

MOUNTAINEERING

MARKHA VALLEY AND DZO JONGO TREK

6000 m Summit in the Indian Himalayas via
Markha Valley



B4Experience

India



High-altitude trekking in Ladakh, the land of high passes, combining Markha Valley with the ascent to Dzo Jongo (6,240 m) in the heart of the Indian Himalayas, ideal to summit a six-thousand-meter peak in summer among mountains and Tibetan culture.

[Ver programa en la web](#)



MESES RECOMENDADOS

JULY, AUGUST, SEPTEMBER



PRECIO

Desde 1.740€ /persona

Descuentos para grupos





Highlights

- 6,240 METER SUMMIT WITH VIEWS OF THE KARAKORAM
- ROUTE THROUGH HEMIS NATIONAL PARK
- TIBETAN CULTURE AND MILLENNARY MONASTERIES
- SELECTED ACCOMMODATION IN HIGH-ALTITUDE SETTINGS.

Grupo privado

100% personalizable

Desde (Personas)	Categoría	Disponibilidad	N. días	Precio por pers.
6	Estándar	15 Jun 2026 - 30 Sep 2026	11	1.740€
4	Estándar	15 Jun 2026 - 30 Sep 2026	11	1.900€
2	Estándar	15 Jun 2026 - 30 Sep 2026	11	2.105€

Viaja con tus familiares o tu grupo de amigos.

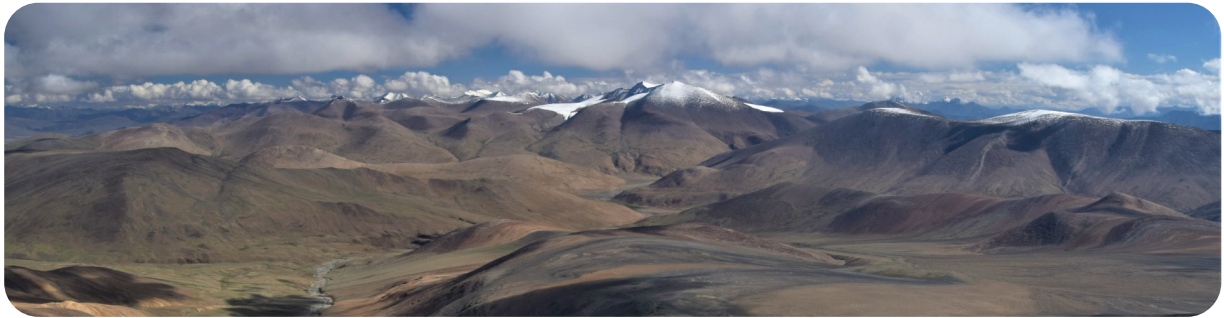
*Confirmar disponibilidad en info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Grupos Abiertos

Comparte la experiencia con otros viajeros

Categoría	Fechas	Nº días	Plazas dispo.	Punto de origen	Precio por pers.
✕ No hay grupos abiertos disponibles, solo grupos privados					

**Confirmar disponibilidad en info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

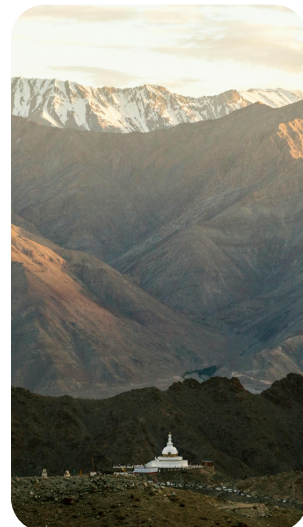


Incluye

- Accommodation in luxury hotels, guesthouses, and premium camps
- All meals during the trek
- Land transportation throughout the itinerary
- Trekking guides and support staff
- Trekking permits and park entrance
- Safety equipment: first aid kit and oxygen
- Technical equipment for the ascent.

No Incluye

- International and domestic flights to Leh (we can arrange them).
- Travel and rescue insurance (we can arrange it).
- Personal mountain gear (rental available).
- Tips and personal expenses.
- Drinks and snacks outside of meals.



Itinerario

DAY 1: ARRIVAL TO LEH (3,500 m)

Arrival at Leh airport and transfer to the luxury hotel, where we begin acclimatising to the altitude. The rest of the day is free to rest, hydrate, and take an easy first walk around town. At sunset, optional visit to Shanti Stupa and Leh Palace to enjoy views over the valley.

Accommodation: Luxury hotel

Meals: Dinner.

DAY 2: ACCLIMATIZATION IN LEH

After breakfast, we set out with a local guide to visit the monasteries around Leh. We explore Shey, the former royal capital with its large Buddha statue, and continue to the impressive Thiksey Gumpa, perched on a hilltop. Return to the hotel to continue acclimatising and rest.

Accommodation: Luxury hotel

Meals: Breakfast

DAY 3: LEH → CHILLING → SKIU

Description: We leave Leh by road, passing the famous Pathar Sahib Gurudwara and the spectacular confluence of the Indus and Zaskar rivers—the gateway to Hemis National Park. After around 2–3 hours' drive, we reach Chilling, where we begin the trek. A comfortable hike follows the valley to the small village of Skiu, right in the heart of the park.

Accommodation: Guesthouse

Meals: Breakfast, lunch, dinner

DAY 4: SKIU → MARKHA

First big trekking day in the Markha Valley. The trail winds between rocky walls and stretches of surprisingly green vegetation for this region. We pass through villages such as Sara and Chalak, with their terraced fields, and cross the Markha River at several points—sometimes walking right in the riverbed. Arrival in the charming village of Markha and overnight in an upgraded homestay.

Accommodation: Upgraded homestay

Accommodation: Guesthouse

Meals: Breakfast, lunch, dinner

DAY 5: MARKHA → HANKAR

DAY 5: MARKHA → HANKAR Description: We continue up the valley, leaving the last houses of Markha behind and walking among chortens and prayer murals. In Umlung we visit its old gompa and, if conditions allow, we catch our first full view of Kang Yatse dominating the skyline. The landscape becomes more open and rugged before reaching the village of Hankar, one of the highest in the valley. Accommodation: Homestay

Accommodation: Guesthouse

Meals: Breakfast, lunch, dinner

DAY 6: HANKAR → NIMALING

The route gains altitude gradually on the way to the wide meadows of Nimaling. We leave the last houses behind and enter high grazing pastures where yaks and local herds are often seen. The setting becomes fully high-mountain, surrounded by snow-capped peaks with views towards Kang Yatse. Arrival on the Nimaling plateau and overnight in a comfortable high-altitude camp.

Accommodation: Luxury high-altitude camp

Meals: Breakfast, lunch, dinner

DAY 7: NIMALING → DZO JONGO BASE CAMP

After breakfast, we set off on a relatively short but high-altitude hike, following a gentle slope that leads us into the Dzo Jongo basin. In around 2–3 hours we reach base camp, where we settle into our tents. In the afternoon, we do an acclimatisation walk around camp to improve altitude adaptation. Overnight in tents, full board.

Accommodation: Base Camp

Meals: Breakfast, lunch, dinner

DAY 8: TECHNICAL TRAINING AND ACCLIMATIZATION

Key day for preparation and active rest at base camp. We check and fine-tune all climbing gear, practise using crampons, rope and harness, and get our light summit packs ready. We take a short acclimatisation walk in the area and finish early for dinner and rest, as the ascent will start before dawn. Accommodation: Base Camp

Accommodation: Base Camp

Meals: Breakfast, lunch, dinner

DAY 9: SUMMIT DAY – DZO JONGO EAST (6,240 m)

We leave base camp in the middle of the night to make the most of the most stable hours. The route climbs over rocky slopes and snow sections where, depending on conditions, we'll use crampons. The final ridge is airy but not very technical, and the rope is usually only needed near 6,000 m. From the summit, we enjoy outstanding views of the Karakoram, Zaskar and the Himalaya before descending back to base camp the same way. A long 10–12-hour day. Overnight in tents. Accommodation: Base Camp

Accommodation: Base Camp

Meals: Breakfast, lunch, dinner

DAY 10: BASE CAMP → KONGMARU LA → LEH

Final day in the mountains. We break camp and climb steadily up to Kongmaru La (over 5,200 m), where we get one last panoramic view of the region's major peaks. The initial descent is steep, then it eases as we follow a streambed down to Chogdo. There, vehicles will be waiting to take us back to Leh, where we'll enjoy a well-deserved hot shower and the comfort of our hotel.

Accommodation: Luxury hotel

Accommodation: Luxury hotel

Meals: Breakfast, lunch

DAY 11: DEPARTURE FROM LEH

Early breakfast and final free time depending on your flight schedule. Airport transfer arranged by the local team, and end of our services. Farewell to Leh and the Himalaya after eleven days of adventure combining Ladakhi culture, high-altitude trekking, and the ascent of an accessible yet demanding 6,000-metre peak. Accommodation: N/A

Meals: Breakfast

Payment and Cancellation Policy

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

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The customer may take out trip cancellation insurance to be eligible for a refund of the full amount paid (subject to the policy terms and conditions).

The end customer may withdraw from the booked trip and is entitled to a refund of the amounts paid, subject to the penalties set out below. However, once the trip is confirmed, they must pay the agency the following amounts once the trip is confirmed.

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 any shorter notice than the periods above: no refund will be issued.

*A €250 administration fee will apply.

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

*The cancellation cost for any flights already issued is 100% of the ticket price.

Material List

- 40 L backpack
- Duffel bag or travel bag.
- Warm high-mountain boots
- Soft trekking boots for lower areas.
- Thin and thick socks (several replacement pairs).
- Mountain pants
- Long and short sleeve shirts
- Fleece jacket and pants or warm pants (ski type).
- Gore-tex jacket and pants or similar.
- Down jacket.
- Balaclava
- Sun hat.
- Thin inner gloves.
- Ski type gloves
- Maximum UV protection sunglasses (2 pairs)
- Storm glasses (ski type).
- Warm down sleeping bag (preferably with side zipper)
- Insulating mat.
- Telescopic poles (optional).
- High protection skin and lip cream
- Headlamp with plenty of spare batteries and bulbs.
- Personal first aid kit
- Personal hygiene bag, towel, toilet paper, etc.
- Automatic crampons with anti-slip rubber covers (for the ascent)
- Ice axe (for the ascent)
- Safety carabiners (for the ascent)
- Harness (for the ascent)
- GPS (optional).

FAQs

What physical and technical level is required?

It is a demanding high-altitude trip, with a long summit day (10–12 h) and glacier terrain sections. It is not a very technical ascent, but you need very good physical condition, previous high mountain experience, practice with crampons and ice axe, and skill moving on snow, ice and scree.

What type of accommodation is used during the trip?

In Leh we sleep in carefully selected comfortable hotels. On route we use local family accommodations (homestays) in villages and high-altitude camps equipped with tents, mats and kitchen. This combination allows experiencing local culture without giving up basic mountain comfort.

How do I get to the trip starting point and which is the nearest airport?

The trip starts and ends in Leh, Ladakh's capital. Usually, you fly first to Delhi and from there take a domestic flight to Leh. The local team arranges airport pick up at arrival and return transfer on the last day, according to your flight schedule. If you wish, we can manage your flights.

What if I don't reach the summit of Dzo Jongu?

The possibility of summiting depends on acclimatization, physical condition, and especially snow and weather conditions. Safety is priority, so the guide may decide not to continue. Even if the summit is not reached, the trekking through Markha Valley and Nimaling is already a great experience by itself.

What measures are taken against altitude sickness?

The itinerary is designed with a gradual ascent, acclimatization days and the “climb high and sleep low” technique when possible. It is recommended to hydrate well, eat light, and report any symptoms. The team carries a first aid kit and oxygen, and in serious cases the only effective solution is descent.

What kind of weather can I expect in Ladakh and in the mountains?

In summer, Ladakh is dry and sunny, without direct monsoon influence. During the day, below 3,500 m it can be quite warm, while above 4,500 m nights are cold and can reach 0 °C or below. At altitude there is always the possibility of wind and snow.

What language is spoken in the area? Is it necessary to know English?

India has many official languages; in Ladakh Ladakhi and Hindi are spoken, but English is the usual language for tourism and administration. The local guide communicates in English, so it is highly recommended to understand at least basic English.

What documentation do I need to bring?

You must travel with a valid passport, with a minimum validity of 6 months from the return date, and the visa to enter India. It is also recommended to carry printed and digital copies of the insurance policy, plane tickets, and, if applicable, vaccination certificate or usual medication.

Is a visa required to travel to India?

Yes, a visa is required for most nationalities. The procedure is carried out online through the official Indian government website and must be managed at least one week before the trip start. The traveler is solely responsible for having the visa in order.

How is luggage transported during the trekking?

During the trek, large backpacks or duffle bags are carried by mules or porters. Each participant walks alone with a day backpack (20–30 L) with water, warm clothes, camera, and some food. It is important to respect the maximum weight assigned per person to facilitate logistics and animal welfare.

What should I know about vaccines and health in India?

No vaccines are mandatory to enter India, but it is important to have the basic vaccination schedule updated. Other vaccines may be recommended, whose prescription must be made individually at any authorized International Vaccination Centers. In some areas below 2,000 m there may be malaria risk. Outside large cities sanitary conditions are basic, so precautions must be taken with water and food.

How is drinking water managed during the trek?

On route, boiled or treated water is provided, and at some points it can be refilled from safe sources. It is essential to carry a canteen or thermos and purification tablets if extra safety is desired. Drinking tap water or consuming ice or peeled fruit outside trusted accommodations is not recommended.

What luggage rules apply on flights?

On international flights, the limit is usually about 23 kg checked plus standard carry-on luggage, but it is confirmed at ticket issuance. For the internal flight to Leh the limit is stricter: usually 15 kg checked and 7 kg cabin. Any excess is paid directly at the airport.



Contacto

info@b4experience.com

www.b4experience.com

+34 613 03 77 00

