



Chadar Trek

2021



अतुल्य! भारत
Incredible! India

www.chadartrek.club

Chadar Trek 2020

WHY US ?

**WE HAVE A TEAM COMPRISING
SOME OF THE BEST
PROFESSIONALS FROM
HOSPITALITY SECTOR.**

**WE ARE KNOWN TO DELIVER
THE BEST SERVICES.**

Served more than 400 Trekkers for Chadar Trek in 2017 | 5 Star Reviews by the guests

Served more than 600 Trekkers for Chadar Trek in 2018 | Expert & Experience team of Guides

Served more than 700 Trekkers for Chadar Trek in 2019 | 85000+ Followers on Facebook



What is Chadar Trek ?

"Chadar" refers to the sheet of ice that forms over the Zaskar river as it transforms itself from a rapid flowing river into a white blanket of ice during winter. It becomes a frozen spectacle of glass ice ranging from a bluish tinge to golden yellow that is seen during the few hours that sunlight reaches directly into the gorge to the milky whitish on a moonlit night - as said a trek

journey like no other.

Chadar connects villages in the Zaskar valley (deep in the mountains) with Chilling (on the road to Leh) along the frozen Zaskar River. This route has been used for centuries for trade and transportation, and is most reliable in February when the ice is most stable.



HIGHLIGHTS:

- 4 Nights at Leh and 4 Nights at Trek
- Expert Team with latest equipments
- Option for additional nights in Leh & Ladakh sightseeing

FIXED DEPARTURES:

January'2021(18 Batches): 9-Jan, 10-Jan, 16-Jan, 17-Jan, 23-Jan, 24-Jan, 30-Jan, 31-Jan'2021

February'2021(03 Batches): 6-Feb, 7-Feb, 13-Feb'2021

Pick you batch and date by sending WhatsApp or PayTM INR 5,000 at 8010224422. One time free date reschedule included.

Limited Seats Available!

COST OPTIONS:

- Option 1: Rs.19,500/- excluding permits and airport return transfers
- Option 2: Rs.24,500/- including Trekking Pole, Gum Boots, Permits, Environmental Fee, Wildlife Fee, ALTOA, LAHDC and Airport Drop.

Plus 5% GST will be applicable on both the variants

Insurance of approx Rs.2,100/- is excluded in both the options to be paid directly

**You may book onward flight to Leh at any time on Start Date as per your selected batch*

**You may book return flight from Leh at any time on End Date as per your selected batch*

**All flights arrival and departure are scheduled between 05:30 AM to 11:30 AM*

**Air India, GoAir, Spicejet, Vistara operates at Leh Airport(IXL). You may check with the airlines for the baggage allowance. Air India offers maximum baggage allowance.*

SHORT ITINERARY:

Day 1: Arrival in Leh (3500 m) - Altitude 11,400 ft. Stay in Guest House

Day 2: Acclimatization Walk in Leh- Altitude 11,400 ft. Stay in Guest House

Day 3: Getting a medical check-up at SNM Hospital- Altitude 11,400 ft. Stay in Guest House

Day 4: Lower Shingra and Somo Paldar - 11,400 to 10,390 ft. - Drive 75 kms | 08 Kms Trek | Stay in tent

Day 5: Trek to Dib Cave/Tibb -10,550 - 10,760 ft. - Trek 15 KMs - Stay in tent

Day 6: Dib Cave/Tibb to Camp at Naerak frozen Waterfall - 10,760 - 11,150 ft. - Trek 12.5 KMs - Stay in tent

Day 7: Naerak to Tibb/Gaylpo- 11,150 - 10,760 ft. - Trek 14.5 KMs - Stay in tent

Day 8: Tibb to Shingra Koma & Back To Leh- 10,390 to 11,400 ft. - Drive 75 kms | 08.5 Kms Trek | Stay in Guest House

Day 9: Departure from Leh



DETAILED ITINERARY FOR CHADAR TREK 2021:



Day 01: Arrival in Leh (3500 m)

Leh, which lies at an altitude of more than 3500 metres above sea level, is the second largest UT in the country. In winters, as most passes leading to Leh are closed, you will be flown to the Leh airport which has the distinction of being the highest airport in the world.

As soon you land at the airport, you will be greeted by dry and cold air, but what will take all your attention is the lofty, snow-capped mountains all around; a sight that will remain with you forever. After completing the arrival formalities and picking up your bags from the baggage counter, take a taxi and proceed towards the pre-arranged hotel or guest house. Enjoy an overnight stay in the hotel or guest house.

Day 02: Acclimatization Walk in Leh

Get up early in the morning and begin the process of acclimatization at high altitude.

Proceed to walk towards Shanti Stupa, a sacred Buddhist stupa, from where you will get an opportunity to witness a beautiful view of the sunrise and a panoramic sight of the town of Leh.

Stay hydrated as you spend your first day of the trek in Leh.

Day 03: Getting a medical check-up at Medical Camp in Leh Market

Due to the challenging nature of this particular trek, government has made it mandatory for participants to acquire medical certification before they undertake Chadar trek. A clearance certificate upon a medical check-up will be issued by the ALTOA designated medical camp. One will get a certificate only when adequately fit and acclimatized for the trek.

Day 04: Shingra Koma and Somo Paldar

Enjoy tea and breakfast in the morning and start your journey by driving to Shingra Koma. This ride is not for the faint-hearted as bumpy roads and hairpin bends are quite common on this route. The sight of the surrounding high mountains will give you a sense of awe. After a point, you will have to disembark from the vehicle and trek towards Somo Paldar campsite. Your Chadar trek expedition starts here.



Day 05: Trek to Dib Cave/Tibb

Today, you will set out to trek to Dib Cave/Tibb. During the day, you will behold the breathtaking beauty of the region including ravines and gorges. You might not see sunshine properly as the steep cliffs in this area obstruct them. Once you reach Dib, you will see a large cave. This is the place where you will halt for the night and rest. Butter tea would be offered and we recommend you to try it. Enjoy overnight stay at the campsite.



Day 06: Dib Cave/Tibb to Camp at Naerak Frozen Waterfall

Today, you will trek the most scenic part of the region and get a chance to witness the largest frozen waterfall and prayer flags. The bridge built next to the site of the waterfall is used in summers to reach Zaskar from Leh. Thereafter, you can proceed towards the village of Naerak to mingle with the locals and understand their way of living. Stay overnight at the village camp comfortably.



Day 07: Naerak to Tibb

On this particular day, start your return trip and proceed towards Tibb. The return trail would not be easy and the river quickly reacts to any change in the temperature. By now the frozen river might have taken an entirely new form. On the way back, admire the beauty of the region, click pictures and meet locals, who can be seen wearing traditional woolen Gonchas (robes). Upon Dib Cave, relax and stay overnight at the campsite.



Day 08: Tibb to Shingra Koma & Back To Leh

In the morning, get ready to leave Tibb and proceed towards Shingra Koma, crossing Gyalpo. The trail today will give you a chance to witness high mountains and pugmarks of wild animals like snow leopards, ibex and foxes. If lucky, you just might spot a leopard; even if you do not, then at least be sure, you would be watched by them. In the evening, drive back to Leh and stay overnight at the hotel.

Day 09: Departure from Leh

Today, the mesmeric journey to one of the finest scenic destinations of India will ultimately come to an end. The entire experience, we are sure, would give you an unmatched feeling of achievement and satisfaction. In the morning, check-out from the guesthouse and depart from the Leh airport.



WHAT'S INCLUDED:

- Accommodation. Leh Guest House (Day 1,2,3, 8 according to Itinerary) and Camping while on Trek on Day 4,5,6,7 according to Itinerary)
- Meals while on trek (Veg.) - Hot Breakfast, Lunch and Dinner starting from Day 4 Lunch to Day 8 Breakfast.
- Trek equipments including -30 degree comfortable double layer sleeping bags, sleeping matts, air breathable 4 season camping tents, mobile kitchen and utensils for food
- First aid medical kits and oxygen cylinder.
- Qualified & experienced trek Leader, Guide and Support staff to help trekkers.
- Fixed return transfers from Leh Guest House to Trek Base Camp is included in the package as per the itinerary on Day 4 and Day 8
- Porters to carry the common luggage including tents, sleeping bags, kitchen tents, camping ration and food, fuel/kerosene, oxygen cylinders, toilet tents.

WHAT'S NOT INCLUDED:

- Food / Meal in Leh. Available in Leh Hotel/Guest House @ Rs.250/- Per Meal(Approx)
- Any kind of personal expenses.
- Adventure Insurance premium cover of Rs.2,100/- to be paid directly after the medical check up in Leh(Premium amount based on 2019 Chadar Trek).
- Local Fees Environmental Fee, Wildlife Fee, ALTOA, LAHDC etc of Rs.3,150/- Per Person to be paid directly after arrival in Leh(Permit fee based on 2019 Chadar Trek)
- Porter to carry personal luggage. The same may be arranged @ Rs.3750/- for the complete trek days ie from Day 4 to Day 8(5 Trek Days) up to 10Kg baggage
- Airport pick from the Leh Airport (Govt Pre Paid Taxi Charges @ Rs.500/-)
- Anything not specifically mentioned under 'Inclusions'

ADDITIONAL INFORMATION:

- Additional Night at Hotel in Leh @ Rs.1500 Per Person/Night on Twin Sharing Basis without meals.
- Sightseeing/Taxi can be arranged from our travel desk at the Base Camp Leh on actual as per the rate of Leh Transport & Taxi Union.
- Oxygen cylinders and first aid will be there during the trek. Rescue and medical team will be available on call in case of any exigencies from Chilling or Naerak DTPT point.
- Tented accommodation will be provided on twin/triple/Quad sharing basis while on the trek.

CANCELLATION POLICY:

- All the booking cancelled before 15- December 2020 are eligible for 50% refund.
- There will not be any refund applicable for new bookings and existing bookings after 15th- December 2020☐



HOW TO JOIN:

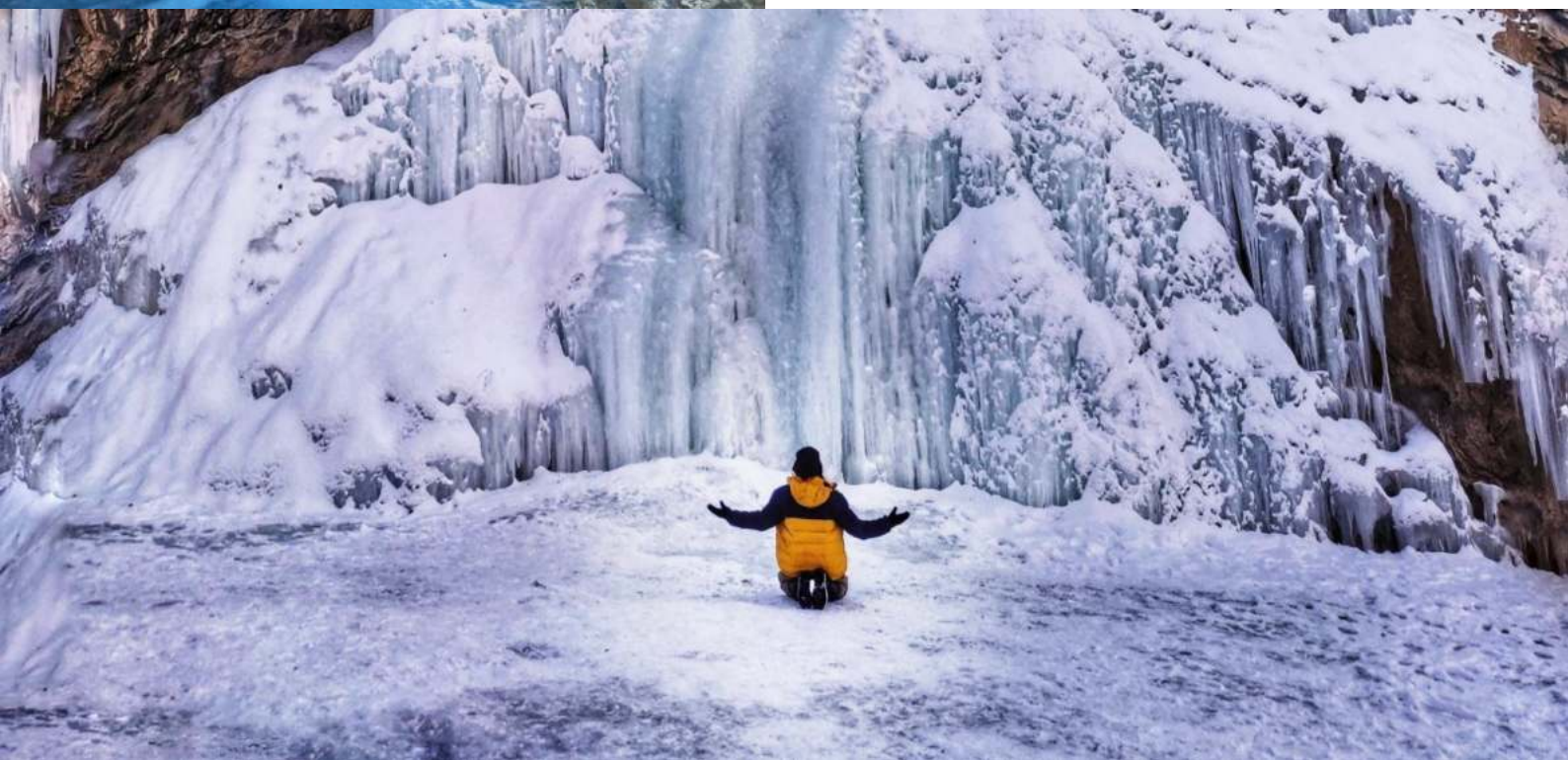
Online : Our participation process is very simple. You may apply online to reserve your seat through this page or call us at [8010224422](tel:8010224422) between 10:00 AM to 06:00 PM on any working day. Alternatively, you may email us bookings@internationalyouthclub.org at for booking and assistance.

ASK FOR EMI OPTIONS

Offline : You may book offline through NEFT or Direct Transfer by paying the booking amount of Rs.5,000/- Per Participant in the following Bank Account:

Bank Name: YES Bank Account Name: International Youth Club Account Number: 006188700000308 IFSC Code: YESB0000061 Branch: Saket, New Delhi

You need to email NEFT/Transfer/Proof of deposit details at bookings@internationalyouthclub.org along with Expedition Name, Date of Reporting, Participant's- Name, Mobile, Email, DOB, City and Gender in order to send you the confirmation within 48 working hours from our side.



SUGGESTIVE THINGS FOR CARRY CHADAR TREK 2021:

- Carry 2 pair of synthetic track pants. Track pants are light and when things get cold you can wear one over the other.
- Carry 2 Full sleeve tees with collar.
- Fleece jacket - sweaters are highly discouraged.
- A full sleeve thick jacket.
- Carry 4 pairs of undergarments.
- Get 2 pairs of thermal inners.
- Carry 2 pairs of sports socks. 2 pairs of woolen socks.
- Woolen monkey cap/balaclava that cover the ear.
- Woolen hand gloves + synthetic glove (water proof). If you don't have synthetic gloves, get two pairs of woolen gloves and a surgical glove.
- Hot water bottle/Bag - available at any medical store.
- Sun glasses, branded company with 100% UV protection. Curved ones will cover your eyes well. Sunglasses prevent snow blindness. Sunglasses are mandatory for this trek.
- Gumboot, if not purchased from Leh.
- Backpack (55 - 65 L) with sturdy straps and supporting frame. Daypack (20 L) is required only if you wish to offload your backpack to our support team. If you don't want to carry your backpack you can give it to porter, but you have to inform us in advance and charges would be Rs. 3750/- extra for 5 trek days per bag. Please also do inform us about this at least 15 days in advance.
- Trekking shoes: Good standard trekking shoes are sufficient for the trek. On Chadar, which is solid ice or a slight cover of snow on slippery ice, trekkers have found to their amazement that a simple gumboot finally is the best for Chadar. Most of the outside agencies in order to impress tell about crampons. In my years of experience in Ladakh and on Chadar too, I can absolutely say that crampons are quite dicey - quite a few trekkers have injured themselves or worse broken their ankle while a crampon get stuck on the fine cracks in the ice. Gumboot is available in Leh hardware shop and can be purchased here itself. If your shoe size is 9-10, getting a pair might be tough..so start searching as soon as you land in Leh. Sports shoes are not allowed. You need traction on snow and sport shoes with their PVC soles are hardly the choice. Ensure the shoes are well broken in before the trek. Trekkers will soon learn and modify their trek to the "penguin walk" style on seeing from the porters and guide! It is a kind of dragging your foot and not lifting much.
- People who wear spectacles, choose one of these: i. Use contact lenses. ii. Photochromatic glasses.
- If either of the above is not possible, wear your spectacles and carry a big sunglass that can be worn over your spectacles.
- A woolen head-scarf or muffler.
- Trekking pole is mandatory.
- Light towel (should be thin, quick drying kind).
- Chapstick or lip balm.

- Cold cream and sun screen lotion (SPF 40+). While sun screen help prevent sun burns, a better option is to stay covered.
- 2 Water bottles (1 L each). The insulated water bottles are good but even normal water bottles will suffice.
- Personal medicine kit containing: Crocin - 6 tablets/Avomine - 4 tablets/Avil 25mg - 4 tablets/Combiflam - 5 tablets/Disprin - 10 tablets/Norflox - 10 tablets/Crepe bandage - 3 to 5 meters/Band aid - 10 strips/Digene - 10 tablets/Gauze cloth - 1 small roll/Leukoplast - 1 small roll/Cotton - 1 small roll/ORS - 5 packets/Betadine or any antiseptic cream/Volini or Moov or Relispray/Diamox - 10 tablets (to be taken only if required and but not as preventive medicine/Any other medicine that you take.
- Personal toilet kit (minimal) and toilet paper.
- LED Torch with extra set of cells (head lamps are much more preferable).
- Small repair kit consisting of safety pins, needle, thread and string (mandatory).
- Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available)
- While packing, use plastic bags to compartmentalize things and carry few extra plastic bags for wet clothes
- Snacks, colas, alcohol and personal food - No need to overburden yourself with food. Do not carry any disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/package items. Do not bring any non bio degradable material.
- After packing, weigh your gear. It should be in the range of 8-10 kg - preferably on the lighter side. Anything heavier, you will need to iterate and remove what is not essential.
- Carry light and what is essential. As an example, toothpaste should be bought in small size (that can last you 10 days).
- Some general advice about clothing: To protect yourself from cold, dressing in layers is the mantra. Two T-shirts worn one over the other is warmer than a T-shirt that is thick. 3 T-shirts worn one over the other is as good as a full sweater. This is just a guideline. If you are prone to cold carry extra warm clothing.



ALONG WITH THE ABOVE LIST, PLEASE ENSURE YOU ALSO CARRY THE FOLLOWING DOCUMENTS:

- An identification card (like driving license, voters ID card etc), along with a photocopy.
- A passport size photo.
- A medical certificate Format will be sent after confirmation.
- Disclaimer certificate. Format will be sent after confirmation.

The documents are mandatory. Without them you will not be allowed to trek.

FREQUENTLY ASKED QUESTIONS:

1. AVAILABLE DATES FOR CHADAR TREK

- January'2020(10 Batches): 4-Jan, 7-Jan, 10-Jan, 13-Jan, 16-Jan, 19-Jan, 22-Jan, 25-Jan, 28-Jan, 31-Jan
- February'2020(04 Batches): 3-Feb, 6-Feb, 9-Feb, 12-Feb Limited Seats Available!

2. PRICING AND VARIANTS

- Rs.19,500/- excluding permits and airport return transfers
- Rs.24,500/- including Trekking Pole, Gum Boots, Permits, Environmental Fee, Wildlife Fee, ALTOA, LAHDC and airport drop

Plus 5% GST will be applicable on both the variants

3. BOOKING AND CANCELLATION

All the booking cancelled before 15-December'2019 are eligible for 50% refund. There will not be any refund applicable for new bookings and existing bookings after 15th-December'2019.

4.WHAT IF SOMEONE BOOKED THE TOUR BUT THE TREK DIDN'T HAPPEN? (REFUNDS AND OPERATIONS)

In case the Chadar is not formed we will offer the alternate trek for same duration otherwise 50% refund is applicable on the bookings if no stay or services availed with us.



5. WHAT IF SOME NATURAL CALAMITIES HAPPEN IN BETWEEN THE TREKS?

International Youth Club takes utmost care to ensure safety of its members during the trekking expeditions. However in the case of any unforeseen mishaps, International Youth Club will not be liable for any injuries caused or for loss of life. All disputes rising due to the above are subject to the jurisdiction of the courts in New Delhi/Delhi only. All participants would be required to sign an Indemnity Form before the start of the program, without which they would not be allowed to take part in the trekking and expeditions.



6. IF ANY KIND OF PERMISSION REQUIRED ENTERING IN SOME CERTAIN AREAS?

Any other charge that the local authority (LAHDC, ALTOA or any other) may charge development fee during the trek (which may range anywhere between 3000- 3500 INR per head). All of these kind of charges are to be paid by trekkers in advance before starting the trek and not included in the package. Currently the Fee is Rs.3,150/- for Indians and Rs.3,650/- for Foreigners.



7. TO AND FRO TRANSPORTATION DETAILS?

Transportation from Base Camp Leh to Leh is included in the package as per the itinerary. Airport transfers pick up or drop may be arranged at an additional cost of Rs.500/- Per Person

8. STAY DURING THE TRIP?

Stay will be in Hotels and guest houses while in Leh City. Tented accommodation will be provided on twin/triple sharing basis while on the trek.

9. FOOD: WHAT AND HOW WILL IT BE PROVIDED?

Meals will be provided while on trek. Our cooks will be serving the simple vegetarian nutritious veg hot meals for breakfast and dinner during the camping. Hot lunch will be provided during the trek. (Rice pulao, potato, dal, local dishes, hot soups, eggs, breads, poha, sweet, tea, milk, high energy bars, dry fruits, juices etc. is the regular menu)

10. MEDICATION

Oxygen cylinders and first aid will be there during the trek. Rescue and medical team will be available on call in case of any exigencies from the insurance company.

**FOR ANY QUERIES OR BOOKINGS, FEEL FREE TO
GET IN TOUCH WITH US AT [+919999944848](tel:+919999944848) OR
[+918010224422](tel:+918010224422)(WHATSAPP) OR EMAIL US AT
BOOKINGS@INTERNATIONALYOUTHCLUB.ORG**




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4.5
4.5 out of 5 ⓘ
Based on the opinion of 126 people

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Recommended by Abhishek, Kunal and 41 others








MOST HELPFUL MOST RECENT

 **Karteek Mangalapalli** recommends International Youth Club.
February 14 ·   ...

Good knowledge of terrain by the guide(s). Great orientation to the whole trek to give a perspective. Excellent freshly made food throughout the trek. Concern for all the trekkers' well-being. Eashwar (the trek co-ordinator) needs a special mention.

 Like  Comment

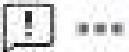
Write a comment...

 **Sagar Aharwal** recommends International Youth Club.
February 12 ·    Chat (148)   



Sagar Aharwal recommends International Youth Club.

February 12 · 



it was amazing trekking with them, just completed chaddar trek 2019 and it was fantastic and specially under the guidance of eshwar and all support from Ashish. trek with eashwar u will not only learn how to walk on ice but also in tuff situation of life, his 8-9 years of trekking and traveling experience will add-on to yours.


Thanks for making the difficult journey most rememberable and it was fantastic trekking with u

MOST HELPFUL

MOST RECENT



Karteek Mangalapalli recommends International Youth Club.

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Good knowledge of terrain by the guide(s). Great orientation to the whole trek to give a perspective. Excellent freshly made food throughout the trek. Concern for all the trekkers' well-being. Eashwar (the trek co-ordinator) needs a special mention.





International Youth Club

Tourist Information Center - 83,580 Likes



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 International Youth Club

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Hootlet  ▼



Prapti Mishra  recommends International Youth Club.

February 12 · 



This was my first time trekking with an organization, my friend and I went for the Chadar Trek 2019 in Jan. The overall experience was amazing. All the members of IYC including the staff at galwan hotel were very warm and welcoming. Eshwar, Ashish, deeskha were extremely passionate about mountains and that could be seen. They checked in on everyone throughout the day, even came with us to the market. I have a gluten allergy and IYC tried their best to include food that I could eat.

As for the trek itself, the guides(nyamgyal, tsepl and tenzin) and porters were extremely jovial and kind. I had a difficult experience and they all went above and beyond to ensure I was okay, even to the point of carrying me when I was unable to walk.

Some suggestions for improvement:

1. The room(104) we stayed at in galwan hotel could have been better (issues with light and bathroom was common)
2. Would have loved it if eshwar or Ashish had come along with us for the trek as trek leaders. Or if the guides had motivated the team more

 International Youth Club and Vipin Sharma

 Like

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Hootlet  ▼

KNOW MORE ABOUT THE PEOPLE AND
EXPERIENCES OF CHADAR TREK.
SCHEDULE AN APPOINTMENT TO
TALK TO AN EXPERT TODAY AT [8010224422](tel:8010224422)
OR WRITE AS
CHADAR@INTERNATIONALYOUTHCLUB.ORG