

SPIRIT OF FREEDOM



HIMALAYAN  
DAREDEVILS

# TARSAR MARSAR KASHMIR TREK





### LOCATION

KASHMIR, INDIA



### BEST TIME

JUNE-SEPTEMBER



### DESTINATION

TARSAR MARSAR KASHMIR  
TREK



### TAKE A PHOTO

SUNRISE, SUNSET,  
LAKES



### DIFFICULTY

MODERATE



### HIGHEST ALTITUDE

13,201 ft



### AVERAGE TEMPERATURE

DAY TIME: +15°C to 101°C  
NIGHT TIME: +5°C to -3°C



### BASE CAMP

ARU



### DURATION

7 DAYS & 6 NIGHTS



### LAST ATM

SHRINAGAR



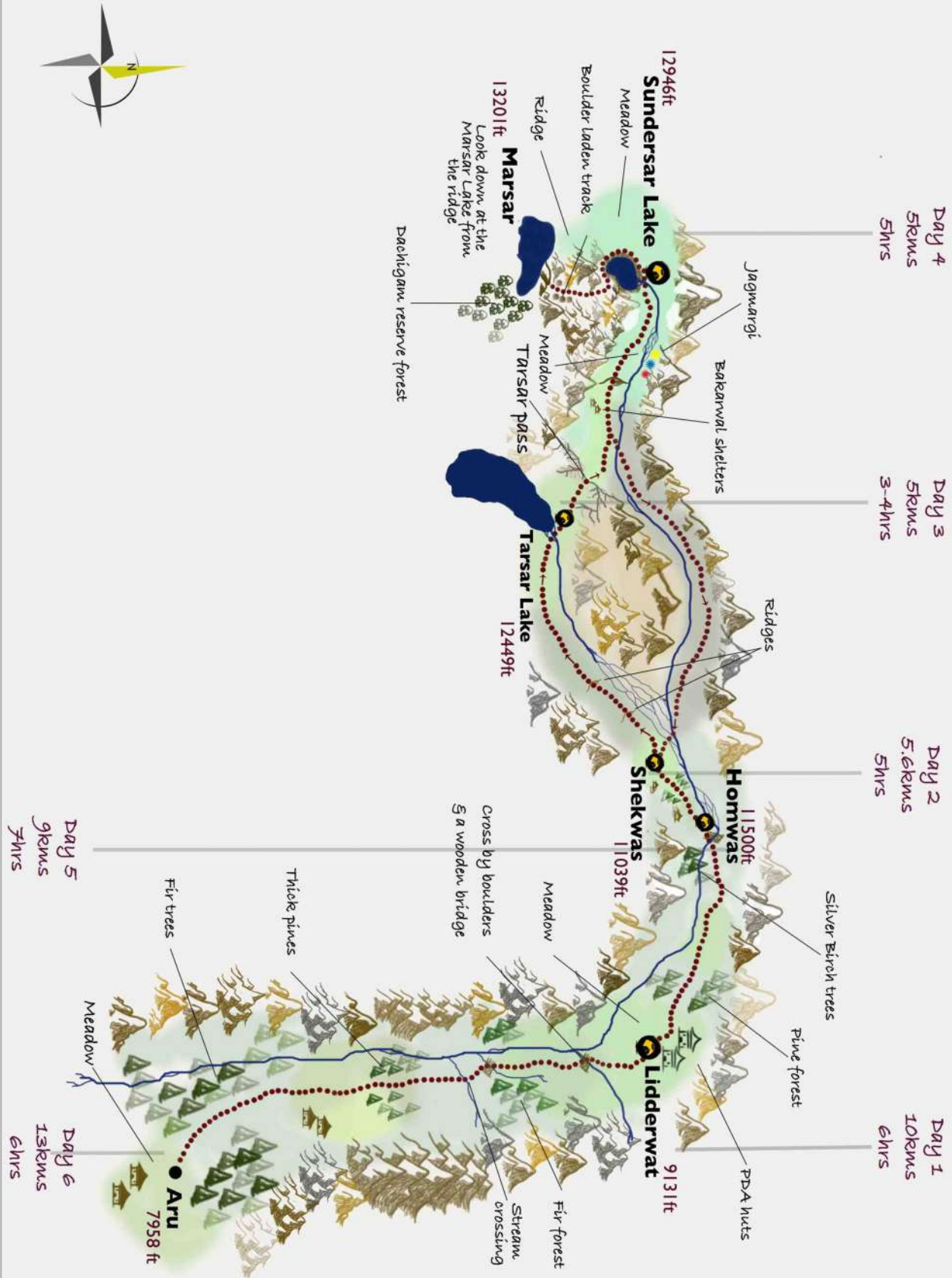
### TREK DISTANCE

46 KMS



# TARSAR MARSAR TREK

\*not to scale



# **SHORT ITINERARY**

## **Day 1**

**Drive from Srinagar to Aru at 12 pm 103 km Drive**

## **Day 2**

**Trek from Aru to Lidderwat (9,022 ft) - 8 km**

## **Day 3**

**Lidderwat to Shekwas (11,154 ft) - 6 km**

## **Day 4**

**Shekwas to Tarsar Lake (12,467 ft) - 4 km**

## **Day 5**

**Tarsar to Sundersar (12,960 ft) via  
Sonamous Pass (12,960 ft) - 6 km**

## **Day 6**

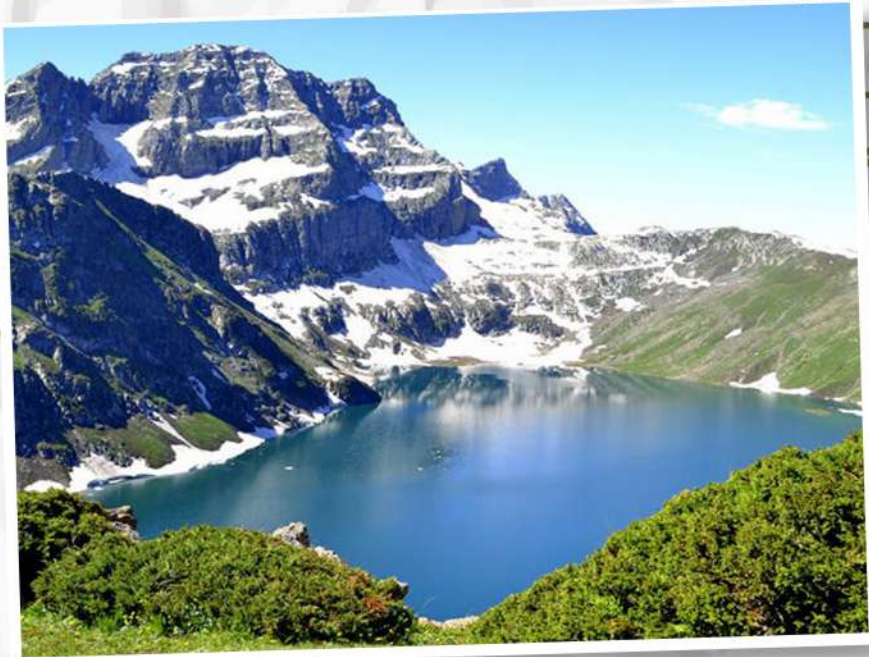
**Visit Marsar Lake (12,946 ft) and go to Homwas  
(11,500 ft) via Marsar ridge (13,201 ft) - 9 km**

## **Day 7**

**Homwas to Aru drive to Srinagar.**



# ITINERARY



## DAY 1

### Arrival at Aru (8,038 ft) - 103 km Drive

Rreport at Dal Lake gate number 1 at 12 noon. You will board a vehicle that takes you on a 2 hour drive to Aru, winding roads that take you through one of Kashmir's famed tourist destinations of Pahalgam. Aru, our base camp for the Tarsar - Marsar trek, is another 12 kms ahead of Pahalgam. Stay overnight in tents at the open grassy campsite at Aru.



# ITINERARY



## DAY 2

### **Aru to Lidderwat (9.022 ft) - 8 km**

We head out into the tree cover, visible at a distance from the campsite, leaving behind the green pen pastures. The trek starts with a gradual ascend for 2 to 3 hours through a beautiful pine forest trail. A short level walk along the Lidder river thereafter brings you to a tea stall. Another gradual ascend for 1 hour and you can see the Lidder forest rest house in sight. Cross a bridge and get to the Lidder campsite on the other side of the river.



# ITINERARY



## DAY 3

### **Lidderwat to Sekhwas (11,154 ft) - 6 km**

The day's trek starts with a moderate to steep ascent for 1 hour, followed by a level walk for another hour before we break for lunch, beside a gentle stream. We leave the tree line behind here, and ascend gradually for 1 more hour to reach the Shekwas campsite. From here one can get a good view of the surrounding mountains and the path heading up to the Tarsar lake. A short 1 hour hike from the Sekhwas campsite will take you to the small yet charming Jadar Lake. Return to Sekhwas and rest for the night.



# ITINERARY



## DAY 4

### **Sekhwas to Tarsar Lake (12,467 ft) - 4 km**

A trek to the first of the lakes, Tarsar, is on the agenda today. We trek uphill from the Shekwas campsite, keeping the stream flowing down to our right. The views of the mountains get grander and more snow-clad peaks become visible all around us as we approach the Tarsar Lake. 2 hours of trekking and the beautiful lake reveals itself amidst imposing mountain ridges on 3 sides. A wonderful opportunity to camp next to the emerald blue waters of Tarsar Lake. Spend the day exploring the trails around the Tarsar Lake only to witness the grandeur of the lake surrounded by majestic mountains.



# ITINERARY



## DAY 5

**Tarsar to Sandersar (12,960 ft) via Sonamous Pass (12,960 ft) - 6 km**

Today, we have to cross the ridge which surrounds the Tarsar lake. An hour's climb to the top of the ridge and then we descend into the valley on the other side. The view of the valley leading to Zachmargi on the other side of the ridge is simply breathtaking. Upon descending into the valley, we walk along the stream which drains from Sandersar. Set up camp at Sandersar. Relax and admire the serene Sandersar Lake. Retire for the night.



# ITINERARY



## DAY 6

**Visit Marsar Lake (12, 946 ft) and go to Homwas (11,500 ft) via Marsar ridge (13,201 ft) - 9 km**

Walking around Sundersar, we trek up and over a saddle on a ridge located on the far side of the lake. Marsar is an hour's trek away from here. The trail takes you to a vantage point which gives you unparalleled views of the Marsar Lake, which is almost always engulfed under clouds and mist. The weather this height turns bad fast and is unpredictable. So, after soaking in the beauty of the lake and its surroundings, we turn back towards Zachmargi from Sundersar. From here instead of taking the Tarsar pass and reach Sekhwas, we trek for 2 to 3 hours to reach the campsite of Homwas. Retire for the night.



# ITINERARY



## DAY 7

**Homwas to Aru (8038 ft) - 13 km. Drive 103 km to Srinagar**

Today we depart the campsite of Homwas and take the same route we took at the beginning of the trek to reach Aru via Lidderwat. A two hours descent from Homwas will take you to Lidderwat and this time you can witness all the epic views that you had missed earlier on this trail. Passing through the pine forests of Lidderwat, we rest at Lidderwat for some time before resuming our trek to Aru which will take about 4 more hours to cover. Expect to reach Aru by 1600 hours and our vehicles will be waiting at Aru to drive you to Srinagar. Expect to reach Srinagar by 1900 hours.

# 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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