

# Trekking in Markha-Valley

An appealing classic tour at a reasonable rate  
medium

The Markha-Trek is one of the best known and most popular treks of Ladakh. For a good reason – as it is close to Leh and easy to reach and therefore cheaper. Another reason is its beauty and diverse landscape with picturesque villages enroute.

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Group tour: **Trekking in Markha-Valley**

Price: **1.290 EUR / 1.490 USD**

Date: **17. August-01. September 2019**

Status: **available**

Price: **1.290 EUR / 1.490 USD**

Date: **15.-29. August 2020**

Status: **available**

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**As Individualtour at your preferred date**

Best time of travel: June-end of September

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

Price for 2 persons: 1.490 EUR/person / 1.720 USD/person (excl. flights)

Price for 3 persons: 1.350 EUR/person / 1.560 USD/person (excl. flights)

Price from 4 persons onwards: 1.290 EUR/Person / 1.490 USD (excl. flights)

Preis from 8 persons onwards: on [request](#)

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## **Trekking in Markha-Valley - a great classic**

The Markha-Trek is one of the best known and most popular treks of Ladakh. For a good reason – as it is close to Leh and easy to reach and therefore cheaper. Another reason is its beauty and diverse landscape with picturesque villages enroute.

Before we will start the trek we will visit the most beautiful monasteries of Ladakh.

During the trek we cross two passes – one slightly below 5.000m, one just above 5.000m. We camp in idyllic little villages, along rushing mountain streams, encounter with a bit of luck ibexes and wolves. But the snow leopards, shy inhabitants of the Hemis Nationalpark, will be not seen, as it prefers to live high up in the mountains during the warmer months.

## **The Markha trek is a classic for good reasons!**

### **Highlights at a glance**

- Crossing of two passes: Ganda La & Kongmaru La
- Picturesque villages enroute
- The plateau of Nimaling with stunning mountain views
- Visit the most beautiful monasteries of Ladakh: Thikse & Hemis

### **The places you will see**

- [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 guesthouse. 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

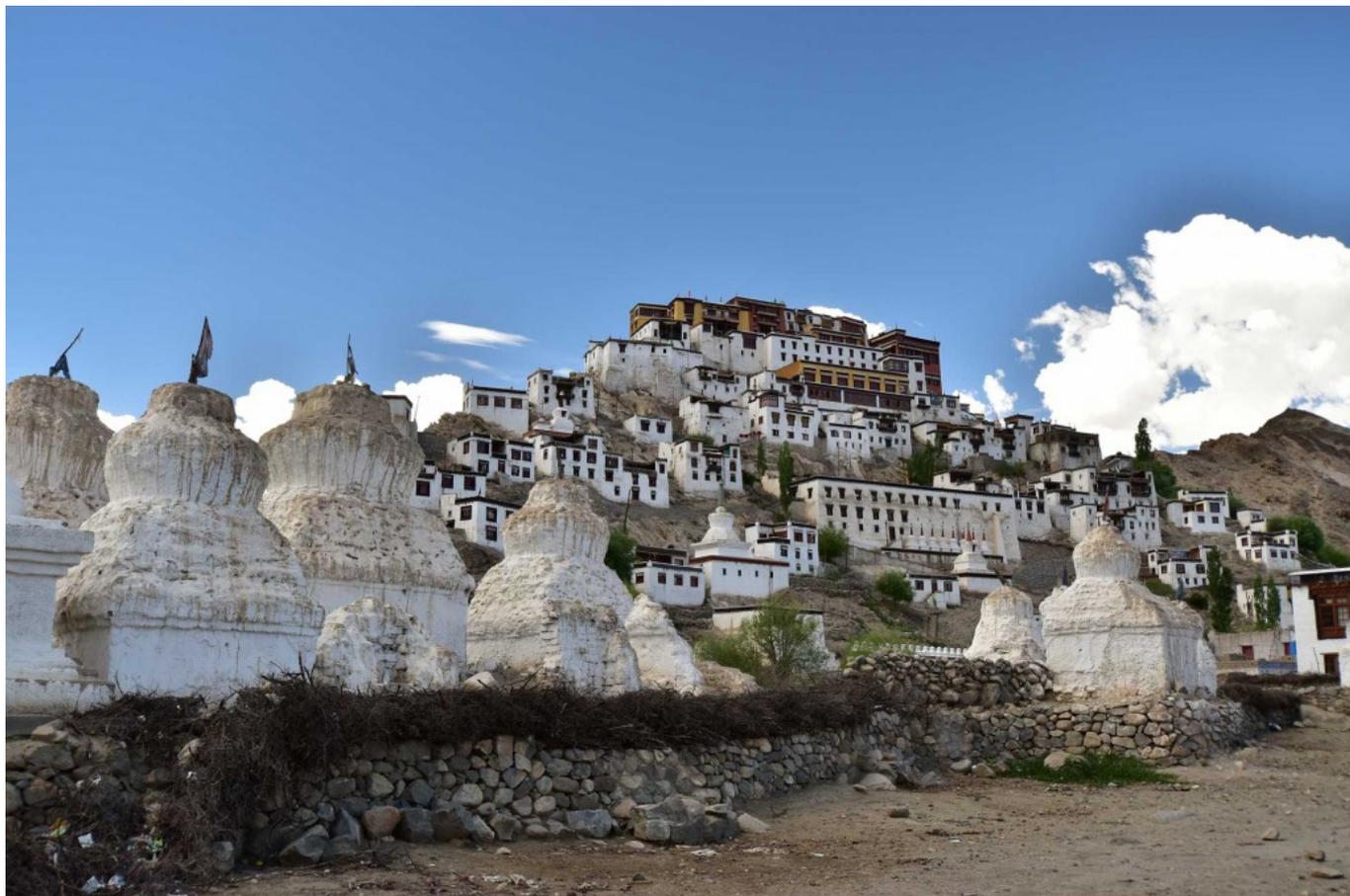
In the focus: Leh

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

Puja & meditationcave

Even before breakfast we drive to Thikse, where we will see the daily morning puja. Afterwards we will have our breakfast in Thikse. Invigorated again, we drive to Hemis, where we will find a hidden monastery - one of the wealthiest in Ladakh. There will be a lot of time to explore the historic monastery. Then we put on our hiking boots and hike up to the centuries-old meditation cave of Hemis Gotsang, where many wise men were meditating on their quest for enlightenment. (Hiking time: about three to four hours) Late in the afternoon we will bring you back to your already familiar hotel. B,L,-



Monastery Thikse (c) Roland Amon

#### Day 5

##### Preparation for the trekking

Tomorrow is our first day of trekking, so today we will go on an acclimatization hike to prepare for the trek - from Leh we go to neighboring Phyang, along the way we are crossing a pass at 4,600 m. Drive back to Leh. B,L,-

#### Day 6

##### Trekking to Yurutse

We are driving to Zhingchen and start our Markha-Trek. The overnight camp is in Yurutse at an elevation of 4.300m. Walking hours: 5-6. B,L,D



Women in Markha valley

#### Day 7

##### Trekking to Singo via Ganda La

Today we will cross the 4.900m high Ganda La and hike down to the village Shingo at an elevation of 4.000m. Walking time: 4-5 hrs. B,L,D

#### Day 8

##### Trekking to Pentse

We hike on through the gorge of Shingo until we reach to the village Skiu. From there we follow the river Markha until we reach Pentse. Walking time: 5-6 hrs. Altitude of camp: 3.500m. B,L,D

#### Day 9

##### Trekking to Markha

Today we will hike along Markha river again until we reach Markha village. Enroute lots of crossings of streams. Walking time: 5-6 hrs. Camp: 3.800m. B,L,D

#### Day 10

##### Trekking to Thachungtse

Walking time: 5-6 hrs. Camp: 4.200m. B,L,D

#### Day 11

Trekking to Nimaling

Hiking up to the beautiful plateau of Nimaling with grazing Yaks and friendly sheperds. Walking time: 3-4 hrs, camp: 4.800m. B,L,D



Keep on trekking. Photo: Spulak/Felber

#### Day 12

Trekking to Chuskyurmo and back to Leh

Walking hours: 6-7. Crossing of Kongmaru La: 5.200m. Drive to Leh. B,L,-

#### Day 13

Free time 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 only resting and spending a calm day? Whatever you want - it's in your hands! B,-,D

#### Day 14

Delhi

After leaving Leh and flying back to Delhi, you will find India's capital to be loud and not very charming. But we will try our best to make your last days as agreeable as possible. B,-,-

Day 15

The interesting side of Delhi

**Note: The tour will be without this day from 2020 onwards:** Together we will explore the exciting parts of Delhi. We visit Old Delhi with its rich culture, we discover bustling markets and impressive buildings. Later in the evening we bring you to the airport, where your flight home will depart very early on the next day.

Day 16

Flight home

Basic data for Markha Valley Trekking as **group tour**:

### **Dates for 2019**

- Date: 17. August-01. September 2019
- Price: **1.290 EUR / 1.490 USD** (excl. of flights)
- Min/max. Participants: 4/10
- Single room supplement: 120 EUR / 140 USD / Single tent supplement: 60 EUR / 70 USD
  
- Date: 15.-29. August 2020
- Price: **1.290 EUR / 1.490 USD** (excl. of flights)
- Min/max. Participants: 4/10
- Single room supplement: 120 EUR / 140 USD / Single tent supplement: 60 EUR / 70 USD

Basic data for Markha Valley Trekking as **individual tour**:

- Best travel time: June - October
- 1 person onwards
- Price for 1 person: on [request](#)
- Price for 2 persons: 1.490 EUR/person / 1.720 USD/person (excl. flights)
- Price for 3 persons: 1.350 EUR/person / 1.560 USD/person (excl. flights)
- Price from 4 persons onwards: 1.290 EUR/Person / 1.490 USD (excl. flights)
- Price from 8 persons onwards: on [request](#)
- Single room supplement: 120 EUR / 140 USD / Single tent supplement: 60 EUR / 70 USD
- Duration: 16 days

For individual tours outside of the high season we will offer a discount of 5%.

## Inclusive

- Services from/to Delhi
- Accommodation with food according to programme / accommodation in double rooms
- English speaking local guide
- All transfers & transports according to programme
- Trekking support with cook/helper/horses
- Camping-Equipment excl. sleeping bag
- All entrances and permits

## Not inclusive

- Flights (though we can book them for you on request)
- [Travel insurance](#)
- Tips
- Drinks except water
- [Visa for India](#)
- Vaccinations
- Sleeping bag
- Additional costs caused by illness, accident, route changes due to acts of nature beyond control, etc.
- Additional costs caused by cancelled or delayed flight

## Infos regarding individual tours

### Spoilt for choice - different routes

You can do Markha-Valley-Trek in different ways. The classic route lead either from Stok or Zhingchen (originally from Spituk - but the road has reached Zhingchen) til Shang Sumdo (originally it was Martsellang but also here the road has made the trek shorter).

In a shorter version you can start Markha Trek from Chilling. In a longer version you can even extend by heading to Matho Phu after crossing Kongmaru La and going all the way to Stok. Additionally Markha Trek is a great acclimatization trek for an expedition up to a 6.000er - for example one of the few in Nimaling region or up to Stok Kangri. If you are ok with peaks below 6.000m there are several great options.

In the present version Markha Trek starts in Zhingchen and goes to Shang Sumdo, but we can modify/shorten/lengthen it according to your wishes.

The package can be lengthened or shortened by several days (with sightseeings/jeep safaris/day hikes/rafting etc.).

If you are interested, contact us: [daniela@gesar-travel.com](mailto:daniela@gesar-travel.com) oder [tashi@gesar-travel.com](mailto:tashi@gesar-travel.com)

## **Alternative Village Homestay**

One can do Markha Trek without trekking team and tent camps as well. Meanwhile you have village homestays all along the way, where you can sleep and eat. An exception is Nimaling, but there is a big tent where overnight stays and food are offered. This version is only suggested for people that are ok with basic hygiene and simple foods. Since most Homestays are in farmhouses you might have occasional encounters with flees. Also one should not expect western standards for the rooms. It's simple but cheap.

Book this tour

## **Something to read before coming to Ladakh**

- [General info on Ladakh](#)
- [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 could be also of interest for you***



Over the Himalayas

Ladakh, Spiti & more

Trekking over the 5.600m high Parang La. Starting point is the deep blue Tsomoriri-Lake and the tour ends in the mystic Spiti. Via Dharamsala back to Delhi.

This tour can be booked individually or in a group

Dates and prices available if you click on the photo!

medium - demanding

**Do you have questions regarding this tour? Then get in touch with us?**

Name (required)

Email (required)

Phone

Subject

Message

\*I agree that the data entered will be stored during the period of processing - namely to answer my request and information about requested products and services. My data will not be stored for more than three months. And should the processing of my request take longer than three months, my data will be deleted at the latest upon completion of the processing.

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