



Event Itinerary

- **Event Name:** Sham Valley Trek 4N/3D
- **Location:** Leh, Ladakh
- **Duration:** 4 Days 3 Night

Day 0: Depart from Bangalore

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Day 1: Arrive in Leh | Acclimatization in the High Himalayas

Reach Leh at 11,483 ft and spend the day adapting to the altitude

- **Arrival in Leh:** Fly into **Leh**, situated at approximately **11,483 ft**, and begin your Sham Valley adventure from the heart of Ladakh.
- **Scenic Flight:** Enjoy spectacular aerial views of the rugged Ladakh Himalayas as you approach **Kushok Bakula Rimpochee Airport**.
- **Recommended Travel:** A direct flight to Leh is recommended, as travelling by road involves a long and time-consuming journey through the mountains.
- **Transfer to Hotel:** After arrival, meet the local representative and transfer to your pre-arranged hotel.
- **Acclimatization Day:** Keep the day relaxed and allow your body to gradually adjust to the high altitude. Avoid strenuous activities and

stay well hydrated.

- **Explore at Your Pace:** If you feel comfortable, take a short and easy walk around the nearby surroundings while experiencing Leh's unique mountain atmosphere.
- **Trek Preparation:** Use the evening to organize your trekking essentials and get ready for the upcoming journey through Sham Valley.
- **Overnight Stay:** Rest at the hotel in Leh and prepare for the trekking days ahead.

Day 2: Leh to Likir to Yangthang | Crossing the First Ladakhi Passes

58 km drive to Likir followed by a 10 km trek to Yangthang via Phobe La and Chagatse La

- **Morning Drive from Leh:** After breakfast, begin the **58 km scenic drive from Leh to Likir**, the starting point of the Sham Valley Trek.
- **Reach Likir:** Arrive at **11,548 ft** and prepare for the first trekking section through the rugged landscapes of Sham Valley.
- **Trek Begins:** Start the **10 km trek towards Yangthang**, following the trail through dry mountain terrain and open Ladakhi valleys.
- **Cross Phobe La:** Trek westward and gradually reach **Phobe La at 11,745 ft**, enjoying wide views of the surrounding mountains and valleys.
- **Towards Sumdo:** Continue along the trail towards **Sumdo village**, passing through scenic terrain and experiencing the stark beauty of Ladakh.
- **Climb to Chagatse La:** Gradually ascend towards **Chagatse La at 12,171 ft**, one of the notable high points of the day's route.
- **Panoramic Mountain Views:** Pause at the pass to take in the expansive views across the surrounding valleys and rugged

Himalayan landscape.

- **Descent to Yangthang:** Begin the descent towards **Yangthang at 12,073 ft**, a peaceful traditional Ladakhi settlement surrounded by barren mountain slopes.
- **Arrive at Camp:** Reach Yangthang and settle into the campsite near a flowing stream.
- **Evening in the Valley:** Relax after the day's trek, enjoy the quiet surroundings and take in the changing colours of the mountains.
- **Overnight Stay:** Rest at the campsite in Yangthang and prepare for the next stage of the Sham Valley journey.

Day 3: Yangthang to Hemis Shukpachan | Across Tsermangchan La

10 km trek through mountain trails, streams and the green oasis of Hemis Shukpachan

- **Morning Departure:** Begin the day's trek from **Yangthang at 12,073 ft**, setting out towards the beautiful village of Hemis Shukpachan.
- **Easy Opening Trail:** Start with a gentle descent towards the north before crossing a small mountain stream.
- **Climb Towards the Pass:** After the initial descent, the trail gradually rises towards **Tsermangchan La**, introducing more open and rugged mountain terrain.
- **Reach Tsermangchan La:** Cross the pass at approximately **12,715 ft**, one of the highest points of today's trek.
- **Pause at the Summit:** Take a short break at the pass and enjoy sweeping views across Ladakh's barren mountains, valleys and distant ridgelines.
- **Begin the Descent:** Leave the high pass behind and follow the trail downhill towards **Hemis Shukpachan**, gradually moving into

greener surroundings.

- **Arrive at Hemis Shukpachan:** Reach the charming Ladakhi village, situated at approximately **11,909 ft**, and settle into the peaceful surroundings.
- **A Green Oasis:** Explore the village landscape, where **cedar groves, barley fields, willow trees and flowing streams** create a refreshing contrast against the surrounding rocky mountains.
- **Evening in the Village:** Relax and enjoy the calm atmosphere of this traditional settlement while taking in the unique blend of greenery and arid Himalayan terrain.
- **Overnight Stay:** Spend the night at Hemis Shukpachan and recharge for the next day's trek through Sham Valley.

Day 4: Hemis Shukpachan to Temisgam & Drive to Leh | The Final Trail

12 km trek to Temisgam via Mebtak La followed by a scenic drive back to Leh

- **Morning Start:** After breakfast, begin the final trekking day from **Hemis Shukpachan at 11,909 ft**, heading towards Temisgam.
- **Gradual Ascent:** Follow the trail westward, crossing two gentle hillocks before turning south towards the climb to **Mebtak La**.
- **Climb to Mebtak La:** Continue steadily uphill through the rugged Ladakhi terrain until you reach **Mebtak La at 12,467 ft**.
- **Prayer Flags at the Pass:** Arrive at the pass marked with colourful prayer flags and pause to appreciate the expansive views of the surrounding mountains and valleys.
- **Descent Towards Ang:** Begin the descent through a narrow gorge, gradually moving towards **Ang village**, known for its picturesque surroundings and apricot orchards.

- **Through the Village Landscape:** Continue along the trail, enjoying the contrast between the dry mountain slopes and the green agricultural pockets around the villages.
- **Reach Temisgam:** Complete the **12 km trek** at **Temisgam**, **situated at approximately 10,597 ft**, where the trail connects with the main highway.
- **Begin the Drive to Leh:** Meet the vehicle and start the return journey towards Leh, travelling through the scenic landscapes of Sham Valley.
- **Trek Completion:** Reflect on the journey through Ladakhi villages, mountain passes, monasteries and traditional landscapes as you leave the trekking trail behind.
- **Arrival in Leh:** Reach Leh and conclude the **Sham Valley Trek**, carrying memories of a rewarding Himalayan adventure through the heart of Ladakh.

Pickup Location

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

Contact Information

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