

# Expedition: Two sixthousanders in a row

Mountaineering in the Mentok Range

demanding

Some people can't get enough - only one six-thousander? I'm just getting started! If you can relate to that and want to climb not one but two six-thousanders, this is exactly the right trip for you.

The trek before the ascent starts in Rumtse, goes past Tsokar salt lake and ends at the base camp of Mentok mountain range, where our two 6,000m-summits can be found. This trek on the Tibetan High Plateau (Changthang) will prepare you perfectly for the expedition, because the average altitude is between 4,500m and 5,000m.



**As individual tour at your preferred date**

Best time of travel: July - September

Prices: on request

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Tsokar (c) Roland Amon

## **A memorable expedition in Changthang**

### **Highlights at a glance**

- Climbing of two six-thousanders in the Mentok mountain range
- The most beautiful lakes of Ladakh: Tsokar and Tsomoriri
- Encounters with Ladakhi nomads
- The most beautiful monasteries in Ladakh: Thikse & Hemis

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### **Basic data at a glance**

- Best time of travel: July - September

- 1 pax onwards
- Price for 2-3 pax: on request  
Price for 4-5 pax: 1.990 EUR/person  
Price for 6-7 pax: 1.850 EUR/person  
Price from 8 pax onwards: 1.750 EUR/person
- Duration: 22 days

[To the blogpost](#)

**This post might be interesting for you**



### ***Mountain climbing in the Land of the nomads***

When it comes to trekking and mountain climbing, Ladakh is a fantastic destination overall, but there's a region within the province that seems almost designed for these activities: the Changtang – home of the nomads. In a place where the ground level is at 4500m over the sea, climbing a 6k mountain is a very realistic possibility.

[Read more](#)

## **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

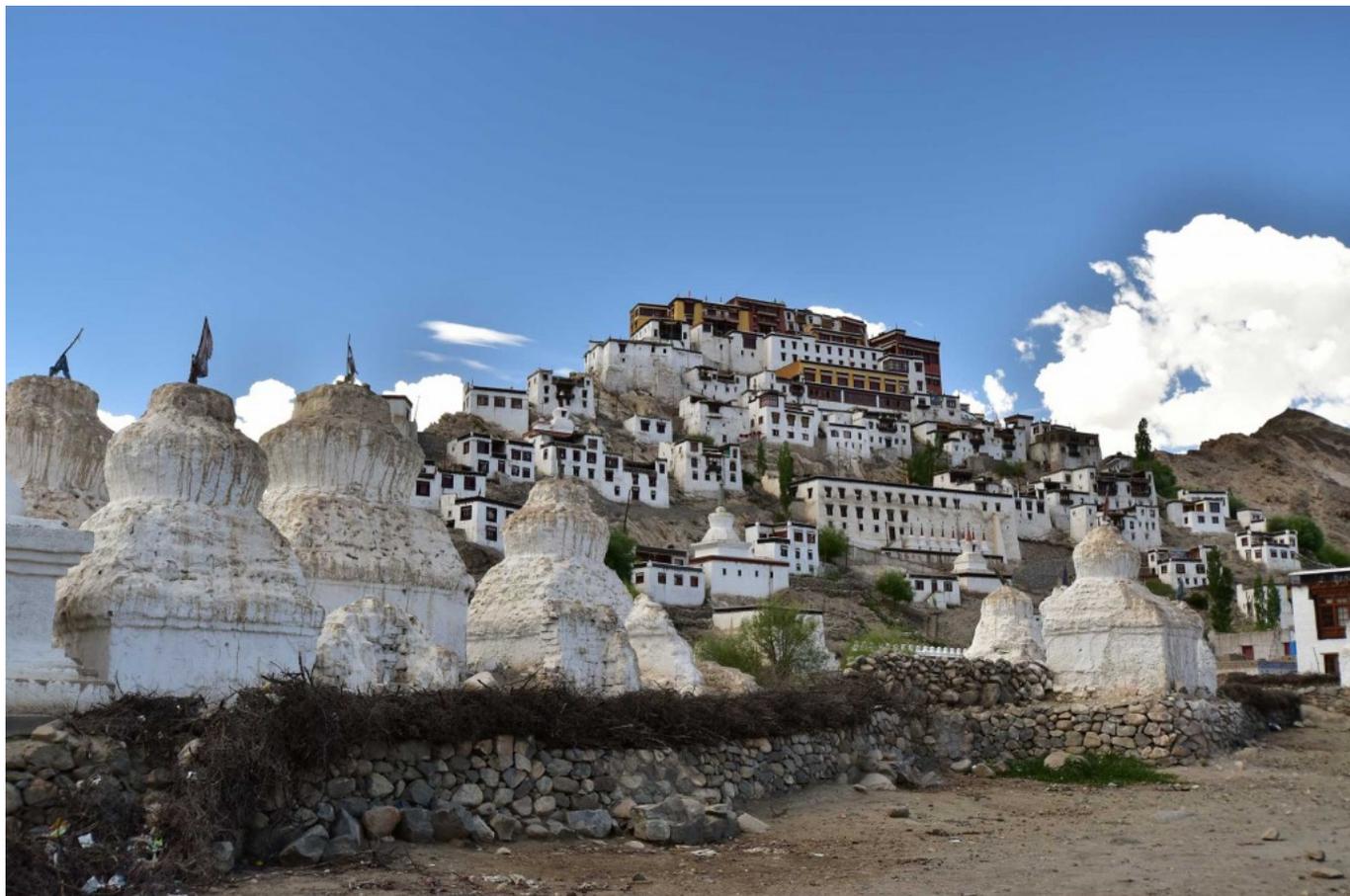
In the focus: Leh

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

Puja & meditation cave

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

### Preparations 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

### 1. Trekkingcamp

Today we drive to Rumtse, where we set up our first camp for the night. We meet our trekking team and sleep at an altitude of 3,900 m. Before we lay our heads to rest, we can go for a short hike today. B,L,D



Nomadic girl (c) Barbara Esser

Day 7

Trekking to Kyamar

Hiking time: about 3-4 hours. Sleeping altitude at 4.550m. B,L,D

Day 8

Trekking to Tisaling

Hiking time: about 6-7 hours. Crossing of two passes: 5.080m + 5.210m, Sleeping altitude at 4.950m. B,L,D

Day 9

Trekking to Tsokar

Hiking time: about 6-7 hours. Crossing of a pass: 5.230m. Sleeping altitude at 4.590m. B,L,D

Day 10

Trekking to Nuruchan

Hiking time: about 4-5 hours. Sleeping altitude at 4.630m. B,L,D

Day 11

Trekking to Rachung Karu

Hiking time: about 3-4 hours. Sleeping altitude at 4.900m. Crossing of a pass: 4.950m. (+ acclimatization hike because of our short day today) B,L,D



At Tsokar (c) Barbara Esser

Day 12

Trekking to Gyamar Barma

Hiking time: about 5-6 hours. Crossing of a pass: 5.450m. Sleeping altitude at 5.100m. B,L,D

Day 13

Trekking to the basecamp

Hiking time: about 3-4 hours. Sleeping altitude at 5.450m. B,L,D

Day 14-16

Expedition days

Together with your guide, you will decide which summits you will climb. Between ascents there is a rest day planned. B,L,D

Day 17

To Tsomoriri

Heute geht es runter zum Tsomoriri, den Sie von den Gipfeln aus schon mehrfach bewundern haben können. Am Abend wird das Ende der Tour gefeiert. F,M,A

Tag 18

Zurück nach Leh

Today we hike back down to Tsomoriri lake, you've seen it already from the tops of the mountains

surrounding it. In the evening we will celebrate the end of the tour. B,L,D



Tsomoriri-Lake (c) Markus Brixle

Day 19

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

Day 20

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 21

The interesting side of Delhi

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 22

Flight home

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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) or [tashi@gesar-travel.com](mailto:tashi@gesar-travel.com)

### **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!!](#)

### **Services included**

- Services from/to Delhi
- Accommodation in Guesthouses and Standardhotels 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

### **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

Book this tour

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

Name (required)

Email (required)

Phone

Subject

Message

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