

## YAK TREK – LADAKH

Duration: 4–8 Days

Season: July to September

Maximum Altitude: 5,825 m

Difficulty: Difficult (High-altitude trekking)

### DAY 1 – ARRIVAL IN LEH

On arrival in Leh, a taxi will pick you up and transfer you to a boutique hotel or homestay.

Relax and allow your body to acclimatize to the high altitude.

Optional late afternoon or evening visit to Leh Palace and Shanti Stupa.

Overnight stay in Leh.

### DAY 2 – EXPLORE LEH

Visit monasteries and palaces, and take a stroll through the vibrant Leh market.

Optional shamanism experience with Lhamo.

Overnight stay in Leh.

### DAY 3 – LEH (3,500 m) TO KARGYAM (4,390 m)

Drive to Kargyam via scenic mountain roads (approx. 5–6 hours).

Cross high-altitude passes en route.

Interact with local communities and experience village life.

Overnight stay in tents at Kargyam.

### DAY 4 – CHIBRA (KARGYAM) TO BALMIK (4,940 m)

Begin trekking alongside yaks from Chibra, a hamlet of Kargyam village.

Experience the nomadic shepherd lifestyle and high-altitude landscapes.

Trek duration approximately 4 hours.

Overnight stay in tents at Balmik.

### DAY 5 – BALMIK (4,940 m) TO CAMPSITE (5,175 m) VIA LIKCHEY LA (5,825 m)

Trek towards Likchey La pass at 5,825 m.

Enjoy panoramic views from the pass.

Descend to the campsite after crossing the pass.

Trek duration approximately 7 hours.

Ascent: +885 m, Descent: –650 m.

Overnight stay in tents.

### DAY 6 – CAMPSITE (5,175 m) TO LIKCHEY VILLAGE (3,620 m)

Descend for approximately 5 hours to Likchey village.

Participate in pashmina wool combing and traditional butter-making.

Learn about the pastoral economy and daily life of the locals.

Overnight stay in a homestay at Likchey.

### DAY 7 – LIKCHEY TO LEH

Drive back to Leh (approx. 3–4 hours).

Guided stroll through Leh market to explore traditional crafts and local products.

Overnight stay in Leh.

### DAY 8 – DEPARTURE FROM LEH

After breakfast, transfer to Leh airport.

Fly to Delhi or onward destination.

End of the trek.