



# DOODHPATHRI TREK

Discover Yourself on the Trail!



[www.himalayandaredevils.com](http://www.himalayandaredevils.com)



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# TREK OVERVIEW



## LOCATION

Jammu & Kashmir,  
India



## DISTANCE

49 Km



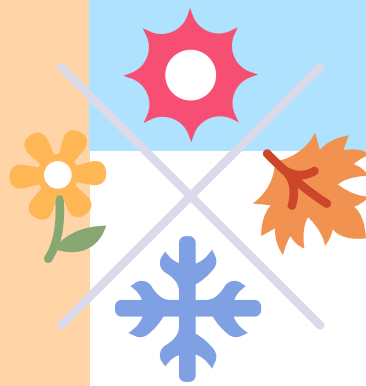
## MAX ALTITUDE

13060 Ft



## LAST ATM

Srinagar



## BEST SEASON

July, Aug



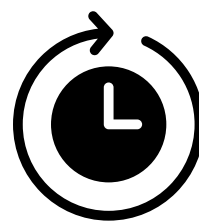
## BASE CAMP

Doodhpatri



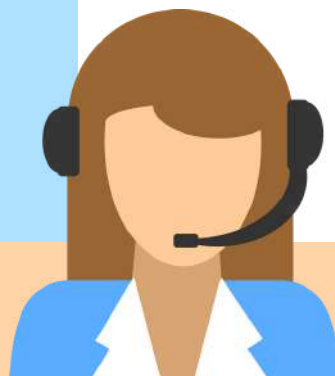
## DIFFICULTY

Moderate



## DURATION

6 Days & 5 Nights



## SERVICE FROM

Srinagar to Srinagar



+91 7983285412



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# SHORT ITINERARY



## DAY 1

Srinagar to Doodhpathri by Road 54 km, time-time Taken: approx. 2 hrs.

## DAY 2

Doodhpathri to Ashtaar Valley - Trek Distance: 10 km, time-time Taken: approx. 7 hrs.

## DAY 3

Ashtaar Valley to Gurwansar by Trek -Trek Distance: 7 km, time-time Taken: approx. 6 hrs.

## DAY 4

Gurwansar to Duriem - Trek Distance: 9 km, Time Taken: approx. 7 hrs





# SHORT ITINERARY



## DAY 5

**Duriem to Gadtar via Bodsar Lake, Trastar Lake, Navkansar I, II & Damasar Lake - Trek Distance: 10 km, Time Taken: approx. 8 hrs**

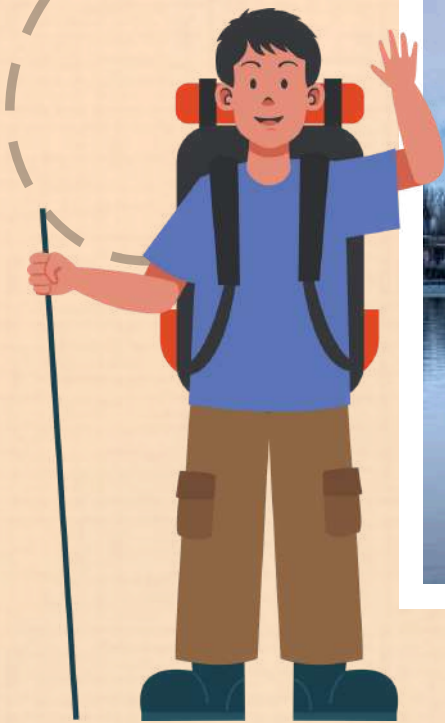
## DAY 6

**Gadtar to Tosamaidan by Trek and From Tosamaidan to Srinagar by Road**





# ITINERARY



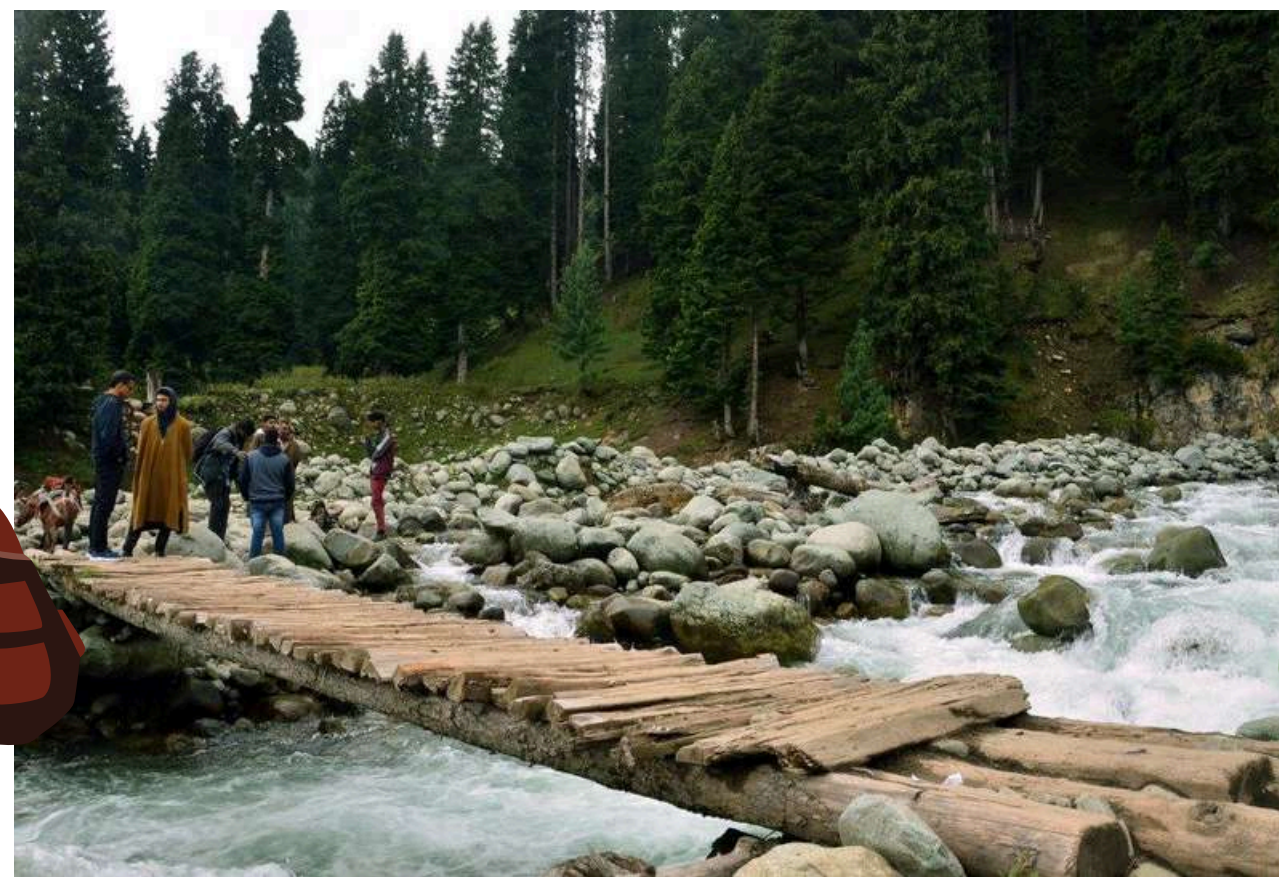
## DAY 1

**Srinagar to Doodhpathri by Road 54 km, time-time  
Taken: approx. 2 hrs.**

The journey will start from Srinagar by road, and you will reach the camping site Doodhpathri within 2 hours. On the road, you will enjoy the pine tree-covered hills with a tranquil blue river flowing through the boulders and rocks







## DAY 2

**Doodhpathri to Ashtaar Valley - Trek Distance: 10 km,  
time-time Taken: approx. 7 hrs.**

Start your morning with a warm breakfast. Your trek from Doodhpathri will be through the pine forest. The trail through the forest is zigzag, after which you will cross the Afsaar River. After gradually ascending the mountain ridge, you reach the top. You will see the Ashtaar Valley, surrounded by boulders spread all around. When you come down close to the boulders, you will cross the river, where you can see Shepherd huts; after that lies the Ashtaar Valley campsite.



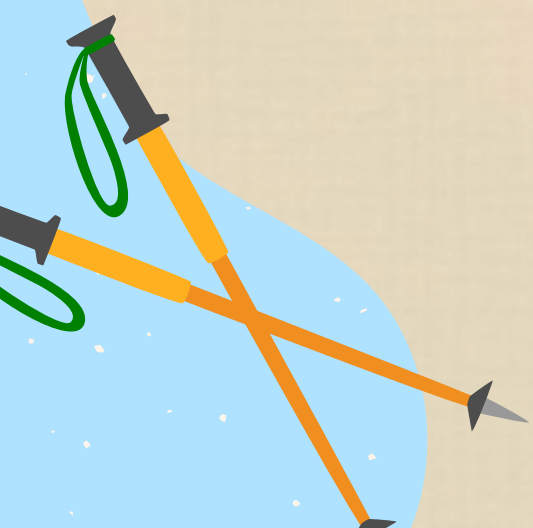




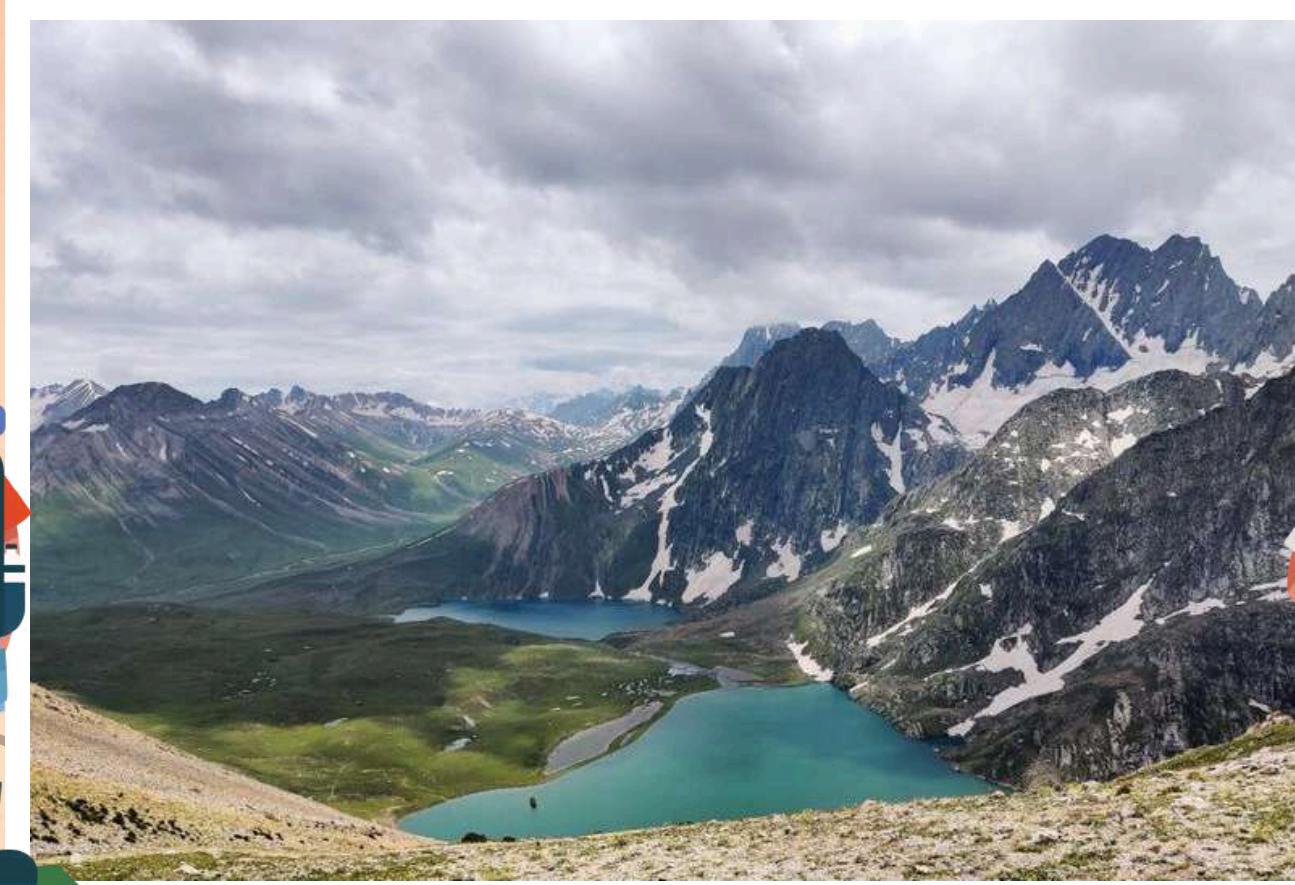
## DAY 3

**Ashtaar Valley to Gurwansar by Trek -Trek Distance: 7 km, time-time Taken: approx. 6 hrs.**

The trek will be relatively easy today, as it is a gradual climb up to the top. The trail will pass through meadows and densely covered pine forests. You will pass through boulders on the trail and see huge grassland spreading as far as your eyes can see. After walking through the grassland for a while, your trek will start ascending, and upon reaching the top, you will reach the campsite at Gurwansar.







## DAY 4

**Gurwansar to Duriem - Trek Distance: 9 km, Time Taken: approx. 7 hrs**

The trek today will be challenging as you pass through rough terrain. The trail will begin with walking through grassland for a while; you will reach the section with boulders. You would have to go through here carefully. The route will slowly ascend till you reach Pamsar Lake. After taking in the vast lake, you will start trekking again, passing through boulders and crossing some streams until you come to the following camping site, Duriem.







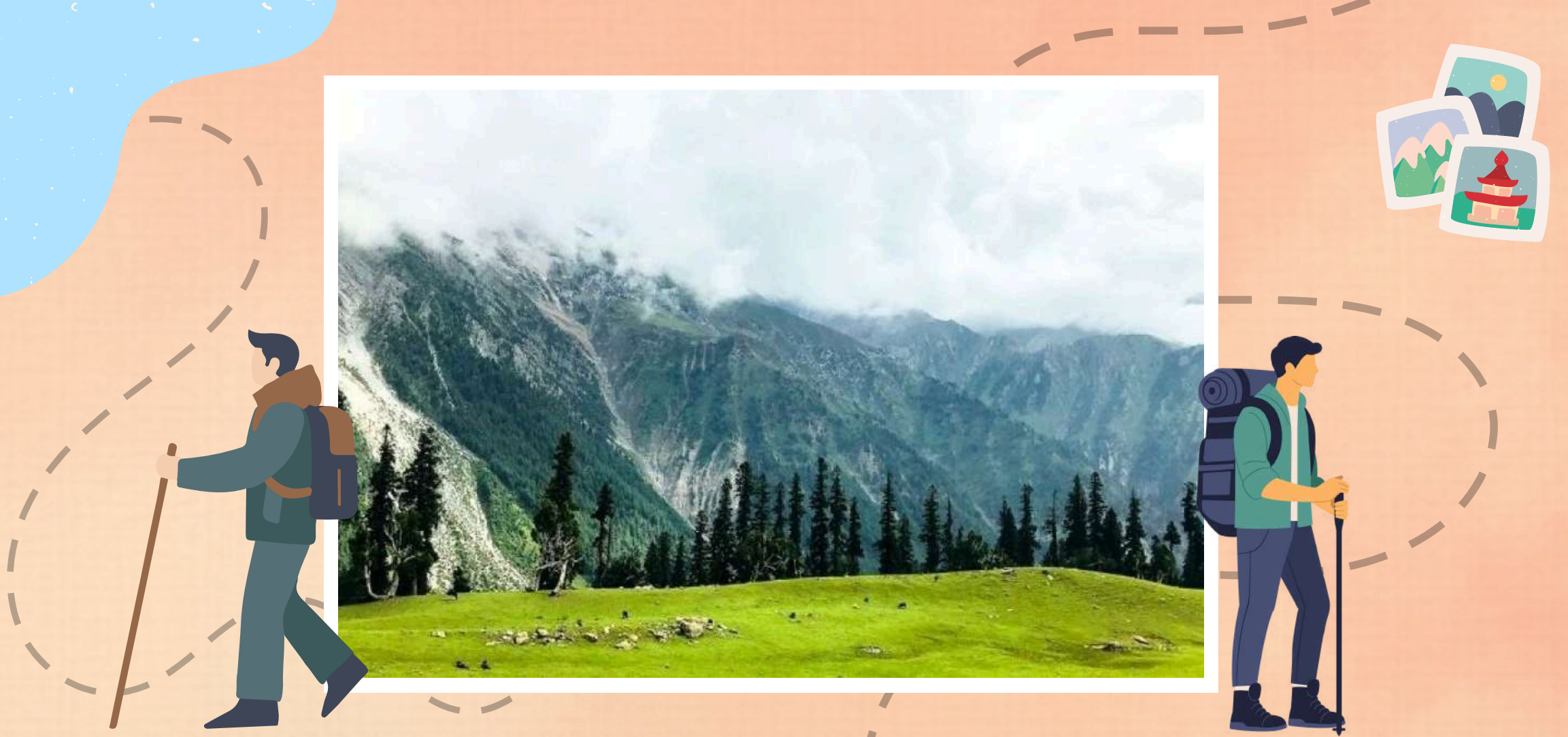
## DAY 5

**Duriem to Gadtar via Bodsar Lake, Trastar Lake, Navkansar I, II & Damasar Lake - Trek Distance: 10 km, Time Taken: approx. 8 hrs**

Today's trek is going to take a long time to complete. The trek will climb slowly for almost 2.5 km until you reach the first of many lakes on the way, Bodsar Lake. From the Bodsar Lake viewpoint, you start hiking until you reach Tratsar Lake, also known as Lokutsar Lake. Now you walk through the boulder section and climb up the ridge, and once you have reached the top, you will start coming down towards Damasar Lake. You will see another lake, Navkansar I & II, and as you descend from there, you will arrive at the next campground, Gadtar







## DAY 6

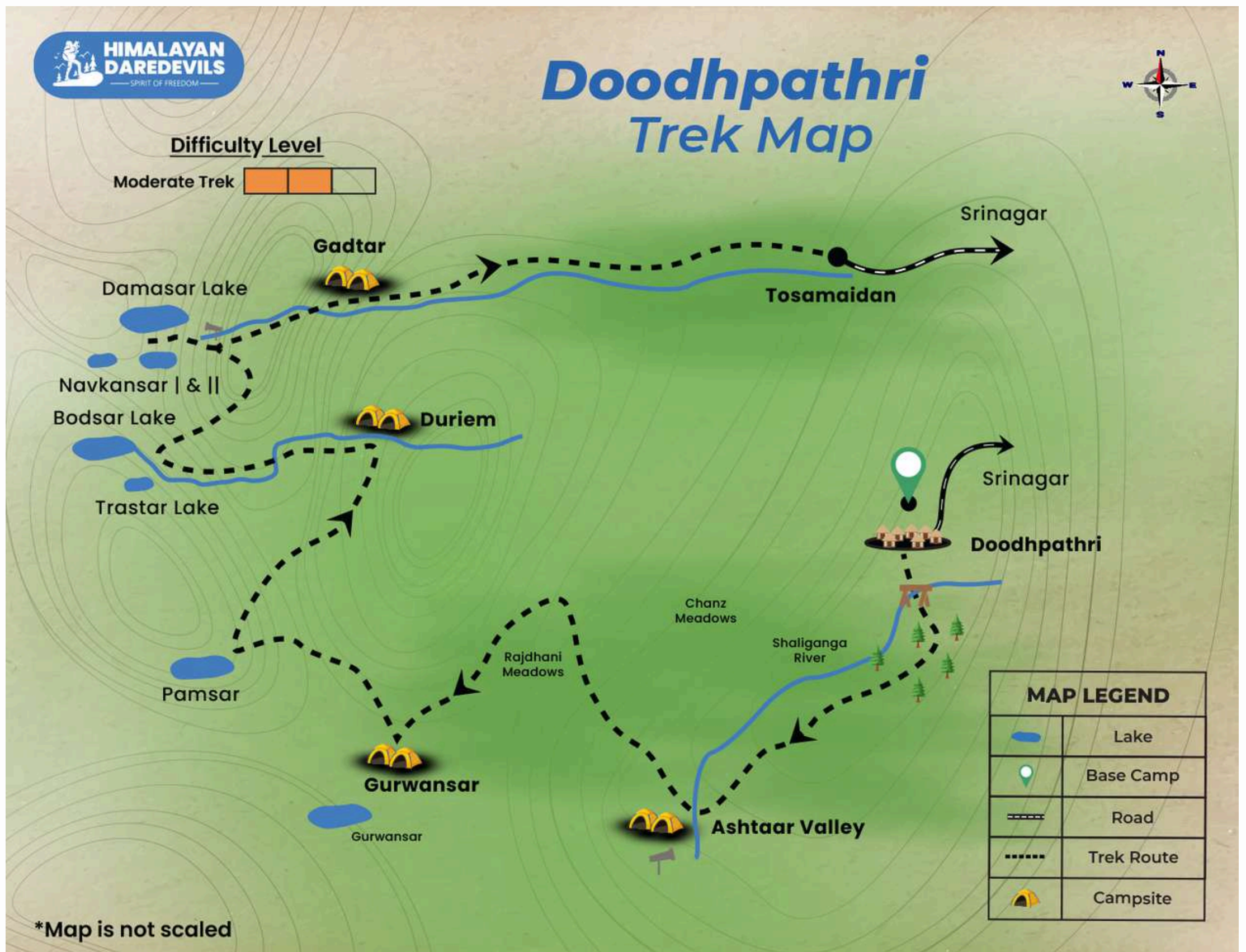
### Gadtar to Tosamaidan by Trek and From Tosamaidan to Srinagar by Road

Gadtar to Tosamaidan by Trek and From Tosamaidan to Srinagar by Road Trek Distance: Gadtar to Tosamaidam by Trek – 9 km, Tosamaidan to Srinagar by road – 80 km, Time Taken: Gadtar to Tosamaidam by Trek – approx. 5 hrs, Tosamaidan to Srinagar by road – approx. 3 hrs Today is the end of the trek. You will be walking on the trail one last time. From Gadtar campsite, you will cross rivers and ascend on grasslands. You will cross two more streams alternating between ascending and descending the ridge. There will be a small ascend before reaching Tosa Maidan after the descent. Once you have reached Tosamaiden, you will be taken by the vehicle and dropped off at Srinagar.





# TREK MAP







# 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 & dinning tent, toilet tent, utensils and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.







# EXCLUSIONS



- Any kind of personal expenses.
- Food during the transit.
- Mules or porter to carry personal luggage.
- GST– Tax on trek fee (5% )
- Transport (Non Ac) ( Srinagar to Srinagar)
- Insurance ( Please note for this trek, the trek insurance is mandatory)
- Any kind of emergency evacuation charges
- 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



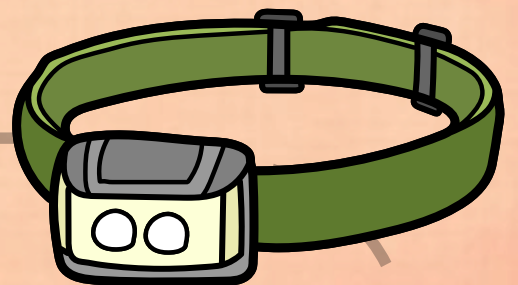
TREKKING SHOES



BACKPACK



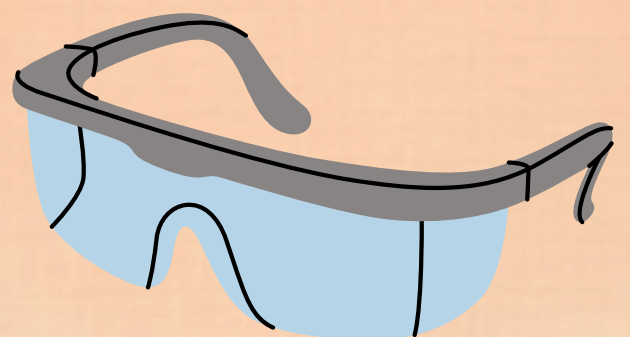
HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

## By Air:-

Most air carriers such as Indian Airlines ([www. Indian airlines.nic.in](http://www.indianairlines.nic.in)) Jet Airways ([www.jetairways.com](http://www.jetairways.com) ) have regular flights to Srinagar. Getting to Srinagar by flight from New Delhi is considered the most conceivable.

## By Train:-

Jammu may be the closest railway station to Srinagar, which is at a distance of 290 km. Jammu railway station is nicely attached to other main towns in India by rail. Direct Rails are available from Delhi, Trivandrum, Bangalore and also Chennai.

## By Bus:-

Srinagar is connected through the National Highway 1A to all over the country. J & K transportation has regular comfy buses from Jammu. The Journey captures approximately ten hours to arrive at Srinagar.





# 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



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