



WARWAN VALLEY LOOP TREK



Total Duration :
9 Nights / 10 days



Difficulty Level :
Hard to Sterneous



Trek Duration & Distance :
7 Days & 86 kms



Highest Altitude :
4756 Metres



Best Season :
May to October

This version of the Warwan trek is a loop that involves crossing two highly adventures passes called "Bobang Gali" and "Lomvilad Gali" which run parallel to each other from Suru valley into Warwan valley. We will start the trek in Suru valley and end in again in Suru valley in a loop format. This trail is sure to keep your spirits and adrenaline high with what it has to offer. The trail has plenty of rare wild flowers and wildlife such the omnipresent Himalayan Marmots, Asiatic Ibex, Brown Fox and if lucky the rare Himalayan Brown Bear. You will be crossing many icy cold streams and doing glacier traverses at Bobang and Lomvilad Gali. You will also get a unique opportunity to get up close and interact with an ancient, nomadic tribe called "Bakarwals". These valleys have been their summer abode for centuries.

Brief Itinerary

Day 2 :
Acclimatization day
and local sightseeing



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



Day 3 :
Drive from Kargil (2600m) to
Panikhar (3225m).
Trek from Panikhar to Chumik
(3625m)



Distance/Duration: 5 kms / 3 hours

Day 4 :
Trek from Chumik to
Parpalo (3878m)
Distance/Duration: 10 kms / 4 to 5 hours



Day 5 :
Trek from Parpalo to
Shirmal (4127m)
Distance/Duration: 7 kms / 3 hours



Day 6 :
Trek from Shirmal to
Kanital Nard (3908m)
via Bobang La (4756m)
*Distance/Duration: 15 kms / 10 hours
(includes 700M glacier traverse)*



Day 7 :
Trek from Kanital Nard to
Kanital camping ground
(3487m)
Distance/Duration: 12 kms / 4 hours



Day 8 :
Trek from Kanital to
Kalapari (3929m) via
Lomvilad Gully
(4402m)
Distance/Duration: 21 kms / 10 hours



Day 9 :
Trek from Kalapari to
Panikhar and drive to Kargil
Distance/Duration: 16 kms / 5 hours

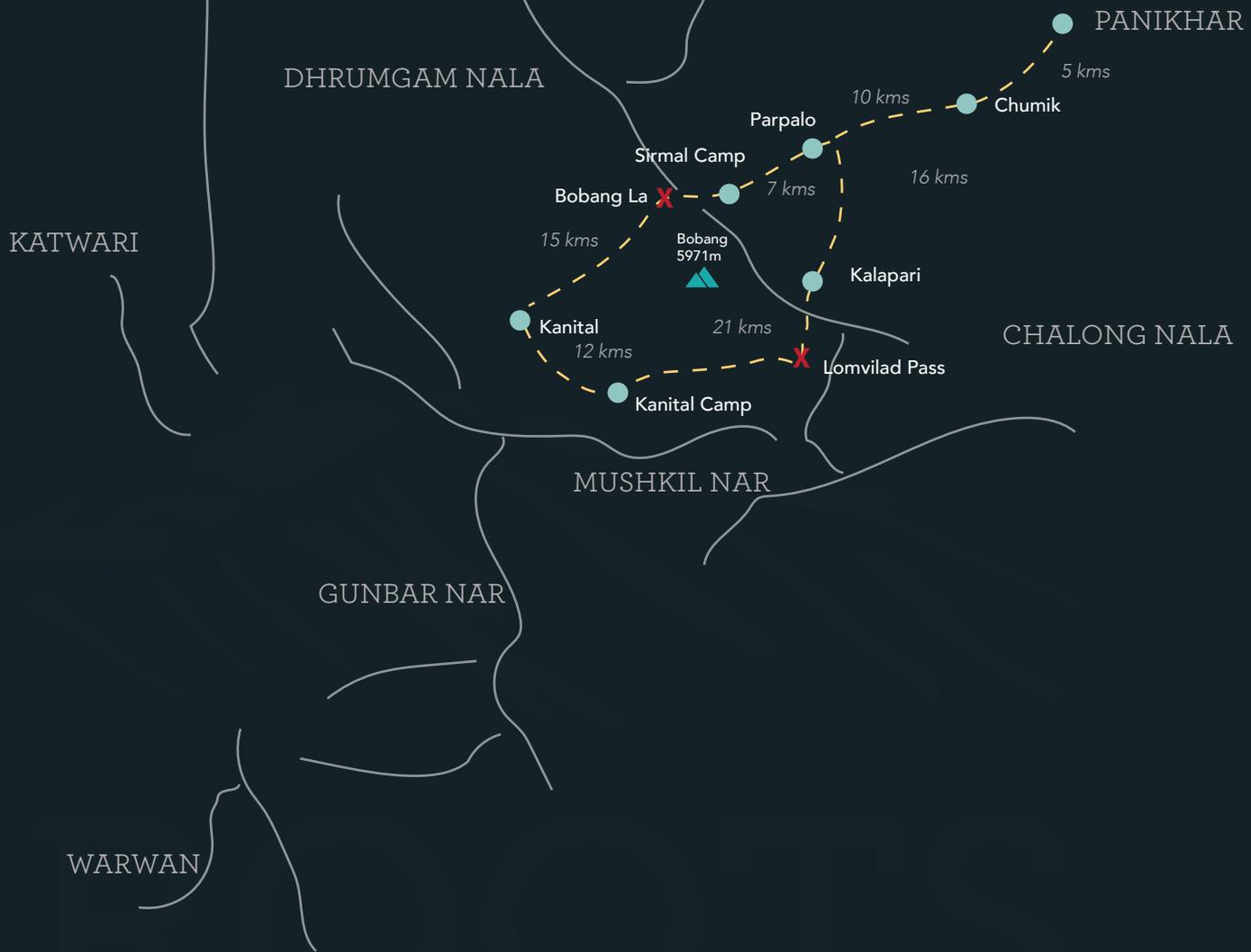


Day 10 :
Drive from Kargil
to Leh/Srinagar



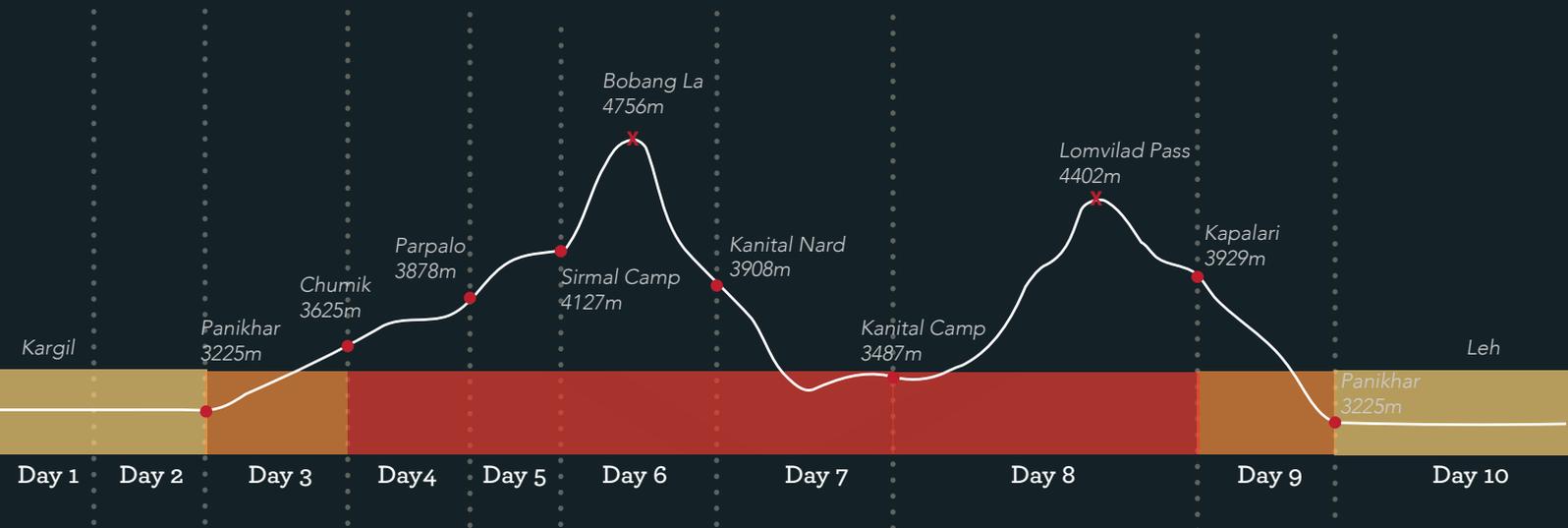


Route Map



Elevation Map

Easy
 Moderate
 Hard





Day 1 : Arrive in Leh & Leave for Kargil

Pick up from Airport and drive to Kargil (5 hours)
Lunch Enroute
Evening for leisure

Day 2 : Acclimatization day and local sightseeing

After an early breakfast, we will drive to Hundurman which is border settlement on the LoC between India and Pakistan and check out the Hundurman Museum
Visit to Munshi Aziz Bhat Museum, a family run museum that had preserved the silk route history of Kargil
Post lunch, explore Kargil bazaar
Dinner and overnight at hotel

Day 3 : Drive from Kargil to Panikhar. Trek from Panikhar to Chumik

After an early breakfast, drive from Kargil to the basecamp in Maita, Panikhar
Today, the trail follows Chalong nala upstream and gains altitude gradually
Our first drinking water source comes 2 and half hours into the trail.
We will cover a short distance today and camp at Chumik, a spring water source.

Day 4 : Trek from Chumik to Parpalo

Today is again going to be an easy day
Trail continues upstream through a well defined stone trail
There are some small stream crossings along the way depending on the time of the year



You will meet a lot of locals and Bakarwals in the summer on the trail as these valleys serve as the summer pastureland for their livestock. Water sources are not always safe to drink here as they could carry a lot of bacteria.

Midway, the trail will emerge at Deonardo where Bobang and Lomvilad gully merge, creating a spectacular river basin with green flat lands and snow-capped peaks in the backdrop.

Here you will find many Bakarwal deras. Beware of Bakarwal dogs.

From here we will take the right bank of the river and continue towards Bobang gully.

Arrive at Parpalo by late afternoon, which also has an ideal camping site by the water surrounded by small glaciers.

Day 5 :

Trek from Parpalo to Shirmal

Today the trail will be a mix of flat grounds and moraines.

There will be stream crossing and snow bridge crossing.

We will begin by 9 am after breakfast.

Reach Shirmal camping ground by afternoon.

This is one of the most beautiful camping grounds on the entire trek as we will be camping by the river stream with Bobang peak in front for a view.

Covering only a short distance today will give the body and mind some time to rest and acclimatize for the next days' traverse.

Day 6 :

Trek from Shirmal to Kanital Nard via Bobang La

Today is one of the two hardest days of the trek as we will be traversing Bobang pass.

We will be traversing a 700m long glacier and there is very little or no trail, so we will be carefully treading the sharp ascent with the help of the local trail guide.

Since this pass is not pony friendly, we will shed some of our load here and carry enough gear for one night of camping once we cross the pass and reach Kanital Nard.

Our ponies will take the Lomvilad pass to meet us at Kanital camping ground on day 5.



The ascend starts with a steep uphill next to a glacier through loose rocks and boulders till you reach a rocky plateau near the snout of another glacier. From here we have to traverse this glacier field to reach the top of the pass. It is an easy traverse as there are no big crevasses

The descend from Bobang top is short but steep with loose rocks and boulders

After walking over a moraine crest we will hit the green patch into Warwan valley.

Soon you will realize the sudden change in the landscape from stark mountains to green valleys, marking your entry into Kashmir Himalayas. We will be setting up camp near a Bakarwal Dera tonight.

Day 7 :

Trek from Kanital Nard to Kanital camping ground

Today again the trail is fairly flat and easy along the green valleys of Kanital. We will start early at 8 after breakfast and bidding goodbye to our hosts. After walking for about an hour a 300m descend will bring us to the small lake of Kanital at the junction of Lomvilad and Bobang pass.

We will take left and keep walking towards the Kanital camping ground.

The flat walk and the mesmerizing beauty of Kanital will keep your spirits high. We will reach the camping grounds near the base of Lomvilad gully where our ponies will be waiting for us.

We will set up camp here and spend the night in tents.

Enjoy and take in the beauty of this unexplored valley in the evening.

Get an early sleep as we will be doing our second hardest trek through the Lomvilad pass.

Day 8 :

Trek from Kanital to Kalapari via Lomvilad Gully

Today is the longest and the hardest day on the trek but the most rewarding of all.

We will start very early at 6 am after a healthy breakfast.

Two we will be crossing two massive glaciers.

Once at Lomvilad top the snow field and the glacial lake is a sight to remember.



This traverse will bring us back into Suru valley in the Ladakh Himalayas
We will reach our camp in Kalapari by evening

Day 9 : Trek from Kalapari to Panikhar and drive to Kargil

Today is the last day of our trek and we will descending down towards Panikhar
We will start early at early by 7am after a good breakfast
After walking for an hour we will reach Deonardo basin
Here we will have to cross a few streams to reach the left side of the river bank
From here we will follow the trail to reach our pick up point in Panikhar
Congratulations!
Reach Kargil by evening and check into hotel

Day 10 : Drive from Kargil to Leh/Srinagar

Early morning after breakfast leave for Leh
Check into guest house by evening
Evening for leisure

Inclusions :



Transport :

- Airport pick up and drop
- Journey to and From Kargil
- Trek point transfers
- Transport for sightseein



Meals :

- Breakfast and dinner at hotel in Kargil
- 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)



Accomodation

- Twin sharing rooms at hotel
- Dome tents on tre



Medical Services :

- First Aid Kit
- Oxygen cylinder



Staff :

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



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 partaking 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 :

- 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 :

We have now partnered with India's first Adventure Insurance provider 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