

**Hello Sir/Madam,  
Greeting From Globetrot Holidays!!!**

Please check the below details for **Chadar Trek – Ladakh (9 Days 8 Nights)**  
For booking & any queries call us on **+91 9969625616 / +91 8779036988**

**Leh(2N)-Tsomo Paldar(1N)-Dib/Tibb Cave(1N)-Nerak(1N)-  
Dib/Tibb Cave(1N)-Gyalpo(1N)-Leh(1N)**

**Region: - Ladakh**  
**Grade: - Difficult**  
**Max. Altitude: - 11,200 ft. (3,400 m)**  
**Approx. Trekking Km: - 75 km**  
**Best Time to Visit: - January & February**

*The Chadar Trek or the Zaskar Gorge is one for the adrenaline-junkies that like to go all-in or all-out. This trek will give you a chance to walk on the frozen Zaskar River. It is a huge favourite among Indians & trekkers from the other countries. Meant to be tried only by seasoned professionals, Chadar Trek is about endurance, focus & fitness. Chadar Trek is an experience for brave-hearted that seek thrill through responsible ecotourism. The weather & terrain might shake your confidence a bit but if you can surpass that then the journey to this land will be the most enrich experience of your life to cherish.*

**TREK ITINERARY:**

**• Day 01: Arrive Leh & Orientation (Altitude 3,500 m / 11,500 ft.) (D)**

You'll be landing at the Leh Airport which is one of the most picturesque airports that you would come across. Just before the touchdown time, you'll be greeted with the entire range of snow-capped peaks that will surely get you wonderstruck. A jacket, woollen gloves & a woollen cap is a necessity. After reaching the Guesthouse/Hotel you'll be given enough time to relax & acclimatize to the conditions. Check-in at the hotel. Orientation & Briefing of the Chadar Trek will start by afternoon. It is very important that you get used to the cold temperature in Leh because the temperature will only tend to fall down as you start walking on the frozen Zaskar River. From the end of January to mid-February, the temperature can be anything between -10 to -25 degrees during the day. It is also important to keep your body hydrated by increasing the intake of fluids that will help to maintain your body temperature. Keeping in mind the health problems that trekkers are facing, as per the new rules & regulations applied, anyone doing the Chadar Trek should be at least spending two days in Leh to get your body fully acclimatize to the weather conditions. It is important that this is strictly followed by every trekker.

**Dinner & Overnight stay at Leh.**

**• Day 02: Local Leh & Medical Check-up (Altitude 3,500 m / 11,500 ft.) (B,L,D)**

After having an early morning Breakfast proceed for full-day local sight-seeing & Medical Check-up in Leh. Situated at a height of about 3,500 m; LEH is also known as “Little Tibet” and ‘the Land of Lamas’. Located in the Ladakh region of Jammu & Kashmir, Leh is known for its stunning scenic locales, Buddhist temples and pristine environment. Today you can visit Shanti Stupa, Thiksey Monastery, Shey Monastery, Spituk Gompa, Jama Masjid, Hall of Fame Museum, Leh Palace, Stok Palace Museum, Zorawar Fort, Druk Padma Karpo School. Due to the challenging nature of this particular trek, government has made it mandatory for participants to acquire medical certification before they undertake Chadar Trek. Get your Oxygen and BP reading done. A clearance certificate upon a medical check-up will be issued by the Sonam Narbu Hospital. One will get a certificate only when adequately fit & acclimatized for the trek. It is advisable that you avoid visiting places which are at a higher altitude. Rest of the day is at leisure. Crosscheck your essentials before going to bed.

#### **Dinner & Overnight stay at Leh.**

- **Day 03: Leh – Tsomo Paldar via Chilling & Shingra Koma (Drive 70 km / 3-4 hrs ; Trek 3 km / 2 hrs) (Altitude 3,500 m / 11,500 ft. to 3,200 m / 10,500 ft.) (B,L,D)**

On this day, you'll proceed to the first campsite which is Tsomo Paldar via Chilling & Shingra Koma (Altitude 3,200 m / 10,500 ft.). It is one of the most scenic drives which lets you witness some of the top spots in Ladakh. Gurudwara Pathar Sahib, Magnetic Hill and Nimmu, the confluence of the Zaskar & Indus are some of the places where you can take a pit stop for clicking pictures. An hour and a half drive along the Zaskar will get you to Chilling. After 3-4 hours' drive along the Zaskar will get you to Shingra Koma. The cab will drop you right where the road ends, this will be your starting point of trekking on the Zaskar. Walking with your gumboots on will definitely be a challenge in the initial stage. Understanding the ice patterns will take time, slowly but steadily you will know which surface is fragile & which is trustworthy. There are multiple number of ice surfaces that you would come across while walking on the mighty Zaskar & as you start walking you will know more about it. Planting your foot will be important in most of the cases, you can check for the ice for its steadiness with your walking stick before stepping on it wholeheartedly. A small & light backpack will help as you will be able to manage your body weight in an effective manner. After an hour and half of slipping, falling & trying to gather your balance you'll be reaching your first campsite at Tsomo Paldar. This will be your first experience of camping under sub-zero degree temperatures.

#### **Dinner & Overnight stay at Tsomo Paldar.**

- **Day 04: Tsomo Paldar – Dib/Tibb Cave (Trek 15 km / 6-7 hrs) (Altitude 3,200 m / 10,500 ft. to 3,300 m / 10,900 ft.) (B,L,D)**

Chadar Trek is one such Trek where you're not gaining altitude in quick successions. Slowly but gradually from Tsomo Paldar to Dib/Tibb Cave, you will be gaining an altitude of 400ft. After spending a cold night in the tent at Tsomo Paldar get done with your breakfast that will re-energize your senses in the morning. The much needed hot cup of tea will be special in such frosty conditions. As you start heading to the next campsite which is Dib/Tibb Cave, this trek



route has some of the most eye-catching frozen waterfalls that you'll see. Waterfalls that stand frozen in time. The source of some of these frozen waterfalls is still unknown & there are a lot of myths amongst the villagers. The mighty Zanskar will be flowing all along with you on the trail & the emerald green water will have a smoothing effect. You'll be served lunch midway to Dib/Tibb Cave. After walking for a couple of hours you'll come across different rock patterns along the way which look artistic when the sun rays fall on them making their way from behind the clouds. You'll be camping near the Dib/Tibb Cave which is surrounded by dry sand.

#### **Dinner & Overnight stay at Dib/Tibb Cave.**

- **Day 05: Dib/Tibb Cave – Nerak (Trek 13 km / 6-7 hrs) (Altitude 3,300 m / 10,900 ft. to 3,400 m / 11,200 ft.) (B,L,D)**

As you move on to the most awaited campsite of the trek which is Nerak, the 13 kms long trail will take you to the most iconic landmark of the Chadar Trek, i.e. the frozen waterfall. The frozen waterfall is a nature's masterpiece in itself that attracts trekkers around the world. Hot lunch will be served on your way to Nerak. The bridge built next to the site of the waterfall is used in summers to reach Zanskar from Leh. By far, Nerak will be the coldest of all the campsites on the trek where the temperature goes down to as low as -30 degrees during the night. Nerak is the first village of Zanskar region. It will be important that you wear proper clothing in layers to stay safe from the cold. If you manage to reach the waterfall on time, there are chances of paying a visit to the Nerak Village as well. You'll be camping at a distance of 15-20 minutes from the waterfall.

#### **Dinner & Overnight stay at Nerak.**

- **Day 06: Nerak – Dib/Tibb Cave (Trek 13 km / 5-6 hrs) (Altitude 3,400 m / 11,200 ft. to 3,300 m / 10,900 ft.) (B,L,D)**

After spending a cold night in the tent at Nerak Village get done with your breakfast that will re-energize your senses in the morning. The much needed hot cup of tea will be special in such frosty conditions. You might have heard stories of how unpredictable the weather patterns can get here on the Chadar Trek. There are instances where the formation of Chadar no longer exists on your way back from Nerak. In the same way, you will witness a new layer of Chadar formed at some. Even though it's the same route, you'll be amazed to see how different it appears while coming back. Chadar Trek is an experience of a lifetime that every trekking enthusiast should witness. And then, what if we told you that these eight days of your life are going to be some of the best days you've lived so far and that you'll cherish these moments till the very end. Today retrace your steps back to Tibb Cave. Wave goodbye to all the locals while you make your way back. You'll be camping near the Dib/Tibb Cave which is surrounded by dry sand.

#### **Dinner & Overnight stay at Dib/Tibb Cave.**

- **Day 07: Dib/Tibb Cave – Gyalpo (Trek 12 km / 5-6 hrs) (Altitude 3,300 m / 10,900 ft. to 3,200 m / 10,500 ft.) (B,L,D)**

After spending a cold night in the tent at Dib/Tibb Cave get done with your breakfast that will re-energize your senses in the morning. The much needed hot cup of tea will be special in such frosty conditions. The return trail would not be easy & the river quickly reacts to any change in the temperature. By now the frozen river might have taken an entirely new form. On the way back, admire the beauty of the region, click pictures & meet locals, who can be seen wearing traditional woollen Gonchas (robes). Chadar Trek is an experience of a lifetime that every trekking enthusiast should witness. Even though it's the same route, you'll be amazed to see how different it appears while coming back. You get another last chance to cherish, relive and gather the memories. Be careful and enjoy your last stay in tents.

#### **Dinner & Overnight stay at Gyalpo.**

- **Day 08: Gyalpo – Leh via Tilad do & Shingra Koma (Trek 6 km / 3-4 hrs ; Drive 70 km / 3-4 hrs) (Altitude 3,200 m / 10,500 ft. to 3,500 m / 11,500 ft.) (B,L,D)**

In the morning after breakfast leave the campsite, get ready to leave Gyalpo & proceed towards Leh, crossing Tilad do & Shingra Koma (Altitude 3,200 m / 10,500 ft.). The trail today will give you a chance to witness high mountains & pugmarks of wild animals like snow leopards, ibex and foxes. If lucky, you just might spot a leopard; even if you do not, then at least be sure, you would be watched by them. In the evening, drive back to Leh & have rest stay at the guesthouse/hotel. These days of your life are going to be some of the best days you might have lived so far & that you'll cherish those moments till the very end. You can spend some time at the Leh Market in evening for last minute window shopping.

#### **Dinner & Overnight stay at Leh.**

- **Day 09: Depart Leh (Altitude 3,500 m / 11,500 ft.) (B)**

After having an early morning Breakfast, check-out from the hotel. Today, the mesmeric journey to one of the finest scenic destinations of India will ultimately come to an end. The entire experience, would give you an unmatched feeling of achievement & satisfaction. You'll be dropped at Leh Airport as per your flight timings. Its time now to say goodbye to our trip companions. Let us be in contact with each other through email, Facebook.... And meet again on one more memorable tour with Globetrot Holidays. Trek concludes.





**Package Includes:**

- Accommodation on double/triple/quad occupancy basis in Guest Houses or Hotels at Leh with Daily Breakfast, Lunch & Dinner as per the itinerary only. (Meals Veg Only)
- Accommodation on double/triple/quad occupancy basis in Alpine/Dome Tents while on Trek with Daily Breakfast, Lunch & Dinner as per the itinerary only. (Meals Veg Only)
- Mountaineering qualified experts & professional Trek Leaders & Guide, Skilled local Cook & Support staff service.
- Private Vehicle from Leh to Trekking Point on Day 03 & from Trekking Point to Leh on Day 08 including Local Leh Sightseeing on Day 02 and for Leh Airport Pickup & Drop.
- All Entry Permits, Toll & Parking charges, wherever required.
- Porters for carrying common equipment. (like rations/tents/utensils/groceries)
- Equipment–Tents on triple & quad sharing basis/Sleeping bags/Sleeping Mats.
- Basic First Aid Medical Kit with a portable Oxygen Cylinder.
- Common Kitchen/Dining/Toilet tents will be used during the trek.
- Facility of keeping extra luggage at Leh Hotel/Guest House while leaving for trek.

**Package Excludes:**

- Wildlife Department permit @INR 2,000/- Per Person for Indians.
- ALTOA will provide Adventure Insurance & Medical Check-up at Leh @INR 3,000/- Per Person for Indians.
- All kind of personal expenses such as tips, laundry, telephone bills, beverages, etc.
- It also does not include any meals unless and otherwise specifically mentioned.
- Airfare, GST, Travel & Health Insurance.
- Entrance fees for sight-seeing.
- Optional, suggested or unspecified activities.
- Camera fee (still or movie)
- Additional sightseeing charges or extra usage of vehicle.
- Any additional charges arising due to natural calamities, political disturbances, vip movement, etc.

**HOTEL DETAILS:**

CITY	STANDARD
LEH	Hotel Galwan Palace / Hotel Blue Stone / Hotel Asia Ladakh / Sia-la Guest House / SIMILAR
TSOMO PALDAR	Alpine or Dome Tents / SIMILAR
TIBB CAVE	Alpine or Dome Tents / SIMILAR
NERAK	Alpine or Dome Tents / SIMILAR
GYALPO	Alpine or Dome Tents / SIMILAR

**DEPARTURES & TREK COST:**

On Special Request.

**Terms & Conditions:-**

- Price valid from 1<sup>st</sup> January 2021 till 31<sup>st</sup> December 2021.
- 50% payment to be deposited at the time of booking confirmation & remaining 50% before one week of the tour departure date.
- Flight journeys can also be arranged at an additional cost.
- Who Can Go For Trek:-
- Experience of any high altitude trek at least 1 trek
- The climber must be fit and have sufficient stamina to cover 5 km of distance in 45 minutes without a stress.
- The climber should be able to carry a 10 kg backpack.
- Heart problem, high blood pressure, asthma, and epilepsy cannot be reconciled on this mission. The climber must not have the conditions mentioned above.

**Cancellation Policy (for land package):-**

In case of cancellation of tour a written notification or Email should be received at our office by the members who are travelling.

Cancellation charges will be applied as per the cancellation policy below:

- 25% of cost of tour before 40 days or more days of departure:
- 50% of cost of tour before 20 to 39 days of departure:
- 100% of cost of tour before 20 days of departure:

Cancellation of one member may amount to cancellation of whole tour.

In case of delay or cancellation of flights/itinerary due to bad weather or unforeseen circumstances, Globetrot Holidays will not be held responsible for refund or compensation of any kind (including curtailment of trip). Globetrot Holidays will however try to make the best alternate arrangements and facilitate customers with best services possible. Any additional expense incurred due to such cancellations would have to be borne by the guests.