



CHADAR TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Ladakh, India



DISTANCE

57 Km



MAX ALTITUDE

11400 ft



LAST ATM

Leh



BEST SEASON

January to February



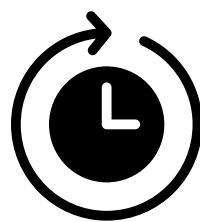
BASE CAMP

Leh



DIFFICULTY

Difficult



DURATION

9 Days & 8 Nights



SERVICE FROM

Leh to Leh



+91 7983285412



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SHORT ITINERARY



DAY 1

Reach Leh by Air. Today is your Reporting day in our hotel (3500 Meter) – night stay hotel

DAY 2

Rest Day for Acclimatization explore some time Shey Monastery and Thiksey monastery and hall of fame Leh market night stay hotel

DAY 3

All trekker wake up early morning and get ready for medical check –up – after lunch documentation and insurance. Overnight Leh – night stay hotel

DAY 4

Pickup from Leh Drive to Tsomo Paldar by taxi

DAY 5

Trek from Tsomo Paldar camp to Tibb Cave camp.



SHORT ITINERARY



DAY 6

Trek from Tibb cave to Nerak camp

DAY 7

Trek from Nerak camp to Tibb cave (13 km) (6/7 Hours)
(3300 Meter) overnight stay camp

DAY 8

Tibb Cave to Shingra Koma (13 km) (5/6 Hours) same
day drive to Leh

DAY 9

After breakfast Depart from Leh



ITINERARY



DAY 1

Reach Leh by Air. Today is your Reporting day in our hotel (3500 Meter) – night stay hotel

Today marks your arrival in Leh, a charming town nestled in the lap of the Himalayas. You will be greeted at the airport and transferred to our hotel, where you can check in and freshen up. This is your reporting day, and you'll spend the night at the hotel, acclimatizing to the altitude.

In the afternoon, you can explore some of Leh's popular viewpoints and landmarks.



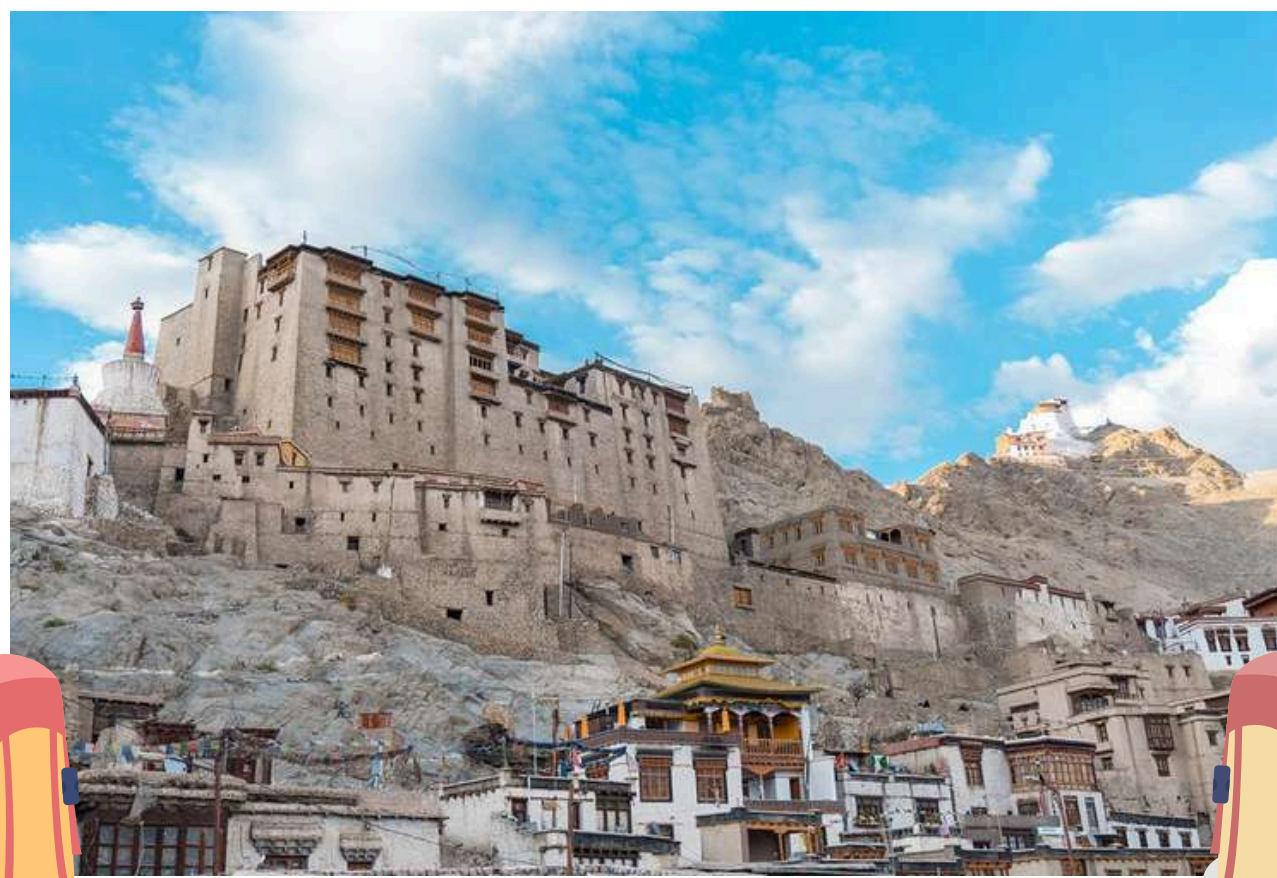


DAY 2

Rest Day for Acclimatization explore some time Shey Monastery and Thiksey monastery and hall of fame Leh market night stay hotel

Today is a rest day for acclimatization, allowing you to explore Leh's cultural gems. Visit Shey Monastery for its stunning Buddha statue, Thiksey Monastery for its Tibetan-style architecture, and the Hall of Fame museum to learn about Ladakh's history and the Indian Army's bravery. In the evening, stroll through Leh Market for local handicrafts and souvenirs. Relax and let your body adjust to the altitude.

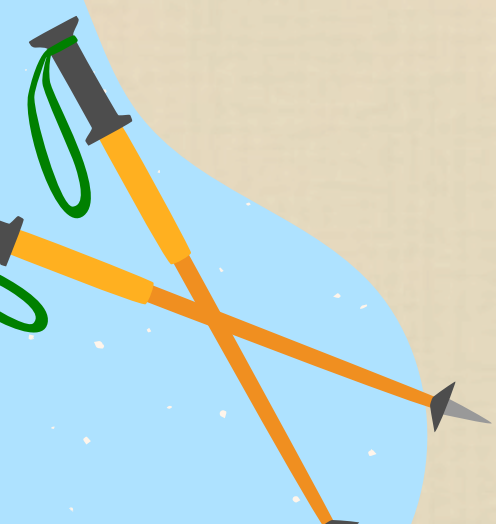


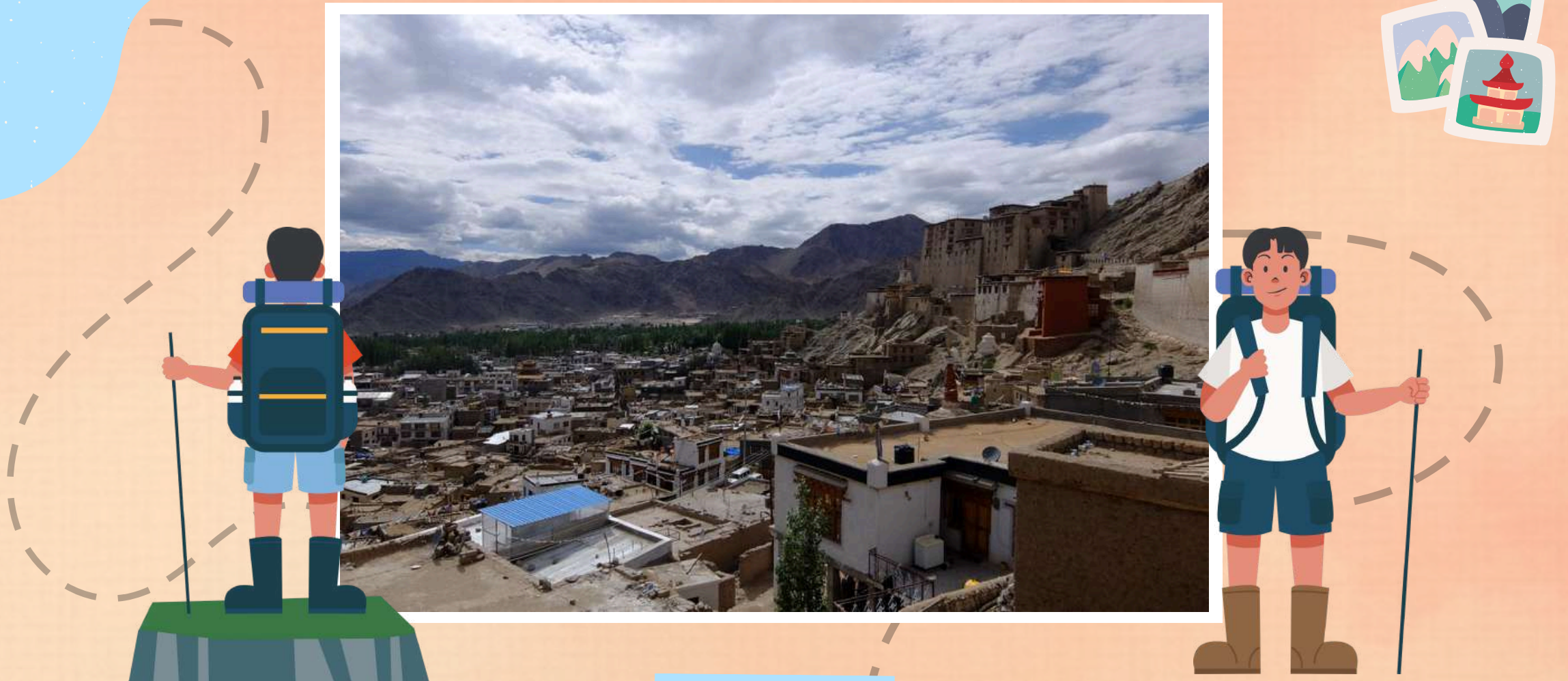


DAY 3

All trekker wake up early morning and get ready for medical check -up - after lunch documentation and insurance. Overnight Leh - night stay hotel

As the rule of Ladakh Government medical check- up of the trekkers in “Tourist Information Center” is mandatory. After the approval you can go for the Chadar Trek and then the trekkers will get their permits and important documents from ALTOA and Wildlife Department.





DAY 4

Pickup from Leh Drive to Tsomo Paldar by taxi

After breakfast, drive from Leh to Tsomo Paldar, the trek's starting point. Enjoy stunning views along the Indus River, stop at Magnetic Hill, and witness the breathtaking confluence of the Zaskar and Indus Rivers at Sangam Point. From Chilling Village, follow the scenic Zaskar River into Ladakh's remote wilderness. Upon arrival, settle in at the campsite and soak in the serene surroundings before the trek begins.





DAY 5

Trek from Tsomo Paldar camp to Tibb Cave camp.

Your first full trekking day takes you from Tsomo Paldar to Tibb Cave along the frozen Zaskar River. Walk carefully over the Chadar's ever-changing icy surface, surrounded by towering cliffs and breathtaking frozen waterfalls. Keep an eye out for wildlife tracks and enjoy the surreal beauty of Ladakh's winter wilderness. After hours of trekking through narrow gorges, reach Tibb Cave, a natural shelter with stunning views. End the day with a warm meal under a mesmerizing starlit sky.





DAY 6

Trek from Tibb cave to Nerak camp

Today's trek from Tibb Cave to Nerak Camp takes you through some of the most breathtaking landscapes of the Chadar Trek. Walk carefully over the frozen Zaskar River, surrounded by towering cliffs, dramatic gorges, and stunning frozen waterfalls. As you near Nerak, witness the mesmerizing blue ice formations and the iconic frozen waterfall near the campsite. Enjoy a warm meal under a spectacular starlit sky before resting for the night.

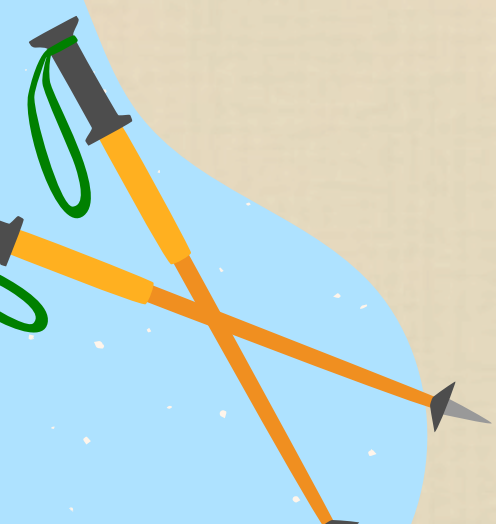




DAY 7

Trek from Nerak camp to Tibb cave (13 km) (6/7 Hours) (3300 Meter) overnight stay camp

Trek back from Nerak to Tibb Cave, witnessing the Chadar's frozen beauty from a new perspective. Enjoy the towering cliffs, surreal ice formations, and frozen waterfalls as you retrace your path along the Zaskar River. Watch for wildlife tracks and changing ice textures while carefully navigating slippery sections. Arrive at Tibb Cave, settle in, and relax under the tranquil Himalayan night sky.





DAY 8

Tibb Cave to Shingra Koma (13 km) (5/6 Hours) same day drive to Leh

Your final day begins with a trek from Tibb Cave to Shingra Koma, retracing the frozen Zaskar River with changing ice formations and breathtaking views. After reaching Shingra Koma, enjoy a break before taking a scenic drive back to Leh. Reflect on your adventure as you pass through rugged landscapes and villages. Arrive in Leh, check into your hotel, and unwind after completing this incredible journey.





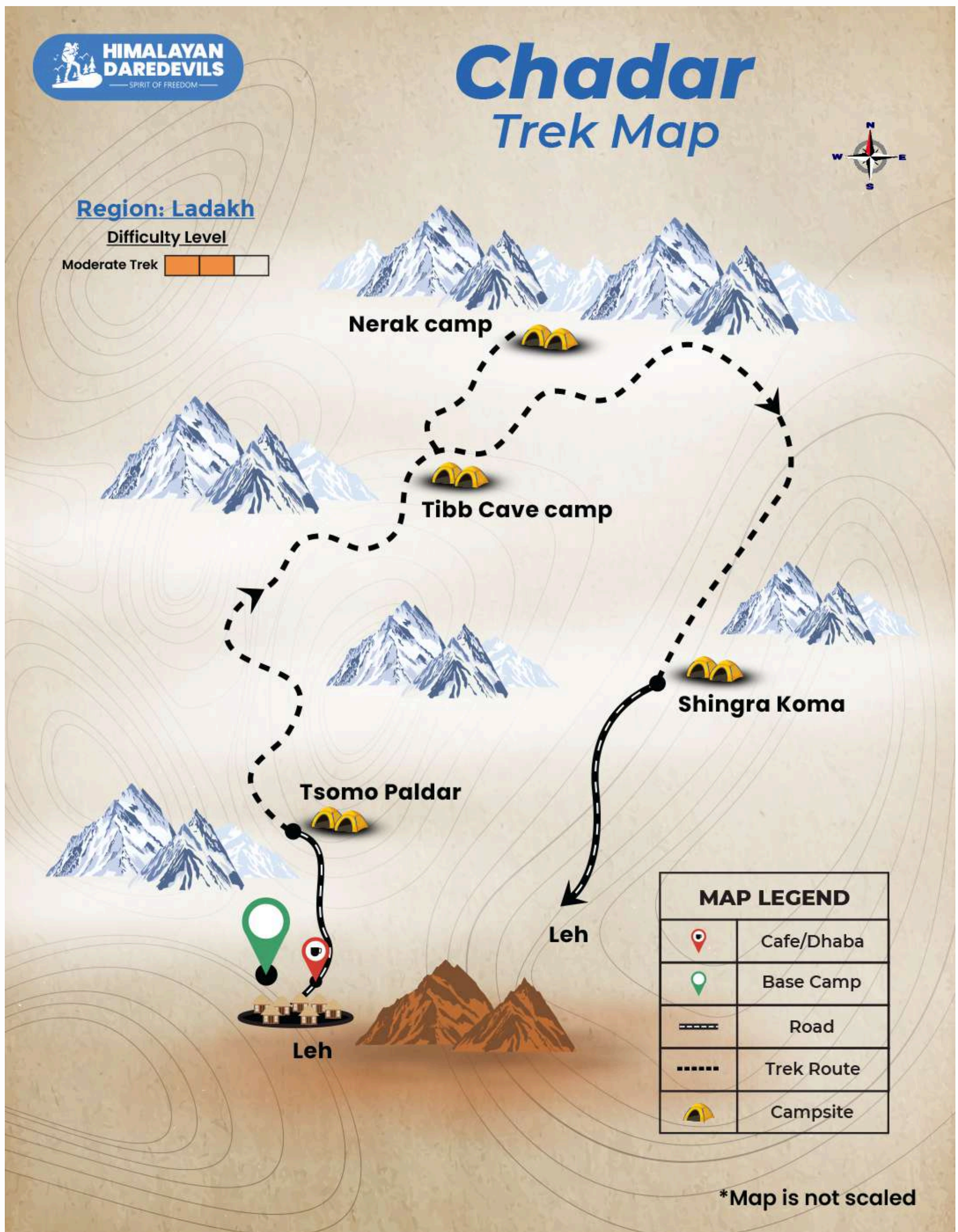
DAY 9

After breakfast Depart from Leh

After breakfast Depart from Leh



TREK MAP





INCLUSIONS



- Transport from Airport Leh to Leh.
- Sightseeing tour on day two visit Sindhu Ghat Shey palace, 3 Idiot School Thikshey Monastery.
- Accommodation in Hotel Leh triple sharing Basis
- Accommodation in tents on triple share basis
- All meals: Breakfast, Lunch, snacks, and Dinner (provide you During the Trek Day 04 lunch to Day 8 Lunch)
- Radio Walkie Talkie for Communication
- High quality Dome tents
- Sleeping bags Good comfortable Mattress Liner Toilet tent Dining Tent
- Kitchen team Good Experience Trek Leader guide and Technical guide
- Medical Kit
- Oxygen Cylinders
- Technical Equipment for your safety





EXCLUSIONS



- Personal Insurance
- Personal toiletry Items
- Personal trekking gears
- Hotel leh food not includes
- Domestic flights & Travel insurance (mandatory)
- Please carry your personal use medicine
- Backpack and offloading Costs pay to Directly before trek Leh (8000 rs full Trek)
- Inner Line Permit
- Meals in Leh and any Sightseeing
- ALTOA & Environmental / Wildlife permit fee Approx. 5 k to 8k to be paid on the spot to the Authorities



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

Reaching Leh, the starting point for the Markha Valley Trek, typically involves traveling by air or road, as the region is landlocked and located in the remote Himalayan Mountains. Here are the primary ways to reach Leh:

By Air:

1. **Flight to Leh:** The most common and convenient way to reach Leh is by air. Kushok Bakula Rimpochee Airport in Leh is well-connected to major cities in India, including Delhi, Mumbai, Bangalore, and Srinagar. Several airlines operate regular flights to Leh, especially during the peak tourist season from May to September. Flight duration varies depending on the origin city but generally ranges from 1.5 to 2.5 hours.



HOW TO REACH

By Road:

Manali- Leh Highway: The Manali-Leh Highway is a popular road route to Leh, especially for those traveling from northern India. The highway passes through breathtaking landscapes, high mountain passes, and remote villages. The journey from Manali to Leh covers a distance of approximately 473 kilometers (294 miles) and typically takes around 2 days, with an overnight stop in Keylong or Sarchu. The highway is open from late May to early October, depending on weather conditions.

Srinagar- Leh Highway: Another scenic road route to Leh is via the Srinagar-Leh Highway, which connects Leh with the city of Srinagar in the Kashmir Valley. This route traverses through the picturesque Kashmir Valley, crossing high mountain passes like Zoji La and Fotu La. The distance between Srinagar and Leh is approximately 434 kilometers (270 miles), and the journey usually takes around 2 days, with an overnight stop in Kargil. Similar to the Manali-Leh Highway, the Srinagar-Leh Highway is open from late May to early October.



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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