

Kang Yatse 2 Trek

India | 6,250m



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EXPEDITIONS

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Kang Yatse 2 makes for a remote and stunning trek in the heart of Ladakh, an equal to that of Stok Kangri.

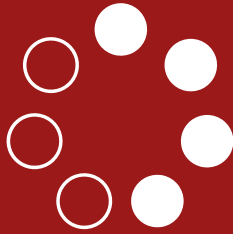
Ladakh is a land of many contrasts. It's one of the highest, driest inhabited regions on Earth, a semi-desert where Buddhism meets Islam, India meets Tibet and where the **Himalayas** meet the Karakoram. Dotted with small villages and ancient monasteries, the high mountain panoramas blend into eternal blue skies and vibrant festivals spring up with cheerful regularity. Arriving from **Delhi** into **Leh** (3,524m), we spend a few days acclimatising, exploring the town and local monasteries before heading off on our adventure. Our beautiful circular route takes you through ancient Buddhist culture, monasteries and ever-changing landscape of Markha Valley. Being inaccessible for many

months in the winter, the whole area feels as if time has stood still and has allowed rare Himalayan wildlife to thrive. The snowy peak of Kang Yatse 2, looming above the Markha Valley, is one of the most beautiful mountains in the region and provides a unique opportunity to climb to 6,250 metres, especially for someone looking for their first Himalayan summit.

Our Kang Yatse 2 trek mixes adventure with festivity, authentic rural experiences and Western comforts to provide an introduction to mountain climbing that is hard to beat and long remembered.

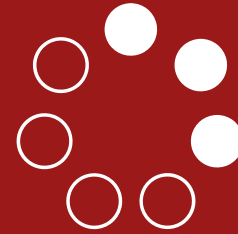
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Physical - P4

Sustained physical effort calls for a state of high conditioning. You should already have experience of tough challenges (P3) and be regularly training as part of your normal routine. Expect days of up to 8 hours and longer while carrying a pack up to 8-14kg in weight. Summit night could be easily in excess of 12 hours.



Technical - T3

May involve harder scrambling or some trekking and climbing with ropes. If snow is encountered then glacier travel with ropes, ice axes and crampons will be necessary. Basic climbing skills are ideal, but these will also be taught (and certainly practiced) during the expedition and pre-summit phase.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart UK

Fly to Delhi and connect to a Leh flight.

DAY 2 : Arrive Leh

The spectacular connection flight over the Himalaya takes us to one of the highest airports in the world at 3,350m. The rest of the day is free to relax and acclimatise to the altitude (3,500m). In the afternoon we can have a wander around Leh and its bazaars and explore our home for the next couple of days.

D

DAY 3 : Leh. A day of sightseeing

We stay in Leh in order to begin acclimatizing. You are welcome to join us on a very leisurely sightseeing tour to three of the major gompas (monasteries) in the area. We first drive to Shey, a former Royal Palace of the Ladakh kings. Inside is a small temple containing a 350-year-old copper and gold statue of Buddha. Next stop is Tikse, perched prominently on top of a hill, its red and white buildings visible for miles. A recently built temple contains a magnificent image of the Future Buddha. Final stop is Stakna, a small, friendly monastery high above the Indus River.

BD

DAY 4 : Leh - Zingchen - Yurutse 4100m (1 hr drive & 4-5 hrs hike)

We drive from Leh to Spituk and continue on a dirt jeep road into a parched and exposed region. After about an hr drive we will enter the Zingchen Valley where the Rumbak River flows into the Indus which makes it way down a canyon. Further into the valley lies a beautiful village of Rumbak, inhabited by 15 families. From Rumbak it's a short walk to our camp, but very important one in terms of acclimatization, so we will not hurry and take our time to reach the camp.

BLD

DAY 5 : Yurutse 4100m - Shingo 4000m via Ganda La 4900m (5-6 hours)

A gradual but long ascent will take us to the pass of Ganda La. The Stupas and prayer flags mark the top of the pass, where one may get glimpse of wildlife such as blue sheep, Marmots and Arghali. Views of the lofty Zanskar Range and the distant Himalaya Range are spectacular. A gradual descent will bring us to the tiny village of Shingo, inhabited by only 2 families. This will be our campsite for tonight.

BLD

DAY 6 : Shingo 4000m - Hamurtse 3500m (5-6 hours)

Shortly after leaving our campsite we enter a narrow gorge will spectacular colors and rock formations. We continue descending in the gorge until it opens onto the green valley of Skiu. In this idyllic village lies an old monastery and ruins of an old castle, once a rest stop for the Royal family on their way to Srinagar. After getting some rest here, we continue to Hamurtse, a green pasture land by the Markha river.

BLD

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ITINERARY

DAY 7 : Hamurtse 3500m - Umlung 3900m (4-5 hrs hike)

The trail continues along the Markha River, with some crossings now and then. We pass the remains of old hermitage caves high on the opposite cliffs. Inside are the remains of tiny caves where lamas once sat in meditation, platforms carved in rock. Look also at the Chortens, inside

are piles of tiny 'Tsatsas', the remains of ashes of the departed formed into tiny pyramids. After about 4 hours of hike we reach the village of Markha, the largest village in the valley and inhabited by 20 families. After taking a good rest in the village, we continue along the Markha River and soon come across a mountain that seats the auspicious monastery of Techa. It's a steep half an hour climb to the monastery, but it's worth visiting. From here, it is a short walk to Umlung.

BLD

DAY 8 : Umlung 3900m - Thachungtse 4100m (4-5 hours)

The trail continues along the Markha River, past old stone-mills, a ruined castle and the village of Hankar, the last one in the valley. After leaving the village of Umlung, we will get our first view of snowy peaks above Nimaling, which will stay in sight until we cross Chaktsdang La. Our campsite for tonight will be the lovely green pasture of Thachungste.

BLD

DAY 9 : Thachungtse 4100m - Base Camp 4950 m (3-4 hrs)

It is a short distance from Thachungtse to Base Camp but the trail is steep at places and we are likely to feel the effect of the altitude. After about 2 hours of ascend we reach the beautiful plateau of Nimaling, where the people of the Markha valley bring their animals to graze during the summer months. From Nimaling, it's a gradual climb up towards Base Camp.

BLD

DAY 10 : Acclimatisation walk 4950m

After a hearty breakfast, we go for an acclimatization walk by climbing little higher.

By noon we are back at the BC and enjoy a warm meal for lunch. We spend the afternoon relaxing and preparing the gears.

BLD

DAY 11 : Base Camp 4950m - Summit 6200m- Base Camp (8-12 hrs)

Early morning push for the summit. The first part of the mountain is usually free of snow by August and we walk on rocky terrain, but at around 5500m we hit the snow and put our crampons. The route is quite straightforward and easy to negotiate, however as we climb higher it gets steeper.

Once on the summit we have a spectacular views of the Himalayan range to the south and Karakoram to the north. After enjoying the view and putting prayer flags on the summit we descend down to Base Camp and get a well-deserved rest.

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ITINERARY

DAY 12 : BC - Shang Sumdo - Leh via Kongmaru La 5200m (6-7 hrs hike & 1.30 hr drive)

After a short hike from BC we gradually ascend towards Kongmaru La, the highest pass on Markha Valley trek. Once on the top we have beautiful views of Kang Yatse 2 and the surrounding peaks. The descent is quite steep at places, but gradually levels out as we enter Shang Gorge, with its colourful and fascinating rock formations. Some river crossings bar our way before we arrive at the tiny village of Chogdo. Here, we say farewell to our horses and horsemen we drive back to Leh.

BLD

DAY 13 : Leh to Delhi

We have an early start from Leh to catch our flight back to Delhi. All flights from Leh arrive either mid-morning or early afternoon into Delhi as, flying later in the day, there is always the risk of storms over the mountain.

Flights from Delhi back to the UK generally depart late evening or early morning which means we'll have a bit of a long layover (somewhere between 9-12 hours depending on which flights we secure).

There are a few options:

As there is no left luggage store at the airport it may be worth booking a room at a local hotel (if there are a few of you) and leaving your big bags for the day. There are lots of hotels around the airport ranging in price and luxury (check booking.com) so you could always book a room and sleep all day.

The airport is well-served by public transport (the metro is great and goes directly to the airport) so you could take a trip into town and see some of the sights – there are also lots of companies offering sightseeing tours from the airport.

Just make sure that whatever you do, you are back at the airport with your bags ready to check in for your flight back to the UK!

B

DAY 14 : Depart Delhi / Arrive UK

Today's timings are dependent on your international flights.

If 360 are securing your flights, you will generally be departing Delhi in the early hours of the morning and arriving back to the UK today.

This will be dictated by flight routes, times and costs and if you tick "flights included", then 360 team will do their utmost to find the most appropriate flights, giving you the best options. Please do let the office team know at the time of booking if you have a preference, and we will always do our best to accommodate.

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KIT LIST

Bags & Packs

Kit bag

A 90 -120L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

Daysack

Approx. 40L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Waterproof rucksack cover

To protect rucksack from rain

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag

Padlocks x 2

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

4 Season sleeping bag

You should get a sleeping bag rated to -10C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights

Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

Sleeping mat

A full length self-inflating rather than $\frac{3}{4}$ length Thermarest

Headwear

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Buff/Scarf

Essential for protection from the sun and dust

Sunglasses

Preferably wraparound style

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KIT LIST

Ski goggles

For days when it may be snowing and very windy. They can be very useful on summit day. Generally, these are only necessary on winter ascents, between October and May/June, but do chat to us if you are on a transition trek in June for up to date info on the expected weather. For these treks, we would generally say if you already have goggles then bring them, as they can be a handy addition if we get snowy weather. If you do not, then good Category 4 sunglasses would suffice.

Sunblock

Buy the highest SPF you can find as UV intensifies with altitude

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

Upper Body

Base layer x 3

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer x 2

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, Primaloft or fleece

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Soft Shell (optional)

Optional - These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

Down jacket

These provide the best insulation and are worth every penny. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -20C and the assistant will recommend the correct fill for you

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KIT LIST

Warm gloves

Consider liners or a light polartec pair for lower altitudes and evenings, and a thicker waterproof pair like ski gloves for higher altitudes

Down mitts & waterproof mitts

Essential for higher altitudes and cold temperatures. To be worn with a liner glove underneath and waterproof & windproof layer over the top.

T-shirts / Trekking tops

For wearing in Leh and lower down the mountain when the weather is warm.

Lower Body

Trekking trousers x 2

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Softshell trousers

Windproof or thermal lined trekking trousers for higher altitudes and the summit phase. Thermal leggings can still be worn underneath if necessary

Long Johns

Thermal insulation for the lower body

Waterproof overtrousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

Shorts

For wearing in Leh on your days off and for lower down on the mountain. Whilst Leh is fairly liberal, longer shorts are preferable.

Feet

4 season trekking boots

Well worn in, 4-season waterproof boots with mid to high ankle support. These will be worn to walk to base camp only and can be substituted for approach shoes or sturdy trainers if preferred.

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KIT LIST

Mountaineering boots (B2 or B3)

One or the other depending on what you already own and/or what your future mountaineering goals are. B2 Four Season mountain boots with a stiffer midsole and supportive (and often warmer) upper. With just enough flex for a natural walking action, these are suitable for winter walking and alpine mountaineering, and may be sufficient on easy winter climbs (or even a bit higher up the grades, if you have small feet). Compatible with C1 and semi-automatic C2 crampons. The best choice if you want a year-round mountain boot that can do a bit of everything. B3 fully rigid technical mountain boots, suitable for front pointing on steeper winter climbing ground, but as a result generally less comfy, too heavy and too warm for other uses. The category is split between both technical climbing boots and high altitude mountaineering double boots. Featuring ledges at both heel and toe, for compatibility with C3 step-in crampons although it is not uncommon for them to be paired with a lighter C2 crampon. These will be worn for your summit climb and should be sized to allow for two pairs of thick socks to be worn with them.

Trekking socks

Start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

Spare laces

Just in case

Trainers

For camp, saves stomping around in heavy boots for the entire day. You could also opt for walking sandals or Crocs.

Technical Equipment

Climbing harness (available locally at no cost)

We recommend Petzl harnesses. Try a variety on in a shop before you buy to ensure a good fit. Legs clips are a good option and avoid having to step into the harness to put it on. Harnesses are available locally at no cost.

HMS Locking karabiners x 2

Climbing equipment, for attaching a rope to your harness

Sling (60cm) x 1

Ice Axe (available locally at no cost)

A walking ice axe between 55cm and 65cm. Go to an outdoor shop and try different ones for weight and size so that you get one that feels good to you (available locally at no cost)

Crampons (available locally at no cost)

12 point mountaineering crampons with anti-balling plates that fit your specific boots (not ice climbing crampons), (available locally at no cost)

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KIT LIST

Micro crampons

A smaller style of crampon, designed to give you a bit more grip on more icy terrain when full crampons are too much, or if you're wearing lighter boots. Microspikes can be invaluable on slippery slopes, and we would suggest they are carried in your day pack with you when higher up on the hill. Please note these cannot be hired in situ – but as they are only around £15, hopefully a good little investment for you anyway! (An example here, though other brands and styles are of course available.)

Hydration

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

Water bottles/bladder

3L equivalent – Camelbaks are useful at lower altitudes but have a tendency to freeze up at higher altitudes without insulation tubes, Nalgene bottles are better at altitude and can be put in your down jacket

Pee bottle (+ optional Shewee for the girls!)

A good idea if you are storm bound at higher camps. A 1ltr Nalgene bottle is a good option but do make sure you label it as your pee bottle!!

Toiletries

Wash kit

Keep it simple on the mountain. Essentials are handsoap, toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Insect repellent

For early stages and once back down

Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

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KIT LIST

Medications

Personal first aid kit

Your own first aid kit should contain: A basic blister kit, plasters, antiseptic, sun-protection, any personal medication, basic pain relief (paracetamol/aspirin/ibuprofen), strepsils, anti-nausea, a personal course of antibiotics if prone to illness etc.

Personal medication

Keep this in your daysack

Miscellaneous

Head torch

We recommend Petzl head torches. Bring spare batteries.

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Camera

Bring plenty of spare batteries and memory cards

Penknife (optional)

Sewing kit (optional)

Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. For summit night it's always good to have a few extra chunky bars for that extra boost. Energy gels and protein bars are not suitable

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Scan of passport picture page

Passport photos x 4

We need these to obtain your climbing and trekking permits

Visa

A visa can be obtained from the Indian Embassy in London or using the e-visa website. Non UK residents should check with their local Indian Embassy

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

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KIT LIST

Money

We recommend you take around \$120 – \$150 onto the mountain in small denominations to tip the local team. Plus about \$250 for any extras along the way, satellite phone calls etc.

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

Food and Water

What will we be eating?

Food served on this trek is vegetarian and consists of a wide variety of Tibetan, Indian and continental dishes.

Breakfast: Chapati, bread, jam, cheese, butter, cornflakes, omelette, porridge, pancake, tea, coffee

Lunch: bread, cheese, jam, fruit, spring rolls, chocolate, boiled potato and egg.

Dinner: Tibetan, Indian and continental dishes.

If you have food allergies, let us know in advance and we'll do our best to cater for these.

Where does the drinking water come from?

Drinking water comes from a stream or spring near the campsite. As it's mostly rain run off or snow melt it's going to be pretty pure to start with but we'll boil or treat anyway for good measure.

How often is fresh water available to top up during the day?

There are streams and springs on the way so bring purification tablets or a water filter (the latter are noticeably heavier and bulkier than the former) you can replenish whenever you run out, but generally we fill our bottles up in the morning before we set off.

Accommodation

How big are the tents?

We use 3 man tents for two people to give you a bit more personal space and more room for your gear.

Will I have my own room/tent?

Most altitude related symptoms manifest themselves at night. We therefore recommend room and tent sharing from the onset of all our expeditions. Room share is always organised according to sex and where possible age groups. Obviously if you are climbing this mountain with a friend or partner then share rooms with them. If you have joined the team by yourself then it is highly likely that you will be sharing a room with your pre-assigned room buddy unless prior arrangements have been made.

If you would like your own room/tent, please let us know.

How much will it cost to have a single room/tent?

We can definitely arrange a single room, and a tent if you wish (though do see the question above on why we recommend tent sharing).

A single supplement for the hotel nights is £190, and for the tents it's £50 so if you'd like a single supplement for the full expeditions, it'll be £240.

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FAQ'S

Do you use a mess tent for dining and relaxing?

Yes, we provide dining tents for meals and to relax and wind down in after a day's walking.

Will the camp be freshly set up or will we be staying at existing camps at a set site on the way up? What will the lavatorial facilities be?

There are no fixed camps in the mountains, so we carry all camping gear with us on horses, pitching camp near some of the reliable water sources. In terms of the camp "facilities", there is a portaloos toilet in its own tent, and a shower tent.

I have seen some companies offer an additional night at high camp - why does 360 not opt for this plan?

There are several reasons for not having a high camp. The main reasons for this are:

- High Camp is colder, windier and rocky, which affects the sleep and rest of the climbers, which results in climbers are more exhausted on climbing day. BC is more warmer, less windy and climbers have more energy for summit day.
- No water and enough space to put tents for both clients and crew.
- The distance from BC to HC is only about 1 hour 30 which doesn't make a big difference.
- Horses cannot go beyond BC, so we need to have extra porters to carry all gear to HC, which will increase the cost.

Health and Safety

Am I likely to suffer from altitude sickness on this expedition?

There are different types of altitude sickness. Although our acclimatisation regime ensures that everybody enjoys the best possible chance of getting high on the mountain, altitude related problems can happen. The most common of this is high altitude sickness – AMS (Acute Mountain Sickness). Symptoms for this can include headaches, nausea and vomiting.

This sounds quite dramatic but generally this is just the process your body naturally goes through to adjust to the higher altitudes and the reduced partial pressure of the atmosphere. For some people the acclimatisation process takes a little longer than others.

For our guides this is all part and parcel of ascending a 6,000m peak and, although we assess each client's personal situation carefully, we also further consider the compounding effects of dehydration brought on by excessive vomiting and loss of appetite.

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FAQ'S

What can I do to help prevent AMS?

In most cases AMS can be avoided by the following: drink plenty of water, walk slowly, stay warm and eat well – and listen and talk to your guides.

We recommend that you familiarise yourself with the various effects that altitude can cause. During your pre-climb briefing, we will describe altitude sickness to you in detail, and advise you how to cope with it.

The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your guides how you feel. Our guides have seen every condition that the mountain produces, and they will always know how to deal with problems.

Is there a risk of getting HACE (High Altitude Cerebral Edema) and HAPE (High Altitude Pulmonary Edema) on the mountain?

HACE and HAPE rarely occur on this trek and our guides are fully trained in recognition of the onset of these problems and will deal with them at the first sign of their development.

Should I bring Diamox on the expedition with me?

Although we recommend you come armed with a course of Diamox or other high-altitude drug on this expedition, we do not recommend that take you these as a prophylactic during the trek or climb. We view Diamox as a treatment drug rather than a preventative medicine. Most adventure medics give similar advice, however we do appreciate this can be confusing, as many GPs (who aren't necessarily mountaineers) do suggest taking it as a prophylactic.

We pride ourselves on designing all our itineraries with acclimatisation very much front and centre and this expedition itinerary has been carefully designed to allow for your body to adjust to the altitude gradually, safely and comfortably. However, if you find that you are still having problems adjusting to the altitude (see our FAQ on Altitude Sickness) then your expedition leader or expedition medic will recommend the correct course of action regarding taking Diamox.

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FAQ'S

Should I take Diamox?

It is far preferable to take Diamox if and when needed during the course of the expedition. If you are already taking it and then start having altitude related problems you are left with few options but to descend to a more comfortable altitude which sadly often means that the summit is not attainable.

Furthermore, Diamox is a diuretic, meaning you will have to drink a lot of fluid to prevent dehydration. Of course, the upshot of this is you'll have to pee more which means you'll probably be having to get up more in the night and take cover behind rocks during the day. Another quite common side-effect is that it can cause your extremities to "buzz and tingle" including your fingers, toes and lips which can feel quite unsettling. Other side-effects can include dizziness and light headedness with loss of appetite, nausea, vomiting and diarrhoea. Although all these side-effects are manageable when you have symptoms of altitude sickness, we personally believe it is counter-intuitive to take it unless necessary.

Of course, it is totally up to you, this is just our recommendation and we're not doctors. If you do decide to take Diamox on the advice of your doctor then please do let your leader know in situ so they are aware of this. We also suggest you take the drug for a couple of days a few weeks before travelling so you can experience the symptoms before taking them during the trek.

What happens if there is a problem on the mountain?

We're in the developing world now, and help isn't quite so easily at hand. However, if there's a serious injury or sickness the 360 leader carries a satellite phone and we can get a helicopter from the Indian Air Force to airlift a casualty to Leh. Remember you'll need insurance to cover the expenses if this does happen.

What if I get sick and I am unable to complete the climb?

If you do have a medical issue and are not able to complete the climb then we take you to the nearest roadhead, usually Skiu (do note this can take a few days to reach) and drive back to Leh. In very severe cases we can also arrange a helicopter evacuation. This cost will be covered by yourself / thereafter your insurance company.

Please do note that it is rare that people get any altitude sickness after being in the mountains for so long and crossing the other passes, but if you do we have an evacuation plan in place as mentioned.

Do I need to take malarial drugs? Do I need to have a yellow fever certificate?

There is no malaria or yellow fever in Ladakh, and you don't need a yellow fever certificate unless you are traveling from an area where yellow fever is present.

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FAQ'S

What vaccinations do I need?

The standard vaccinations that are generally recommended for travel to the Indian subcontinent are Hepatitis A, Typhoid, Diphtheria, Tetanus and Polio. Some people consider a rabies jab to be important. However, we recommend that you consult your doctor or nearest travel clinic for the most recent advice.

You advocate taking a small first aid kit, what should it have in it?

We advocate a little bit of self-help on the trek. If you have a blister developing for example then please stop take off your boot and treat it before it becomes a problem.

We would recommend your own first aid kit should contain:

Diamox, or other high-altitude drug, enough for the duration of expedition; a basic blister kit, plasters, antiseptic, sun protection, your own personal medication (your luggage might not get to camp before you and so you may not be able to take your medicine according to the regime you are used to), basic pain relief (paracetamol /aspirin/ibuprofen,) a personal course of antibiotics if prone to illness – two different types are preferable, as back up, anti-diarrhoea tablets if you do have a more sensitive stomach etc. Foot powder in your socks every morning is great for preventing blisters. Generally, the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Having said that, your 360 expedition leader and/or a member of the local crew does carry a very comprehensive first aid kit which contains a wide range of supplies, and they are fully trained to use whatever is needed for any emergency that may arise.

Kang Yatse 2 Trek

India | 6,250m

FAQ'S

Kit

What are the temperatures like on the mountain?

The weather during our climbing season is generally bright and clear in the day, with temperatures up to 25-30 degrees C. The night times can be chillier, especially at altitude, so we would expect temperatures of around 5 degrees C at night in July and August, dropping to 0 degrees C in September.

No matter the weather further down, on summit night it will be cold, and temperatures down to -10 C are not unusual! We recommend good layering system – do have a look at our kit list, and chat to us in the 360 office if you have questions.

What are the temperatures like back in Leh?

The temperatures in Leh will be anywhere between 15C and 35C so shorts and t-shirts will be fine, possibly trousers in the evening on a cooler day.

What clothing should I wear on the mountain?

If this is your first foray into high altitude climbing and don't already own much equipment then we advocate borrowing gear from friends, buying second hand (not shoes) or hiring from our partners Outdoorhire.co.uk as the cost of buying everything on the kit list can be more than the trip itself.

Our guides usually start the walk wearing long, lightweight trekking trousers and T-shirts. Long trousers are recommended as a deterrent to insects, stinging plants and to act as sun protection. Shorts can also be worn on the initial few days of the trek as the temperature is usually warm. Ensure that you apply sun-protection frequently, or buy a once a day product such as P20 if you're not very good at remembering to apply it. Sunglasses are worn for most of the trek as well as sunhats.

The prevailing conditions on the mountain will dictate what you will wear: if it is cold when you leave the camp in the morning then wear your fleece. As things warm up take advantage of the zipper system which most trekking clothing has – open and close the zips to adjust to your own preferred temperature. If you get too warm then take a layer off.

Over the top of your clothing you will wear a climbing harness and be attached to a rope for some of the day.

Waterproofs are needed on hand at all times. Kang Yatse 2 is a big mountain that creates its own weather system. It is not unusual to be caught out in an afternoon rainstorm low down on the trek. Waterproofs should be Goretex material or similar.

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FAQ'S

What is the best type of footwear to use?

Whilst high altitude mountaineering boots are generally essential for climbing 6,000m peaks, Kang Yatse 2 at the end of summer can sometimes be the exception to this rule! That being said, conditions vary greatly depending on that seasons weather and you will need to be prepared for the worst of the conditions. This means you will need either **B2 or B3 boots** for the summit bid. These boots should be big enough for 2 thick pairs of socks to be worn inside them.

For the approach to base camp you will need **4 season waterproof boots**, or approach shoes. It is highly recommended that you have adequate ankle support and your boots are well worn in to prevent the formation of blisters.

Crampons aren't always required on Kang Yatse 2, and again very much depend on the snow conditions on the mountain. Crampons will be provided in-country if you don't have your own.

A range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local gear store and do also check out our [useful guide for boots and crampons](#).

What will happen to my mountain hardware during the climb?

All the mountain hardware (crampons, ice axes, etc) will be brought directly to the camp by porters.

What do our guides wear on summit day?

On summit day it can get cold and temperatures of 0C to -10C are not unusual.

Typically our guides wear 2 sets of base layers (long johns), a thick fleece layer (top and bottom) and then on the legs waterproofs whilst on the upper torso a down jacket is worn. As the wind picks up near the summit ridge our guides will put on their windproof layer to ward of the wind chill. On their hands they'll wear a thin layer of fleece working gloves over the top of which a thicker set of ski gloves or mittens is worn.

Their heads are covered by a thermal beanie hat or a thick balaclava and the hood of their down jackets. On their feet the guides wear one pair of thin socks and one pair of thick.

Waterproofs are used as an invaluable windshield to protect you against the effect of wind chill when a strong wind blows.

Are down jackets necessary?

They are highly recommended and are worth their weight in gold on summit day. Our guides wear them every evening from the high camp up. A layer system comprising of several layers of base and thermal layers, fleeces, and a thick jacket will suffice on most summit nights but nothing beats the efficiency of a good down jacket (especially when topped with a water proof layer).

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FAQ'S

How warm does my sleeping bag need to be?

Should be rated within the -10C comfort zone. From the first camp upwards it is not unusual to experience frosty nights and a good night's sleep is important to giving you the best chance to climb this mountain. Ensure you get a sleeping bag that has this temperature rating at this comfort zone rather than as its extreme zone.

Our guides take sleeping bags rated to well below -10C to ensure that they are warm at night. 3 season sleeping bags can be enhanced by using an inner silk liner (or similar), and ultimately by draping your down jacket over you. The idea is to be as comfortable and warm as possible for the night and henceforth to ensure plenty of sleep for the arduous days ahead. It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag.

Once you have warmed the bag up the feather down will retain the heat and ensure that you sleep at a temperature that's your own body temperature. For best results wear as little as possible when inside your sleeping bag. Our guides will often only wear a set of thermals in their bag. It is important for the bag to trap the heat. By wearing multiple layers of clothing your clothing will trap this heat and your bag will not function properly.

Do I need a helmet?

Helmets aren't mandatory for Kang Yatse, on the steeper sections of the summit we are roped up to limit the risk of slipping. However, if you would like to bring a helmet as added protection then you are welcome to do so!

How much should my pack weigh during the trek?

A daysack is worn by the climber at all times during the trek. The contents of this is mandatory and should include: a fleece (for when taking breaks or the weather changes); a full set (top and bottom) of waterproofs; sufficient water for the day; snacks; camera equipment; personal medication and a head torch.

Your personal rucksack should weigh no more than 3 – 4 kilos (plus water) and a rucksack of around 30 – 40L capacity will more than suffice. It is important that your day sack has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs (strongest muscles) to do most of the carrying. Another handy feature would be a compartment in which to fit a platypus/ camelbak or water bladder.

Your main luggage will be carried from camp to camp by horses. This bag should weigh between 10kg -15kg (15kg is the absolute maximum).

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India | 6,250m

FAQ'S

Can I leave my civvies at the hotel whilst we're on the mountain?

Yes, you can leave a bag of clothes and personal effects that you're not planning to take up the mountain in Leh, they will either be looked after by our local team or left in a lock-up at the hotel.

Is it possible to rent equipment before I go?

You can rent equipment from our friends at www.outdoorhire.co.uk. Look under Partner Kit Lists, 360 Expeditions. However, we do advocate the use of personal equipment when it comes to footwear, your boots should be well worn in to your own feet. If you do need crampons or ice axes, etc, these will be provided in situ, at no additional cost.

The Climb

What is the best time of the year to do this trek?

June to September are generally the best months for climbing Kang Yatse 2, usually offering clear and consistent weather, and good temperatures! Whilst there can sometimes be rain/snow showers, it is usually very stable. The earlier and later ends of the season also have the added advantage of fewer trekkers!

How much ascent will there be on summit night?

Summit night, like that of Stok Kangri, is punchy. We will start between midnight and 1 am, and hope to be on the summit 8 to 10 hours later. There will be approximately 1,200m of altitude gain on this night and you are to expect a 16 hour day – it will be well worth it though!

How high is Kang Yatse 2? I can see it is noted anywhere between 6,195m and 6,350m?

Kang Yatse is split into two peaks. You have the higher, more technical peak Kang Yatse at 6,496m. This peak involves a difficult knife-edge traverse.

The lower western peak, Kang Yatse 2 (the one we will be climbing) has been recorded at the height of anything between 6,195m and 6,350m. No concrete height has been recorded...! So, for now, we use the height of 6,250m, which is the most common documented.

What is the ratio of leaders to clients?

On the trekking phase we have one overall 360 leader who will run the expedition, assisted by 1 local guide to every 8 trekkers. Once we reach base camp the team increases and we have a ratio of 1 local guide to every 4 trekkers.

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FAQ'S

How out of my comfort zone will I be?

On a day to day level remember that you will be camping at altitude in cold temperatures. You are likely to be cold, washing and toilet facilities will be limited, your appetite may be affected by the altitude and as you get higher on the trek you are likely to suffer shortness of breath and many people experience difficulty sleeping. Remember that everyone on the trek is likely to be experiencing exactly the same symptoms, physical and mental.

How fit do I need to be for this expedition?

Climbers are expected to be in good physical condition. The better your physical shape the more you will be able to handle the demands of trekking to the base camp and then climbing the peak. Having a good level of fitness will allow you to enjoy the expedition all the better and increase your chances of reaching the summit.

Several excellent training plans can also be found online to prepare you for this ascent. Check the thorough advice offered by [UpHill Athlete](#).

The Weather

Is there always snow on the summit of Kang Yatse 2?

Yes... as it is the north -west face there is always snow ! Due to this we will be providing you with Camp and Petzl crampons, ice axe and a harness for this summit push. Your boots must be good sturdy trekking boost B2 or B3 boots. Once we reach the snow line we will be roped up.

How cold / hot can it get?

The temperature in the mountains can vary from 30C during the day to 0C in the evenings. Add some windchill on summit day, and it could be somewhat cooler. In Leh the temperatures vary between 15 – 35C.

Travel

Where do I meet my 360 leader?

Your guide will generally meet you at the airport, at the check-in desk look for someone wearing a 360 logo! Specific details will be confirmed nearer your departure.

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FAQ'S

Where should I book flights to if I'm booking them myself?

You will need to book flights to and from Leh.

You will be shared the flight details the rest of your team are booked on to, and will be directed to book flights that correspond to these where possible.

Insurance

Do I need special insurance for this expedition?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip to include, at a minimum, medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date, though we would always suggest having cancellation insurance in place at the time of booking. 360 Expeditions will be requesting your insurance details 8 weeks before your departure if we have not received them prior to this. Links to insurance companies past trekkers have used can be found [here](#).

Training

Any tips on how I can maximise my chances of success?

The 360 training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to best incorporate the most suitable fitness program with your own lifestyle. The idea is to increase the intensity of the exercise over 4 to 6 months before you leave for the expedition. Concentrate on cardiovascular work-outs during the initial weeks by taking short runs when time allows and try to spend at least 2 weekends a month going on long duration walks (longer than 6 hrs) carrying a rucksack of around 10kg. As you get stronger increase this rate of exercise and the duration by walking every weekend and running 5km every second day.

A focused regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the mountain itself. In addition the weekend walks will help break in your boots and get you used to your equipment. In combination this will pay dividends when you reach Kang Yatse 2 because even though you can't train for altitude your body will be ready for arduous days and you will be familiar with how to best use your equipment.

Several excellent training plans can also be found online to prepare you for this ascent. Check the thorough advice offered by [UpHill Athlete](#).

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FAQ'S

Finance

When is the money due for this expedition? What kind of payment do you accept?

Generally speaking, deposits are due upon booking, as we need to book your international flights well in advance. The full amount should be paid 4 months prior to departure. However having said this, our aim is to get you to the top of this mountain and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan if monthly payments would make life easier.

What is your cancellation policy? What is your refund policy?

Please read our terms and conditions carefully before you depart. 360 Expeditions highly recommends trip cancellation insurance for all expeditions. Due to the nature and heavy costs of government and operator permits we must adhere to a stringent refund policy.

Money: what currency should I take?

You can't buy or sell Indian Rupees outside of India. Therefore we would recommend taking either British pounds or American dollars and then changing them when you arrive in country. Both are readily recognised and are easily converted to the local currency. Upon arrival there will always be a bureau de change at the airport. There are also plenty of ATM's around Leh. Generally either of these provide a better rate of exchange than your hotel.

Again, do check with your bank, what the charges are for withdrawing cash in India.

What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come off the hill. As a basic rule of thumb \$300 should be more than adequate and includes your tip money – see below. India is a relatively cheap place and when indulging in the local custom of haggling then goods can be very good value for money. The only cash you'll need to consider taking with you on the mountain is the local crew tips which are presented to them usually on the final evening at the last camp before you sign out from the national park.

Kang Yatse 2 Trek

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FAQ'S

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, once you see how hard the crew work and realise the small amount of money they get paid relative to one's own income, tipping will seem the least you can do to say thank you. As a general rule we suggest between \$80-100 for tipping the local crew.

Tipping the 360 leader is at your discretion.

If I book 'Without Flights', will I have to book flights to Leh?

Yes. If you have chosen 'Without Flights' option, you will be advised to book flight to Leh where you will be met by your guide at Leh airport.

We will give you the flight times of the rest of the team so that you can arrange flights that fit with the same schedule.

Electronics

Will I be able to charge my camera/phone battery on the trek?

Opportunities to charge your batteries will be limited. If you can get hold of a solar battery charger this is probably the best option. This together with making sure that you keep your spare batteries warm i.e. by keeping them near your body day and night should mean that you can keep snapping all the way!

We use [PowerTraveller](#) for our power packs and solar charges and would highly recommend them!

Is there mobile phone reception on the trek?

There is very intermittent phone signal during the trek and climb so the team will be reliant on satellite phones and 2-way radios. During the time in Leh and Delhi there will be 3G signal in some places and most hotels also offer free/cheap wifi packages in certain areas.

Kang Yatse 2 Trek

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FAQ'S

General

Will my valuables be safe?

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

Will I need a visa?

You do need a visa to visit India and can apply for this from up to 30 days before your date of departure.

Please get in touch with us if you've got any Pakistani heritage as this could be problematic for your visa application.

Kang Yatse 2 Trek

India | 6,250m



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0207 1834 360
www.360-expeditions.com

CLICK TO:
BOOK NOW

Kang Yatse 2 Trek

India | 6,250m

TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

360^{EXPEDITIONS}



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.