

## RUMTSE – TSOMORIRI TREK HECO-STYLE ITINERARY

Region: Ladakh – Changthang Plateau

Duration: 11 Days

Season: June to September

Maximum Altitude: Approx. 5,400 m (Yalung Nyau La)

Difficulty: Moderate to Strenuous High-Altitude Trek

### DAY 1 – ARRIVAL IN LEH (3,524 m)

Arrive in Leh and transfer to your hotel. The day is reserved for rest and acclimatization. Spend time hydrating and adjusting to the high altitude. Optional evening walk in the local market or visit to Leh Palace and Shanti Stupa.

### DAY 2 – ACCLIMATIZATION IN LEH (3,524 m)

A full day dedicated to acclimatization. Visit Hemis Monastery, Thiksey Monastery, and Shey Palace. Prepare trekking permits and review equipment with the guide.

### DAY 3 – LEH TO RUMTSE, TREK TO KYAMAR (4,020 m)

Drive from Leh to Rumtse along the Leh–Manali Highway. Begin trekking from Rumtse toward Kyamar through open high-altitude terrain.

Trek Distance: 12–14 km | Time: 5–6 hours

Pass: Kyamar La (approx. 4,490 m)

### DAY 4 – KYAMAR TO TISALING (4,800 m)

A long trekking day crossing Kyamar La and continuing toward Tisaling across wide valleys and Changthang grasslands.

Trek Distance: 15 km | Time: 8–9 hours

### DAY 5 – TISALING TO PONGANAGU / TSO KAR CAMPSITE (4,550 m)

Trek across remote terrain toward Ponganagu near Tso Kar Lake.

Pass: Shibuk La (approx. 5,250 m)

Trek Distance: 12–15 km | Time: 6–7 hours

### DAY 6 – PONGANAGU TO NURUCHAN (4,650 m)

An easier day trekking across grasslands and near-level terrain, with views of Tsokar Lake and surrounding plains.

Trek Distance: 14–16 km | Time: 5–6 hours

### DAY 7 – NURUCHAN TO RACHUNG KARU (5,200 m)

Cross Kyamayuri La and trek through high plateaus used by Changpa nomads for grazing.

Pass: Kyamayuri La (approx. 5,400 m)

Trek Distance: 16–18 km | Time: 7–8 hours

### DAY 8 – RACHUNG KARU TO GYAMAR (5,100 m)

Trek through the narrow Gyamar Valley with gradual descent and scenic mountain views.

Trek Distance: 8–10 km | Time: 5–6 hours

### DAY 9 – GYAMAR TO KARZOK (TSOMORIRI LAKE) (4,550 m)

Cross Yalung Nyau La and descend to Karzok village on the shores of Tsomoriri Lake.

Pass: Yalung Nyau La (approx. 5,400 m)

Trek Distance: 18–20 km | Time: 7–8 hours

### DAY 10 – KARZOK TO LEH (3,524 m)

Drive back to Leh through Changthang, with possible wildlife sightings along the way.

Drive Time: 8–9 hours | Distance: approx. 210–220 km

DAY 11 – DEPARTURE FROM LEH

Transfer to Leh airport for onward journey. End of the Rumtse–Tsomoriri Trek.