
JKONE

Kashmir Great Lakes Trek

Trek Months - July to September.



Travel and Trek Itinerary

Srinagar | Gagangir | Sitkari | Nichnai | Vishansar lake | Kishansar lake | Gadsar lake | Satsar Lake | Gangbal twin lakes | Naranag | Srinagar.

Introduction

Kashmir with its unparalleled beauty, postcard-perfect scenes and almost European vistas frankly need no introduction. The Kashmir Lakes Circuit trek traverses some of the hidden jewels in the Kashmiri mountainscape – the pristine alpine high-altitude lakes of Vishansar, Krishansar, Gadsar, and Satsar. Nundkol and Gangbal. If you are looking for green meadows filled with colourful wildflowers, pristine colour-changing water lakes, meandering streams and amazing Himalayan views from high passes, then the Kashmir Lakes Circuit trek is the most highly recommended trek.

Starting from the popular hill station Sonamarg, the trail follows ancient routes taken by the



Gujjars, the nomadic shepherds of Kashmir. Every day on the trail, trekkers are treated to breathtaking views of rugged snowcapped mountains, colourful grasslands, and trout-filled crystal clear lakes. There are also high passes to be crossed, the highest being at 4191m and rocky terrains to be navigated frequently. It is a physically and mentally challenging trek and would require the trekkers to be physically fit and to have a penchant for the Himalayan remoteness to enjoy this trek.



Trek Facts

Grade: Moderate/Difficult.

Altitude: Max. altitude at Gadsar pass at 4191m

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 wind chills, it can feel a lot colder, especially during evenings and nights.

Trek Duration: 8 days.

Trek Season: June – September

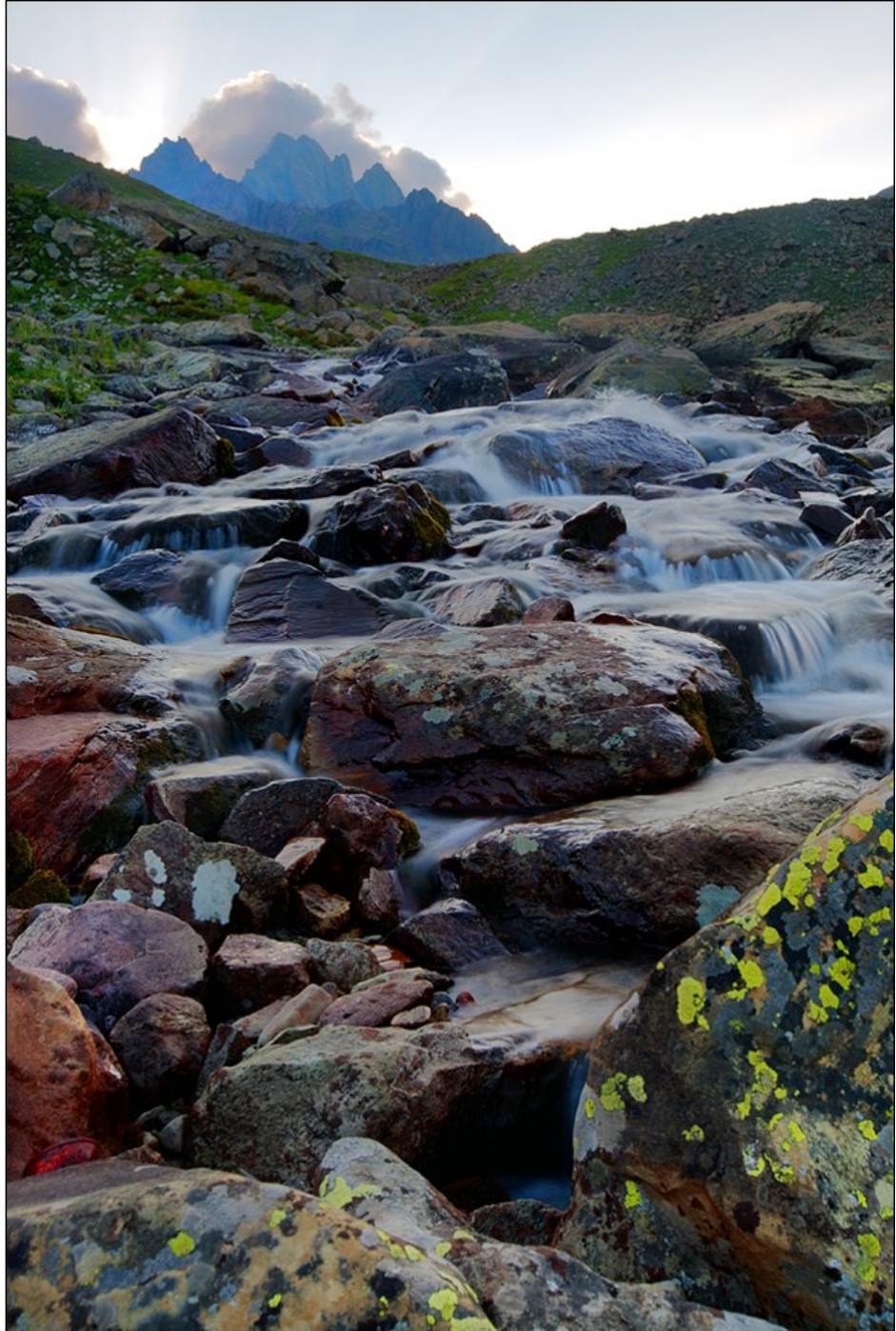
Base Camp: Sitkari

How to reach Base camp:

Sitkari is situated at a distance of 87kms from Srinagar and can be reached in approximately 4 hours.

To reach Srinagar, you can take a train to Jammu and take a taxi/bus ride for the rest of the journey. You can also take the flight to Srinagar from Delhi or Mumbai with or without a stopover at Jammu. By bus, Srinagar is linked by the National Highway 1A to the rest of the country.

Nearest Airport / Rail line/road connectivity: The nearest airport is the Sheikh ul Alam Airport, also known as the Srinagar airport. Jammu is the nearest rail connectivity point and is well connected to all major cities by train.



Trek Itinerary

Day - 1

Day 1 – Drive from Srinagar to Sitkari/ Sonmarg (2800m, 87kms).

- You are expected to assemble at the Sitkari village(3km from Sonmarg) by 6 pm. To reach Sitkari, take a shared taxi from the Srinagar Tourist Reception Center at the latest by 2 pm.
- JKONE can also arrange for taxis on request and trekker expense to pick you up from the Srinagar TRC and drop you at Sitkari. Please let us know during registration if you would like to opt for the pick-up service.
- It is a scenic drive from Srinagar to Sitkari and has a wonderful mix of grasslands, scattered forests and snow-covered mountains.
- Overnight stay in tents.
- Meals: (Tea& Snacks, Dinner).



Day - 2

Day 2 – Trek from Sitkari village to Nichnai (3505m, 13kms)

- Begin early morning and start ascending towards the Shokdhari campsite on a Maple and Pine tree-lined route. Enjoy beautiful views of Sonmarg and the glaciers en route and from the campsite.



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- Descend into the Nichnai grazing ground (Shepherd's valley) through a Silver Birch forest.
 - Overnight stay in tents.
 - Meals - Breakfast, Lunch, Tea& Snacks, Dinner.

Day - 3

Day 3 – Trek from Nichnai to the Vishansar lake(3657m,15kms)

- Today's trek will comprise a steep and gruelling ascent to cross the Nichnai pass

standing tall at 4080m and a descent towards the Vishansar & Kishansar lakes and into the Vishansar campsite.

- Visit the Vishansar lake situated 1km from the campsite. Nothing that we say or write can prepare you for the beauty of the alpine high-altitude lake. Surrounded by mountains and being hard to access, the waters of the lake are crystal clear and change colour as the day proceeds. You are guaranteed to start feeling rejuvenated just sitting by the lake and listening to the lapping sounds of the water and soaking in the scenic beauty.
- Overnight stay in tents.
- Meals - Breakfast, Lunch, Tea& Snacks, Dinner.



Day - 4

Day 4– Trek from Vishansar lake to Gadsar lake(4191m,13kms)

- Trek up 250m to the Krishansar lake which is about 1/2km from the Vishansar lake.

Despite being close in distance, the twin lakes can be seen together only from the top at Gadsar pass.

- Getting to the Gadsar pass at 4191m is no easy task and is going to take a toll on your legs and back. However, the scintillating views at the top of the pass more than compensate for it.
- From the pass, descent into flat meadows covered with brightly coloured wildflowers to reach the Gadsar Lake.
- Overnight stay in tents.
- Meals – Breakfast, Lunch, Tea&Snacks, Dinner.



Day - 5

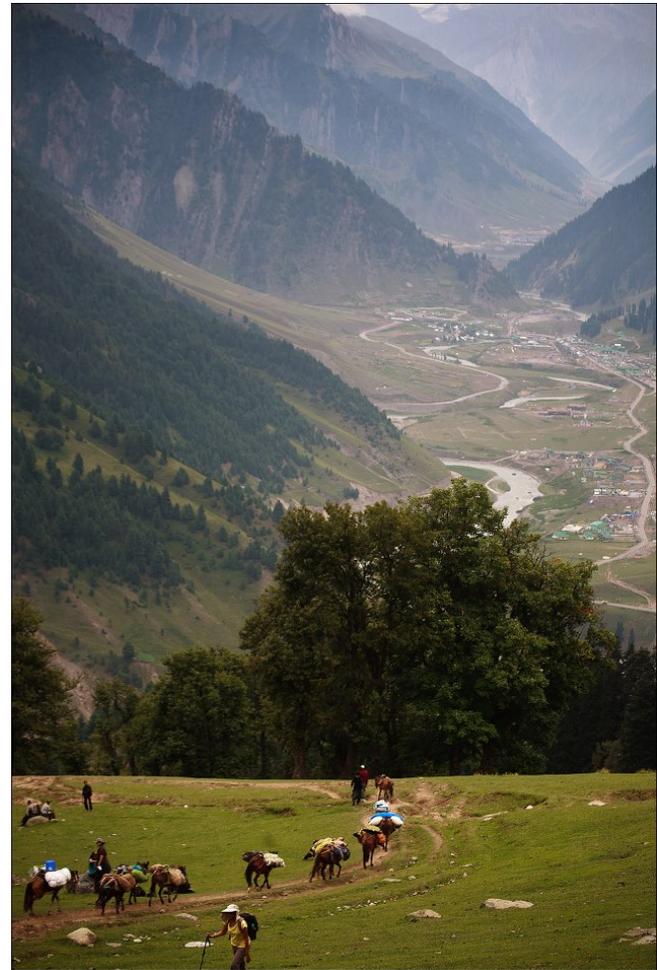
Day 5 – Trek from Gadsar lake to Mengandob/Satsar lake(3600m, 12km)

- Today, you begin with a two-hour steep climb up the mountains to enter into flatlands known as Mengandob.
- Trek ahead, crossing an army camp, to the Satsar lakes. The Satsar lakes are a collection of 7 lakes in a cascade formation. Fed by melting snow, a couple of these lakes dry up in summer and autumn.
- Overnight stay in tents.
- Meals -Breakfast, Lunch, Tea& Snacks, Dinner

Day - 6

Day 6 – Trek from Satsar lakes to Gangbal twin lakes (3505m, 10kms)

- You will be physically and mentally challenged today as you cross rocky and boulder ridden terrain, cross a few ridges and Climb Mountains to arrive for a break on a ridge at 3570m. After a quick break, keep going up to reach the final ridge at 3000m. From here, you can view the twin lakes of Gangbal and Nundkol.
- What follows is a steep rocky descent, a few ups and downs, and entry into green meadows which lead to the Nundkol lake and Gangbal lake.
- Overnight stay in tents.
- Meals -Breakfast, Lunch, Tea& Snacks, Dinner.



Day - 7

Day 7 – Rest day.

- Today you get to relax by the lakes, explore surrounding meadows, soak in the magnificent mountainscape, uncover a few local legends about the lakes, share travel stories, meditate, exercise your photography skills and do anything that soothes your soul (without disturbing others trekkers / nature)
- Overnight stay in tents.
- Meals – Breakfast, Lunch, Tea & Snacks, Dinner

Day - 8

Day 8 – Trek from Gangbal twin lakes to Naranag (11kms)

- On the final day, we trek past a tree line, some grassy lands and towards the pine forest cover. Follow the forest line for about 6-7kms and descend into the Naranag village.
- For people opting for homestay at Naranag at an additional cost, you will be provided lunch on arrival, Once you are refreshed you could explore the Naranag Temple built by Lalitaditya Muktapida during Karkota Dynasty till evening.



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- Day 9 check out after breakfast for people opting for Naranag stay.
 - Cabs can be arranged on request and trekker expense to take you to Srinagar from the village. Please let us know during registration if you would like to opt for the dropped service to Srinagar.
 - For people opting houseboat at Srinagar at an additional cost, you will have to board a taxi(own expense) to Srinagar after the trek and reach the Srinagar houseboat by evening, Dinner and breakfast provided at houseboat, Day 9 checkout after breakfast.
 - Meals : (Breakfast).

Naranag Temple



Naranag temple located at the serene meadows in Naranag Valley is one of the main attractions to tourists and it is an important archaeological site, the temples form a cluster facing each other and with historical reference, it was dedicated to Lord Shiva built by Lalitaditya Muktapida during Karkota Dynasty. The 8th-century architecture is believed to be dedicated to Nagas by which the name Naranag was derived, the Nagas belonged to Hindu Kashmiri Kayasthas of the Naga sect. The temple has an Aryan structure to it and the temple is now in ruins state. It is also one of the start points or the base to the popular Gangbal-Vishnugar trek which is popularized these days as Kashmir Great lakes trek taken from the Sonamarg side, it has a popular Harmukh peak in this route at Nandkol and Gangabal lakes. There is an annual Gangabal Yatra taken by the Kashmiri Pandits during late September where people hike to the lake and perform their religious duties on the banks of the lake.

Optional/Extras Tour Costing - All price is in Indian rupees

Particulars	Amount INR	Note
Foreigners Permit for trek	800	Per Person
Indian Permit for trek	800	Per Person
Backpack Offloading	3500	backpack not weighing more than 10 kg
Naranag homestay	3000	Breakfast, Lunch, & Dinner included (twin sharing)
Riding horse charges for the entire trek	15000	If you use for additional days apart from standard 8 days, INR 1,000 per day (Should be informed before the start of the trek)
Delux houseboat stay at Srinagar	6000	without Shikara ride (Breakfast and dinner included twin sharing)
Budget houseboat stay at Srinagar	3,000	without Shikara ride (Breakfast and dinner included twin sharing)
Shikara ride	700	For one hour
Cab from Airport to Shitkari (Innova non AC)	4500	4-5 pax per vehicle (Covid protocol)
Cab from Naranag to Srinagar (Tavera or Tata Sumo non AC)	4500	4-5 pax per vehicle (Covid protocol)

* Kindly note that the cab provided from Srinagar to Naranag is an Innova and the cab from Naranag to Srinagar would either be a Tavera or Tata Sumo as the Naranag taxi stand does not have Innovas. AC vehicle rates are different and call us prior for costs.

Trek fee cost Inclusions:

- Accommodation in dome tent (2/3 per tent).
- Meals mentioned in the itinerary on a fixed menu/ buffet basis.
- Camping Equipment: Tents, Sleeping bags, mats.
- All charges for guides, cooks, helpers, horses.

Cost Exclusions:

- Trek permit, airfares, airport taxes and anything not mentioned in the inclusions and itinerary.
- Internal transportation cost as per itinerary from Srinagar to Shitkari & Naranag to Srinagar.
- Backpack offloading: Trekkers are expected to carry their backpacks. If the trekker cannot carry his/her backpack due to physical inability and chooses to offload on mules, this will be at an additional cost.
- Meals, tea, coffee, mineral water, tips, transfers not mentioned in the itinerary.
- Doctor, telephone, laundry and other personal expenses.
- Cost of personal emergency exit or expenses due to external factors such as climatic conditions.
- Travel insurance.
- Naranag homestay or Srinagar houseboat charges.

Terms and Conditions

Cancellation Policy

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and we endeavour to make it as easy as possible for you. However, please understand that we plan everything, including guide fees, permits, accommodation, and ration. Therefore, any cancellation means inconvenience and certain losses to the people involved in various stages of the programme. Keeping that in mind, our cancellation charges are as below –

Cancellations before 30 days from the start of the event: Full refund as cash

Cancellations between 30 days and 15 days to the start of the event: 50 % refund as cash.

Cancellations less than 15 days to the start of the event: No refund.

Cancellations will be accepted only by email.

Note: JKONE reserves the right to cancel a programme before departure if logistical problems arise due to natural calamities, strikes, wars, or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

Itinerary Changes & Trip delays:

We plan itineraries based on the information available at the time of planning and in rare circumstances, they are subject to change. If the itinerary is changed or delayed due to unforeseen circumstances such as bad weather, transportation delays, government intervention, landslides etc., we will always aim to give you the best experience possible. However, JKONE cannot be held responsible for the cost of delay or changes.

Health & Fitness Requirements:

This trek does not require you to have any previous trekking or mountaineering experience. We do however highly recommend having an adventurous spirit and willingness to undergo the joys & hardships of outdoor camping, in addition to good physical and mental fitness, to completely enjoy the trek. If you suffer from severe muscular, chest, heart or bronchial ailments, we advise you against participating since most treks happen in remote areas with limited access to medical services & hospital facilities.

Our Trek Leaders are experienced mountaineers and we trust their judgments. If during the trek, the Trek Leader advises you against continuing on the trek, we request you to respect his judgment and follow his instructions.

Join Us!

JKONE is committed to decreasing our footprint on the mountains and preserving the natural beauty of the pristine Himalayas. And one of the ways we do this is by restricting the number of trekkers in a single trek batch to 25. The slots in a batch are filled on a first come first serve basis.

If we have got your adrenalin pumping already and you are eager to sign up or have some enquiries, email us at accounts@justhireonline.com/ gulmargsnowschool@gmail.com or say hello at the below numbers:

Shabbir: #7298193335

