



**TREKKERS OF INDIA®**  
India's biggest trekking community & co.

# CHADAR

8D | 7N

*Trek*

**BIGGEST**

# WINTER

## TREKKING

*Sale*

**01st-15th Dec**



9999-779-136 | 9999-779-236

[www.trekkersofindia.com](http://www.trekkersofindia.com)





Reporting at Leh

Rest & acclimatisation  
at Leh



Departing from Leh

Acclimatization/Medical

Gyalpo - Tibb Cave



Tibb Cave - Nyerak



Nyerak - Tibb Cave

Tibb Cave - Gyalpo -  
Bakula - Leh



Checkout 10:00 AM  
from Leh

## OVERVIEW

- Region- Leh, Ladakh, J&K
- Altitude – 11,100 feet
- Trek Duration- 8 Days | 7 Nights
- Trek Distance- 62 kilometres
- Difficulty Level – Challenging
- Start Point- Leh
- End Point- Leh
- Pickup Point- Leh
- Nearest railway station: Jammu Tawi Railway Station
- Nearest airport: Kushok Bakula Rimpochee Airport
- Last ATM: At Leh
- Best time to visit: Mid-January and February





# TREK ATTRACTIONS



- Experience the magic of the ICE AGE fantasy as you behold the magnificent Nerak Waterfall, completely encased in ice from its summit to its base.



- Stroll upon glistening ice sheets while gazing in awe at Ladakh's mountains, tinged with a rusty hue and adorned with distinctive rock formations. Above, the boundless expanse of a clear blue sky will be your constant companion on this journey.



- Your adventure package encompasses all your needs, including meals, transportation, accommodations, and the expertise of highly skilled trekking professionals, guides, and top-notch camping gear.





# ITINERARY

## Day 1



## ARRIVAL AT LEH

- You will be greeted at the Airport by our team.
- Our cars will take you to the pre-booked hotel and rooms will be allotted to you.
- Take some rest to get your body acclimatized with the changed altitude and temperature dip.
- You can spend the rest of your day at leisure or can go to a nearby marketplace.



## Day 2



# ACCLIMATIZATION DAY

- The day is reserved to acclimatize keeping in mind the health conditions of trekkers who may witness Acute Mountain Sickness (AMS). You will be served hot breakfast at your hotel.
- You can walk to the Leh marketplace or can explore the town the rest of the day but make sure that you rest enough and sip on water on regular intervals so that you are now fully acclimatized and ready for your Medical test on the next day.



## Day 3



# MEDICAL FITNESS CLEARANCE AND DOCUMENTATION

- Enjoy your delicious breakfast at the hotel and get ready for the Medical test at the designated facility in Leh. Try to leave as early as possible to avoid any delay for your preliminary medical check-up. If you pass the medical prerequisites, you will get the fitness clearance, a green signal for the charming Chadar Trek.
- Again, you can spend the rest of the day at leisure or can explore nearby places / marketplace. Spend overnight at the hotel and be mentally prepared for the expedition starting tomorrow.



# Day 4



## DEPARTING FROM LEH

### LEH - CHILLING - BAKULA - GYALPO

- We start off from Leh and head out towards the start point of our trek at Gyalpo. En route, we will pass Gurudwara Pathar Sahib, Magnetic Hill and the confluence of the Zaskar and Indus rivers just before Nimu.
- Once past Chilling, we arrive at Bakula. You will commence 2 hour trek till Gyalpo.
- We take our first baby steps on the frozen river, so be prepared for some slips and falls! Walking in gumboots too will take a while, so be patient as it's only your first day for long trek.
- We start off along the left bank, past the cascading waters of the Zaskar river and frozen waterfalls until we set up camp at Gyalpo.
- Our camp site is on a piece of flat land high above, giving you a stunning view of bend of the river.



# Day 5



## GYALPO - TIBB CAVE

- Rising early would have its perks as the sun comes out from behind the mountains and lights up the valley.
- It will also help your body get used to the cold.
- Aching bones, if any, will be sorted by some scrumptious breakfast as the Zanskar comes to life with the rising sun.
- A relatively easy day of walking past higher waterfalls will get you to Tibb Cave, which lies at the intersection of two valleys.
- An evening walk down any one of them can make for good exploration.



# Day 6



## TIBB CAVE – NYERAK

- It's the most eagerly awaited day, especially because en route Nyerak – the first village of Zanskar – is a stunning frozen waterfall.
- While the ones you have seen so far are from high up, this one is also several feet in length which makes it one of the most picturesque sights on the trek.
- Just ahead of it is Nyerak, and while we camp by the river, a short walk early next morning will take you back to civilization for the first time in almost a week.
- At Nyerak, you can treat yourself to some goodies from the local shop and interact with the residents there, who are more than happy to indulge in a good conversation.



## Day 7



## NYERAK – TIBB CAVE

- After four days of walking on ice, you will now be an expert.
- So feel free to look around and soak in the surroundings.
- There's a good chance of spotting Ibex and Bharal a Blue Sheep on the high slopes, and if you're lucky, even a snow leopard walking along the ridge.
- Also look out for birds such as Lammergeirs and Choughs sailing high above the valley.
- It's the longest day of the trek through narrow gorges, which means climbing up a short distance by the bank of the river in places where a solid walking surface is unavailable.



## Day 8



# TIBB CAVE - GYALPO - BAKULA - LEH

- Way back is tiring at the same time very interesting. After 5 days in this chilling region you get use to this environment. Snap shots of your favorite place, lying on the bed of ice, sharing your experience are the memories of trek.
- We make our way back along the same way that we came, giving you the opportunity to soak in the sights that you probably missed. Trekkers along the way are sure to check with you on the route ahead, so be prepared to play guide and share your experiences.



# Day 9



## DEPARTURE

- Checkout 10.00 AM from Leh.
- Time to Say Goodbye !! And a Farewell to all beautiful souls with unforgettable memories.



## INCLUSION

- Guest house (centrally heated room) in Leh on Day 1, Day 2, Day 3, Day 8 (twin sharing basis, triple in very rare case).
- Camping during the trek (Day 4 to Day 7)
- Day 4 breakfast to day 8 lunch.
- Sleeping bag, Mattress, Utensils.
- Trekkers tent (sharing), Kitchen, Dinning tent, Toilet tent, Ropes.
- While on trek all meals will be provided. Meals will be freshly prepared and will be a mix of Indian, Chinese & Continental.
- First aid
- 1 Mountaineering qualified professional trek Leader.
- Guide (Number of guides depend on the group size).
- Support staff
- Forest Permits and camping charges

## EXCLUSION

- Food in Leh.
- Any kind of personal expenses.
- Pickup and drop from airport.
- Personal trekking Equipments - like trekking poles or sleeping bag, liners.
- ALTOA fees
- Personal travel expenses.
- Medical check fee at leh
- Mule or porter to carry personal luggage.
- Insurance Mandatory, Wildlife/Environmental charges.
- Anything not specifically mentioned under the head.
- Any kind of emergency evacuation charge, hospitalization fee



## AVAILABLE DATES

Months	Dates
January	06, 08, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30
February	01

## BIGGEST WINTER SALE PACKAGE

Trek Packages	Price per person
<b>Chadar Frozen River Trek</b> <b>LEH - LEH</b> (Including GST@5%)	<del>₹23,999</del> <b>₹20,999</b>

### Must Read

- If you have a group of **6 person** or more you can book in any of your preferred date.

### CANCELLATION POLICY

<https://trekkersofindia.com/cancellation-policy/>





# PAYMENT DETAILS

<b>UPI ID</b>	<b>astrekkersofindiaprivatelimited.ibz1@ICICI</b>
<b>Account Holder</b>	<b>AS TREKKERS OF INDIA PRIVATE LIMITED</b>
<b>Account Number</b>	<b>107005013204</b>
<b>IFSC</b>	<b>ICIC0001070</b>
<b>Account Type</b>	<b>CURRENT</b>

**OR YOU CAN SCAN QR CODE**

 **UPI**  
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Merchant Name      **AS TREKKERS OF INDIA**  
Mobile Number      **PRIVATE L**

**SCAN TO PAY**



## TREK ESSENTIALS

### BASIC GEARS

**Backpack & Rain cover**

**Day pack + rain cover**

**Walking stick**

**Water bottle/Hydration pack**

**Personal Medical Kit**

**Snacks**

- (50 - 60 ltr) with comfortable shoulder straps.
- 20-30 ltr (If hire a mule or porter)
- Advisable (At least one)
- 2 bottles of one liter each, People who use hydration pack, 1 hydration pack and 1 bottle of one liter, Carry at least one thermos flask.
- Consult your doctor
- Energy bars, Dry fruits, Electrol/ors

### PERSONAL UTILITIES

**Sunscreen cream**

**Hand sanitizer**

**Toothbrush & toothpaste**

**Toilet paper & Wipes**

- Moisturiser
- Antibacterial powder
- Lip balm / Chapstick
- Quick dry towel

### FOOT GEARS

**Trekking Shoes**

**Floater/flip flops**

**Cotton socks**

**Woolen socks**

**Gaiters**

- 1 pair (Waterproof, high ankle with good grip)
- 1 Pair
- 6 Pair
- 1 Pair
- 1 Pair (TOI will provide)



# TREK ESSENTIALS

Item	Qty	Remark
<b>Head / Face / Neck</b>		
Woollen Skull Cap / Woollen Balaclava/ Woollen Monkey Cap	1	Warm cap which takes up little space and at the same time offers protection to head, forehead, ears and even neck.
Muffler fleece / woollen	1	Versatile cloth which will protect your neck and even face
Sunglasses	1	A polarized one with dark glass is a must to protect you from harsh UV rays reflecting from white snow and ice.
<b>Upper Body</b>		
Base layers (i.e. thermal top)	2	Light weight or mid weight long sleeved t-shirt of merino wool, polyester, quick dry
T Shirts	3	Synthetic fabric, merino wool, is recommended over cotton T shirts since they dry faster. Better to have full sleeves as it will protect you from factors.
Top insulating Layers	1	Mid weight fleece that can be worn over other layers
Fleece Vest	1	Optional – advisable for those who feel the cold
Down Jacket	1	A must, as this will protect you in almost all the worst cold with a proper layering. It can get very cold during the night and in the upper reaches.
Wind / Rain Jacket	1	An absolute essential as the mountain climate is highly unpredictable. A good jacket will protect you from wind chill factor and rains if any.
Woollen Gloves	1	Woollen pair for night
Water proof Gloves	1 Pair	A must have, waterproof one with thermal inners.
<b>Lower Body</b>		
Base layers (i.e. thermal lower)	2	Light weight or mid weight long sleeved t-shirt of merino wool, polyester, quick dry
Trekking Trousers	2	Light weight quick dry trousers (no cotton). Zip-offs are good. Strictly no Jeans
Wind / Rain Trouser	1	An absolute essential as the mountain climate is highly unpredictable. A good trouser will protect you from wind chill factor and rains if any.
Underwear	4	Depending upon the number of days of trekking
<b>Feet</b>		
Synthetic Socks	3	Use full length,can have extra pairs too if needed ( No cotton)
Wollen Socks	2	Use full length,can have extra pairs too if needed ( No cotton)
Hiking boots	1 pair	Must be well worn and comfortable with ankle support
Gum Boots	1 Pair	This is for water crossings and for tackling the places with less or no ice formation during the trek.
Micro Spikes	1 pair	Gives better traction while walking on ice (Optional)
<b>Other Gears</b>		
Trekking poles	1 pair	Its is absolutely necessary to for balancing and walking on ice
Back Pack (40L)	1	Must have to carry all your gears and dress while on trek
Insulated Water Bottle	2	Must have to keep the drinking water warm in sub-zero temperatures. 01 litre each
Water Bottle	1	Drinking at least 4-5 litres of water each day to stay hydrated
Sunscreen lotion	1	UV rays at high altitude can be quite damaging to the skin, even during the harshest of winter, so sunscreen lotion with rating of SPF30 or higher is a must
Moisturising cream		Protection to your skin and lips from dry cold weather
Torch / Headlamp	1	With extra batteries



Other miscellaneous items and toiletries		
Chocolates, biscuits, dryfruits and nuts		These provide instant energy and easy snack and doesn't take up too much space.
Spare camera batteries		Carry at least one spare set of batteries required by your camera, since in a cold environment, batteries can die quickly
Power bank		
Money		
Prescribed Medicines		As per your doctor's advice
Hand Sanitizer		
Menstrual Products		For Women
Towel	1	Medium size (light weight)
Soap / Soap Strip	1	Carry small pocket size soap or soap strip
Tooth brush and tooth paste	1	Carry smallest available tube of tooth paste
Toilet paper / Tissue roll	2 rolls	
Toiletries		As per your bare minimum requirement

## Notes

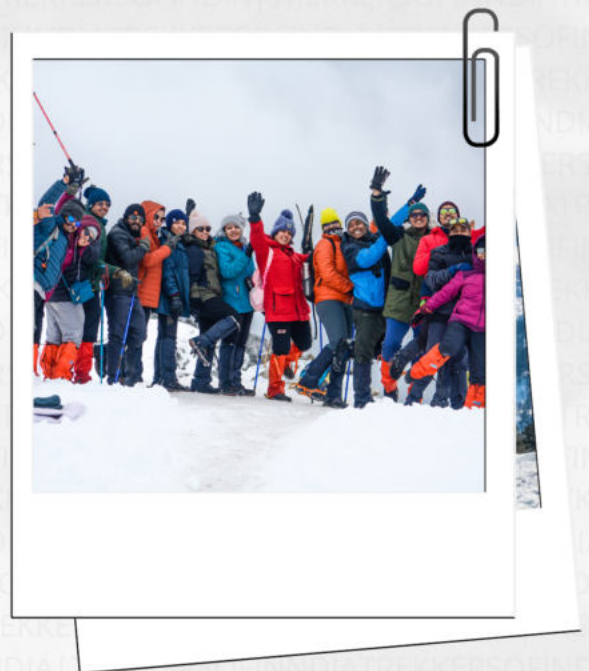
- No denim or jeans – not suited for this trek.
- No cotton – Carry only synthetic or woollen material dress / socks etc. which has good wicking properties
- Snacks, colas, alcohol and personal food – No need to overburden yourself with food. Do not carry any disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Do not bring any non-biodegradable material.
- Please carry only the most mandatory luggage. Carry your luggage in a backpack or a duffel bag. Do not bring hard top bags which will be difficult to transport.
- After packing, weigh your gear. It should be in the range of 8-10 kg – preferably on the lighter side. Anything heavier, you will need to iterate and remove what is not essential.
- Carry light and what is essential. As an example, toothpaste should be bought in small size (that can last you 10 days).
- Some general advice about clothing: To protect yourself from cold, dressing in layers is the mantra. Two T-shirts worn one over the other is warmer than a T-shirt that is thick.
- 3 T-shirts worn one over the other is as good as a full sweater.
- People who wear spectacles / prescription glasses, choose one of these:
  - I. Fit over sunglasses
  - II. Sunglasses with power lenses
  - III. Clip on Sunglasses
  - IV. Photo chromatic glasses
  - V. If any of the above is not possible use contact lenses with sunglasses



# WHY YOU SHOULD BOOK WITH



- **DIRECT OPERATING TREKKING COMPANY**
- 5 star trek/trip experience
- Organising treks for more than 20,000+ travelers every year
- Professional team & fun loving trek/trip leaders, guides
- High quality tents, sleeping bags & other equipments
- Comfortable stays at base camps
- Trek/Trip with millennials
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- Delicious & hygienic meals throughout the trek/trip
- Like minded co-travellers

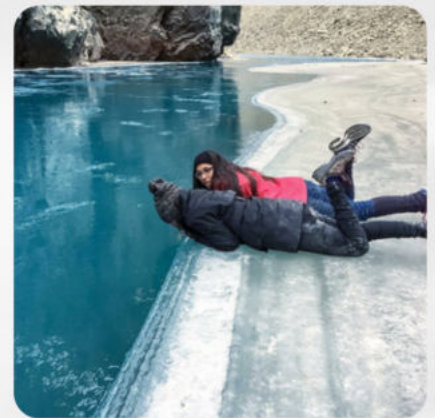
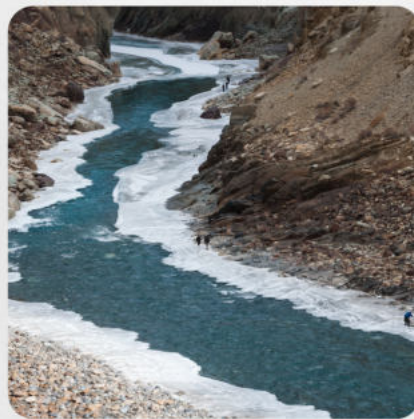


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