



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



# KASHMIR GREAT

7D | 6N

*Lakes*



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



9999-779-236



H.O: A-42, Sector 4, Noida

Operating Office: Manali

# SHORT ITINERARY

7D | 6N



TRC Srinagar to Sonamarg  
TOI Campsite



Sonamarg to Nichnai Trek



Nichnai to Vishansar Valley



Vishansar Valley to Gadsar



Gadsar to Satsar



Satsar to Gangabal



Gangabal to Naranag &  
Drive to Srinagar

# TREK MAP



Srinagar → Sonmarg → Nichnai Trek → Vishansar Valley  
→ Gadsar → Satsar → Gangabal → Naranag →  
Srinagar

## OVERVIEW

- Region: Kashmir
- Duration: 7 Days
- Grade: Moderate To Difficult
- Max Altitude: 13,750 Ft.
- Approx Trekking Km: 72 Kms
- Trail Type: A cross over trail through passes. The trek starts at Sonmarg and ends at Naranag
- Rail head: Jammu is the nearest rail head to the base camp
- Air Port: Srinagar airport
- Base Camp: Sonmarg (90 kms drive from Shrinagar, approx 3 hours)
- Best Season: July to September. More snow in the months of July
- Services from: Sonmarg to Naranag
- Food: Meals while on trek (Veg + Egg)
- Stay: Camping

# TREK ATTRACTIONS



- Get your expectations as a trekker fulfilled by experiencing the 'Kashmir Great Lakes Trek' as this trek will provide a perfect flavour of all hues of terrain- innumerable meadows, snow clad glaciers, passes, rocky barren lands, struggling streams.
- Get mesmerized by the the views of Vishansar Lake which is referred as the colour changing lake while witnessing the out of the world sight of reflection of 4 valleys in the lake.
- Camp near the most alluring - Gangabal Lake where one side of the lake opens out to lush meadows while the other is overlooked by mountains covered by playful clouds.
- Walk through the beautiful valley next to a water-stream with a waterfall over-looking all of us where you will behold the views that it offers and embrace the time with open arms while you are here.

# ITINERARY

## Day 1



## TRC SRINAGAR TO SONMARG TOI CAMPSITE

- Altitude: 2,377 m
- Time taken: 3 hours drive
- Our campsite is near the Sindh river (Shitkadi Village).
- Since there are no shops around ensure that you have all that you need already.
- Remember to carry your ID proof in original and 2 photo copies as we have to submit them at the army check post.
- Note:- If Travel from Srinagar booked in advance, TOI can arrange pick up from TRC at 2-3pm.
- Meals: Evening Tea-Snacks and Dinner upon arrival in Sonmarg

# Day 2



## SONMARG TO NICHNAI TREK

- After the breakfast we trek to Nichnai
- The trail takes you through meadows, dense forests with Maple, Pine and Bhoj trees.
- After approx half an hour, we get an army check post where we have to submit our ID proofs.
- While you are at it, you can enjoy an awesome view of the Sonmarg Valley or the Thajiwas Glacier.
- The trek from Shitkadi to Shekdur is goes through thick forests of pine trees and will take approx 2 and half hours.
- At Shekdur, you can indulge in instant noodles and an omelette if you wish to.
- We follow the Nichnai Stream as we trek from Shekdur to Nichnai.
- We have lunch at the Nichnai stream, after Shekdur.
- **Meals:- Tea-Breakfast, Lunch, Tea-Snacks and Dinner**



## **NICHNAI TO VISHANSAR VALLEY**

- **Altitude: 11,500 ft to 12,000 ft via 13100 ft**
- 12 kms trek, approx 7 hours
- Trek from Nichnai to Nichnai Pass is of approx 1 and half hours ascent.
- At the top of Nichnai Pass you can get B.S.N.L network, which is the last point under mobile coverage area.
- From Nichnai pass to Vishansar there is a descent.
- At Vishansar campsite, lunch will be offered.
- We can visit the Vishansar Lake which is just 15 minutes walk from the campsite
- The first lake of the trek and one of the most beautiful ones.
- If the trek is in July, the lake will be frozen. Otherwise, we can do fishing at the lake with permission from Srinagar Fishing Department.
- Vishansar is visited by hoards of sheep and their shepherds are known for interesting stories.
- The campsite is a unique place with an open ground and you can play volleyball, cricket etc.
- Beware of dogs at campsite
- **Meals:- Tea-Breakfast, Lunch, Tea-Snacks and Dinner**





## VISHANSAR VALLEY TO GADSAR

- **Altitude: (12,000ft) to (12,000ft) via (13,750ft)**
- 14 kms trek, approx 10 hours
- We start the trek earlier than usual.
- The trail passes from Vishansar to Gadsar, via Gadsar pass the highest point of the trek.
- From Vishansar, the trail takes a steep ascent till Gadsar Pass.
- We can see the Kishansar Lake on the way.
- From the Gadsar pass till the camp site, we descend gradually.
- We can spot the Gadsar lake en route.
- You might also spot the Glacier of Gadsar Lake.
- After the Gadsar lake, we will reach the campsite in 2 hours.
- Just a few minutes before our campsite, we will have another army checkpoint and we will have to share our ID proofs with them.
- Pack lunch will be provided
- **Meals:- Tea-Breakfast, Lunch, Tea-Snacks and Dinner, Spl. Sweet Dish**



## **GADSAR TO SATSAR**

- Altitude: 12,000 ft to 12,000 ft
- 9 kms trek, approx 6 hours trek
- Mid July to mid August, the trail is laden in vibrant flowers.
- We need to share our IDs at another army check post en route. .
- Moving on, we see two small lakes which are often mistaken as Satsar Lakes.
- We will visit the Satsar twin lakes, in the afternoon, which are approx 1.3 h
- Stasar twin lakes are also known as mengen top.
- Those twin lakes are between the middle of the mountain.
- **Meals:- Tea-Breakfast, Lunch, Tea-Snacks and Dinner**

# Day 6



## **SATSAR TO GANGABAL**

- Altitude: 12,000 ft to 11,500 ft 13000
- 11 kms trek, approx 6 hours
- We walk on rocky paths for approx an hour and ascend till Jazz Pass.
- At the pass, you can enjoy views of the 4 lakes, Mt. Harmukh and its glacier.
- From the pass we descend till the Gangbal lake and camp at Nandkol lake.
- We visit the Gangbal Lake, which is one of the largest lakes in the trek.
- **Meals:- Tea-Breakfast, Lunch, Tea-Snacks and Dinner.**



## **GANGABAL TO NARANAG & DRIVE TO SRINAGAR**

- Altitude: 11,500 ft to 7,450 ft
- 15 kms trek, approx 7 hours
- The trail is a descent till the last point of the trek – Naranag, so take care of your knees and ankles.
- The trail will pass through pine tree forests.
- On advance booking, TOI can arrange transport to Srinagar from Naranag at a charge.
- After the 70 kms drive, you will reach Srinagar by 6:30 pm.
- Meals:- Breakfast & Lunch

## INCLUSION

- Accommodation in Camp. (Day 1 to Day 6)
- All meals from dinner at Sonmarg on Day 1 to Lunch on Day 7 are included. We provide delicious, nutritious vegetarian food on all days of the trek.
- Camping charges - All trekking permits and forest camping charges are included
- Trekking equipment - High-quality tents, sleeping bags, ice axes, microspikes, gaiters etc. as required.
- Safety equipment - First aid, medical kit, oxygen cylinders, etc.
- Professional Trek Leader (Mountaineering qualified), Guide, and Support staff.

## EXCLUSION

- Food During Travelling
- Insurance
- Transport from Srinagar to Sonmarg and Narnag to Srinagar
- Hotel Stay in Srinagar
- Mules or porter to carry personal luggage.
- Food items purchased by individuals at local canteens.
- Any early return travel costs or accommodation except for the days as per the itinerary.
- Any expenses for medical treatment of injury or accident before, during or after the trek.
- Anything apart from inclusions
- Any Rescue

# AVAILABLE DATES

MONTHS	DATES
<b>JUNE</b>	04, 11, 18, 25
<b>JULY</b>	01,02, 08, 09, 15, 16, 22, 23, 29, 30
<b>AUGUST</b>	05, 06, 12, 13, 19, 20, 26, 27
<b>SEPTEMBER</b>	02, 03, 09, 10, 16, 17, 23, 24, 30

# PACKAGES

## PACKAGES (TRIPLE SHARING)

### KASHMIR GREAT LAKES TREK

SRINAGAR - SRINAGAR (INC 5% GST)

**INR 17,324/-**

### KASHMIR GREAT LAKES TREK

SONMARG - SONMARG (INC 5% GST)

**INR 15,749/-**

## EXTRAS

### OFFLOADING CHARGES:

MAX WEIGHT 9 KG (INC 5% GST)

**INR 2,625/-**

### DOUBLE SHARING CHARGES:

FOR TWO PERSON (INC 5% GST)

**INR 2,625/-**

## RENTALS


S.no.	Particular	Amount (₹)
1	Trekking Stick (Mandatory)	449/-
2	Trekking Shoes (Mandatory)	799/-
3	Ponchu (Mandatory)	399/-
4	Backpack/Rucksack	799/-
5	Head Torch	449/-
6	Jacket	699/-
6	Trekking Pants	699/-

5% GST EXTRA

# PAYMENT DETAILS

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

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PRIVATE L

Mobile Number

**SCAN TO PAY**



# TREK ESSENTIALS

## BASIC GEARS

- |                                    |   |
|------------------------------------|---|
| <b>Backpack &amp; Rain cover</b>   | - (50 - 60 ltr) with comfortable        |
| <b>Day pack + rain cover</b>       | shoulder straps.                        |
| <b>Walking stick</b>               | - 20-30 ltr (If hire a mule or porter)  |
| <b>Water bottle/Hydration pack</b> | - 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.                                  |
| <b>Personal Medical Kit</b>        | - Consult your doctor                   |
| <b>Snacks</b>                      | - Energy bars, Dry fruits, Electrol/ors |

## PERSONAL UTILITIES

- |                                    |                        |
|------------------------------------|------------------------|
| <b>Sunscreen cream</b>             | - Moisturiser          |
| <b>Hand sanitizer</b>              | - Antibacterial powder |
| <b>Toothbrush &amp; toothpaste</b> | - Lip balm / Chapstick |
| <b>Toilet paper &amp; Wipes</b>    | - Quick dry towel      |

## FOOT GEARS

- |                           |                                       |
|---------------------------|---------------------------------------|
| <b>Trekking Shoes</b>     | - 1 pair (Waterproof, high ankle with |
|                           | good grip)                            |
| <b>Floater/flip flops</b> | - 1 Pair                              |
| <b>Cotton socks</b>       | - 7 Pair                              |
| <b>Woolen socks</b>       | - 3 Pair                              |

## HEAD GEARS

<b>Head Torch</b>	- 1 Nos. (Avoid Hand torch)
<b>Wollen Cap</b>	- 1 Nos.
<b>Balaclava</b>	- 1 Nos. (Optional)
<b>Neck-gaiters</b>	- 1 Nos.
<b>Sunglasses</b>	- Dark with side cover, it should be U/V protected, People who wear spectacles- (a) Use contact lenses. (b) Photo chromatic glasses.

## CLOTHES

<b>T-Shirts</b>	- 6 Full sleeves (Non-cotton)
<b>Fleece T-shirts</b>	- 1 Nos.
<b>Fleece jacket</b>	- 1 Nos. (Alternative: a woolen sweater)
<b>Down feather/ Hollofil jacket</b>	- 1 Nos.
<b>Wind &amp; waterproof (jacket &amp; pant)</b>	- 1 Pair
<b>Trek pants</b>	- 3 Synthetic (avoid shorts, fitting denims, capris)
<b>Fleece/Woolen gloves</b>	- 1 Pair
<b>Poncho</b>	- 1 Nos.

# WHY YOU SHOULD BOOK WITH



- **DIRECT OPERATING TREKKING COMPANY**
- 5 star trek experience
- Organising treks for more than 20,000+ trekkers every year
- Professional team & fun loving trek leaders, guides
- High quality tents, sleeping bags & other equipments
- Comfortable stays at base camps
- Trek with millennials
- Suitable for solo, group of friends & couples
- Certificate & trek badge
- **Safe for Solo Women Travellers**
- Delicious & hygienic meals throughout the trek
- Like minded co- trekkers



FOR ANY QUERIES & BOOKINGS :  +91 9999-779-236

# CANCELLATION POLICY

- In case of cancellation from the organiser's end (due to Lockdown, Natural calamities including, snowstorms, thunderstorms, floods, landslides, earthquakes, bad weather or unexpected political unrest, terrorism activity, curfews, local riots, or government orders), the booking would be transferred to another departure or alternate trek will be provided
- In case the client refuses to transfer the booking, there shall be no cash refund. Clients will be liable for a voucher, which can be redeemed as per the client's desire and upcoming trek dates.
- In case a client wishes to change the trek date, Trekkers Of India reserves the right to do so, provided the request is made 60 days prior to the initial departure date.
- Booking amount and 5% GST is Non-Refundable.
- Refunds will be made within 7-14 working days from the date of cancellation.
- In case of refund, 4% payment processing charges must be applied.
- The refund amount will be calculated from the total fee, in case any partial payment has been made.

**CONTINUED**



- No refund is applicable on cancellation if Advance Amount is Paid to Book the Trek.
- Cancellation charges are based on the total trek fee, irrespective of the amount paid either full or partial.
- If the cancellation is from the client's end at any point of time post the registration refund will be provided as per the details mentioned below:-
  1. Cancellation made 30 days before the trek- 90% cash refund or Get 100% of the trek fee in a Trekkers Of India Trek Voucher.
  2. Cancellation made between 29 days and 15 days before the trek- 70% cash refund or Get 80% of the trek fee in a Trekkers Of India Trek Voucher.
  3. Cancellation made between 14 days and 7 days before the trek- 50% cash refund or Get 70% of the trek fee in a Trekkers Of India Trek Voucher.
  4. Cancellation made between 6 days and 1 day before the trek- No Refund, No Trek Voucher
  5. If the Cancellation is made on the Starting day of the trek or there is no Show on the start day of trek, there will be No Refund, No Voucher.

**Know more about Cancellation Policy**

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

# WATCH KGL TREK VIDEOS



**Links:**

[https://youtu.be/\\_9RZzWc6hzk](https://youtu.be/_9RZzWc6hzk)

## FAQ

- **How long is Kashmir Great Lakes Trek?**

Kashmir Great Lakes Trek is around 70 km. It can become a couple of kilometers less or more depending upon which trail you will take. But the overall trail length hovers around 70 km.

- **How to reach the Kashmir Great Lakes Trek.**



**By Air:-** Srinagar has an airport that has an airway service from all the states of India. The most convenient and short way to reach Srinagar is from New Delhi.



**By Train:-** Kashmir doesn't have a railway facility that connects to the other parts of the country. The nearest railway station is in Jammu. Jammu station is very well connected to the other major railway stations of the country.



**By Bus:-** Srinagar has an NH1 highway that connects it to the rest of the places in India.

There are regular bus and cab services from Jammu. You will reach within a day from Jammu to Srinagar. From Srinagar, it's a 3-hour drive to the base camp Shitkadi Sonmarg.

- **How many lakes are there in Kashmir Great Lakes Trek?**

There are more than dozen lakes in this trek, however, as the defined trail is followed we can see only around 7 lakes. One has to take a diversion to see other lakes that fall in this trek. The seven lakes that one sees on this trek are just along the trail.

- **What is the best time to visit Kashmir Great Lakes Trek?**

The best month to visit Kashmir Great Lakes Trek is July, August, September, and early October. This is the best summer trek in entire India. During winters, owing to the snow the trek closes and remains inaccessible. After October, the temperatures drop and there are chances of snowfall which make it impossible for porters and ponies to cross the passes.

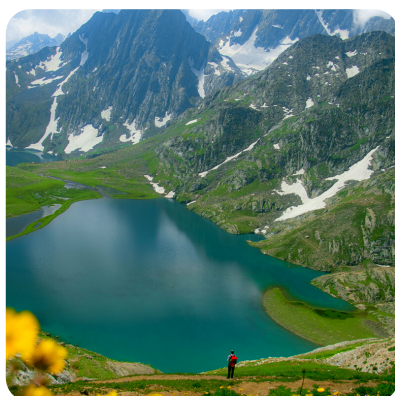
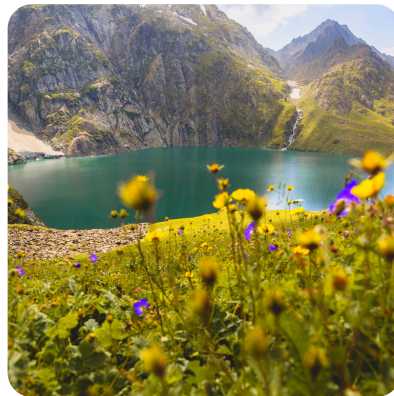
- **How difficult is Kashmir Great Lakes Trek?**

This trek is a moderate to difficult trek. However, during the rain it becomes difficult.

The trail goes over passes and wild valleys which have sharp to moderate ascends and descends.

The most difficult descend is on your last day and the most difficult ascend is on the day you reach Gadsar Pass.





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