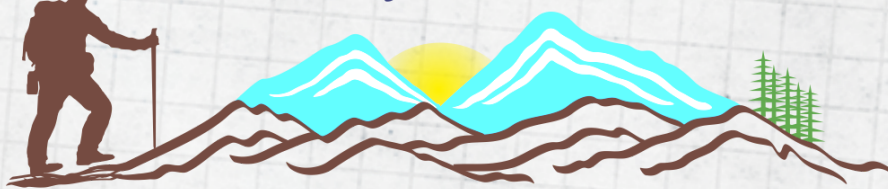


Call of Mountain



Yuva Pragati

Adventure Treks & Tours



Tarsar Marsar Trek

- **What makes this trek memorable**•
- Alpine lakes- Tarsar, Marsar, and Sundarsar which mesmerize one with their beauty..
- Experience the rare view of glittering blue waters of the lakes in Tarsar Marsar Trek..
- Cover the whole perimeter of Sundarsar and Tarsar lakes, it changes color at every other angle..



Tour Info



Nature of Trip > Trekking & Camping



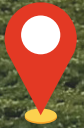
Best Season > July, August



Grade > Easy to Moderate



Temperature > 15°C to 18°C (Max. During Day Time) to 4°C to 5°C (Min. During Night Time)



Location > Pahalgam, Kashmir



Max. Altitude > 7958 m/13201ft.



Duration > 08 Days / 07 Nights



Age limit > 12 to 55 years





Sketch Itinerary

Day 1 Drive from Srinagar to Aru valley

Day 2 Trek from Aru to Lidderwat (7,958 ft to 9,131 ft) 10 KM, 6 hr

Day 3 Lidderwat to Shekwas (9,131 ft to 11,039 ft); 5.6 km, 5 hours

Day 4 Shekwas to Tarsar (11,039 ft to 12,449 ft); 4 km,4 hours

Day 5 Tarsar to Sundersar (12,449 ft to 12,946 ft); 5 km, 5 hours

**Day 6 Sundersar to Homwas via Marsar (13,201 ft to 11,500 ft);
9 km, 7hours**

**Day 7 Homwas to Aru drive to Srinagar. (11,500 ft to 7,958 ft);
13 km, 6 hours**

Day 8 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

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)

*** PROTECT 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 & Toiletry Kits, wipes
- Cameras
- Books (If you like reading)
- Music Instruments (Guitar, Flute)

COST OF TRIP

Pahalgam to Pahalgam Rs 13,500

Srinagar to Srinagar RS 18,000 Per Person

On Triple Sharing Basis for

Dates - 31st July, 7,14, 21, 28 August

INCLUSIONS

- Transportation from Srinagar to Srinagar (Airport Pick up & Drop) **Not include in Pahalgam to Pahalgam Packge**
- Accommodation during the trek (Camping)
- Srinagar 1 night stay > **Not include in Pahalgam to Pahalgam Packge**
- Meals – Day 1 to 8 (6 Breakfast, 6 Lunch, 6 Dinner)
- Backpack off loading charges Rs.2000 of 6 days trek (Per Bag 8 kg) **Not include in Pahalgam to Pahalgam Packge**
- Camp Fire at Campsite (If Available)
- Trekking permits and forest camping charges
- Trekking equipment (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.
- TeamYuva Pragati has right to change the itinerary & schedule without any notice .
- Payment to be made by Bank Transfer/Cheque in favour of Yuva Pragati Adventure Treks & tours.
- Payment for this trip will not be adjusted against any future trips.

CANCELLATION POLICY

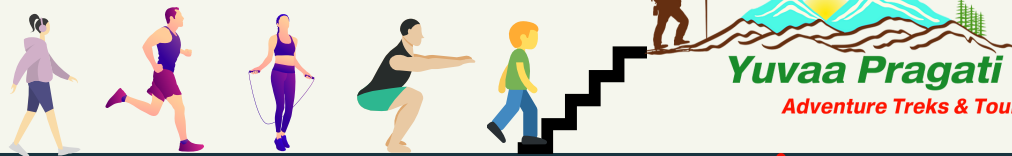
- Before 40 days: 90% of total Land Package Cost is refundable
- Between 40-30 days: 50% of total Land Package Cost is refundable
- Less than 10 days: No refund
- In case of any untoward situation like a natural disaster, national emergency, terrorist activity, adverse weather conditions or any other unforeseen situations, the refund may or may not be entertained which will solely be upon Yuva Pragati to decide. However, there will be no cash refund. The clients will get the voucher which they can redeem for KGL Trek or Tarsar Marsar which organised by Yuva Pragati India.



Trek Fitness Guide



WEEKLY WORKOUT SCHEDULE BEFORE TREK



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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.

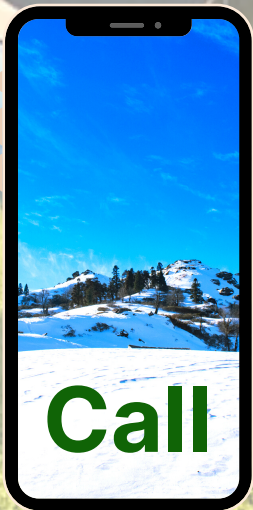
For Inquiry

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Adventure Treks & Tours



www.yuvapragati.com

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