

12-DAY TREK SEVEN SARS SOJOURN KASHMIR INDIA

 **krystalline**

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GET ONBOARD FOR AN EPIC ADVENTURE ENROUTE TO KASHMIR'S GLACIAL LAKES

12-day trek: the glacial lakes of the Indian Himalayas

Anyone who has ever visited Kashmir will agree it really is "paradise on earth". For centuries, visitors have been captivated by Dal Lake and the surrounding Maharaja palaces. However, nothing compares to the Pir Panjal mountains, from which Nanga Parbat and Nun Kun are visible. The Himalayas have significance in many religions and once you experience being higher than the clouds, you'll understand why.

Our Great Lakes trek is a stunning way to experience Kashmir. Despite modernisation, the legendary high altitude lakes are untouched and still only accessible by foot. Nature, archaeology and history create one incredible 12-day expedition. You'll explore the ancient Narayannag temple, marvel at Mount Haramukh and explore hidden rivers. The truly adventurous can search for the mythical giant freshwater octopus in Gad Sar Lake, or try to meet the famous yeti regularly seen by locals. Our clients travel the world and agree there is nothing like the untamed wilderness of Kashmir. By the end of your journey, you will have experienced the Indian Himalayas in all their glory.

Trek details

Technical information

Trip level:	Moderate
Fitness level:	Moderate fitness
Recommended months:	July - October
Duration:	12 days
Altitude (Max.):	13,750ft
Altitude (Min.):	5,194ft
Total distance:	63km

Trek price

(All prices are in USD per person)

Trek	Duration	Single	Twin
Glacial Lakes	12 days	\$ 2,580	\$ 2,380

Trek inclusions

Adventure

- » Experienced international and local mountain guide
- » Daily trekking, fishing, hiking, swimming etc.
- » Horses for all team equipment
- » Horses for all personal equipment (limit of 15kg per person)
- » Local support staff - chef and horse guides

Stay

- » Camping with high quality tents
- » Basic toiletries - biodegradable soap, biodegradable shampoo, toilet paper etc.
- » High quality meals - breakfast, lunch and dinner (snacks and beverages where possible)
- » Overhead shower facilities with pressure faucets (warm water where possible)
- » Toilet facilities
- » Last night on Dal Lake houseboat
- » Medical first aid and relevant kits

Food (sample menu)

- » Breakfast: organic cinnamon and oat pancakes with organic raw cane sugar syrup, home-brewed lemon and ginger tea;
- » Lunch: organic lentil and tomato soup with chilli and turmeric, handmade roti, authentic home-brewed marsala chai;
- » Dinner: grass-fed roast lamb with organic fresh tomato salsa and roasted potatoes; cocoa made with fresh goat's milk;
- » Snacks: apples fresh from the orchid; organic walnuts, pink noon chai

Transport

- » All internal vehicle transfers

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