Kang Yatse II

Expedition Information Pack

Contents	Page		Page
Why Choose Earth's Edge	1	Spending Money & Tips	6
Description and Detailed Itinerary	2	Training Weekends	6
Summit Day Policy	4	Safety Standards	6
Expedition Costs	4	Special Offers	7
Inclusions and Exclusions	5	Book Your Consultation	7
Flights	5	Expedition FAQ	7

Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business.** Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- Our **exceptional guides and leaders** are fully trained in wilderness first aid, and true experts in their region. They are passionate about sharing their first-hand knowledge of the local culture, history, and geography, while ensuring we consistently deliver unforgettable experiences.
- Many of our high-altitude treks are supported by a **dedicated expedition doctor**. This is a bedrock of our service and our safety standards, giving clients an additional level of medical support where it's needed most.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're travelling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** two months prior to each expedition. It includes a detailed expedition brief, two training hikes and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way.** Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.

- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at Great Outdoors to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a certified B Corp company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of environmental programmes and community projects, including;

- A yearly scholarship that gives porters the opportunity to become guides on Kilimanjaro.
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the Carry Me Back Program.
- We collect clothing and gear donations for our amazing porters on Kilimanjaro.
- We are striving to increase the number of female staff across our expeditions.

To read more about our sustainability practices, please visit our responsible travel page.

Back to Top

Description & Detailed Itinerary

This 13-day expedition is suitable for **experienced trekkers who have a good level of fitness**. Towering at an impressive 6,250m, Kang Yatse II is a serious challenge - and the highest trekking peak in the Indian Himalayas.

Our route to the mountain is along the stunning **Markha valley,** where we pass through **traditional villages** and enjoy **stunning mountain views**. Ascending the valley is gradual, which is **perfect for acclimatisation** improving our chances of a successful summit attempt.

The **12-hour summit day** is the crux of the itinerary. Most of this day is spent on snow, with some short steep sections requiring the use of ropes. The view from the top of Kang Yatse II is one of the best in the Himalayas, offering **great views of the Zanskar and Karakoram ranges,** including K2 (8,611m), the world's second-tallest mountain.

This is one of the best trekking peaks in the Indian Himalayas, and its proximity to Leh makes it very accessible. Ladakh, often referred to as 'little Tibet', is **characterised by Buddhist culture and tradition**. Visits to monasteries, palaces, markets and remote villages are all included in this expedition.

Day 1: Expedition briefing in Leh
You will meet your expedition leader and group at a pre-agreed time and location in Leh. There will be a full expedition briefing in the afternoon. Overnight hotel.

Day 2: Acclimatise and sightseeing in Leh.

Spend the day in Leh to acclimatise. For the more energetic, a visit to monasteries such as Shey, Thikse, and Hemis will be arranged. Or, choose to relax and walk around Leh. Visit markets, shops, and outdoor restaurants. Enjoy the great views of Stok Kangri (6,153 m) and its surrounding peaks. Overnight hotel. Altitude 3,505m.

Day 3: Leh to Chilling to Skiu, 6 hrs.

After breakfast we drive for two hours to Chilling village. It's a stunning drive as we travel along the Indus and then the Zanskar river in private jeeps. Once we reach Chilling, we cross the roaring Zanskar and trek for 4 hours to Skiu. It's an easy hike as we follow the Markha valley to reach our destination. We enjoy our first night in tents just outside Skiu village. Overnight camp. Altitude 3,400m.

Day 4: Skiu to Markha, 8 hrs.

Today is a longer day, but the elevation gain is very gradual - ideal for acclimatisation. The most challenging element will be that there is very little shade from the typically hot sun. We cross the Markha river several times and pass many Mani walls (stones inscribed with Buddhist prayers) throughout the day. In the afternoon we reach Markha village, the largest settlement in the area. Overnight camp. Altitude 3,800m.

Day 5: Markha to Thachungtse, 6 hrs.

Another beautiful day on the trail as we ascend further up the valley through the Umlung and Hankar villages to reach our campsite at Thachungtse. We see a number of fantastic geological creations today, with giant boulders balanced on top of earth spikes. We'll also get our first view of Kang Yatse, which dominates the landscape for the next two days. Overnight camp. Altitude 4,150m.

Day 6: Thachungtse to Nimaling, 4 hrs.

Today we climb away from the Markha valley to reach a beautiful plateau called Nimaling. During the summer, people from the Markha valley graze their animals here. The views of Kang Yatse and the Markha valley are stunning from our campsite. Overnight camp. Altitude 4,700m.

Day 7: Nimaling to Base Camp, 3 hrs.

A short distance to cover today, but it's important to take it slowly as we move above 5000m. From Nimaling, we follow a small path through loose rock to reach a high point where we get our first view of base camp. We set up our camp beside a small stream. Overnight camp. Altitude 5,100m.

Day 8: Rest day at Base Camp.

We practise skills on a nearby snow slope and go for an acclimatisation hike in the afternoon. Overnight camp. Altitude 5,100m.

Day 9: Base Camp to Kang Yatse II (6,250m) to Base Camp, 16 hrs.

This is the most difficult day of the trek and takes a lot of physical and mental strength. We rise very early (just after midnight) and ascend on scree and moraine to reach the snowline. From there, the terrain is mostly gradual except for a few short, steep sections which may require the use of rope. At the summit we are greeted by amazing views of the Himalaya and Karakoram.

The Zanskar, Stok, and Ladakh ranges form an outstanding vista of snow-capped peaks. From the summit we descend to reach base camp for lunch. Overnight camp. Altitude 5,100m.
Day 10: Spare Summit Day. Spare day to account for bad weather, further acclimatisation, and rest.
Day 11: Base Camp to Chuskirmo to Leh, 10 hrs. The walk out from Kang Yatse is a tough one. We retrace our steps back down to Nimaling and then ascend to the Kangmaru La Pass (5,260m). From the pass we get to enjoy our last panoramic views of the larger peaks before descending to Chuskirmo. Drive 2 hrs to Leh where a nice (and well deserved!) warm shower awaits. Overnight hotel. Altitude 3,500m.
Day 12: Free Day in Leh. Enjoy the day in Leh for shopping, sightseeing, or relaxing. In the evening we go for a celebratory meal. Overnight hotel. Altitude 3,500m.
Day 13: Expedition Concludes. Say farewell to India as our expedition comes to an end.

Summit Day Policy

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on these mountains, and the importance of maintaining a good guide-to-client ratio, it is essential we attempt the summit with a strong team.

Any clients who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those clients who are fit enough are given the best opportunity to attempt it.

Expedition Costs

You can find our detailed expedition pricing on our website.

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 1,000 is due six months prior to departure.
- The **final balance** can be paid in installments, but is due 90 days prior to departure.

For up to date prices in GBP and USD based on today's exchange rate, please visit our website.

Back to Top

Expedition Inclusions & Exclusions

Expedition Costs Include:

- Pre-departure training weekend in Wicklow
- An Earth's Edge softshell jacket and a buff for you to keep
- A highly experienced local mountain guide
- Full support team including guides and cooks
- Dedicated expedition doctor
- All accommodation based on twin sharing in hotels in Leh, and camping elsewhere
- All meals and drinking water (except in Leh where accommodation is based on B&B)
- A celebratory dinner at the end of the expedition
- All group transport throughout the expedition
- Permits for trekking within the Ladakh region
- All group gear consisting of a fully stocked med kit
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- Flights
- Training weekend accommodation and food
- Personal travel insurance
- Medical vaccinations
- Tourist visas
- Personal equipment
- Tips
- Expenses of a personal nature such as laundry, phone calls, alcohol, and excess baggage charges
- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, landslides, road conditions, and any other circumstances beyond our control

Flights

We'll share recommended flight timings that line up with our complimentary group transfers approximately 10 months pre-departure.

Please consult us before booking alternative flights to ensure you arrive in time for the expedition briefing on the first day. It is essential that you do not miss this meeting.

Back to Top

Spending Money & Tips

Spending Money

We recommend that you put aside **EUR500** in spending money for this trip. Euro can be exchanged to Rupees easily in Delhi and Leh. There are also some ATMs where you can withdraw cash using a credit card.

Tipping

Our recommended **tip amount is 14000INR (EUR150) per person**. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip evenly among all of our Earth's Edge team in Ladakh. The recommended spending amount above includes the tip for the Earth's Edge Team.

Training Weekends

Before every expedition, we organise a training weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for the weekends are not included.

Safety Standards

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced local mountain guide, supported by a qualified doctor with a keen interest in adventure travel and expedition medicine. Our expeditions are further supported by a dedicated team of guides, cooks, and muleteers, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to India. Up-to-date travel advice is available on the DFA website.

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

Back to Top

- Always **wash your hands** and apply **hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tables. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our safety page.

Special Offers

- **Return Customer Offer** - If you have travelled with us before please visit our return customer page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our refer a friend page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our group discounts page for details on what discount you are entitled to.
- **Couples Offer** - If you are booking with a friend or partner please visit our couples offer page for details on what discount you are entitled to.

Book Your Trip Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your consultation here.

Expedition FAQ:

Do you have a question that wasn't answered in this information pack? If so, please visit our FAQ page for a full list of frequently asked questions. If you can't find your answer there please contact us.

Back to Top