

## Frozen River (Chadar) Trek 2015 Guaranteed Departure



**Area:** Zanskar (Ladakh Himalaya)

**Altitude:** 3850 mts/12628 ft

**Grade:** Challenging

**Duration:** 13 days

**Season:** Mid Jan to End Feb

The Chadar Trek (Frozen River) is a freezing escape that embarks upon the blanket of a large icecap on the River Zanskar. The strenuous walk connects us from Ladakh to the snow bound villages of the Zanskar Valley, covering a distance of approximately 90-100 kilometers. The trail all throughout leaves you with clattering teeth and frost dried eyes and during the blanched nights it leads to shiver you to empathize the temperature you never experienced before.

The Frozen River Trek starts from an unholy first night at Chilling, a day before you drive to Tilad Do, where the temperature might rove between 1-3 during the day and falling at minus 10 degrees during the night. Hence you got an ARTIC FEELING ahead even being in the Indian Himalaya. The trail from Tilad Do to Gylapo, which is entirely on the frozen river, will knock you the strenuous route ahead. Well, the porters will guide you like sensors, stimulating their sixth sense as to where exactly to step on the ice sheet. At places, it might be necessary to wade through ankle deep water, or climb on the cliffs at the side of the river. Eventually you will get used to walking on the

Chadar, which appeared like a cross between gliding and skating. The journey thereafter leads to Tibb Cave, which is approximately 14 kilometers en route the deep



ravines, mountain caves and frozen waterfalls. The unique part on this trek is the moss covered rock, which is the only greenery and viewed at the plunge of a miraculous waterfall. After camping for the night inside one of the big caves the trail the next morning heads up to Naerak. The journey is simply breathtaking if you can accept the challenges. Up the clear blue sky, down the snow white slippery boulevard, passing through the snow fed walls and gorges, your FRIGID LAG will obviously take away by the colours of nature. Walking few steps up on the frozen floor it heads up to the mother-of-all frozen waterfalls - a huge instance of suspended animation several feet tall and equally wide.

The return trail down from Naerak to Leh follows the same route, covering a total of 7 amazing and tempting days even in the below freezing point.

### Highlights

- Humble and genial Zanskari (local) people, highlighting the tribal and traditional Ladakhi life.
- The challenging lives of porters and nomads and their struggles for surviving.
- Cultural Expeditions by exploring different monasteries like Hemis, Thiksey Monastery and the most famous Shanti Stupa.
- A fantastic glimpse of frozen Nyarak Waterfalls
- Amazing high-end Zanskar ranges
- Incredible sight-seeing at High Stok Kangri ranges and more

### **16 Jan: Day 01: Delhi Leh (Complete Rest in Leh for acclimatisation)**

Take the morning flight for Leh. Check into the guest house and relax the whole day. This is necessary for getting acclimatised. Overnight at the guesthouse.



### **17 Jan: Day 02: Leh Shey Thiksey - Hemis**

On this day you will go a sightseeing trip to some ancient monasteries in this area.

**Shey Gompa** is about 15 kms from Leh. It used to be the summer palace of the kings of Ladakh. There are lots of Stupas and Gompas built around the palace. Shey palace was built by Deldan Namgyal in the beginning of 17<sup>th</sup> century AD. Main attraction in Shey is the 12m Shakyamuni Buddha statue inside the Dresthang Gompa.

**Thiksey Gompa**, close to Shey is about 17 kms from Leh. The monastery is considered to be one of the most beautiful in Ladakh and belongs to the Gelukspa order.

**Hemis**, about 45 kms south of Leh it is one of the most famous and largest monastery in Ladakh. It belongs to the Drukpa order and was founded in the early 17<sup>th</sup> century. The setting is perfect with the monastery cradled in a lovely valley, surrounded by streams and fronted by long Mani walls. Overnight stay at the guest house.

### **18 Jan: Day 03: Leh - Chilling- 3500 mts (5 hrs drive)**

In the morning drive to chilling along with our porters from Pishu village of Zanskar, visit coppersmith workshops. Dinner and overnight stay at guest house.

### **19 Jan: Day 04: Chilling - Zaribago**

We begin our Chadar trek by walking on the frozen Zanskar river from Chilling to Zaribago. The trek is of about 5 hours. Overnight at Camp.

### **20 Jan: Day 05: Zaribago - Deepyokma**

Walk on the frozen Zanskar river for about 4 hours from Zaribago to Deepyokma. Overnight at Camp.



### **21 Jan: Day 06: Deepyokma – Nyarakpulu - 3390 mts**

Walk for almost 4 to 5 hours from Deepyokma to reach Nyarakpulu below the Nyarak village. Over night at Camp.

### **22 Jan: Day 07: Nyarakpulu - Lingshed**

Frozen River (Chadar) Trek Leaving Nyarakpulu it's a one hour walk to the small village of Lingshed. Enjoy the comfort and cozy atmosphere of a private house with central heating.

### **23 Jan: Day 08: Lingshed**

Spend rest of the day in the warmth of a private home in Lingshed. Explore the nearby monasteries, meet the monks and hospitable people of the village. Overnight stay at the private home.

### **24 Jan: Day 09: Lingshed - Nyarakpulu**

Lingshed to Nyarakpulu - a walk of about five hours to the campsite.

### **25 Jan: Day 10: Nyarakpulu - Tso Mopoaldar**

Nyarakpulu to Tso Mopoaldar a four hour walk to the campsite.

### 26 Jan: Day 11: Tso Mopoardar - Tilatdo

Frozen River (Chadar) Trek Mopoardar to Tilatdo - another day of walking about 5



hours.

### 27 Jan: Day 12: Tilatdo - Chilling - Leh

From Tilatdo walk up to Chilling village from where a Jeep will take you back to the hotel in Leh by evening. Overnight stay at hotel.

### 28 Jan: Day 13: Leh - Delhi

Early in the morning transfer to airport and from here catch a flight for Delhi.

**Trip & Services Ends Here**

### **Cost of the Program**

Rs. 39850/- per person

### **Cost Include:**

- **Airfare: Delhi - Leh return flight by GoAir economy class**
- **Accommodation:** In Leh, guest house with bed and breakfast basis. While on trek accommodation will be provided on Dome/Alpine Tent, carry mat, kitchen tent, camping stool etc will be provided.
- **Transport:** Arrival, departure transfer at Leh by Toyota Innova/Mahindra Scorpio/Xylo car. Also all sightseeing in Leh. Drop & pick up for trek.

- **Meals: Leh:** Only breakfast will serve. While on trek all meals will be provided. Meal will freshly prepare and will be a mix of Indian, Chinese, Continental & Ladakhi.
- **Porters:** Experienced porter for carrying camping equipment, rations, vegetables and some amount of personal gear of the clients (one bag not weighing more than 15 kgs).
- Entry fee
- **Professional local trekking guide & cook who know the area very well** would accompany the group
- **Trekking & camping permit**

#### **COST DOES NOT INCLUDE**

- Enroute Meal,
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, and flight cancelled etc.

#### **Trekking Equipments List**

1. Trekking boots - well broken in and waterproofed
2. Down jacket or equivalent with hood
3. Two heavy wool shirt or sweater, Two cotton shirts
4. One pair cotton trousers or shorts, One pair woolen trousers
5. One pair shorts or calf-length skirt for women
6. Three pairs of regular underwear, Long underwear - thermal or wool
7. Wind- and rain-gear with hood, Sun hat with brim
8. Woolen hat or balaclava, Woolen gloves, Woolen socks to wear with boots
9. Personal first-aid kit including medication for common ailments
10. Flashlight with extra batteries
11. Sunglasses or snow goggles (an extra pair is recommended)
12. Water bottle, preferably wide mouthed, with at least one liter capacity
13. Pocket knife, Note book with pens and pencils
14. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
15. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
16. First aid set for minor accidents and sickness.
17. A raincoat is necessary to meet uncertainties of weather.
18. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
19. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.

**Fix Departure Dates: 16 January 2015 – 28 January 2015 (12 Seats)**