

# **KASHMIR GREAT LAKES TREK**

**3RD AUG'24- 11TH AUG'24**



# KGL FOR US

Gar Firdaus bar roo-e zameen ast, Hameen ast-o hameen ast-o hameen ast. When Amir Khusrau wrote the above lines which translate to “If there is paradise on Earth, it is here, it is here, it is here” for Kashmir, he voiced every single person who has set foot on this land. No traveller would ever say that they did not fall in love with Kashmir after witnessing its beauty.

The beautiful alpine high-altitude lakes of Vishansar, Krishansar, Gadsar, and Satsar are some of the hidden gems in the Kashmiri Himalayan landscape that are traversed on the Kashmir Lakes Circuit hike. The Kashmir Lakes Circuit trip is ideal if you want to experience gorgeous lakes with changing colours of water, meandering streams, and breathtaking Himalayan views from high hills.

A different sort of Sukoon will be witnessed every day during this trek. If you haven't been on Kashmir Great Lakes trek, you're missing out on something dreamy.

# BRIEF ITINERARY

**Day 1: Arrival in Srinagar and drive to Shitkari, 7,800 ft. camp near Sonmarg**

- Drive Duration: 2-3 hours, Drive Distance: 50 km

**Day 2: Trek from Shitkari to Nichnai camp via Table Top**

- Trek Distance: 11.6 km, Trek Duration: 6.5 hours
- Altitude gain: 7,800 ft. - 11,607 ft.

**Day 3: Trek from Nichnai camp to Vishansar Lake camp via Nichnai Pass**

- Trek distance: 13.5 km, Trek Duration: 7 hours
- Altitude gain: 11,607 ft. - 12,011 ft. via 13,229 ft.

**Day 4: Trek from Vishansar Camp to Gadsar Camp via Gadsar Pass and Krishansar Lake**

- Trek distance: 16 km, Trek Duration: 7.5 hours
- Altitude gain and loss: 12,011 ft. - 10,706 ft. via 13,715 ft.



### **Day 5: Trek from Gadsar camp to Satsar camp**

- **Trek distance: 11.5 km, Trek Duration: 4.5 hours**
- **Altitude gain: 10,706 ft. - 11,985 ft.**

### **Day 6: Trek from Satsar camp to Gangabal camp via Zaj Pass**

- **Trek distance: 9 km, Trek Duration: 6 hours**
- **Altitude loss: 11,985 ft. - 11,486 ft. via 13,276 ft.**

### **Day 7: Rest Day/Buffer day**

### **Day 8: Trek from Gangabal Lake to Naranag & drive to Srinagar.**

#### **Overnight stay in Srinagar**

- **Trek distance: 13 km, Trek Duration: 6 hours**
- **Altitude loss: 11,486 ft - 7,800 ft**
- **Drive Duration: 2-3 hours, Drive Distance: 50 km**

### **Day 9: Depart from Srinagar**



# TREK FACTS

**GRADE: MODERATE - DIFFICULT**

**ALTITUDE: MAX. ALTITUDE AT GADSAR PASS AT 13,715 FT.**

**TEMPERATURE: ONE CAN EXPECT THE TEMPERATURE TO RANGE FROM 25 DEGREES CELSIUS DURING THE DAY AND DROP DOWN TO AS LOW AS 5 DEGREES CELSIUS DURING THE NIGHT. DO NOTE THAT DUE TO WINDCHILLS, IT CAN FEEL A LOT COLDER, ESPECIALLY DURING EVENINGS AND NIGHTS.**

**TREK DURATION: 8 DAYS**

**BASE CAMP: SHITKARI**

# DAY 1 - ARRIVAL IN SRINAGAR AND DRIVE TO SHITKARI CAMP NEAR SONMARG



Land in Srinagar by 12 pm. Try your best to get a window seat as the views are gorgeous. After landing, you get to meet your fellow trekkers, with whom you will be spending the next 9 days. Post lunch, we will travel together to Shitkari Village which is around 3km away from Sonmarg. Make sure to take in the beautiful scenery around you, with lush grasslands, scattered forests, and snow-covered mountains all along your ride. And don't forget to groove to the Firgun Travel Playlist for some extra fun!

Once you settle in to your tents, get ready to bond over tea and snacks, followed by a night under those starry skies along with a warm bonfire session. After a few fun games, it's time to sign off for the day and relax to be ready for our much-awaited adventure.

Meals: Evening Tea & Snacks, Dinner

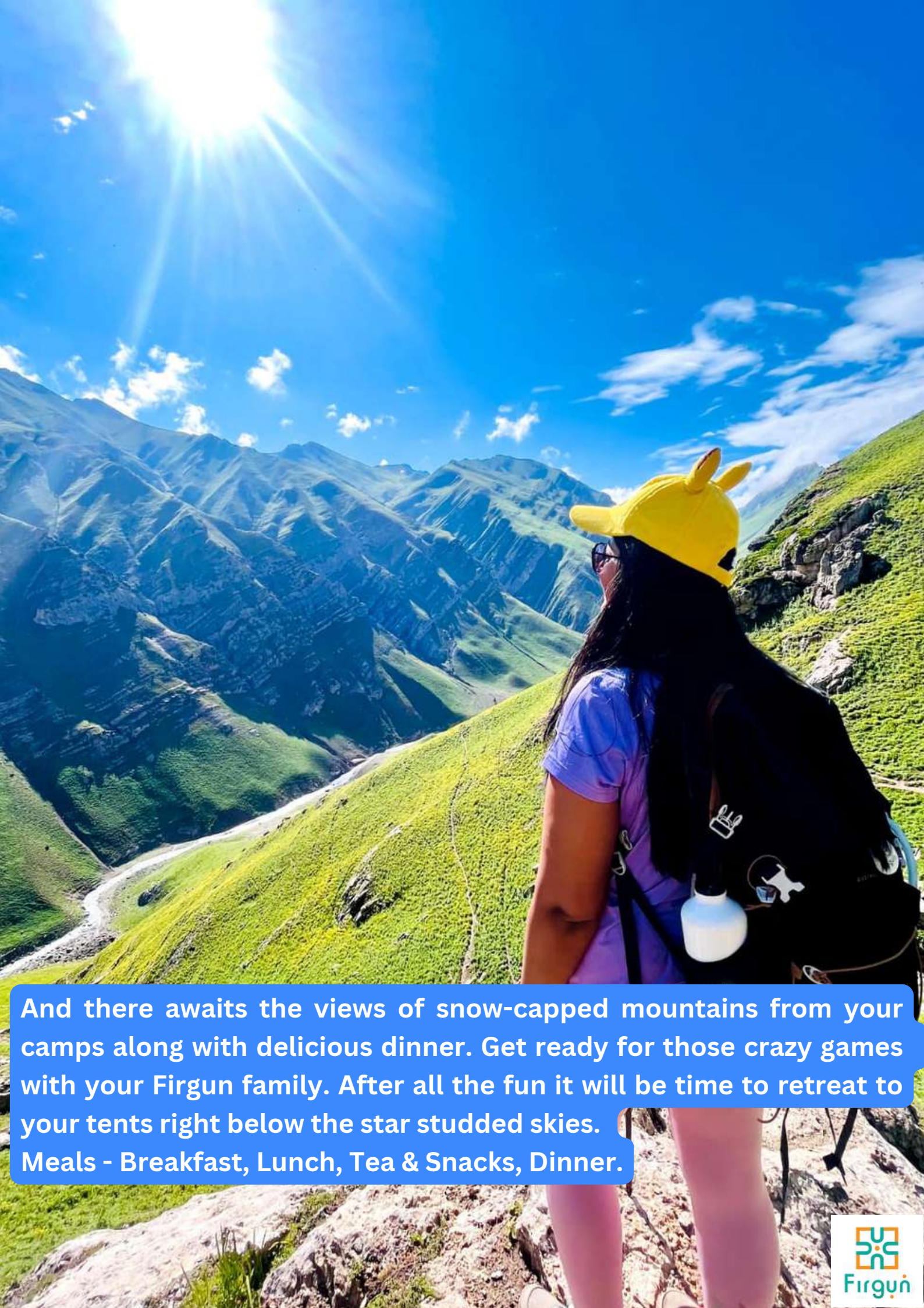


## **DAY 2 - TREK FROM SHITKARI TO NICHNAI CAMP VIA TABLE TOP**



**It's time to get ready for our first day of trekking. Be prepared to soothe your eyes with the majestic views of Sonmarg Valley. We will ascend towards Shikdhari Camp routed with maple and pine trees. After a while we will take a break, and have that 'Pahad wali chai'. Then we will start moving alongside pine tree trails leading towards Nichani Shepherd's valley through a Silver Birch Forest.**





And there awaits the views of snow-capped mountains from your camps along with delicious dinner. Get ready for those crazy games with your Firgun family. After all the fun it will be time to retreat to your tents right below the star studded skies.

Meals - Breakfast, Lunch, Tea & Snacks, Dinner.

## DAY 3 - TREK FROM NICHNAI CAMP TO VISHANSAR LAKE CAMP VIA NICHNAI PASS



Waking up to those sun rays kissing the tip of mountains. What a view to watch first thing in the morning?

After having breakfast, we will go ahead on the picturesque path to Nichani pass. This path will be quite exciting for everyone.

The trek type for today is moderate with 1.5 hours of gradual ascent followed by an hour-long climb to the pass. A steep descent from the pass for about an hour easing off into a flat walk.

After lunch, we will descend towards Vishansar Lake. The gushing cold wind will pass across your face and the first view of the high-altitude lake will mesmerize you. Surrounded by mountains, the crystal clear water and the lapping sounds will rejuvenate your soul. It is time to forget all your worries and just be present in the moment and enjoy with the group you will soon refer to as your family.

Meals - Breakfast, Lunch, Tea & Snacks, Dinner.



# DAY 4 - TREK FROM VISHANSAR CAMP TO GADSAR CAMP VIA GADSAR PASS AND KRISHANSAR LAKE



This day is one of our favorites on this trip. We will be trekking to Gadsar Lake. Today's route is probably going to be the prettiest of this trek. The trek type is moderate to difficult with 1.5-2 hours of steep ascent followed by 1 hour of steep descent, finally easing off into level walk. After breakfast, we will head towards the trail to Krishansar Lake which is around 1/2 Km away from the Vishansar Lake.

**Though these two beautiful lakes are not that far away from each other, they still can only be seen together from Gadsar Pass.**



**You may feel a little tired after this particular trek to Gadsar Pass but we can promise one thing for sure, the beautiful views of those snow-clad mountains and the warmth of our companionship will be rewarding for sure. Apart from crazy views and flat meadows covered with brightly colored wildflowers, the changing colors of the Gadsar lake will feel magical.**

**Meals - Breakfast, Lunch, Tea & Snacks, Dinner.**

# DAY 5 - TREK FROM GADSAR CAMP TO SATSAR CAMP

We will trek ahead post breakfast, crossing an army camp, to the Satsar lakes. Satsar lakes are a collection of 7 lakes in a cascade formation. The beauty of seven lakes altogether will definitely blow your mind. Capture your best pictures here and also take a moment to show gratitude towards yourself and the nature around you.

The trek type is moderate with 1.5 hours of steep ascent followed by a level walk.

Meals - Breakfast, Lunch, Tea & Snacks, Dinner.

## **DAY 6 - TREK FROM SATSAR CAMP TO GANGABAL CAMP VIA ZAJ PASS**



Today's trek is going to be a little challenging physically and mentally as you cross rocky and boulder-ridden terrains, along with a few ridges, and climb mountains to arrive for a break on a ridge at 13,276 ft. Exciting much!!!

After a quick break, we will keep going up to reach the final ridge at 11,486 ft. The trek type is difficult with 30 minutes each of gradual ascent followed by steep ascent for about 45 minutes and then a steep descent. Similarly ascending and descending trail all through.

This is the viewpoint from where you will spot the two lakes Gangbal and Nundkol. After all that hard work, we enter the green meadows which lead to Nundkol Lake and Gangbal Lake. We will be staying here for 2 nights, rejuvenating, exploring different aspects of ourselves in silence, surrounded by these huge mountains.

Meals - Breakfast, Lunch, Tea & Snacks, Dinner.





## DAY 7 - REST DAY

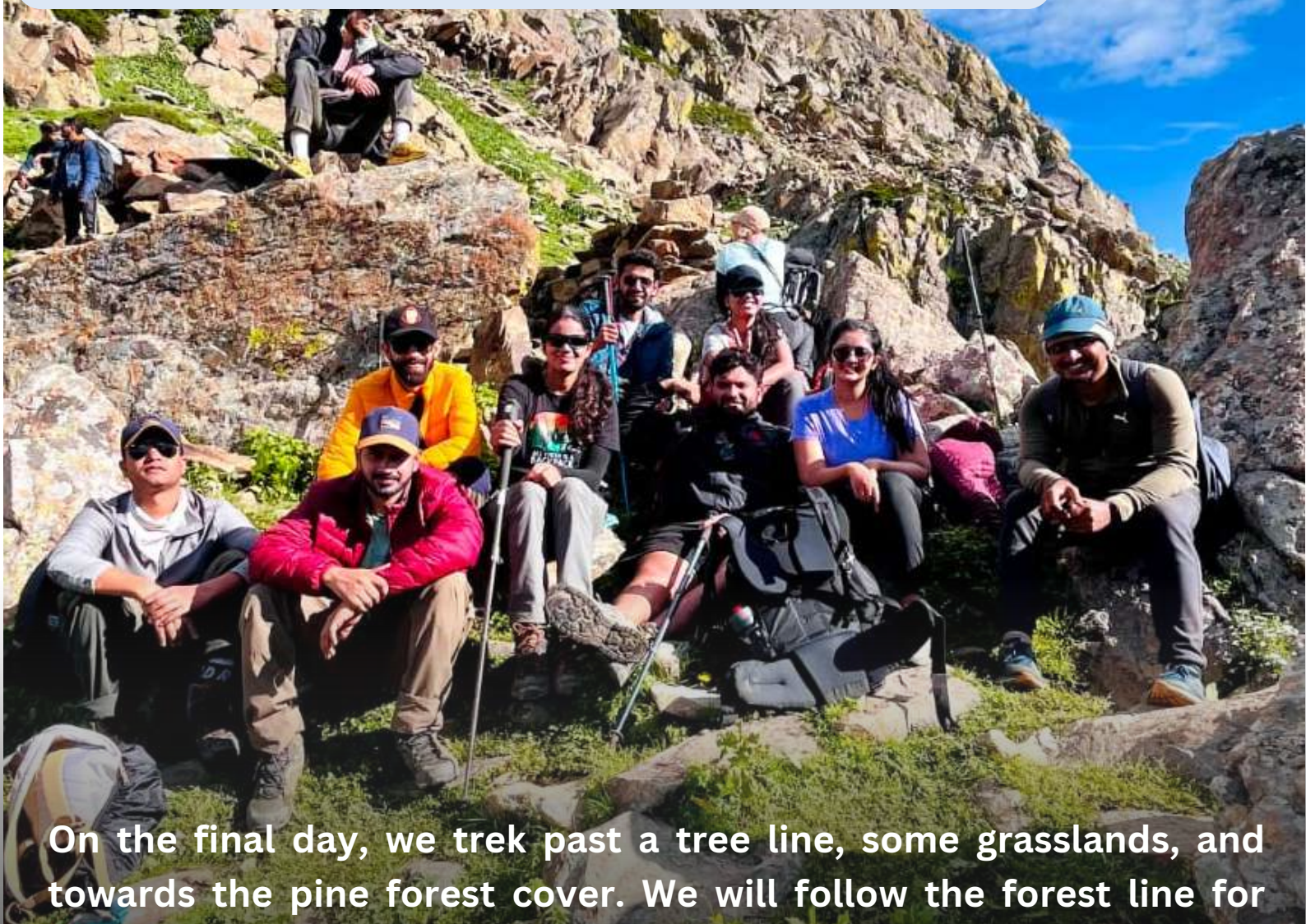
After a few days of continuous trekking, we want you to have a relaxing day. Today you get to relax by the lakes, explore surrounding meadows, soak in the magnificent mountains cape, uncover a few local legends about the lakes, share your travel stories, meditate, exercise your photography skills and do anything that soothes your soul.

Meals - Breakfast, Lunch, Tea & Snacks, Dinner.

**"Be Happy in this moment.  
This moment is your life"**



## **DAY 8 - TREK FROM GANGABAL LAKE TO NARANAG AND DRIVE TO SRINAGAR**



On the final day, we trek past a tree line, some grasslands, and towards the pine forest cover. We will follow the forest line for about 6-7 km and descend into the Naranag village. You can also visit Naranag Temple.

The trek type for today is moderate with a mix of ascents and descents for 6 km followed by a very steep descent.

After that, we will drive to Srinagar for a fun-filled evening in the beautiful city. Feel free to walk around the night market and shop for yourself and your dear ones. If time permits, we will go for a Shikara ride in the famous Dal Lake.

**Meals - Breakfast**

## DAY 9 - DEPART FROM SRINAGAR

It's time to say goodbye to some wonderful people who you have made a lot of memories with. Make sure you give a tight hug to the fellow trippers and promise to meet again. You can book your flights for any time on this day post check out (after 11am)

Meals- Breakfast



# INCLUSIONS

- Airport transfers
- Accommodation in Srinagar on 8th day in a 3+ star property on double sharing basis
- Transfer from Srinagar to Shitkari village
- Transfer from Naranag village to Srinagar
- Accommodations in dome tents on double sharing basis.
- Tea & Snack and Dinner (Day 1 to Day 7)
- Lunch (Day 2 to Day 7)
- Breakfast (Day 2 to Day 9)
- Camping Equipment: Tents, sleeping bags, mats. All charges for guides, cooks, helpers, horses (excluding offloading, tips and carrying people on horses)
- All inner line permits
- Insurance
- Any entry fee required throughout the trip
- Any taxes involved throughout the trip
- First Aid Kit
- A trip leader cum friend from Firgun Travels

# EXCLUSIONS

- Flight bookings have to be made by the trippers (post confirmation with our team)
- Backpack offloading (mules etc.)
- Meals, tea, coffee, mineral water, tips, and transfers not mentioned in the itinerary
- Drinks, snacks, shopping and all such miscellaneous expenses
- Any tips given to locals, drivers, at restaurants, etc.
- Anything not mentioned in the inclusions
- Any transport apart from the tempo traveller provided
- Any expenses due to unforeseen circumstances

# **HEALTH AND FITNESS REQUIREMENTS**

## **Fitness target:**

**To do this trek comfortably, you must be able to cover 5 km in under 40 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 40 mins.**
- **You must be able to run 5 km in 40 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.**

# FLIGHT BOOKINGS

*3rd Aug'24 - Land by or before 12 pm*

*11th Aug'23 - Fly out anytime after 11 am*

► **Advisory note: We would recommend you to book flexible flight tickets that allow you to reschedule your flight at no added costs. These are readily available with most airlines. This is just to account for any unforeseen changes during the trek.**

## **TOTAL COST**

**Rs. 25,499/- if booked on or before 15th May'24**

**Rs. 25,999/- if booked after 15th May'24**

## **CANCELLATION POLICY**

**100% refund or carry forward by 10th May'24**

**40% refund or 50% carry forward by 31st May'24**

**No refund and No carry forward after 31st May'24.**

**\*Validity period for the carry forward amount: 6 months from the time of cancellation\***



# THINGS TO CARRY

- **Documents required:** It is mandatory for trekkers to carry a print out of their photo id along with the Medical Certificate and Disclaimer form. This is required for trek permissions before and during the trek.
- **1 Rucksack (60 litre minimum)**
- **1 Day Pack (30 litre)**
- **1 Box for food (Lunch box with spoon, fork and steel mug)**
- **1 Torch (1 pair extra cells)**
- **1 Trek pole**
- **Sunglasses**
- **A pair of trekking shoes (waterproof) (Mandatory)**
- **A pair of slippers**
- **1 power bank (At least 20000 MAH)**
- **Personal kit (toothbrush, paste, shampoo etc.)**
- **1 Light weight travel towel**
- **2-3 tissue paper rolls**
- **5 bio-degradable bags (To keep your wet clothes etc.)**
- **1 water bottle (Minimum 1 litre)**
- **Sun lotion:** You don't want your skin to burn so kindly carry a sun lotion (SPF 50+ is advisable). We recommend Neutrogena and Re'equill
- **Sanitizers and face masks:** We urge you all to carry masks and sanitizers for everyone's health benefit
- **Sim Cards:** Only postpaid sims work in Kashmir (Jio and Airtel are the best)
- **Chocolates, light snacks & electrolytes:** Chocolates help a lot during treks so don't forget to carry a few. Carry other healthy snacks as well

## **THINGS TO CARRY - CLOTHES**

- **Woolen sweater / hoodie - 1 light weight**
- **1 fleece jacket light weight**
- **1 padded jacket**
- **4 T-shirts (Breathable / Cotton )**
- **2 Trekking pants (Should be easy to walk in)**
- **1 pair of thermals (To be used at night)**
- **1 woolen cap & 1 normal cap**
- **1 pair of shorts**
- **Innerwear (personal preference)**
- **1 pair of waterproof gloves**
- **1 buff for neck**
- **4 pairs of socks and 1 woolen pair of socks**
- **Raincoat**

# **PAYMENT DETAILS**

## **BANK DETAILS:**

**A/C Holder's Name: Firgun Travels pvt ltd**

**A/C No.: 50200066337354**

**RTGS/NEFT IFSC Code: HDFC0000440**

**You can make an online transfer/or a cash deposit .**

**Once it's done kindly fill the form under PAY NOW on the website or click BOOK NOW below.**

**In case there are any issues you can also share the reference number/screenshot at [bookings@firguntravels.com](mailto:bookings@firguntravels.com) and +919103367397 long with your Full name, contact number and Date of Birth so we can confirm your booking.**

**BOOK NOW**

# PAYMENT DETAILS

You can also UPI the amount.

Name: Firgun Travels Pvt Ltd

UPI ID- 9267924805@ybl

