

WARWAN VALLEY - PANIKHAR TREK

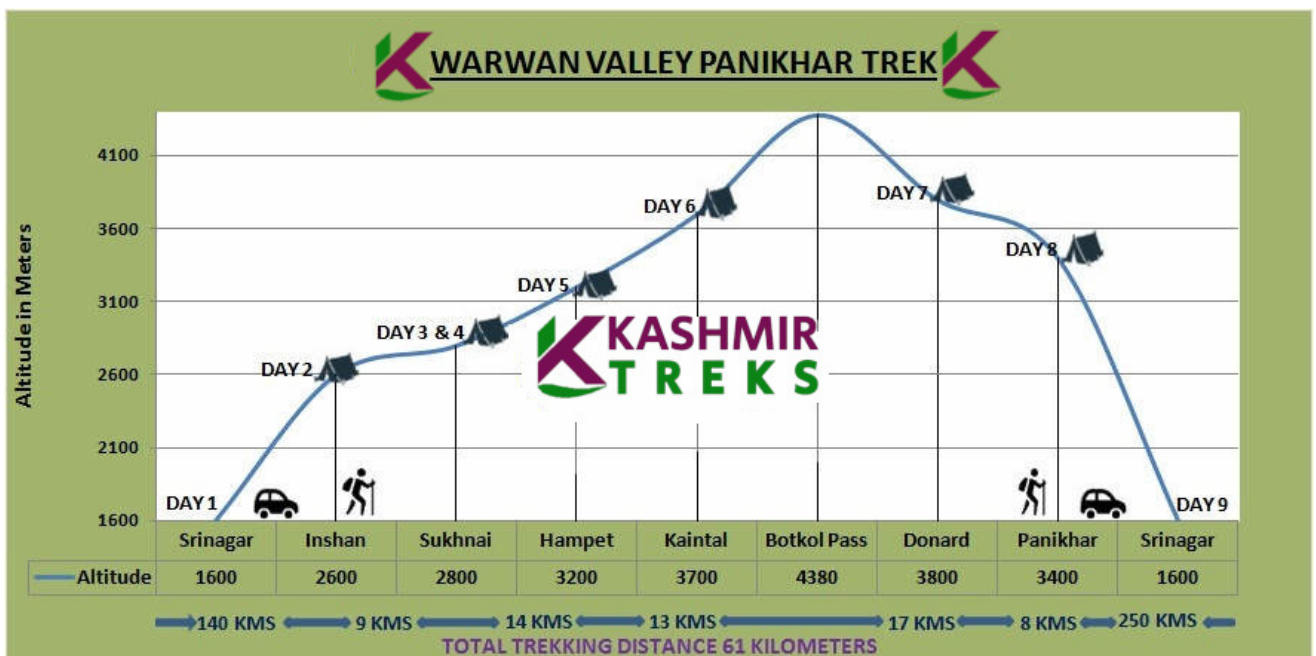
Country-India Highest Altitude-4390M Duration-8N9D Best Time-July-Sept.

INTRODUCTION

Warwan Valley - Panikhar trek is a high altitude alpine trekking trail of about 92kms. It starts at Mungli, reaches the highest point at Bhatkol Pass (4390M) and concludes at Panikhar village of Kargil. The trek is full of extensive mountain walking with some steep climbs and sharp descends. Overall the trekking trip is not considered as difficult but of moderate level though 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. Warwan valley trek is not only a pleasure for the adventure seekers but it is an ideal expedition for the nature lovers too who finds it a privilege to bask in the undisturbed beauties of nature in a remote yet most beautiful valley of Warwan.

Experience required

Warwan Valley 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

(5 hours drive)

Drive for 6 hours to Inshan taking Mughal Road through Achabal, Kokernag crossing Margan Top. Meet our trek staff and prepare yourself for the trek. Overnight stay in a guest house.

DAY 3

(4 hours walk, 14 km)

Walk through Warwan valley, passing some of the rare summer villages taking the inflowing Marwah river and camp at Sokhnai village for an overnight stay.

DAY 4

(7 hours walk, 19 km)

Trek from Sokhnai to Hampet through endless meadows of alpine flowers and grazing fields of shepherds and under some beautiful waterfalls. We camp at Hampet meadow for an overnight.

DAY 5

(7 hours walk, 19 km)

Walking through a long lush green meadow we cross some rare nomadic Gypsy huts. Before reaching our camp site at Kaintal Nor we again cross a long grassy meadow. Overnight stay.

DAY 6

(10 hours walk, 22 km)

Longest day of our trek will test our endurance while ascending the highest point of our trek "Bhatkol Pass" (4380M). Walking on a glacier we reach Sumdo meadow for an overnight stay.

Day 7

(6 hours walk, 15 km)

We leave Sumdo and trek through the meadows and Bakerwal huts and descend to Panikhar village in the Suru valley of Ladakh for an overnight stay. We can see how the landscapes have changed over

DAY 8

We take our car and drive back to Srinagar through Kargil, Drass, Zojila and Sonamarg. We arrive Srinagar houseboat for an overnight stay.

DAY 9

(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 and medical facilities available enroute.

Day 3. Access to Village Level Telephone Booths and primary health centres.

Day 4. No network coverage. From the campsite it will take us 2 hours to reach nearest settlement of Army Camp.

Day 5. No network coverage. From the campsite it will take us 5 hours to reach nearest settlement of Army Camp.

Day 6. No network coverage. Communication possible through Army Post stationed near Panikhar at a 3 hours walk.

Day 7. Access to Village Level Telephone Booths and Primary health centres.

Day 8. Specialised medical care available enroute and access to telephone and internet.

Day 9. 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
- => Trek/ Wildlife Permits.
- => 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), 6 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.