

PARANG-LA TREK

A JOURNEY ACROSS THE TRANS-HIMALAYAN VASTNESS

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A lone ranger crossing the Parang glacier



Trek Overview

01

Regarded as one of the most breathtaking and long haul trail in the Indian Himalayas, the [Parang La trek](#) leads intrepid hikers over the formidable 18,300-foot Parang La pass into the stark, high-altitude expanse of Changthang, Ladakh.

This classic trans-Himalayan route is a celebrated long-distance trek, beginning in the village of Kibber (the home of the snow

leopards) in Spiti and winding its way to Korzok on the shores of the placid waters of Tso Moriri Lake.

The trail offers sweeping vistas of snow-capped peaks, the vast Tibetan plateau, and the winding Pare Chu River.

For photographers, Parang La is a dream: the route traverses dramatic gorges, the arid desert of Spiti, and the boundless landscapes of Changthang, culminating at the mesmerizing azure waters of Tso Moriri.

By mid-June, as the snowline recedes, the region bursts into life with lush grasslands, sparkling rivers, and wildflower-strewn campsites. Once a bustling trade route connecting Spiti, Changthang, and Tibet, the Parang La trek is now a journey through history and wilderness.

Brief Itinerary

Day	Route & Highlights
1	Kaza to Dumla via Key Monastery
2	Dumla to Thaltak Meadows (First day of trek)
3	Thaltak to Bhorachen (Parang La base camp)
4	Bhorachen to Kharsa (cross Parang La pass)
5	Kharsa to Kitpo Dasang
6	Kitpo Dasang to Datang Yongma
7	Datang Yongma to Chumik Shertse (cross Norbu Sumdo River)
8	Chumik Shertse to Kiangdom (camp near Tso Moriri)
9	Kiangdom to Korzok

Day-by-Day Route Description

03

Day 1: Kaza – Dumla via Key Monastery (4,200m)

After a hearty breakfast and any last-minute shopping in Kaza, set out for Dumla, near Chicham village. The route includes a visit to the iconic Key Monastery. Dumla, ringed by high meadows and sparkling streams, is an idyllic campsite. Spend the evening watching herds of ibex, blue sheep, and yaks grazing on the slopes.

Day 2: Dumla to Thaltak Meadows (4,600m)

Begin the first leg of the trek, traversing undulating mountain slopes and descending into a narrow gorge. After a challenging ascent, reach the lush Thaltak meadows. Set up camp and soak in the tranquility of the high Himalayas.

Day 3: Thaltak to Bhorachen (Parang La Base Camp, 5,100m)

Descend steeply into the Parilungbi gorge, then climb towards the base camp. The imposing Parilungbi peak rises to the south. This section is steep and demanding, often considered the toughest part of the trek. Keep an eye out for bharal (blue sheep) and Himalayan ibex.

Day 4: Bhorachen to Kharsa (Cross Parang La at 5,580m, Camp at 4,950m)

This is the trek's most challenging day. After an early breakfast and strong chai, tackle the final 4 km—a steep two-hour climb to the Parang La pass. Revel in panoramic views of the Spiti and Changthang valleys before descending to the Pare Chu River and the broad plains beyond. Camp at Kharsa for the night.

Day 5: Kharsa to Kitpo Dasang (4,800m)

Follow the Pare Chu River upstream, crossing several minor streams. On reaching Kitpo Dasang, pitch camp and rest amid the wild landscape.

Day 6: Kitpo Dasang to Datang Yongma (4,700m)

Enjoy a gentle morning walk along a nearly flat trail to Racholamo Valley. The path then descends, passing Norbu Sumdo—once a meeting place for Ladakhi royalty.

Day 7: Datang Yongma to Chumik Shertse (Cross Norbu Sumdo River, Camp at 4,540m)

Set out early to cross the river beyond Norbu Sumdo, trekking onwards to the remote camp at Chumik Shertse.

Day 8: Chumik Shertse to Kiangdom (Camp near Tso Moriri, 4,500m)

The route continues across the vast, flat Changthang plateau, offering spectacular views. As you walk through the Para Chu valley, the landscape transforms—suddenly greener as you approach Tso Moriri. The valley is famous for its wildlife, especially the kiang (wild ass).

Day 9: Kiangdom to Korzok (4,500m)

Keep your camera at the ready—today's scenery is unforgettable. Walk along the shimmering shores of Tso Moriri, with the towering Lungser Kangri (6,666m) dominating the skyline. The trek concludes at the ancient monastery in Korzok, where Changpa nomads still herd pashmina goats and dwell in yak-skin yurts.

Trek Highlights

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1. **Spectacular high-altitude landscapes:** From the deep gorges of Spiti to the open plateaus of Changthang.
 2. **Wildlife encounters:** Ibex, blue sheep, bharal, and the intrepid kiangs.
 3. **Cultural immersion:** Visits to ancient monasteries and encounters with Changpa nomads.
 4. **Photographer's paradise:** Dramatic vistas, wildflower meadows, and the turquoise expanse of Tso Moriri.



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Walking on Parang La glacier with a horse carrying trek essentials



Hordes of sheep grazing in the pasture lands of Changthang

Sheep grazing in a wetland pasture of Changthang region of Ladakh



A wetland amidst granite mountains of Changthang



A wetland amidst granite mountains of Changthang



Surreal evening at one of the campsite on Parang La route



Greater and Trans Himalayan ranges as seen from Parang La pass

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