 7710963353 / 8237367084

Himalayan Trek to **KASHMIR GREAT** LAKES

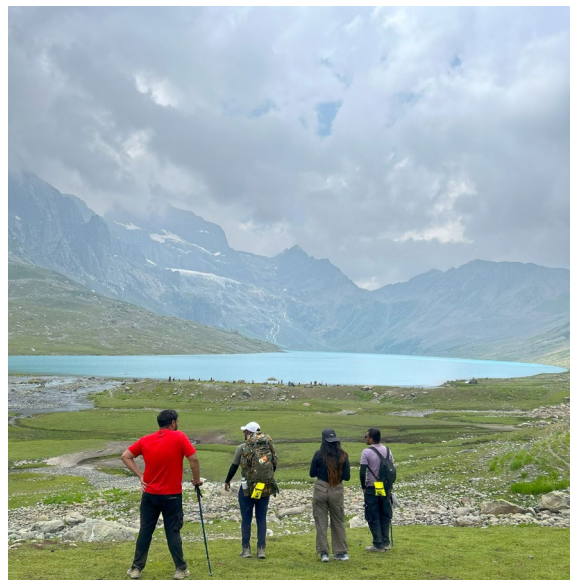
BATCH



MUMBAI - MUMBAI	SRINAGAR - SRINAGAR
5th - 15th July	7th - 13th July
-	19th - 25th July
-	26th July - 1st August
-	2nd - 8th August
9th - 19th August	11th - 17th August
6th - 16th September	8th - 14th September



KGL PHOTO DIARY



DETAILED ITINERARY

DAY 0 MUMBAI/PUNE - JAMMU

The Beautiful journey to Kashmir great lakes trek will Commence from Mumbai. Assemble at Bandra terminus railway Station and Meet our Co-ordinates.

Train no. 19027, **Time** - 12:00 from Bandra.

Pune people will reach Mumbai by Train/Bus/Cab.

DAY 0 ARRIVAL IN JAMMU

Today entire day will be spent playing games & Interacting with each other. We reach Jammu by 11:30 pm and rest for a while in Guest house/Hotel on 4/5 sharing basis

DAY 1 SRINAGAR - SONMARG

- Early Morning after Freshen up we proceed towards Srinagar and then to Sonmarg. The trek begins from Sonmarg which is a Paradise. We will reach sonmarg by evening.
- (Overnight Tent stay, Dinner Included)



DAY 2 SONMARG TO NICHNAI TREK (11km, 8600ft - 11600ft)

- The first day of Kashmir great lakes trek is a good combination of ascent & descent. For the initial 3 km, the trail is uphill, next 2 km is descent and finally, there is a gradual ascent of 5 km up to Nichnai.
- The meadow is lined on the left by Silver Birch trees and a few shepherds' huts. The river valley widens and you can see the green meadow widening in between the two mountain ranges.
- Far ahead lies triangular twin snow-clad peaks. Choose a flat ground to pitch tents and end the first day's trek. The Nichnai Valley is known as the valley of wildflowers. We camp in the flowery meadows of Nichnai. (B+L+D)

DAY 3 NICHNAI - VISHANSAR (13KM, 11600ft - 12000ft)

- The day's trek is a long walk on meadows with the scenery changing for the better all along. Start by 8:00 am to give yourself enough time en route to enjoy the meadows. Your first milestone for the day is the Nichnai pass or Vishnusal Lake. The pass is visible at a distance from the camp site.
- Once you cross the Nichnai pass towards Vishnusal Lake you have reached the destination for the day. The Vishnusal Lake is an alpine lake which will make you feel calm at its 1st glimpse. (B+L+D)



DAY 4 VISHANSAR - GADSAR (16KM, 10700ft VIA 13700ft)

- We start the Trek with a gradual ascend from Kishansar lake & then a climb till the Gadsar pass. The view of the twin lakes lasts till you reach the ridge top or the Pass.
- This is called the Gadsar pass AT13,800 ft.the highestpoint on this trek. The first small lake that is seen on the left is the Yamsar lake. The locals believe that Lord Yama has some association with the lake! (B+L+D)

DAY 5 GADSAR TO SATSAR (12KM, 10700ft TO 11900ft)

We start the Trek early towards Satsar, ID Cards will be checked again at the Army checkpost. The trail becomes mild and relaxing with a repetition of mild ascents and descents. You can find 4 or 5 lakes with water, depending on the season. The Satsar lake is pretty big and looks picturesque in its green setting with mountains in front.

Choose a place to camp here for the day.(B+L+D)





DAY 6 SATSAR TO GANGBAL (9KM, 11400ft VIA 13200ft)

The day's trek goes up & down replicating the trek as a whole which mostly goes up and down. Trek up half an hour out of camp, to reach the biggest Satsar lake. A stream takes water from the higher lake to the lower. If you look keenly, two more blue lakes are seen, one on either side at a distance. The smaller lakes are nameless but the biggest amongst the set is the Gangabal. Our destination is Gangabal or the Nandkol. (B+L+D)

DAY 7 GANGABAL TO NARANAG - SRINAGAR (13KM, 11400ft TO 7800ft & 2HRS DRIVE)

The day's trek is a killer on your toes and knees, it is a gradual descent followed by a steep descent. The last stretch of the last day does become an endurance test but soon the stone-paved village track comes up and in no time you enter the main road of Naranag.

Drive to Srinagar & reach by evening. Stay overnight at Srinagar. (Breakfast)

NOTE: 1) Overnight stay is included only in Mumbai Package. 2) Those who are opting for Srinagar package are advised to keep buffer day and book flight for next day to accommodate bad weather/Political Instability in Kashmir.



DAY 00 SRINAGAR - JAMMU - LUDHIANA








Today early morning we head towards Jammu for our return train to Ludhiana. Train no. 12238. Later we board our connecting train to Mumbai from Ludhiana at 9 pm. Train no. 12904

DAY 00 LUDHIANA - MUMBAI


It's time to say goodbye to this beautiful place and amazing journey. We spend entire day playing games and cherishing the memories. We will reach Mumbai by 11:45pm at night.

Pune people will board cab from Mumbai.

INCLUSIONS

-  Srinagar to Sonmarg to & fro Transport.
-  6N Tent accommodation on 3/4 sharing during Trek
-  Delicious Pure Veg/Jain full course meals during the Trek starting from Dinner in Sonmarg till Breakfast on the way to Naranag
-  Trek permit/Forest permit/Camping charges
-  Cloak room facility to keep extra luggage at base. (One bag per person)
-  First aid kit with Portable oxygen cylinder.
Premium Trek equipments (Sleeping bag, mattress, Kitchen & dining tent, utensils, tent)
-  Our expert Qualified Trek leader who is going to be cherry on top to make sure you have amazing experiences with fun games & best service.

(ADDITIONAL INCLUSIONS FOR MUMBAI PACKAGE)

- 
 - Mumbai to Mumbai 3AC Train Travel
 - Jammu to Srinagar to and fro Vehicle
 - 5-6hrs stay in Jammu(4/5 sharing)
 - 1N Hotel stay in Srinagar on 3/4 sharing

Upto 1000/- Cap for Pune to Mumbai to & fro Travel by Train/Bus/Cab

EXCLUSIONS



- Any kind of personal Expenses.
- Mandatory Insurance approx INR 400 - 500/-
- Backpack offloading mule charges approx 2500/- per bag.(Optional)
- Meals during the Train Journey& while stay in Srinagar so that you can experience local food
- Additional costs due to road blocks or due to any unforeseen or unavoidable circumstances.
- Any thing not mentioned in the Inclusion.

TOUR COST

18999/- Srinagar to Srinagar
32999/- Mumbai to Mumbai(Ac Train)
33999/- Pune to Pune(Ac Train & Bus)

ARRIVAL & DEPARTURE TIME EX SRINAGAR

Srinagar Airport Pickup - 12:00 pm Day 3

Srinagar City Drop - Evening 6 pm Day 9

Exact Location will be shared on Whatsapp group 10 days Prior.

You can freely contact us to get the best deals on flights !

NOTE

1. Those booking with us or booking flights by themselves, we highly recommend you to choose the Refundable flights.
2. Train ticket bookings start 2 months before the departure dates, so there are chances the tickets will be RAC/ Waiting.
3. Cancellation of the trip or of any location due to reasons out of our control like natural calamities/delay or man made incidents like strikes and change in state rules won't be our responsibility. Any additional places to be covered in replacement of that will be on extra expense to be beared by participants. No compensation/Refunds shall be entertained.
4. Avoid wearing precious Jewellery while trekking, as Trekkers United won't be responsible for any losses for the same.
5. **If there are at least 8 participants, a trek leader will accompany the group throughout the journey. Alternatively, if the number falls below 8, batch will be passed on to our local Team. Update for the same will be given 1 week Prior to the trek.**



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Booking Process & Payment

HOW TO BOOK ?

Step 1	Pay the Registration Amount 8000/- pp from our Website https://www.trekkersunited.com/trip/kashmir-great-lakes
Step 2	Fill out the Details form while booking.
Step 3	Invoice will be auto downloaded in your device after payment.

1) WhatsApp group will be created one week before the trip to facilitate further communication. If you have any questions or need assistance, please feel free to send a message on WhatsApp. We kindly ask that you reserve phone calls for urgent matters only. Thank you for your understanding.

CONTACT US 

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THINGS TO CARRY



- Bags : (1 Trolley Bag, 1 RuckSack. Unwanted things will be kept at cloak room facility at the base with trolley bag and Trekking essentials have to be carried in RuckSack)
- Trekking Shoes with good grips. Water Proof not compulsory
- Slippers/Sandals
- Torch with extra Batteries
- Goggle (Black or anti snow)
- 3 T shirts and 3 Trekking Pants
- Cap, Towel, Napkil, Toiletries, Toilet paper roll
- 1 Thermal Jacket or Woolens and Thermal Inners, Monkey Cap, Raincoat or Poncho
- 4 Pair of Socks (Atleast 2 Woolen socks), Hand gloves (Thermal, Snow(leather)
- Mycoderm Powder, Personal Medicines, Band-aids, Vomitting pill, Electrol Packets, Lip Balm, Sun Protection Cream, Cap
- Water Bottles (2 ltrs)
- Lock and Chain, Extra Shoe Lace, Nylon Cord, 1 Fevikwik Packet
- Dryfruits, Biscuits, Chocolates, Dry Food (compulsory)
- Cold cream, Sanitizer, Toiletries(Including toilet papers)
- ID Card Original +Xerox(Aadhar Card, licence)

DOCUMENTS REQUIRED

- **MEDICAL CERTIFICATE** should be signed by a MBBS doctor and should have the seal of the doctor. (Certificate pdf will be shared on whatsapp group 1 week prior to the trip)
- Original & photocopy of adhaar card required.
- NOC form with participants signature to be signed. (Parents sign incase of minor below 18yrs)
- Passport size photograph - 2

CONTACT US



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FAQ

Q1. What is the fitness level required for the Kashmir Great Lakes Trek and how hard is the trek?

A. This trek is moderate and requires good fitness level, we have fitness schedule mentioned for beginners.

Q2. I am above 50 years old & Can i do this Trek?

A. Yes definitely you can, If you are a regular Trekkers no need to worry. If not you will have to follow our fitness criteria & schedule so that you can complete the Trek.

Q3. I am a solo female wanting to Join, is it safe?

Yes we always have 25% Female Solo Travelers/Trekkers onboard & you will have an amazing experience.

Q4. When to Book this Trek?

A. If you are planning to join us from Mumbai/Pune, Book it well in advance because usually Train Tickets get sold out quickly.

Q5 What is the Maximum Altitude of KGL Trek ?

A. KGL – 13750 ft

Q6. What will be the daytime and night temperature?

A. During day time the temperature will be around 15° and during night it will fall down to 5°

Q7. Are trekking shoes mandatory?

A. Trekking shoes are mandatory it will make the trek comfortable. Take a shoe with a good grip and high ankle support. Waterproof shoes are not compulsory.

Q8. What is the size of trekking group?

A. 15 to 20 People

FAQ

Q9. Are accommodation for men and women separate?

A. Yes, men and women will not be sharing tents, unless they are in personal group.

Q10. What kind of food you provide during the trek?

A. We provide full course delicious meals on the Trek - Breakfast - Lunch with munchies - Snacks - Dinner with a combination of authentic Indian food & sometimes fancy!

Q11. How are the washroom facility in Trek.

During the Trek, Washroom Tents are available with dry pits which means no water & you have to use tissue papers.

Q12. Will we get Mobile network during the trek?

A. There wont be any network for the 6 days of trek. Our trek leader will communicate internally through walkie-talkie.

TRAINING GUIDE FOR TREK

You dont need to worry too much but good physical fitness is utmost important for any Himalayan Trek, Basic Training 4 weeks prior to the trek will be sufficient to prepare.

Week 1: Start with easy jogging for atleast 2kms

Week 2: 2kms of Run & 10x2 sets of Squats + 10x2 sets of Skipping

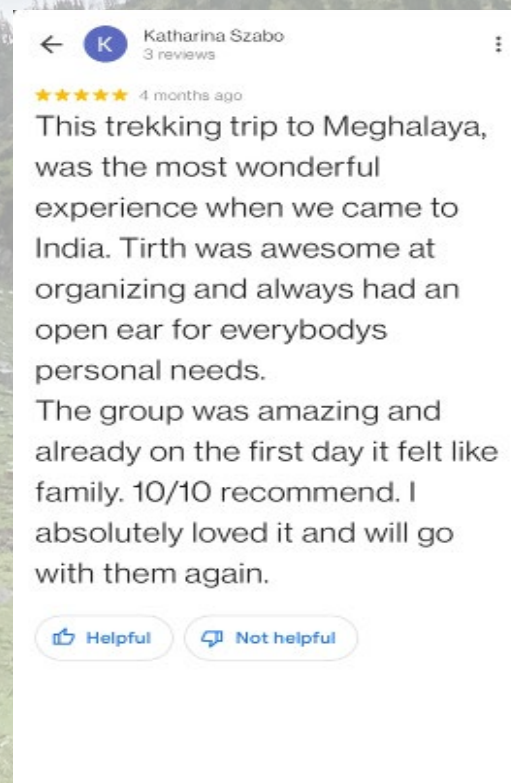
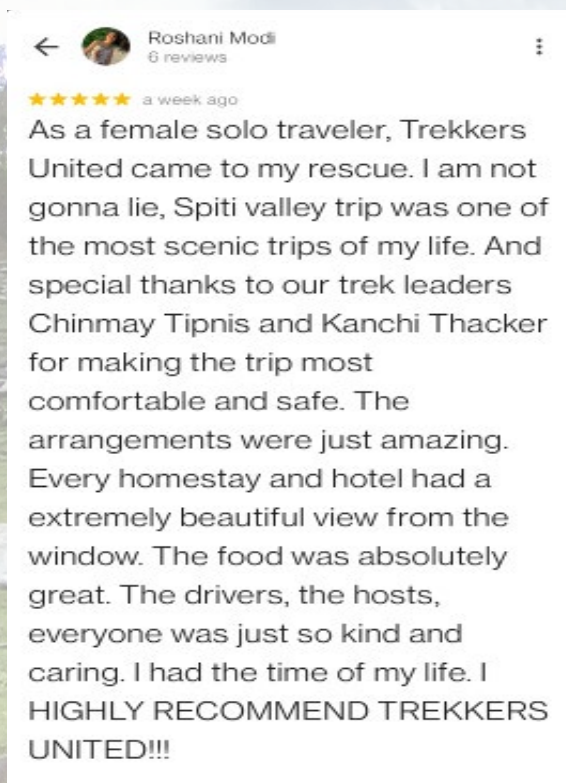
Week 3: Run for 3kms & 20x2 sets of Squats + 20x2 sets of skipping

Week 4: Run for 4kms under 30 minutes + 20x3 sets of Squats + 20x3 sets of Skipping

WHY TREKKERS UNITED ?

1. We believe in sustainable travel practices.
2. We have environment friendly attitude towards any place and follow leave no trace policy.
3. We have strict and non negotiable regulations against misbehaviour from any participants or an outside person.
4. Our plans are articulated considering the health of participants, especially when at an altitude.
We provide only veg meals.
5. Testimonials have been a proof that solo travellers and women feel the safest on our trips.

Reviews from our amazing past participants !



Click on the Icon to read more about people's Experience ! →

Trekking United photo gallery



Spiti Valley



Bhriugu Lake



Gokarna



Meghalaya



Deo Tibba Base



Kedarkantha

CANCELLATION POLICY

Before 45 Days - 50% Refund on the Registration amount.

45 - 30 Days - No Refund on Registration

30 - 20 Days - 25% Refund on Full Amount

20 - 10 Days - 10% Refund on Full Amount

After 10 Days - No Refund



TERMS & CONDITIONS

1. Cancellation charge is applied on total trip cost, not on any partial or token amounts. E.g. if you paid 10,000 for a 25000 trip, 2 months in advance and decide to cancel a trip less than 30 days before trip start date, the cancellation charge will be applied on 25000, not 10,000.
2. Full Payment of the trip cost must be completed 30 before the trip begins. Pending Payments may eventually lead to the cancellation of the trip.
3. None of the amount is transferrable to any other trip or treks & no credit notes will be given.
4. If the Trip is cancelled from our end, Minimal 7% amount will be deducted & for the remaining amount a Credit Note will be Provided to use on any other Treks & Trips (Cash refund wont be provided and cancellation due to reasons not in or control like natural calamity, man made incidents etc or any other reason is not applicable here)
5. In Case of Trip Extension due to Weather or any unforeseen conditions, Individual will have to pay 2500/- Cash Per Day to the Trip Leader on Spot.
6. Itinerary/Entire location for Trip/Trek/Event is subject to change due to Weather Condition or any other reasons & it is Trekkers United's Decision and not liable for any prior notice to participants. We value everyone's safety over the Trip. No refund, Credit or transfer to other trip option shall be provided in such situation.
7. Cancellation of the trip or of any location due to reasons out of our control like natural calamities or man made incidents like strikes and change in state rules won't be our responsibility. The participants will be liable to bear cost on any such incidents.
8. The company vehicle will only be responsible for travel from stay to the locations and back to our stays. Any travel beyond that will be chargeable if we are managing it for you all.
9. Sightseeing of all the places depends on various factors like weather, train delay, vehicle breakdown, punctuality of everyone, peak season rush & we or any of our team member will not be responsible.
10. If Train tickets are in RAC/Waiting, there will be extra charge of 600 - 800/- per person & 90% guarantee of the confirmed Tatkal Tickets.

11. Mode of Transport like Train/Bus Etc can be changed depending upon the availability with change in time & boarding/dropping point depending on the availability without any prior notice to Participants.
12. The photos/videos content created on Trekkers United's trip (by our leaders) is the property of Trekkers United and can only be used by us for advertising across media platforms. None of the digital content can be used by anyone for advertising/commercial use without obtaining the rightful permissions by Trekkers United.
13. The IDs shall all be verified before boarding. No boarding shall be entertained without a valid Govt. ID.
14. Travelers must take care of their luggage & belongings. The management shall not be responsible for any damage or any missing items along the tour.
15. Our time of departure is fixed and the travelers must depart by the stated time & keep their status updated with the trip coordinator(s). Anyone missing the transport shall not be eligible for any refunds.
16. In case of injury/illness occurring to a participant during the tour, external evacuation/transport services may need to be engaged safeguarding the health of the participant. In such a case any additional cost arising from making such arrangements will have to be borne by the concerned participant/participant's family.
17. Only one offer or credit can be used at a time; multiple offers or credits cannot be combined simultaneously.
18. Trekkers United can send back any Participants who is caught doing mischiefs, misbehaving with other members OR if you're found doing illegal activity or breaking rules of the trek/trip and no refund or credit will be provided.
19. In any other Scenarios other than the above mentioned, Trekkers United has the sole right to alter/Change/Make Decisions. We Value Everyone's Safety over other things.
20. Some participants anticipate receiving a voucher/refund if they descend from a trek for any reason. However, we do not provide vouchers in such cases. This situation arises if your trek leader decides to send you back due to reasons such as insufficient fitness, any other health issues, or injuries. It also applies if you are caught drinking, smoking, or violating trek rules, or if you voluntarily decide to quit the trek for personal reasons.
21. If your entire group is compelled to terminate the trek/event after starting the trip for reasons such as sudden bad weather, trail interruptions, government restrictions, or unforeseen circumstances. Please note that no voucher/refund will be provided in this scenario.

CLICK ON BELOW ICONS TO KNOW MORE ABOUT US

