



LADAKH

Chadar Trek

Overview

Region: - Ladakh

Duration: - 9 Days

Grade: - Difficult

Trekking Km: - 62 Kms.

Cost: - ₹25500/ + 5% GST.



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Brief Description

The Chadar Trek, nestled in the heart of the Zaskar Valley in Ladakh, India, offers a challenging yet rewarding winter trekking experience. The itinerary spans over multiple days, traversing the frozen Zaskar River, known locally as the "Chadar," showcasing the pristine beauty of the Himalayan region

Day 1 : Arrival in Leh | Local Sightseeing

- We will arrive in Leh and check into our designated stay. After a brief introductory session, we will spend the rest of the day at leisure.
- Travelers are advised to explore **Leh Town**, explore the Cafes in Leh, and indulge in local sightseeing in the evening.
- Dinner followed by an overnight stay in Leh.

Note: This day spent in Leh is for acclimatization purposes.

Day 2 : Acclimatization Day

- After early morning breakfast, we'll head for a sightseeing tour.
- We will visit the **Shanti Stupa** and explore the **Leh Market** in the evening. If time permits, we will explore other attractions in Leh as well.
- Dinner and overnight stay in **Leh**.

Note: The Chadar trek requires trekkers to be properly acclimatized and hence we need to spend at least two days in Leh.

Day 3 : Medical Check-up

- We'll head to get a thorough medical check-up. Due to the perplexing nature of this specific trek, participants must obtain medical certification before undertaking the Chadar trek as per the government.
- A clearance certificate will be issued after a medical check-up and trekkers will only be allowed to embark on the Chadar Trek if they are found to be fit and are properly acclimatized.

Day 4 : Drive from Leh to Shingra Koma (65 Kilometers, 4 Hours) Trek to Tsomo Paldar (3 Kilometers, 2 hours)

- After enjoying morning tea and breakfast, we'll drive towards **Shingra Koma**. This ride is not for the faint-hearted as jagged roads and hairpin bends make this a tricky drive. The sight of the surrounding mountain ranges makes for a scenic ride that you'll enjoy.
- Upon reaching Shingra Koma, We will start our trek to **Tsomo Paldar** right from the starting point of the **frozen Zaskar river**. After walking on multitudes of icy surfaces, you'll slowly start to understand the pattern of walking. Soon, you'll reach the campsite.
- Dinner followed by an overnight stay at the camps (2 sharing).

Day 5 : Trek from Tsomo Paldar to Tibb Cave (15 Kilometers, 7 hours)

- In the morning, we will have hot tea and breakfast. After that, we will start trekking towards **Tibb Cave** which is our next campsite.
- Enroute, you will be encountering some of the most enchanting frozen waterfalls. As you keep walking, you'll come across rock patterns and sedimentations. En route, we'll have our packed lunch.

- Upon reaching Tibb Cave, we will set up camps and spend the rest of the day at leisure.
- Dinner followed by an overnight stay in camps.

Day 6 : Trek from Tibb to Nerak Camp (13 Kilometers, 6 hours)

- After having breakfast in the morning, we will head towards the most anticipated campsite which is **Nerak**.
- The 13km trail traverses through the most iconic landmark of the Chadar Trek which is the Frozen Waterfall. Hot lunch will be served on your way to the Nerak campsite.
- Trekkers are advised to wear proper layers to stay safe from the freezing cold. If time permits, we will visit the **Nerak Village** as well.
- We will set up camps at a distance of 15-20 minutes from the waterfall.
- Dinner followed by overnight stay in **Nerak campsite**.

Day 7 : Trek from Nerak to Tibb (13 Kilometers, 6 Hours)

- After early morning breakfast, we will head back to our campsite at Tibb Cave. We will be retracing our steps back, admiring the beauty of the mystical frozen Zaskar.
- Upon reaching the campsite at Tibb, we'll spend the rest of the day at leisure.
- Dinner followed by an overnight stay in **Tibb**.

Day 8 : Tibb to Shingra Koma (9 Kilometers, 5 Hours) | Drive from Shingra Koma to Leh (65 Kilometers, 4 Hours)

- After having early morning breakfast, we will head out of **Tibb** and move towards Shingra Koma, crossing **Gyalpo**.
- En route, you might get a chance to see paw prints of wild animals like snow leopards, ibex, and foxes.
- In the evening, We will drive back to **Leh** and spend the night at our designated stay.

Day 9 : Departure from Leh

- After early morning breakfast, we will check out from the hotel.
- The group will part ways with fond memories of the trek
- Departure from Leh.

Cost Terms

Included:

- **Accommodation:** Stay in Leh guest house on a Triple / Quad sharing basis as per itinerary. Stay in Alpine / Dome tents during the trek on a double sharing basis.
- **Transportation:** Transportation from Leh to Trekking point on Day 4th and back to Leh guest house on Day 8th.
- **Meals:** Breakfast only in Leh (Day 2 - Day 4 and Day 9th). All veg meals during the trek from Day 4th lunch to Day 8th breakfast.
- **Camping logistics:** Common Kitchen, Dining, and Toilet tents during the trek. Porter for carrying camping logistics.
- **Others:** Hot Water on request while staying in Leh.

- **Trek Leader** Qualified and Experienced Trek guide and Support staff.
- **Trekking Equipment:** Sleeping bag, Mattress
- **Safety Equipment:** Basic First Aid Kit with Oximeter and Oxygen Cylinder.
- **Other Facility:** Keeping extra luggage in Leh Guest House.

Not Included:

ALTOA Fees (Wildlife fees, Environment tax, Insurance, Evacuation charges, Forest permit, Medical checkup, Camping charges).

Any Surface transfer from Leh Airport to Guest House and back.

Expenses of personal nature.

Personal Trekking Equipment like Gum Boots, Trekking Pole, and others.

Porter for carrying personal luggage.

Anything which is not mentioned in the inclusions.