



HIMALAYAN FRONTIERS

CULTURE & ADVENTURE TOURS PVT. LTD.

Tel: +91 1902 250384

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STOK KANGRI EXPEDITION - 6 Days

Rs. 18500/- Onwards

Stok Kangri (6153 m) means literally the high mountain in Ladakhi. Visible since the main city of Ladakh, Leh, it is under the National park of Hemis. Although the summit seems impressive, it is not very difficult technically but asks for a good physical condition, for minimum of knowledge of the mountain and minimum of equipment (fixed ropes, etc.).

Stok Kangri is the objective completed to make a success of the first one "6000" in Himalaya. From your arrival to Leh, the capital of Ladakh, its hurt pyramid will catch your eyes. South fish bone (edge) presents a magnificent route (course), with panoramic views on all the chain of Karakoram and even, in clear weather, until K2. 10 hours for the round trip are needed. According to the climatic conditions and of snow coverage, our guide will fix a rope to cross the bar of snow. If you are an experienced mountain dweller, it will not be necessary to fix a rope.

Region	Leh - Ladakh
Season	May to October
Activity & Grade	Mountain Expedition & Moderate grade

Highlights

Leh: Shey, Thiksey & Hemis Monastery

Stok Kangri: Highest peak in the Stok region of Ladakh at a height of 20187 ft.

Mankarmo: Beautiful landscapes, plenty of mountain flora & fauna

Skeleton Itinerary

Day 1: Arrival in Leh and transfer to hotel

Day 2: Leh/ Stok/ Mankarmo

Day 3: Mankarmo/ base camp

Day 4: Base camp/ summit/ base camp

Day 5: Base camp/ Stok/ Leh

Day 6: Deaprture

Itinerary

Day 1: Arrival in Leh and transfer to hotel

Full day sightseeing of famous monasteries of Ladakh. These are:

Shey Monastery- Until 16th century it was the royal residence, King of Leh were supposed to be born in the monasteries. This Palace monastery has the largest statue of Maitreya Buddha (Buddha to Come) in Ladakh.

Thiksey Monastery- About 20 kms from Leh, Thiksey is an imposing monastery and one of the finest examples of Ladakhi architecture. The 12-storey monastery complex contains numerous stapes, statues, Thangkas, wall painting swords and large pillar engraved with the Buddha's teachings.

Hemis Monastery- 40 km. from Leh, Hemis is one of the richest, biggest and most famous gompa in Ladakh. Built in 1630, it belongs to the red Sect.

Overnight at hotel.





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Day 2: Leh/Stok/Mankarmo

After breakfast drive to Stok trekking point, 15 kms from Leh and we will start our trek to Mankarmo. After leaving Stok village, a walk through the valley for 5-6 hrs., we will reach Mankarmo. The camp is near the shepherd camp.

Day 3: Mankarmo/base camp

This day is short but tough due to vertical ascent before base camp. You have plenty of time to fix the equipment and get ready for the extreme day.

Day 4: Base camp/summit/base camp

In order to reach on the right time at the summit, we start our day around 1 o'clock in the morning. All things should be prepared during day time and you should not forget to put torch, drinking water, and pullover etc. in your bag. The day is long so you should be mentally prepared. Back to base camp and hot lunch would be served. 8-9 hrs. walk.

Day 5: Base camp/ Stok/ Leh

After breakfast walk down to stok and car would be waiting at stok trekking point to take you back to Leh. Descent is easy but a little bit long (5hrs walk).

Day 6: Departure

Drop at Leh airport for onward destination.

Inclusion	Exclusion
<ul style="list-style-type: none"> • Transport as per itinerary by Toyota Qualis or Scorpio • Transport by Mule during trekking • All meals • Mountain Guide + cook + Helper • Well equipped kitchen team • Twin/triple man tent, foam mattress, dining tent, toilet tent, Kitchen tent • Standard Hotel / Guest house in Leh on Full board • Permit for Stok Kangri • Wild life fee • Common medical box with oxygen cylinder • Sleeping Bag 	<ul style="list-style-type: none"> • Beverages • Personal expenses • Medical evacuation • Flight • Monument fees • Tips • Travel Insurance • GST 5% • Any item not included in the inclusion section

Things to be carried

- Photo ID proof
- Four pair of warm and dry clothes.
- Good quality hiking shoes





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- Waterproof rucksack
- Three sets of dry clothes
- One pair of warm clothes.
- Woollen clothing: Jacket (at least 2 pair), Gloves, Raincoat, Thermals
- 2 waterproof tracksuit/Trousers
- Bath towel and napkin
- 3-4 Pair of Cotton socks
- Slippers/floater.
- Water bag/Water bottle (not plastic bottle)
- Torch (with extra batteries)
- Cap and Sunglasses
- Day pack
- Sanitary requisites: Bath soap, toothpaste, toothbrush, shampoo etc.
- Binoculars and camera are optional (with charger).

Above mentioned items should preferably be packed in a rucksack that is easier to carry.

Terms & Conditions

1. Booking: All booking for the tours /treks are made with Himalayan Frontiers, herein after referred to as 'the company' and are subject to the conditions: the person signing the booking form accepts the conditions and is hereafter referred to as the client.

2. Liability: The Company cannot be made liable for the consequences of weather condition, flight cancellations, war or threat of civil war, strikes, industrial action, political unrest or any other force majeure, unusual or unforeseen circumstance. The company reserves the right to use alternate transport, or vary the itinerary if breakdown, sickness or any other force major. Any additional that result, such as extra hotel accommodation, flight or road transport will be on your charge and must be paid directly at the spot.

Please understand, there are certain hazards involved in your adventurous and culture holidays which you must accept at your own risk. The company will not be liable for any illness major or minor injury, death sustained during neither the trip, nor it will be liable for any uninsured losses of your property and other losses during the trip.

3. Travel insurance: This is mandatory for all clients travelling on any tour/ trek or independent itinerary arranged by us. You are responsible for obtaining adequate insurance covering expenses of unexpected as mentioned in **liability paragraph**. the loss of baggage, medical expenses, helicopter (air or ground) rescue, injury, death, repatriation, cancellation and curtailment of the itinerary.

***It is strongly advised that clients take out insurance to cover the unexpected and cancellation charges.**

4. Refund: No refund will be made for any unused services included in the tour / trek cost. No refund will be payable to any client who voluntarily or obliged to leaves a trip enroute, clients are responsible to bare their own expenses, expenses of such as escort, transport, hotels and other related services occurred due to such circumstances.

5. Decision of Tour / trek leader or Guide: Client agree to accept the authority and the decision of the tour/ trek leader or escort appointed by the company whilst on tour with the company. If in the





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opinion of the tour/ trek leader, any client's behavior is detrimental to the safety, welfare or harmonious state of the group as a whole, the client may be asked to leave the tour / trek without any right of refund and all extra expenses caused will be on his/her charge.

6. The organisers or any individual connected with the camp shall not be held responsible of any accident or any unforeseen natural calamity
7. Last moment changes on programme will not be acceptable. Final decision on any dispute will be taken by HIMALAYAN FRONTIERS Pvt. Ltd. only.
8. Participants are not allowed to go out of campsite without permission of Himalayan Frontier authorities
9. Participants are expected to be in discipline. One can be dismissed from the programme/camp who found to be misbehaving with any individual or staff members, without prior notice.
10. 1 teacher/supervisor will be complimentary only at strength of minimum 10 students. Teachers/supervisors are complimentary as a single person only.
11. All sightseeing and treks are by walk.

Booking & Cancellation

- 40% of total programme cost should be deposited in advance for booking.
- Balance payment should be made at least 7 days before the tour begins.
- The amount paid once is not transferable to any other programme /tour or to any other individual(s)/group or for any other service.
- No refund shall be made if participant(s) drop/terminate from program at any point due to any reason.
- One has to take care of his/her individual luggage. In case of loss or damage customer himself will be responsible for the same.
- The organizers or any individual connected with the tour shall not be held responsible of any accident or any unforeseen natural calamity.
- Bank charges has to be paid by the Client.

Refund Policy

Sr. No.	Cancellation Period (Before the Tour Begins)	Refund%
1	30 days	100%
2	15 days	50%
3	7 days	15%
4	Less than 7 days	Nil

**T&C Apply*

