



Kashmir Great Lakes Trek

Kashmir Great Lakes is one of the most beautiful treks in India. No question. It validates Kashmir's mythical status as "Heaven on the Earth".

• What makes this trek memorable •

- The variety of the valleys and meadows.
- Every day seen 360° panorama of wild, rugged mountains.
- Rolling meadows and turquoise alpine lakes.
- The colors of Kashmir Great Lakes an IMAX 3D experience.



Tour Info



Nature of Trip > Trekking & Camping



Best Season > July, August



Grade > Moderate to Difficult



Temperature > 17°C to 20°C (Max. During Day Time) to 3°C to 4°C (Min. During Night Time)



Location > Sonmarg, Kashmir



Max. Altitude > 4206 m/13800ft.



Duration > 09 Days / 08 Nights



Age limit > 18 to 55 years





Sketch Itinerary

Day 1 Drive a Srinagar (5200 ft.) to Sonmarg (7800 ft.); 85 KM, 3 hr

Day 2 Sonmarg (7800 ft.) to Nichnai (11838 ft.); 9KM, 5 hr

Day 3 Nichnai (11,838 ft) to Vishnugar (12,011 ft); 13.5 km, 7 hours

Day 4 Acclimatize & plus rest

Day 5 Vishnugar (12,011 ft) to Gadsar (12,200 ft) via Gadsar Pass (13,850 ft); 16 km, 7.5 hours

Day 6 Gadsar (12,200 ft) to Satsar (12,100 ft); 11.3 km, 4.5 hours

Day 7 Satsar (12,100 ft) to Gangabal (11,651 ft); 9 km, 6 hours

Day 8 Gangabal (11,500 ft) to Naranag (7,450 ft); 13 km, 6 hours & drive to Srinagar

Day 9 Srinagar to Gujarat

For Detailed Itinerary click here  **www.yuvapragati.com**

Advisory Note :- For all your travel plans include a buffer day to accommodate bad weather on the trek/political instability. It's depends completely on the circumstances on the trek and situation in Kashmir.

Trek Essentials

KGL is a high altitude trek. The trekking gear you need to carry for this trek is different from regular treks so read below list and pack your backpack.

*** Basic Essentials ***

- Back Pack & Rain Cover (50-60 liter)
- Day Pack & Rain Cover (20-30 liter, If you hire mule or porter)
- Two 1 Litre Bottles or 2 Litre Hydration Pack (thermos flask)
- Hiking Shoes (Should be water proof and ankle support)
- Head lamp or Torch (With extra batteries)
- Glucose, Chocolates, biscuits and nuts
- Personal Medical kit (If you required)
- Original ID Card

*** Clothing Essentials ***

- Trek Pants – 2 Nos. (Avoid Jeans, Shorts, Capri, Fitting Denims)
- T-shirts – 4 Nos. (2 Full Sleeves, 2 Half Sleeves)
- Sweater– 2 Nos. (1 Fleece, 1 Woollen)
- Jacket – 2 Nos. (1 Fleece, 1 Down feather), Warm Inner wears
- Thermal Wear – 1 Nos. Gloves – 2 Nos. (1 Woollen, 1 Waterproof),
- Socks – 5 Nos. (3 Cotton, 2 Woollen)
- Rain Coat/ Poncho – 1 Nos., 3 to 4 Plastic bag for used clothes.
- Handkerchief/towels – 1 Nos. (quick dry)

*** PORTECT YOUR HEAD ***

- UV sunglasses – 1 Nos.
- Caps – 2 Nos. (1 Sun Cap, 1 Woollen Cap)
- Balaclava – 1 Nos., Slippers – 1 Nos.

*** PERSONAL UTILITIES ***

- Sunscreen (spf 40) Cream/ Body Lotion
- Lip Balm/ Sanitizer
- ToothBrush & Toilitary Kits, wipes
- Cameras
- Books (If you like reading)
- Music Instruments (Guitar, Flute)

COST OF TRIP

Srinagar to Srinagar RS 20,500 Per Person
Sonmargr to Sonmarg RS 15,750 Per Person
On Triple Sharing Basis for

Dates - 06th & 26th July (09 Days / 08 Nights)

INCLUSIONS

- Transportation from Srinagar to Srinagar Airport Pick up & Drop (**Not include in Sonmarg to Sonmarg Package**)
- Accommodation during the trek(Camping)
- Sonmarg, Srinagar stay at Hotel (**Not include in sonmarg to Sonmarg Package**)
- Meals – Day 1 to 9 (8 Breakfast, 6 Packed Lunch, 8 Dinner)
- Backpack off loading charges of 7 days trek (Per Bag 7 kg) (**Not include in Sonmarg to Sonmarg Package**)
- Camp Fire at Campsite (If Available)
- Trekking permits and forest camping charges
- Trekking equipment (Crampons, Tents, Sleeping Bags, Ropes, etc.)
- Safety equipment (First Aid, Medical Kit, Oxygen Cylinders etc.)
- Services of an expert trek leader (Qualified in Basic/Advanced Mountaineering Courses)
- Services of an expert trek team (Guides, Cooks, Helpers, Porters/Mules)
- Achievement Certificate
- Memories for Life Time

EXCLUSIONS

- Food during Transit.
- Personal expenses of any kind
- Anything apart from the inclusions

ACTIVITIES

- Camping
- Trekking
- Sightseeing
- Bonfire

TERMS & CONDITIONS

- Full payment to be made in advance at the time of booking the trek.
- Last Date of the booking will be closed before 7 days prior.
- TeamYuvaa Pragati has right to change the itinerary & schedule without any notice .
- Payment to be made by Bank Transfer/Cheque in favour of Yuvaa Pragati Adventure Treks & tours.
- Payment for this trip will not be adjusted against any future trips.

CANCELLATION POLICY

- Before 30 days: 90% of total Land Package Cost is refundable
- Between 21-30 days: 75% of total Land Package Cost is refundable
- Between 11-20 days: 50% of total Land Package Cost is refundable
- Less than 10 days: No refund



Trek Fitness Guide



WEEKLY WORKOUT SCHEDULE BEFORE TREK



WEEK 1	• Spot Jogging	5 Minutes
	• Rope Skipping	50
	• Brisk walking with light jogging	1 km in 10 mins.
WEEK 2	• Spot Jogging	5 Minutes
	• Jogging	2 km in 15 mins.
	• Skips	100
	• Squats	10 * 3
	• Stair Climbing	2 storeys in 10 mins.
WEEK 3	• Spot Jogging	5 Minutes
	• Jogging	3 km in 20 mins.
	• Skips	150
	• Squats	20 * 3
	• Stair Climbing	3 storeys in 15 mins.
WEEK 4	• Spot Jogging	5 Minutes
	• Jogging	4 km in 25 mins.
	• Skips	200
	• Squats	20 * 4
	• Stair Climbing	3 storeys climb with 4 kg backpack in 15 mins.

This workout to be completed over the course of one month, before trek.

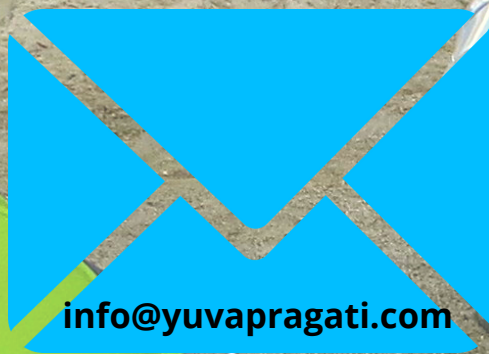
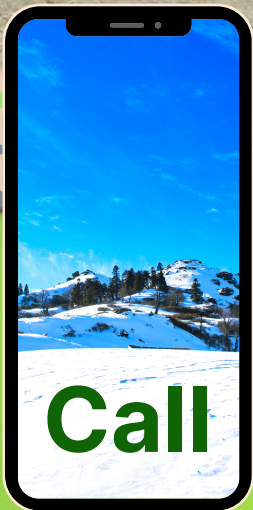
For Inquiry

Call of Mountain



Yuva Pragati

Adventure Treks & Tours



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