



Event Itinerary

- **Event Name:** Kang Yatse 2 Trek 10D/9N
- **Location:** Markha Valley Leh, Ladakh
- **Duration:** 10 Days 9 Night

Day 0: Depart from Bangalore

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Day 1: Acclimatization Day

- **Arrive in Leh**, the gateway to the spectacular landscapes of Ladakh, surrounded by towering mountains and dramatic high-altitude terrain.
- Transfer to your hotel and **settle in comfortably** after your journey.
- Keep the day relaxed and allow your body to **gradually adapt to Leh's high altitude** — this is an important part of preparing for the adventure ahead.
- Spend the day at an easy pace. You can **take a gentle walk around the nearby surroundings** or simply relax at the hotel and enjoy the Ladakhi atmosphere.
- Stay well hydrated, avoid strenuous activities, and use the day to **rest and recharge for the upcoming trek**.

- As evening sets in, enjoy the peaceful mountain setting and prepare for the exciting days ahead.
- **Overnight stay in Leh.**

Day 2: Acclimatization & Local Exploration

- **Take a full day to settle into the high-altitude environment of Leh** and allow your body to adapt before the trek begins.
- Start the day slowly and **explore the lively streets and markets of Leh**, soaking in the unique colours, culture, and atmosphere of Ladakh.
- Visit some of the region's iconic Buddhist landmarks such as **Thiksey Monastery, Hemis Monastery, or Shey Palace**, depending on the day's schedule.
- Discover the flavours of Ladakh by trying **traditional local dishes** at a café or restaurant in Leh.
- Keep the day relaxed, stay well hydrated, and **avoid strenuous activities** while your body adjusts to the altitude.
- Use the evening to **organize your trekking gear and prepare for the adventure ahead.**
- **Overnight stay in Leh.**

Day 3: Leh to Chilling & Trek to Siku

- **Start the day with an early breakfast in Leh** before checking out and setting off towards the next stage of the adventure.
- Drive to **Chilling**, following scenic mountain roads surrounded by the rugged beauty of Ladakh.
- Leave the vehicle behind and **begin the trek towards Siku**, stepping into the quieter and more remote landscapes of the region.
- Trek through **dramatic valleys, barren mountain slopes, and untouched Himalayan terrain**, enjoying the changing scenery along the trail.

- Take a break for **lunch along the route** and recharge before continuing towards Siku.
- Arrive at **Siku**, settle into the local accommodation, and unwind after the day's journey.
- Spend the evening enjoying the peaceful surroundings and preparing for the next day's trek.
- **Overnight stay at Siku in a local stay.**

Day 4: Siku to Markha Trek

- **After a relaxed morning at Siku, gear up for a full day on the trail** towards the iconic Markha Valley.
- Begin the trek through **rugged mountain terrain, open valleys, and remote Himalayan landscapes**, with every section offering a new perspective.
- Trek for approximately **8 hours**, navigating scenic trails and crossing streams and rivers along the route.
- Pass through **isolated villages and traditional landscapes**, getting a glimpse into the unique lifestyle of the people living in this remote part of Ladakh.
- As you approach Markha, enjoy the dramatic combination of **barren mountains, green valley patches, and winding waterways**.
- Reach **Markha Village**, settle into the campsite or local accommodation, and take some time to relax after the day's trek.
- Enjoy a **wholesome dinner at camp**, recharge, and get ready for another exciting day in the Markha Valley.
- **Overnight stay in Markha.**

Day 5: Markha to Hangkar Trek

- **Leave Markha behind and continue deeper into the remote landscapes of the Markha Valley** as the trail leads towards Hangkar.

- Follow ancient mountain paths surrounded by **dramatic cliffs, barren ridges, green valley patches, and flowing streams.**
- Along the way, encounter **traditional Ladakhi settlements, old structures, prayer flags, and remnants of the valley's rich heritage.**
- Navigate a mix of **rocky trails, uneven terrain, and river crossings,** adding an exciting element to the day's trek.
- Take in the ever-changing Himalayan scenery and enjoy spectacular views of the **surrounding peaks and wide-open valleys.**
- Gradually make your way towards **Hangkar,** one of the quieter settlements along the trail.
- Reach Hangkar, settle into the campsite or local accommodation, and **relax after a rewarding day in the mountains.**
- Enjoy a warm meal and a peaceful evening surrounded by the rugged beauty of Ladakh.
- **Overnight stay at Hangkar.**

Day 6: Hangkar to Nimaling Trek

- **Start early from Hangkar** and continue your journey towards the spectacular high-altitude meadows of Nimaling.
- Trek through **rugged mountain trails, open valleys, and changing terrain** as you gradually gain altitude.
- Watch the landscape transform as the trail climbs higher, revealing **vast alpine meadows surrounded by dramatic Himalayan ridges.**
- Arrive at the breathtaking **Nimaling Plateau,** one of the most scenic sections of the Markha Valley trek.
- Take some time to capture the incredible surroundings, with **Kang Yatse and other towering Himalayan peaks** creating a stunning backdrop.

- Enjoy the peaceful atmosphere of Nimaling and soak in the beauty of its **wide-open grasslands and high-altitude wilderness**.
- Reach the campsite, settle in, and **rest your legs after a rewarding day on the trail**.
- Enjoy a warm dinner at camp and prepare for the challenging mountain pass ahead.
- **Overnight stay at Nimaling campsite.**

Day 7: Nimaling to Kang Yatse Base Camp

- **Leave the beautiful Nimaling meadows behind and begin the climb towards Kang Yatse Base Camp**, entering a more rugged and remote section of the trek.
- Follow **high-altitude trails across rocky slopes and open mountain terrain**, with the increasing altitude adding to the challenge.
- As you climb higher, the mighty **Kang Yatse massif comes into view**, growing more impressive with every step.
- Take in spectacular views of the **surrounding peaks, glacial landscapes, and vast Markha Valley** from the trail.
- Reach **Kang Yatse Base Camp**, surrounded by an incredible high-altitude Himalayan setting.
- Take time to settle into camp, **rest, hydrate, and recover** after the day's climb.
- Use the evening to check your equipment and mentally prepare for the **challenging summit push ahead**.
- Enjoy a warm meal at camp and get a good night's rest before the next big adventure.
- **Overnight stay at Kang Yatse Base Camp.**

Day 8: Rest & Acclimatization at Kang Yatse Base Camp

- **Take a crucial acclimatization day at Kang Yatse Base Camp**, allowing your body to adapt to the demanding high-altitude environment.
- Slow down, recover, and **conserve energy for the upcoming summit attempt** while surrounded by the spectacular Himalayan wilderness.
- Join the trek team for a practical session on **essential mountaineering and safety techniques**, including basic rope-handling skills.
- Get familiar with your **crampons and ice axe**, learning how to use them correctly on snow and icy terrain.
- Depending on trail and weather conditions, practice **movement techniques and safe footing** required for the summit climb.
- Stay hydrated, eat well, and give your body enough time to **recover and acclimatize naturally**.
- Spend the evening checking your summit gear, discussing the route with the trek team, and **mentally preparing for the challenging climb ahead**.
- **Overnight stay at Kang Yatse Base Camp**, ready for the summit adventure.

Day 9: Kang Yatse Base Camp ? Summit ? Base Camp

- **The big day begins around midnight**, as you gear up for the summit push under the starlit Himalayan sky.
- Begin the climb towards **Kang Yatse II**, moving steadily through the cold, dark terrain while aiming to reach the summit in favourable conditions.
- Put your acclimatization and training into practice as you negotiate **steep slopes, snow, ice, and challenging high-altitude sections**.

- Use essential mountaineering equipment such as **ropes, crampons, and ice axes** under the guidance of the experienced trek team.
- As dawn breaks, watch the surrounding mountains light up while you continue towards the summit.
- **Reach the summit of Kang Yatse II** and celebrate an unforgettable achievement surrounded by spectacular Himalayan peaks and vast Ladakhi landscapes.
- Take a moment to capture the incredible **panoramic views from the summit** before beginning the descent.
- Descend carefully and patiently, as the return journey can be just as demanding as the ascent.
- **Return to Kang Yatse Base Camp**, where you can finally relax, refuel, and recover after an intense summit day.
- **Overnight stay at Kang Yatse Base Camp.**

Day 10: Nimaling ? Chokdo ? Leh

- **Wake up at Base Camp and begin the descent towards Nimaling**, leaving behind the high-altitude terrain of Kang Yatse.
- Retrace the beautiful trail through the **vast Nimaling meadows**, surrounded by rugged peaks and expansive Himalayan landscapes.
- Enjoy one last look at the dramatic **Ladakhi mountains, valleys, and alpine terrain** as you gradually lose altitude.
- Continue the trek towards **Chokdo**, following a changing trail through rocky slopes and remote mountain landscapes.
- Reach **Chokdo**, marking the end of the trekking section of your Kang Yatse adventure.
- Meet the vehicle at Chokdo and begin the **scenic drive back to Leh**, enjoying the changing landscapes along the route.
- Arrive in **Leh**, check into your hotel, and take the evening to relax, refresh, and celebrate the completion of your expedition.

- **Overnight stay in Leh.**

Pickup Location

- **RR Nagar Gopalan Arcade - 12:00 PM**

Contact Information

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