



Event Itinerary

- **Event Name:** Rumtse to Tso Moriri Trek 7D/6N
- **Location:** Leh, Ladakh
- **Duration:** 7 Days 6 Night

Day 0: Depart from Bangalore

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Day 1: Rumtse to Kyamar | Following the Ancient Salt Trail

Trek from Rumtse to Kyamar – 10 km | 4 hours

- **Trek Kick-Off:** Begin the Rumtse to Tso Moriri adventure from Rumtse and set out towards the remote landscapes of Changthang.
- **Along the Historic Route:** Follow the ancient salt trail that was once used to transport salt from the Tso Kar region towards the Indus Valley and Leh.
- **Changing Ladakhi Landscapes:** Walk through a fascinating mix of open valleys, rolling terrain and high-altitude wilderness, offering a different perspective of Ladakh beyond its familiar rocky scenery.
- **Panoramic Surroundings:** Enjoy expansive views of broad valleys, undulating hills and untouched landscapes stretching across the horizon.

- **Gradual Trek:** Cover the 10 km trail at a comfortable pace, taking time to appreciate the solitude and vastness of the region.
- **Arrival at Kyamar:** Reach Kyamar after approximately four hours of trekking and settle into the campsite.
- **Evening in the Wilderness:** Relax at camp and enjoy the peaceful surroundings as the vast Ladakhi sky comes alive with stars.
- **Overnight Stay:** Spend the night camping at Kyamar and recharge for the high-altitude trail ahead.

Day 2: Kyamar to Tisaling | Crossing Two High-Altitude Passes

Trek from Kyamar to Tisaling via Kyamar La & Mandalchan La – 13 km | 6–7 hours

- **Morning Ascent:** Start the day's trek from Kyamar and gradually climb towards **Kyamar La**, taking in expansive views across the Changthang landscape.
- **Kyamar La Crossing:** Reach the pass and pause for a short break while enjoying the sweeping panorama of the surrounding valleys and mountains.
- **Descent to Tiri Doksa:** Descend from Kyamar La towards **Tiri Doksa**, a temporary seasonal shelter traditionally used by local shepherds.
- **Across Rugged Terrain:** Continue through the stark yet beautiful high-altitude landscape before beginning the climb towards the next mountain pass.
- **Mandalchan La Ascent:** Gradually make your way up to **Mandalchan La**, with increasingly expansive views appearing as you gain elevation.
- **Panoramic Pass Views:** Spend a few moments at the top of Mandalchan La and admire the vast, untouched landscapes stretching across Ladakh.

- **Descent Towards Tisaling:** Begin the descent towards Tisaling, completing the day's 13 km journey through remote valleys and open mountain terrain.
- **Arrival at Tisaling:** Reach the campsite after approximately 6–7 hours of trekking and settle in for the evening.
- **Overnight Stay:** Rest at Tisaling and recharge for the challenging high-altitude sections ahead.

Day 3: Tisaling to Ponganagu | Shibuk La & First Views of Tso Kar

Trek from Tisaling to Ponganagu via Shibuk La – 14 km | 6–7 hours

- **Morning Ascent:** Leave Tisaling after breakfast and begin the steady climb towards **Shibuk La**, gradually gaining altitude through the open Changthang terrain.
- **Approaching the Pass:** Continue along the ascending trail, surrounded by vast valleys and rugged high-altitude landscapes.
- **Shibuk La Crossing:** Reach the top of Shibuk La and take a well-earned pause to admire the spectacular panorama of **Tso Kar Lake**.
- **Descent to Ponganagu:** Begin descending from the pass towards Ponganagu, moving closer to the shores of the striking high-altitude saltwater lake.
- **Wildlife Encounters:** Keep an eye on the surrounding terrain for Himalayan wildlife such as **ibex, marmots and kiangs** that inhabit this region.
- **Changthang Wilderness:** Walk through the changing landscapes of Ladakh, where wide-open spaces and barren mountain formations create a dramatic backdrop.
- **Arrival at Ponganagu:** Complete the 14 km trek and reach the Ponganagu campsite after approximately 6–7 hours on the trail.

- **Evening at Camp:** Relax and enjoy the peaceful surroundings near Tso Kar while taking in the raw beauty of the Changthang wilderness.
- **Overnight Stay:** Spend the night at Ponganagu and prepare for the next high-altitude section of the trek.

Day 4: Ponganagu to Nuruchan | Along the Shores of Tso Kar

Trek from Ponganagu to Nuruchan – 17.8 km | 5–6 hours

- **Morning Departure:** Leave Ponganagu and begin the day's trek along the western shores of the spectacular **Tso Kar Lake**.
- **Lakeside Trail:** Follow the open trail beside the lake, taking in the striking contrast between the deep waters, salt-encrusted banks and surrounding barren mountains.
- **Birdwatching Opportunity:** Keep an eye out for Himalayan and high-altitude birdlife, including **Brahminy ducks and black-necked cranes**, which may be seen around the lake depending on the season.
- **Salt-Covered Shores:** Notice the distinctive white salt deposits along the lake's edges, a feature associated with Tso Kar and its traditional description as the “**White Lake**.”
- **Vast Changthang Landscapes:** Continue across the expansive terrain, experiencing the solitude and raw beauty of Ladakh's high-altitude wilderness.
- **Long Trekking Day:** Cover approximately **17.8 km** over 5–6 hours, maintaining a steady pace across the open landscape.
- **Arrival at Nuruchan:** Reach Nuruchan after completing the day's trek and settle into the campsite.
- **Evening at Camp:** Relax and enjoy the peaceful surroundings after the long lakeside walk.

- **Overnight Stay:** Spend the night at Nuruchan and prepare for the next stage of the high-altitude adventure.

Day 5: Nuruchan to Gyamar Barma | Across High Mountain Passes

Trek from Nuruchan to Gyamar Barma via Horlam Kongka La & Kyamayuri La – 19 km | 7–8 hours

- **Early Start:** Begin the day from Nuruchan after breakfast, preparing for one of the more demanding trekking sections of the journey.
- **Into the High Passes:** Gradually gain altitude as the trail leads towards **Horlam Kongka La**, surrounded by vast and rugged Ladakhi terrain.
- **Crossing Horlam Kongka La:** Reach the pass and take a brief pause to appreciate the dramatic views across the high-altitude landscape.
- **Kyamayuri La Ascent:** Continue towards **Kyamayuri La**, tackling the challenging trail while moving through increasingly barren and rocky surroundings.
- **Changpa Encounters:** Along the route, you may encounter **Changpa nomadic communities** travelling with their goats, sheep and yaks across the high-altitude grazing grounds.
- **Changing Landscapes:** Experience the contrast between wide-open grasslands and rugged mountain passes as the trail progresses.
- **A Challenging Trek:** Cover approximately **19 km in 7–8 hours**, making this a demanding but rewarding day at high altitude.
- **Arrival at Gyamar Barma:** Reach the campsite at Gyamar Barma after completing the day's trek and settle in for the evening.
- **Overnight Stay:** Rest at camp and recover after the long mountain crossing, preparing for the next stage of the Rumtse to Tso Moriri

adventure.

Day 6: Gyamar Barma to Gyamar | Crossing Kartse La

Trek from Gyamar Barma to Gyamar via Kartse La – 5.7 km | 3 hours

- **Short Morning Trek:** Start from Gyamar Barma after breakfast and prepare for a shorter but rewarding day on the trail.
- **Climb Towards Kartse La:** Begin the gradual ascent through the rugged high-altitude terrain, with the landscape becoming increasingly open and dramatic.
- **Kartse La Crossing:** Reach **Kartse La** and pause to enjoy sweeping views of the surrounding valleys and mountain ranges.
- **Ladakh's Remote Wilderness:** Continue across the stark and beautiful terrain, experiencing the solitude that defines this high-altitude region.
- **Descent Towards Gyamar:** After crossing the pass, gradually descend towards the scenic **Gyamar Valley**, following the changing contours of the landscape.
- **An Easier Trekking Day:** Cover approximately **5.7 km in around 3 hours**, allowing plenty of time to relax and recover.
- **Arrival at Camp:** Reach the Gyamar campsite and settle in after completing the day's trek.
- **Evening at Gyamar:** Enjoy the peaceful mountain surroundings and take time to rest after the previous day's longer trek.
- **Overnight Stay:** Spend the night at Gyamar and recharge for the upcoming section of the Rumtse to Tso Moriri journey.

Day 7: Gyamar to Karzok | Crossing Yalung Nyau La & Reaching Tso Moriri

Trek from Gyamar to Karzok via Yalung Nyau La – 16 km | 5–6 hours

- **Final Trekking Day:** Begin the final and most anticipated trekking section from Gyamar, preparing for the ascent towards **Yalung Nyau La**, the highest pass of the trek.
- **Climb to Yalung Nyau La:** Gradually make your way uphill through the stark Trans-Himalayan terrain, with the trail becoming more demanding as you approach the pass.
- **Summit Views:** Reach the top of Yalung Nyau La and take in the magnificent high-altitude panorama. On a clear day, the striking blue waters of **Tso Moriri** come into view from the pass.
- **The Legend of Chomoriri:** The lake is associated with a local Buddhist legend about **Chomoriri**, said to have been named after a Buddhist nun who drowned while riding a yak in the lake.
- **Across the Trans-Himalaya:** Continue through spectacular landscapes framed by the Greater Himalayas and Trans-Himalayan ranges, marking the final major stretch of the trek.
- **Descent Towards Karzok:** Begin the long descent towards **Karzok (Korzok)**, following the trail towards the shores of Tso Moriri and the remote Changthang settlement.
- **Changpa Culture:** Arrive at Karzok, traditionally associated with the **Changpa nomadic community**, and experience the unique culture and lifestyle of this high-altitude region.
- **Visit Karzok Monastery:** Explore **Karzok Monastery**, an important spiritual landmark overlooking Tso Moriri and traditionally associated with the ancient trade routes of the region.
- **Trek Completion:** Complete approximately **16 km in 5–6 hours**, marking the successful finish of the Rumtse to Tso Moriri trekking section.
- **Evening by Tso Moriri:** Relax near the pristine lake, reflect on the journey and celebrate completing this challenging high-altitude Himalayan adventure.

Pickup Location

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

Contact Information

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