

REPORT OF THE MARKHA VALLEY TREKKING, LADAKH 2025

Date 17 july 2025 to 26 july2025

Introduction

The Markha Valley Trek is one of the most iconic and scenic treks in Ladakh, nestled in the trans-Himalayan region of northern India. Known for its stark landscapes, Buddhist culture, and high mountain passes, the trek offers a perfect blend of natural beauty and cultural immersion. Located within Hemis National Park, the trail follows the Markha River.



Pre-Trek Conditioning Camp

Dates: 8 July 2025 to 15 July 2025

To equip students for these challenges, a Pre-Trek Conditioning Camp was organized at Jammu University from 8th to 15th July 2025 under the supervision and guidance of Dr. Vimal Kishore. The training camp began daily at 5:00 AM and continued till 8:30 AM, focusing on both physical preparedness and mental resilience. Each day included a variety of fitness drills, endurance-building exercises, strength training, and flexibility routines. Alongside physical development, participants were also trained in team coordination, discipline, and mental toughness, which are essential for high-altitude trekking. Under Dr. Vimal Kishore's expert supervision, each session was designed to push boundaries and help students adapt gradually to demanding conditions. As part of the training, students were even taken on short treks in the high-altitude zones nearby Jammu University, giving them firsthand exposure to trekking terrain and preparing them for the challenges of Ladakh. This camp played a vital role in enhancing the fitness levels and confidence of the participated students, ensuring they were well-prepared to undertake and successfully complete the Markha Valley Trek. The dedication and participation shown by the students throughout the camp reflected their commitment and enthusiasm for the upcoming adventure.



Day 01: 17-07-2025

On the morning of 17th July 2025, the students, accompanied by teachers and other staff members, departed from the university at 4:20 AM by bus, heading towards Ladakh. Shortly after departure, refreshments were served as breakfast, following which the journey resumed. At approximately 1:30 PM, the group halted for lunch. After lunch, the journey continued smoothly through the scenic routes of the region. By around 7:00 PM, the group arrived in Kargil, where accommodation had been arranged at the hostel of Kargil University. Dinner was served at 8:30 PM, following which all students and staff retired for the night for much-needed rest.



Day 02: 18-07-2025

The day began with a wake-up call at 6:00 AM, followed by breakfast at 6:45 AM. At 8:00 AM, all students and staff gathered for the fall-in assembly. During this session, Dr. Daud Iqbal Baba, Director of Sports and Physical Education, delivered a motivational lecture and provided important instructions regarding the upcoming trekking activities. The session concluded with the National Anthem. After the assembly, the group resumed their journey towards Ladakh, covering approximately 210 km. Around 6:00 PM, the team arrived in Leh, where the accommodation was arranged at a mountaineering site. Upon arrival, all students participated in tent pitching, gaining hands-on experience in setting up their own shelters. Dinner was served at 8:30 PM, after which everyone rested for the night.



Day 03: 19-07-2025

The day began with a wake-up call at 4:30 AM, followed by fall-in at 5:00 AM and breakfast at 6:00 AM. This was scheduled to be the first day of trekking, but due to unfavorable weather conditions and rain, the trekking activity had to be cancelled for safety reasons. The staff then decided to utilize the day for local sightseeing in Leh. Around 8:00 AM, all students boarded the bus and began exploring the city. The first stop was the Military Hall of Fame, a museum and war memorial established by the Indian Army. The students thoroughly explored the museum, which honors the bravery and sacrifice of Indian soldiers in various Himalayan conflicts. Following that, the group visited the Shanti Stupa, a serene Buddhist monument dedicated to peace and world harmony. At around 2:00 PM, the students proceeded to Leh Market and Mall Road, where they spent time exploring the local culture, shops, and surroundings. By 4:00 PM, everyone returned to the camping site, where they relaxed after the day's activities. Dinner was served at 8:00 PM, after which all students rested for the night.





Day 04:20-07-2025

The day began with a wake-up call at 4:00 AM, followed by fall-in at 4:30 AM and breakfast at 5:30 AM. This marked the first official day of trekking. Students, along with teachers, staff, and the Directorate of Sports and Physical Education Dr. Daud Iqbal Baba, travelled in two mini-buses to Chilling Village, a two-hour journey. From there, under the guidance of Mr. Pranav Bandral, the group commenced a 16 km trek to Skiu. The trek was completed by 3:30 PM, after which the students took rest. The stay was arranged at a homestay in Skiu, and dinner was served at 8:30 PM, following which everyone retired for the night.



Day 05:21-07-2025

The day began with a wake-up call at 7:00 AM followed by breakfast around 8:00 AM. Although the weather was again unsuitable for trekking, the group managed to resume the trek and successfully covered approximately 9 km. However, due to deteriorating trail conditions ahead, they had to return to the homestay. Upon returning, the students engaged in tent pitching activities and stayed at the same location. In the evening, Dr. Daud Iqbal Baba, along with Dr. Vimal Kishore, delivered a motivational lecture, boosting the morale and confidence of the students. Dinner was served at 8:30 PM, after which everyone retired for the night.



Day 06:22-07-2025

The day began with a wake-up call at 5:00 AM followed by breakfast at 5:30 AM. The group started the trek around 6:00 AM and covered the remaining distance from the previous day as well. The route included trekking from Skiu to Markha Village and then from Markha to Hankar, covering a total distance of approximately 20 km. Lunch was served around 2:30 PM, after which the group continued the journey and reached the camping site by 4:00 PM. Upon arrival, students participated in tent pitching and settled in for the night. Dinner was served at 8:00 PM, followed by rest.



Day 07:23-07-2025

The group received a wake-up call at 4:00 AM, followed by breakfast at 4:30 AM, and the trek began at 5:00 AM. This was one of the most challenging days of the expedition, as the team had to cover approximately 22 km to descend back to Leh. Around 9:30 AM, the group reached Nimaling at an altitude of 4,700 meters, where they took an hour-long rest. The trek then resumed towards Kongmaru La Pass, and at around 12:30 PM, the group successfully summited the Markha Valley Trek at an impressive altitude of 5,200 meters. Students and staff captured photos and videos, and there was a sense of great achievement and happiness among all participants. Around 1:00 PM, the descent began via Chokdo, and the group finally reached Leh by 6:30 PM. After a long and fulfilling day, dinner was served at 9:00 PM, and everyone retired for the night.



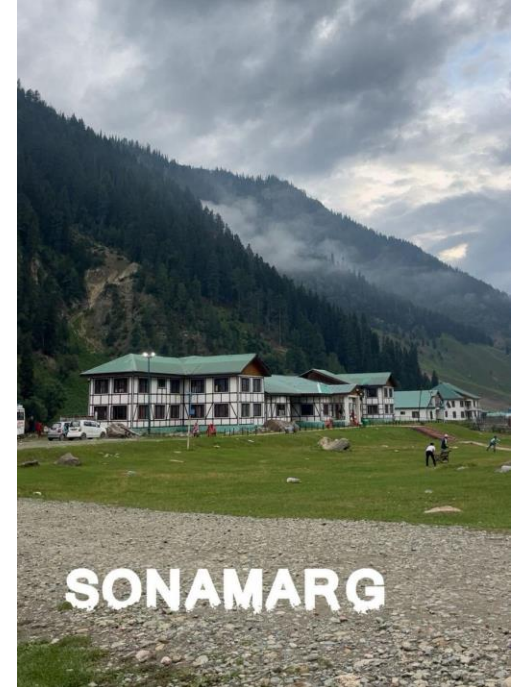
Day 08 : 24-07-2025

The day began with a wake-up call at 7:30 AM, followed by breakfast at 8:30 AM. This day was designated as a reserve day for Leh, allowing all students, teachers, and staff to explore Leh and nearby places at a relaxed pace. Everyone made the most of the opportunity, visiting various local attractions and thoroughly enjoying the day. By around 7:00 PM, all participants returned to the camping site, and after dinner at 9:00 PM, they rested for the night.



Day 09 : 25-07-2025,

The day began with a wake-up call at 4:30 AM, followed by breakfast at 5:00 AM and fall-in at 5:30 AM. During the assembly, Dr. Daud Iqbal Baba, Directorate of Sports and Physical Education, along with Dr. Vimal Kishore, praised and congratulated all students for successfully completing the trek. At 6:00 AM, the group departed by bus towards Sonamarg. After a long journey, they arrived in Sonamarg around 6:00 PM, where the stay was arranged at the Youth Hostel. From 7:00 to 8:00 PM, students explored the Sonamarg market, and after returning, had dinner at 9:00 PM, following which everyone rested for the night.



Day 10 : 26-07-2025,



The final day of the journey began with a wake-up call at 3:30 AM, and by 4:00 AM, all students along with the staff boarded the bus for the return journey to Jammu University. Breakfast was had en route, and after a long yet smooth journey, the group safely reached Jammu University around 3:00 PM, marking the successful conclusion of the trekking expedition.

Conclusion

The 10-day trekking expedition to Ladakh proved to be a transformative experience for all participants. From enduring challenging terrains and unpredictable weather to exploring the rich cultural heritage of Leh and its surroundings, the journey tested the physical endurance, mental strength, and teamwork of every individual. Under the guidance and motivation of the Directorate of Sports and Physical Education, Dr. Daud Iqbal Baba, and Dr. Vimal Kishore, the students not only completed the Markha Valley Trek, reaching an altitude of 5,200 meters, but also developed a deeper sense of discipline, resilience, and self-confidence. The successful completion of the trek was a testament to their determination and unity. This memorable experience has left a lasting impact on all participants, fostering a greater appreciation for nature, adventure, and collective effort.



Vote of Thanks

I would like to sincerely thank **Dr. Daud Iqbal Baba**, Director of Sports and Physical Education, and **Dr. Vimal Kishore** for their continuous support, guidance, and motivation throughout the **pre-trek training camp** and the entire **Markha Valley expedition**.

Special thanks to all the **teachers, support staff**, and **Mr. Pranav Bandral** for their leadership, encouragement, and smooth coordination during the trek.

A heartfelt thank you to our **local guides and porters**, who not only showed us the right path through challenging terrains but also ensured our safety and comfort throughout the journey.

This time, we successfully **summitted 5200 meters** in the **Markha Valley**, and with this spirit, we aim for even **greater heights in future treks**.

Lastly, heartfelt gratitude to the **Department of Sports and Physical Education** for organizing this **unforgettable** and **life-changing experience**, and to all the **fellow participants** for their teamwork, discipline, and enthusiasm which made this journey truly memorable.

