

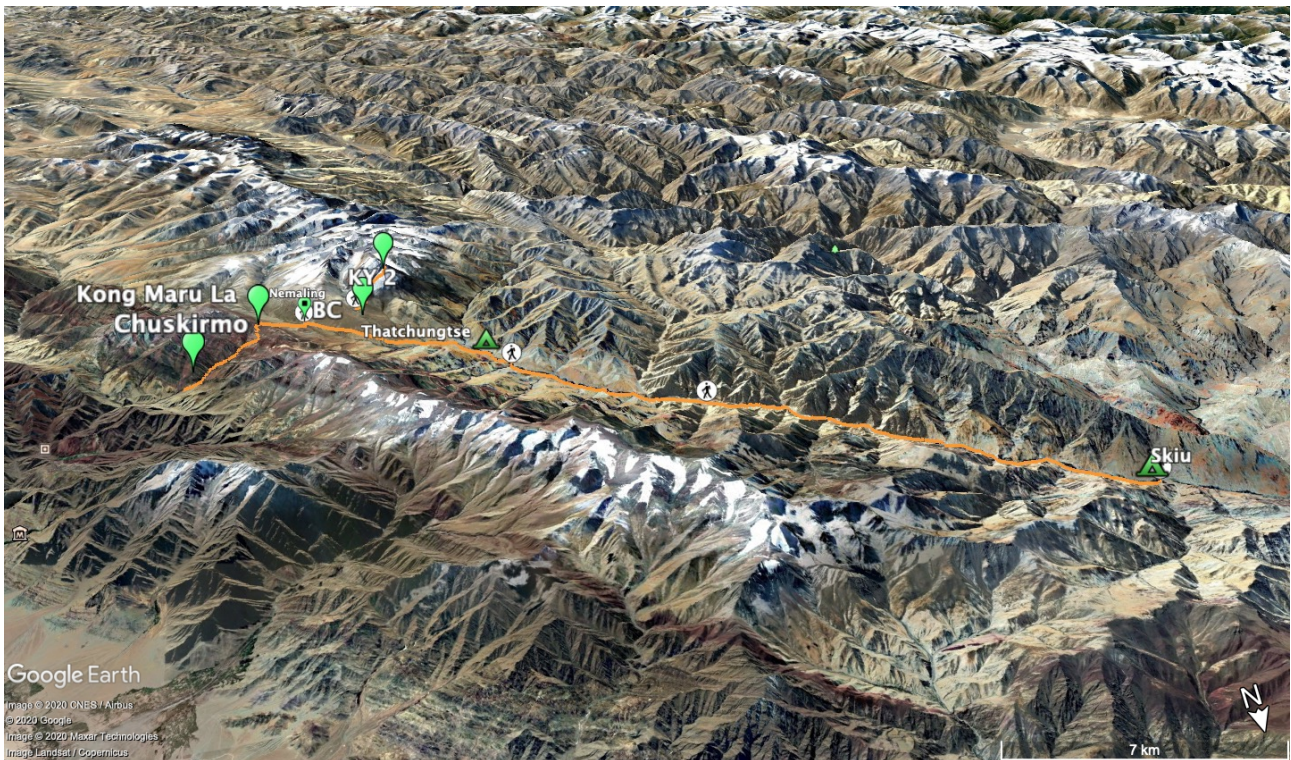
## Elevation Profile

Day 1: Arrive Leh. Altitude 3500m.

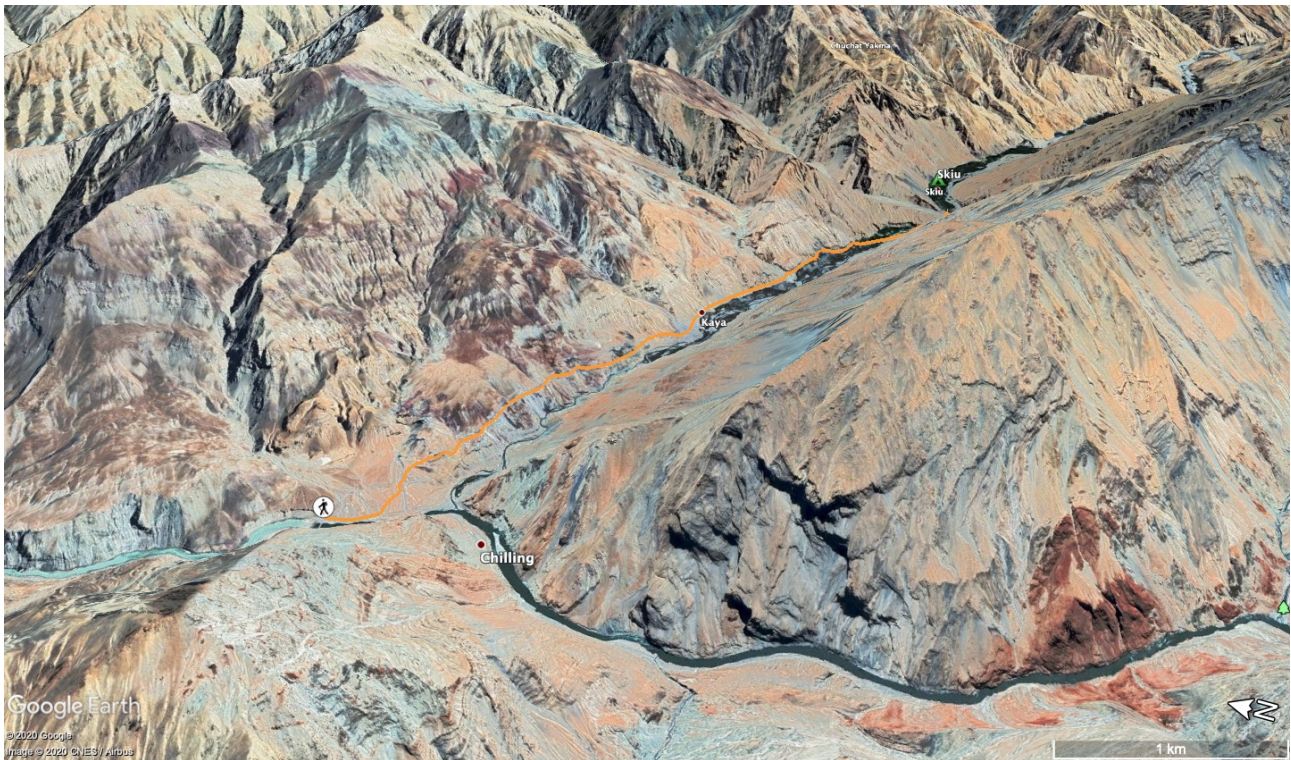
Day 2: Acclimatise



Distance, ascent and descent are only for the trek (no driving time and distance). All figures are approximate and may change keeping in mind the realities of the trek. The idea is to build strength/ endurance levels keeping these in mind.



## Day 3: Chilling to Skiu



Distance: 6.97 km

Ascent: 285 m

Descent: 138 m

Max Altitude: 3500m

Sleeping Altitude: 3361

## Day 4: Skiu to Markha



Distance: 22 km

Ascent: 737 m

Descent: 317 m

Max Altitude: 3769 m

Sleeping Altitude: 3781 m

## Day 5: Markha to Thatchungtse



Distance: 11.63 km

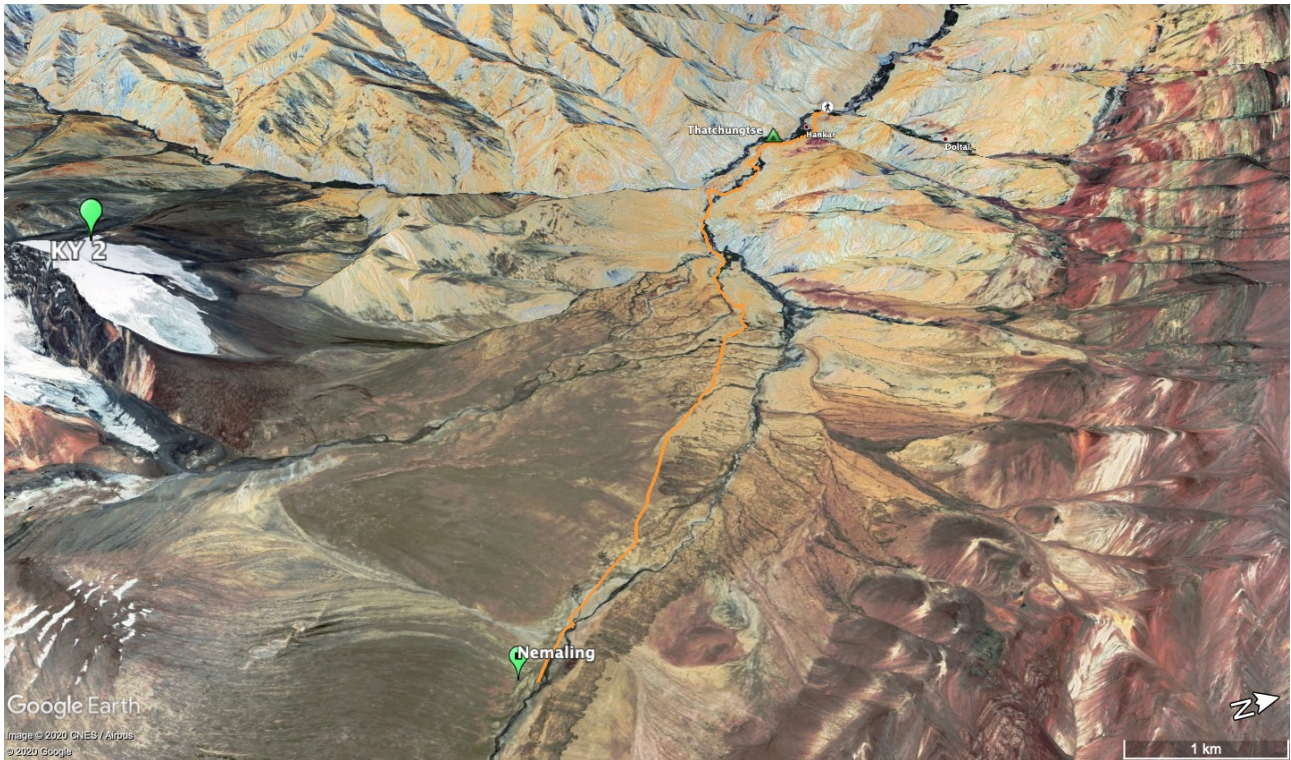
Ascent: 364 m

Descent: 142 m

Max Altitude: 4122 m

Sleeping Altitude: 4003 m

## Day 6: Thatchungtse to Nemaling



Distance: 12.53 km

Ascent: 1033 m

Descent: 182 m

Max Altitude: 4874 m

Sleeping Altitude: 4854 m

## **Day 7: Acclimatization Walk**

Idea is to reach and spend some time above 5300 m and spend a second night at a similar altitude

Ascent: 600 m

Descent: 500 m

Max Altitude: 5300 m

Sleeping Altitude: 4854 m

## **Day 8: Trek to Base Camp**

Distance: 6 km

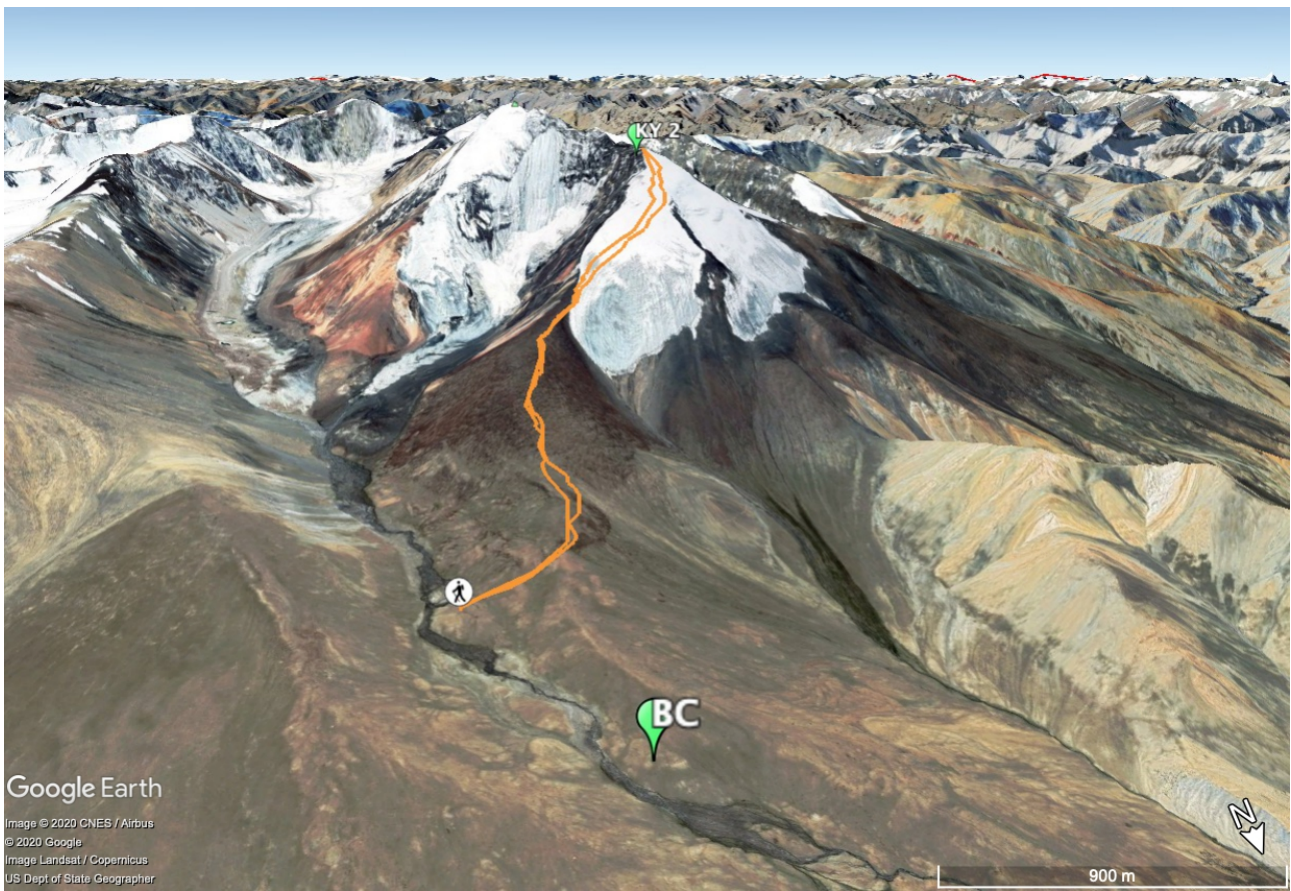
Ascent: 250 m

Descent: 150 m

Max Altitude: 5100 m

Sleeping Altitude: 5000 m

## Day 9: Trek to KY 2 Summit



Distance: 7.6 km

Ascent: 1122 m

Descent: 1122 m

Max Altitude: 6122 m

Sleeping Altitude: 5100 m

## Day 10: Contingency Day

## Day 11: Trek to Chogdo. Drive to Leh.



Distance: 15 km

Ascent: 417 m

Descent: 1322 m

Max Altitude: 5298 m

Sleeping Altitude: 3500 m (Leh)

## Day 12: Depart for Delhi