



TREKKERS OF INDIA®

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TARSAR-MARSAR

7D | 6N

Trek

Srinagar - Srinagar



www.trekkersofindia.in



9999-779-236



H.O: A-42, Sector 4, Noida

Operating Office: Srinagar, Kashmir

SHORT ITINERARY

7D | 6N





TREK ATTRACTIONS

- Tarsar Marsar Trek is the prettiest summer trek in India. This is a classic trek that offers quite a variety and range in scenic beauty and landscape.
- The trek holds three beautiful alpine lakes, lush grasslands, shimmering river streams, and a chain of snow-peaked mountains.
- This is an easy to moderate trek which makes even a beginner to enjoy the natural bounties that this trek offers.
- Tarsar Marsar Trek best time is between August and mid-October.

ITINERARY

Day 1



SRINAGAR – ARU

Altitude: **2,426m** | Time Taken: **3.5 hours drive**

- The first day of the trek is an acclimatization camping day at Aru valley beside the lovely Lidder river.

Day 2



ARU – LIDDERWAT

Altitude: **2,426 m to 2,780 m** | Time Taken: **6 hours** |

Distance: **11 km**

- The next day the trek proceeds with a short ascent till it enters the thick jungle.
- The trail through the jungle of pine trees is soothing with the chirping of birds and the music of the Lidder river.
- One walks through this jungle for about 5km and then the trail blends with a vast meadow.
- The meadow is wavy and runs alongside the Lidder river.
- It's an easy delightful walk until one reaches the campsite of Lidderwat.

Day 3



LIDDERWAT – SHEKWAS

Altitude: **2,780 m 3,360 m** | Time Taken: **5 hours** |

Distance: **6 km**

- The third day of the trek starts from Lidderwat with a short ascent and then goes into the jungle.
- The jungle walk finishes into a wide valley of varied flowers and plants.
- The valley is covered with trees in the surroundings.
- One gets to cross the Lidder river stream.
- The gradient of the day is easy with some boulder sections to maneuver just before the day's campsite at Shekwas.

Day 4



SHEKWAS – TARSAR LAKE

Altitude: **3,360 m to 3,790 m** | Time Taken: **5 hours** |

Distance: **5 km**

- The next day, start with a gradual ascent through rocky terrain. And then after a river crossing the rocks give way to a long, lush meadow.
- There are shepherd huts on the way, and you will see many sheep grazing in these meadows. This meadow walk is soothing and takes one to the beautiful almond shaped Tarsar Lake.
- The campsite is just in the vicinity of the lake with the magnificent view of this lake from your camp. Enjoy your evening exploring this lake.

Day 5



TARSAR LAKE – SUNDEKSAR

Altitude: **3,790 m to 3,945 m** | Time Taken: **5 hours** |

Distance: **5 km**

- The fifth day of the trek starts with a steep but short ascent to the Tarsar ridge.
- It then follows a sharp descent and then a boulder trail. It then merges with the long, lush meadow of the silent valley.
- This valley is divinely calm and refreshing. You will see waterfalls cascading down from the surrounding mountains. The trail then takes you to the next campsite just below Sundersar lake.

Day 6



VISIT SUNDERSAR & MARSAR LAKES AND THEN DESCEND TO HOMWAS

Altitude: **3,945 m to 3,505 m via Marsar Ridge 4020 m** |

Time Taken: **7 hours** | Distance: **9 km**

- On the sixth day, behold the beautiful Sundersar lake. The lake is small and round. You will be following the round trail of this lake. Then a short ascent will take you to the Marsar ridge which is the highest altitude of this trek - 4020m. Immediately you will see the large, colorful Marsar lake.
- The vastness and beauty of the lake will amaze you and will finish all the tiredness of the day.
- This is the best spot to take a break and have some snacks. From here you will have to retrace your steps towards the silent valley. And then go down via meadow and boulder section to Shekwas and Homwas.

Day 7



HOMWAS – ARU – SRINAGAR

Altitude: **3,505 m to 2,426 m** | Time Taken: **6 hours** |

Distance: **13 km**

- The last day of the trek is long but without any sharp ascent or descent. You will be covering the distance through wavy meadows. The trek finishes in Aru.
- Tarsar Marsar Lake is the best attraction of this trek. Tarsar Marsar Lake is the name of the twin lakes which one sees while on this trek.

INCLUSION

- Traveling from Srinagar to Aru & Aru to Srinagar
- High-quality trekking gear (Tents, Sleeping Bags).
- Experienced staff (Guides, Cooking staff, Helpers).
- Delicious, hygienic & nutritious meals on scheduled time (Morning tea, Breakfast, Lunch, Evening Snacks & Dinner as per itinerary).
- Fully equipped medical kit, oxygen and safety equipment.
- All forest permits and camping charges.

EXCLUSION

- Lunch on the first day.
- Food during travelling in Sumo/ Tempo traveller
- Insurance
- Mules or porter to carry personal luggage.
- Food items purchased by individuals at local canteens on the trek or during the drive.
- Any early return travel costs or accommodation except for the days as per the itinerary.
- Any expenses for medical treatment of injury or accident before, during or after the trek.
- Rentals like Trekking Sticks, Shoes, Backpack, Ponchu etc.

AVAILABLE DATES

Months	Dates
June	22, 23, 29, 30,
July	06, 07, 13, 14, 20, 21, 27, 28
August	03, 04, 10, 11, 17, 18, 24, 25
September	01, 07, 08, 14, 15, 21, 22, 28, 29, 30
October	01, 02, 03, 04, 05, 06

PACKAGE 1

TARSAR - MARSAR TREK

SRINAGAR - SRINAGAR (INC 5% GST)

INR 16,999/-

Rentals Available connect with trek coordinator


Cancellation Policy

<https://trekkersofindia.in/cancellation-policy/>


PAYMENT DETAILS


UPI ID	astrekkersofindiaprivatelimited.ibz1@ICICI
Account Holder	AS TREKKERS OF INDIA PRIVATE LIMITED
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SCAN TO PAY

TREK ESSENTIALS

BASIC GEARS

Backpack & Rain cover

Day pack + rain cover

Walking stick

Water bottle/Hydration pack

Personal Medical Kit

Snacks

- (50 - 60 ltr) with comfortable shoulder straps.
- 20-30 ltr (If hire a mule or porter)
- Advisable (At least one)
- 2 bottles of one liter each, People who use hydration pack, 1 hydration pack and 1 bottle of one liter, Carry at least one thermos flask.
- Consult your doctor
- Energy bars, Dry fruits, Electrol/ors

PERSONAL UTILITIES

Sunscreen cream

Hand sanitizer

Toothbrush & toothpaste

Toilet paper & Wipes

- Moisturiser
- Antibacterial powder
- Lip balm / Chapstick
- Quick dry towel

FOOT GEARS

Trekking Shoes

Floater/flip flops

Cotton socks

Woolen socks

Gaiters

- 1 pair (Waterproof, high ankle with good grip)
- 1 Pair
- 6 Pair
- 1 Pair
- 1 Pair (TOI will provide)

HEAD GEARS

Head Torch	- 1 Nos. (Avoid Hand torch)
Wollen Cap	- 1 Nos.
Balaclava	- 1 Nos. (Optional)
Neck-gaiters	- 1 Nos.
Sunglasses	- Dark with side cover, it should be U/V protected, People who wear spectacles- (a) Use contact lenses. (b) Photo chromatic glasses.

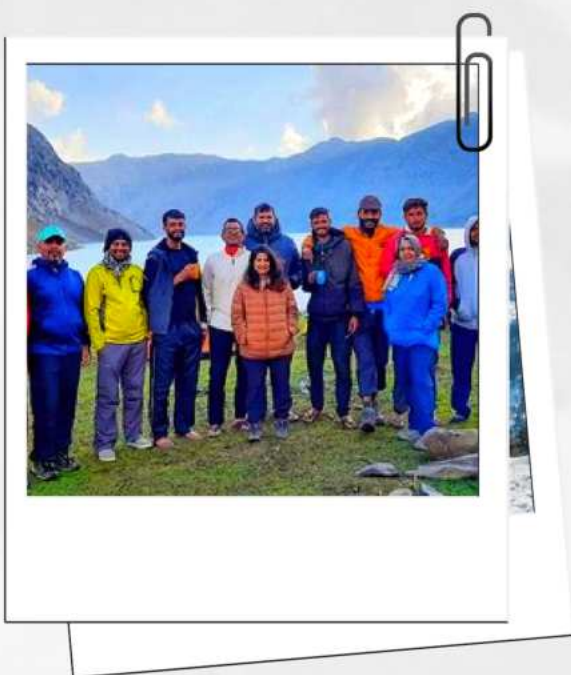
CLOTHES

T-Shirts	- 7 Full sleeves (Non-cotton)
Fleece T-shirts	- 1 Nos.
Fleece jacket	- 1 Nos. (Alternative: a woolen sweater)
Down feather/ Hollofil jacket	- 1 Nos.
Wind & waterproof (jacket & pant)	- 1 Pair
Trek pants	- 3 Synthetic (avoid shorts, fitting denims, capris)
Fleece/Woolen gloves	- 1 Pair
Poncho	- 1 Nos.

WHY YOU SHOULD BOOK WITH



- **DIRECT OPERATING TREKKING COMPANY**
- 5 star trek experience
- Organising treks for more than 20,000+ trekkers every year
- Professional team & fun loving trek leaders, guides
- High quality tents, sleeping bags & other equipments
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- Suitable for solo, group of friends & couples
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- **Safe for Solo Women Travellers**
- Delicious & hygienic meals throughout the trek
- Like minded co- trekkers



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