



ALTITUDE ADVENTURE  
Adventures since 1999



Leh  
Ladakh



9 D | 8 N

# CHADR TREK





## OVERVIEW

The word Chadar is derived from Urdu language translating to cloak which is precisely very apt for Chadar trek as it's basically a trek across the frozen blanket of ice sheet over the Zaskar River . It offers not only a once in a lifetime experience but it also guarantees free bragging rights , after all how many people trek across a frozen river at an altitude of 11000 feet . The trek provides an excellent opportunity to explore the ancient culture of Zaskar Village and witness the frozen Nerak waterfall . On the trek you may also spot some exotic high altitude species like the Snow Leopard , Ibex and Blue Sheep . The trek covers approximately 56 kilometers on foot in -15 degrees during the daytime and further drops to -25 degrees at night . It is amongst the top five most adventurous treks in the world

# SHORT ITINERARY

- Day 1- Reach Ladakh , check in .
- Day 2 - Acclimatization Day
- Day 3 -Medical checkup
- Day 4 - Depart from Leh via Chilling and Bakula , trek to Gyalpo
- Day 5 - Trek from Gyalpo to Tibb Cave
- Day 6 - Trek from Tibb Cave to Nerak
- Day 7- Trek from Nerak to Tibb Cave
- Day 8- Trek from Tibb Cave to Shingra Koma , drive to Leh .
- Day 9 - checkout and departure

## TREK DATES

January 8th 2022

January 15th 2022

January 22nd 2022

January 29th 2022

5th 2022

February 12th 2022



# ITINERARY

## Day 1

- Reporting day at Leh (3500m./11,400ft.)
- Keep your woolen cap and gloves handy at Airport.
- The moment you exit the airplane you will be greeted by the cold crisp air of Ladakhi winter .
- Check in for your guest house will begin at 10 am
- Orientation and briefing of the trek at 12:00 noon (Mandatory)



## Day 2

- As per the regulations of the Ladakh Government Authorities all trekkers doing the Chadar Trek have to spend at least two days in Leh city to get the body acclimatized to the weather and altitude conditions .
- Clients can spend the day in the city taking in the scenic winter
- Overnight stay in the guest house



## Day 3

- As per the regulation guidelines of Ladakh Authorities the trekkers will need to go through a medical checkup .
- After getting cleared physically fit for this trek , you will be allowed to proceed further for the Chadar trek .
- Overnight stay in the hotel





## Day 4

**Trek 12 km / Drive 2-3 hours / Altitude 10,500ft to 10,800 ft**

- Trekkers will depart from Leh and head out towards the start point of our trek at Gyalpo.
- Trekkers will pass Gurudwara Pathar Sahib, Magnetic Hill and the confluence of the Zaskar and Indus rivers just before Nimu.
- Once past Chilling, we arrive at Bakula.
- You will commence a 2 hour trek till Gyalpo. We take our first baby steps on the frozen river, so be prepared for some slips and falls! Walking in gumboots too will take a while, so be patient as it's only your first day for a long trek.
- We start off along the left bank, past the cascading waters of the Zaskar river and frozen waterfalls until we set up camp at Gyalpo.
- Our camp site is on a piece of flat land high above, giving you a stunning view of the bend of the river.
- Stay in the camp



## Day 5

**Trek 8 - 9 km / Altitude 10,390ft to 10,760ft.**

- Rising early would have its perks as the sun comes out from behind the mountains and lights up the valley.
- The warm morning sun will also help your body get used to the cold while having some scrumptious breakfast as the Zanskar comes to life with the rising sun.
- A relatively easy day of walking past higher waterfalls will get you to Tibb Cave, which lies at the intersection of two valleys.



- In the evening a walk down the valley will be good for exploration.
- Stay in a tent at the campsite



## Day 6

### Trek 12 - 13 km. / Altitude 10,760ft to 11,100ft.

- It's the most eagerly awaited day, especially because en route Nyerak – the first village of Zanskar – is a stunning frozen waterfall. While the ones you have seen so far are from high up, this one is also several feet in length which makes it one of the most picturesque sights on the trek.
- Ahead of the waterfall is Nyerak, and while we camp by the river, a short walk early the next morning will take you back to civilization for the first time in almost a week.
- At Nyerak, you can treat yourself to some goodies from the local shop and interact with the residents there, who are more than happy to indulge in a good conversation.



## Day 7

### Trek 12-13 km. / Altitude 11,100ft to 10,760ft

- After four days of walking on ice, you will now be an expert. So feel free to look around and soak in the surroundings.
- There's a good chance of spotting Ibex and Bharal a Blue Sheep on the high slopes, and if you're lucky, even a snow leopard walking along the ridge. Also look out for birds such as Lammergeirs and Choughs sailing high above the valley.
- It's the longest day of the trek through narrow gorges, which means climbing up a short distance by the bank of the river in places where a solid walking surface is unavailable.
- Stay in the camp





## Day 8

**Trek 11-12 km. /Drive 6-7 hours/ Altitude 10,760ft to 10,500ft**

- The Way back may be tiring but at the same time very interesting. After 5 days in this chilling region you get used to this environment.
- You take selfies of your favorite place, lying on the bed of ice, sharing your experience are the memories of trek.
- We make our way back along the same way that we came, giving you the opportunity to soak in the sights that you probably missed.
- Trekkers along the way are sure to check with you on the route ahead, so be prepared to play guide and share your experiences.
- We will go back to Leh city via car .
- Overnight in Leh city



## Day 9

- Checkout 10.00am from Leh.
- After breakfast you will be checking out of the guest house .
- Transfer to the airport
- Fly to your desired destination.



## WHY CHOOSE ALTITUDE ADVENTURE

We are one of the oldest adventure agencies in Leh Ladakh , organising adventures since 1999 . Our staff comprises of local people who know the routes like the back of their hands . For us our clients safety is of utmost priority that's why our expedition leaders are advanced mountaineering course qualified by the IMF (Indian Mountaineering Foundation) and specifically trained in search and rescue operations (SAR) at Nehru Institute of mountaineering and basic first aid . We also offer a voucher code of 5% discount which can be redeemed on any of the mountaineering and trekking expeditions organised by us .

Experience: We have been in this industry for past 22 years

Reputation: Registered members of IMF , Ministry of Tourism - Government of India , ATOAI and ALTOA

# INCLUSIONS

- Stay in Leh (Homestays/Guest houses in Leh – Double sharing Basis )
- Homestays/ Guesthouses Included - Ibx Guest House , Noble Homestay .
- The guest houses are subject to their availability. In case they are not available, the travellers will be accommodated in a property of similar standard.
- Local transport during Trek , i.e from Leh to the trek starting point and return
- Highly advanced,qualified and seasoned Ladakhi Guides from Altitude Adventure .
- Hot drinks and snacks daily during the trekking .
- Vegetarian meals on the trek .
- Cooks/Helper and other requisite staff.
- Porters/mules for carrying common Equipments (like rations/tents/utensils/)
- Equipment's – Tents on sharing basis / Hygienic Sleeping bags / Double layered Sleeping Mattress .
- While on trek all meals will be provided. Meals will be freshly prepared and will be a mix of Indian, Chinese & Continental.
- Toilet tents pitched at the campsite with proper hygiene.
- Medical facilities – First aid Kit , Oximeter , portable oxygen cylinders.
- Forest Permits and camping charges.
- Facility of keeping extra luggage at Leh when leaving for the trek .
- Certificate of completion of Chadar Trek.

# NON INCLUSIONS

- Personal trekking Equipments – like trekking poles or liners or spikes .
- Medical checkup in Leh / fitness certificate in Leh .
- Personal travel/insurance or cost of Emergency evacuations or rescue Medical Charges .
- Purchases of personal nature (like mineral water bottles/bottled or canned beverages/chocolates/dry fruits etc)
- ALTOA ,Wildlife Fees, Environmental Fees
- Gum boots .
- Anything not specifically mentioned in the inclusion list

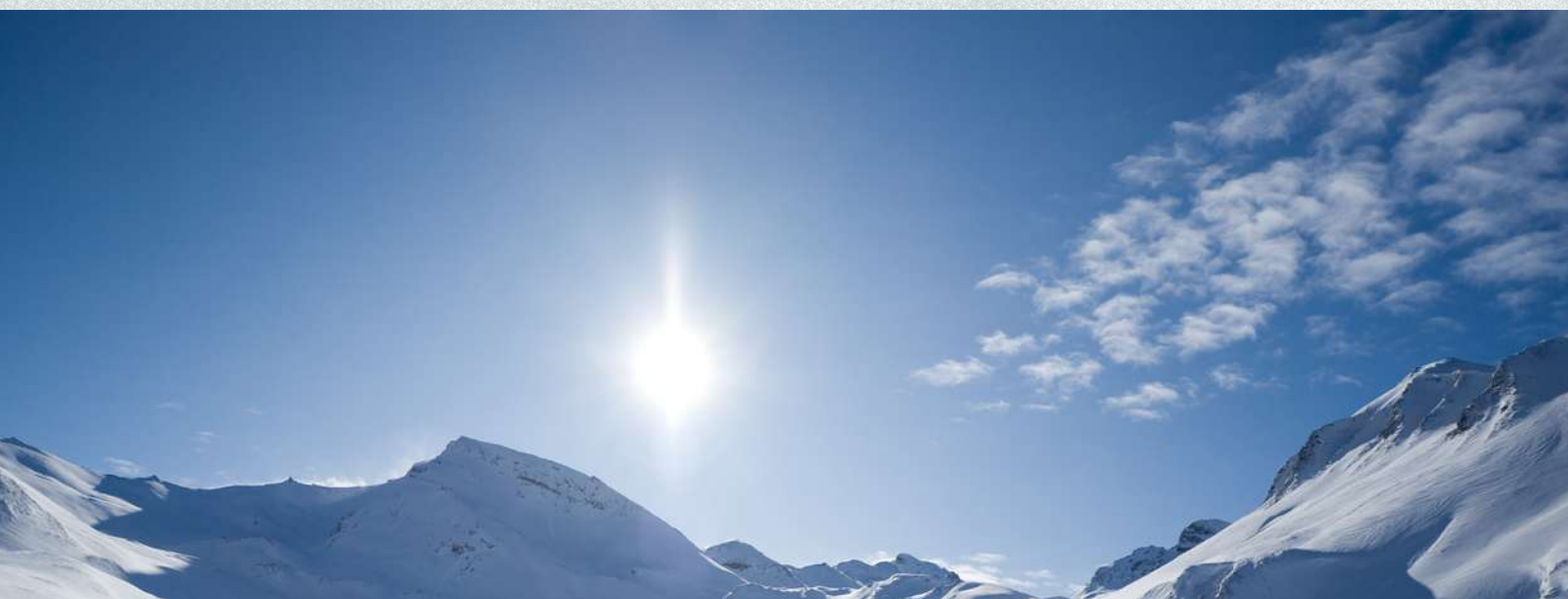
# CANCELLATION POLICY

- If cancellations are made 60 days before the start date of the trip - 5% of the total tour cost will be charged as cancellation fees .
- If cancellations are made 30 days before the start date of the trip - 15% of the total tour cost will be charged as cancellation fees.
- If cancellations are made 16- 30 days before the start date of the trip - 30% of the total tour cost will be charged as cancellation fees .
- If cancellations are made 11- 15 days before the start date of the trip - 45% of the total tour cost will be charged as cancellation fees .
- If cancellations are made 0-10 days before the start date of the trip - 70% of the total tour cost will be charged as cancellation fees



# THINGS TO REMEMBER

- Climatic conditions in the high altitudes vary from the plains; it is advisable that you take adequate time to get acclimatized to high altitudes.
- Consult a physician before undertaking the tour. Carry basic medications and a first-aid kit during the tour.
- It is recommended to carry enough warm clothes and the right kind of shoes for the tour. The advisable baggage weight is 60 litres as you might have to carry the luggage to the backup vehicle, the accommodation, etc.
- Rates may fluctuate with any change in services/hotels. The difference in the cost shall be borne by the client in case of any amendment in the package due to an increase in the number of guests, hotel change, etc, before the beginning of the trip.
- The hotels are subject to their availability. In case they are not available, the travellers will be accommodated in a property of similar standard
- Altitude Adventure reserves the right to rearrange the itinerary due to any kind of disturbance that occurred (i.e weather condition, political condition or any others) without changing the total number of days and without compromising any service



# TARIFF AND DETAILS

**COST NORMAL - 15,999**

**DEPOSIT - 3000**

**15 DAYS PRIOR TO THE TRIP -9000**

**IN LADAKH - 3,900**

**TRANSFER THE AMOUNT TO  
THE BELOW ACCOUNT.**

**Account details**

Account name : Altitude adventure.

Account no :33580343768

IFSC code SBIN0001365

Account : current

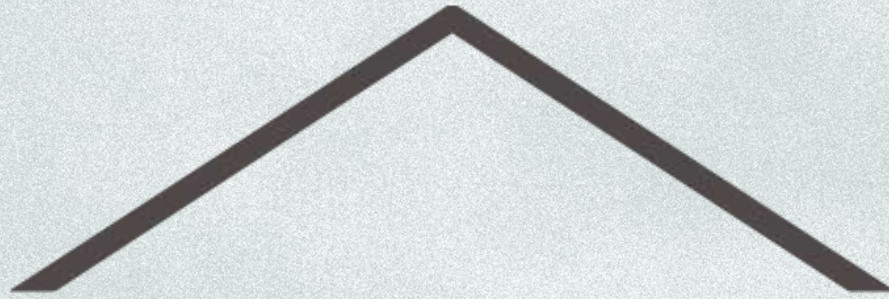
state bank of India. Branch Leh UT Ladakh 194101

**OR**

**(PAYTM or GOOGLE PAY)**




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**ALTITUDE ADVENTURE**  
Adventures since 1999

## CONTACT US

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**RECOGNISED AND REGISTERED MEMBERS OF**



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