

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 patches of snow or light-colored rock. In the distance, a jagged mountain peak is covered in snow, standing out against a sky filled with heavy, grey clouds. The overall color palette is dominated by earthy browns, greys, and the white of the snow and river water.

ADVENTURUSH

INCLUSIONS

- **Accommodation** – Twin Sharing Accommodation in Tents during the trek. Three men tent for 2 people.
- **Veg Meals** – All Meals During the Trek – Breakfast, lunch, evening snacks, dinner.
- **Expert Instructor** – Trained and experiences trekking instructor and guide.
- **All Camping Equipment** - 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.
- **All Permits & Fees** – as applicable.
- **Cook/ Support staff** – for your delicious meals and other support.
- **Transportation** – Srinagar to Srinagar.
- **Insurance.**

EXCLUSIONS

- **Personal expenses** – such as Telephone, Laundry, Tips and Table Drinks etc.
- **Airfare / Rail fare**
- **Pickup and drop** – from Airport, Railway station or Bus stop. Please contact vendor partners post booking, if pickup and drop facility can be provided on request, at additional cost.
- Emergency Evacuation and Rescue.
- Lunch on Non-Trekking days.
- **Personal Porter**
- **Medical Emergencies** - any injury or medical emergencies sustained by the adventurers during the activity.
- **Any additional cost** - including stay and food, that arises due to extension, change of itinerary due to natural calamities, roadblocks, bad weather or any other unforeseen circumstances beyond our control.
- **Anything not listed under “inclusions”.**

ITINERARY

Day 1: Srinagar to Sonmarg

Altitude: 2,730 m | Time taken: 3 hours' drive

Begin the first day with a drive to Shitkadi Sonamarg's main lodge from Srinagar and wander about the mesmerising Kashmir. The route passes through farms and towns nestled between lofty mountain peaks. Driving alongside the sparkling, continuously running Sindh River will be your constant view. You can pause along the route to take in the scenery of these mountains and meadows and camp out at scenic Shitkadi, encircled by snow-dressed mountain peaks. Acclimatise to the starry night at Shitkadi and relish the lip-smacking snacks with a hearty supper.

Day 2: Sonmarg to Nichnai

Altitude: 2,730m to 3,505 m | Time taken: 6.5 hours, 9 km

The second day of the Kashmir Great Lake Trek will take you to the next campground. This part would be a gradual ascend. Tabletop, a stunning plateau encircled by jungle that opens up to the Thajiwas Mountain Range, will be your first visit. It offers a broad, fascinating view of the Sonamarg region's complete mountain range and gives one a glance at the renowned Amarnath Peak. We will then hike over to Nichnai, crossing through a section of forest and continuing along the river channel; the path opens up and gives way to high mountains. Our trek captains and guides will guide you in crossing the creek.

As you hike further toward the campground, the scenery gets more and more stunning. The path is lined with maple, birch, and pine trees and has some rocky areas as well.

Day 3: Nichnai to Vishansar Valley

Altitude: 3,505m to 3,650 m | Time: 5.5 hours, 13 km

The gradient of the day is moderate, with long hours of walking. At Nichnai Pass, we'll stop for a short break; interestingly, this pass comes right after the river stream. When you reach the slope just before the summit, you will be able to see the lovely valley below that you just travelled through. There is a gradual ascent to the mountain; so, remember to stop regularly for hydration breaks and maintain a steady speed.

The mountain descends steeply and rugged towards the lovely valley below. Wildflowers grow in abundance in the field below. One will be delighted and happy as they stroll through this peaceful field. A vast expanse of mountains to the left and right can be seen as one looks around. Such is the beauty of nature that while one side of the mountain range would appear rugged, the other side is snow-capped.

Campground can be arrived after a few kilometres of strolling, after crossing the river. The campground is close to the majestic Vishansar Lake's water tributaries. There are many different species of trout fish in the river, all of which are well-known in this region. However, it is not permitted to fish or capture fish in this area. One must possess a valid fishing licence issued by Kashmir's Fisheries Authority. After arriving at the campground, take your evening refreshments and unwind by the lake.

Day 4: Vishansar Valley to Gadsar

Altitude: 3,650m to 3,810m via 4,200m Gadsar Pass | Time taken: 8 hours, 16 km

Gear up as it is a longest and interesting, yet most difficult day of the journey. The incline ranges from easy to challenging. You will cross over the highest altitude of the trek, that is, Gadsar Pass standing tall at 4,200m. Early in the morning, your journey guide will set you up for the day. Within an hour of the journey, one will be able to see the trek's first and finest feature. Look at Vishansar and Krishansar Lakes, two beautiful lakes that are peacefully and pleasantly situated next to one another. The lakes are well-known for their clear waters and thriving trout population. Many various coloured trout can be seen swimming around. These two lakes, each of which has a distinct religious significance, both drain into the Kishanganga River, which flows through the Gurez Valley.

After the lakes, the arduous ascent to Gadsar Pass begins. The path is short and steep, so you need to be cautious with the gradual ascent. The climb up the mountain takes about two hours. This route is where most of the breathtaking photos of the Kashmir Great Lakes Trek could be clicked. Trekkers can spend some time here relaxing and clicking photos to cherish the memories later. There is a lengthy and steep descent from the mountain, so take proper caution when stepping. The descent ends at that point and extends into Gadsar field, a long and lush meadow. The meadow is wavy and breathtakingly placed between the two mountain stretches. There are various colourful blooms and plants, as well as lush greenery. The most vibrant part of this journey is the field.

Soon after that, Gadsar Lake, a tranquil lake with a blue hue, will be visible on your left. Only the Kashmir Great Lakes Trek makes frequent trips to the lake. This lake, one of the finest alpine lakes you will see on the journey, is one of the least explored because it is almost in the centre of the trail. According to legend, the Gadsar Lake's water and animals have therapeutic properties. The lake is a short distance from the campground.

Day 5: Gadsar to Satsar

Altitude: 3,810m to 3,600 m | Time taken: 5 hours, 12 km

This day's gradient is simple to mild. Before the Satsar Meadow path emerges, there is only a short ascent of about an hour. On lush greenery and a path, the stroll then becomes leisurely. The path is a mixture of rocky and grassland terrain with some water-filled grassy areas. Most

of the the mountain's terrain is rocky and barren. There are seven mountain lakes in total in the region, and we will pass by one of them as we travel. The lake is stunning and provides a peaceful stopping spot for hikers. The seven lakes are one of the sources of the famous Wangath River that you will be seeing on the way going toward Srinagar after finishing the trek. After that, the trekkers will arrive at our campground, which is close to the river stream.

Day 6: Satsar to Gangabal

Altitude: 3,600m to 3,587 m | Time taken: 5 hours, 9 km

This day is moderate to difficult and starts with a patch of boulders and rocky terrain. The boulder section will dominate the day, with the hopping from one boulder to another. The path ascends until it approaches Zajibal Pass. For about three hours, there is a steep ascent toward the mountain, followed by an equally long descent. The path then ascends and lowers repeatedly before entering Gangabal Valley.

The largest of the Satsar Lakes is on the way, which is a treat to the eyes. At the summit of the ridge known as Zajibal Pass, one achieves the highest height of the day after ascending. The route is located at the height of 4000 metres. The first glimpse you get of Nundkol and Gangabal Lakes, the two lakes that makeup Gangabal Lake, is the finest portion of this route and a visual treat.

After leaving the mountain, one will travel through a small meadow with some minor inclines and declines before arriving at the twin lakes of the valley.

The melting of the glacier that hangs on Mount Harmukh provides water for both the lakes and the glacial lakes. You'll be setting up a tent next to the stunning Mount Harmukh, which is in the backdrop of Nundkol Lake.

Nearly 25 minutes separate the Nundkol Lake and Gangabal Lake. There are tons of fish in both waters.

Day 7: Gangabal to Naranag and Srinagar Drop

Altitude: 3,587 m to 2,271 m | Time taken: 6.5 hours, 13 km

The final day's incline is challenging. After brunch, you'll leave in the early morning. The journey descends gradually at first, then abruptly, through the forest as it heads towards Naranag, the trek's destination. Through Trunkhol's field is the slow descent. Here, during the surrounding mountains, are wavy fields and government cabins. There are numerous yellow blossoms dotting the lush greenery. The countryside spreads out far in front of you. Relax at the Trunkhol Meadow Hut, and a lot of shepherd houses made of mud and brick can be seen here.

If time permits, one can pause here and enjoy some local tea in one of the mud homes. The path quickly passes through the forest after leaving the Trunkhol meadow. Nearly 30 minutes of trekking will bring you to Butsheri Top, where a 3-hour steep descent begins. If your legs

feel the weight of it, don on the kneecaps and make sure the laces are snug and at the ankle. Although not difficult or hazardous, the path is taxing on the legs. You'll start to see the homes below once descended midway. It further takes a hard descent to reach the end of the trek. At Naranag, take some rest before leaving for your destination further.

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, 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 days 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 kadhni, 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 Premium KGL?

Premium Services: AdventuRush's premium KGL trek has the best of services.

You will have more staff 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.

