



TULIAN LAKE TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



+91 6398989097
95557055210



himalayandaredevils@gmail.com



TREK OVERVIEW



LOCATION

Jammu & Kashmir,
India



DISTANCE

34 Km



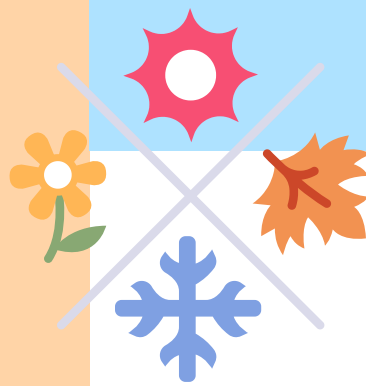
MAX ALTITUDE

12140 Ft



LAST ATM

Srinagar



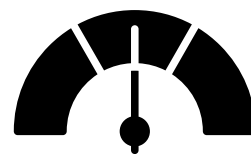
BEST SEASON

July, Aug, Sep



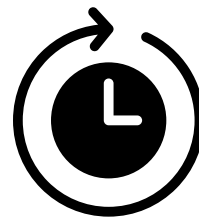
BASE CAMP

Ganesh Bal



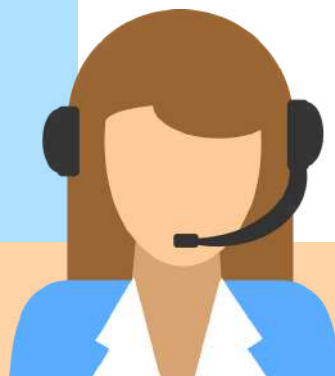
DIFFICULTY

Easy



DURATION

5 Days & 4 Nights



SERVICE FROM

Ganesh Bal to Ganesh Bal
Srinagar to Srinagar



+91 7983285412



www.himalayandaredevils.com

SHORT ITINERARY



DAY 1

Srinagar (1,585M) to Ganesh Bal (2,126M) to Deno valley (2,516M)

DAY 2

Deno Valley (2,516M) to Kanimool (2,897M)

DAY 3

Kanimool (2,897M) to Tulian Valley (3,221M)

DAY 4

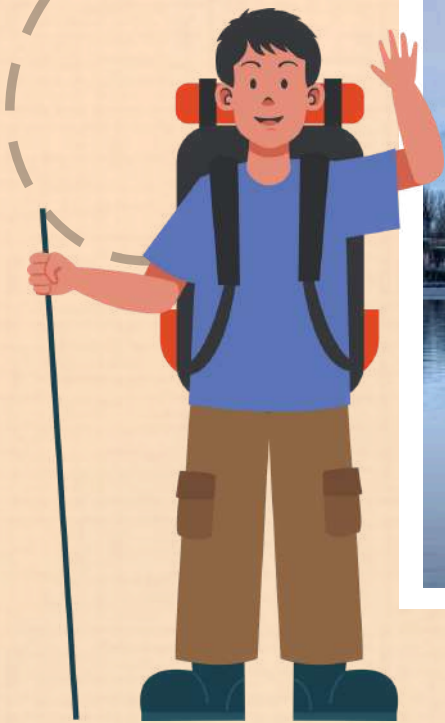
Tulian Valley (3,221M) to Tulian Lake (3,685M) and back to Tulian Valley (3,221M)

DAY 5

Trek from Tulian Valley (3,221M) to Ganesh Bal (2,126M) and drive back to Srinagar (1,585M)



ITINERARY



DAY 1

Srinagar (1,585M) to Ganesh Bal (2,126M) to Deno valley (2,516M)

The first day is to make your way to the trail head of the trek – Ganesh Bal and then trek out to Deno Valley. Ganesh Bal is a small village, 2 kms from Pahalgam, on the banks of Lidder river. We can provide a shared cab as an add-on option but if you want to get to Ganesh Bal on your own, there are shared cabs available from Srinagar to Pahalgam and then further to Ganga Bal village.



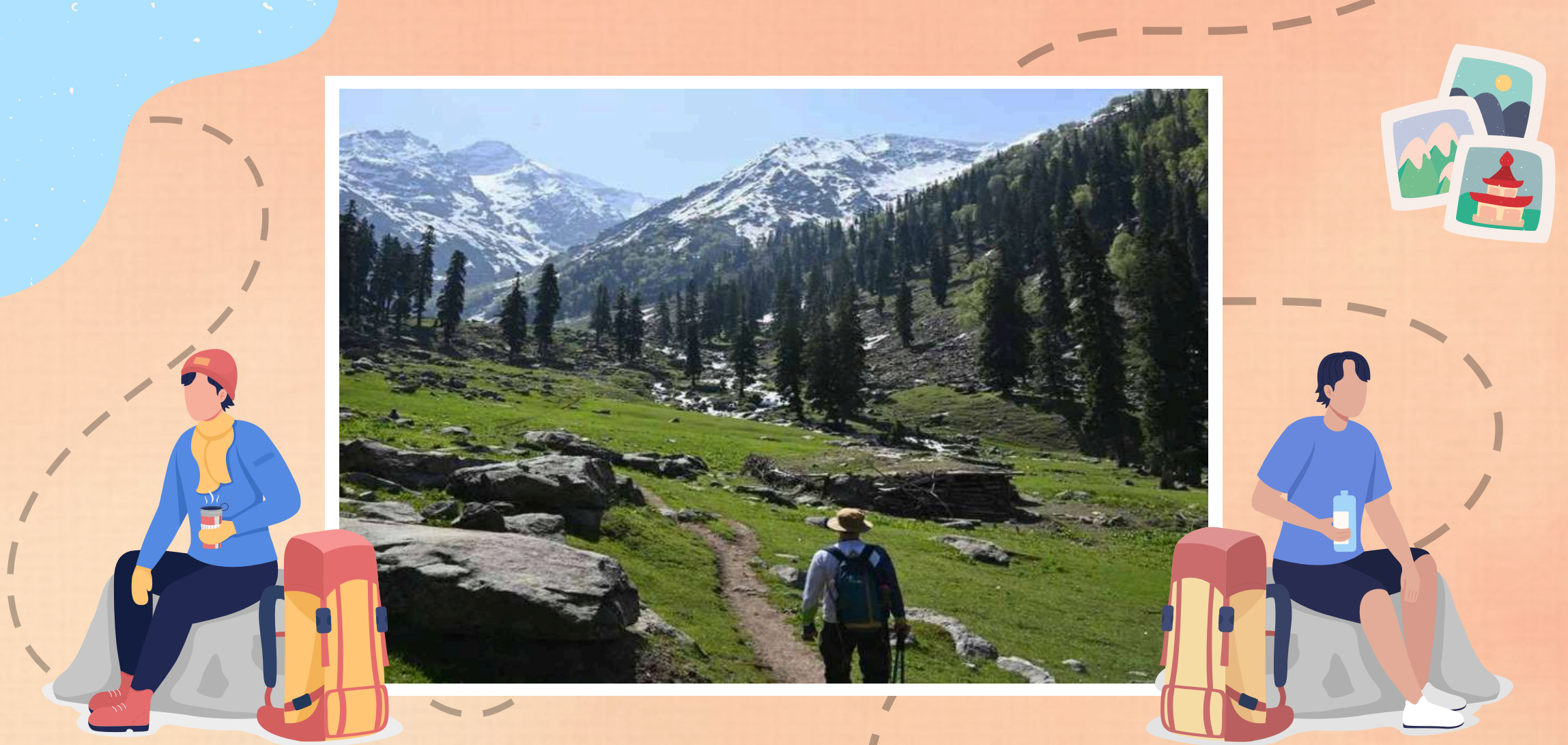


DAY 2

Deno Valley (2,516M) to Kanimool (2,897M)

The trail today takes us back on our route from yesterday for a bit and then turns towards the clearing of Chutiyaal. We then get onto the forest trail which take us to the meadows of Baisaran. The route from here on is a continuous ascent and one frequented by shepherds as you can tell by the shepherd huts scattered across the forest.

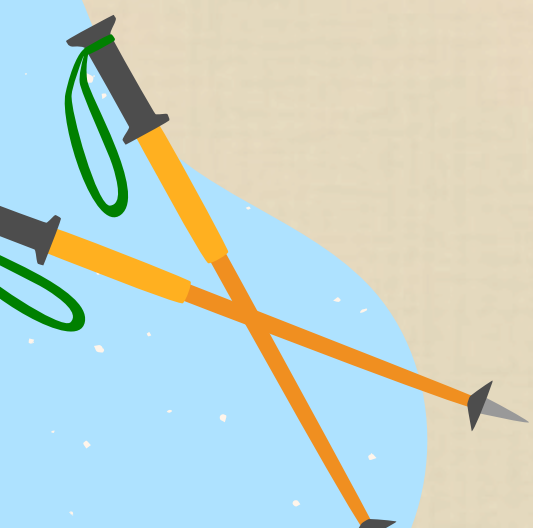


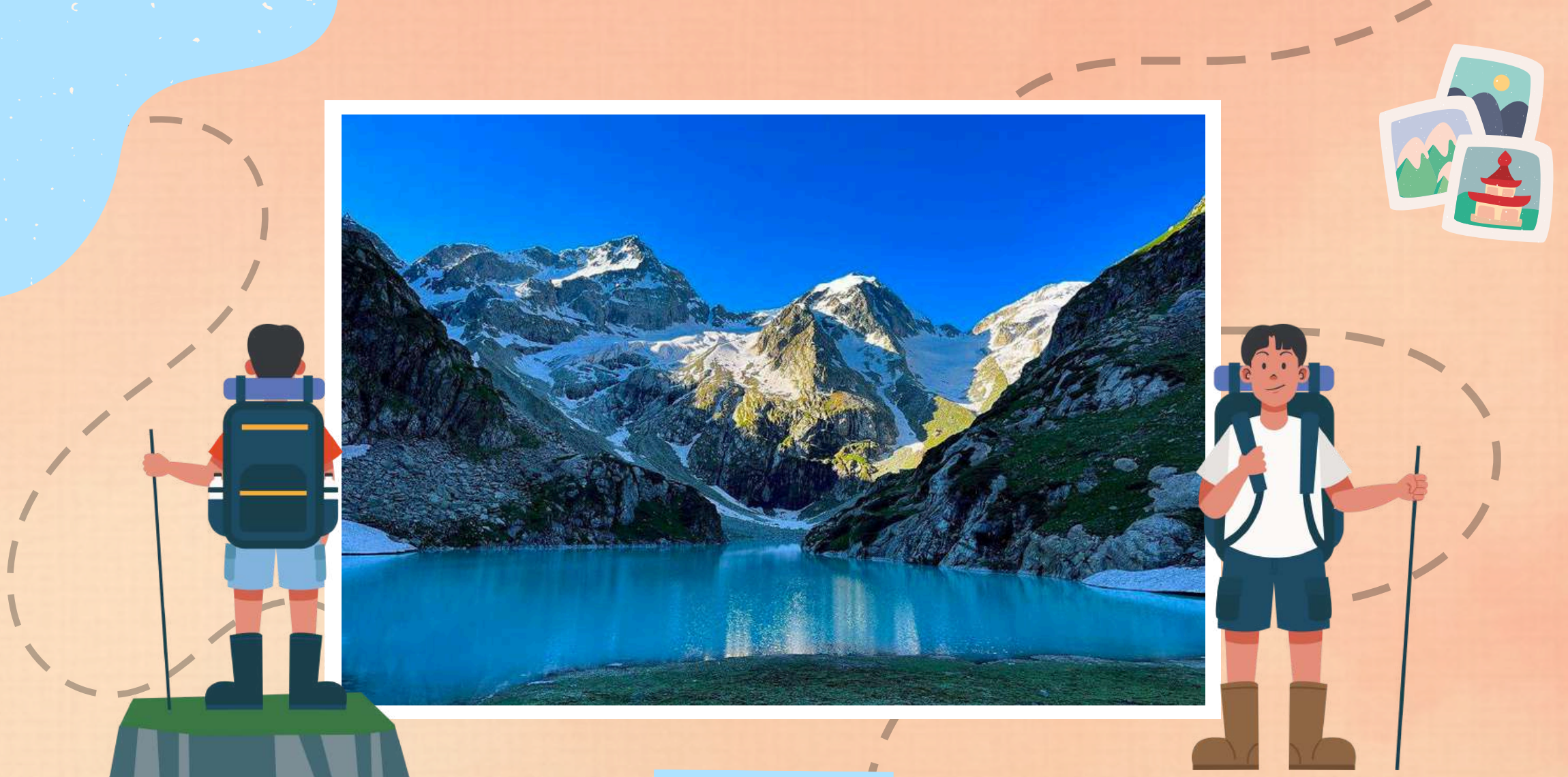


DAY 3

Kanimool (2,897M) to Tulian Valley (3,221M)

We are walking a slippery slope on this day of the trek. Four long kilometers of a continuous ascent on a slippery forest floor is best crossed with trekking poles. It is one of the most beautiful stretches on this trek as we cross some untouched parts of Kashmir.





DAY 4

Tulian Valley (3,221M) to Tulian Lake (3,685M) and back to Tulian Valley (3,221M)

Because the campsite is such a splendour, we go to visit the lake and come back for a second night at Tulian Valley. Today we'll trek to the magical Tulian Lake which is in equal parts thrilling and challenging. An easy path slowly gives way to a boulder-ridden terrain which further turns into steep slopes of rock and scree. The steep gradient of the slope adds to the challenge of the loose rocks towards the last section of the climb but the anticipation of what is waiting at the end of the trail is motivation enough to keep going. Before long, we reach the top and are in company of the bright turquoise waters of this magnificent lake which spreads out a long kilometer ahead of us.





DAY 5

Trek from Tulian Valley (3,221M) to Ganesh Bal (2,126M) and drive back to Srinagar (1,585M)

We retrace our steps back to our starting point at Ganga Bal today and drive back to Srinagar the same day. The route is a descent through and through, across the same forests we crossed on our way back. The last days of a trek are meant to take things slow. So, savour as much as you can of the pine smell of the forests, the quiet of the jungles and the patches of green and brown on the forest floor.



TREK MAP

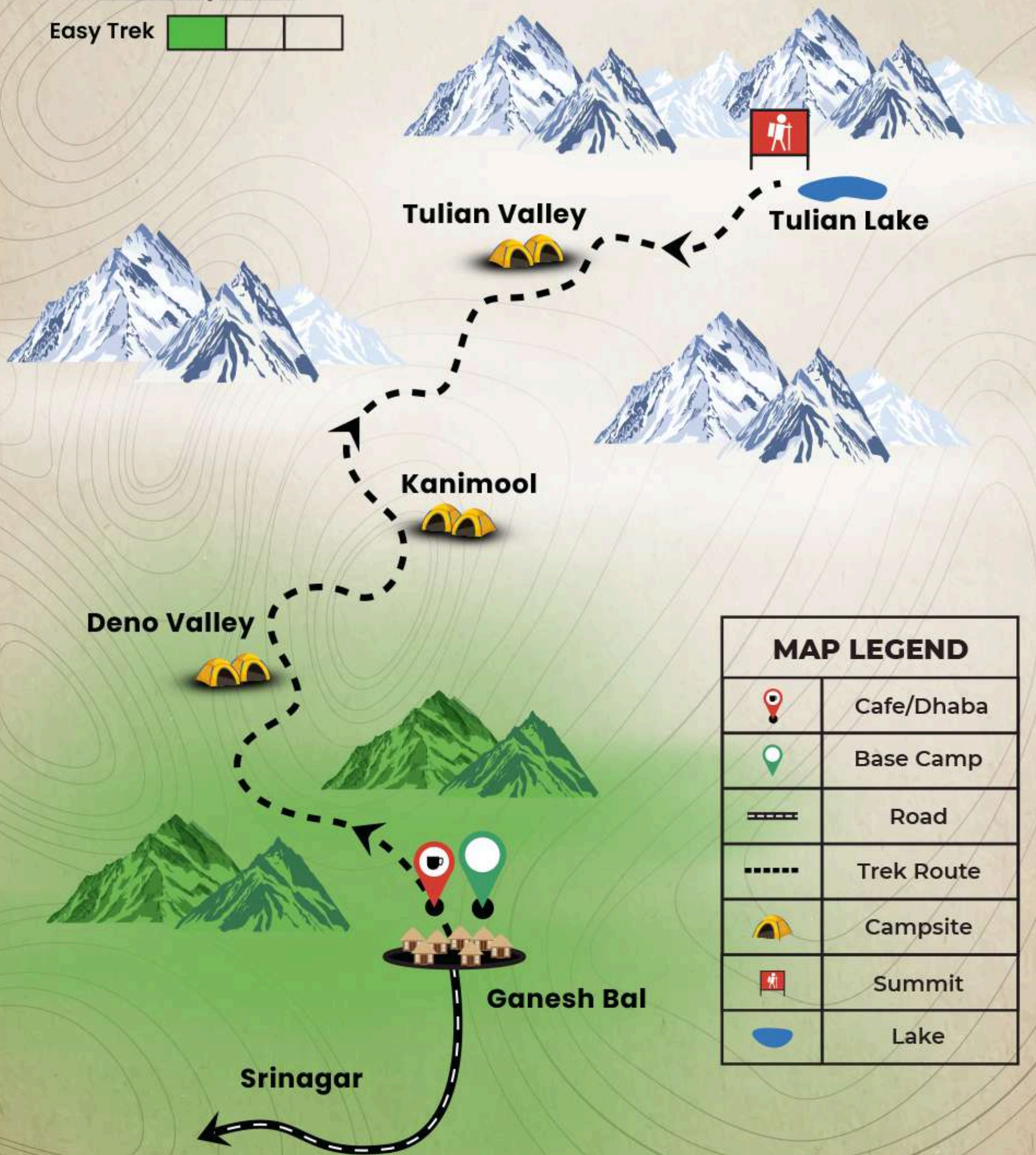
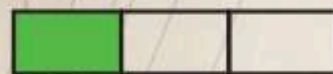


Tulian Lake Trek Map



Difficulty Level

Easy Trek



MAP LEGEND

	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit
	Lake

*Map is not scaled



INCLUSIONS



- All accommodation during the trek on sharing basis in tent/homestay
- All meals during the trek vegetarian
- Tent sleeping bags and all other camping gear
- Safety equipment (medical kit oxygen cylinders oximeter etc.)
- Certified Trek leader
- Cooks, Helpers, Guides
- Porters and mules to carry centralized equipments
- Trekking permits and forest camping charges





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



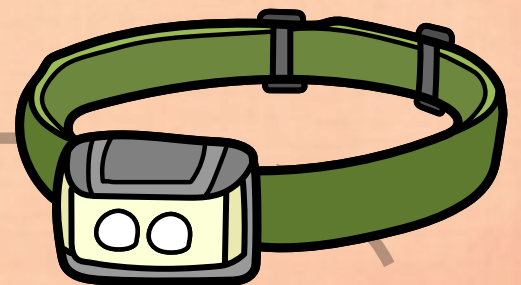
TREKKING SHOES



BACKPACK



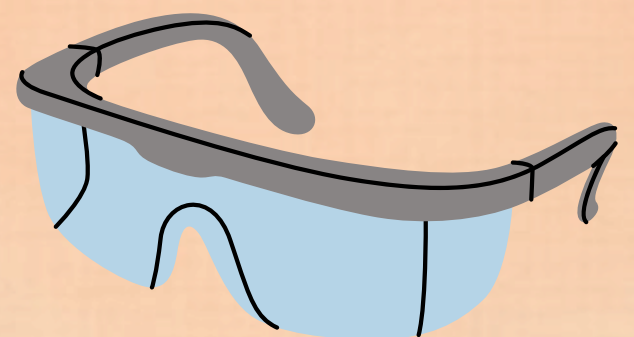
HAND GLOVES



HEAD LAMP



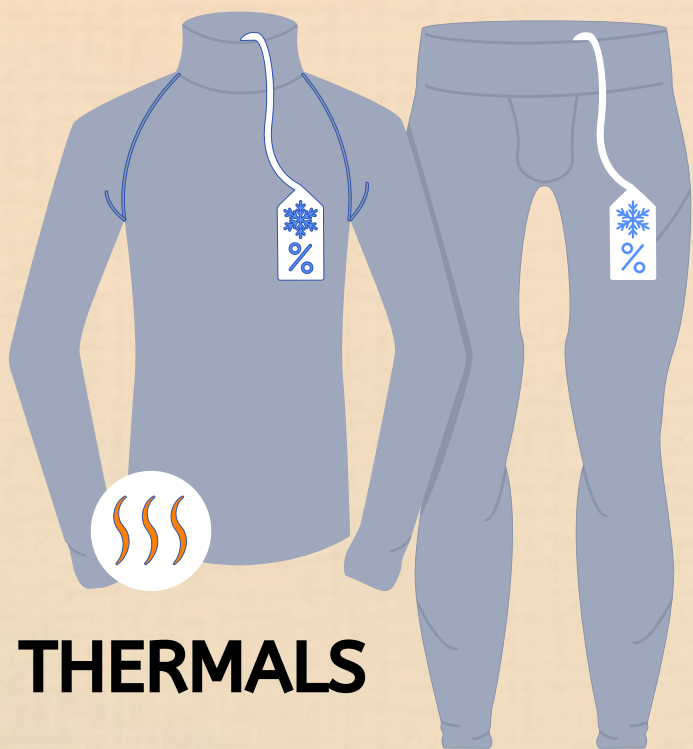
LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

The base of Tulian Lake Trek is Ganesh Bal. Ganesh Bal is a small village, 2 kms from Pahalgam, on the banks of Lidder river. You can either reach the base of the trek on your own or request to include transport as an add-on service at an additional cost while booking the trek with us.

The nearest railway station to Srinagar is in Jammu, around 270 kilometers away, and the train station is called Jammu Tawi Railway Station. The easier option would be to take a taxi, or bus which operates between the two cities, and it would take around 7 to 8 hours to cover the distance. A different option would be to reach Anantnag or Banihal, which form a closer location to the given starting points of the trek.



HOW TO REACH

If you may be nearby like in Delhi or Chandigarh, you can simply take a bus to Srinagar, for the long journey along the road is quite mesmerizing, but if not it can be quite tough for one to sit for around 14-16 hours straight.

When you reach Srinagar, you will be taken by car to Sonmarg, which is the starting point of the trek. Mostly, all Trekking operators provide transportation and permits to trekkers for easier traveling.



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

