



ITINERARIES FOR PANGONG FROZEN LAKE 2026

DATE	ALTITUDE (FT)	ACTIVITY	DESCRIPTION
18- Feb- 26	11,480	Rest + Acclimatization	<p>1. Time to rest and acclimate at the hotel;</p> <p>2. Advice to ensure proper hydration by drinking ample amounts of lukewarm water</p>
19-Feb-26	11,480	Rest + Shopping + Hike	<p>A great opportunity to gradually get accustomed to the altitude and enjoy a potential breathtaking sunset view of the Leh town</p> <p>1. Half-day to rest and acclimate, followed by a leisurely walk to the Leh Market.</p> <p>2. Afterwards, embark on a scenic hike to the Shanti Stupa. In the evening, a stretching session and a walk to the Shanti Stupa.</p>
20-Feb-26	11,367	Archeological - Culture Tour	<p>The theme of the tour is "Saving Melting Glaciers", providing you with a valuable understanding of the melting glacier problem.</p> <p>1. Cultural and educational highlights at the SECMOL, HIAL and the Sangam where the Zangskar and Indus rivers converge.</p> <p>2. The Village to view the Ice Stupa: Our knowledgeable guide, who has built ice stupas for the past 8 years, including in Switzerland, will share with you the science behind the Ice Stupa and the pressing issue of water scarcity in Ladakh.</p>
21-Feb-26	18,000	Khardong La	<p>Please note: The weather on this day will be extremely cold, so be sure to dress in multiple layers to stay warm</p> <p>1. A drive up to Khardong la to test your altitude endurance.</p> <p>2. The return journey will be a refreshing jog from South Pullu. Lectures and workshops on Melting Glaciers and Climate Change. 3.</p>



			Workshop on Melting Glaciers
22-Feb-26	17,586	Changla Pass-Pangong Journey	<p>1. Depart at 8:00 AM for a journey to Pangong Lake via the scenic Changla Pass.</p> <p>2. Lunch stop in Durbuk and be guided through the local rock art and petroglyph sites by our knowledgeable runner and archaeologist, Quentin.</p> <p>3. Upon reaching Pangong, you will be accommodated in a homestay with a local Ladakhi family.</p>
23-Feb-26	14,350	Pangong-Chushul Tour	Participants will gather at 8:30 AM by the lake, equipped with ice cleats, for a trial run guided by the instructor. It will be followed by a tour to Rezangla War memorial at Chushul - Trial Run will take place for the Full Marathon and 10Km
24-Feb-26		Event Day	Event day for the full marathon and 10km. Trial run on the lake with instruction and medical check up to take place afternoon till evening at respective locations for Half Marathon category and 5km
25-Feb-26			Pangong Frozen Lake Half Marathon & Run for Fun at The Pangong Lake, Return to Leh (Some participants from the full marathon and 10km will depart from Leh)
26-Feb-26		Departure	Take off with bags full of memorable experiences.