Tsomothang - a 6000 Metre Peak in Ladakh

Trip Code: PXTM

Version:

PIONEER	GUIDED GROUP	CHALLENGING 9



HIGHLIGHTS

- A tough final day climb to Tsomothang's summit for far-reaching views
- Indus Valley monasteries and the drive to the Khardung La (5370m)
- Trek in to Tsomothang across two 5000 metre passes

- Rarely trekked route and encounters with nomadic shepherds

AT A GLANCE

- 7 nights hotels
- 8 nights camping
- 7 days trekking and climbing
- Max. elevation 6050 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Eighty kilometres west of the Ladakhi capital of Leh, and close to the northern end of the Trans-Zanskar Trek, the snow-capped 6050 metre-high peak of Tsomothang rises above the glacier of the same name. Accessed from Hanupatta across two 5000 metre passes, this rarely climbed and technically undemanding mountain provides an excellent trekking challenge and the opportunity for any keen trekker or aspiring mountaineer to tick off a 6000 metre Himalayan peak. Views from the summit extend westwards to the twin 7000 metre peaks of Nun and Kun and northwards to the mighty peaks of the Karakoram, including distant K2. Flying in to Leh at 3500 metres, we have several days of acclimatising amongst the colourful and often dramatically-located Buddhist monasteries which are a feature of the upper valley of the Indus River. This gives us an excellent insight into the history and culture of Ladakh and an appreciation of the stark beauty of a region known as 'Little Tibet'. Trekking for a week on scant trails, the only people we are likely to meet are nomadic shepherds and their livestock (sheep and yaks), whilst we will also be on the look-out for the local wildlife, including marmots, ibex, blue-sheep and the ever-impressive bearded vulture or lammergeier.

Is this holiday for you?

Trekking above 5000 metres and ascending to a summit above 6000 metres, this new trekking and climbing holiday is physically demanding. The ascent of Tsomothang is, however, not technically demanding and experience of using crampons and an ice-axe is preferable but not essential. The approach trek traverses remote valleys that see few trekkers and the trails will not always be well defined. There may also be unbridged stream crossings and patches of old snow to negotiate. On summit day, we rope up to cross a level glacier before starting the ascent which will involve scree, boulder slopes and open snow slopes. The guides will rope up the group where necessary.

Itinerary

Version:

Extensions

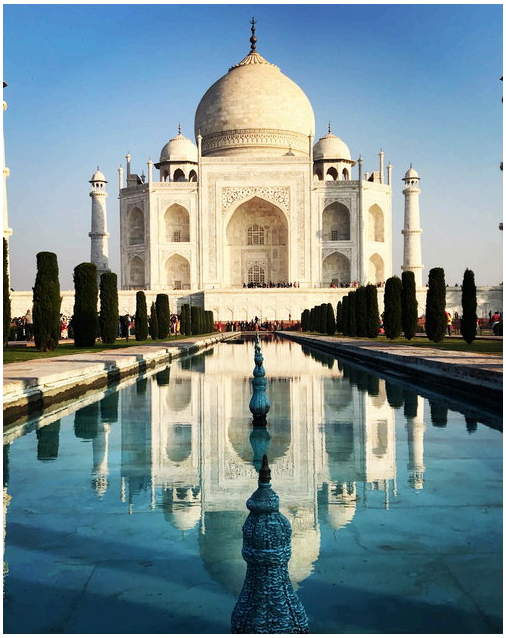
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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



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.

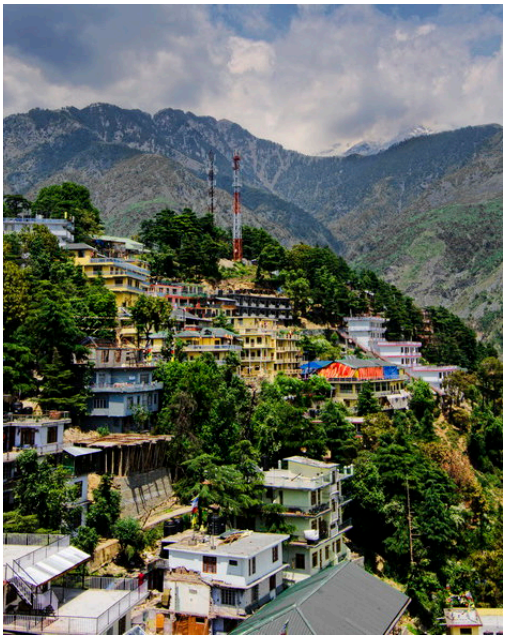
1 day from
¤9,223,372,036,854,776,000 per person



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



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

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 16.

Food & Water

Breakfast is provided each morning, as well as lunch and snacks throughout the trip. Dinner is provided every night.
All meals are included in the price of this trip as marked on the daily itinerary. Local pubs and restaurants offer a wide choice of local dishes.
On this trip, we generally eat dinner as a group however if you would like to make alternative arrangements you are free to do so. Your guide will have an evening off during this trip where they do not eat with the group. They will recommend options for dinner that evening and will help you make any necessary reservations.

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western food, 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.

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.

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 5 nights in a good tourist standard of hotel. Whilst on trek there are 8 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. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be accompanied by an experienced, professional leader throughout the trip. During the trek, there will also be a full trek crew, including a local guide or sirdar, a team of Sherpas, a cook and a number 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 a 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.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip 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 comfortable walking for 6 or 7 hours on several days and longer than that on summit day. Previous experience of walking on easy snow slopes wearing crampons is recommended as is previous experience of trekking at altitude (above 5000 metres). We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

During July and August the temperature in Delhi will be hot (35°C or even a few degrees hotter than this). It will also be humid. On the high plateau of Ladakh, the maximum daytime temperature low down on our trek (and at Leh) will be around 15°C, with night-time lows below 10°C. At our highest camps, the night-time temperature may fall as low as minus 20°C. Climbing on the Mentoks, the temperature will vary from sub-zero in the early morning to 10°C. At high altitude, the sun has a very strong effect and at the height of the day it will feel hotter than the indicated temperatures. Ladakh is 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).
- Ladakh. (Harper Collins India)
- 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 Tekking Maps. Editions Olizane

This is a very good map in 3 sheets.The south and central sheets cover all the route of this holiday. Get the Northern sheet also if you wish to cover the country up to the Kardung La.

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 bag whilst trekking should be no more than 15 kgs. Once on trek, your mountaineering equipment including your mountain boots will be carried separately in a group equipment bag and will not form part of this 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 note
- Climbing helmet
- Gaiters
- 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 (2 short sleeve, 2 long sleeve)
- T-shirts or similar
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves or mittens
- Warm and waterproof gloves or mittens
- Daypack minimum 40 litres
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Headtorch and spare batteries
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- 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
- Warm jacket (down)
- Sleeping bag (comfort rated -10°C)*

- Ice axe
- Crampons (preferably with ‘step-in’ bindings and anti-ball plates)
- Mountaineering or climbing harness with karabiner
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, and re-hydration salts (Dioralite)

The following items are optional:

- Thermarest or similar camping mattress - a foam mattress is provided
- Trainers or similar for camp use
- Spare laces
- Sleeping bag liner
- Trekking poles (recommended)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Ski goggles
- Travel clothes
- 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 either in Delhi or in Leh.

Mountaineering boots: Well-insulated single boots designed for Alpine mountaineering (minimum B2 rating) are suitable for this trip. These boots are also designed to take step-in crampons, quickly and efficiently. We recommend you speak to a mountaineering equipment specialist retailer for further

advice if you are unsure about your footwear choice.

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. View >>http://www.needlesports.com/

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

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

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

6000 metre peaks in Ladakh have been a part of what we do for more than 30 years, always working with the same first-rate and professional local agency.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change