

Khanaka Valley (3110m) – Upper Luchob (2210m)

Distance: 11km

Ascent: 840m

Descent: 1740m

Trail: moderate/hard – clear and vague trails

Accommodation

Camping

Cross a few streams to reach the left bank of the Khanaka River. Hike for about 2km until you reach the valley that leads towards the Khanaka/Luchob Pass. The approach is covered in an ankle-deep field of thistles. High boots and long trousers are recommended! There are a few stream beds that are thistle free you can follow up. There no clear path but it's obvious where the pass is. The descent on the other side to the next camp on the upper Luchob is less obvious. Keep slightly right while descending. After descending few hundred metres, a path can be followed towards a shepherd camp. Pass the camp on the right bank of the stream and follow the stream until the terrain becomes less steep (at around 2500m). Cross the stream at the confluence with another river and keep heading down passed the red rock formation. At the end of this rock formation there's a good spot to cross the stream on the left. A good path keeps heading east, across various smaller streams. Pick and choose your camp spot!