

Trekking and Expedition in the land of the nomads

Expedition to Spangnak Ri in Changthang
medium - demanding

On this tour we fly at higher game: the nine-day-trek leads us through the the Tibetan High Plateau at an elevation between 4,500 and 5,000 m, home of the nomads and their herds of sheep, goats and yaks.



Group departure: Ladakh: Sky of the nomads

Price: **EUR 1.790 / USD 2.050**

Date: **08.-26. August 2020**

Status: **available**



As individual tour at your desired date

Best time of travel: **July-September**

Price for 1 pax: [on request](#)

Price for 2-3 people: **1.990 EUR/person / 2.280 USD/person**

Price from 4 pax onwards: **1.790 EUR/person / 2.050 USD/person**

Price from 8 pax onwards: [on request](#)

[/one_half_last]



The Kiang (wild ass) are part of the Changthang

On this tour we fly at higher game: the nine-day-trek leads us through the the Tibetan High Plateau at an elevation between 4,500 and 5,000 m, home of the nomads and their herds of sheep, goats and yaks.

And then we even climb a six-thousander - **Spangnak Ri at 6,380 m** is a lesser-known summit, but nonetheless very exciting to climb and the highest point on our tour.

Before the trek you will acclimatize while visiting the most beautiful monasteries of Ladakh and the deep-blue Pangong lake, that connects Ladakh with Tibet. Now you are perfectly prepared for the following trek.

Highlights at a glance

- The most beautiful monasteries of Ladakh: Hemis, Thikse, Alchi
- Boarder lake to Tibet: Pangong Lake
- Impressive trekking through the nomad's land
- Encounters with nomads
- Expedition to an 6000er



Spangnak Ri (6.380m)

Important notice to this tour

Please notice that this trekking is in high altitude! We take good care of acclimatization before the main trek, but still there might be problems with getting used to high altitude. Have a look on our [tips to avoid altitude sickness!!](#)

- [Itinerary](#)
- [Prices & dates](#)
- [Services included](#)
- [As individualtour](#)

Itinerary

Day 1

Departure from home

Day 2

Arrival in Delhi & Leh

In Delhi we will bring you to the other/domestic terminal or you stay at the same terminal and just go to the upper floor. The flight over the Himalayas and the landing in Leh is an adventure in itself

and even when you are tired from your long journey, that experience will wake you right up. Your guide is already waiting for you at the airport in Leh and will bring you to your hotel. On the first day you can relax and ONLY relax to better acclimatize to the high altitude. (It is a conscious decision not having planned any activities on the first day, it is crucial for your adaptation to the high altitude!) B,L,-

Day 3

In the focus: Leh

The first day of sightseeing dedicated to Leh. At first sight Ladakh's capital seems chaotic and not very charming, but if you look closely you can discover many exciting aspects. You visit the central city monastery - the Gonpa Soma - , the bazar of Leh with its market women selling fresh produce from their gardens and the polo field, where polo was already played long before the British came. After lunch at the hotel there is time to relax, the second part of the program only starts later in the afternoon. A car will take you to Tsemo monastery, then you walk over green pastures along beautiful Ladakhi houses, with laughing children and friendly Leh-pas (Leh's residents) to the hidden Samkhar monastery. To complete the day you visit Shanti-Stupa, built in the 1980's, where you have a great view over Leh and the Indus valley. B,L,-

Day 4

Monks & Nuns

After breakfast we drive to Hemis, where we find a hidden monastery - one of the wealthiest in Ladakh. There will be a lot of time to explore the area and see much of this historic monastery. After that we will have lunch at the nunnery, which is rich in contrast to the monastery and where we can get some insight into the daily life of the nuns in Ladakh. For the next part of our tour we hike to the neighboring Thikse monastery - located on top of a hill it represents the impressive architecture and is one of the most beautiful monasteries of Ladakh. In any case it is the most photographed! Later in the afternoon we will bring you back to your already familiar hotel in Leh. B,L,-



Monastery Thikse (c) Roland Amon

Day 5

Julley Sham

In the morning we leave Leh and drive westward into the Sham region. It is located at lower elevation and is therefore warmer and more fertile. We stop in Likir, visit the local monastery and marvel at the giant statue of Buddha Maitreya. After that we will go for a hike to Saspol. Subsequently we drive to Alchi, where one of the oldest monasteries of Ladakh is located. After a extensive sight-seeing tour comprising the grounds of the monastery, we return to Leh. B,L,-

Day 6

Boarder lake

After an early breakfast we drive to eastern Ladakh, into Tibetan border region, over 5,300m Chang pass (in our comfortable taxis). We enter Changthang, the continuation of the Tibetan High Plateau in Ladakh, and - after an approximately four- to five-hour drive - reach our destination for today: Pangong Lake, where two thirds of the lake's surface are located in Tibet. And because it is at an elevation of 4,500 m we will spend our night here to ideally prepare for the following trekking. Overnight stay at a (simple) hotel or deluxe camp. B,L,D

Day 7

1. Trekking camp

We get back to the Indus valley over Chang La, but we don't return to Leh, however we drive to Rumtse. There we will set up our first camp, spending the night here to relax before we start trekking tomorrow. We will meet our trekking team and sleep at an elevation of 3,900 m. Before

getting to sleep, we can already test our hiking boots and walk a little. B,L,D



Nomadic girl (c) Barbara Esser

Day 8

Trekking to Kyamar

Hiking time: about 3-4 hours, sleeping altitude at 4,550m. B,L,D

Day 9

Trekking to Tisaling

Hiking time: about 6-7 hours. Crossing of 2 passes: 5,080m + 5,230m, sleeping altitude at 4,950m. B,L,D

Day 10

Trekking to Riyul

Hiking time: about 7-8 hours. Crossing of a pass: 5,230m, sleeping altitude at 4,300m. B,L,D

Day 11

Trekking to Rachung Karu

Hiking time: about 5-6 hours, Crossing of a pass: 4,930m, sleeping altitude at 4,900m. B,L,D



At Tsokar (c) Barbara Esser

Day 12

Trekking to Gyamar Barma

Hiking time: about 5-6 hours. Crossing of a pass: 5,430m, sleeping altitude at 5,150m. B,L,D

Day 13

Trekking to the basecamp of Spangnak Ri

Hiking time: about 3-4 hours, sleeping altitude at over 5,000m. B,L,D

Day 14

Acclimatization day

We spend this day to acclimatize, which is crucial to ideally prepare for tomorrow's ascent. B,L,D

Day 15

Climbing of Spangnak Ri

Climbing time: about 10-12 hours, highest point: 6,380m. Sure-footedness and safe walking in crampons is essential - the technical difficulty of the climb is not that high, but we need to traverse a glacier, so a certain mountaineering experience is needed for this ascent. B,L,D

Day 16

Trekking to the road and drive to Leh

After a few hours of hiking down to the road, we meet our taxis which will bring us back to Leh

(driving time: about 7 hours!). B,L,-

The area of trekking

Day 17

Free day in Leh

What would you like to do on your last day in Leh? Shopping, relaxing with a cup of coffee, sight-seeing again, or just resting? Whatever you want - please spend your last day with activities you chose yourself! B,-,D

Day 18

Delhi

When you come from Leh and arrive in Delhi today, you will find it to be loud and not very charming. But we try our best to show you Delhi's best side and create wonderful last days for you here. B,-,-

Day 19

The interesting side of Delhi

Together we explore the most exciting parts of Delhi. We visit Old Delhi, which is rich in culture and walk through bustling markets and see impressive architecture. Late in the evening we will bring you back to the airport, where early in the morning on the next day your flight home is going to depart.

Day 20

Flight home

Prices and dates

Basic data for Sky of the nomads as **Group Departure**:

- Date: **10. -29. August 2019**
- Price: **1.790 EUR / 2.140 USD**
- Min/Max participants: 4/10
- Single supplement: 200 EUR / 240 USD

Basic date for Sky of the nomads as **Individual Tour**:

- Best time of travel: **July-September**
- Price for 1 pax: **[on request](#)**
- **Price for 2-3 people: 1.990 EUR/person / 2.280 USD/person**
- **Price from 4 pax onwards: 1.790 EUR/person / 2.050 USD/person**
- Price from 8 pax onwards: **[on request](#)**

- Single supplement: 200 EUR / 240 USD

Services included

- Services from/to Delhi
- Accommodation in Standardhotels/Guesthouses with food according to itinerary / Accommodation in double rooms
- Tour guidance by an english speaking local guide
- Trekkingsupport with cook/helper/horses
- Camping-Equipment excl. sleeping bag
- All entrances and Permits
- All transfers & transportations according to programme[/tg_promo_box]

Not included

- Flights
- Travel insurance
- Visa for India
- Vaccination
- Tips
- Additional costs caused by illness, accident, route changes due to acts of nature beyond control, etc.
- Additional costs caused by cancelled or delayed flight[/tg_promo_box]

As individual tour

You can choose your own date, but we will happily assist you if you need some help.

Of course this travel can be modified according to your wishes: **extend, shorten or change!** We are open to (almost) anything.

In general we'd like to arrange this tour also for single travelers. Only during the very busy times in high season we might have to refuse. Simply ask for possible dates!

Book this tour

Something to read before coming to Ladakh

- [General info on Ladakh](#)
- [All about Stok Kangri](#)
- [10 rules for Ladakh](#):To avoid cultural misunderstandings
- [Top 10 Restaurants and Cafés in Leh: Our top tips about food](#)
- [Tips for the acclimatization in high altitude](#)
- [Packing lists & more](#)
- [Travel insurance](#)
- [Terms & Conditions](#)
- [Maps, Books & Links](#)
- [Frequently asked Questions](#)

This tour might be also of interest for you



[Ladakh: Cycling and Trekking in Nubra](#)

Multiactive Tour (Cycling, Trekking and optional climbing of Stok Kangri at the end); max. 10 participants

Prices and dates available

This tour can be booked individually as well

If you have questions regarding this tour, don't hesitate to contact us

Name (required)

Email (required)

Phone

Subject

Message

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