

TREKKING

TREKKING IN LADAKH: INDIAN HIMALAYA WITH HINDU ROOTS

Rumtse–Korzok via Yalung La (5,400 m):
Buddhist monasteries en route to Lake Tso
Moriri



B4Experience

INDIA



10-day trek through the remote Ladakh Himalayas, crossing five mountain passes above 4900m amidst nomadic landscapes and high-altitude salt lakes.

[View Web Program](#)

<https://b4experience.com/trekking-in-ladakh-indian-himalaya-with-hindu-roots>



RECOMMENDED MONTHS

JULY, AUGUST, SEPTEMBER



PRICE

From 1.450€ /person

Group discounts

Trekking

info@b4experience.com / +34 613 03 77 00





Highlights

- CROSS FIVE HIGH-ALTITUDE MOUNTAIN PASSES UP TO 5400M
- CAMP NEAR NOMADIC SETTLEMENTS AND YAK HERDERS
- DISCOVER THE VAST CHANGTHANG PLATEAU AND TSO KAR REGION
- END THE JOURNEY AT SACRED TSOMORIRI LAKE

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
3	Standard	01 Jul 2026 - 30 Sep 2026	10	1.600€
6	Standard	01 Jul 2026 - 30 Sep 2026	10	1.450€
4	Standard	01 Jul 2026 - 30 Sep 2026	10	1.550€
2	Standard	01 Jul 2026 - 30 Sep 2026	10	1.780€

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

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Included

- 3 nights in hotel/guesthouse in Leh
- Camping accommodation during the trek
- Private transport from Leh to Rumtse and Korzok to Leh
- Airport–hotel transfers in Leh
- All meals and hot drinks during the trek
- Breakfasts in Leh
- Local guides and support team
- Porterage with ponies/horses (up to 12 kg per person)
- Tents, sleeping bags, sleeping mats, and dining tent
- Permits, environmental and access fees
- Basic first aid kit and oxygen
- Emergency communication (walkie-talkie/satellite)

Not Included

- International and domestic flights
- Travel and cancellation insurance (mandatory; we can assist with arrangements)
- Personal trekking gear
- Personal expenses and tips
- Meals not mentioned in Leh
- Emergency evacuation or rescue costs in case of altitude sickness or other incidents.



Itinerary

DAY 1: ARRIVAL IN LEH

Description: Arrival at Leh Airport (3500m), where our team will meet you and transfer you to your hotel. The rest of the day is for rest and acclimatization. A short evening stroll through the market is recommended.

Accommodation: Hotel

Meals: Dinner.

DAY 2: LEH CULTURAL SITES

We explore the cultural highlights of Leh, including Shey Palace, Thiksey Monastery, and the iconic Shanti Stupa. A relaxed day to continue adapting to the altitude.

Accommodation: Hotel

Meals: Breakfast

DAY 3: ACCLIMATIZATION HIKE

A gradual hike of 3–4 hours to either Tsemo Gompa or Shanti Stupa (approx. 3800m). Designed to help your body adjust before heading to higher elevations.

Accommodation: Hotel

Meals: Breakfast

DAY 4: TRANSFER TO RUMTSE & ACCLIMATIZATION WALK

Scenic drive (2.5 hours) to Rumtse (4150m), the trek's starting point. In the afternoon, a short acclimatization walk towards Kyamar Valley (4500m), returning to camp afterwards.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAY 5: TRANSFER TO NURUCHEN & EXPLORATION

A 2-hour drive takes us to Nuruchen (4700m), a seasonal grazing area for Changpa nomads. Short exploratory hike with views over Tso Kar salt lake and surrounding landscapes.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAY 6: TREK TO RACHUNGKARU (4900M)

Our trek begins with a 5-hour walk over Horlam Kongka La pass (4950m). We descend into the Rachungkaru valley, home to yak herders and wide open pastures.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner.

DAY 7: TREK TO GYAMA (5150M)

A challenging but scenic 6–7 hour trek over Kyamayuri La pass (5300m), descending into the green nomadic pastures of Gyama, dotted with pashmina goats and yaks.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAY 8: TREK TO YALUNG BASE (5280M)

Today we cross the Gyama La pass (5350m) and continue to Yalung Base Camp. The landscapes become increasingly wild and the views more dramatic.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAY 9: TREK TO KORZOK PHU (4760M)

The longest and most demanding day. We cross Yalung La (5400m), the trek's highest point, before descending towards the highland meadows of Korzok Phu, overlooking the magnificent Tsomoriri Lake.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAY 10: RETURN TO LEH

After breakfast, we begin the 7–8 hour drive back to Leh, following the scenic Indus River Valley and passing through remote villages and bridges.

Accommodation: Hotel

Meals: Breakfast, Lunch.

Payment and Cancellation Policy

Initial booking: To secure your spot, an initial payment of 30% of the total trip cost is required at the time of booking.

Final payment: The remaining balance, equal to 70% of the total, is due no later than 60 days prior to the departure date.

Extras: Additional costs such as insurance, flights or optional services must be paid in full when booking.

Cancellation insurance: Customers may purchase travel cancellation insurance to recover the full amount paid (according to the policy conditions).

The traveler may cancel the booked trip and will be entitled to a refund of the amounts paid, except for the specified penalties. However, once the trip has been confirmed, the traveler must pay the agency the following amounts.

Cancellation policy 3:

- Full refund within 24 hours of purchase.
- Up to 60 days before the trip: 100% refund of the trip price.
- Up to 45 days before the trip: 50% refund of the trip price.
- For timeframes shorter than those described: no refund will be issued.

*A €250 administrative fee will apply.

*If any other non-refundable expenses have already been incurred/issued, they will not be refunded and will be deducted from the total refund amount.

*The cancellation cost for already-issued flight tickets is 100% of the ticket price.

Packing List

FUNCTIONAL CLOTHING:

- Gore-Tex or waterproof breathable jacket
- Waterproof rain pants
- Warm jacket: down or preferably primaloft (as they are water resistant)
- Lightweight fleece
- Breathable, quick-dry short sleeve shirts
- Elastic pants, slightly thicker, for colder days or nights
- Trekking pants
- Shorts
- Thermal shirt and pants set
- Underwear (recommended non-cotton)
- Swimsuits

HEAD

- Lightweight running cap
- Wool hat
- Neck gaiter
- Sunglasses

HANDS

- Thin fleece gloves
- Trekking poles (recommended)

FEET

- Thin socks (non-cotton)
- Thick, warm socks for night (non-cotton)
- Lightweight trail running shoes or hiking boots (usual mountain footwear)
- Mountain sandals with heel strap (optional)

BACKPACKS

- Mountain backpack 20/35 liters
- Rain cover for backpack
- Small travel bag (for documents and wallet)
- Travel bag (better than suitcase)

ACCOMMODATION GEAR

- Sleeping bag (3 season)
- Silk-cabin style sleeping bag liner (optional)
- Earplugs

ACCESSORIES

- Headlamp and spare batteries
- Sunscreen, lip balm, and after sun
- Mosquito repellent

EAT/DRINK

- Hydration system minimum 1l (Camelbak, water bottle, or flexible bottle)
- Thermos (optional)
- Snacks, nuts, gels, hydration and enough energy bars, protein bars, nut mixes, magnesium tablets and recovery supplements

TRAVEL EQUIPMENT

- Casual clothing
- Passport, visa, cash, insurance documentation, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route track
- Powerbank, camera, charging cables, headphones, selfie stick

FAQs

What fitness level is required?

A good physical condition and prior experience with multi-day treks are essential. Each day involves walking 10 to 14 km at high altitudes, crossing mountain passes between 4900 and 5400 meters. Previous trekking above 3000m is highly recommended.

Is rescue insurance mandatory?

Yes. It is mandatory to have travel insurance that covers high-altitude evacuation and medical assistance in remote areas. We can arrange it for you, if needed.

Is a visa required for India?

Yes, most nationalities must apply for an e-Visa prior to travel. The process is done online and usually approved within a few days.

What kind of accommodation is included?

In Leh, accommodation is provided in comfortable hotels or guesthouses with double rooms and private bathrooms. During the trek, you will sleep in double tents with included sleeping bags and mattresses. A dining tent, kitchen tent, and toilet tent are provided.

What meals are included?

All meals during the trek are included (breakfast, lunch, dinner, and hot drinks). In Leh, breakfast is provided. Meals are designed to be nutritious and suitable for high-altitude conditions.

How do I get to Leh?

The only practical way is via domestic flight from Delhi to Kushok Bakula Rimpochee Airport (Leh). We recommend arriving at least two days early for better acclimatization.

When is the best season for this trek?

From June to September, when mountain passes are free of snow and weather conditions are more stable. This is also the time when nomadic camps are active.

Can I swim in Tsomoriri Lake?

Swimming is not recommended due to religious and environmental reasons. The lake is sacred to local communities, and conservation is essential.

Can I rent gear in Leh?

Some basic gear such as trekking poles, jackets, or sleeping bags may be available for rent. However, we recommend bringing your own equipment to ensure comfort and quality.

How is the luggage transported during the trek?

Your main luggage (up to 12 kg) will be carried by ponies. You only need to carry a small daypack with water, snacks, and personal essentials.

What happens if I don't acclimatize well?

The itinerary is designed to allow gradual acclimatization. If symptoms appear, the guide will assess the situation and may recommend resting, descending, or exiting the trek. Oxygen and emergency communication are available.

Is there mobile network during the trek?

No. Network is only available in Leh. During the trek, satellite phone or walkie-talkies are used for emergencies.

Are any vaccines required to travel to Ladakh?

There are no mandatory vaccines, but it is advisable to be up to date with tetanus and hepatitis A. Consult your local travel clinic.

What kind of weather should I expect?

Sunny and dry days (10°C to 20°C), cold nights (-5°C to -10°C). Strong winds are possible on high passes. Warm and windproof clothing is essential.

Can I extend my stay in Leh?

Yes. We can assist with organizing extra nights, cultural tours, or excursions to nearby monasteries and valleys.



Contact us!

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