

Mt. Stok Kangri Trekking Expedition



Region:-Leh, Ladakh, Jammu & Kashmir

Duration:-11 Days

Grade: Moderate

Altitude:-20,080Ft.

About Stok Kangri

Stok Kangri, one of the popular trekking destinations in the cold deserts of India. This magnificent peak is situated in the Stok Range of Himalayas, 24 kms from the district of Leh. Even though the trek is the most beautiful one, it is not at all a cake walk. The altitude of 20000 feet itself is the major hurdle in reaching there. The cold and dry weather adds to the difficulty. But with a proper preparation and some extra bit of efforts on fitness, an average trekker can attempt this climb.

Stok Kangri peaks are trekked by many people and is considered the best trekking experience in the Himalayan Mountains of Ladhak. Trekkers from different parts of the world just to trek here. The best season to go trekking in Ladhak is July, August and September. The place is usually dry in these months with few bursts of rains in July and August. The nearest station to Stok Kangri is Leh. Leh can be reached from Delhi by air or from Manali or Srinagar by road.

Schedule -

Batch 1 – 21st – 31st July 2017

Batch 2 – 30th July – 9th Aug 2017

If the group is above 10, we can schedule a batch as per your convenience.

There are two options to reach Leh –

1. Pune – Delhi – Manali – Leh
2. Pune – Shrinagar – Leh

Please book your travel in advance to get the good air fare. Also it is recommended to reach Leh via Manali by road because it helps in acclimatizing. While coming back you can take the option of coming from Shrinagar. In case of any difficulty regarding travel booking, you can contact GGIM office, all assistance will be provided regarding travel. To know more about the expedition, please check: <http://ggim.in/stok-kangri-trekking-expedition/>

Day Wise Plan

Date	Plan
Day 1	Arrive in Leh and rest at Leh
Day 2	Leh Sightseeing
Day 3	Drive to Khardong La top and stay at Leh or Stok village.
Day 4	Trek from Stok to Mankorma (14200 ft.).
Day 5	Mankorma (14200 ft.) to Base camp (16300 ft.) trek.
Day 6	Rest day + training day.
Day 7	Base camp (16300 ft.) to Stok Kangri summit (20080 ft.) back to base camp.
Day 8	Buffer Day.
Day 9	Base camp to Leh.
Day 10	Leh Shopping, visit Leh Palace and shanti Stupa.
Day 11	Departure.

Note on 11 days itinerary: Leh is situated at an altitude of 11480 ft. And it has cold and dry weather. In such places when a person enters from lower altitudes of Delhi, there are chances that the person may suffer from high altitude sickness if he/she doesn't take appropriate rest. Hence, GGIM specifically puts paramount focus on letting the participants get well acclimated during the subsequent **active rest** days. During the summit attempt, there are chances of bad weather and participants getting tired due to physical excursion at high altitude. So, to avoid turnaround option (without making it to the summit), we have kept extra days increase the chances of summit.

Cost Details

The total cost for this expedition is **INR 26,500 + (service tax at actual)** per person (ex. Leh)

Included in the cost -

- Experienced guide
- Breakfast and Dinner during stay at Leh.
- All travelling expenses mentioned in the itinerary.
- Breakfast, Lunch and Dinner during trek and at base camp.
- Accommodation in Rest House at Leh and tents during trek
- Group equipment during the trek

Not Included in the Cost -

- Air tickets, Travel insurance or any other insurance
- Expenses due to change in itinerary caused by any unforeseen reasons like land slides, road block, bad weather etc.
- Any other requirement which is not specifically mentioned in the included list.
- Tips to guides and porters
- Lunch during stay at Leh
- Any personal expenses like battery charging, beverages, etc.

How to register -

Registration for the trek has begun. You need to confirm your seat at least 6 weeks prior to the departure of trek.

Step 1 – Registration & Medical Forms

Get in touch with us, we shall guide you regarding the registration procedure or you can also download the forms from the website. Once you complete the registration, please make the payment of the trek fees by either of the following ways.

DO WRITE US A MAIL INTIMATING CONFIRMATION OF PAYMENT OF FEES WITH TRANSACTION DETAILS.

Step 2 - Payment of trek fees

Option 1 – Pay the trek fees by cheque in the name of “Guardian Giripremi Institute of Mountaineering”

Option 2 – Transfer fees in our bank account

Bank details are given below –

A/c Name- Guardian Giripremi Institute of mountaineering.

A/c No. 35422707432 (current A/C)

IFSC Code- SBIN0013530

Branch – Karve Nagar, Pune 411052

Payment Terms –

- Rs. 15,000/- to be paid at the time of booking / registration and remaining balance at least 3 weeks prior to the trek.

Cancellation Policy –

- In case of any unavoidable reason if you happen to cancel your booking, please send the cancellation request through email.
- 5,000/- will be deducted and balance amount will be refunded, if cancellation is made 30 or more days prior to the reporting date of your selected batch.
- 15,000/- will be deducted and balance amount will be refunded, if cancellation is made 15 to 30 days prior to the reporting date of your selected batch.
- No refund will be made if cancellation is made within 15 days prior to date of departure.