

## Tulail Gangabal Naranag Trek

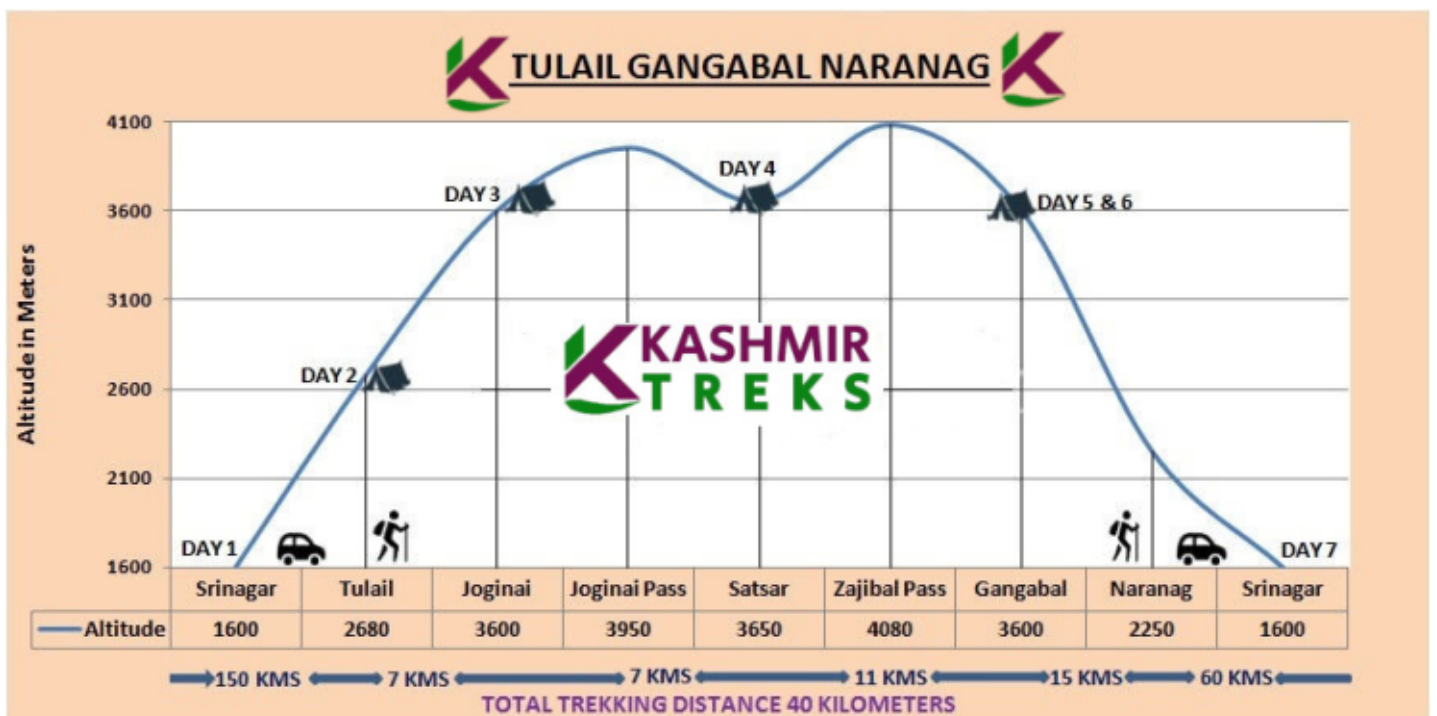
Country-India Highest Altitude-4290M Duration-7N8D Best Time-June-Sept.

### INTRODUCTION

The aim of Tulail Gangabal Trek expedition is to trek from Tulel in Gurais Valley to Naranag in Sind Valley crossing Joginai Pass (4290M). Kashmir Treks is the only local agency who lead a maiden and successful Trek-Expedition of Levison Wood's Walking the Himalayas through this hidden valley of Kashmir in 2015 summer. Being the organizers of the trek, acquiring trek-permits was the most challenging part the trek; as the base camp lies close to the Line of Control. Kashmir Treks started an era opening this trek for many to come. The Gurez Valley falls along the section of the ancient Silk Route, which connected the Kashmir Valley with Gilgit continuing further to Kashgar. At present, the valley is divided by the Line of Control between India and Pakistan, Minimarg along with the Burzil Pass lies in Pakistani side and Dawar and Tulail lies in Indian side.

### Experience required

Tulail Gangabal Naranag 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 here to help if you have any questions or concerns.





## 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

(6 hours drive)

We take a car drive to Tulail Gurez. Driving through Wular Lake, Tragbal Hill Station and cross Razdan Pass to enter Gurez Valley. Passing some remote villages we camp in Badogam in Tulail at the river bank.

### DAY 3

(6 hours walk, 12 km)

We pack our load on horses and start our trek. Our trail a slightly steep, passes through a pine/ birch forest and meadows at Butimali. A gradual descend we again start ascending to Joginai for an overnight stay.

### DAY 4

(6 hours walk, 14 km)

We ascend the highest pass of the trek the Joginai Pass (4290m) and descend it down to reach Jawdara. We walk through Rasbal Valley and seven small lakes of Satsar and camp at Megandoab.

### DAY 5

(6 hours walk, 11 km)

The final and the highest pass of our trek Zajibal (4210m) will test our strength but its summit is definitely something to accomplish. Descend the pass and camp at Gangabal Lake.

### DAY 6

Day at leisure. Rest day to enjoy the scenery of the twin lakes of Gangabal.

### Day 7

(6 hours walk, 15 km)

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 8

(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 in the vicinity of a town Tulel.

**Day 3.** Communication possible through Army Post stationed at Butimali.

**Day 4.** No network coverage. Communication possible through Army Posts stationed at Jawdara and Satsar.

**Day 5.** No network coverage. Trunkhol lies 1 hour walk away from our camp site which has a fair amount of network signal.

**Day 6.** Rest day. Also Trunkhol lies 1 hour walk away from our camp site which has a fair amount of network signal.

**Day 7.** From second half of the day under full cellular network coverage.

**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.