

# *Prang La Pass Trek*

## **(Spiti to Ladakh)**

**Route :** Delhi - Manali - Kaza - Parangla - Rachu Lamo - Korzok - Leh - Delhi

**Total Duration :** 15 Nights / 16 Days

An ancient trade route between Spiti region of Himachal and Changthang plains of Ladakh and the neighboring Tibet. The trek begins in Spiti valley and crosses over Prang La into Ladakh.

**Days on Trek:** 8 Days

**Maximum Elevation:** 5500 Meters Above sea Level

**Starting Point of the Trek:** Kibber in Spiti Valley

**Rating:** Strenuous

**Best time:** July & August

**Highlights:** High Himalayan pass, high altitude Tsomorori Lake, dry cold desert of Spiti valley, Himalayan wildlife, rare species of birds, pastoral nomadic tribe.

The trail follows the ancient trade route between Spiti region of Himachal and Changthang plains of Ladakh and the neighbouring Tibet. The trek begins in Spiti valley of Himachal Pradesh and crossing over Prang La Pass (5600M), enters into the Changthang high altitude plains of Ladakh. Finally ending at Tso Moriri, a high altitude lake(4300 M) which is 27 kms long and 8 kms wide.

Before starting the trek we spend few days for acclimatization in Spiti. There we visit some of the most ancient Buddhist monasteries and remote villages.

## *Preview of the Trek*

- Day 01: Chandigarh to Manali 8 hrs drive
- Day 02: Acclimatization in Manali
- Day 03: Manali - Kaza(3500M) 9/10 Hours drive
- Day 04: Kaza – Ki Monestary – Kibber-Dumal
- Day 05: Dumla to Thaltak (4560 M) 5/6 hours walk
- Day 06: Thaltak to Base of Parang-La (4900M) 6 hours walk
- Day 07: Parang-La Base - Parang-La (5600 M) - Largyup(4930M)  
8/9 Hours walk
- Day 8: Largyup to Rachu Lamo (4580 M)
- Day 9: Rachu Lamo to Norbu Sumdo (4300 M)
- Day 10: Norbu Sumod to South of Tso Moriri (4450M)
- Day 11: South of Tso-Moriri to Korzok (4250 M). 6 hours walk
- Day 12: Korzok-Leh 8/9 Hours drive
- Day 13: Leh
- Day 14: Leh
- Day 15: Leh - Delhi.