



# KOLAHOI GLACIER TREK

Discover Yourself on the Trail!



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# TREK OVERVIEW



## LOCATION

Jammu & Kashmir,  
India



## DISTANCE

26 km



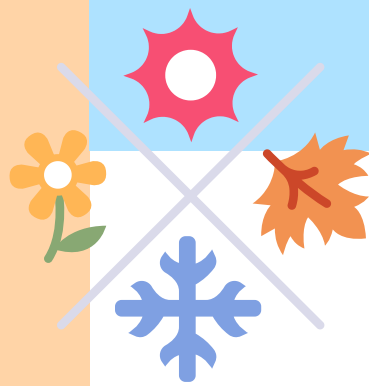
## MAX ALTITUDE

12750 ft



## LAST ATM

Aru



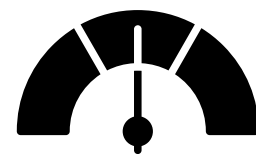
## BEST SEASON

June, July, Aug, Sep



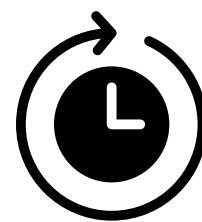
## BASE CAMP

Aru



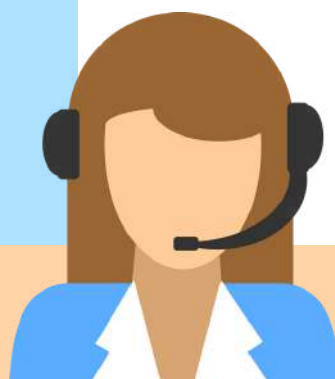
## DIFFICULTY

Moderate



## DURATION

5 Days & 4 Nights



## SERVICE FROM

Aru to Aru

Srinagar to Srinagar



+91 7983285412



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# SHORT ITINERARY



## DAY 1

Drive from Srinagar to Aru

## DAY 2

Trek from Aru to Lidderwat

## DAY 3

Trek from Lidderwat to Dudhsar Lake

## DAY 4

Dudhsar Lake to Kolahoi Glacier Viewpoint and to Satlunjan

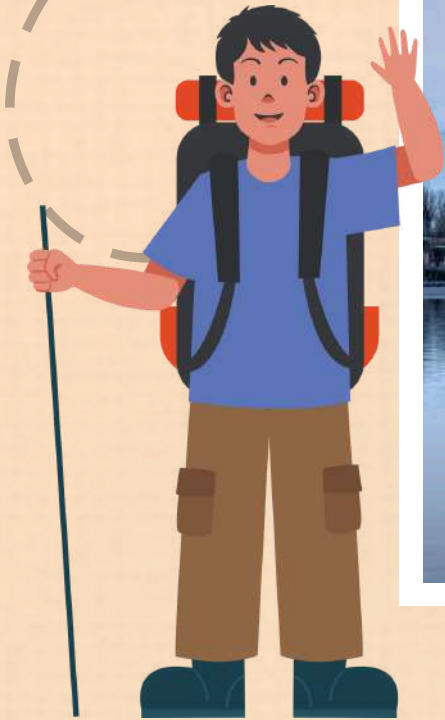
## DAY 5

Trek from Satlunjan to Aru and Drive to Srinagar.





# ITINERARY



## DAY 1

### Drive from Srinagar to Aru

Pick-up will be early, ideally around 7-8 AM, Begin your road trip from Srinagar to Aru. The journey takes approximately 2-3 hours, covering a distance of around 102 kilometers. Enjoy the scenic drive through the lush Kashmir Valley and alongside the Lidder River. Reach Aru in the late afternoon or early evening then accommodation in the campsite







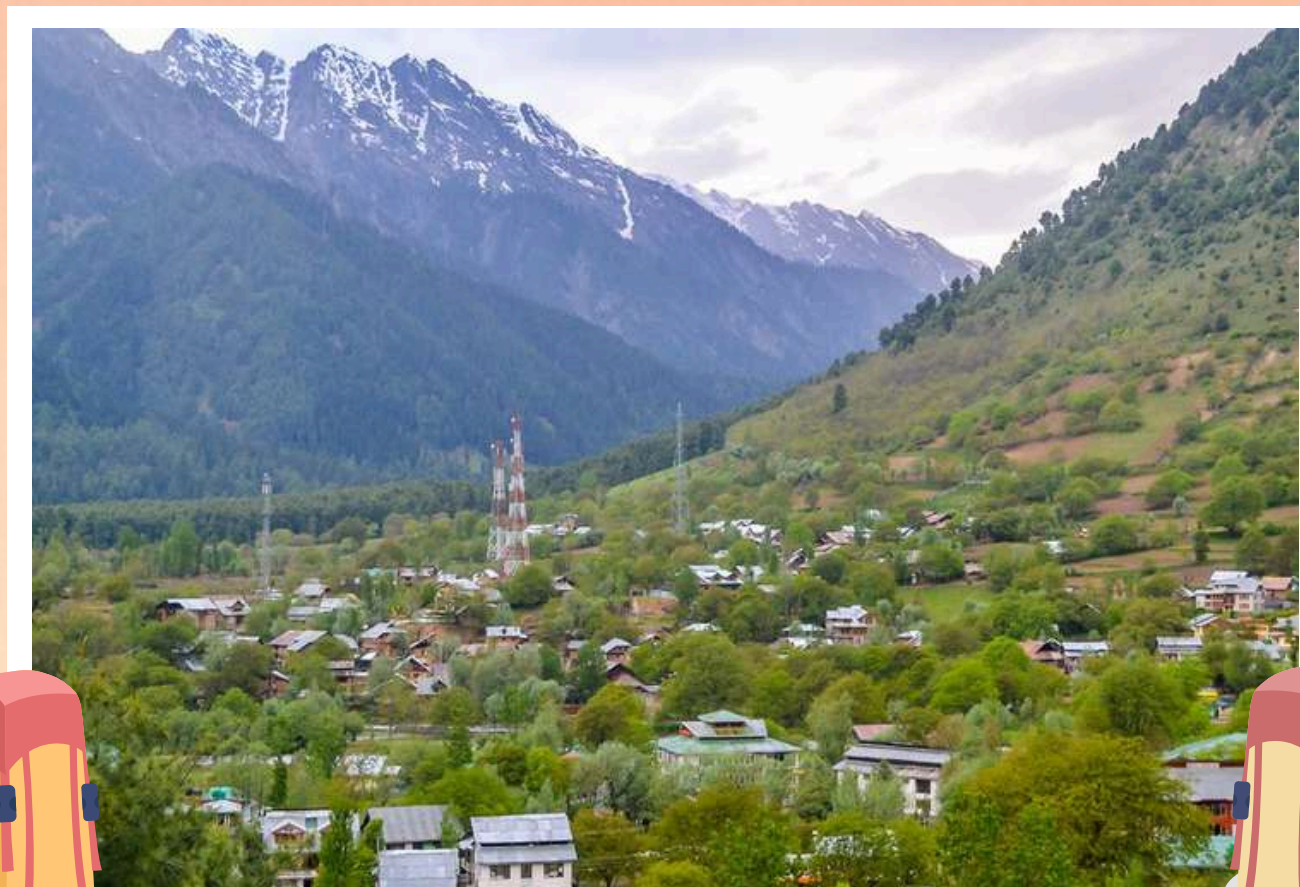
## DAY 2

### Trek from Aru to Lidderwat

Start your day with a hearty breakfast at your accommodation in Aru. Start your trek from Aru towards Lidderwat. This route will take you through lush green meadows, dense pine forests and along the banks of the Lidder River. Be prepared for some moderate to steep ascents and descents. The path will take you deep into the pine forests, and as you approach Lidderwat, you will notice a change in the landscape. After reaching Lidderwat, will stay there for the night.



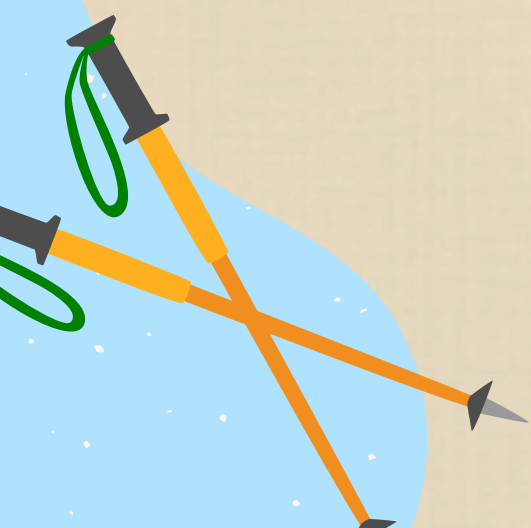




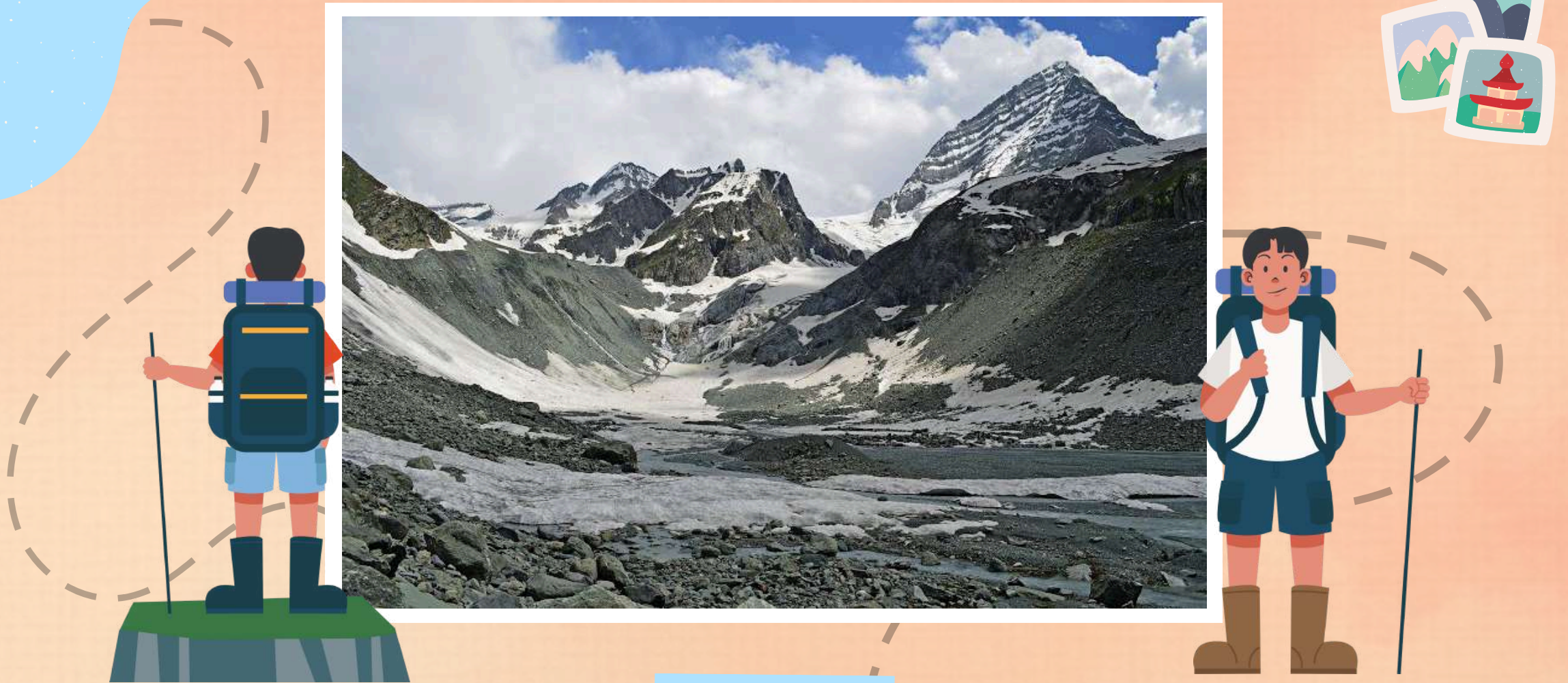
## DAY 3

### Trek from Lidderwat to Dudhsar Lake

Begin your trek from Lidderwat to Kolahoi Base. the trail is incredibly scenic and offers stunning views of the surrounding mountains and landscapes Arrive at Kolahoi Base in the late afternoon. This is a high-altitude campsite with breathtaking views of the Kolahoi Glacier and surrounding peaks. then stay overnight there







## DAY 4

### Dudhsar Lake to Kolahoi Glacier Viewpoint and to Satlunjan

We start our trek from Kolahoi Base towards Dudhsar Lake. The trail will take you through rocky terrain and may involve some steep ascents. As you ascend, you'll be rewarded with panoramic views of the surrounding mountains. Then reach Dudhsar Lake, take some time to explore and admire the stunning turquoise waters of the lake and after that Spend some time at the Kolahoi Glacier Viewpoint then descend towards Satlunjan. after reaching Sutlunjan stay overnight there







## DAY 5

### Trek from Satlunjan to Aru and Drive to Srinagar.

You have to Wake up early in Satlunjan and start your trekking descent from Satlunjan back to Aru. Once you reach Aru, you can freshen up and have a meal at Aru then drive from Aru to Srinagar





# TREK MAP



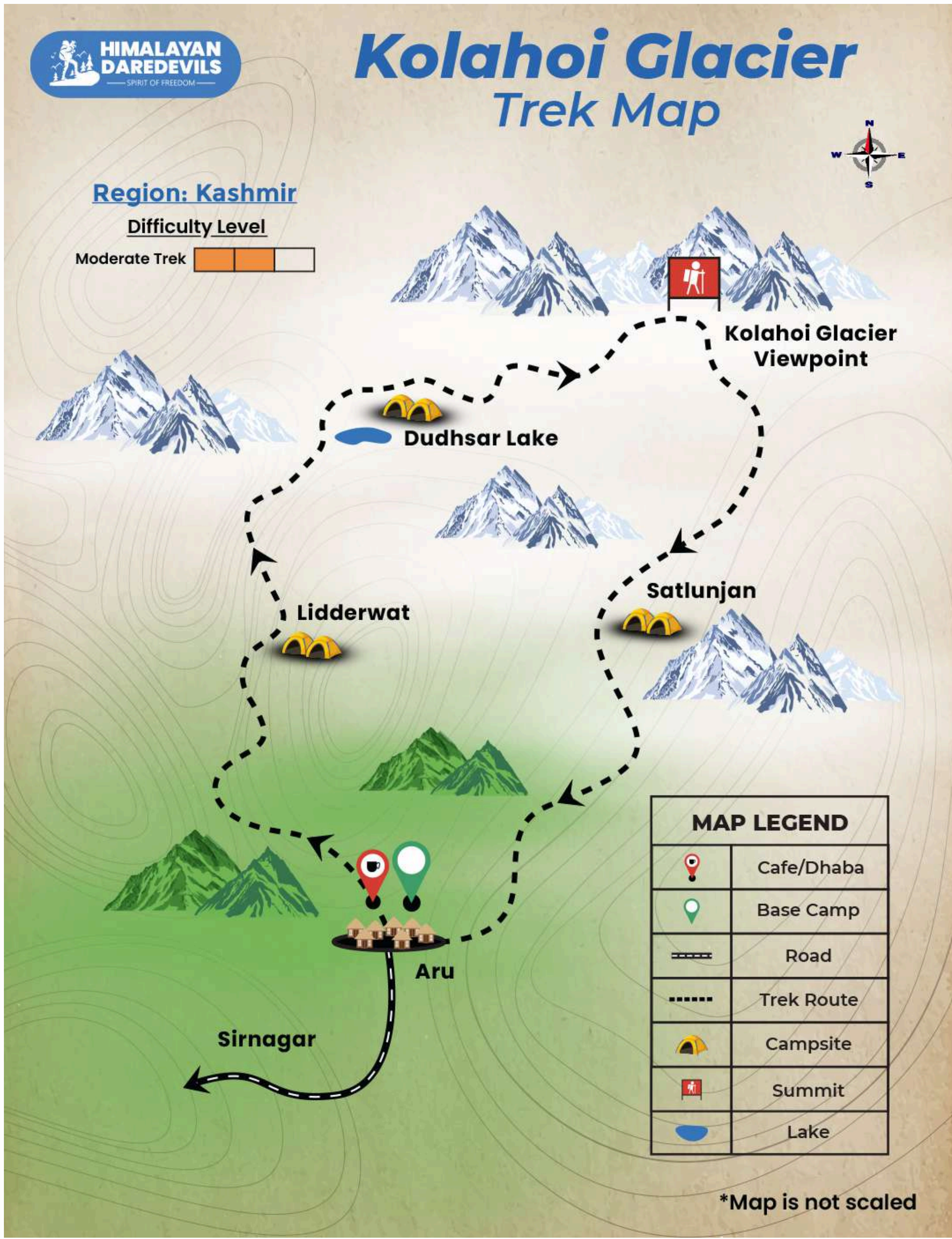
## Kolahoi Glacier Trek Map



**Region: Kashmir**

**Difficulty Level**

Moderate Trek



MAP LEGEND	
	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit
	Lake

\*Map is not scaled





# INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- Accommodation:- Guest house / 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 porters 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/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.





# WHAT TO CARRY



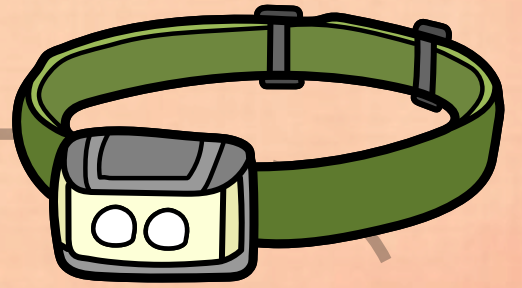
TREKKING SHOES



BACKPACK



HAND GLOVES



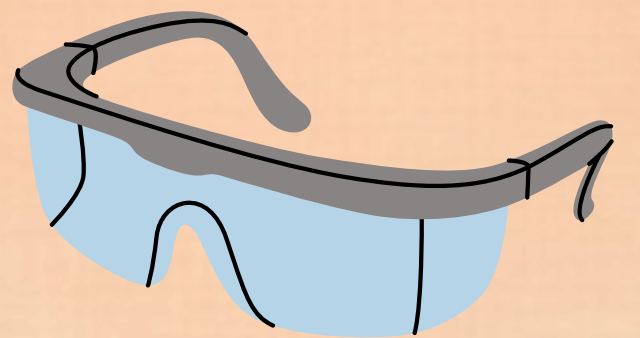
HEAD LAMP



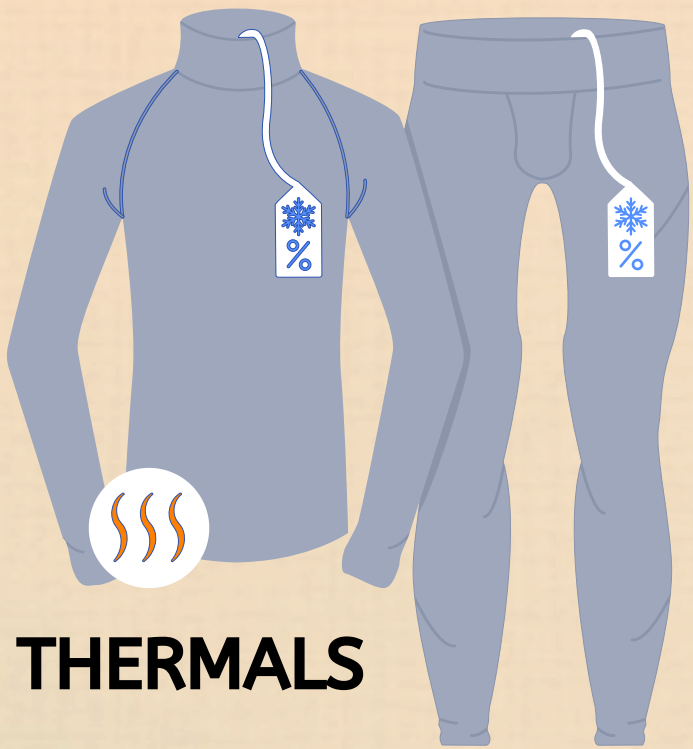
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

## By Air:-

Most air carriers such as Air Indian Airlines, Jet Airways 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 hrs 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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