

Kashmir Great Lakes (6N/7D)

(Starting from 14000 12500 INR)

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|---|---|---|---|---|---|--|
|  Sat, 12th Jul |  Sun, 13th Jul |  Sat, 19th Jul |  Sun, 20th Jul |  Sat, 26th Jul |  Sun, 27th Jul |  Sat, 2nd Aug |
|  Sun, 3rd Aug |  Sat, 9th Aug |  Sun, 10th Aug |  Sat, 16th Aug |  Sun, 17th Aug |  Sat, 23rd Aug | |
|  Sun, 24th Aug |  Sat, 30th Aug |  Sun, 31st Aug |  Sat, 6th Sep |  Sat, 13th Sep | | |



Kashmir Great Lakes (6N/7D)

Introduction

Overview

Embark on the breathtaking Kashmir Great Lakes Trek, a 7-day journey through stunning alpine landscapes, dense forests, and mesmerizing lakes. This moderate to difficult trek offers unforgettable vistas of snow-capped peaks, vibrant meadows, and crystal-clear lakes, creating an adventure of a lifetime in the captivating region of Kashmir.

Summary

Trek Start & End Location	Srinagar
Base Camp	Shitkadi
Trek Start Time	11:30 AM on Day 1
Trek End Time	07:00 PM on Day 7
Trek Duration	6 Nights / 7 Days
Trek Difficult	Easy to Moderate
Trek Distance	85 kilometers
Trek Height	4,190meters
Best time to do this trek	June to Mid October
Age Group Required	Between 16 to 45 Years (No age bars for champions)

Booking Link : <https://trekotrip.com/trek/kashmir-great-lakes-6n-7d-796835>

Price

Type	Price
Kashmir Great Lakes Trek	INR 12500

Short Itinerary

- Day 01: Drive from Srinagar to Shitkadi
- Day 02: Trek from Shitkadi to Nichnai
- Day 03: Trek from Nichnai to Vishansar
- Day 04: Treo from Vishansar / Vishnuser to Gadsar via Gadsar Pass
- Day 05: Trek from Gadsar to Satsar
- Day 06: Satsar – Gangabal
- Day 07: Gangabal – Naranag

Day-Wise Itinerary

Day 1: Srinagar – Shitkadi
Drive Duration: 4 hours approx. Altitude: 11500 ft

- Arrive at Srinagar International Airport.
- Meet our team at a location that will be shared with you one week before the trek and will take you from Srinagar to Shitkadi, Sonmarg, while you enjoy a scenic 4-hour drive.
- Our ground team will guide you to the campsite in the hospitable village of Shitkadi.
- Explore the campsite or visit Sonmarg, just 20 minutes away.

- Enjoy a delicious dinner at the campsite.
- Overnight stay at a twin-sharing camp. (Dinner included)

Day 2: Shitkadi – Nichnai

Trek distance: 12 km Difficulty: Moderate Time: 6-7 hours Altitude: 12000 ft (via 13100 ft)

- After a refreshing breakfast, start your trek to the enchanting valley.
- Traverse through meadows, and dense forests, and cross the first army check post.
- Experience breathtaking views of the Sonmarg Valley and Thajiwas Glacier.
- Continue trekking through verdant meadows and the serene Nichnai River.
- Reach the middle of vast grasslands and meadows for your campsite.
- Enjoy your meals amidst the natural beauty.
- **Overnight stay at a twin-sharing camp. (Breakfast, lunch, evening snacks, dinner included)**

Day 3: Nichnai – Vishansar

Trek distance: 16 km Difficulty: Difficult Time: 8-9 hours Altitude: 12500 ft (via 13500 ft)

- Wake up to stunning natural beauty and have a fulfilling breakfast.
- Ascend the Nichnai pass and pass through maple meadows.
- Descend towards the picturesque Vishansar and Kishansar lakes.
- Marvel at the frozen blue lakes and interact with local shepherds.
- Immerse yourself in the beauty of the surroundings.
- Overnight stay at a twin-sharing camp. (Breakfast, lunch, evening snacks, dinner included)

Day 4: Vishansar / Vishnugar – Gadsar via Gadsar Pass

Trek distance: 16 km Difficulty: Difficult Time: 8-9 hours Altitude: 12500 ft (via 13500 ft)

- Start the day with a refreshing run and breakfast.
- Ascend the Gadsar pass for panoramic views of the green valley.
- Trek down to the stunning Gadsar Lake.
- Pass the second army check post and reach the campsite.
- Explore the surrounding grasslands and enjoy a delicious dinner.
- Overnight stay at a twin-sharing camp. (Breakfast, lunch, evening snacks, dinner included)

Day 5: Gadsar – Satsar

Trek distance: 10 km Difficulty: Easy Time: 6-7 hours Altitude: 12000 ft

- Wake up to the marvelous Kashmir valley and have a morning exercise.
- Trek through lush green meadows and blooming flowers.
- Visit the 3rd Army post and behold the beauty of Satsar Lake.
- Relax and spend the rest of the day at the campsite.
- Overnight stay at a twin-sharing camp. (Breakfast, lunch, evening snacks, dinner included)

Day 6: Satsar – Gangabal

Trek distance: 9 km Difficulty: Difficult Time: 5-6 hours Altitude: 11500 ft

- Enjoy a quiet sunrise and prepare for the trail to Gangabal twin lakes.
- Trek through rocky terrain and witness the tranquil lakes and Harmukh Peak.
- Admire the glaciers sitting on the peak and soak in the breathtaking scenery.
- Return to the campsite, indulge in evening snacks, and savor a delicious dinner.
- Overnight stay at a twin-sharing camp. (Breakfast, lunch, evening snacks, dinner included)

Day 7: Gangabal – Naranag

Trek distance: 15 km Difficulty: Moderate Time: 7-8 hours Altitude: 7450 ft

- Wake up early and embrace the astonishing view of the last day.

- Descend through dense pine forests, crossing an altitude of 7,450ft.
- Reach Naranag, concluding the trek and bidding farewell.
- Drop to Srinagar.
- Breakfast, lunch, and evening snacks are included.

Inclusions

- 6-night accommodation in twin-sharing tents
- Transportation from Srinagar to Shitkadi and drop-off at Naranag
- Daily breakfast, lunch, dinner, and evening snacks
- Experienced local staff and guides
- Hot drinking water available on request
- Kitchen, dining, and toilet tents provided
- Sleeping bags, mats, and other accommodation essentials
- Safety equipment and basic first aid kit
- Permit, camping, and guide fees

Exclusions

- Transportation to Srinagar
- Accommodation in Srinagar (can be arranged at an extra cost)
- Additional food and beverages
- Camera/Mobile/drone fees and other charges at specific locations
- Expenses for extra vehicles or transport modes
- Personal expenses and adventure activities
- Personal and travel insurance
- **Insurance Policy @ ₹450** (mandatory for treks in Srinagar / Kashmir)
- Porter charges if required. (maximum 10 kg layoff per person)
- Costs due to changes in government guidelines or COVID-19
- Anything not mentioned in the inclusions
- Taxes @ 5% applicable

Frequently Asked Questions

1. How long is the Kashmir Great Lakes Trek?

On the Kashmir Great Lakes trek, you cover **75 km in 6 days** (7 days including the drive to and from the trek). The altitude ranges from 6,175 ft in Srinagar to Gadsar Pass at 13,715 ft. You'll trek long distances around 10-11 km on an average every day. This is why the Kashmir Great Lakes trek requires good preparation.

2. How fit do I need to be for Kashmir Great Lakes?

A Himalayan trek like Kashmir Great Lakes requires a really good fitness level. The trek has long climbs and steep descents daily. As a measure of your fitness, we need you to:
Run at least **5 km in 32 minutes** before your trek. Consistency of your workout also matters, so aim to **jog 25 km a week** or 100 km in a month. It's a **minimum mandatory requirement** if you wish to trek with us.

3. How many months in advance should I book the Kashmir Great Lake trek?

The Kashmir Great Lakes Trek (KGL) has a narrow window for trekking. It is possible to trek in Kashmir for only **3 months** in a year. The season starts in July and goes till the middle of September.

But the Kashmir Great Lakes trek is one of the most popular treks in our country. Trekkers eagerly wait to do this trek. This is why when we open groups for KGL early in the year — by end of **February-early march** they get fully booked within 2 weeks.

Pro-Tip: We post regular updates on KGL through our social media and newsletter. Make sure to follow it!

4. I am more than 58 years old. Can I do this trek?

Before you register for the trek, we would like you to understand the challenges, and the fitness required. If you are above the age of 58 years, your Experience Coordinator will need a detailed account of your health. If you have done a Himalayan trek in the past or they have an active fitness lifestyle (marathons/cycling expeditions), we'll need to see your Treadmill Test and fitness proof (Fitness proof: 5 kms in 38 mins). But if you do not have any experience, we strongly advise you to start with an easy-moderate trek.

5. Is offloading available for Kashmir Great Lakes?

Having more footprint through porters, mules or horses on any trail isn't good for the ecosystem. This is why, at Indiahikes, we do not encourage offloading. A trekker carries his/her own backpack in the true spirit of trekking. But if — due to a **medical condition** — you are unable to carry your own backpack, you may offload your backpack. The cost of offloading on the Kashmir Great Lakes trek is Rs 4,410 including tax for the trek.

Things To Carry

Footwear

- Non-skid, deep-treaded, high-ankle trekking shoes
- Pair of lightweight Slipper/Sandals

Clothing

- Trekking Pants
- Thermal Body warmer Upper & Lower (Base layer)
- Warm Fleece (Mid layer)
- Down Jacket (Top Layer)
- Full sleeves T-shirts (Quick Dry material)
- Pair of thick woolen socks (1 pair for every two days of trekking)
- Undergarments / Innerwear (Quick Dry material)
- Rainwear/Poncho (Jacket & Pants)
- Pair of waterproof / snow-warm gloves
- Woolen cap
- Sun shielding Hat

Trekking Gear

- Rucksack bag with rain cover
- Day Pack Bag – Recommended for treks with summit days
- Head Torch / Flashlight with spare batteries (mobile flashlight may not be enough)
- UV protection sunglasses
- Water Bottle – 2 (1 liter each)
- Trekking Pole

Personal Hygiene Kit

- Wet Tissue Paper / Tissue Roll
- Personal Towel
- Sunscreen Lotion
- Lip Balm
- Basic Medication for cough, cold, fever, motion sickness, etc

Utensils

- Small size, Lightweight & Leak proof lunch box – 1
- Plate – 1
- Spoon – 1
- Tea / Coffee Mug – 1

Miscellaneous

- Camera (optional), Power Bank (optional)
- Medicines (your regular medicines, plus a few others for emergencies)
- Dry Fruits, snacks, soft drinks, etc

Documents

- Government-issued Address Proof (Voter ID, Aadhaar, Driver's License, Passport) (mandatory)
- Signed Disclaimer Form (will be shared after the)
- **Medical Certificate (kindly ask for the format)**

Cancellation Policy / T&C / Refund Policy

Click to view :

[Terms & Conditions](#)



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