



TREKS AND TRAILS

Kashmir Great Lakes Trek (7 Days / 6 Nights)

⌚ 6 nights, 7 days

Overview

About Kashmir Great Lakes Trek - Treks in Himalaya

The Kashmir Great Lakes Trek is a premier high-altitude trek situated in the Indian Himalayas, offering an unparalleled experience of the pristine beauty of Kashmir's rugged terrain. Stretching over approximately 70-75 kilometers, this trek takes you through a series of mesmerizing alpine lakes, lush meadows, and snow-capped peaks. Beginning in the lush meadows of Sonamarg and ending near Srinagar, it traverses high mountain passes and remote valleys, showcasing some of the most spectacular scenery in the region. The trek is renowned for its diverse landscapes, including glacial lakes like Vishansar, Krishansar, and Gangbal, and its varied ecosystems, ranging from dense forests to barren mountain tops. It is considered a challenging trek due to its high altitudes and strenuous terrain, but it

Kashmir Great Lakes Trek Package Cost

- Triple Sharing: Rs. 17999/- per person
- Double Sharing: Rs. 18999/- per person

Highlights of Kashmir Great Lakes Trek:

- The only trek in Kashmir for trekkers to explore five stunning lakes at a high altitude.



- Experience of once in a lifetime with vintage memories to cherish.
- Witness the high mountain passes and the snow patches feeding the lakes. View of milky white iceberg floating on the inky blue lake surface.
- Mesmerize with the views from small hamlets and lights through the steep ascend of the trek.
- Trekking through innumerable meadows, snow-clad glaciers and pinnacles passes, rocky barren lands, struggling streams.

Basic Details of Kashmir Great Lakes Trek:

- Grade: Moderate to Difficult
- Altitude: Max. Altitude at Gadsar pass at 4191 m.
- Temperature: One can expect the temperature to range from 25 degree Celsius during the day and drop down to as low as 5 degree Celsius during the night. Do note that due to wind chills, it can feel a lot colder especially during evenings and nights
- Trek Duration: 7 days/ 6 nights
- Trek Season: July – September

How to reach Kashmir great lakes trek Basecamp?

Our base camp is Sonamarg which is at a distance of 90 kms from Srinagar which takes approximately 3-4 hours.

Reaching Srinagar via Train:

One can take a train to Jammu and then make a taxi/bus ride to Srinagar. Srinagar is connected to the National Highway to the rest of the country.

Reaching Srinagar via air:

One can take a direct flight to Srinagar from Delhi or Mumbai to avoid the stopover at Jammu. The nearest airport is the Sheikh ul Alam airport also known as the Srinagar airport.



Detailed Kashmir Great Lakes Trek Itinerary:

Day 1: Arrival in Srinagar | Drive to Sonamarg (90 km, 4 hours)

The group will assemble at the Tourist Reception Centre in Srinagar at 11 AM. From here, we will begin our scenic drive towards Sonamarg, where Shitkari village serves as the base camp for the Kashmir Great Lakes trek. This journey offers breathtaking views of the lush valleys and towering mountains. Note: Please carry your original ID proof along with two photocopies, as these will need to be submitted at the army check post.

Day 2: Trek to Nichnai via Shekdur (11 km, 8 hours)

After an early breakfast, we will start our trek towards Nichnai, our next campsite. The trail winds through enchanting maple and pine forests, offering a stunning panoramic view of Sonamarg Valley. As we ascend, we will encounter flowing streams and vast meadows of Shekdur, surrounded by Bhoj trees and small peaks, making it a perfect resting spot. Following the Nichnai stream, we will reach our campsite, where we will have dinner and spend the night under the stars.

Day 3: Nichnai to Vishansar Lake via Nichnai Pass (12 km, 7 hours)

After breakfast, we will begin our journey towards the mesmerizing Vishansar Lake, a sacred site for Kashmiri Pandits. The trek passes through Nichnai Pass, situated behind twin peaks, offering breathtaking views of Sonamarg Valley. As we descend, the landscape transforms into flowery meadows, rivers, and waterfalls cascading from cliffs. Eventually, Vishansar Lake comes into sight, surrounded by towering mountains. Upon arrival, we will set up camp and enjoy a relaxed evening. Dinner will be served, followed by an overnight stay at the campsite.

Day 4: Vishansar Lake to Gadsar via Gadsar Pass (14 km, 8 hours)

After morning tea and breakfast, we will continue our trek towards Gadsar Lake. The trail first leads to Kishansar Lake, nestled above Vishansar, where green meadows meet crystal-clear blue waters. As we move forward, we will reach Gadsar Pass (13,750 ft), the highest point of the trek, offering stunning views. Further ahead, we will pass Yamsar Lake, associated with the Hindu god of death, Yama. Soon, the snow-covered cliffs will reveal the pristine Gadsar Lake, where we will set up camp and enjoy the peaceful surroundings. Dinner will be served before an overnight stay in tents.

**Day 5: Gadsar to Satsar (12 km, 6 hours)**

After breakfast, we will trek towards Satsar, a collection of seven alpine lakes at 12,000 ft. The trail takes us through dense green forests, valleys, and rivers, with towering mountains in the background. As we approach Satsar Ridge, we will also pass the Satsar Army Camp, the third line of defense from the LOC. Our campsite will be set up a few meters away, where we can relax and soak in the beauty of the surroundings. Dinner and an overnight stay will follow.

Day 6: Satsar to Gangabal Twin Lakes via Zaj Pass (11 km, 6 hours)

Post-breakfast, we will embark on a challenging trek filled with steep ascents and descents. Along the way, we will pass several small ridges and lakes before finally arriving at Gangabal Lake, the largest of them all. Adjacent to it lies Nundkol Lake, situated at the base of Mount Harmukh, where the Harmukh Glacier hangs over the mountain's edge. We will set up camp near Nundkol Lake, enjoy a hot meal, and spend the night in the tranquility of nature.

Day 7: Gangabal to Naranag (11 km, 6 hours) | Drive to Srinagar

After breakfast, we will begin our final descent towards Naranag, passing through lush green forests and witnessing traces of civilization along the way. The meadows eventually transition into wooden huts and villages, marking our arrival at Naranag (8,500 ft). From here, we will drive back to Srinagar, where the group will disband, marking the end of the trek with unforgettable memories.

Important Note:

- **Permits:** Ensure you have the necessary permits for the trek.
- **Gear:** Bring suitable trekking gear, including waterproof clothing, sturdy boots, and warm layers.
- **Fitness:** The trek involves challenging terrain; a good level of fitness is required.
- **Acclimatization:** Proper acclimatization is essential to avoid altitude sickness



Dates and Rates

- Sorry no more departures available. You could get in touch with us at highfive@treksandtrails.org if you'd like to make a booking.

Itinerary

1. When is the best time recommended for the trek?

Best time to go for Kashmir Great Lakes Trek is during June – September.

2. How difficult is the Kashmir Great Lakes Trek?

Kashmir Great Lakes Trek in comparison is easy to moderate difficulty with another high altitude trek.

3. How much distance do we have to trek each day?

On an average, we cover roughly 10-14kms between our camping stations.

4. What will happen if a trek is extended?

Beyond our controllable reasons when the trek is extended, then additional charges tend to be applied.

5. Who will be our lead guide person?

Lead guide person is certified & experienced personnel. These guides are locally sourced and have other team members including local guides, cook, helpers, and porters.

6. Is this trek safe for girls?

Our treks are planned with a male: female ratio. As an organizer, we make sure that their tents are shared only with other female trekkers.

7. Many people in a tent?

Our tents are all three person tents.

8. What is the level of fitness expected from the trekkers?



Good physical and mental fitness is expected to complete the Trek. Kashmir Great Lakes Trek is ideal for beginners to familiarize themselves with similar high altitude treks.

9. Typical Food menu during a trek?

We make sure that wholesome and nutritious breakfast, lunch and evening snacks are served. We believe and serve only vegetarian food as it is easy to digest and preferable in high altitudes.

10. What if we encounter a medical emergency?

We are trained to manage emergencies in high altitudes. Our lead guide is professional and experienced. Our team do carry emergency first aid kits and oxygen cylinder.

Inclusions

- Accommodation: 6 nights in tents on double/triple sharing basis
- Meals: All vegetarian meals from Day 1 dinner to Day 7 breakfast
- Snacks: Morning and evening tea/coffee with light snacks
- Camping Equipment: Tent, sleeping bag, mattress, dining tent, and toilet tent
- Trek Leader & Staff: Qualified and experienced team
- Permits: All required fees and permits included
- Safety Gear: First aid kit, oximeter, and oxygen cylinder
- Guide Ratio: 1 guide for every 10 trekkers
- Extra Facility: Cloakroom at base camp for extra luggage

Exclusions

- GST 5% (it is Mandatory)
- Transportation from Srinagar TRC – Sitkari / Naranag – Srinagar TRC
- Personal expenses
- Meals during transit
- Any kind of insurance
- Trekking fees/permits for non-Indian nationals
- Delays due to landslides or other unforeseen conditions
- Cost escalation due to force majeure situations and evacuation charges



- Anything not mentioned in the inclusions
- Pickup Time: 11:00 AM from Srinagar TRC
- Transport Cost: Approx. ₹4500 per vehicle one way (to be paid directly to the driver and shared among trekkers; 1 cab accommodates 5–6 people)
- Bag Offloading Charges: ₹3000 (max weight: 10 kg)

Highlights

Footwear and Backpack

- Trekking shoes with ankle support
- Backpack with rain cover
- Daypack with rain cover

Warm Layers and Clothing

- Warm layers (Padded jackets)
- 3 layers for spring, summer, and monsoon treks (1 woolen sweater, 1 fleece, 1 padded jacket)
- 4 layers for autumn treks (1 woolen sweater, 2 fleece, 1 padded jacket)
- 5 layers for winter treks (1 pair of thermals, 1 woolen sweater, 2 fleece, 1 padded jacket)
- 3 Collared T-shirts (Wear one, carry two)
- 2 quick-dry trek pants (Wear one, carry one)

Accessories

- Sunglasses
- Sun cap, preferably with flaps
- Waterproof gloves
- Balaclava
- Woolen socks (2-3 pairs of Dry fit + 1 pair of Woollen)
- Headlamp
- Trekking pole
- Rain jacket + pants / poncho



Toiletries

- Sunscreen
- Moisturiser
- Light towel
- Lip balm or vaseline
- Toilet paper (Wet wipes are strictly not allowed on our treks)
- Toothbrush
- Toothpaste
- Reusable plastic covers (for used clothes)
- Trash bags (Carry out all your waste and leave no trace behind)

Personal First Aid Kit

Here are some common medicines typically required or used during adventure trips. However, it's important to consult your doctor before taking any medication:

- Antiseptic wipes or water syringe for wound cleaning
- Butterfly bandages for small cuts
- Cotton, elastic bandages, and sterile gauze pads for larger wounds
- Latex gloves for handling bleeding wounds
- Medication for diarrhea (upset stomach)
- Medication for cold, flu, fever, and headaches
- Painkillers
- Oral rehydration solution (ORS) pouches
- Quick pain relief spray for external use
- Any personal medication prescribed by your doctor
- Diamox or similar medication for high altitude sickness
- Bug repellent
- Nutritious energy bars and non-alcoholic drinks

Documents Required for Permits:

- Aadhar Card
- Medical Certificate
- Travel Insurance



Cancellation Policy

To ensure a seamless experience, we recommend booking your adventure at least two months in advance. Should the need arise to cancel your trek or adventure activity, we kindly request written notification. Cancellation charges will apply from the date we receive your written advice.

We understand the frustration of cancellations, but rest assured, we are committed to facilitating your next adventure with us.

We offer a cancellation policy that is fair, practical, and convenient for our customers.

Cancellation by Participant: If a participant wishes to cancel their booking for any reason, they must notify [Treks and Trails] in writing/email as soon as possible. The following cancellation charges will apply:

- 21+ days before trek: Free cancellation
- 15-20 days before trek: 25% of trip amount deducted
- 8-14 days before trek: 50% of trip amount deducted
- 0-7 days before trek: No refund

Reviews
