



TARSAR MARSAR TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



+91 6398989097
95557055210



himalayandaredevils@gmail.com



TREK OVERVIEW



LOCATION

Jammu & Kashmir,
India



DISTANCE

48 Km



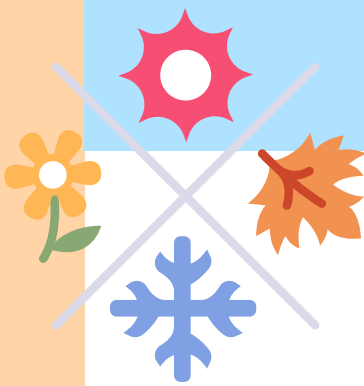
MAX ALTITUDE

13,500 Ft



LAST ATM

Aru



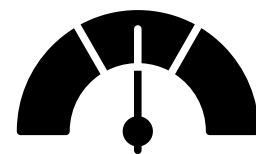
BEST SEASON

July and Aug



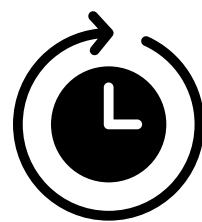
BASE CAMP

Aru



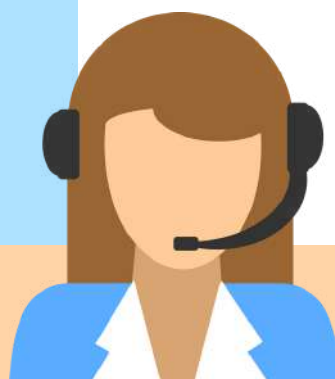
DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Aru to Aru

Srinagar to Srinagar



+91 7983285412



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SHORT ITINERARY



DAY 1

Srinagar to Tarsar Lake

DAY 2

The Journey From Aru To Lidderwat

DAY 3

Trek from Lidderwat to Shekwas

DAY 4

Shekwas to Tarsar Lake Trek

DAY 5

Trek from Tarsar to Sundarsar



SHORT ITINERARY



DAY 6

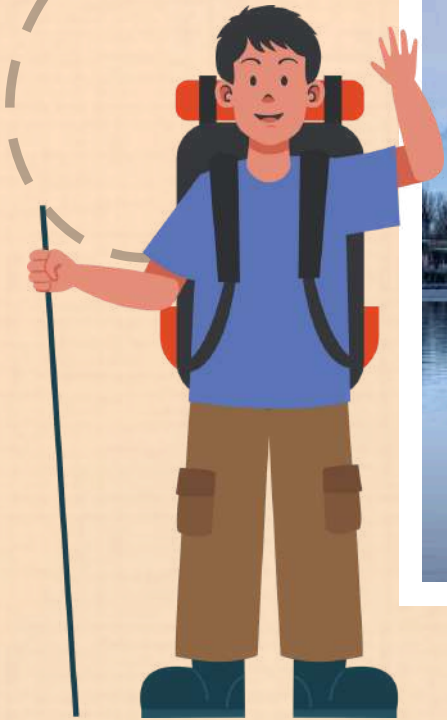
Explore Marsar Lake and Trek to Homwas

DAY 7

Homwas to Aru trek and Return to Srinagar



ITINERARY



DAY 1

Stringagar to Tarsar Lake

After a relaxing morning in Srinagar, embark on a scenic 3-hour drive to Aru Valley, the gateway to the Tarsar Marsar Trek. Pass through lush meadows, flowing streams, and dense pine forests, capturing breathtaking views along the way. Upon arrival, settle into your tented stay and soak in the valley's serene beauty. In the evening, gather around a warm campfire with fellow trekkers, sharing stories over hot stew. Rest well, as the next day marks the beginning of your adventure toward Tarsar Lake.



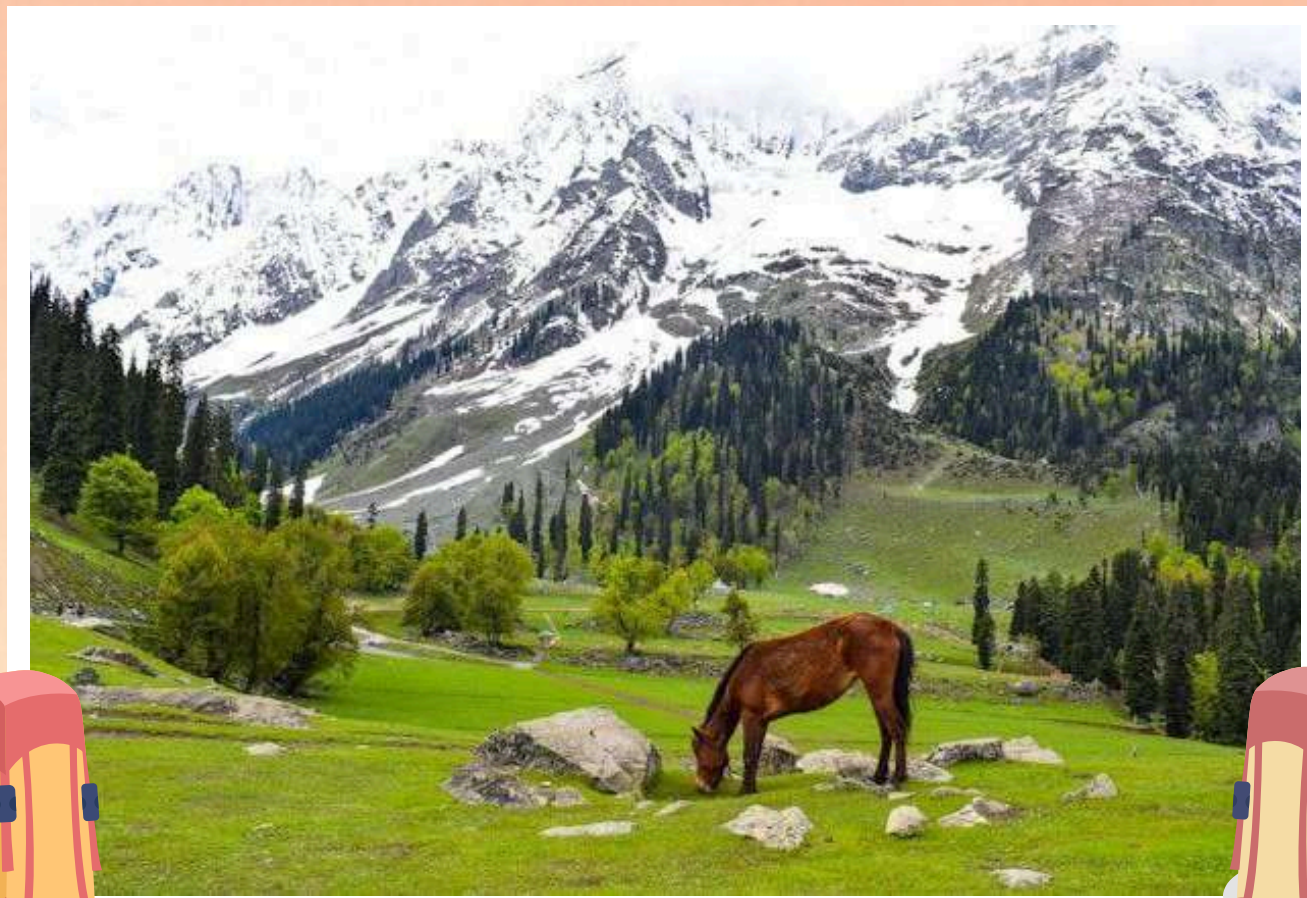


DAY 2

The Journey From Aru To Lidderwat

Start your day with a delightful breakfast before heading to Aru to begin your trek to Lidderwat. The trail offers a gentle climb through lush meadows, dense forests, and the Aru Wildlife Sanctuary, home to exotic birds and Himalayan brown bears. As you ascend, enjoy breathtaking views of Lidder Valley, with its flowing streams and towering mountains. After a 5-6 hour trek, arrive at Lidderwat, surrounded by snow-capped peaks. Set up camp, explore the serene landscape, and witness a mesmerizing sunset. End the day with a warm meal and stories by the campfire before resting for the next adventure.

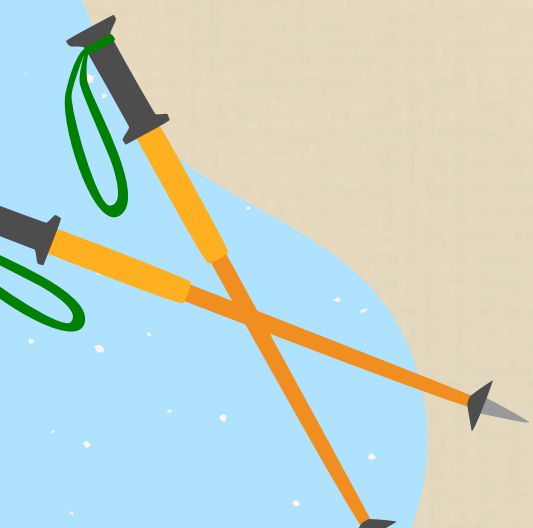


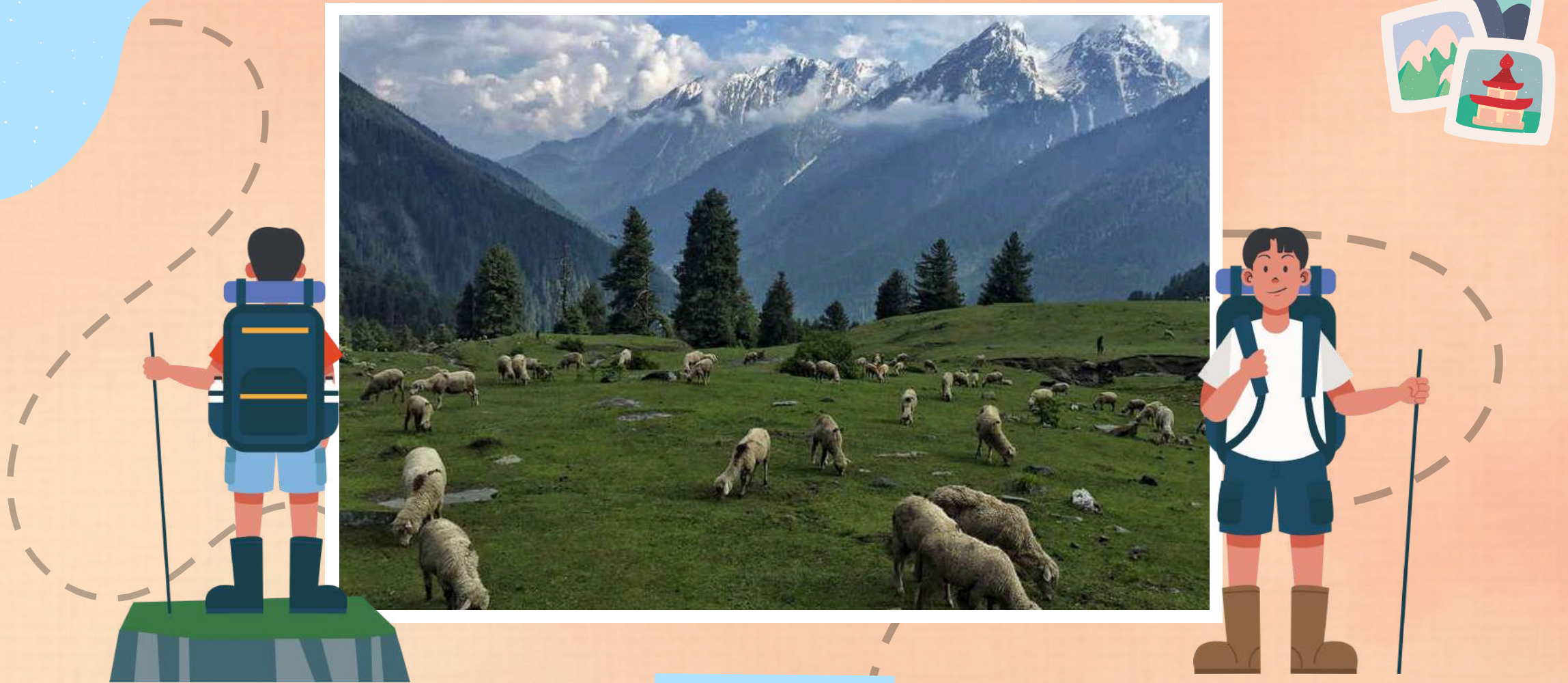


DAY 3

Trek from Lidderwat to Shekwas

Start your day with a hearty breakfast before trekking from Lidderwat to Shekwas. The trail winds through lush pastures and sparkling streams, transitioning from an easy walk to a challenging climb. As you approach Hamwais Pass (4,000m), the ascent becomes steeper, rewarding you with breathtaking views of pristine valleys and sky-high meadows. After a 5-6 hour trek, arrive at Shekwas, a tranquil campsite surrounded by towering peaks and rolling greenery. Spend the evening exploring the serene landscape before gathering around the campfire for a warm meal. Rest well in your tent, ready for the journey ahead.



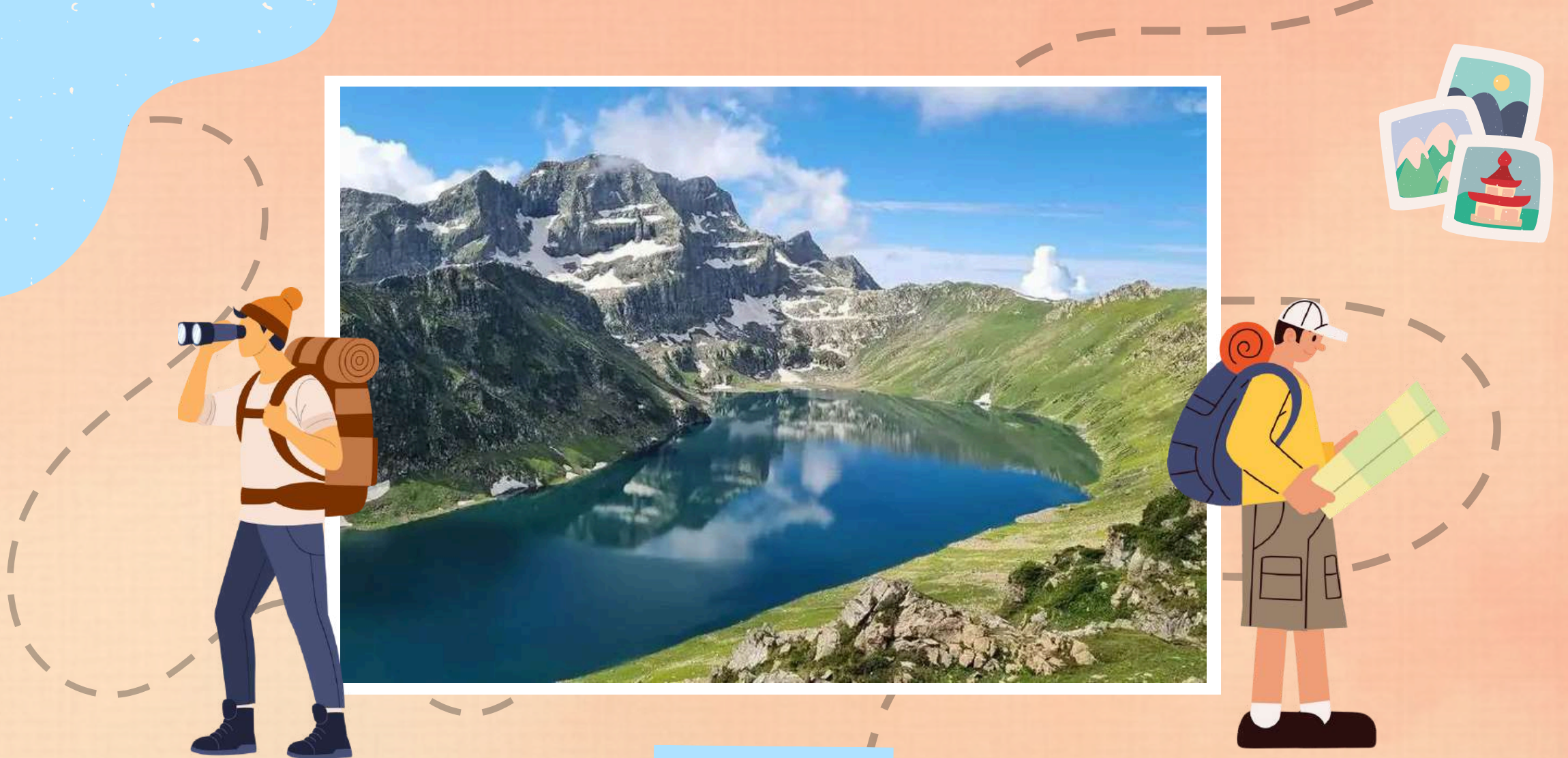


DAY 4

Shekwas to Tarsar Lake Trek

Begin your day with an early breakfast before taking a one-hour motor taxi to Shekwas, where your four-hour hike to the stunning Tarsar Lake begins. The trail features steep ascents, sharp turns, and narrow ridges, offering breathtaking views of valleys and snow-capped peaks. Along the way, pass through alpine meadows, wildflowers, and glistening streams, making the journey truly mesmerizing. After 5-6 hours of trekking, reach Yusmarg in the Ampter Valley, surrounded by lush green pastures and towering mountains. Set up camp, unwind by the crystal-clear waters, and enjoy a peaceful evening before resting overnight in tents.



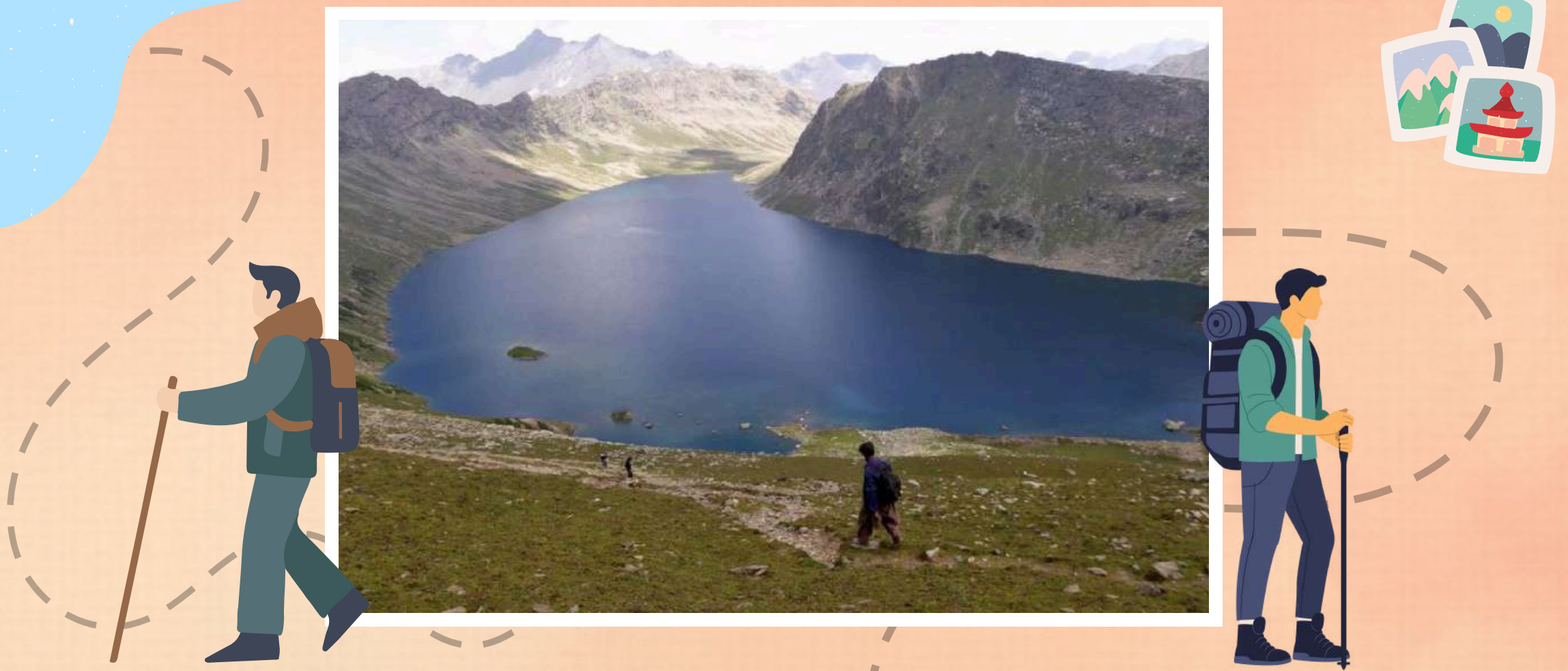


DAY 5

Trek from Tarsar to Sundarsar

After having your breakfast, pack up your tents and embark on a trek from Tarsar to Sundarsar meadow. The trekking route includes beautiful meadows and valleys, with alpine flowers scattered along the trail. The snow capped peaks are already quite the scenery and the chai and cake only add to the wonder. This journey on its own will take you around 4-5 hours and once you reach Sundarsar you can have a peaceful stay at the campsite. Set up your tents and then relax in the stunning surroundings. With utmost comfort leave for bed in your tents.





DAY 6

Explore Marsar Lake and Trek to Homwas

Start your day with a hearty breakfast before heading towards the mesmerizing Marsar Lake (4,150m). The moderate trek offers stunning views of towering mountains and lush valleys, with the lake nestled amidst pristine alpine meadows—an ideal spot for relaxation. After soaking in the beauty of Marsar Lake, begin your descent toward Homwas. The trail winds through green meadows, scenic valleys, and flowing streams, offering a peaceful retreat into nature. Upon reaching Homwas, set up camp, stretch, and explore the serene surroundings before enjoying a warm meal. End the day with a restful night in your tent under the starlit sky.

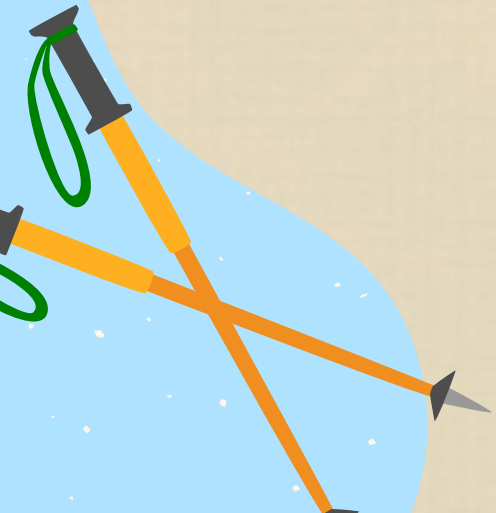




DAY 7

Homwas to Aru trek and Return to Srinagar

To begin After having breakfast, head back to Aru via the lush meadows and streams. The gently inclined descent allows one to soak in the breathtaking scenery one last time. Upon reaching Aru, one can easily spot a vehicle that will ferry you back to Srinagar. It takes around 3 hours to reach the place after which one gets a wide view of the picturesque Kashmir Valley. You are free to contemplate and appreciate the journey before you head off to your next destination as the trek comes to an end.



TREK MAP

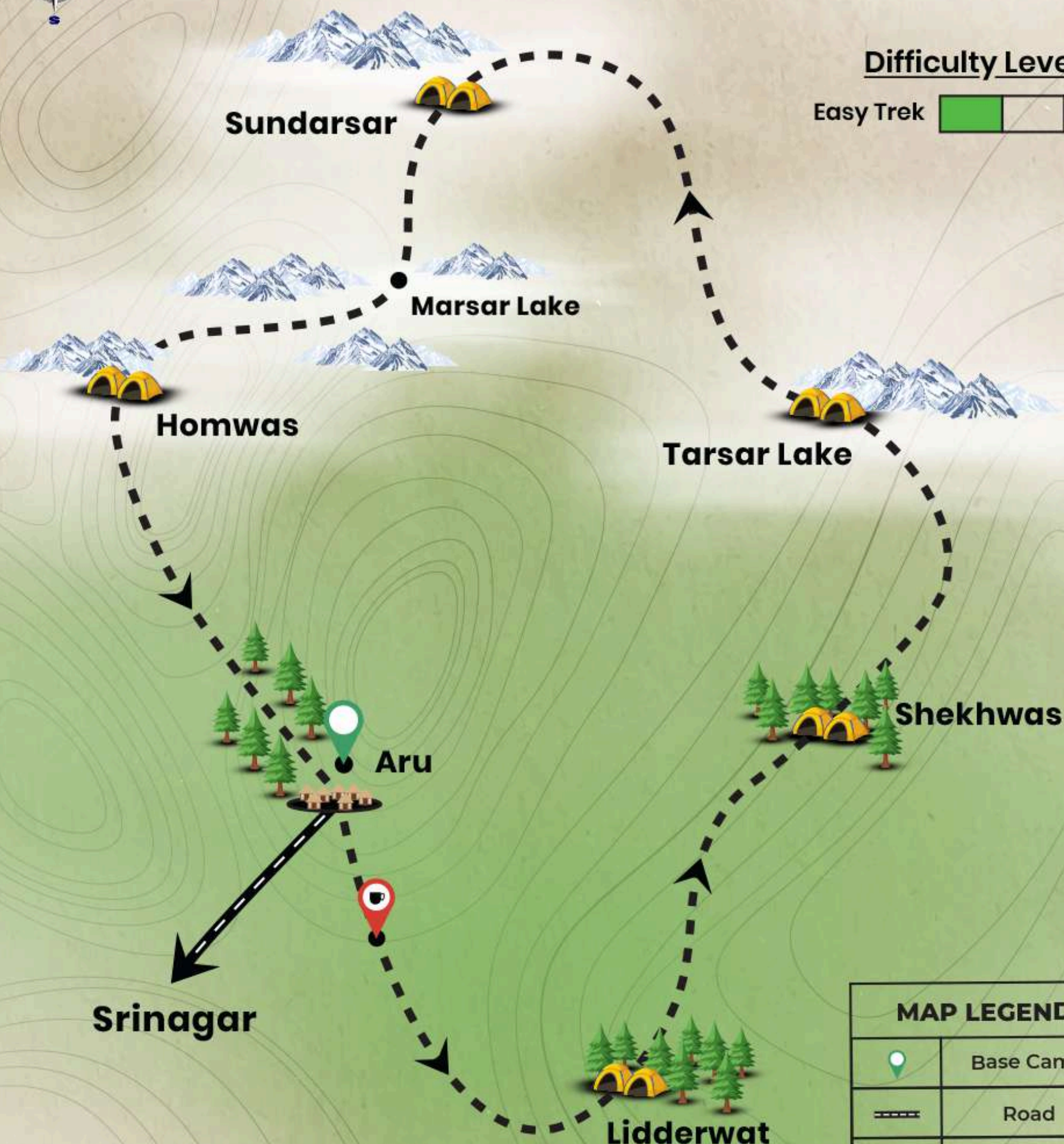


Tarsar Marsar Trek Map



Difficulty Level

Easy Trek



MAP LEGEND	
	Base Camp
	Road
	Trek Route
	Campsite
	Cafe & Dhaba

*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg).
- All necessary entry fees and permits.
- Accommodation:- Guest house, Home stay, camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook, and Support staff.
- First aid medical kits, stretcher, and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent , kitchen & dining tent, toilet tent, utensils, and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.





EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porter to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancelations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



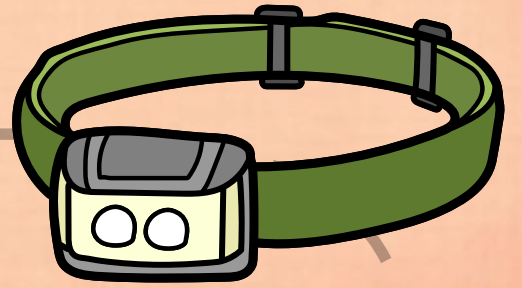
TREKKING SHOES



BACKPACK



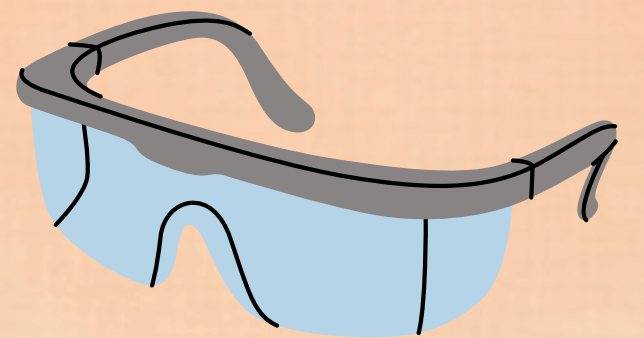
HAND GLOVES



HEAD LAMP



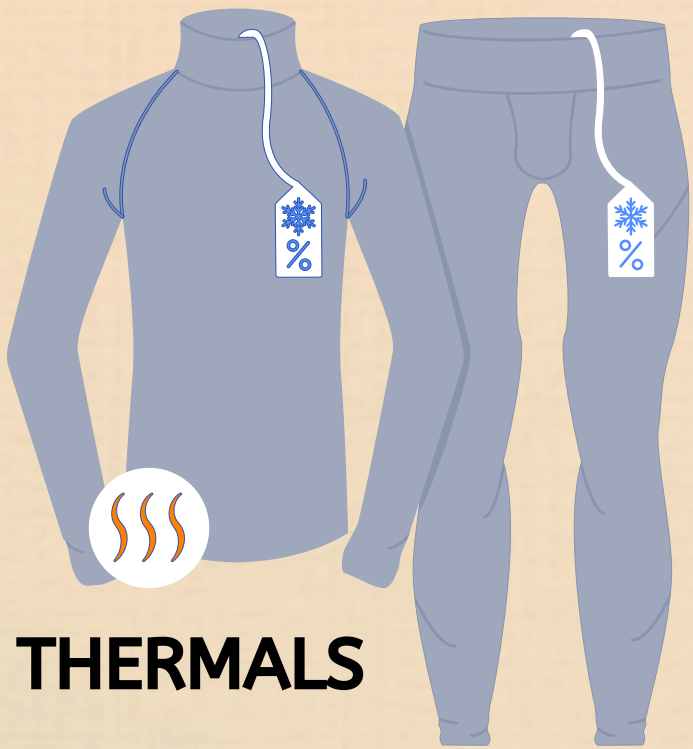
LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

The quickest way to get to the Tarsar Marsar Trek is to fly into Srinagar. The city has access to a good rail, road, and air transport networks, being the summer capital of Jammu and Kashmir. So, once at Srinagar, the next step is to get to the base for the trek located in Aru Valley. This drive to Aru Valley is estimated to take around three hours and covers close to one hundred kilometers. Apart from the scenic view the charming meadows and pine trees in the area surely do compliment the journey well.

After reaching Aru Village, it would be time to begin the hike. This beautiful village is based in Anantnag district and is the perfect start for the Tarsar Marsar Trek as the views of the mountain ranges and the valleys will greatly enhance the experience.



HOW TO REACH

However, if comfort is your priority, then hassle free booking can be done by contacting Himalayan Daredevils as they arrange ridden transportation from Srinagar to Aru Valley. By offering the service, they ensure that the focus goes to the adventure rather than the logistics, making the journey more enjoyable. Having seasoned drivers and good vehicles means a comfortable journey which helps with starting the trek with a much clearer mind.



FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

Fitness target:

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.



CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand 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 programme. Keeping that in mind, our cancellation charges are as below-

Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.

Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

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

**Please note cancellation will be only accepted by email.
Booking amount is non refundable.**






CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

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

CONTACT US

-  www.himalayandaredevils.com
-  himalayandaredevils@gmail.com
-  +91 6398989097, 95557055210

