

LADAKH SKY TRAIL GHT



COUNTRIES VISITED: **INDIA**

TRIP TYPE: Trekking

TRIP GRADE: Strenuous

TRIP STYLE: Camping

5 Based On 7 Reviews

KG Carbon Footprint

TRIP LEADER: International Leader

GROUP SIZE: 5 - 14 people

NEXT DEPARTURE: 09 Aug 2022

27 Trees Planted for each Booking

Ladakh Sky Trail GHT is a unique trek designed by us exploring a very remote Himalayan region of northern India. While trekking for three weeks you will travel through Ladakh, Zaskar and Changthang.

While trekking in Ladakh most of the trails are rarely walked on by other groups. On this remote trek we cross six mountain passes over 5,000m. 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 Tshokar Lake where the people of Zaskar traded yak products and barley for salt.

You will end your Ladakh trek at the blue lake of Tso Moriri lakes located on the Changthang plateau at 4,500m. Near the lake you will see nomads and observe their traditional lifestyle. This area is an important wildlife sanctuary harbouring 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 India Himalaya. 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 [Markha Valley](#) trek and [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 will lead our Ladakh Sky Trail GHT group in 2021. He knows this trek well after having led five 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 six 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 pay for private weather forecasts from EverestWeather.com. We also use in house forecasting throughout the duration of 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 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.
- Weight allowance on trek for your main bag is 15kg. A horse or pony will carry this bag during the day.
- Weather forecasts from EverestWeather.com.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- Rubberised luggage tag posted to you before departure.
- Full financial protection. 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 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 (guidance on amounts included in our "Ladakh Pre Trip Information" notes).
- Other items not listed in "What is included".

ITINERARY

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

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

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

Sightseeing in Leh

Breakfast

Hotel Lotus in Leh

After breakfast we drive up to a 5,000m+ pass near Leh. From there we do some short walks to explore the area. This will help with acclimatisation before starting the trek tomorrow.

DAY 4: DRIVE TO LAMAYURU (3,500M)

Drive to Lamayuru (5 hours)

Sightseeing in Alchi Monastery and Lamayuru Monastery

Breakfast, Lunch and Dinner

Moonland Guesthouse

As it is only a short drive to Lamayuru we are in no rush this morning and we leave the hotel at about 10am. On the way we stop by 11.30am at Alchi Monastery (3,000m) to have a look at this ancient monastery followed by lunch. We continue the drive on to Lamayuru and we should get there by about 3pm. We check in to a guest house and later we visit the Lamayuru Monastery only 20 minute walk away.

DAY 5: TREK TO TO SHEILA VILLAGE (3,160M) BY CROSS PRINKTI LA (3,600M), DRIVE TO PHOTOKSAR (4,160M) OVER A HIGH PASS (4,750M)

Walking (4 hours)

Drive to Sheila village (3 hours)

Breakfast, Lunch and Dinner

Camping

Today is our first proper walk of the trek and we cross the first of many passes. We start by walking from the guest house and descend 150m to the base of the pass and then climb up the Prinkti La at 3,600m. From the top of the pass we follow the trail downhill through a beautiful gorge to Sheila village. It takes 2 hours to reach the pass from the guest house and about the same time to descend to Sheila village. Cars will be waiting to take us on a 3 hour scenic drive over a 4,750 meter high pass to our campsite in Photoksar. It is our first night of camping today.

DAY 6: TREK TO SIGGE LA BASE CAMP (4,300M)

Walking 10km (6 hours)

Breakfast, Lunch and Dinner

Camping

This is an easier day of walking although the altitude is all above 4,000m. It will take 1 hour to go over a 4,300m ridge from the camp. Afterwards we traverse through yak grazing meadows to our camp at Sigge La Base Camp. We usually get to this camp by lunchtime and can do some acclimatisation walks in the afternoon.

DAY 7: CROSS SIGGE LA PASS (4,800M) AND TREK TO SKIU PATA (3,970M)

Walking 9km (7 to 8 hours walking)

Breakfast, Lunch and Dinner

Camping

It takes us 2 1/2 hours from the camp to ascend to Sigge La pass at 4,800m. From this high point we

descend and traverse the trail for the next 5 hours to arrive at Skiu Pata village. This camp is lower and warmer than last night. It is outside the village in a valley half way to Lingshed between two passes. Although there is a road for most of today and yesterday we do not walk along it so 70 % of the time we are away from it. The road also has very little traffic with only about 2 or 3 vehicles a day.

DAY 8: CROSS PASS (4,300M) AND TREK TO HANIMU LA BASE CAMP (3,826M)

Walking 10km (8 to 9 hours)

Breakfast, Lunch and Dinner

Camping

We start the day climbing up through grazing meadows to our pass at 4,300m. After we follow a trail on a traversing descent to Lingshed village for lunch. It is well worth having a look at the monastery and then we continue on to our camp at the base of Hanimu La pass. We arrive to camp at about 3.30pm after leaving Skiu Pata at 8am including time looking around Lingshed.

DAY 9: CROSS HANIMU LA (4,710M) AND TREK TO ZING CHEN (3,254M)

Walking 13km (7 hours)

Breakfast, Lunch and Dinner

Camping

There is steep and sustained ascent of 900m to Hanimu La pass at 4,710m taking about 4 hours to the summit of the pass. There are superb views from the pass looking back at Lingshed village and its monastery. The descent on the other side is less steep and the trail follows a beautiful gorge. Towards the end of the day we have steep descent to camp taking about 1 hour.

DAY 10: CROSS PURFI LA (3,850M) AND TREK TO HANIMUL VILLAGE (3,300M)

Walking 10km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

In the morning we have a 600m ascent to Purfi La pass at 3,850m and this takes about 2 hours. Once over the pass we enter into the Zanskar region and also the Zanskar river valley. Zanskar is a high altitude semi-desert lying on to the north of the Great Himalayan Range. It takes 4 hours to get to the camp near Hanimul village from the pass.

DAY 11: TREK TO PISHU VILLAGE (3,300M)

Walking 12km (7 hours)

Breakfast, Lunch and Dinner

Camping

This is an easier and very scenic walk along the Zanskar river to our camp beside the river in Pishu village.

DAY 12: TREK TO ZANGLA VILLAGE (3,300M)

Walking 3km (2 hours)

Breakfast, Lunch and Dinner

Camping

The campsite in Zangla is on the other side of the river and it takes no more than 2 hours to get there. We have an easier day so that the cook can go to Padum village to get food supplies for the rest of the trek. You will have most of the day free to explore Zangla village. This is the ancient capital of Zanskar. You can also do laundry and relax in camp.

DAY 13: TREK TO ZANGLA SUMDO (3,800M)

Walking 10.5km (7 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 to exchange for salt.

It is a steady ascent up the Zangla river to our camp at Zangla Sumdo at the base of our next pass Cha Cha La. We have many 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 14: CROSS CHA CHA LA (4,950M) AND TREK TO CHUBCHAK (4,300M)

Walking 12km (8 to 9 hours)

Breakfast, Lunch and Dinner

Camping

There is a 4 hour ascent to Cha Cha La at 4,950m. From the top you see superb views of the Zanskar range. The trail is on scree slopes and also passes through several small pastures. On the descent from the pass we follow a narrow valley. There will be more river crossings before reaching our beautiful campsite at Chubchak. We have to unload horses as in places the valley is too narrow. There is also likely to be some snow bridges along the way left over from the winter.

DAY 15: TREK TO TSHARLOW (3,700M)

Walking 10km (7 hours)

Breakfast, Lunch and Dinner

Camping

The narrow river gorge widens a bit so today we are less likely to have to unload our horses. Throughout the day we crisscross the small river. We descend to our beautiful campsite at Tsharlow. This place is a geologist's dream with rock strata seen in hillsides. These are set in wavelike shapes from folding and faulting geological processes.

DAY 16: TREK TO KUMARA SUMDO (3,300M)

Walking 10km (7 hours)

Breakfast, Lunch and Dinner

Camping

This is our last day of river crossings. Although the last few crossings today will be the deepest ranging from knee to waist high. The walk for the last two days and today will be on less defined rocky trails along the small river.

DAY 17: TREK TO RABRUNG LA BASE CAMP (4,400M)

Walking 14km (7 hours)

Breakfast, Lunch and Dinner

Camping

Today there is a steady climb uphill following a narrow valley. It opens up towards the end of the walk into a large meadow at the base of Rabrung La and Zalung Karpo La passes. From today we see the grazing meadows for pashmina goats. Snow leopard footprints have often been seen in the area from here till Daat and there are blue sheep too.

DAY 18: CROSS ZALUNG KARPO LA (5,190M) AND TREK TO TSHORA (4,385M)

Walking 14km (8 hours)

Breakfast, Lunch and Dinner

Camping

There is a 700m ascent to Zalung Karpo La at 5,190m. We follow a trail ranging from small rocks to loose, soft soil passing through a few meadows. There are wonderful views from the top of Zalung Karpo La including Mt. Kangyatse known as the highest peak of Ladakh. Again this is a good day for spotting wildlife

such as snow leopard, wolves, blue sheep and marmots. We descend from the pass into green gazing meadows to our camp at Tshora.

DAY 19: TREK TO DAAT (4,180M)

Walking 10km (6 hours)

Breakfast, Lunch and Dinner

Camping

This is an easier and very beautiful day as we pass meadows through valleys to the small village of Daat. We can visit a small monastery near Daat with only two monks on way to our camp.

DAY 20: DRIVE TO TSHO KAAR AND ONTO NURUCHEN CAMP (4,600M)

Drive to Nuruchen camp

Breakfast, Lunch and Dinner

Camping

From Daat we drive across the Manali to Leh highway. We continue onto the far side of Tshokar Lake at a good camp called Nuruchen. From today we see kyangs (Tibetan wild ass) running around in the open valleys of Changthang and Rupshu.

DAY 21: REST DAY AT NURUCHEN (4,600M)

Breakfast, Lunch and Dinner

Camping

This is a good campsite for a rest day. There are several options for walks with vantage points looking at Tshokar lake. We also wait for our horses to arrive as it takes them a day and a half to walk what we drove in 4 hrs yesterday.

DAY 22: TREK TO RAJUN KARU (4,800M)

Walking 10km (4 hours)

Breakfast, Lunch and Dinner

Camping

Our camp for tonight is at Rajunkaru. This place is a pashmina goat herders summer settlement and is not very far from Nuruchen. It is a shorter day because of availability of campsites and water. Otherwise we would have a very long day of walking followed by camping above 5,000m. Our campsite is a little above the settlement where the water is cleaner. It is also sheltered from the wind in a small meadow.

DAY 23: CROSS KARTSE LA (5,380M) AND KAYAMA YURI LA (5,250M) THEN TREK TO GYAMA BURMA (5,030M)

Walking 15km (7 to 8 hours)

Breakfast, Lunch and Dinner

Camping

Our walk today is over two passes and through large grassy meadows. We cross the highest pass of the trek called Kartse La at 5,380m. The second pass we cross today is Kayama Yuri La at 5,250m. For most of the day we are above 5,000m as there is no significant descent and ascent between the two passes. Our camp at Gyama Burma is the highest on this trek and is in a large yak grazing meadows.

DAY 24: CROSS YALUNG LA (5,300M), TREK TO DOKSA (4,500M)

Walking 14km (7 hours)

Breakfast, Lunch and Dinner

Camping

This is our last pass of the trek called Yalung La at 5,300m with only 300m ascent from our camp at Gyama Burma. It also gives our first view of the Tsomoriri lake. During our descent down to our campsite we pass through a valley of yak and goat herders.

DAY 25: TREK TO KARZOK (4,400M)

Walking 12km (5 hours walking)

Breakfast, Lunch and Dinner

Camping

There is a road from Doksa to Karzok but we avoid this by going over a ridge with stunning views over Tsomoriri lake. We descend from the ridge to the lake then walk along the edge to get to our camp at Karzok village. If anyone does not want to do this longer walk they can follow along the road to get to Karzok in 2 1/2 hours.

DAY 26: DRIVE TO LEH (3,500M)

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 27: FLY TO DELHI

Flight to Delhi

Breakfast

Transfer to Leh airport for you flight to Delhi.

DATES & PRICES

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
09 Aug 2022 to 04 Sep 2022	Almas Khan	US\$3,995pp	US\$310pp / US\$390pp	Guaranteed

2023

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
08 Aug 2023 to 03 Sep 2023	International Leader	US\$3,995pp US\$3,895pp	US\$310pp / US\$390pp	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 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.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. The weight limit is 5kg. 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!

- Water shoes such as Merrell Waterpro Maipo. Used around camp and for the drives. Also essential to protect your feet during river crossings.
- Walking socks.
- Gaiters. A pair of knee high gaiters 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 sleeve 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 used in combination with base layers, other fleeces and 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.
- Warm 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 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. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and 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. Also for walking on snow or ice higher up.
- 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 sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer 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 places 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 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.
- Rock fall 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.

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.

TRIP REPORTS

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

[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](#)

[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

REVIEW BY STU 18/09/2018

Excellent trek across Ladakh and Zaskar, travelling through remote little visited areas. 22 day trek. Fantastic landscapes and culture. Very rewarding. Excellent food and organisation. Highly recommended. The Mountain Company and trekking guide Almas Khan are top operators and can be trusted. They know the region and were very responsive both before and during the trek. Without question we'd use TMC again as our preferred trekking company for the Himalayas. ...

REVIEW BY JUNGLE JILL 26/09/2018

Great organisation and stunning scenery Ladakh Sky Trail proved to be a varied and interesting destination. The itinerary provided for excellent acclimatization, and visits to some interesting monasteries before setting off on the trail. The scenery was outstanding, and the itinerary all flowed nicely. The Mountain Company continues to deliver quality products from the organisation of camp crew, experienced leaders, clear communication and realistic prices. Roland was most helpful when we encountered a few problems along the way, all of which were resolved effectively. His on-site support in Ladakh is so helpful too. ...

REVIEW BY POD51 21/11/2018

An Outstanding Experience' A trek through the remote areas of Ladakh, Zaskar and Changthang in Northern India. Principally camping, visiting monasteries, trekking through a spectacular gorge (with numerous river crossings) and going over 6 5000m plus passes. A have booked treks with The Mountain Company many times and they have always organised excellent treks in remote areas, first class guides, cooks and porters. The routes are well put together. The booked process and pre trip preparation material is extremely thorough. ...

Notes downloaded on: 08-08-2022

