

Sham Valley Trek



Around 125 kms west of Leh, on a spectacularly beautiful road, lies the earliest surviving monastery of Ladakh, known as Yung-drung or the Swastika. The Gompa is remarkably built on sand stone and dates to the 11th Century. The monastery has a remarkable history and the surrounding area presents an interesting topography that is spread with yellow loess formation. The Alchi monastery lays 69 kms west of Leh, the most famous and largest of all the Gompa built by Rinchen Zangpo in 11th Century. The monastery houses some of the best murals and frescoes representing the Kashmiri style of Buddhist iconography. Each monastery in Ladakh is distinct in itself and for those who wish to experience the uniqueness of Ladakhi monasteries this is an ideal opportunity.

Area: Ladakh

Duration: 7 Days

Best Time: Round the year

Highest Point: Tsermangchan La (3750 mts)

Highlight: People, Village, Wildlife and High Passes

Physical Challenge: Easy

Description: On this trek there are several villages among the richest in Ladakh. This trekking is known as Sham valley or Apricot valley trek. Arrive at Likir monastery, where the track to Likir monastery meets in between Saspol – Bazgo, it is hardly an hour walks from the road. Through the Indus valley and the ancient kingdom of Sham, we will discover the main Ladakhi monasteries and the wonderful sites surrounding them: Lamayuru and Alchi are all accessible by road, and Temisgang, Ridzong and Likir line the trekking route. This itinerary is of moderate difficulty and the path does not rise above 4500m. The trail crosses numerous villages where the people have kept their Ladakhi ways and customs.



Day 01: Arrive Delhi

Upon arrival at Delhi airport met our representative and then transfer to pre booked hotel for overnight stay.

**Day 02: Delhi – Leh** (Complete Rest in Leh for acclimatisation)

Take the morning flight for Leh from Delhi. On arrival at Leh met our representative and transfer to pre booked hotel/Guest house for relax and acclimatisation. This is necessary for getting acclimatised at high altitude. Evening one can visit the color full market of Leh. Overnight in the hotel/guesthouse.

Day 03: Leh - Likir - Yangthang across Phobe La (9 kms/4 to 5 hrs.)

Morning after breakfast you will be driven by taxi to Likir which is just 58 kms. Away. Likir Village (3650 mts.) is the starting point of our trek. Although the distance is short, the route is warm, without any shade or water and we need to traverse two passes. From Likir the route heads west up to Phobe La (3580m) and beyond this lies Sumdo village. The trail goes steadily upwards till you get to Chagatse La (3630m). Across the pass is the village of Yangthang (3630m) where we camp for the night, next to a stream. The Ridzong Monastery lies about an hour south of Yangthang

Day 04: Yangthang - Hemis Shukpachan across Tsermangchan La (8 kms 2/3 hours)

Today is an easy walk despite the pass because both the approach and the descent are of gentle gradients. The trail heads north, descending for a bit, crossing a stream before climbing up west again to Tsermangchan La (3750m). After a short rest at the pass we head down to Hemis Shukpachan. The village, named after the grove of cedars, is one of Ladakh's prettiest. There are several sparkling streams surrounded by shady willows and large barley fields that provide a touch of green to the otherwise desolate, Rocky Mountains.



Day 05: Hemis Shukpachan - Ang across Mebtak La (10 kms/ 3 hrs)

Again this is a fairly easy day. The trail goes upward between two hillocks west of the village upwards until it veers south and climbs steeply up to the Mebtak La (3750m) marked by



prayer flags. From the pass we head down the gorge to Ang, a charming village with apricot orchards, where we camp for the night.

Day 06: Ang -Temisgam and Nurla (8 km/ 3 hrs) - Leh

Today is the last day and very easy as its downhill all the way on to the main road. From Temisgam there would be a taxi waiting to take back everyone to Leh.

Day 07: Leh – Delhi

Transfer to the airport for the spectacular flight across the main chain of the Himalaya to Delhi. On arrival at Delhi transfer to international airport to catch your onward flight.

Trip & services ends here.

Trekking equipment

- Trekking shoes or Regular sports shoes Nike or Adidas
- One warmer (jacket or equivalent with hood)
- One wool shirt or sweater, Two cotton shirts/T-Shirts
- One pair cotton trousers or shorts
- One pair shorts or calf-length skirt for women
- Three pairs of regular underwear, Long underwear - thermal or wool
- Wind- and rain-gear with hood, Sun hat, Cotton socks 4 pair
- Personal first-aid kit including medication for common ailments
- Flashlight with extra batteries, Sunglasses
- Water bottle, preferably wide mouthed, with at least one liter capacity
- Pocket knife, Camera, Note book with pens and pencils
- Plastic bags - small size for books, film etc., larger bags for clothes
- Suns cream lotion
- Personal toiletries

