

**THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)**

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HIGH ALTITUDE TREKKING EXPEDITION

**GREAT LAKES OF KASHMIR**

JAMMU AND KASHMIR, INDIA

28<sup>th</sup> June to 7th July 2019

**Programme Coordinator: VASUMATHI – 99456 02188**



**ABOUT THE TREK:**

Known as 'Paradise on Earth' Jammu and Kashmir is one of India's most favoured tourist destinations. The state is popular for its natural grandeur, picturesque beauty, and the many blue lakes that dot the Himalayan terrain there. Jammu and Kashmir, often referred to simply as J&K, has always been enveloped in an aura of mystery and elusiveness. J&K consist of 3 main regions - the religiously oriented Jammu the breathtaking valleys of Kashmir and the cold & ruggedly handsome desert land of Leh-Ladakh. The winter months of October to March are the best time to visit the Jammu region whereas the summer months from April to October are ideal to visit the Kashmir region. Located on the banks of the Jhelum river, at an elevation of 5,200 feet, Srinagar holds the distinction of being the "summer capital" of J&K while Jammu is the winter capital. Srinagar is well known for the Dal Lake, and its many colourful shikharas and house-boats. It is also known for dry fruit, saffron and traditional Kashmiri handicrafts like hand woven woolen shawls, etc. The great lakes trek is one of the sought after trekking destinations in J&K. Situated at an altitude of 2730 metres, Sonamarg, literally meaning the 'Meadow of Gold' is the starting point of the trek. The Sindh River that meanders through the valley abounds with Trout, and angling is a favourite activity in this area. Thickly forested Sonamarg is filled with the fragrance of alpine flowers, silver birch, fir and pine. The best time to enjoy the Kashmir Great Lakes trek is between June and September as the greenery and the blooming flowers are at their best during this period. The trek is graded moderate but like any Himalayan venture demands good physical preparedness and, a love for nature and a will to take on the vagaries of the Himalayas. The trek provides the trekker all hues of terrain - meadows, snow clad mountains and pinnacles, passes, barren rocky lands, meandering streams, forests of pine, maple and silver birch etc. The route does full justice to the trekker's expectations. You will always be amongst the meadows throughout this trek.

## PROGRAMME DETAILS:

<b>Period</b>	28th June to 7th July 2019
<b>Duration</b>	10 days (Bengaluru to Bengaluru)
<b>Nature of Programme</b>	Trekking, Camping
<b>Group Strength</b>	Minimum: 20; Maximum: 25
<b>Age Group</b>	18 to 45 years (exception for experienced trekkers)
<b>Trek Distance/Altitude</b>	72 Kms approx. – <b>3500m - 3750m (12,500 ft) approx.</b>
<b>Grade</b>	Easy / Moderate
<b>Cost</b>	<b>Rs.27,000/- (Srinagar to Srinagar)*</b> In terms of transportation (Ex. Srinagar), food, accommodation, administrative expenses, tent age; complete camping facilities, portage, technical gear, experienced instructors, guides, camp helpers, etc. * Up to Srinagar and back, the participants will have to make own transport arrangements as per their convenience.
<b>Registration</b>	20.04.2019 by payment of 50% fee and balance 50% by 20.05.2019
<b>Mode of Payment</b>	Cheque or DD drawn in favour of <b>The Karnataka Mountaineering Association</b> / NEFT transfer
<b>Cancellation Charges</b>	> 30 days before date of departure: Rs. 5,000/- 20-30 days before date of departure: Rs. 7,500/- 10-19 days before date of departure: Rs. 10,000/- 05-09 days before date of departure: Rs. 12,500/- < 05 days before date of departure: Rs. 15,000/-
<b>Briefing</b>	All details pertinent to the expedition like items to carry, 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.

**The group strength is restricted to 25 and registration would be on first come first basis. So, why wait, enrol, participate and explore the beauty and the mystery of the J & K Himalayas – while taking a break from the hustle and bustle of city life.**

## OTHER INFORMATION:

- Average trek per day would be around 10 to 12 kms / 6 to 6 ½ hours duration.
- Max height gained is 3750 meters (12,500 ft) approx
- Tented accommodation (separately for ladies and gents)
- Fresh wholesome vegetarian food
- Excellent & enjoyable route in the pristine environs of J&K Himalayas
- Experienced and qualified lead from the Association will accompany the team.  
A local guide will join in Srinagar
- A centralised medical kit / oxygen cylinder will be carried
- Submission of medical and indemnity certificate mandatory

## ITINERARY:

DAY	DATE	PROGRAMME
01	28.06.2019	BENGALURU -> SRINAGAR: REPORT AT SRINAGAR ( <b>Programme starts</b> ) - TRANSFER TO HOTEL OR HOUSE BOAT
02	29.06.2019	DRIVE TO SONAMARG AND TREK TO TABLE TOP CAMP
03	30.06.2019	TREK: SONAMARG TO NICHNAI (11,830') 9.5 Kms
04	01.07.2019	TREK: NICHNAI TO VISHNUSAR (12,010') 12 Kms
05	02.07.2019	TREK: VISHNUSAR TO GADSAR (12,200') 11 Kms
06	03.07.2019	TREK: GADSAR TO SATSAR (12,100) 12 Kms
07	04.07.2019	TREK: SATSAR TO GANGABAL (11,650') 9.5 Kms
08	05.07.2019	TREK: GANGABAL TO NARANAG (7,450') 9 Kms. - DRIVE TO SRINAGAR AND TRANSFER TO HOUSEBOAT OR HOTEL
09	06.07.2019	SIGHT SEEING – GULMARG AND LOCAL
10	07.07.2019	DEPART SRINAGAR ( <b>Programme ends</b> ) AND ONWARD TO BENGALURU

**Outdoors demands leaving your comfort zone. Prospective participant should be physically and medically fit with a love for the outdoors and should not be suffering from any ailments related to pulmonary, cardiac, respiratory etc. (asthma, hypertension, BP etc.)**

**FOR MORE INFORMATION & REGISTRATION PROCEDURE, PLEASE CONTACT THE PROGRAMME CO-ORDINATOR ONLY - VASUMATHI – 99456 02188**

*Mountains are places of great purity where man becomes more than a man*

