

## NARANAG GANGABAL TREK

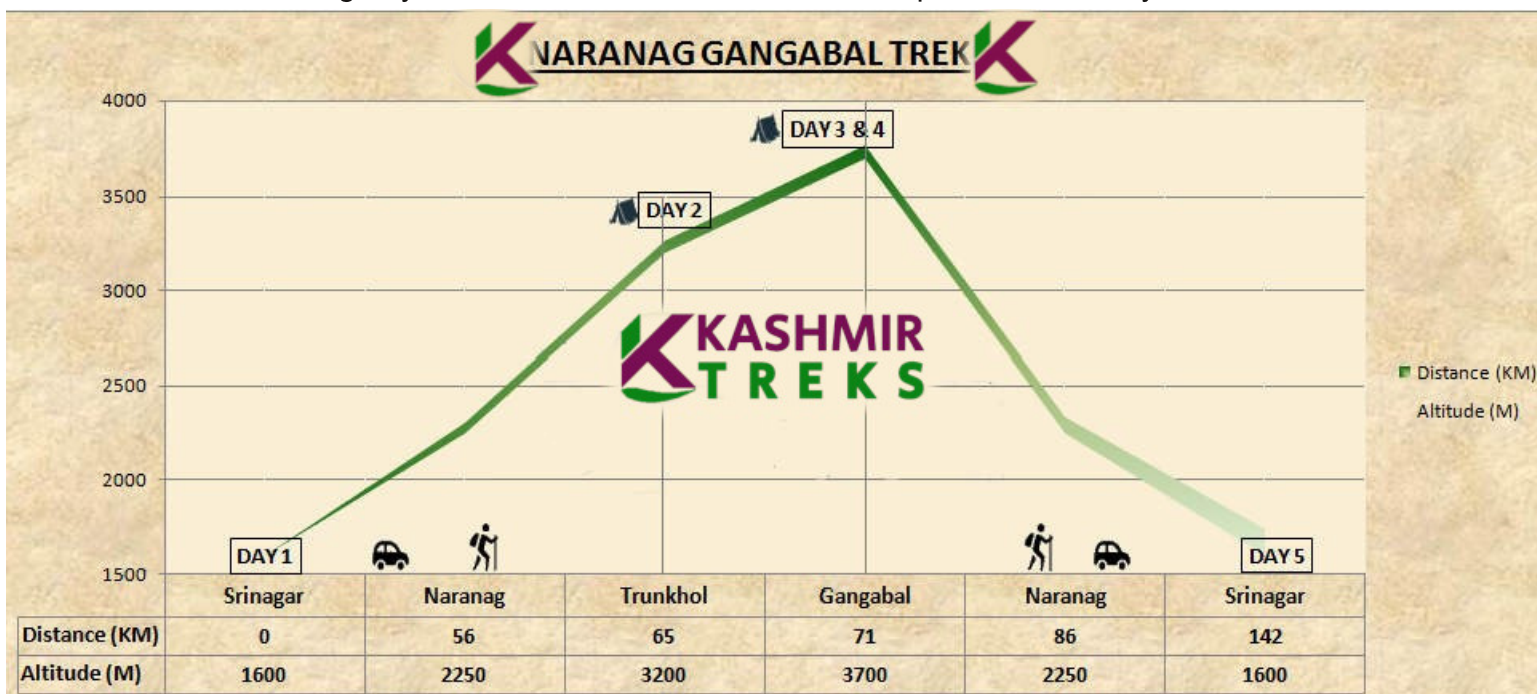
Country-India Highest Altitude-3600M Duration-4N5D Best Time-May-Oct.

### INTRODUCTION

Naranag Gangabal trek is a high altitude alpine trekking trail of about 42kms. It starts at Naranag, reaches the highest point at Gangabal Lake (3600M) and concludes at the same Naranag village. The trek is full of extensive mountain walking with first part as steep climbs and last part as sharp descends. Overall the trekking trip is not considered as difficult but of moderate level though the first part of it can be quite physically demanding for which proper fitness is absolutely necessary. This trekking trip can be done by first time trekkers too and no previous experience in the field is necessary. Naranag Gangabal trek is an ideal expedition for the nature lovers who finds it a privilege to bask in the undisturbed beauties of nature.

### Experience required

Naranag Gangabal Trek is a moderate expedition, same as any other trekking trail in Himalaya. Although it is a non-technical walking trail, it can be a long and tiring walk for beginners at this altitude, which will test their stamina and determination. We recommend that you should have some trekking experience at high altitudes beforehand. A good level of fitness, determination and endurance is also required. There will be no use of rope climbing or ice axe and crampons during the preferred time of the trek. Apart from small streams, there is no river crossing. If you're in doubt about whether this trip is suitable for you, contact us. We are







## ITINERARY

### DAY 1

(30 minutes drive)

Fly to Srinagar, meet our representative at the airport, who will shift you to the boathouse at Dal Lake. Overnight stay with bread and breakfast.

### DAY 2

(3 hours drive and 5 hours walk)

Drive for 3 hours to Naranag. Meet our trek staff. Pack the load on horses and commence your trek. A first 11km trail will take your maximum 5 hours of walking to reach the camp site at Trunkhol.

### DAY 3

(4 hours walk, 8 km)

leave Trunkhol meadow and trek through the vast meadows and grazing fields of shepherds, we arrive at Nundkol Lake followed by Gangabal Lake for an overnight stay.

### Day 4

(6 hours walk, 15 km)

Discover the twin lakes of Gangabal and Nundkol we trek through the meadows of Trunkol and descend to Naranag village. To conclude our walk we take our car and drive back to Srinagar houseboat for an overnight stay.

### DAY 5

(30 minutes drive)

This is the end of our trek. You can visit old town of Srinagar before our representative will drop you at airport for departure.

## Safety

Your expedition will be fully supported by experienced guide who will set safety parameters and have detailed knowledge of high-altitude treks and its risks. This acknowledges that everyone on the team has a role to play in the safe outcome of the expedition, being mindful of risks and reducing them. Ensuring safety on the mountain will always be our prime consideration.





## Trek Emergency Plan

**Day 1.** Arrival Day.

**Day 2.** Full day cellular network coverage. Camp location lies 2 hour's walk away from the road-head.

**Day 3.** Trunkhol lies 1 hour walk away from our camp site which has a fair amount of network signal.

**Day 5.** From second half of the day under full cellular network coverage. Night stay at Srinagar city.

**Day 5.** Departure Day.

## Altitude and Health

Common health problems in the mountains are headaches, dehydration, stomach bugs, diarrhoea, sun burn and altitude sickness. Keep hydrated at all times, drink only boiled or treated water, cover up in the sun and eat every meal for energy. Acclimatisation is a process which allows the body to adapt to an environment with reduced oxygen. The best way to acclimatise is to ascend slowly or to ascend to a higher level for a while, then to descend. An ideal scenario will combine these two techniques. All our trips are designed with a focus on safe and sensible acclimatisation. Nevertheless the speed at which a body adapts varies from individual to individual. Expect changes to your body and habits to occur, including your muscles feeling tired more quickly, a change in your sleeping habits, increased gasping for breath, loss of appetite and generally requiring more energy to do basic things. Our guides are very experienced in identifying symptoms of altitude sickness and will always have alternative plans to aid further acclimatisation in the event that this may be required.

## Our Staff

Our Staff which include guide, helper, cook and horsemen are essential to our safety on the mountain and the smooth operation of our expedition. They will ensure that all camp stores, and food are in the right place on the mountain at the right time.

## Trekking gear and equipment

We aim to make sure that all the kit we use is of good quality. We use modern high altitude tents, sleeping bags and trekking poles. We carry LPG stoves for cooking and our cooks prepare fresh food and hot drinks at least 3 times a day. Let us know about any food intolerances or allergies in advance and we will do our best to accommodate them.





## What to carry

The trek is supported by horses. You will need to carry only a light sack, weighing about 4-6kg for your personal items like passport, money and camera gear. The following is a list of the items you should carry on the trek. If you have items which can not be used on the trek, you can store them at our houseboat or at our office and take them back after returning from the trek.

## Clothing

Duffel Bag 60 liters  
One Pair Trekking Shoes  
One Pair Trail Approach Shoes  
Trekking Pants  
Hooded Rain Jacket  
Shade Hat  
One Pair Sunglasses  
One Pair Liner Gloves

Small Size Day-Pack  
Two Pair Trekking Socks  
One Pair Sandals  
Extra Warm Clothes  
Warm Hooded Down Jacket  
Sunscreen Cream  
Lip Balm  
Any Personal Medication

## What the price includes

- => First Aid
- => Trekking Permit.
- => Kashmiri Local Guide and a cook.
- => Horses to carry backpack (except day sack), group equipment (tents/ stoves/ fuel) to the higher camps.
- => All trekking gear including tents, sleeping bags, mats, blankets, trekking poles.
- => 2 nights' houseboat accommodation in Srinagar (bed and breakfast), 2 nights tented (full-board) mountain camps.
- => All road transport by private cars.
- => Meal plan: Houseboat (breakfast/dinner), Trek (all meals).

## What the price does not include

- => International or domestic flights
- => Visa
- => Travel insurance
- => Personal clothing and equipment
- => Any medical costs incurred by you, or costs associated with a medical incident, such as your evacuation from the mountain and/ or hospitalisation (for which you should have travel insurance)
- => Optional trips or excursions.
- => Tips for local staff and guides.