

A high-angle, wide shot of a rugged mountain valley. In the foreground, a winding asphalt road follows the left bank of a wide, shallow river with milky, white water. The river flows from the background towards the bottom right. The surrounding mountains are steep and rocky, with visible erosion patterns and some snow patches on the higher peaks. The sky is filled with heavy, dark clouds, creating a moody atmosphere. The overall color palette is dominated by earthy browns, greys, and the white of the snow and river water.

# ADVENTURUSH

## INCLUSIONS

- Accommodation – Stay in a hotel/ guesthouse from Day 1 to Day 3 & Day 8
- Stay in tents during the trek
- Breakfast in Leh on Day 2, Day 3, Day 4 & Day 9
- All meals during the trek
- Expert Mountaineering Guide
- Qualified & Experienced Trek Leader, Guide And Support Staff To Help Trekkers
- Skilled Local Staff Who Has Ample Knowledge Of The Route
- Transport From Leh To Trekking Point On Day 4 And Trekking Point To Leh On Day 8
- Vegetarian Meals On The Trek (Breakfast/Lunch/Dinner) Starting On Day 4 Packed Lunch To Day 8 Breakfast.
- Hot Water In Buckets Shall Be Provided twice a day on Request While Staying In Guest House In Leh
- Stay In Alpine/Dome Tents On Triple Sharing Basis On Day 4, Day 5, Day 6 And Day 7
- Common Kitchen/Dining/Toilet Tents Will Be Used During The Trek
- Cooks/Helper And Other Requisite Staff.
- First Aid & Oxygen Cylinder
- Sleeping bag/ Mattresses
- Kitchen & dining tent
- Utensils

## EXCLUSIONS

- Personal expenses
- Insurance
- Airfare / Rail fare
- As per the Ladakh Tour operator association Wildlife department permits , Adventure insurance and Medical checkup fees will have to be paid by the participant on ground
- Personal Trekking Equipment – Like Gum Boots, Trekking Poles Or Sleeping Bag Liners
- Personal Insurance Or Cost Of Emergency Evacuation
- Purchases Of Personal Natures (Like Mineral Water Bottles/Bottled Or Canned Beverages/Chocolates/Dry Fruits Etc)
- Airport Pick Up and Drop
- Any other meals or transport which is not in inclusions.
- Personal Porters For Carrying Trekker's Backpacks

- Room Heaters At Guest House In Leh (We Suggest Not To Use The Room Heaters As The Same Dehydrate The Body And Your Body Won't Get Acclimatize To Gear Up For The Chadar Trek)
- Cost Of Transport, Meals And Stay If In Case You Leave The Trek In Between And Return To Leh Before The Schedule Arrival On Day 8
- There Is No Centralized Heating And Portable Heaters, Heaters and Electric Blankets Provided.

## **ITENARARY**

### **Day 1 – Leh Arrival**

Begin your Chadar trek by arriving in Leh. If you are arriving by road, it is advisable to keep enough warm clothes as there will be a significant altitude drop. After reaching Leh, head to your pre-booked stay. Have dinner and an overnight stay at the guest house.

### **Day2–Acclimatization in Leh**

Wake up to a chilly morning and enjoy some delicious breakfast. Today you will be exploring Leh on foot as it is very important for acclimatization of your body to a higher altitude. Take a stroll through the market or visit the Shanti Stupa. Spend the rest of your day leisurely and head to bed early.

### **Day 3 - Medical Check-Up**

On the third day of your Chadar Trek, you will be undertaking a Preliminary Medical Checkup near the ALTOA office at Leh Market. Once deemed fit, you will get a green signal to go ahead with the trek from tomorrow.

### **Day 4 – Leh to Shingra Koma & stay at Somo Paldar**

Begin your trek day with a hearty breakfast in the morning and enjoy a 75 kms drive to Shingra Koma. Witness the curvy bends of the road surrounding high mountains as you cross the small villages. After reaching, carry your luggage and start trekking towards Somo Paldar Campsite. This will be your first experience of walking on the frozen Zanskar of this trek. Take slow steps and use your walking stick to check the steadiness of the ice. You may slip in the initial stages so walk carefully. The trek distance is 3 kms and it will take you 2.5 hours to reach at the campsite. Get freshened up, relax for a while and head to bed after dinner.

**Day 5 - Trek to Dib Cave | 10,950 ft | 6-7 hrs | 12 kms**

Start your day with a hot cup of tea and breakfast. Today you will be witnessing the raw beauty of Zanskar in all its elements of Ravines and Gorges. Get mesmerized by the stunning views of frozen waterfall. Yes, you read it right, a waterfall, frozen in time. Take a halt and have lunch on your way. Keep walking till you see dry sand on the trail, wherein your tents will be pitched at Dib Cave. Enjoy an overnight stay in the cold embrace of Zanskar.

**Day 6 - Dib Cave To Camp At Naerak | 11,100 ft | 6-7 hours | 13 Kms**

Today is the day that will become a fond memory of this trek as you will get to witness a magical view of the largest frozen waterfall. The trail leading to the waterfall is marked with praying flags on the trees along the way. Naerak waterfall involves very interesting folklore relating its origin from the Kailasha Parvata. Let the locals tell you about this mystic yet beautiful waterfall. Take a halt for pictures at the Bridge situated near the waterfall and head to the village of Naerak to have a glimpse of the Zanskari lifestyle. Have an overnight stay at the village campsite followed by dinner.

**Day 7 - Naerak to Tibb Cave | 10,950 ft | 6-7 hours | 13 Kms**

After having breakfast at the village campsite, you will start descending to Dibb Cave. It is also used for estranged trekkers for a covered night stay to prevent them from freezing. This serene piece of nature offers ecstatic views of sun-kissed mountains. After reaching Dibb Cave, pitch your tents and have an overnight stay.

**Day 8 – Tibb Cave to Leh via Shingra Koma | 75 kms drive & 8 Kms trek**

Get up in the morning and bid goodbye to the surreal Tibb Cave. Today, after breakfast, you will trek back to Shingra Koma via Gyalpo. This trail offers an exciting chance to cross through the homes of some mountain wild animals like Snow Leopards, Ibex and Foxes, you may spot a leopard if you are lucky enough. After reaching Shingra Koma, you will be transferred to Leh in a shared vehicle. After arriving at the hotel, check-in and relax for the day. Overnight stay at the hotel.

**Day 9 - Return From Leh**

Today is the last day of your Chadar trek, after having breakfast, pack your bags and bid farewell to your new friends, gather all your memories within your heart and start your return journey back home.