

CHADAR TREK

Region: LADAKH UT

Duration: 8/10 Days

Max Altitude: - 11,800 Ft. Approx

Grade: - Difficult

Trek Season: 10th JAN – 10th FEB

Temperature: -15 to -30 Degree Celsius

CHADAR TREK - This is one of the most adventurous, challenging and difficult trek in the country. The Zaskar River freezes in the winters. The entire river looks like a sheet of ice and hence is referred to, in the local language, as Chadar. Basically in this trek one has to walk over this blanket of ice. The distance that is covered on foot is approximately 75km and on an average, a trekker covers 15 to 17 km every day. The most interesting thing to note about the Chadar is that there is a new one every day! The Chadar forms during the night, melts during the day, and reforms during the night! Trekkers may even have to climb icy rocks and boulders during the journey. A person should be acquainted with walking long distances and be prepared for tough camping situations. This frozen river route may be a trek route for outsiders but for us (the people of Zaskar) this is the normal & only route in winters to get connected with the Kargil & Leh Districts of Ladakh, as all other roads remain closed during winters because of heavy snow. The unparalleled experience of the Chadar Trek will remain forever etched in your memory

DAY 1: Reach Leh | 11,400 ft | Rest Day

- Airport Pickup. During your flight, try to grab window seats as the stunning views that you encounter during the journey start right as the plane reaches the ground! The snow-capped mountains, in view so suddenly, will take your breath away!
- Make sure to keep your woolens nearby as the temperature will be hovering around -10/20 degrees when you come down to the tarmac.

- Drop at Homestay/guest House/Hotel
- Do make sure not head to higher altitudes on this day, get plenty of rest in preparation for the upcoming adventure and keep yourself hydrated!

DAY 2: Rest Day | Acclimatization

- Full Day Rest
- Evening Walk in Local Market (Depends on your body acclimatization)

DAY 3: Medical Checkup | Permits

- Pre Medical Checkup (Mandatory for trek)
- Trek Permit & Insurance

DAY 4: Leh to Shingra koma via Chilling & Tilad do and Trek to Gyalpo

- Drive through Gurudwara Pathar Sahib, Magnetic Hill and the confluence of the Zaskar and Indus
- Drive 65 km, 3-4 hrs Trek -06 KM
- Today you will learn how to walk on Chadar and use Gum Boots
- Gumboots are mandatory
- Make sure you fill your thermos with warm water before you leave
- Carry two thermos flask of 1 litre each
- Night Camping

Day 5: Gyalpo to Tibb Cave

- Trek 6-7 hrs (Varies from person to person)
- Hot Lunch on the way
- Make sure you fill your thermos with warm water before you leave
- You will only get sunshine around 9-10 am (Depends on weather)
- Stay in tents

Day 6: Tibb Cave to Nerak

- Trek 6-7 hrs (Varies from person to person)
- Hot Lunch on the way
- Make sure you fill your thermos with warm water before you leave
- Nerak is the first village of Zaskar region
- If we reach on time at Nerak camp, accordingly we can go to visit Nerak village
- Attraction Frozen waterfall
- Stay in tents

Day 7: Nerak – Tibb Cave

- Trek Back to the tibb cave

Day 8: Tibb Cave to Shingra Yokma via Gyalpo, Drive back to Leh

- Trek Back to Shingra and finally drive back to leh
- Night Stay at Guest House/Hotel/Home Stay

Day 9: Depart

- Drop at Airport

Extended winter tour from Day 9 onwards can be done in additional cost

It's recommended to take extra 2 or 3 days in hand as sometimes trek might go longer because of natural calamities. In such situation no extra cost will be taken for the trek days.

INCLUSIONS

- Airport Pickup and Drop
- 4 Night Accommodation with breakfast at Leh guest house/homestay/hotel on Double/Triple sharing
- Stay and Vegetarian Meals while on trek (Breakfast/Lunch/Dinner).Breakfast on day 4 to Celebration dinner on day 8 in Leh
- Sleeping Bags: One Sleeping Bag with a temperature range of -15 to -25.
- Good Quality Sleeping Tents so the cold doesn't bite.

- Thick Camping Mattresses to provide a good insulation between your body & cold Ground.
- Kitchen Tents for cooking and dining
- Toilet Tents pitched at the campsite.
- First aid medical kits, Oxy Meter, because anyone can get hurt during adventure.
- Qualified & experienced trek Leader, Guide and Support staff to help trekkers
- Transport from Leh to Road head (on Day 4) and return (on Day 8)
- Porters for carrying common equipments (like rations/tents/utensils/groceries)
- Facility of keeping extra luggage at Leh when leaving for trek
- Handpicked Supporting Staff of multiple guides/helpers for the group. This will ensure high safety, accurate information and personal attention which is necessary for this trek.
- Qualified & professional trek leaders, guides and support staff with multiple years of Experience
- Because the trek takes place at high altitude, a big oxygen cylinder will be carried throughout the trek for any kind of emergency.

EXCLUSIONS

- Airfare/Trainfare
- Any Meals & Transportation when in Leh
- Personal trekking equipment – like Gum Boots, gloves, backpack, caps etc
- Personal insurance or cost of emergency evacuation
- As per Government and ALTOA norms, mentioned below FEE will be applicable to all the Trekkers. This Fee may vary: Wildlife tax, Environment Tax, Forest Permits and camping charges of INR 2000/- ALTOA Fee, including Medical Checkup, Trek insurance Fee, ALTOA NoC etc of INR 3000/- (Approx 5000/- to be paid at office directly. Boarding pass of flight will be required in these procedures.)
- Porter to carry personal luggage.
- Anything not specifically mentioned under inclusions
- Cost of transport, meals and stay if in case you leave the trek in between and return to Leh before the schedule arrival on Day 8
- Purchases of personal natures (like mineral water bottles/bottled or canned beverages/chocolates/dry fruits etc)

- Room Heaters at Guest House in Leh on Day 1/2/3/8 (We suggest not to use the room heaters as the same dehydrate the body and your body won't get acclimatize to gear up for the Chadar trek)
- Liability for change in itinerary due to reasons beyond our control like change in flight and train schedule; cancellation of flights/trains, political disturbances, natural phenomenon, etc

Trek rate: On Request



TSARAP HIMALAYAN ADVENTURES