



Event Itinerary

- **Event Name:** Markha Valley Trek 9D/8N
- **Location:** Leh, Ladakh
- **Duration:** 9 Days 8 Night

Day 0: Depart from Bangalore

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Day 1: Arrival in Leh & Acclimatization

Welcome to Leh – Prepare for the Adventure Ahead

- **Arrive in Leh by around 12 PM** and transfer to your accommodation for check-in.
- **Take it easy and allow your body to adjust** to Leh's high-altitude environment.
- Spend the day at a relaxed pace and avoid strenuous activities to support proper acclimatization.
- Step out for a **gentle walk around Leh town** and soak in the unique mountain atmosphere.
- Visit the **local market** to explore traditional Ladakhi handicrafts, souvenirs, and local products.

- Experience the flavours of Ladakh by trying **authentic local cuisine** at a nearby eatery.
- Pick up essentials such as **dry fruits, Pashmina products, and handmade souvenirs** if required.
- Return to the accommodation, **rest well and get ready for your Markha Valley adventure** beginning the next day.

Day 2: Leh Acclimatization & Local Exploration

Get Acclimatized & Experience Leh

- **Begin your day at a relaxed pace** to help your body adapt to Leh's high altitude.
- Explore the unique charm of **Leh town**, the gateway to several iconic adventures across Ladakh.
- Visit the historic **Leh Palace and Shanti Stupa**, offering beautiful views of the surrounding mountains.
- Explore **Namgyal Tsemo Monastery** and experience the spiritual atmosphere of the region.
- Take a leisurely walk through **Leh Market**, discovering local handicrafts, traditional products, and souvenirs.
- Treat yourself to authentic **Ladakhi delicacies** and experience the region's distinctive flavours.
- Keep the day light, stay hydrated, and **avoid strenuous activities** while acclimatizing.
- Return to your accommodation, **relax and prepare for the Markha Valley Trek ahead**.

Day 3: Leh to Skiu | Trek to Skiu Camp

Drive to Skiu & Short Trek

- **Start the day with a scenic drive from Leh to Skiu**, taking approximately 30 minutes.
- Enjoy the changing landscapes as you leave Leh behind and enter the rugged beauty of the **Markha Valley region**.
- Upon reaching Skiu, begin a **short trek of around 1 hour** towards the campsite.
- Follow the relatively easy trail while enjoying the surrounding mountains, valleys, and peaceful Himalayan scenery.
- **Arrive at Skiu Camp**, settle in, and take some time to relax after the journey.
- Spend the evening enjoying the calm surroundings and getting prepared for the longer trek ahead.
- **Enjoy a warm dinner at the campsite and spend the night under the Himalayan skies.**

Day 4: Skiu to Sara | 10 km Trek

Trek Through the Scenic Markha Valley

- **Begin the day with breakfast at the campsite** before setting out from Skiu towards Sara.
- Trek approximately **10 km over 5–6 hours**, gradually gaining altitude as you progress through the valley.
- Walk alongside the **Markha River**, crossing beautiful stretches of greenery, rocky trails, and mountain terrain.
- Pass through remote Himalayan landscapes and traditional settlements, experiencing the peaceful charm of the region.
- Keep an eye out for **Himalayan wildlife**, including blue sheep and marmots, along the trail.
- **Reach Sara at around 3,500 m** and settle into the campsite surrounded by spectacular mountain scenery.

- Unwind after the trek, enjoy a **hot and wholesome dinner**, and rest well for the next day's adventure.

Day 5: Sara to Markha | 10 km Trek

Journey Deeper into the Markha Valley

- **After breakfast, begin the trek from Sara towards Markha Village**, following the beautiful trails of the Markha Valley.
- Cover approximately **10 km in 5–6 hours**, with gradual ascents and varied Himalayan terrain.
- Cross **small streams and open meadows**, while enjoying the dramatic mountain scenery surrounding the trail.
- Pass through **traditional Ladakhi settlements**, getting a glimpse into the simple mountain lifestyle.
- Discover the region's Buddhist heritage through **Mani walls, chortens, and ancient stupas** along the route.
- Enjoy panoramic views of the **Markha Valley and surrounding Himalayan peaks** as you make your way towards the village.
- **Arrive at Markha Village, one of the prominent settlements in the valley**, and settle into the campsite.
- Relax after the day's trek, enjoy a **warm dinner**, and spend a peaceful night beneath the vast Ladakhi sky.

Day 6: Markha to Lower Hunkar | 6 Hours Trek

Trek Through Rugged Himalayan Landscapes

- **After breakfast, begin the trek from Markha towards Lower Hunkar**, gradually ascending to an altitude of around **3,968 m**.
- Trek for approximately **6 hours**, navigating rocky trails, open valleys, and beautiful mountain landscapes.

- Cross **wooden bridges over the Markha River** and enjoy spectacular views of the surrounding valley.
- Walk past **Mani walls, ancient ruins, and remote settlements**, reflecting the rich heritage of Ladakh.
- Keep an eye out for **blue sheep, Himalayan marmots, and other mountain wildlife** along the trail.
- Continue through the peaceful wilderness until you **reach Lower Hunkar** and settle into the campsite.
- Relax and enjoy a **warm dinner at camp**, surrounded by the quiet Himalayan landscape.
- Get a good night's rest and **prepare for the next challenging section of the Markha Valley Trek**.

Day 7: Lower Hunkar to Nimaling | 6–7 Hours Trek

Into the High-Altitude Meadows of Nimaling

- **After breakfast, begin the trek from Lower Hunkar towards Nimaling**, gradually climbing to approximately **4,535 m**.
- Trek for around **6–7 hours**, passing through rocky sections, alpine terrain, and wide-open Himalayan landscapes.
- Cross **small mountain streams** and enjoy spectacular views of **Mount Kang Yatse** rising above the valley.
- Walk through high-altitude grazing grounds where **yaks, sheep, and goats** can often be seen roaming freely.
- As you approach Nimaling, the landscape opens into **vast green meadows surrounded by towering peaks**.
- **Reach the beautiful Nimaling campsite**, one of the most scenic stops on the Markha Valley route, and settle in for the night.
- Spend the evening relaxing in the peaceful mountain surroundings and enjoying a **warm dinner at camp**.

- Rest well and prepare yourself for the **challenging ascent to Kongmaru La Pass** the following day.

Day 8: Nimaling to Leh via Kongmaru La | 8 Hours Trek

Cross Kongmaru La & Return to Leh

- **Begin the day early from Nimaling** and start the challenging ascent towards **Kongmaru La Pass at 5,336 m**, the highest point of the trek.
- Tackle the steep and demanding trail as you climb towards the pass, with breathtaking mountain landscapes unfolding along the way.
- **Reach Kongmaru La Pass** and take in spectacular panoramic views of the **Ladakh and Karakoram ranges**, with **Kang Yatse** standing prominently in the distance.
- Celebrate the achievement before beginning the long descent through **rugged terrain, narrow gorges, and dramatic mountain landscapes**.
- Continue downhill towards **Chokdo**, the endpoint of the trekking section.
- From Chokdo, board the vehicle for a **scenic 3-hour drive back to Leh**, passing through the striking landscapes of Ladakh.
- Arrive in Leh, check into your hotel, and **freshen up and relax after completing the Markha Valley Trek**.
- Spend the evening at leisure, explore Leh if you have the energy, and **celebrate the successful completion of an unforgettable Himalayan adventure**

Day 9: Departure from Leh

Farewell to Ladakh

- **Wake up to your final morning in Leh** and enjoy the peaceful mountain atmosphere.
- Have breakfast at the hotel and **prepare for your onward journey**, checking that all belongings are packed.
- If time permits, take a short stroll through **Leh Market** and pick up a few final souvenirs or local products.
- Complete the check-out process and **transfer to Leh Airport** as per your flight schedule.
- Board your flight carrying unforgettable memories of the **Markha Valley, high mountain passes, and Ladakhi landscapes**.
- **Bid farewell to Ladakh and conclude your incredible Markha Valley Trek with Namma Trip.**

Pickup Location

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

Contact Information

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