



Kedar Gogte

112/3, Amrut Apartment,
Prabhat Road, Pune-411004

Maharashtra, India

9850896145/020-25430505

CHADAR TREK 2018

Chadar was traditionally used by the people of Zaskar to migrate up & down. Those days there were no roads & Chadar was the only way to move up & down. Kids from Zaskar studying in Leh would come back home when the Chadar would form for the winter & go back before it would melt. This trek involves mostly walking on ice sheets formed over the flowing water of the river Zaskar, which connects the Zaskar valley to the Ladakh region and its people. Chadar was also used to transport goods & general commodities and was the only way for Zaskar to connect with the outside world. The Chaddar is the pride and prestige of the Zanskari which connects them to people of different cultural and traditional background which would traditionally allow them to exchange life saving techniques during the harsh winters when temperatures goes down to -40 C. Zanskari people praise the Chaddar trail rather than complaining to the Almighty about remaining isolated from the rest of the country, because it gives them an opportunity to spend most of their time with their family and friends, cheering Local butter tea and playing local games during winter. The Chaddar also gives them an opportunity to generate income and earn a livelihood. The Zanskari feel pride in leading the trekkers over the Chaddar, which also makes them the finest guides in exploring and experimenting with new and challenging routes. The Zanskari will tell you the mountain ghost stories and the deities which protects the Zanskari from failing during the winter harsh climate. These days there is a road which comes into the Zaskar in the summers but if you walk the entire Chadar you will see the importance of the frozen river for the kingdom of Zaskar.

Itinerary

Day 01 – 4th Jan: Depart from Pune by late night flight.

Day 02 - 5th Jan: Arrival Leh Ladakh.

Day 03 – 6th Jan: Post Lunch filling of Tourist Chaddar Medical examination at SNM hospital, Leh.

Day 04 – 7th Jan: Collection of Medical Certificate of fitness from SNM Hospital.

Day 05 / Trek day 01 - 8th Jan: Drive to Chilling Village, trek to Tilad Dho. (5-6hrs)

Day 06 / Trek day 02 – 9th Jan: Tilad Dho to Gyalpo. (Distance to be covered 12km, 5-6hrs).

Day 07/ Trek day 03 – 10th Jan: Gyalpo to Tibb Cave (distance to be covered 14km).

Day 08/ Trek day 04 – 11th Jan: From Tibb Cave to Nyeerak village.

Day 09/ Trek day 05 – 12th Jan: Nyeerak to Tibb.

Day 10/ Trek day 06 – 13th Jan: Tibb to Gyalpo (distance to be covered 14km).

Day 11/ Trek day 07 - 14th Jan: Gyalpo to Tilad Do, and drive back to Leh.



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Day 12 - 15th Jan: Depart from Leh.

Tour Cost: Rs.37,000/- + GST @ 5%
+ Air Fare (At Actual)

Cost Inclusions:

1. All taxes.
2. Accommodation in Guest house/ Hotel in Leh on the 1st, 2nd, 3rd and the last day (11th day) and camping during the treks according to the itinerary.
3. All meals - Veg
4. Well experienced and qualified trek leader, guide and support staff.
5. First aid kit plus oxygen cylinder.
6. Wild life fee, Red Cross fee and trekking permits from the administration.
7. Airport Pick up & Drop at Leh
8. Transport from Hotel/Guest house to trekking point and return.
9. Monastery & Monument entry fees.

Cost Exclusions:

1. Air fare to and from Leh.
2. Travel insurance.
3. Porters to carry personal luggage. (Rs.500/- per day)
4. Tips, mineral water, extra tours and anything which is not specifically mentioned in the cost inclusions.
5. Medical cost (If any).
6. Personal expenses.

Things to Carry:

1. Backpack with sturdy straps and supporting frame.
Daypack (20 L) is required only if you wish to offload your backpack to our support team. If you don't want to carry your backpack you can give it to porter, but you have to inform us in advance and charges would be Rs. 500/- extra per day per bag. Please also do inform us about this at least 15 days in advance.

2. Trekking shoes –Ensure the shoes are well broken in before the trek. Good standard trekking shoes are sufficient for the trek. On Chadar, which is solid ice or a slight cover of snow on slippery ice, trekkers have found to their amazement that a simple gumboot finally is the best for Chadar. Most of the outside agencies in order to impress tell about crampons. But on Chadar, crampons can be quite dicey - as crampon can get stuck on the fine cracks in the ice. Gumboots are available in Leh hardware shop and can be purchased in Leh. If your shoe size is 9-10, getting a pair might be tough, so start searching as soon as you land in Leh. Trekkers will soon learn and modify their trek to the "penguin walk" style on seeing from the porters and guide! It is a kind of dragging your foot and not lifting much.

3. Gumboot, if not purchased from Leh.



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4. 2 pair of synthetic track pants. Track pants are light and when things get cold you can wear one over the other.

5. 2 Full sleeve tees with collar.

6. Fleece jacket - sweaters are highly discouraged.

7. A full sleeve thick jacket.

8. 4 pairs of undergarments.

9. 2 pairs of thermal inners.

10. 2 pairs of sports socks. 2 pairs of woollen socks.

11. Woollen monkey cap/balaclava that cover the ear.

12. Woollen hand gloves + synthetic glove (water proof). If you don't have synthetic gloves, get two pairs of woollen gloves and a surgical glove.

13. Hot water bottle/Bag - available at any medical store.

14. Sun glasses, branded company with 100% UV protection. Curved ones will cover your eyes well. Sunglasses prevent snow blindness. Sunglasses are mandatory for this trek.

15. A woollen head-scarf or muffler.

16. Trekking pole is mandatory.

17. Light towel (should be thin, quick drying kind).

18. Chap Stick or lip balm.

19. Cold cream and sun screen lotion (SPF 40+). While sun screen help prevent sun burns, a better option is to stay covered.

20. 2 Water bottles (1 L each). The insulated water bottles are good but even normal water bottles will suffice.

21. Personal medicine kit containing:

a. Crocin

b. Avomine



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- c. Avil 25mg
- d. Combiflam
- e. Disprin
- f. Norflox
- g. Crepe bandage
- h. Band aid
- i. Digene
- j. Gauze cloth - 1 small role
- k. Leukoplast - 1 small roll
- l. Cotton - 1 small roll
- m. ORS - 5 packets
- n. Betadine or any antiseptic cream
- o. Volini or Moov or Relispray.
- p. Diamox - 20 tablets

22. Personal toilet kit (minimal) and toilet paper.

23. LED Torch with extra set of cells (head lamps are much more preferable).

24. Small repair kit consisting of safety pins, needle, thread and string.

25. Camera, memory-cards, batteries etc. (carry enough spare batteries. Electricity is not available)

26. While packing, use plastic bags to compartmentalize things and carry few extra plastic bags for wet clothes

Some general advice about clothing...

To protect yourself from cold, dressing in layers is the mantra. Two T-shirts worn one over the other is warmer than a T-shirt that is thick. 3 T-shirts worn one over the other is as good as a full sweater. This is just a guideline. If you are prone to cold carry extra warm clothing. Along with the above list, please ensure you also carry the following documents:

1. **An identification card (like driving license, voters ID card etc), along with a photocopy**
2. **A passport size photo.**