



SURU GLACIER LAKE TREK



Total Duration :
6 Nights / 7 Days



Difficulty Level :
Easy



Trek Duration & Distance :
4 Days & 32 kms



Highest Altitude :
4008 Metres

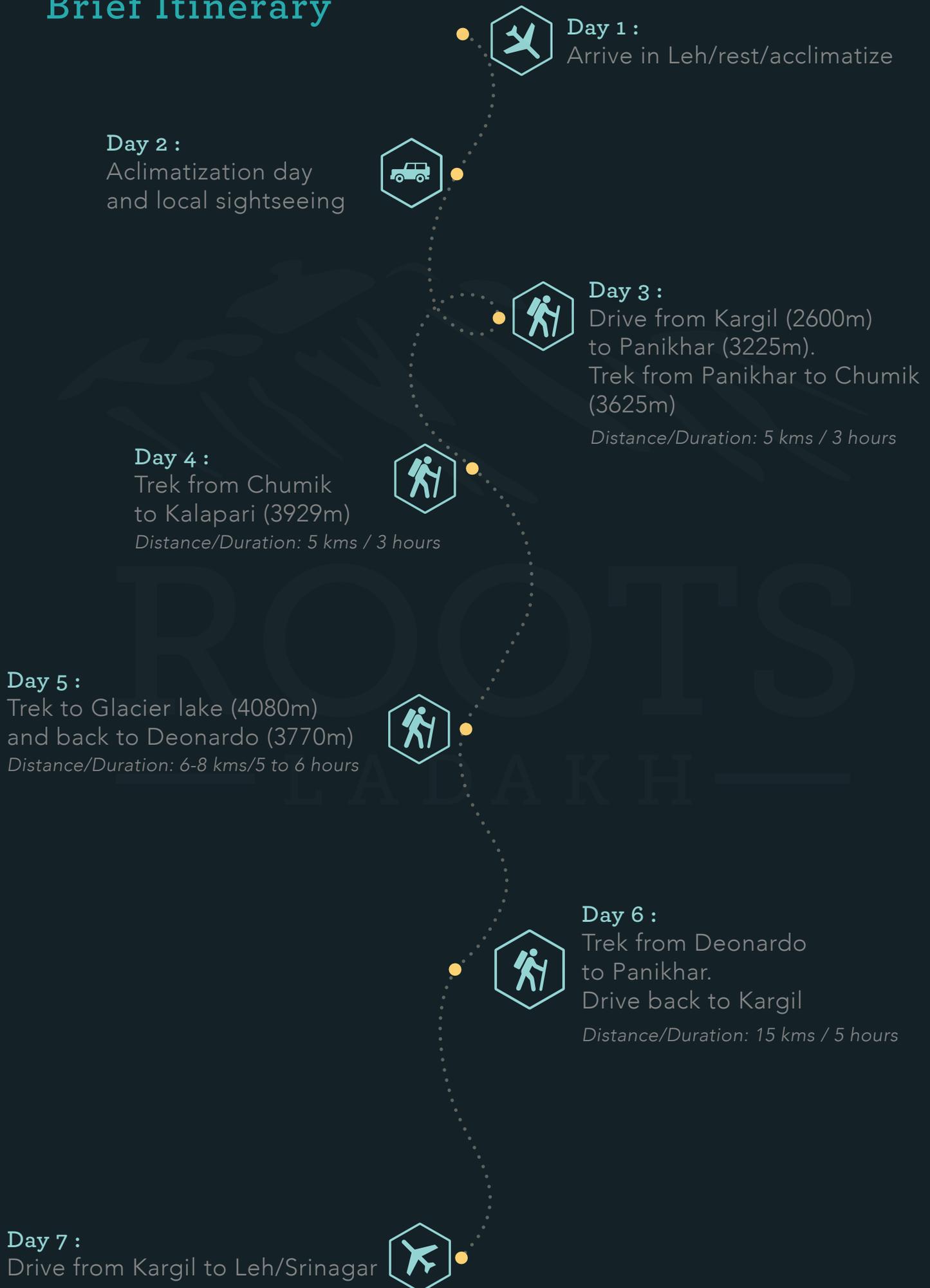


Best Season :
May to October

The Suru valley glacier lake trek is an offbeat but ideal trek for trekkers who are just getting introduced to high altitude Himalayan trekking. Unlike other high altitude treks in Ladakh which can go upto 5000m in dry arid climate, this trail is set in the green oasis of Suru valley in the Zaskar mountain range. The trail runs almost flat starting at 3600m and reaches the highest altitude of 4200m gradually at the Lonval glacier lake, making it one of the lowest altitude treks in the Ladakh Himalayas.

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 a glacier traverse. 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. An ideal trek for beginners.

Brief Itinerary



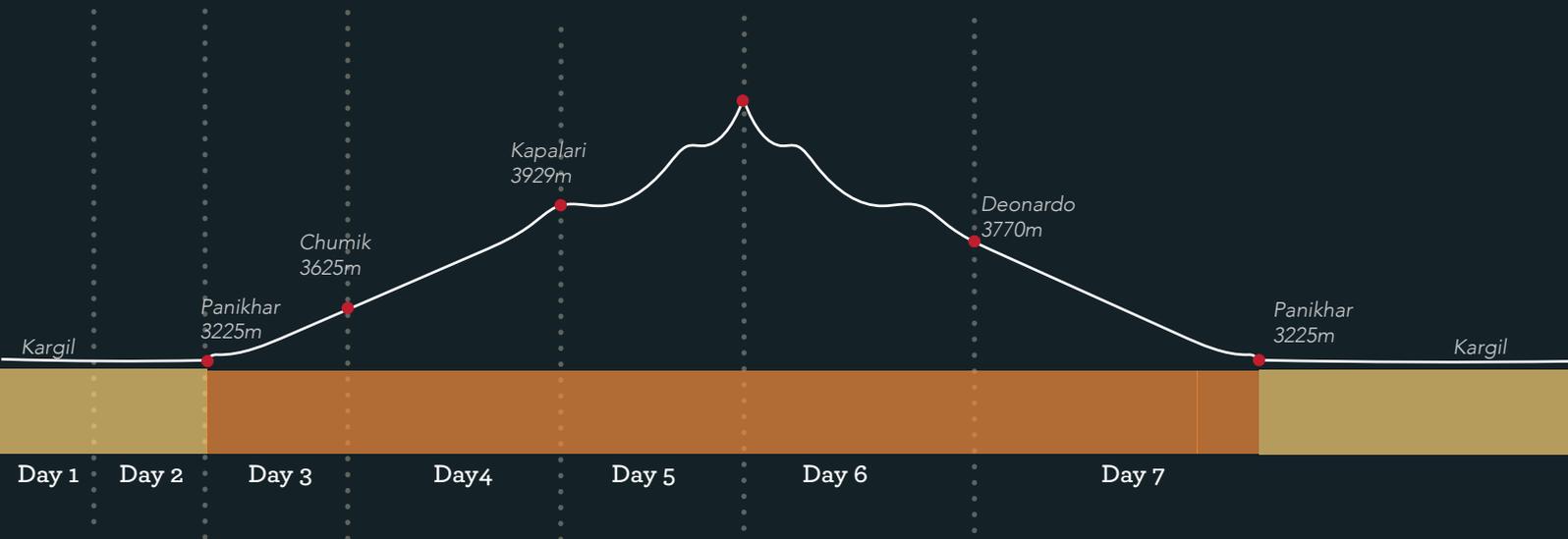


Route Map



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 Kalapari*

The trail runs fairly flat along the Chilong nala fed by the Lonval and Bobang glacier

You will climb gradually to a meadow that will then lead to a wide river basin, that is a confluence of two rivers, called Sumdo or Deonardo

From here we have cross multiple icy cold stream to reach our campsite at Kalapari, a meadow area right before the moraine area.

From Kalapari various peaks are visible and the whole valley is blooming with wild flowers in the summer

You will be inspired by the wide panorama of the Sumdo basin.

Late lunch or snacks will be served on camp

Enjoy bonfire by evening followed by dinner

Day 5 : *Trek to Glacier lake and back to Deonardo*

This day will be marked by heart stopping views of a glacial lake, The Kalapari Peak and a view of a wide glacier tumbling down the flanks of a mountain into a greyish crevasse.

Pack lunch will be carried

Explore and spend the afternoon around the lake

Return back to camp in Deonardo by evening

We will change our camping location from Kalapari to Deonardo

Day 6 : *Trek from Deonardo to Panikhar. Drive back to Kargil*

After an early breakfast we will return back via the same route to Panikhar

Vehicle will pick us up from the point and we will drive back to Kargil

Check into hotel in Kargil

Rest and dinner at the hotel



Day 7 :

Drive from Kargil to Leh/Srinagar

Early morning departure from Kargil

Inclusions :



Transport :

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



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)



Accommodation

- Twin sharing rooms at hotel
- Dome tents on trek



Staff :

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



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

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, Kangra.

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.

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

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