



# KARGIL TO PAHALGAM TREK



Total Duration :  
*9 Nights / 10 days*



Difficulty Level :  
*Hard*



Trek Duration & Distance :  
*7 Days & 73 kms*



Highest Altitude :  
*4910 Metres*



Best Season :  
*May to October*

This Trans-Himalayan odyssey from Suru valley, Kargil to Pahalgam is a world-class trek that has everything a trekker could ask for. From traversing hard passes across massive glaciers, spectacular panoramic views of mountains, meadow runs, wildlife, mountain tribes and camping by the holy lake of Sheshnag, it is a highly gratifying trek. To top it off, the transition in landscape from higher to lower Himalayas is a very rare experience that only this trek provides. It's an offbeat trail in the heart of Kargil that demands strong and seasoned trekkers.

# Brief Itinerary



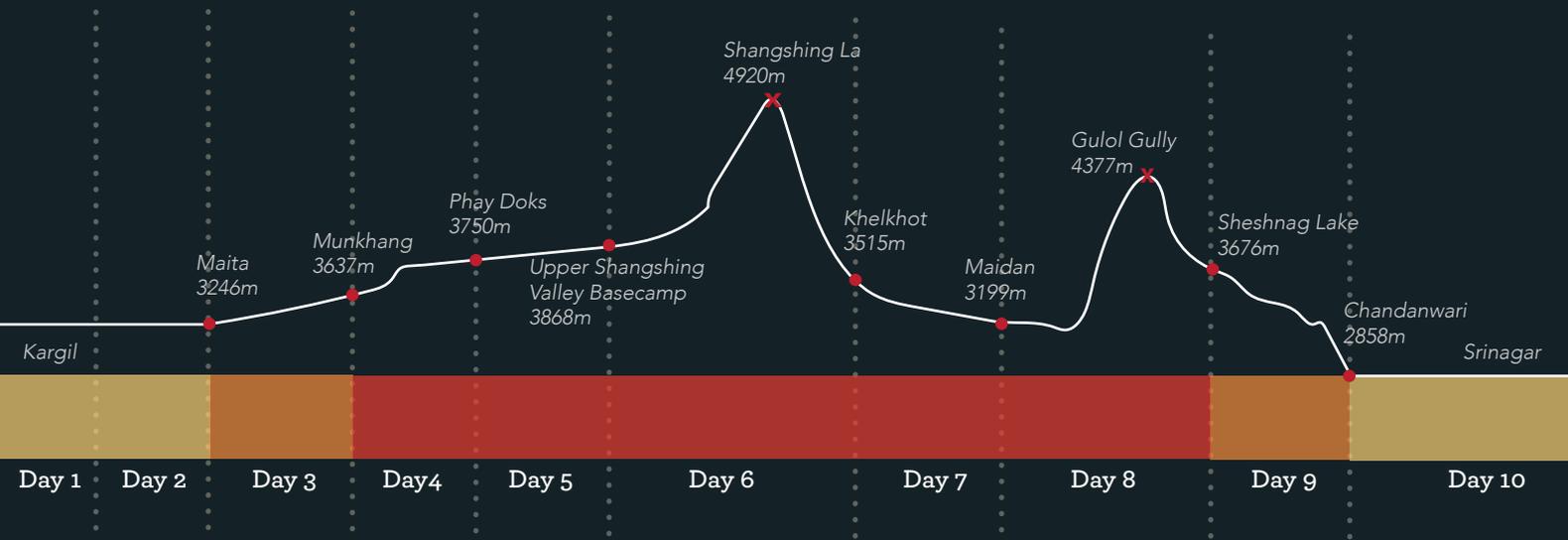


# Route Map



# Elevation Map

Easy Moderate Hard





Day 1 : Arrive in Leh/Srinagar & drive to Kargil

Pick up from Airport and drive to Kargil (5 hours)

Lunch Enroute

Visit Drass War Memorial

Arrive in Kargil by late afternoon. Evening for leisure. check out the Hundurman Museum

Visit to Munshi Aziz Bhat Museum, a family run museum that had preserved the silk route history of Kargil

Overnight at hotel in Kargil

Day 2 : Drive Kargil to Maita, Suru valley. Overnight in Maita

After an early breakfast at hotel. A cab will pick you up from your hotel for the journey to Maita

Arrive in Maita by lunch time

Acclimatize and explore the village in the evening

Overnight at local homestay

Day 3 : Trek from Maita to Munkhang

Post breakfast we will start our march early

The trail will be quite easy on the first day.

We will follow a flattish trail upstream

On the way we will see Army bunkers, which are now in ruins. Here elevation will be 3511m

Reach the campsite by lunchtime.

Overnight will be spent in tents at Munkhang.

Day 4 : Trek from Munkhang to Phay Doks

After an early breakfast, will start our trek from Munkhang to Phay Doks at 8 am.



We have to follow the river in opposite direction to reach Phay Doks. Today's trail will be hard and challenging. Major ascents and descents, 3 to 4 river crossing and a snow bridge crossing. After trekking for 5kms we will reach Ainul Hazma top and the elevation will be at 3702m. At Ainul hazma we will see the first Bakerwal dera. Will have lunch in Raqstay where there is spring water nearby. Post lunch, we will have to cross a couple of river streams. Arrive at the campsite at Phay Doks by evening. Overnight will be spent in tents.

### Day 5 : [Trek from Phay Doks to Upper Shangshing Valley Basecamp](#)

Our objective today will be to cover a short distance till the basecamp before the high pass, rest and acclimatize for the next day's hard ascent. Today it will be an easy trek we reach the base camp at upper Shangshing valley.

We will start the trek at 9 am

The trail will be fairly flat but you definitely won't get bored of the views. Overnight in tents.

### Day 6 : [Trek from Upper Shangshing valley to Khelkot via Shangshing La](#)

Today is going to be the most challenging day of the entire trek as we will be covering a long distance over glaciers, boulder and moraine walks while doing the steep ascent and descent of Shangshing La.

Today we will start early after breakfast at 6.00 am.

At 11:00 am we should be able to reach at the top of Shangshing La pass.

We will descend through a rocky and scree trail till the glacier crest and then follow the crest down to the valley floor.

By late evening, we will reach at our campsite at Khelkhot, which is also the intersection of Sai nala and Shangshing nala.

Overnight will be spent in tents at Khelkhot.



## Day 7 :

### Trek from Khelkhot to Maidan

Today we will start late as the day before was quite hard and challenging. After breakfast at 9:00am we will start our trek.

Trek will be a long decent with an elevation loss of 302m.

You will witness a lot of Bakarwal deras along the trail

Today you will also see beautiful green grassy meadows in between there are several streams

At 12:00 pm we will reach Nagi Talab (ponds). Here you will see three ponds of different sizes. We will have our packed lunch near the ponds.

By evening we will reach Maidan (Rangmarg)

We will set up camp near by a spring and around a lot of Bakarwal deras.

One of the best camping locations on the entire trail.

## Day 8 :

### Trek from Maidan to Sheshnag Lake via Gulol Gully

After an early breakfast. We will start our trek at 7:00 am. Towards Pahalgam via Gulol gully through Sheshnag lake

Today you will cover a distance of 17 kms with an elevation loss of 344m

The trail will have major ascents and descents.

By early afternoon, we will reach at the top of Gulol gully pass. Till here the trail is totally ascent.

From here we will also be able to see the trail that leads to the holy cave of Shri Amarnath.

The view from here surrounded by snow capped peaks with wide and green valley floors below

By late afternoon, we will reach Sheshnag lake. The first view of the lake as you approach it will truly complete your trek.

Here we pitch our tents for the night, at the most spectacular camping site



## Day 9 : Trek from Sheshnag lake to Chandanwari Drive to Pahalgam and on to Srinagar

We will begin at 8 am after breakfast

The trail today start with a quick ascent till Pisu top. From here the trial is totally

descent all the way till Chandanwari.

We will reach Chandanwari road head within a couple of hours

From here we will take the scenic drive to Srinagar via Pahalgam

Check into hotel in Sringar by evening

You can celebrate the completion of the Shanshing la trek.

The experience will teach you that you are capable of much more than you can ever imagine. And the images that are captured in your mind, shall stay with you for a long time to come. Congratulations!

Overnight will be spent in hotel at Srinagar.

## Day 10 : Departure from Srinagar

Early morning airport transfer

GOALS  
— LADAKH —

## Inclusions :



### Transport :

- Airport pick up and drop and journey to Kargil
- Trek point transfers
- Transport for sightseeing



### Meals :

- Breakfast and dinner at hotel in Kargil and Srinagar
- All meals on the trek



### Equipment :

- Camping gear (sleeping bags, mattress, two man dome tents, toilet tent, dining tent)
- Safety gear (ropes, ice axe, micro spikes)



### Accommodation

- Twin sharing rooms at hotel
- Dome tents on trek



### Staff :

- Trained and experienced guide/trek leader
- Kitchen and support staff
- Porters



### Medical Services :

- First Aid Kit
- Oxygen cylinder



### Permits :

- Trekking permits
- Camping charges

## Exclusions :

- Single room accommodation
- Lunch during stay in Kargil and Srinagar
- Meals while on the road
- Personal equipment such as walking sticks, rain coats, gloves etc
- International & Domestic flight fares, visa charges
- Monument/monastery and Museum visit fee
- Any expenses of personal nature such as mineral water, laundry.
- Cost incurred due to emergency evacuation
- Any kind of insurance, such as accident, theft, medical, evacuation etc.
- Personal Mules & porters. You can request for one in advance while booking
- Tips to porters, camping team, driver, guide, etc.
- Cost incurred due to change / extension in the itinerary due to roadblocks, bad weather condition, flight delays, vehicle breakdowns, etc.

# Checklist for your trip

## Clothing :



Water-proof  
Trekking Shoes



Woolen &  
cotton socks  
(2 pairs each)



Full sleeve  
tshirt



Water-proof  
trekking pants  
(1 spare)



Woollen or fleece  
sweater/jacket



Downfeather  
Jacket



Thick gloves  
with inner



Spare under  
garments



Thick muffler



Woolen Cap



Rain poncho or  
wincheater

## Essentials :



Sun goggles



Valid ID proof



Wearable  
Flashlight with  
batteries



Power bank



2 Ltr. Water  
bottle



Rucksack

## Toileteries :



Personal  
Toileteries



Sun block



Personal-Aid  
Kit

# Trip Specific Information

By signing up for a trip with Roots :

You acknowledge that you have voluntarily applied to participate in this trip and that you have read the description of the trip as it appears on the website and the information below:

You are expected to carry your own luggage. If you need a porter/mule during treks please inform us in advance.

Delays are expected on account of roadblock & weather conditions. Our effort will be to continue with the trip as per the schedule & make you as comfortable as possible. But in such situations we may have to compromise on the campsite & adjust to these situations then & there. The final call will be taken by our Lead Guide on location.

The itinerary should be viewed as ideal & we may have to make some spot changes due various unavoidable reasons.

The distances & altitude mentioned in the above itinerary are to the best of our knowledge & information; marginal variance in the actual distances & altitudes is possible.

You are expected to be in reasonable shape and fitness, being able to walk for several hours at a normal pace as well as to take care of your own equipment.

You are required to produce a Medical Fitness certificate before starting the trip.

The minimum age restriction for this trip is 18

All outdoor related activities involve a certain level of risk. You are expected to sign an Indemnity Form in agreement to the risks involved through part taking in such outdoor activities.

Roots Ladakh reserves the right and permission to use photographs of individuals and photographs submitted by them on tour for use in promotional and publicity purposes

## Payment & Cancellation Policy :

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- Full payment must be made before commencement of the journey
- 30% of the total amount will be retained as cancellation fee if the trip is cancelled 30-21 days prior to date of journey.
- 50% of the total amount will be retained as cancellation fee if the trip is cancelled 21-15 days prior to date of journey.
- 70% of the total amount will be retained as cancellation fee if the trip is cancelled 15 days prior to date of journey.
- No refund will be granted on cancellation done within 15 days of the date of journey.
- No refund will be granted for portion/portions of the journey not performed by the traveller.
- No refund will be granted in case of non-performance of journey due to external and natural events.
- The refund process will take atleast 10 to 15 days working days.
- In the event of any dispute, the matter shall be resolved under the jurisdiction of the District Court, Kargil.

## Get Your Adventure Trip Insured :

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We have now partnered with India's first Adventure Insurance provider [www.asc360.com](http://www.asc360.com) to make your trek safer. For an additional one time amount of Rs 988/- you will get a cover of over 3.5 Lakhs for your 10 day trip. Please let us know if you are interested so that we can send you more details. We strongly recommend signing up for it. Please note that we are not charging any additional service fee on this. The policy rates are as per ASC360. You can also get your insurance directly by contacting them.

# 4 REASONS WHY

## You should travel with us!



### Go Offbeat :

We pride ourselves in being the experts in offbeat and adventure travel experiences in Ladakh. We like to mix it up – a little bit of history and a little bit of adventure.

### Travel Responsibly

We believe in creating shared value. We focus on engaging local communities in our work and always try to harness the local knowledge from the land.



### Travel with Locals

Get an authentic and immersive Experience. Expect some local food, close interaction with locals and more time out in the nature on your own.

### Expect Professionalism

We promise only what we can deliver. We are a great team of young, trained & experienced professionals from various backgrounds and share the same passion for outdoors & exploration.



Everything you need to know about

# ACUTE MOUNTAIN SICKNESS

Altitude sickness ranges from mild headache and tiredness to a fatal build up of fluid in the lungs or brain at high altitudes.

## Causes of AMS

Dipping air pressure & Lack of Oxygen at High Altitudes

## The symptoms



Headache



Dizziness



Nausea



Loss of Appetite



Fatigue



Loss of sleep

## steps to prevent ams



Consume 2 Litres of water everyday

Start exercising 1 month prior to the Journey



Diamox to help with better Acclimatisation



If initial precautionary measures are not taken, Acute mountain sickness might prove to be fatal and lead to further heart conditions

## WHO DOES aMS AFFECT?

Part of the mystery of Acute Mountain Sickness is that it is difficult to predict who will be affected. There are many stories of fit and healthy people being badly limited while their older companions have felt fine!

what to do if you suffer from AMS?



Tell your team mates immediately



Descend down as soon as you can