



**SPECTACULAR & SURREAL CHADAR TRAIL: Trekking on the frozen 'River Of Dreams', Zaskar**

**NATURE OF TRIP**                      Trekking  
**LOCATION**                                Ladakh  
**DURATION**                              9 Days (Leh - Leh)  
**TREKKING DAYS**                      7 Days  
**MAXIMUM ALTITUDE**                Nyerak (3680m)  
**GRADE**                                    Vigorous  
**SEASON**                                 Jan-Feb  
**ACCOMODATION**                    AlpineCamping -  
     6 Nights Hotel - 2  
     Nights  
**GROUP SIZE**                            Maximum of 15 persons

**DEPARTURE DATES**

JAN	FEB
14,22	2,11

*...We welcome you to join us on this memorable trip to the Himalayas*



## BRIEF DESCRIPTION

Ladakh the magnificent mountain dessert kingdom provides a fitting backdrop for this trip that attempts to do it all. Ladakh is famed for its high passes, brackish water lakes, a stunning lunar landscape, a Buddhist culture warped in time, deep blue endless skies, and a landscape that is larger than life. It is an adventure seekers paradise. Many have said Ladakh is the most beautiful place in the world. But we seek a beauty even more surreal and attempt one of the most celebrated, difficult and exquisite trek. We will walk on a frozen river bed live in caves along the way and fight the twin difficulties of cold and altitude to conquer all!

## ITINERARY

### Day 01 : Arrive at Leh (3500 m)

Arrive in Leh airport where you would be greeted by our representative and transfer to your hotel. Today, we would spend the day in the room itself to acclimatise to the high altitude. This is absolutely necessary and is most important for the days ahead. Overnight in the hotel.

**Day 02 : Leh – Chilling – Tilat Do (3200 m) Drive/3-4 hrs & Trek/1 hr** Post breakfast, we take a beautiful drive through the beautiful scenery with your first views of the Indus river and later the Zaskar river at their confluence at Nimoo. From Nimoo you follow the Zaskar to the roadhead at Tilat Do. Here we cross the Zaskar and depending on the time available we camp on the other side of the river or we continue ahead a bit before setting up camp for the night. Overnight in trekking tents.

**Day 03 : Tilat Do – Shingra (3350 m) Trek 5-6 hrs** We begin the day at 7:00 am with a cup of hot tea. After breakfast, we set off on the “Chadar” which will be our routine for the rest of the trek. Today, we will trek close to 10-12 km depending on the fitness of the group. Though our objective would be to get to Shingra we could camp earlier also in case the going gets tough during the day. This is something that we would follow all through the trek where we would keep the itinerary flexible to accommodate the group depending on fitness levels. Overnight in trekking tents.

### Day 04 : Shingra – Tibb Cave (3400 m) Trek 5-6 hrs

Post breakfast, we set off for Tibb Cave. Today we trek through the deep gorges of the Zaskar valley with sheer cliffs on both sides. The lack of direct sunlight keeps the snow well packed for the trek. We end the day at the big cave here which is used by the locals when traversing this valley and set up camp for the night. Overnight in trekking tents.

**Day 05 : Tibb Cave – Nyerak (3680 m) Trek 6-7 hrs** Post breakfast, we continue the walk through the gorges to the Nyerak village. Enroute we pass a large frozen waterfall which is gushing water during the non-winter season and is a stop point on our rafting trips down the Zaskar river during the Aug-Sep period. Today we camp below the Nyerak village and one can go up to the village in the evening. Overnight in trekking tents.



#### **Day 06 : Nyerak – Tibb Cave ( 3400 m) Trek 6-7 hrs**

Post breakfast, we begin to retrace our steps on the return trek. Though we will be returning by the same route, a lot of the trail would have changed as the river changes by the hour during the season depending on the temperature and sunlight. So in most cases it will be like a different trail itself!! We camp overnight at the Tibb cave. Overnight in trekking tents.

**Day 07 : Tibb Cave – Shingra ( 3350 m) Trek 5-6 hrs** We retrace our steps to Shingra. Overnight in trekking tents.

#### **Day 08 : Shingra – Tilat Do (3200 m) – Leh Trek 6- 7 hrs & Drive 3-4 hrs**

Today is the last trek day as we trek back towards Tilat Do. Here we cross the frozen Zanskar for the last time and then board our vehicles to drive back to Leh. Once in Leh, we check into our hotel and have a relaxing hot water bath and relive the memories of this wonderful trek. Overnight in the hotel.

#### **Day 09 : Depart from Leh**

Transfer to the airport for your flight home.

### **COST OF THE TRIP**

- Double sharing basis (2 persons sharing a tent & room) – **Rs. 23,500/-** per person

### **TREK TARIFF INCLUDES**

- **Accommodation in Guesthouse / Standard Hotel** with room heating system.
- **Stay on Sharing basis** in Guesthouse/Hotel & while camping.
- **2 guides** for the group of maximum 15 trekkers so 1 guide for 8 group members. This will ensure high safety and more information and personal attention which are necessary to appreciate a trek. All our guides are professionally trained and have many years of relevant experience in guiding treks.
- **High quality Camping arrangements**  
We believe that roughing it out necessarily doesn't mean sleeping in smelly sleeping bags, compromising on safety by using low quality equipment and having unappetising meals. We focus on your safety, basic comforts and the environment while camping. Keeping this in mind, the following equipment is provided on the trek:
  - Fresh and clean sleeping bags of very good quality
  - Good quality Camping Mattresses
  - Mess Tent
  - Toilet tents (2) with portable toilet seats
  - First Aid / Medical kit
- **Big oxygen cylinder** (15 ltrs) will be carried throughout the trek for any kind of emergency.
- **All meals** starting from lunch on Day 2 till lunch on Day 8.
- **Porter/mule charges** for carrying camping equipment & rations
- **Camping permission**
- **First aid kit** (our guides are certified in handling first aid situations)

### **COST DOES NOT INCLUDE**

- Service Tax 4.5%
- Any Pickup and drop from the airport
- Any meals in Leh
- Any charges for video cameras, still cameras, etc.
- Bottled water, soft drinks, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, expenses incurred on account of sickness etc.
- Wildlife & ALTOA Fees (Participants have to pay this fees directly in Ladakh) Approx Rs.2000/-
- Any meals/services not mentioned above.
- Insurance

## OTHER OPTIONAL CHARGES

1. Charges for a porter to carry personal bag throughout the trek (not more than 10 kgs): Rs. 4400 per person. This cost also includes the accommodation and meals of the porter during the trek.
2. You can carry extra Oxygen can (Rs. 400/- per can).

## PAYMENT TERMS & CONDITIONS

- Rs. 6000/- as booking amount and the balance to be paid 30 days before the start of the trip.
- Payment to be made by Bank Transfer/Cheque/DD in favour of ANALA OUTDOORS (P) LTD. payable at Ahmedabad.
- Payment for this trip will not be adjusted against any future trips.

### Cancellation Charges (of the total amount):

• Minimum	25%
• Between 45 & 31 days	50%
• Between 30 & 15 days	75%
• Last 14 days	No refund

## IMPORTANT INFORMATION

### Transport Options (Delhi – Leh –Delhi)

#### By Air

For travel between Delhi and Leh, the advised mode is the flights that ply between these two places. There are a number of flights that operate on this sector with all of them being early in the morning to take advantage of the clear weather over Leh. In case you are travelling from outside Delhi, it would be best to stay in Delhi the previous night to catch the connecting flight the next day. As flights in this sector tend to be expensive, you are advised to book early to get the best fares.

### Weather Details

In Leh, the temperature in the daytime will be between -10 to 0 °C, depending on weather condition. The temperatures would drop after sunset till sunrise, and one can experience temperatures as low as -25 °C. Feather jacket is a MUST not just for the trek but around Leh town, with warm gloves and warm hat. If we visit monasteries it is necessary to take your shoes off, in such cases thick warm socks are necessary.

On the trek, one needs to plan for extreme winter conditions, which means you need to be prepared for -10 to -30 °C temperatures, cold winds and protection from snowfall and getting wet. Especially plan for getting wet feet, so we advise you to wear water proof rubber boots with warm liner inside, this is sufficient if you are walking through ankle deep water. You may be required to cross water which can be knee deep, in such case you would need to remove your boots cross barefoot or with sport sandals and after crossing dry your feet wear warm socks and continue the trek. The walking on Chadar is walking on hard ice which is slippery. In our experience, gear like Yak-Tracks (a grip made of metal and rubber which can be attached below the boots) is very helpful. Please be prepared for taking a detour if the ice is not formed, in such sections we may have to do some scrambling on the rocks or traverse on some loose unstable sections.

Please keep in mind that the above information is not exact and does not account for sudden changes. Whatever the temperatures and conditions rest assured we will be prepared to handle it with ease as we use equipment of very high specifications.

## LIST OF ESSENTIALS

Mountain/adventure travel requires one to be adequately equipped with the right kind of personal gear. Since one is travelling in the wilderness there will be hardly any opportunity to buy anything once you hit the trail so we urge you to carefully pack everything into your bags.

- Day pack (25ltrs)
- Dry fit shirts and trousers 4 pairs
- Fleece jacket
- Balaclava and Buff
- Gloves

- Warm Socks (lots of extra pairs)
- Water and wind proof trousers
- Water and wind proof jacket
- Thermal upper and lower (3 pairs)
- Day wear shirt x2 or 3
- Underwear 5-7
- Boots
- Camp shoes / Sport sandals
- Hand towel
- Waterproof sack cover
- Down booties
- Toilet paper
- Two 1 ltr water bottles (preferably thermos flasks)
- Torch with extra batteries.
- Body Moisturiser
- Lip care
- Body Powder / Anti-Fungal (feet and body)
- Sun screen lotion
- Sun cap
- Sunglasses
- Head torch with extra batteries.
- Toiletries
- Personal medicines
- Pee bottle (Optional)
- Camera with extra batteries.

...LOADS OF ENTHUSIASM!! AND A PLEDGE TO LEAVE NO TRACE

*Carry your stuff in a duffel bag, soft shoulder bag or a rucksack. Avoid suitcases, trolleys or any other hard luggage. Please avoid carrying expensive watches, jewellery and electronic items on the trek.*

#### [Our Trekking Code](#)

We are mountain lovers and have pledged to bring no harm to them in our pursuit of running organised wilderness travel in the Himalayas and seek your assistance too in this regard. We are more than convinced that one can have more fun on a trip if we go about it in a way that no harm is caused to the ecology. In this regard we have a set of guidelines that we adhere to based on the tenets of 'Leave No Trace' & 'Tread Light' policies. These guidelines are very simple and emphasise on travelling in small groups, better planning, understanding impact of camping, proper waste disposal, respecting local cultures, sensitivity towards wildlife and so on.

#### [Acclimatisation & high altitude sickness](#)

This is one of the most important aspects of travelling in the high Himalayas and cannot be ignored or set aside. Acclimatisation basically means our body adjusting to lower levels of oxygen (rarefied air) & reduced air pressure as we move up. In case one does not acclimatise properly there are chances of the person facing extreme discomfort and this can be fatal in extreme cases. While there is no set route to getting properly acclimatised there are a general precautions and steps that one can take to initiate good acclimatisation. Our trekking guides will assist you with these.

#### [Trek grading system](#)

**Vigorous** On these treks one can be required to trek continuously for more than a week through remote areas and at times trekking for more than 7 hrs a day. On most of these treks one has to cross passes or areas which are snow covered and involve camping at altitude of more than 4000m. Fit people with some kind of hiking experience & a spirit of adventure can contemplate going on these trails.

#### **DISCLAIMER**

Anala Outdoors (P) Ltd. takes utmost care to ensure safety of its clients. However in the case of any unforeseen mishaps, Anala Outdoors (P) Ltd. will not be liable for any injuries caused or for loss of life. All disputes rising due to the above are subject to the jurisdiction of the courts in Ahmedabad only. All participants would be required to sign an Indemnity Form before the start of the program, without which they would not be allowed to take part in the trip/program/activities.