



# NAFRAN VALLEY TREK





### **LOCATION**

JAMMU & KASHMIR, INDIA



### **BEST TIME**

JULY - AUGUST



### **DESTINATION**

NAFRAN VALLEY



### **TAKE A PHOTO**

SUNRISE, SUNSET,  
LAKES



### **DIFFICULTY**

MODERATE TO DIFFICULT



### **HIGHEST ALTITUDE**

13,800 FT



### **AVERAGE TEMPERATURE**

DAY TIME: +18°C to +25°C  
NIGHT TIME: 10°C to 15°C



### **BASE CAMP**

ARU



### **DURATION**

7 DAYS & 6 NIGHTS



### **LAST ATM**

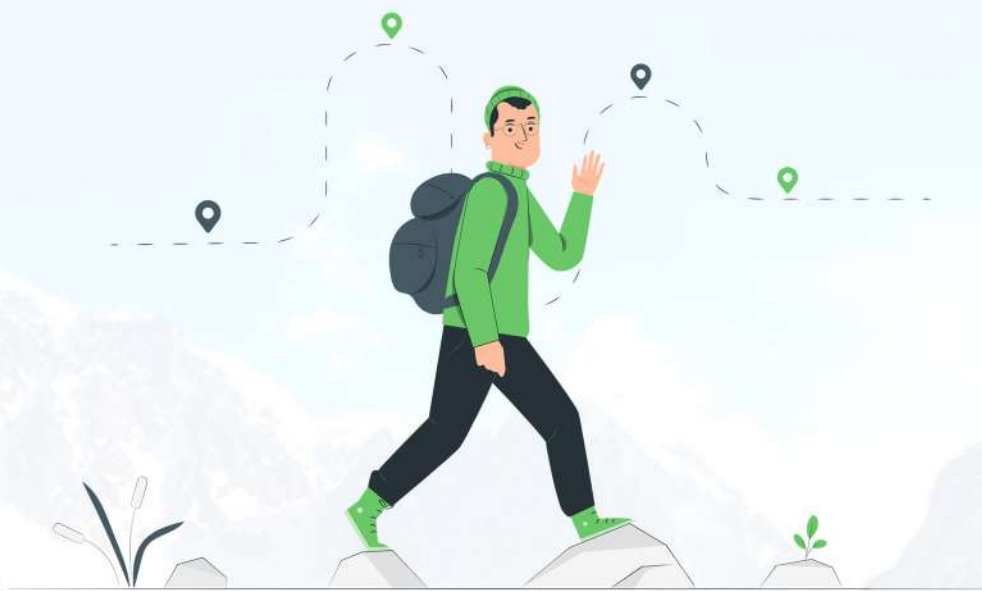
SHRINAGAR



### **TREK DISTANCE**

40 KMS





# SHORT ITINERARY

## **Day 1**

Drive From Srinagar To Aru - Altitude: 2,400 m/ 7,950 ft -  
Drive Distance: 112 km | Duration: 4 hrs

## **Day 2**

Trek From Aru To Gagad Pathri - Trek Duration: 5 hrs approx  
- Altitude: 2,910 m

## **Day 3**

Trek From Gagad Pathri To Nafran Valley - Duration: 9 hrs -  
Altitude: 3,435 m

## **Day 4**

Acclimatization Day At Nafran Valley | Visit Harnag Lake Via  
Harnag Pass

## **Day 5**

Trek From Nafran Valley To Aaram Pathri - Trek Distance:  
2.5 km approx. | Duration: 2 hrs approx

## **Day 6**

Trek From Aaram Pathri To Bhaj Margi - Trek Distance:  
11 km approx. | Duration: 5 to 6 hrs

## **Day 7**

Trek From Bhaj Margi To Aru And Drive Back To Srinagar -  
Trek Distance: Bhaj Margi to Mondlan - 6 km | Duration: 6 hrs



# ITINERARY



## DAY 1

**Drive From Srinagar To Aru - Altitude: 2,400 m/ 7,950 ft -  
Drive Distance: 112 km | Duration: 4 hrs**

Aru is situated on the bank of the Lidder River. Please note that pre-paid sims don't work in Kashmir. Pahalgam is the last point where you will get mobile network connectivity. The last ATM is in Pahalgam. The trip begins from Aru town. We will start our excursion from Srinagar and drive around 112 km from Srinagar to arrive at Aru. Show up at the assigned get point and will get you and drive you to Aru. From Srinagar, we will head to Pahalgam which is 100 km away from Srinagar and Aru town lies 12 km away from Srinagar across the Lidder Stream. Aru is a genuinely evolved place of interest, situated on the bank of the Lidder Stream and is likewise the headquarters for the famous Tarsar Marsar Journey and the Kolahoi Glacial mass Trip. It is additionally a center for experience exercises like pony riding and heliskiing in winter. Trout fishing in the Lidder Stream is likewise a famous game here. Network associations are not truly stable in Aru and all organization associations don't work there so you really want to have every one of your correspondences wrapped up at Pahalgam. We will remain in camps at Aru and our campground is situated in a delightful area by the Lidder Waterway.





# ITINERARY



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## DAY 2

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**Trek From Aru To Gagad Pathri - Trek Duration: 5 hrs approx -  
Altitude: 2,910 m**

This is our most memorable day of journey and today we will trek from Aru to Gagad Pathri. The journey begins with a delicate uphill trip and in the wake of strolling for around 800 meters, you will enter a forested zone. Keep strolling and after some time the trip forks into two. The left path prompts a clearing with a vantage point. It takes around 3 hrs to reach. The correct way, then



# ITINERARY

again, drives us to our camping area. Follow the path on the right which will lead you to a sloppy fix. There's likewise a higher street that can be taken during the blustery days when there is an excess of mud yet it isn't open more often than not. When you arrive at the sloppy fix, it's a lofty uphill move of around 500 meters toward the finish of which you will arrive at a shepherd settlement called Geerwad. From here on, you will stroll on fields and woods covers the whole way to a little riverside clearing. This is Gagad Pathri, your camping area for the evening. After a good supper, you will resign to your tents to rest for the evening and wake up invigorated the following day for the trip.



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## DAY 3

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**Trek From Gagad Pathri To Nafran Valley - Duration: 9 hrs - Altitude: 3,435 m**

Today we will begin our journey by crossing a wooden board scaffold to get on the right half of the waterway followed by another intersection that will again take you to the left half of the stream. Here, you will notice several mud cottages that act as the mid year abodes of the shepherds. This clearing is called Kansal Pathri. Continue to walk uphill along the edge to your left side towards Aaram Pathri. When we arrive at Aaram Pathri, you need to take one more edge to your right side to show up at Nafran Valley.



# ITINERARY

While the paths begin somewhat steep however become continuous in the long run and the move to Nafran Valley is a blend of steep and progressive rises through gigantic stones and shakes. Tread carefully here as certain segments can be somewhat elusive. This part makes the journey somewhat troublesome. In any case, after the trip is finished, you show up at a little knoll with a delightful stream going through it. This is where Nafran Valley begins. Strolling past the knolls of the valley we will climb further ahead and in the wake of moving for a couple of spikes, the path opens into a dazzling glade with lovely stone developments and a sputtering stream going through it. This is where we will camp for the evening. The camping area is encircled by enormous mountains on three sides making it a great area to camp. Absorb the landscape of the lovely Nafran Valley and resign during the tents for the evening.





# ITINERARY



## DAY 4

### **Acclimatization Day At Nafran Valley | Visit Harnag Lake Via Harnag Pass**

Altitude: Harnag Pass - 3,740 m | Trek Distance: Duration: 9 hrs  
Today we will trek from Nafran Valley to Harnag Lake by means of Harnag Pass and back to Nafran Valley. We will remain one more night for acclimatization purposes since you have acquired a lot of elevation.





# ITINERARY



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## DAY 5

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**Trek From Nafran Valley To Aaram Pathri - Trek Distance: 2.5 km approx. | Duration: 2 hrs approx**

The present trip is genuinely simple contrasted with the earlier day. You have done the hardest piece of your trip, presently you will drop back along the lovely knolls, the whole way to Aaram Pathri. We will camp at Aaram Pathri around evening time. Partake in your stroll along the delightful knolls and periodically swing by to catch the magnificence of nature all around. The stroll down will be really gentle on your legs. Aaram Pathri Campground is a delightful camping area on a huge knoll that offers a mind blowing show of normal excellence. The nightfall over the Bhoj and Deodar trees makes the brilliant hour look totally super-natural here. Rest well after a delectable supper at the camping area.





# ITINERARY



## DAY 6

**Trek From Aaram Pathri To Bhaj Margi - Trek Distance: 11 km approx. | Duration: 5 to 6 hrs**

Today we will trek from the Aram Pathri camping area to the Bhaj Margi campground. From your camping area, head towards the edge on the south and jump on it. The path here is steep and goes through growth and trees and there are patches of free soil, rock, and rugged rocks to a great extent before you arrive at the highest point of the edge. You get to see a dazzling perspective on the valley underneath. From here on the path turns out to be downhill towards a knoll. Follow down the slanted knolls heading in a southwest course and afterward along an edge that heads towards the southeast bearing and this will lead you to your next campground Bhaj Margi. Bhaj Margi is one more immense glade like Aaram Pathri that has shepherd cottages dispersed all over it. On the southeastern side of your camping area, there is a little stream and a bigger one in the far east corner. Both of these can be utilized as water sources. We will track down a reasonable spot to set up our shelters for a short term visit.





# ITINERARY



## DAY 7

**Trek From Bhaj Margi To Aru And Drive Back To Srinagar - Trek Distance: Bhaj Margi to Mondlan - 6 km | Duration: 6 hrs**

Drive Distance: Mondlan to Aru - 8 km | 20 minutes Aru to Srinagar - 112 km | 4 hrs An easy and gentle walk down to the valley. Expect to reach Srinagar by 8:00 PM This is the last day of trekking in the mountain and furthermore the last day of this wonderful excursion. Today we will trek back from Bhaj Margi to Aru and drive back to Srinagar. From the campground, the path continues to go southwest until you arrive at an enormous wooden entryway, which denotes the finish of the path. You will presently follow a sloppy way through a woodland cover right down to a little shepherd settlement called Shul Margi. From Shul Margi, you should cross a little stream to move further downwards and afterward again you should cross a greater stream and go into a forested zone. The timberland runs lined up with the street that drives you to Aru. Yet, we will progress forward with this forested path and it will lead us into a major getting that offers a shocking perspective free from Pahalgam. From here, it is a short plunge to Mondlan town arranged next to a little mountain stream. Mondlan is 8 km away from Aru and it takes a drive of around 20 minutes to arrive at Aru. We will eat subsequent to arriving at Aru and afterward head on towards Srinagar. From Aru is a 112 km distance to Srinagar and we will again pass through the very panoramic detour that we came on the principal day to arrive at Srinagar. You can hope to arrive at Srinagar by 8:00 PM.



# **INCLUSIONS**

- 1. Accommodation – Stay at a guest house/ homestay/ swiss tents/ dome tents during the trek as per the sharing pattern/occupancy opted.**
- 2. Meals – All meals from your arrival to departure from the base camp are included (Morning Tea, Breakfast, Lunch, Hi-Tea with Snacks, and Dinner). We provide simple, nutritious yet tasty vegetarian meals on all days of the trek.**
- 3. Permit/Charges – Cost of all trekking permits, forest & camping charges are included. Charges of the porters, helpers, mules, trekking leaders, and guides are included.**
- 4. Trekking equipment – High-quality tents, sleeping bags, ice axes, ropes, microspikes, gaiters, etc. as required are provided.**
- 5. Safety equipment – First aid medical kits, oxygen cylinders, etc. will be available at all campsites to deal with emergencies.**

**6. Porters, Mules, and helpers shall accompany us during the trek to carry the common load such as gas cylinders, tents, sleeping bags, toilet tents, etc.**

## **EXCLUSIONS**

- 1. Anything not specified in the Inclusions section**
- 2. Additional Meals unless specified**
- 3. Transport unless specified**
- 4. Air Fare / Train/ Bus Tickets**
- 5. Travel Insurance**
- 6. Additional expenditure and Extra Services if taken**
- 7. Any expense incurred or loss caused by reasons beyond our control such as bad weather, natural calamities(landslides, floods), flight delays /rescheduling/cancellations, any accidents/ medical evacuations, riots/strikes/war/pandemic, etc.**
- 8. GST(Goods & Service Tax) at the rate of 5%.**



## **FITNESS/ DIFFICULTY**

A high altitude trek in the Himalayas requires substantial fitness. Your body needs to train itself to tolerate more work with lower levels of oxygen. Therefore, on treks, cardiovascular training is essential.

As a measure of your fitness, we require you to be able to run at least 5 km in 40 minutes by the time your trek starts. If you are 45 years or above, try to cover 5 km in 50 minutes. This is a minimum requirement.

If you prefer cycling over running, then try to cover 20 km in 60 minutes.

Unable to perform the same can make your trek difficult. Trekkers who have not adequately prepared might be asked not to continue the trek at any point.

The team of Himalayan Daredevils has the right to reject trekkers who do not meet our eligibility requirements at the base camp

## Cancellation Policy

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and it is our endeavor to make it as easy as possible for you. However, please understand that we plan everything including guide fees, permits, accommodation and ration in advance. Therefore, any cancellation means inconvenience and certain losses to the people involved in various stages of the programme. Keeping that in mind, our cancellation charges are as below –

Cancellations prior to 30 days from the start of the event: **Get a monetary refund with 15% of cancellation charges.**

Cancellations between 30 days and 15 days to the start of the event: 50 % refund as cash.

Cancellations less than 15 days to the start of the event: No refund.

Cancellations will be accepted only by email.

**Note:** The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

### Itinerary Changes & Trip delays:

We plan itineraries based on the information available at the time of planning and in rare circumstances, they are subject to change. In the event that the itinerary is changed or delayed due to unforeseen circumstances such as bad weather, transportation delays, government intervention, landslides etc., we will always aim to give you the best experience possible. However, The Himalayan Daredevils not be held responsible for the cost of delay or changes.

## CONTACT US



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