

**THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)**

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HIGH ALTITUDE TREKKING EXPEDITION

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**CHADDAR TREK**

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LADAKH / ZANSKAR – JAMMU & KASHMIR

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3<sup>RD</sup> TO 18<sup>TH</sup> FEBRUARY 2018

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**ABOUT THE TREK:**

The Chaddar trek is unique and world famous, as it can be done only during the winter. It's done on frozen waters of River Zanskar, which originates above Padum (Administrative HQs of Zanskar) and joins with river Indus, just above Nimmu, 33 Kms from Leh on the Leh-Kargil Highway. Since the trek is done over ice, the best period to do the Trek is in Jan-Feb, when the temperature in Ladakh/Zanskar is the lowest. For years, the local population has been using this route as their only access to Ladakh from Zanskar in winters. Due to extreme conditions in winter, the Zanskar river, which is otherwise a paradise for white water rafting in summers (July-September), freezes, and makes way for walking over ice. In any case, the locals can not use the road between

Padum and Kargil as “Pensi la”, the main pass on the Padum-Kargil road is closed due to heavy snow. A surreal experience is assured.

The group strength will either be 6 / 10 / 16 and registration would be on first come first serve basis. So why wait, enroll, participate and explore the Beauty of Ladakh & Zaskar-while taking a break from hustle and bustle of city life

**Note: The participants should be physically fit, and able to withstand Extreme Cold Conditions upto minus 20-25 degrees Centigrade as this is a Winter Trek at Altitudes around 4000m(13200 ft). Also Participants should have recent Prior experience of Himalayan Trekking to Altitudes above 4000m. Good sleeping bags will be provided. Feather Jackets can be hired at Leh.**

## PROGRAMMME DETAILS:

<b>Period</b>	3 <sup>rd</sup> to 18 <sup>th</sup> February 2018
<b>Duration</b>	16 days (Bangalore to Bangalore) if journey to Delhi and back is performed by Air. Add 04 more days (02 onward and 02 return) if journey is performed by train.
<b>Nature of Programme</b>	Winter Trek, walk over frozen river, camping & stay in caves
<b>Group Strength</b>	Minimum: 6 and Maximum: 16
<b>Age Group</b>	18 to 45 Years
<b>Trek Distance/Altitude</b>	130 Kms approx. – 3500m - 4000m
<b>Grade</b>	<b>Moderate to Difficult due to Extreme Cold &amp; High Altitude</b>
<b>Cost</b>	Rs.51000/- (Leh Airport to Leh Airport)*- 6 Members, Rs.45000/- 10 Members & Rs.41000/- 16 members  <b>Cost Includes:</b> Transportation to the last road head & back, 03 nights' accommodation in Centrally heated GH, with all meals, 13 days of trek with Vegetarian Meals during trek, Camping Equipment, Porters for Group Equipment, guides, camp Helpers, necessary permit etc. It also includes a day's sightseeing at Padum.  <b>Cost excludes:</b> Down jacket. This can be hired/arranged in Leh. If need be on actual cost basis.  <b>* Up to Leh and back, the participants will have to make their own transport arrangements as per their convenience.</b>
<b>Registration</b>	10 <sup>th</sup> Nov 2017 by payment of 50% fee and the balance on or before 20 <sup>th</sup> Dec 2017
<b>Mode of Payment</b>	Cash/Cheque or DD drawn in favour of <b>The Karnataka Mountaineering Association</b>
<b>Cancellation Charges</b>	30 days before date of Departure : - Rs 10000 20-30 days before date of Departure : - Rs 12500 10-19 days before date of departure : - Rs 15000 05-09 days before date of departure : - Rs 20000 < 05 days before date of Departure : - Rs 25000
<b>Briefing</b>	All Details pertaining to the trek, like items to carry, pick up at Leh, reporting point, contact numbers, etc will be given on the day of briefing which will be held at least 10 days prior to the date of departure.

Note: Please note that registration will close once the target number is reached irrespective of the last dates mentioned. So do not delay.

## ITINERARY:

DAY	DATE	PROGRAMME
01	03.02.18	Departure Bangalore to Delhi
02	04.02.18	Report at Leh - Acclimatization at Leh (3500m)
		Programme commences)
03	05.02.18	Drive to Chilling (3 hrs-3225m) and trek to Tilat Sumdo (1hr-3100m)-2kms
04	06.02.18	Trek Tilat Sumdo to Shingra Camp (09 Kms/6 hrs-3350m)
05	07.02.18	Trek Shingra Camp to Tibb Cave (14 Kms/6 hrs-3405m)
06	08.02.18	Trek Tibb Cave to Neyrak Camp (10.5Kms/7 hrs-3680m)
07	09.02.18	Trek Neyrak camp to Chyarkdo(Long trek)
08	10.02.18	Trek Chyarkdo to Zangla(long trek)
09	11.02.18	Trek Zangla to Padum
10	12.02.18	Padum Sight seeing
11	13.02.18	Trek Padum to Chyarkdo
12	14.02.18	Trek Chyarkdo to Neyrak
13	15.02.18	Trek Neyrak to Tibb cave
14	16.02.18	Trek Tibb cave to Shingra Camp
15	17.02.18	Trek Shingra Camp toTilath Sumdo and drive to Leh
16	18.02.18	Return Leh to Bangalore via Delhi

## OTHER INFORMATION:

- Rucksack (will be provided by KMA. Rest of personal Winter Clothing has to be brought by Participants.
- Plastic Shoes exclusively for the Trek can be bought at Leh @ Rs 300 Max)
- Average trek per day would be 10-12 kms, except for 2 days.
- Maximum Height during the Trek 4000m (13200 ft) approx.
- Guest House Accommodation at Leh, and Tents/Caves during trek
- Excellent and Wholesome Vegetarian food
- One Experienced and Qualified Leader from the association will accompany the team
- A Centralized Medical Kit will be carried
- The Chaddar route is Common and also used by other groups during this period
- The prospective participants should be physically and medically fit. Production of medical fitness certificate is mandatory.

**NOTE: THOSE WANTING TO REACH LEH EARLY OR WANT TO DEPART LATER SHALL BOOK AIR TICKETS ACCORDINGLY**

**CONTACT ASHA SUDHAKAR + 91 94489 75063 FOR MORE DETAILS & REGISTRATION**