



Event Itinerary

- **Event Name:** Parang La Trek 12D/11N
- **Location:** Spiti, Himachal Pradesh
- **Duration:** 12 Days 11 Night

Day 0: Depart from Bangalore

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Day 1: Manali to Kaza

Scenic Drive into Spiti Valley | Preparation & Acclimatization

- **Arrive in Manali at least a day before the journey** to Kaza and get ready for the high-altitude adventure ahead.
- **Use the preparation time to organize your trekking gear** and purchase any last-minute essentials.
- **Make the most of Manali as the final major town** to stock up on supplies before entering the remote Spiti region.
- **Begin the approximately 202 km journey towards Kaza**, travelling through spectacular Himalayan landscapes.
- **Take time to rest and acclimatize** as you transition towards the higher elevations of Spiti Valley.

- **Reach Kaza and settle into your accommodation**, preparing for the trek ahead.
- **Overnight stay in Kaza.**

Day 2: Rest & Acclimatization at Chicham

Light Exploration | Acclimatization in the High Himalayas

- **Begin the morning with a short hill walk**, keeping the activity light and comfortable for acclimatization.
- **After breakfast, take a gentle walk along the Spiti River**, enjoying the peaceful valley surroundings.
- **Explore the nearby Key Monastery and local gompas**, experiencing the spiritual and cultural character of Spiti.
- **Continue towards Chicham Village**, crossing the famous Chicham Bridge with spectacular views of the deep valley.
- **Arrive in Chicham and settle into a local homestay**, situated at an altitude of approximately 4,270 metres.
- **Use the evening to rest and acclimatize**, as Chicham serves as the starting point for the trek.
- **Overnight stay in Chicham.**

Day 3: Rest & Acclimatization at Chicham

High-Altitude Acclimatization | Explore Chicham Village

- **Spend another day acclimatizing at around 4,270 metres**, allowing your body to adjust gradually to the altitude.
- **Take a short and easy walk around Chicham Village**, exploring the local surroundings without overexertion.
- **Enjoy panoramic views of the Spiti Valley** and the dramatic mountains surrounding the village.

- **Interact with the local community** and get a glimpse into the traditional lifestyle of Spiti.
- **Keep the day relaxed**, with the option to explore nearby spots or simply rest at the homestay.
- **Stay well hydrated and prefer light, nutritious meals** to support acclimatization.
- **Prepare your gear for the upcoming trek** and get a good night's rest.
- **Overnight stay in Chicham.**

Day 4: Chicham to Thaltak

Trek Through the Rugged Spiti Landscape | 4,270 m to 4,693 m

- **Begin the trek from Chicham Village** along a well-paved road with a gradual ascent as you leave the village behind.
- **After around 45 minutes, get views of the Dumla campsite** nestled in the valley below, surrounded by streams and agricultural fields.
- **Continue beyond Dumla**, where the trail becomes steeper and the climb demands a steady pace.
- **Ascend through loose soil and gravel trails**, with sparse vegetation and typical rugged Spiti terrain along the route.
- **Tackle the steep climb for around three hours**, gradually gaining altitude while enjoying expansive views of the surrounding mountains.
- **Follow the winding trail across dusty stretches**, with increasingly wider views of the barren Himalayan landscape.
- **As you approach Thaltak, catch your first clear views of Kanamo Peak**, standing prominently among the surrounding mountain ranges.

- **Reach Thaltak at approximately 4,693 metres** and settle into the campsite after the challenging day's trek.
- **Overnight stay at Thaltak.**

Day 5: Thaltak to Bongrojen

Descent into Paralungbi Gorge | Challenging High-Altitude Trek

- **Begin the day with a descent into the Paralungbi Gorge**, followed by a gradual upstream walk along the valley.
- **Cross the river along the route**, adding an adventurous element to the day's trek.
- **Continue through rugged and rocky terrain**, maintaining a steady pace as the altitude increases.
- **Climb towards Bongrojen**, tackling the challenging rocky trail leading to the campsite.
- **Reach Bongrojen at approximately 5,050 metres**, surrounded by dramatic high-altitude mountain landscapes.
- **Settle into the campsite and rest**, recovering from the long and demanding trekking day.
- **Overnight stay in tents at Bongrojen.**

Day 6: Rest & Acclimatization at Bongrojen

High-Altitude Rest Day | Prepare for the Pass Crossing

- **Take a full day to rest and acclimatize** at the high altitude of Bongrojen.
- **Allow your body to adjust to the elevation** and recover from the previous day's demanding trek.

- **Keep the day relaxed**, giving your legs sufficient recovery before the challenging ascent ahead.
- **Take an optional short exploratory walk around the campsite**, staying active without overexertion.
- **Enjoy the dramatic high-altitude surroundings** and prepare mentally and physically for the upcoming pass crossing.
- **Check your trekking gear and essentials** before the next stage of the expedition.
- **Overnight stay in tents at Bongrojen.**

Day 7: Bongrojen to Parang La & Dak Karzong

Cross Parang La Pass | Descend into the Changthang Region

- **Begin the trek early from Bongrojen**, preparing for the challenging climb towards Parang La.
- **Ascend steadily for around 2–3 hours**, navigating the rugged high-altitude terrain.
- **Reach Parang La Pass at approximately 5,490 metres**, the highest point of the trek and a spectacular Himalayan viewpoint.
- **Take in panoramic views across the Spiti and Changthang landscapes**, with dramatic rocky mountains and vast open valleys stretching into the distance.
- **Begin the descent from the pass**, following the trail towards the expansive Pare Chu region.
- **Continue trekking for around three hours** across the rugged terrain to reach Dak Karzong.
- **Arrive at Dak Karzong campsite at approximately 4,850 metres** and settle in for the evening.
- **Rest and recover after the demanding pass-crossing day.**
- **Overnight stay in tents at Dak Karzong.**

Day 8: Dak Karzong to Datang Yongma

Trek Along the Pare Chu | Descend Through Open Landscapes

- **Begin the trek from Dak Karzong**, descending gradually towards the open plains of the Pare Chu River.
- **Follow the river valley through vast and rugged landscapes**, surrounded by dramatic mountains and expansive Himalayan terrain.
- **Enjoy the peaceful surroundings and wide-open views** as the trail continues towards Datang Yongma.
- **Maintain a steady pace during the 3–4 hour trek**, taking time to appreciate the changing landscape.
- **Reach Datang Yongma at approximately 4,650 metres** and settle into the campsite.
- **Relax and recover after the day's trek**, enjoying the remote wilderness of the region.
- **Overnight stay in tents at Datang Yongma.**

Day 9: Datang Yongma to Chumik Shilde

Trek Along the Pare Chu River | Journey Through Remote Landscapes

- **Begin the trek from Datang Yongma**, continuing alongside the scenic Pare Chu River.
- **Follow the river valley through vast and peaceful terrain**, surrounded by rugged mountains and untouched wilderness.
- **Pass through the Racholamo and Norbu Sumdo areas**, adding variety to the day's route.

- **Enjoy the tranquil surroundings and expansive Himalayan views** throughout the 6–7 hour trek.
- **Gradually make your way towards Chumik Shilde**, maintaining a steady pace across the remote trail.
- **Reach Chumik Shilde at approximately 4,330 metres** and settle into the campsite.
- **Relax and recover after the long day's trek**, surrounded by the quiet beauty of the high-altitude valley.
- **Overnight stay in tents at Chumik Shilde.**

Day 10: Chumik Shilde to Kiangdom

Trek Towards Tso Moriri | Enter the Kiangdom Plains

- **Begin the trek from Chumik Shilde**, crossing the open plains towards the southern shores of Tso Moriri.
- **Walk through the vast high-altitude landscape**, with expansive views of the surrounding mountains and valley.
- **Reach Kiangdom at approximately 4,450 metres**, situated close to the beautiful Tso Moriri Lake.
- **Keep an eye out for kiangs**, the wild Tibetan asses that roam freely across the surrounding plains.
- **Enjoy the rich birdlife and untouched wilderness** of this remote Himalayan region.
- **Take in the first spectacular views of Tso Moriri**, one of Ladakh's most scenic high-altitude lakes.
- **Settle into the campsite and relax** after the day's trek.
- **Overnight stay in tents at Kiangdom.**

Day 11: Kiangdom to Korzok

Trek Along Tso Moriri | Reach Korzok Village

- **Begin the day's trek from Kiangdom**, following the scenic shores of the magnificent Tso Moriri Lake.
- **Walk along the lakeside trail**, enjoying spectacular views of the crystal-clear waters and surrounding mountains.
- **Admire the imposing Lungser Kangri**, rising to approximately 6,666 metres and forming a dramatic backdrop throughout the journey.
- **Continue towards Korzok Village**, gradually completing the final stretch of the Parang La Trek.
- **Explore the ancient Korzok Monastery**, experiencing the cultural heritage of this remote Himalayan settlement.
- **Celebrate the successful completion of the trek** with a small gathering and memorable evening at Korzok.
- **Relax after the long trekking journey** and enjoy the peaceful surroundings of Tso Moriri.
- **Overnight stay in tents at Korzok.**

Day 12: Korzok to Leh

Scenic Drive to Leh | Journey Comes to an End

- **After breakfast, bid farewell to Korzok** and begin the scenic drive towards Leh.
- **Travel approximately 213 km by road**, with the journey taking around 7 hours.
- **Drive through the rugged landscapes of Ladakh**, enjoying spectacular mountain views and vast open valleys along the route.
- **Relax and reflect on the incredible journey**, from the high-altitude trails of Spiti to the shores of Tso Moriri.

- **Arrive in Leh**, marking the successful completion of the Parang La Trek.
- **Conclude the expedition with unforgettable memories** of the mountains, remote landscapes, and challenging trails.

Pickup Location

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

Contact Information

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