

## Tarsar Marsar Pahalgam Trek

Country-India Highest Altitude-4100M Duration-7N8D Best Time-June-Sept.

### INTRODUCTION

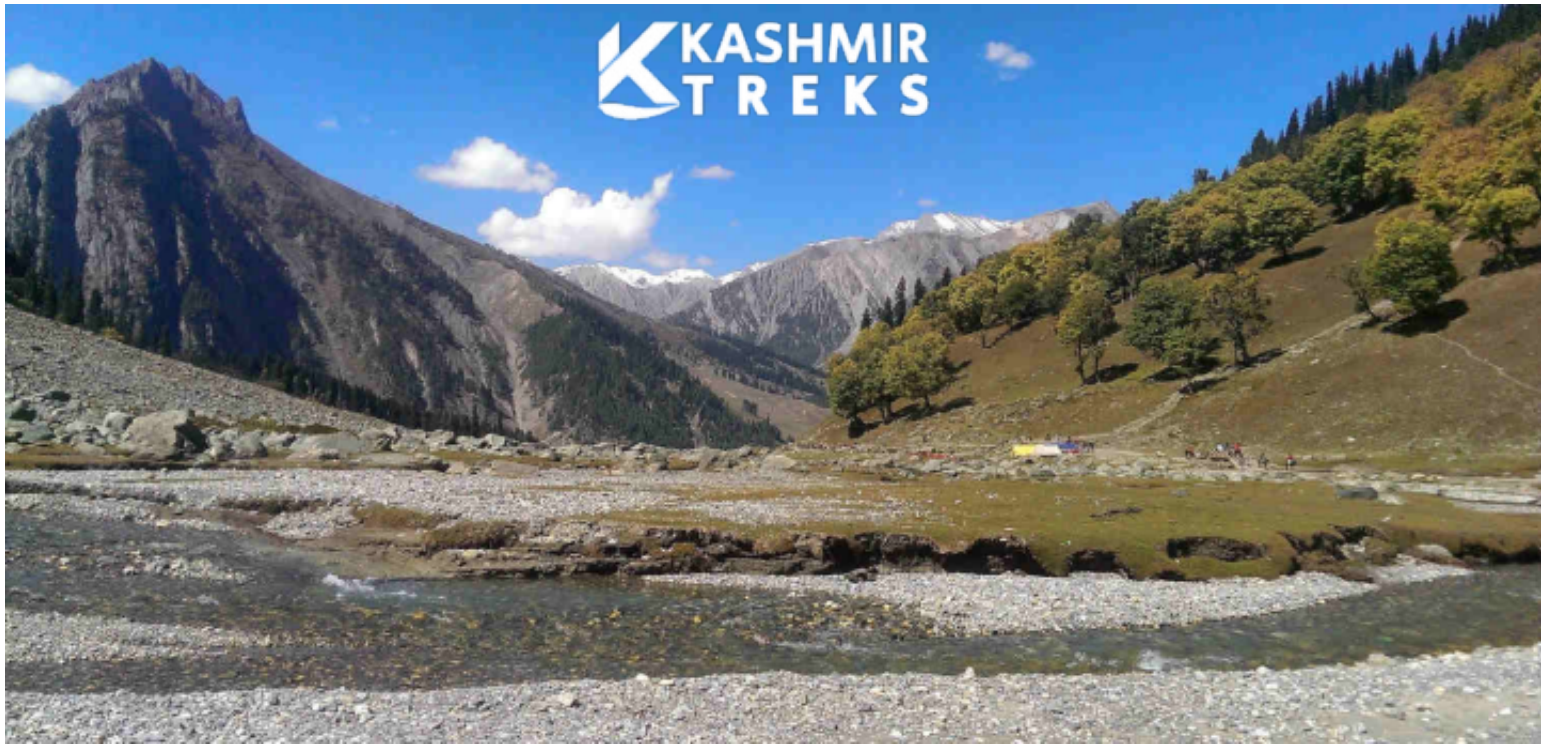
The aim of Tarsar-Marsar Trek expedition is to trek from Sumbal in Sind Valley to Aru in Lidder Valley over Sonmasti Pass. The Tarsar-Marsar as the name suggests treks to the twin lakes of Tarsar and Marsar separated by a mountain close to the highest mountain peak of Kashmir Kolhoi Peak (5400M). It crosses streams, plenty of colorful meadows.

Though trekking in Kashmir is not newest but still this expedition is no walk in the park. Arduous days, steep and rocky passes and altitudes approaching 4100m all collide to create a challenging trek in one of the most beautiful and serene Himalayas of Kashmir.

### Experience required

Tarsar-Marsar 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 begginers 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 prepered 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 here to help if you have any questions or concerns.





## ITINERARY

### DAY 1

Srinagar to Aru Valley drive.  
Arrive Srinagar (Alt. 1600m).  
Pickup from Srinagar. 120 kms  
drive to Aru via Pahalgam approx  
4 hours. First campsite Aru  
Village (alt 2450m).  
(Transport, dinner, breakfast)

### DAY 2

Aru to Lidderwat.  
Altitude: 2450m to 2800m.  
9 kms trek, approx 5 hours.  
(lunch, tea, dinner and the  
breakfast)

### DAY 3

Lidderwat to Sekwas  
Altitude: 2800m to 3350m.  
6 km trek, approx 5 hours.  
(lunch, tea, dinner and the  
breakfast)

### DAY 4

Sekwas to Tarsar Lake  
Altitude: 3350m to 3700m  
5 km trek, approx 4 hours  
(lunch, tea, dinner and the  
breakfast)

### DAY 5

Tarsar to Sundersar  
Altitude: 3700m to 3850  
7 km trek, approx 5 hours trek  
(lunch, tea, dinner and the  
breakfast)

### DAY 6

Sundersar to Sonmasti via  
Marsar  
Altitude: 3850 to 3400m  
9 kms trek, approx 6 hours  
(lunch, tea, dinner and the  
breakfast)

### DAY 7

Sonmasti to Sumbal trek, Drive to  
Srinagar  
Altitude: 3400m to 2150m  
15 kms trek, approx 6 hr  
50 kms drive to Srinagar, approx 3 hr  
(Transport and Hotel accommodation  
at Srinagar. lunch at Kangan, dinner  
and the breakfast at the hotel)

### DAY 8

Srinagar Airport or Bus Stand drop.  
5 kms drive to bus stand, approx 20  
minutes  
12 kms drive to Srinagar airport,  
approx 30 minutes  
(Transport from Srinagar to the  
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.** Half day cellular network coverage. Camp location lies one hours horse ride from the road head.

**Day 3.** No communication zone. Camp location lies 3 hours horse ride away from the road head.

**Day 4.** No network coverage. Camp location lies 3 hours horse ride away from the road head.

**Day 5.** No network coverage. Camp location lies 2 hours horse ride away from the road head.

**Day 6.** No network coverage. Camp location lies 2 hours horse ride away from the road head.

**Day 7.** From second half of the day under full cellular network coverage. Night stay at Srinagar city.

**Day 8.** 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
- => Great Lakes 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), 5 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.