

Kashmir Great Lakes Trek

(Premium)



Total Duration:
6 Nights & 7 Days



Difficulty Level:
Moderate to Hard



Trek Distance:
65 km



Highest Altitude:
4200 Meters



Best Season:
July to September

Fixed Departure Dates

July: 7, 14, 21, 28

August: 4, 11, 18, 25

September: 1, 8, 15, 22

Cost Details

21,950 Per Person.

- Small Groups
- High Quality Tents, Sleeping Bags
- Variety in Menu
- High Ratio of Guides and Helpers



Kashmir Great Lakes Trek Itinerary

Kashmir Great Lakes trek itinerary is of 7 days which involves first day of acclimatization. The trek is finished in 7 days and is a moderate to difficult trek. Most of the trek days are moderate to difficult, one has to cross three high altitude passes and one sees the gorgeous alpine lakes and walks through lush meadows during this trek. There is a walk through jungle on the second and the last day of the trek. This is a circuit trek, it starts from Sonamarg and ends at Naranag.

Day 1 : Arrival in Shitkadi, Sonamarg (2730m)

This is the first day. The first day is arriving at Shitkadi base camp. You will be picked up from Srinagar. The drive from Srinagar is 2.5 hours. This is an acclimatization day. You will have the briefing with your trek leader, a complete briefing will be given on the trek. The night will be spent in the tents.

Day 2 : Shitkadi to Nichnai (2730m to 3505m)

After breakfast, we will start the trek. The trek distance of the day is 9 km and the gradient of the day is moderate. Keep your ID card handy as we will have to pass a military check post. You will have the lunch on the way in a meadow.

Day 3 : Nichnai to Vishansar (3505m to 3650m)

The total distance of the day is 13km. The gradient of the day is moderate. You will be ascending via Nichnai Pass (4115) to reach your campsite.



Day 4

Vishansar to Gadsar via Gadsar Pass (3650m to 3810m via 4200m)

Start early on this day after breakfast. The day is long and challenging. This is the toughest trek day of Kashmir Great Lakes. The trek has a sharp ascend to Gadsar Pass and then a long descend followed by an easy meadow walk. The total distance of the day is 16km. On this day you will get the most breathtaking panoramic view from Gadsar pass.

Day 5

Gadsar to Satsar (3810m to 3600m)

This is the easiest trek day of this trek. The walk is through the lush meadows and alpine lakes of Satsar valley. The distance of the day is 12km which is mostly on a flat trail.

Day 6

Satsar to Gangabal (3600m to 3587m)

The gradient of the day is moderate. On this day you will be passing the third mountain pass of this trek – Zajibl Pass. There is an ascend to Zajibl Pass and then a long descend to Gangabal Valley. The total distance of the day is 9km.

Day 7

Gangabal to Naranag to Srinagar (3587m to 2271m)

This is the last day of the trek. The trek starts easy on the lush meadows of Trunkhol. The trek is all a heavy steep descent from Butshree top. The gradient of the day is moderate and total distance is 13km. The descent of the large portion to Naranag is quite heavy on knees and ankles. We recommend to use knee caps while descending to Naranag.

Inclusions

- Twin Sharing Accommodation in Tents during the trek. Three men tent for 2 people.
- All Meals During the Trek – Breakfast, lunch, evening snacks, dinner.
- Mountaineering Qualified Trek leaders, experienced cook, helpers, porters, ponies.
- Dining tent, dining table and chair/stool, toilet tents, toilet chairs, sleeping mattress, cold resistant sleeping bags, cutlery, and helpers. Separate toilet tents for male and female.
- First Aid & Medical Assistance – Medical Kit, Oxygen Cylinder, First Aid etc.
- Passes & Permits.
- Transportation – Srinagar to Srinagar.

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Exclusions

- Insurance.
- Personal Expenses.
- Lunch on Non Trekking days.
- Emergency Evacuation and Rescue.
- Air Tickets

Optional Cost:

- Offloading/porter services: **2800/** for an entire trek. Max bag pack weight should not exceed 10kg. A proper trekking backpack is only accepted. No trolley or suitcase will be allowed to offload.
- Single Person Tent Accommodation: **2500/** per person for an entire trek.
- Insurance: high altitude insurance **600/** per person for an entire trek.
- Personal Toilet Tent: **4000** per tent.

- **Note:** The optional cost is applicable only when the person avails the services. If one does not avail any optional service, only the basic cost of trek will apply with all the inclusions mentioned in the inclusion list.
- Due to weather conditions, if buffer day is used, the cost for extra day will be 1800 per person. Cost for 1800 will only be applicable if the buffer day is used due to rough weather and will be collected by the trek leader on the same day.

Checklist for your trip

Clothing :



Water-proof
Trekking Shoes



Cotton
socks (2
pairs each)



Full sleeve
tshirt



Water-proof
trekking pants
(1 spare)



Woollen or fleece
sweater/jacket



Padded
Jacket



Thick gloves
with inner



Spare under
garments



Thick muffer



Sun Cap



Rain jacket/poncho

Essentials :



Sun goggles



Valid ID proof



Wearable
Flashlight with
batteries



Power bank



2 ltr. Water
bottle



Rucksack

Toiletries :



Personal
Toiletries



Sun block



Personal-Aid
Kit

Premium Trek Meal Plan

In every meal plan we try to provide different varieties, trying not to repeat the dishes particularly in dinner and lunch. Here is the list of dishes and items from which we serve the clients.

Breakfast: eggs, paratha, chana, poha, dalia, upm, cornflakes, honey, bread toast, butter, jam, roti, coffee, tea, kehwa, etc.

Lunch and Dinner: we make a variety of dishes and try to serve the varied dishes. On all trek days there will be different dishes served. Most of the day there will be packed lunch as we will be reaching the campsite post lunch time. However dinner will be served hot. We try not to repeat our dishes unless the clients say otherwise.

We serve veg dishes like: veg biryani, veg pulaw, muttar paneer, palak paneer, aloo gobi, rajma chawal, rajma kadhai, mix veg, chana masala, kadhi chawal, dal makhni, bhindi masala, dal fry, veg korma, kashmiri nadru, kashmiri haakh, aloo matar, bhaingan ka bharta, dam aloo etc. We have both roti and rice available for dinner and lunch. We serve them with different pickles and salad.

Evening Snacks: tea, pakoda, soup, noodles, Maggie, veg rolls, biscuits, etc.

Dessert: we serve gulab jamun, phirni, halwa, custard, sewaya, fruit chaat, fruit cake etc.



Why Cliffhangers Premium KGL

Premium Services

Cliffhangers India's premium KGL trek has the best of services. You will have more client to guide ration, more toilet tents – separate for male and female, spacious dining tents, dining chairs/stools, helpers to set up campsite, wash the dishes and for your assistance at campsite, variety in food and taste – both south and north Indian food available

Smaller Group Sizes

KGL has become crowded. You will see companies taking a normal group size of above 30 - 40 people. To enjoy the nature and beauty of this trek, our premium groups are of smaller size. The general group size is around 13 only.

Adequate Staff

You will have a better ratio of guides and helpers. You don't have to indulge yourself in setting up the campsite, washing the dishes and going around finding your trek guide like in normal groups. You will have helpers, enough guides to help you around. Further there will be adequate toilet tents and separation of toilet tent for male and female.

High Quality Camping Equipment

On your trek you will have high quality tents which are resistant to both wind and rain. You will have minus 15 sleeping bags which give you both warmth and comfort. All the sleeping bags are hygienic and clean; you will have the best and clean cutlery, spacious toilet tents and sleeping tents along with the best medical aid.



About Cliffhangers

Cliffhangers India is a registered trade mark. We are registered with the Jammu and Kashmir Tourism Department and licensed for trekking, mountaineering, camping, skiing and snowboarding. We are a member of the Adventure Travel Association of Kashmir, ATOI, and Skiing Association of Kashmir. We have more than a decade of adventure experience in travel. We have operated premium services in the mountains for a decade now.

Please note that we have been featured and called by **Outlook Magazine** for trekking in Kashmir as the Professional Company.

We operate more than 20 trek trails here in Kashmir. Our products range from week-long treks like Kashmir Great Lakes Trek to weekend treks like Marchoi Valley Trek.

For Bookings Contact:

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