find good areas for grassing. After a short rest, we set out for our next pass, a relatively easy ascent with many fluttering prayer flags waiting to greet us on the top. From the pass it is only about 40 mins descend to the camping site and pastureland of Tisaling.



DAY 3

Tisaling – Ponganagu (Cross Shibuk La pass)

 **6**
Hours

By now we are well acclimatized to conquer our next pass, Shibuk La. From the top of the pass, we have a good view of the surrounding mountain and of our next destination Tsokar Lake. We head down towards the valley accompanied by the whistles of the shy and active marmots, characteristic of this harsh region. Its approximately 4 hours walk to Tsokar basin and our camp for the night will be there at Ponganagu.

Shibuk La



Ponganagu



Altitude : **4,900 m**

Altitude : **4,350 m**

DAY 4

Ponganagu – Nuruchan (Cross Tso Kar Lake)

 **4**
Hours

Following a dusty jeep road towards Tso Kar Lake meaning "white lake" called so because of the salt deposit which encrust its shores. Until recently, the Changpa nomads were harvesting salt here and trading it for other goods. Migrating birds like black necked cranes, gulls and Brahminy ducks live by the shores of the lake part of the year. Leaving Tsokar, we carry on along the trail to the right of the lake and walk in a barren landscape until Nuruchan. Our campsite which is also a winter settlement for the nomads.

Ponganagu



Altitude : **4,350 m**

Nuruchan



Altitude : **4,300 m**

DAY 5

Nuruchan – Gyamar Barma (Cross Tibentan Nomads)

 **7-8**
Hours

At early morning hours we will cross the icy cold stream by Nuruchan, before gradually ascending Horlam Kongka La from the pass, we will have a good view of the turquoise blue Tsokar. After an easy 40 mins walk down to the Rajung Karu, we will encounter several Tibetan nomad families of western Tibetan origin with their flock of yaks, sheep and pashmina goats. When the Chinese invaded Tibet, the nomads and their animals faced numerous hardship, fighting biting cold and losing many lives while fleeing into Ladakh from Tibet.

Horlam Kongka La


Gyamar Barma

Altitude : **5,000 m**

Altitude : **5,150 m**

DAY 6

Gyamar Barma – Gyamar (Cross Kartse La pass)

 **3-4**
Hours

After a hearty breakfast, we head towards our next pass Kartse La. We will take our time to reach the pass ascending slowly in the thin air of the high altitude plateau. After a short break we descend gradually down to the lush green valley of Gyamar to spend the night.

Kartse La



Altitude : **5,300 m**

Gyamar Valley



Altitude : **5,200 m**

DAY 7

Gyamar – Tso Moriri (visit lake)
– Korzok (visit Changpa nomads)

 **6-7**
Hours

Yalung Nyau La is the highest and final pass on our trek. From the top of the pass, the sapphire blue fresh water lake of Tso Moriri lake will shine like a jewel in this brown, barren landscape. Along the way, it is possible to see and smell some of the rare flower and herbs of the Himalayan region. Descending steeply for a couple hours to Korzok Phu, we will again encounter the summer pasture of the Korzok people. From here we continue to our final destination. The village of Korzok, overlooking Tso Moriri and inhabited by a small permanent settlement of Changpa nomads at an altitude of 4572m it is one of the Indias highest permanent village. The monastery at korzok is also very old, being built 500 years ago and lying on the trading route between Spiti and Ladakh it was visited by most of the early explorers.

Yalung Nyau La



Korzok



Tso Moriri Lake



Altitude : **5,450 m**

Altitude : **4,572 m**

End of Trek

DAY 8

Korzok – Leh (drive back)
(visit Chumathang hot spring on the way)



6-7
Hours

We drive back to Leh, crossing the dusty plains of Rupsho before entering the Indus valley. En route stop at Chumathang hot spring water and at last arrive back to Leh.

Leh



Altitude : **3,500 m**



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Package Inclusion

- Airport and all road transfers
- Meals during trek (Veg/Non-veg)
- Off-loading of 10 kgs backpack per person
- Tents on triple sharing basis with mattresses, sleeping bags, camping pillows and camplights
- Rain ponchos, trekking poles and head torches
- Trek leaders, porters and guides
- Passes and permits
- Medical fitness certificates
- Basic first-aid kit

Package Exclusion

- Lunch before the onset of trek
- Trekking shoes
- Personal toiletries
- Backpack
- Videography, photography or any related equipment charges
- Personal expenses
- Anything not mentioned in the itinerary specifically

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