**TREK TO CHADAR RIVER**

**DESCRIPTION**

"CHADAR" refers to the blanket or sheet as the Zanskar river transforms itself from a rapid river into a white blanket of ice during winter. This frozen spectacle awaits trekkers like you to get an experience of walking on frozen water that gets a bluish tinge and then transforms into golden yellow during the few hours when sunlight reaches the gorge and then to milky whitish color on a moonlit night. It’s a trek like no other. Get ready!!

**WHAT'S UNIQUE?**

* Walk on the frozen river.
* Chance to view the frozen waterfall, cliffs and even mountain fox.

**INCLUSIONS**

**INCLUDES**

* First aid, medical kits and oxygen cylinder.
* To and fro transport to Leh.
* Accommodation (tented or hotel).
* Meals while on trek (Veg.).
* Trek equipments (sleeping bag, mattress, dome tent).
* Permits/ forest fees.
* Experienced trek leader, guide and support staff to help trekkers.
* Crampons.

**DOES NOT INCLUDE**

* Airfare.
* Any kind of personal expenses.
* Insurance.
* Porter to carry personal luggage.
* Meals at Leh.
* Anything not specifically mentioned under the head price includes.
* Trekking shoe.
* Walking stick.

**TIPS, HINTS, PRECAUTIONS**

1. How long does one have to walk on the frozen river each day?

Average walking distance is 10- 12 km each day and trekkers make it mostly in 5-7 hours. You will definitely enjoy it, don’t be disheartened. We try to reach the camp site by the afternoon everyday so that the rest of the day can be enjoyed at leisure.

2. What is the level of fitness expected from the participants?

Optimum level of fitness is required to complete Chadar trek so that you can enjoy your trek without facing any health issues. The Chadar Trek is not challenging because it’s a straight train and not inclined. It’s the temperature that go beyond -25 degrees that makes the route thrilling and challenging.

3. Can trip n thrill change the itinerary?

Depending on the prevailing situation. However the date of trek completion should always coincide with the original itinerary. You should keep in mind that Chadar Trek is happening in the remotest region, where many unforeseen events may contribute to the need for a change in itinerary. In such cases, we or your trek leader will suggest the best alternative similar to your original itinerary.

4. Do you think I should bring some medicines along with me while on the trek?

Yes, it is always advisable that in any trek you carry your own personal medication and basic first aid kit with you.

5. What about medical facilities and doctor while on trek?

Our trek leaders are certified in Wilderness first-aid" and are aware of high attitude problems; we carry a first-aid kit, oxygen cylinders, improvised stretchers, necessary medicines (relating to AMS) and extra team members with us..

6. What things and equipments do we need to carry?

Once you have confirmed the booking, our team will guide you with the trek essentials needed for the trek. Shoes, clothes and other trekking equipments are also available in the local markets of Leh. You can buy it on the day of your arrival in the evening when you go for the acclimatization walk. Our team will help you buy the best quality equipments at the best possible price. Also to let you know you get first copy of good quality adventure clothing and other equipments at a very good price in the Leh market so you can take away some warm winter apparels to your home.

7. Are airport transfers provided? What is the charge for airport transfers?

Airport transfers are not included in the package cost. But there are many taxies available outside the airport which will drop you at the hotel. You can club with other members of the group and come to the hotel on sharing basis. One taxi charges approximately 400 to 500 INR to drop you to the hotel.

8. What are the equipments provided from the company?

Apart from your clothing and personal equipments mentioned in the trek essentials list, we provide all that is necessary for the trek to happen safely and comfortably. Equipment’s that are provided from the companies end include mess tent, kitchen tent, matrices, dome tent, sleeping bag resistant up to -30 degrees with liners, micro spikes crampons and utensils etc.

**ITINERARY**

**Day 01: Arrive by flight and report at Leh Highlights: Stay in hotel Destination: Leh & Ladakh**

Rest and walk around to acclimatize. Stay overnight at Hotel Auspicious.

**Day 02: Drive from Leh to Chilling and Tilat Sumdo**

Leave Leh for Chilling, but halt for a brief while at the magnificent confluence of river Zanskar and Indus and then again continue with the drive to Chilling which isone of the most famous villages in Ladakh, known for craftsmanship, especially the metal works. Touching the Chadar first time, we start the trek for 1-2 hours along the magnificent frozen river Zanskar till Tilat Sumdo. Overnight stay in cave/camp/tent. Also learn the fun way to adjust yourself to Ladakhi shuffle walk style on the frozen slippery ice of river Zanskar!

**Day 03: Trek from Tilat Sumdo to Tsomo Paldar Highlights: Frozen Chadar River**

After the breakfast call at 7:30 am and an early departure, the walk on the Chadar will begin in full swing. Hearing the different sounds of Chadar forming and breaking, you will soon get familiar where the Chadar or the ice cover is thick and thin. With an early lunch break in between, we would soon reach the majestic.

**Day 04: Trek from Tsomo Paldar to Dibb Highlights: Beautuiful waterfalls and frozen ice cliffs**

Though today is the longest day of the trek, you will pass through some magnificent beautiful waterfalls and frozen ice cliffs on the left.It is like walking through a giant freezer! You will cross narrow gorges, where youmay have to climb briefly on to the rocky river bank. The sharp bends and current of the river breaks the ice in some places. Lunch in between on a flat rocky hill side by the river.

**Day 05: Trek from Dibb to Nyerak Pullu Highlights: Nyreak village**

7 hrs. Again one of the magnificent days on the Chadar trek. However, the caution being that this can become a difficult stretch as Chadar is not very firm. The vistas are stunning and as we pass through giant frozen waterfalls, ice cliffs and one may even catch sight of the mountain fox. Nyerak village is located high above. Beyond the bridge that links Nyerak village with Lingshed, small huts mark the summer grazing shelters of the villagers.

**Day 06: Trek from Nyerak to Dibb Highlights: Going back from Chadar**

Though technically it is the same way back, it is also quite different. The Chadar or the blanket of ice that is forming on the River Zanskar is always changing, breaking and forming itself again. As the Chadar dynamics are ever changing, the same route and place would look and feel different as the texture and conditions change.

**Day 07: Trek from Tibb to Shingra Koma Highlights: Trek to Shingra Koma**

Today you will trek from Tibb to Shingra Koma.

**Day 08: Trek from Shingra Koma to Chilling and drive to Leh** Highlights: Trek to Chilling

Trek from Shingra Koma to Chilling and drive to Leh. Overnight stay at Hotel/Lodge/guest House.

Day 09: Return to Leh Highlights: Departure

Return to Leh.