



TRIP MY SOUL
PRESENTS

KASHMIR GREAT LAKES

PACKAGES

08D/07N

STARTING FROM
15999/- (5% GST)
(EX SRINAGAR TO SRINAGAR)

BOOK NOW!

CONTACT

9068513438, 8178613438,
9720942463

  @tripmysoul.in

www.tripmysoul.co.in



KASHMIR GREAT LAKES

Duration - 7N 8D
Region - Jammu & Kashmir
Trek Start & End - Srinagar
Grade - Moderate to Difficult
Trekking KM - 72 KM
Max Altitude - 13750 Ft.

The Kashmir Great Lakes Trek transports you to a divine, never before seen side of Kashmir evocative of its nickname, Heaven on Earth. This is the only trek in the Himalayas that packs three high altitude passes, five river valley crossings sporting seven alpine lakes, each an astonishing shade of green, blue and turquoise, all within an impressive span of 8 days!

Every day you are confronted by opulence that is boundless, grandiose and achingly beautiful: endless blue skies; larger than life panorama of rugged mountains, flamboyant meadows teeming with wild flowers, river crossings, boulder hopping; the KGL trek leaves you spoiled for choice and how!

Climbing up to an altitude of 4,206 M, the trail switches between ascents and descents on most days making it relatively easy to navigate. The only challenge lies in building endurance needed to tackle the long distances (10 kms or more) one needs to cover each day.

The trek is 69 kms long and is an excellent choice for beginners looking to step up their trekking game in the Himalayas. We recommend this trail for experienced trekkers as well, not for the challenges but for the sheer beauty and extravagance it houses.

The best time to do the Kashmir Great Lakes trek is from July to September. Find elevation chart, temperature chart, a detailed itinerary, route map and photo of the KGL trek. Scroll to the end of the page to read blogs on the Kashmir Great Lakes Trek.

SHORT ITINERARY



08D/07N

DAY 1:
SRINAGAR TO SONMARG |
DRIVE DURATION: 3 HOURS | DRIVE DISTANCE: 90 KM



DAY 02: SONMARG TO NICHNAI VIA SHEKDUR |
TREK DISTANCE: 11 KM | TREK DURATION: 7-8 HOURS |
ALTITUDE GAIN: 7800 FT TO 11500 FT



DAY 03 NICHNAI TO VISHANSAR LAKE |
TREK DISTANCE: 13 KM |
TREK DURATION: 7-8 HOURS |
ALTITUDE GAIN: 11,500 FT TO 13,229 FT



DAY 04
VISHANSAR TO GADRSAR | TREK DISTANCE: 16 KM |
TREK DURATION: 7.5 HOURS | ALTITUDE GAIN AND
LOSS: 12,011 FT TO 13,715 FT



DAY 05:
GADRSAR TO SATSAR | TREK DISTANCE: 11.5 KM |
TREK DURATION: 4.5 HOURS |
ALTITUDE GAIN: 10,706 FT TO 11,985 FT.



DAY 06:
SATSAR TO GANGABAL TWIN LAKES |
TREK DISTANCE: 9 KM | TREK DURATION: 6 HOURS |
ALTITUDE LOSS: 11,985 FT TO 13,276 FT.



**DAY 07: GANGABAL TO
NARANAG TREK DISTANCE: 13 KM |**
TREK DURATION: 6-7 HOURS |
ALTITUDE LOSS: 11,486 FT TO 7,800 FT



DAY 8
BE DRIVEN BACK TO SRINAGAR
WITH WONDERFUL MEMORIES



BRIEF ITINERARY

08D/07N

- **DAY 1: SRINAGAR TO SONMARG | DRIVE DURATION: 3 HOURS | DRIVE DISTANCE: 90 KM**

Reach Srinagar and get welcomed by our representatives
On the first day of the Kashmir Lakes Trek, spend time in the dreamlike place of Srinagar known for its refreshing gardens, lakes, and houseboats

If you wish, you can take an iconic Shikara experience at Dal Lake or amble through Mughal Gardens that unravels many beauties along the way

Leave by the afternoon and be driven to Sonmarg by evening
Spend overnight at a campsite in Sonmarg.

- **DAY 02: SONMARG TO NICHNAI VIA SHEKDUR | TREK DISTANCE: 11 KM | TREK DURATION: 7-8 HOURS | ALTITUDE GAIN: 7800 FT TO 11500 FT**

Today will be the first day of this enthralling Kashmir great lakes trek!

After having breakfast at the guesthouse, start with a 3-4km trek from the Sonamarg and reach a roadside eatery, from where you can bag up all the required commodities for the day.

Here onwards, the trek will be a gradual one and alongside the Sindh River, it will take you through maple and pine forests.

Completing the hike through the forests, you will be rewarded with the stunning views of the Sonamarg Valley and pictorial streams.



BRIEF ITINERARY

08D/07N

Here onwards, the trek will descend down and will take you to the snow-covered Shekdur Range.

Relax around the vicinity for a while before you start trekking towards the Nichnai, which is located around 11,500ft above sea level. Upon arrival in Nichnai, check-in into the campsite Dinner and overnight stay in the camp.

● **DAY 03 NICHNAI TO VISHANSAR LAKE | TREK DISTANCE: 13 KM | TREK DURATION: 7-8 HOURS | ALTITUDE GAIN: 11,500 FT TO 13,229 FT**

Starting early in the morning, around 08:00 AM, wake up to the scenic views and start the trek towards the Nichnai Pass and enjoy the stunning views of the lush valleys and the untouched beauty of the region.

Hereafter, cross the river and continue hiking through the banks of the river and arrive at the Nichnai Pass or the Vishansar Berry.

Arriving at the pass, which is located 13,500m above sea level, witness, and enjoy the meticulous beauty of the pass and the snow-covered peaks all around it.

Hereafter, the trek will undergo a steep descend and will lead you to a pictorial meadow of colorful flowers; while on Kashmir Great lakes trek, you can also catch glimpses of a cascade that finally joins a river.

Here onwards, continue with the hike and upon arriving at a flat valley, continue towards its end and arrive at the campsite.



BRIEF ITINERARY

08D/07N

Gazing on the left of this trail, you can also behold captivating views of the Himalayan Range and also the Vishansar Lake

Overnight stay in the camp at Vishansar Lake.

DAY 04: VISHANSAR TO GADSAR | TREK DISTANCE: 16 KM | TREK DURATION: 7.5 HOURS | ALTITUDE GAIN AND LOSS: 12,011 FT TO 13,715 FT

Wake up, this chilly morning, witness the Kishansar Peak casting its reflection on the azure lake waters.

Start the trek for the day towards the lakeside and reach the Kishansar Peak, which is situated around 500ft above the campsite.

Here onwards, ascend to the other side of the water reservoir. The trek till here comprises both easy and tough terrains.

Later part of the day, trek towards the Kishansar Lake and finally make it to the Gadsar Pass that is perched at a height of 13,800ft and is the highest point of this trek.

From the pass, pass through a flowery meadow and some of the pictorial lakes; Yamsar is one of these lakes.

From here, continue with the descend and after crossing Iris, reach the Gadsar Lake. A picturesque lake, it is adorned with the stunning beauty of exotic flowers and snow on both sides.

Arriving at the lakeside, report to the nearest Army Camp, and complete the formalities of getting permission to pass Gadsar; ID proofs are a must for this.

Overnight stay at Gadsar Lake.



BRIEF ITINERARY

08D/07N

DAY 05: GADSAR TO SATSAR | TREK DISTANCE: 11.5 KM | TREK DURATION: 4.5 HOURS | ALTITUDE GAIN: 10,706 FT TO 11,985 FT.

Your day will begin with a walk from the army camp towards the stream.

Brace yourself for varied terrains from super steep, flat, and even land. Take a short break at Maengandob that is fringed by mountains.

Reach the first of Satsar lakes, which is a group of seven different lakes, and follow the same procedure of yesterday with the army officials and set camps near the surreal first lake of Satsar.

Overnight stay at Satsar

DAY 06: SATSAR TO GANGABAL TWIN LAKES | TREK DISTANCE: 9 KM | TREK DURATION: 6 HOURS | ALTITUDE LOSS: 11,985 FT TO 13,276 FT.

A true test of caliber, this is the day when you will have to push your physical and mental limits!

Trudge through rocks and boulders ridden terrain, pass the last of the Satsar lakes, and start hiking downwards for half an hour till you arrive at the forest line.

Here onwards, start ascending upward and reach an altitude of 13,400ft; during this climb, you can witness several ridges at different heights and the quaint Gujjar huts as well.

From the summit, you can also behold the fascinating views of the twin lakes: Gangabal and Nundkol, which are connected to each other by a picturesque stream and are known for trout fishing.



BRIEF ITINERARY

08D/07N

Post this; trek through a sharp and rocky trail and make it to a gurgling stream, passing which, you will reach a lush meadow that advent towards the Nundkol Lake, which is also a popular weekend getaway among the locals.

Trekking for around 20 minutes from Nundkol Lake, you will finally arrive at Gangabal Lake, and by crossing the bridge across the lake; you will arrive at the campsite

Dinner and overnight stay in the camp.

DAY 07: GANGABAL TO NARANAG TREK DISTANCE: 13 KM | TREK DURATION: 6-7 HOURS | ALTITUDE LOSS: 11,486 FT TO 7,800 FT

On your final day of the Kashmir Great Lake Trek, start from the Gangabal camp, ramble on grassy land dotted with yellow flowers and pine forest.

Descend and reach Naranag, the last leg of your trek. Reach Naranag Village in Ganderbal District. If you wish, you can visit Naranag Temple.

Be driven back to Srinagar with wonderful memories

DAY 08: BE DRIVEN BACK TO SRINAGAR WITH WONDERFUL MEMORIES



BRIEF ITINERARY

08D/07N

KINDLY NOTE:

1. It is advised to plan a buffer day after this trek and plan your return tickets accordingly In case the buffer day is used during the trek you need to pay Rs. 1500/person extra to the Trek Leader
2. You need to submit your Medical certificate, Trek Insurance and Aadhar card at least 15 days before the start date of your trek



INCLUSIONS

- ✓ **Veg Meals during the trek - Starting evening snacks on Day 1 till breakfast on Day 8.**
 - ✓ **Forest Permits/Camping Charges/Permits, Trek Permit Fee/IMF Permission (Upto the amount charged for Indian nationals)**
 - ✓ **Camping tents (triple sharing), Temp rated sleeping bags, mattress Safety Equipment.**
 - ✓ **includes static rescue rope, seat harness, carabiners, pulleys**
 - ✓ **Mountaineering course certified Trek Leader with First Aid certification & customized rescue course from NIM**
 - ✓ **Experienced Local guide, cook, helpers**
- Porters or mules for carrying common luggage**
- ✓ **Exhaustive First Aid kit including portable oxygen cylinder**

All Toll, Parking & Tax Included

EXCLUSIONS



- ✘ mandatory GST of 5% on Invoice Amount
- ✘ All kinds of personal expenditures are excluded.
- ✘ Anything that we have not mentioned above.
- ✘ Any kind of Travel & Health Insurance (Trip my soul strictly recommended each traveller to please carry your own travel / Health Insurance.
- ✘ The trek cost is not inclusive of meals bought during the journey on 1st day and last day. (Food starts from dinner at base camp on day first till last day Breakfast).
- ✘ Mules or porter charges to carry private baggage (Offload Charges for bag .
Note: bag weight should not be more than 11 kg.
- ✘ Any kind of emergency evacuation charges.



THINGS TO CARRY

Rucksack (60-70 ltr with cover).

Down Jacket.

Fleece

Gloves (Woollen and Waterproof)

Poncho or a Rain Coat

Trekking Pole

Head Torch

Trek Shoes - Men or Women

Trek Pant – 2 Nos. Preferred

Day Pack (20-30 litres)

Clothes :

A pair of Thermals

Warm Socks and cotton socks (2-3 pair)

Woollen Cap

Sun Cap

Gloves (Woollen and waterproof)

Extra Layering of Warm Clothing as per necessity

Extra lowers for Nights

Utensils : Plates, Spoon and Coffee Mug

Photo ID proof

Balaclava

Personal Utilities:

Sun Glasses (UV Protected)

Hand Towel

Sun Screen Lotion (Min SPF- 30 min)

Moisturiser

Lunch box, Coffee mug and spoon

Water bottle or Hydration Bag

Sandals

Basic First Aid

Energy Bars

Toiletries:

Toilet paper rolls

Towels

Wet wipes (unscented)

Zip Lock Bags

Sanitizing Toilet Spray

Soap and Handwash (pocket sized)

Tooth Paste and Tooth Brush



MODE OF TRANSPORTATION

- 4 Members: Hatchback - Alto, Swift, or Equivalent Vehicle
- 5-8 Members: Tata Sumo/Mahindra Bolero, or Equivalent Vehicle
- 9-14 Members: Tempo Traveler
- 26-45 Members: Bus

***This system ensures comfortable travel for groups of various sizes)
*For customized trek options for your group, please contact us at
8178613438,9068513438 or 9720942463.***



PAYMENT DETAILS

UPI ID	tripmysoulteam-5@okaxis
ACCOUNT HOLDER	TRIP MY SOUL
ACCOUNT NUMBER	923020026632117
IFSC	UTIB0005188
ACCOUNT TYPE	Current

OR YOU CAN SCAN QR CODE





CANCELLATION POLICY

- 30 days before travel: 25.0% cancellation fee
- 15-30 days before travel: 50.0% cancellation fee
- 0-15 days before travel: 100.0% cancellation fee

REFUND POLICY

- Pay to receive a confirmation email from Trip My Soul.
- Remaining amount collected on arrival.

REGISTERED BY

