Peaks and Passes of the Nubra Valley

Trip Code: NVP

Version:

MOUNTAINEER	GUIDED GROUP	CHALLENGING 8



HIGHLIGHTS

- Explore the monasteries and palaces of Leh, known as Little Tibet.
- Walk across flower-filled meadows of the Thanglasgo Valley
- Ascend the non-technical peaks of Samgyal and Dawa
- Traverse the Ladakh Range at the Lasermo La (5400m) with far-reaching views

AT A GLANCE

- 10 days trekking and climbing
- Max altitude - 5900 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

North of Leh, beyond the Khardung La, the remote valley of Nubra is only now coming to the attention of the world's adventure travellers. This fascinating region, lying in the shadow of Saser Kangri in the Eastern Karakoram, is a little warmer and more fertile than the Indus Valley and has traditional 'Silk Road' trading links across high passes to Xinjiang Province of China. After acclimatising in the vicinity of the Ladakhi capital of Leh, we cross into Nubra where we have the chance to visit the 14th century Diskit Monastery and to explore a spectacular sand-dune landscape home to double-humped Bactrian camels.

Then, from Hundar, we trek back southwards across the Ladakh Range, following a seldom-used trail to isolated villages and through rugged gorges to reach the high grazing land in the Palzampiu Valley. Here, we set up our high camp and have 2 days in which to make ascents of the glaciated and non-technical Samgyal Peak (5814m) and Dawa Peak (5900m). Each of these peaks provides unsurpassed views of the Karakoram, Zanskar and Ladakh ranges. Then, returning to the main Thanglasgo Valley, we trek out across the snow-covered Lasermo La (5400m) to Phyiang Monastery and from there return to Leh. Cut off from the outside world by high passes, this is a unique and very special part of the Indian Himalaya and this new trek and climb combination aims to make the most of it.

Is this holiday for you?

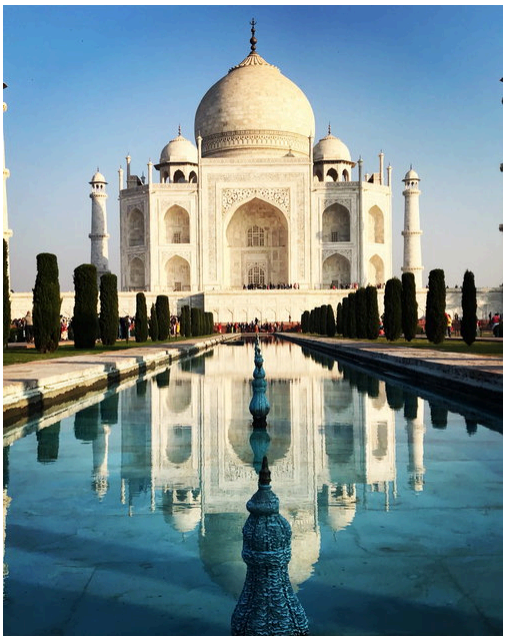
This challenging trek follows three days of gentle acclimatisation to ensure that by the time we start the trek on the first day to Skarchen, we would already have spent a number of days at around 3500m. Much of the trek follows paths and trails that are used by local villagers and shepherds and are in reasonably good condition. Higher up, above our base camps there will be sections of trackless scree and open, unspoiled snow-slopes to negotiate. There are ten days on trek, of which much involve around 10-12 kilometres of walking (5-6 hours). There are elements on this trip that push it to the limits of its grading: the two climbing days are shorter in distance, but longer in time (8-9 hrs) due to the altitude and slower pace of the ascent and the high base camp is above 5000m. Neither Samgyal or Dawa are technical peaks and once above the snowline it may be necessary to fit our crampons and use a walking axe for the steeper sections, although previous experience is not essential. The guides will rope up the group if they deem it necessary. This trek is suitable for those comfortable walking for up to six hours a day, over several consecutive days.

Itinerary

Version:

Extensions

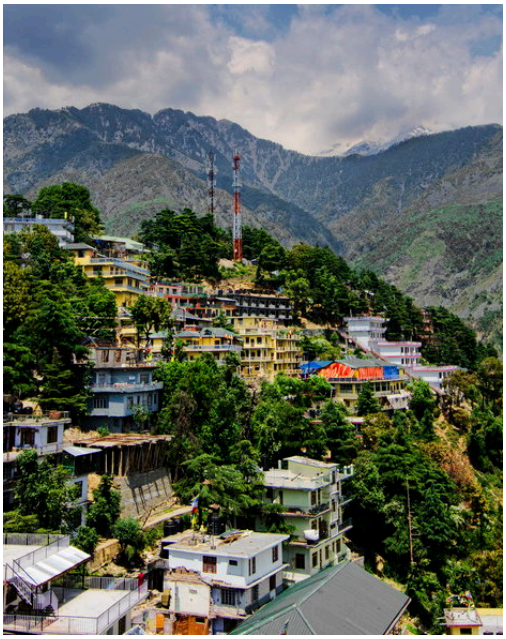
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



One day tour of Agra and the Taj Mahal

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

1 day from
¤9,223,372,036,854,776,000 per person



Dharamsala and the Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhaula Dhar mountain range and currently home to the Dalai Lama and the Tibetan Government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama's temple complex; the Norbulingka Institute; the Tibetan children's village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhaula Dhar.

4 days from
¤9,223,372,036,854,776,000 per person



Agra & the Taj Mahal two day tour

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.

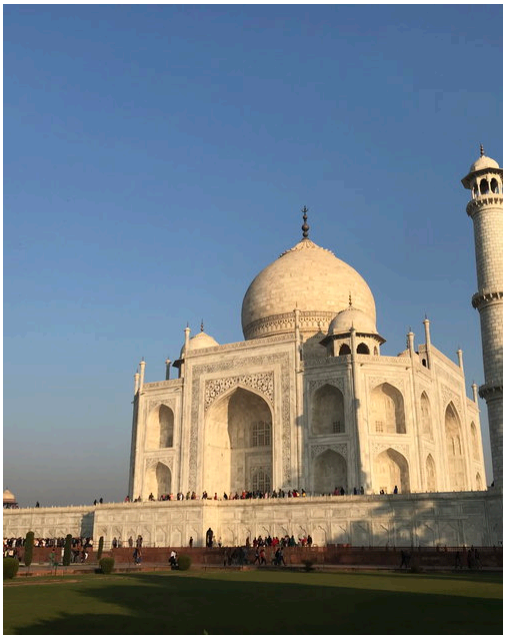
2 days from
¤9,223,372,036,854,776,000 per person



Delhi Sightseeing Tour - Full day

Old Delhi is centred on the Red Fort and is a labyrinth of narrow, bustling streets including Chandni Chowk bazaar. Must-sees here include the Red Fort, built by Emperor Shah Jahan; Hummayan's Tomb, constructed in similar style to the Taj Mahal and the towering Qutab Minar minaret. New Delhi was the creation of the British Raj who wanted to show their ascendency over the former Mogul rulers with many grand buildings designed by the greatest ever British architect, Sir Edwin Lutyens. Exploring this area by vehicle will give a glimpse of this interesting aspect of India.

1 day from
¤9,223,372,036,854,776,000 per person



Agra and Jaipur four day extension

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the magestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

4 days from
¤9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional English-speaking mountain leader
- Delhi Airport transfers (on group arrival and departure days only)
- All land transport involved in the itinerary
- Internal flights - Delhi-Leh and Leh-Delhi
- All accommodation as described
- All meals throughout the trip
- Full trekking service including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Delhi Airport transfers (other than on group arrival and departure days)
- Indian Visa
- Tips for trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Delhi.

Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on Day 1 to breakfast on Day 18.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi and in Leh, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the trip price.

Accommodation

On arrival in Delhi and for one night after the trek, we stay at a hotel close to the airport which provides convenient and comfortable accommodation. Being near the airport makes the whole travel experience more relaxing. In Leh, we have 4 nights in a good standard of hotel and there is a single night in a simple guesthouse at Hundar in the Nubra Valley. When on trek there are 10 nights camping. All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent for the trek at additional cost and you can also pre-book single rooms at each of the hotels, again at additional cost. Please note that you may not be able to access your hotel room on Day 1 until 2pm. If you are arriving early and would like more direct access to your room there is the option to book an extra night.

Group Leader & Support Staff

The group will be accompanied by an experienced English speaking local mountain leader throughout the trip, and on trek will have the services of a full trek crew, including a local guide or sirdar and several Sherpas employed by our Indian agent and a team of pack-animals and their handlers.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £200 (or equivalent in euros, US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including trek crew tips, soft drinks, etc. It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money in cash since you will be changing the majority of this into local currency on the day of arrival. Sterling, US dollars and euros are readily exchanged in Delhi or in Leh. Credit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is also possible to withdraw cash (rupees only) from cash machines in certain banks in Delhi using credit and debit cards.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the trek staff are given their tips at the end of the trek and this is best done as a group and with a simple ceremony. Your tour leader will advise the group on an appropriate level of tipping. As a guide, we recommend that each group member contributes around £90 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and one day pack. Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg. Please note that the check-in baggage limit on all internal flights within India is now 15kg with a maximum cabin bagage limit of 7kg and you are responsible for any excess baggage fees that the airline may apply. From time to time cabin baggage (other than laptops, cameras and valuables) is not allowed on the Leh flight for security reasons. In this event, the limit for check-in baggage may be increased to 20kg at the discretion of the check-in staff. It is possible to leave travel clothes and any other items not required on trek at the group hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa India

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Indian Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: Visa India PDF

NB. The application process can be temperamental and we suggest you try a different browser (Firefox is known to work) if your application does not at first go through.

e-Arrival Card - Important

Separately and additionally, foreign nationals must now complete an e-arrival card to present at immigration on arrival in India along with their e-Visa. The digital e-Arrival form is found here https://indianvisaonline.gov.in/earrival/ It should be completed **within the 72 hours prior to your arrival in India.**

Ebola Self-Declaration Form (SDF) - Important

All passengers travelling to India must now also complete the Ebola Self-Declaration Form (SDF) to present at immigration on arrival in India. The form is found here https://airsuvidha.civilaviation.gov.in It should be completed **within the 72 hours prior to your arrival in India.**

Sikkim

If you are joining one of our Sikkim Beneath Kangchenjunga (SIK) groups, we will ask you to complete a Sikkim Permit form approximately 20 days before you travel. You will need your Indian Visa details for this form. A 30-day E-Tourist Visa can be applied for within 30 days of travel and will usually be processed within a couple of days. As an alternative you can apply for a 1-Year E-Tourist Visa within 180 days of travel. DO NOT MENTION SIKKIM in 'Places to be visited' when you make your application.

Nagaland

If you are joining the Kaziranga, Nagaland and the Hornbill Festival (HBF) group we need to apply for a PAP (Protected Area Permit) for Nagaland once the tour is confirmed. Approximately 20 days before you travel, we will need from you a copy of your passport and of your Indian E-Tourist Visa, along with a colour passport photo and a copy of your international flight e-tickets.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency of India is the Indian Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking for 5 to 6 hours each day over several days and with a couple of longer days. The best preparation for a trip of this nature is regular hiking in hill or back country, particularly involving sections of steep terrain. If this is not possible because of where you live, we would suggest that you adopt a weekly exercise regime, gradually increasing your working time as you head towards departure.

Climate

During July and August the temperature in Delhi will be hot (35°C or even a few degrees above this). It will also be humid. On the high plateau of Ladakh, the air will be much drier but temperatures in the noon-day sun can still be as high as 25°C. As we gain height towards our trekking peak objectives it will be cooler. At our highest camps close to 5000 metres, the daytime temperatures will be no higher than 10 or 15°C and could fall at night to minus 10°C. Lying to the north of the main Himalaya chain, Ladakh and the Nubra region are not adversely affected by the monsoon and we can usually expect stable, weather. However mountains do generate their own weather systems and some rain or snowfall cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Leh and Trekking in Ladakh. Charlie Loram.
- Trekking in the Indian Himalaya. Weare. (L.Planet).
- The Trekkers Handbook. Tom Gilchrist.
- Ladakh, Crossroads of High Asia. Janet Rizvi.
- Exploring the Hidden Himalaya. Kapadia and Mehta.
- Ancient Futures. Helena Norberg-Hodge

Maps

India - 150K Ladakh and Zanskar Nord (North) Trekking Maps

Editions Olizane publish a range of 3 useful maps at scale: 1:150,000. The Ladakh-Zanskar - Nord sheet covers the majority of this trip including all of the trekking route. The Ladakh-Zanskar - Centre sheet covers Leh and the Indus Valley.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag whilst trekking, including your sleeping bag and camping mattress, should be no more than 15 kgs. Please note that your mountaineering equipment will be packed into additional, communal kitbags at the start of the trekking and this equipment will not be part of your personal 15kg weight limit. There is a baggage limit on the

flight to Leh of 15kg for hold baggage and an additional 7kg for cabin baggage.

You must bring the following items:

- A photocopy of your travel insurance policy (required by authorities in Leh)
- Hiking boots
- Mountaineering boots (see 'Mountaineering Equipment' below)
- Climbing helmet
- Trainers or sandals for river crossings and camp use
- Trekking trousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Good quality (Gore-Tex or similar) overtrousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (at least 1 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves

- Warmer and waterproof gloves or mittens
- Daypack 30 litres
- Headtorch and spare battery or powerbank charger
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Sleeping bag (comfort rated -10°C)*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, Insect repellent, and re-hydration salts (Dioralite).

Mountaineering Equipment:

- Mountaineering boots which can be securely fitted with crampons. (B2 grade minimum).
- Ice axe
- Crampons
- Climbing harness
- Karabiners (1 x screwgate)

The following items are optional:

- Thermarest or similar camping mattress - a foam mattress is provided
- Trekking poles (recommended)
- Sleeping bag liner
- Spare laces
- Insect repellant
- Scarf or buff
- Pee bottle
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Equipment hire: Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure. All hire / rental equipment is issued in Leh.

****Mountaineering boots:** Well-insulated single boots designed for Alpine mountaineering (minimum B2 rating) are suitable. These boots are designed to take step-in crampons, quickly and efficiently. You must make sure that you are suitably equipped for potentially low temperatures.

PHD Gear Advisor:

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. Click here to view the list.

Needle Sports (specialist mountaineering equipment shop):

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store.

Satellite Communications:

India does not currently allow the carrying of satellite communication devices such as satellite phones and Garmin 'inReach'.

If you use such devices, please do not bring these with you to India.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Delhi. Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Delhi. Outbound flights will usually depart from the UK in the evening, arriving in the morning on the following day (Day 1 of the Land Only itinerary). Return flights will depart Delhi on the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Unlike some operators, we have developed this itinerary for those trekkers keen to avoid the busier parts of Ladakh and trek into the more remote parts of the Nubra Valley. With two non-technical high peaks and stunning mountain passes, this has all the hallmarks of a future classic. We take care of almost everything including all meals and a full trekking service including all equipment as well as internal flights, all land transport, Delhi airport transfers and a professional english-speaking mountain leader. You only need to sort out your own Indian visa and insurance.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change