



Discover

Zanskar Valley

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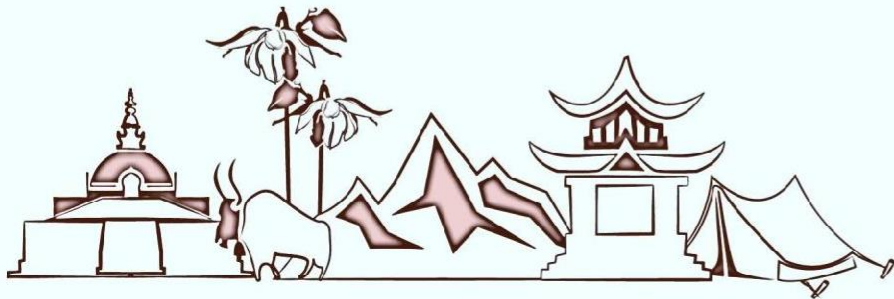


ZANSKAR ADVENTURE POINT

SHINKU LA PASS



Shingo-La (also known as Shinku La) is a mountain pass in India, on the border between Ladakh and Himachal Pradesh. There is a shallow lake or pool 20m below the pass. The pass is on a long-distance footpath linking Zanskar and Lahaul, used often by locals and trekkers alike. The 297-km long Nimmu-Padum-Darcha road that was identified as the third route to Ladakh in 2021.



GUMBO RANGJUN

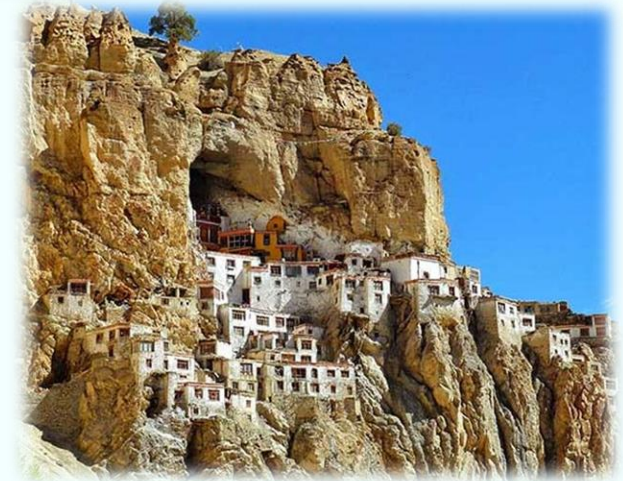


Gonbo Rangjon - Zanskar's Sacred Mountain...Gonbo means "God" and Rangjon means "Natural".

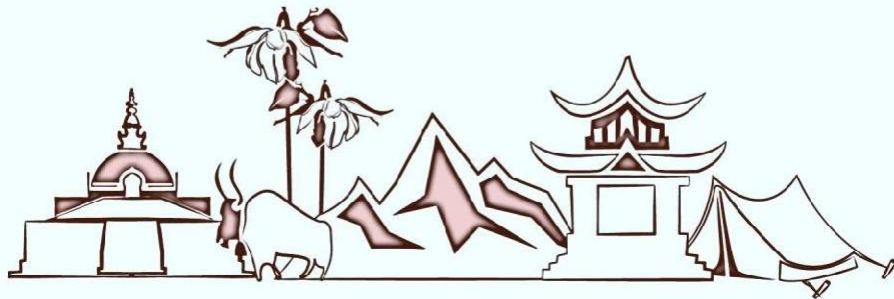
Gonbo Rangjon is a stand-alone lofty rocky precipice located south of Kargyak village in the Lungnak valley, Zanskar, in the Union Territory of Ladakh in It is considered to be holy and referred to as God's Mountain by the local inhabitants who practice [Tibetan Buddhism](#).



PHUGTAL MONASTERY



Around 2,500 years ago, Phugtal (also written as Phuktal Monastery) was just a cave in the mountains. Monks, scholars and anyone seeking enlightenment lived and meditated in this cave in complete isolation, for years at a stretch. That's how Phugtal Gompa (monastery), built around the cave, got its name: Phug = cave, tal = liberation. One of the world's oldest and most **remote** monasteries, it is situated in the rugged Zanskar Valley of Ladakh. It is said that the most dedicated followers of Buddha, like the Arhats and Guru Padmasambhava, lived in the cave of liberation at different times, over a thousand years ago.



PADUM TOWN



Padum - Once the capital of the ancient kingdom of Zanskar, Padum (3505 m) is the present-day administrative centre of Zanskar Sub-Division of Kargil district. Its older section, comprising of inter-connected adobe houses and several high-rise chortens, surround a boulder-strewn hillock, site of the erstwhile palace and fort.

The new, upcoming township is fast encroaching upon the cultivated expanse, and a small market is coming up along the newly built road. With a population of nearly 2000, Padum can be described as the most populous settlement of Zanskar, which is otherwise a very scarcely inhabited valley. The **Stagrimo Monastery**, with about 30 resident lamas, clings to a tree-covered ridge above the old town, at an hour's uphill walk along flower-strewn green hill slopes. Across the expanse of cultivation lies the old village of **Pibiting**, dominated by its hilltop monastery, which is built in the shape of a chorten or Stupa.

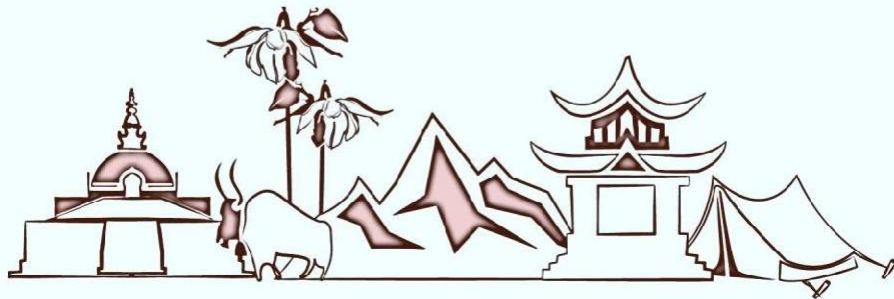


KARSHA MONASTERY



The largest Monastery in Zanskar, Karsha Gompa is also the most important one in the region. This top attraction in Zanskar is located in Padum Valley in the village name Karsha and by it flows the gurgling Doda River. Belonging to Gelugpa sect of Yellow Hat sect of Tibetan Buddhism, Karsha Gompa is home to more than 100 monks. The monastery also houses the bone relics of Dorje Rinchen.

The history of Karsha Monastery states that it is a 10th century gompa in Zanskar and is attributed to Padmasambhava. There are several ancient rock-carvings at the monastery. The oldest remaining structure of Karsha Monastery is an Avalokiteshvara Temple, Chuk-shik-jal that contains wall paintings associated with the era of Rinchen Zangpo (958-1055).



ZANGLA PALACE AND NUNNERY



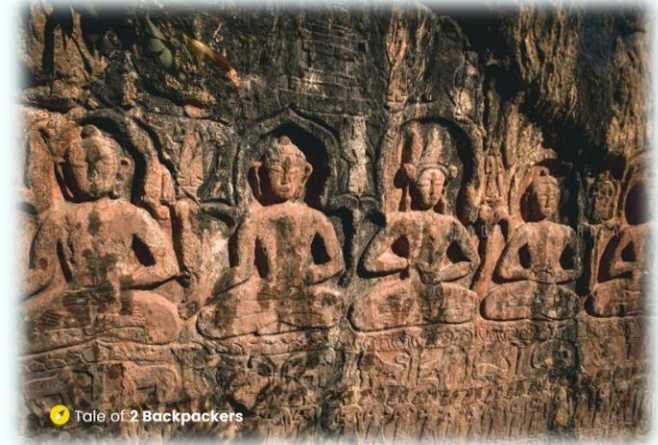
Stongdey Monastery



Zangla Palace is one of the must visit places at Zanskar Valley. Read this blog to know about the **Zangla Palace** and **Nunnery**. As attractions, the place has an old castle, which is almost in ruins, **there is a nunnery and an ancient monastery in a nearby village of Tsa Zar** which are worth seeing.

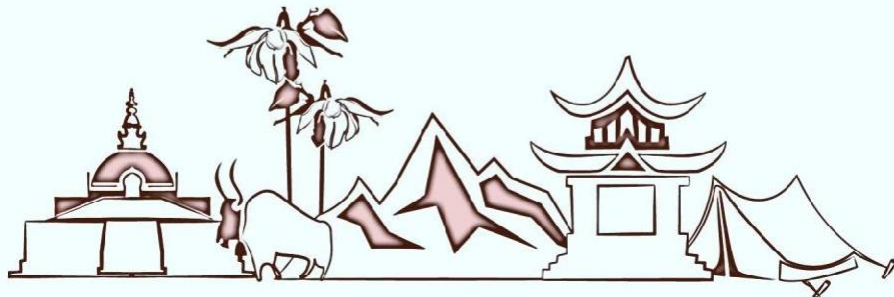


SANI AND PADUM



Sani is a place of interest for historians and archaeologists because of the ancient **Kanika Stupa** located inside the Sani Monastery. More about that later in the article. The village also has a beautiful lake, locally known as the Sani Lake. It has a beautiful statue of Guru Padmasambhava right in the middle of the lake.

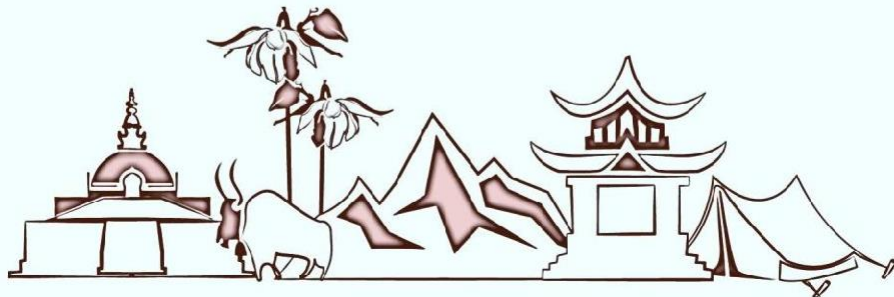
So, Sani is simple and beautiful. And for those who have an interest in history and past like me, this place is a must-visit in Zanskar Valley.



DARANG DURUNG CLACIER



Darang Durung Glacier. Rugged Pensi La (4401m) is the pass dividing the Suru and Zanskar valleys. Just beyond are spectacular views encompassing the long, glistening-white Darang Durung...The Drang-Drung Glacier is likely to be the largest glacier in Ladakh after the [Siachen Glacier](#) in the [Karakoram Range](#), with a maximum length of 23 km (14 mi) at an average elevation of 4,780 m (15,680 ft; 2.97 mi). The glacier lies in the northeastern [Himalayan Range](#) known as the [Zanskar Range](#), 142 km (88 mi) south of [Kargil](#) and 331 km (206 mi) east of [Srinagar](#), the capital of [Jammu and Kashmir](#).



RANGDUM VILLAGE AND MONASTERY



Rangdum is an isolated region of the Suru valley in the Ladakh region. Rangdum is located midway between Kargil and Padum and is about 100 kms from Kargil. Chief attraction of Rangdum is an imposing 18th century Buddhist monastery with about 40 monks in residence. Rangdum Monastery is located at the head of the Suru Valley in Ladakh at an imposing elevation of 4,031 m above sea level. The 200-year-old Rangdum Monastery is situated at the farthest and most isolated part of the Suru valley. Being isolated from the other parts of the region, the place has retained much of its wild beauty



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