CHADAR TREK 2023

8 NIGHTS AND 9 DAYS

International Youth Club

Your Best Travel Partner

Why Us ?

Served more than 400 Trekkers for Chadar Trek in 2017 | 5 Star Reviews by the guests

Served more than 600 Trekkers for Chadar Trek in 2018 | Expert & Experienced team of Guides

Served more than 700 Trekkers for Chadar Trek in 2019

Served more than 500 Trekkers for Chadar Trek in 2021 | 85000+ Followers on Facebook

Highlights:

- Deluxe Hotels and Swiss Camps with attached bathrooms for Solos, Couples, Friends, and Family.
- Package Duration - 8 Nights and 9 Days.
- Qualified & experienced trek Leader, Guide, and Support staff to help trekkers.
- All Applicable Permits
- First Aid, Medical Kits, Oximeter, and oxygen cylinder.
- Porters to carry the common luggage including tents, sleeping bags, kitchen tents, camping rations and food, fuel/kerosene, oxygen cylinders, and toilet tents.

Short Itinerary:

Day 1: Arrival in Leh (3500 m) - Altitude 11,400 ft. Stay in Guest House
Day 2: Acclimatization Walk in Leh- Altitude 11,400 ft. Stay in Guest House
Day 3: Getting a medical check-up at SNM Hospital- Altitude 11,400 ft. Stay in Guest House
Day 4: Lower Shingra and Somo Paldar - 11,400 to 10,390 ft. - Drive 75 kms | 08 Kms Trek | Stay in tent
Day 5: Trek to Dib Cave/Tibb -10,550 - 10,760 ft. - Trek 15 KMs - Stay in tent
Day 6: Dib Cave/Tibb to Camp at Naerak frozen Waterfall - 10,760 - 11,150 ft. - Trek 12.5 KMs - Stay in tent
Day 7: Naerak to Tibb/Gaylpo- 11,150 - 10,760 ft. - Trek 14.5 KMs - Stay in tent
Day 8: Tibb to Shingra Koma & Back To Leh- 10,390 to 11,400 ft. - Drive 75 kms | 08.5 Kms Trek | Stay in Guest House
Day 9: Departure from Leh

Fixed Departure Dates 2023:

January: 6th, 7th, 8th, 13th, 14th, 15th, 20th, 21st, 22nd, 27th, 28th, 29th
February: 3rd, 5th

Detailed Itinerary for 8 Nights and 9 Days:

Route Description: Leh (3N) - Shingra Koma (1N) - Dib Cave/Tibb (1N) - Narek Waterfall (1N) - Tibb (1N) - Leh (1N)

Day 01: (Leh) Arrival in Leh (3500 m)

Leh, which lies at an altitude of more than 3500 meters above sea level, is the second-largest UT in the country. In winters, as most passes leading to Leh are closed, you will be flown to the Leh airport which has the distinction of being the highest airport in the world.
As soon you land at the airport, you will be greeted by dry and cold air, but what will take all your attention is the lofty, snow-capped mountains all around; a sight that will remain with you forever. After completing the arrival formalities and picking up your bags from the baggage counter, take a taxi and proceed towards the pre-arranged hotel or guest house. Enjoy an overnight stay in the hotel or guest house.

Day 02: (Leh) Acclimatization Walk in Leh

Get up early in the morning and begin the process of acclimatization at high altitude. Proceed to walk towards Shanti Stupa, a sacred Buddhist stupa, from where you will get an opportunity to witness a beautiful view of the sunrise and a panoramic sight of the town of Leh.
Stay hydrated as you spend your first day of the trek in Leh.

Day 03: (Leh) Getting a medical check-up at Medical Camp in Leh Market

Due to the challenging nature of this particular trek, the government has made it mandatory for participants to acquire medical certification before they undertake the Chadar Trek. A clearance certificate upon a medical check-up will be issued by the ALTOA designated medical camp. One will get a certificate only when adequately fit and acclimatized for the trek.

Day 04: (Shingra Koma) Shingra Koma and Somo Paldar

Enjoy tea and breakfast in the morning and start your journey by driving to Shingra Koma. This ride is not for the faint-hearted as bumpy roads and hairpin bends are quite common on this route. The sight of the surrounding high mountains will give you a sense of awe. After a point, you will have to deboard from the vehicle and trek towards the Somo Paldar campsite.
Your Chadar trek expedition starts here.

Day 05: (Dib Cave/Tibb) Trek to Dib Cave/Tibb

Today, you will set out to trek to Dib Cave/Tibb. During the day, you will behold the

breathtaking beauty of the region including ravines and gorges. You might not see sunshine properly as the steep cliffs in this area obstruct them. Once you reach Dib, you will see a large cave. This is the place where you will halt for the night and rest. Butter tea would be offered and we recommend you try it. Enjoy an overnight stay at the campsite.

Day 06: (Narek Waterfall) Dib Cave/Tibb to Camp at Naerak Frozen Waterfall

Today, you will trek the most scenic part of the region and get a chance to witness the largest frozen waterfall and prayer flags. The bridge built next to the site of the waterfall is used in summers to reach Zanskar from Leh. Thereafter, you can proceed towards the village of Naerak to mingle with the locals and understand their way of living. Stay overnight at the village camp comfortably.

Day 07: (Tibb) Naerak to Tibb

On this particular day, start your return trip and proceed towards Tibb. The return trail would not be easy and the river quickly reacts to any change in the temperature. By now the frozen river might have taken an entirely new form. On the way back, admire the beauty of the region, click pictures and meet locals, who can be seen wearing traditional woolen Gonchas (robes). Upon Dib Cave, relax and stay overnight at the campsite.

Day 08: (Leh) Tibb to Shingra Koma & Back To Leh

In the morning, get ready to leave Tibb and proceed towards Shingra Koma, crossing Gyalpo. The trail today will give you a chance to witness high mountains and pugmarks of wild animals like snow leopards, ibex, and foxes. If lucky, you just might spot a leopard; even if you do not, then at least be sure, you would be watched by them.
In the evening, drive back to Leh and stay overnight at the hotel.

Day 09: Departure from Leh

Today, the mesmeric journey to one of the finest scenic destinations of India will ultimately come to an end. The entire experience, we are sure, would give you an unmatchable feeling of achievement and satisfaction. In the morning, check out from the guesthouse and depart from the Leh airport.

Price Per Person:

Rs.17,990/-

**plus 5% GST*

List of Accommodation:

Destination	Hotels / Camps
Leh	Galwan Palace / Casa Galwan / Similar

**Stay will be on Triple sharing basis and Twin sharing only for couples.*

Inclusions:

1. Accommodation. Leh Guest House (Day 1,2,3, 8 according to Itinerary) and Camping while on Trek on Day 4,5,6,7 according to Itinerary)
2. Meals while on trek (Veg.) – Hot Breakfast, Lunch, and Dinner starting from Day 4 Breakfast to Day 8 Breakfast.
3. Celebratory Dinner on Day 8 in Leh
4. Trek equipment including -30 degree comfortable double-layer Siachen sleeping bags, sleeping mats, air breathable 4 season camping tents, mobile kitchen, and utensils for food
5. First Aid, Medical Kits, Oximeter, and oxygen cylinder.
6. Qualified & experienced trek Leader, Guide, and Support staff to help trekkers.
7. Fixed return transfers from Leh Guest House to Trek Base Camp are included in the package as per the itinerary on Day 4 and Day 8
8. Porters to carry the common luggage including tents, sleeping bags, kitchen tents, camping rations and food, fuel/kerosene, oxygen cylinders, and toilet tents.

Exclusions:

1. Tentative Permits (LAHDC, ALTOA, Adventure Insurance Premium) cost of Rs.5,500/- to be paid on actuals to government.
2. Food / Meal in Leh. Available in Leh Hotel/Guest House @ Rs.250/- Per Meal (Approx)
3. Any kind of personal expenses.
4. A medical check-up may happen either at SNM Hospital or as advised by the ALTOA association.
5. Porter to carry personal luggage. The same may be arranged @ Rs.4750/- for the complete trek days i.e., from Day 4 to Day 8 (5 Trek Days) up to 10Kg baggage
6. Airport pick from the Leh Airport (Govt Pre Paid Taxi Charges @ Rs.500/-)
7. Anything not specifically mentioned under 'Inclusions

Schedule of Optional Add-on Charges:

Optional Add-ons	Amount
Additional Accommodation for Extra Night in hotel on double or triple sharing basis	Rs.2,000/- Per Person/Per Night
Extra luggage, other than the allowed one 60 liters of rucksack/backpack	Rs.500/- Per Bag/Per Day
Upgrade to single occupancy supplement in hotel and camps for entire tour package	Rs.9,000/- Per Person

**Subject to availability at the time of payment.*

Notes:

- Covid-19 Negative Report is Mandatory as per the prevailing guidelines.
- The check-in time is 12 noon/early check-in subject to the availability of the room.
- We require minimum strength of 6 trekkers to operate one group. We have the right to cancel the group if we do not get the minimum strength of trekkers in any group.
- If there are any additional expenses due to bad weather or any other reason beyond the control of the tour operator on account of a hotel stay, transportation, meals, etc. extra bill will be raised. Neither International Youth Club nor the participating partners/hotels will be responsible for the additional expenses.
- International Youth Club is not responsible for any change in itinerary due to reasons beyond our control like changes in flight and train schedule, cancellation of flights/trains, political disturbances, natural phenomena, etc...
- If any group member wants to leave the group in-between the tour, then he/she has to pay the cost of transportation from point of leaving the tour till the tour endpoint and the package amount will not be refundable.
- In case the trekker fails in the medical exam, the trekker will not be receiving any refund and the trekker will be responsible for their stay in Leh up till their departure.
- Carrying valid ID proof is mandatory for all group members.
- All guests will be responsible for the safety and security of their own luggage. We will not be at all responsible for the damage/missing/lost luggage. So carry a small daypack bag to carry all the expensive things with you.
- Compensation for any damage/accident done by you during the tour to other property/person would be directly payable by you.
- We will run the departures subject to having a minimum group strength of 6 to 8 trekkers in each batch.
- We have the right to cancel the departure due to insufficient members in the batches. In such a situation, guests are eligible for a full refund.
- Foreign Nationals have to pay separately for the permits for Khardungla and Pangong Tso.
- Basic First Aid Kit - It's advised that one should bring his/her own medicines which are known and suitable to him.
- The trek leader will be responsible to manage the group by taking all safety measures. The group has to follow him to make the tour a success.

Additional Information:

- Additional Night at Hotel in Leh @ Rs.2000 Per Person/Night on Twin Sharing Basis without meals.
- Sightseeing/Taxi can be arranged from our travel desk at the Base Camp Leh on actual as per the rate of Leh Transport & Taxi Union.
- Oxygen cylinders and first aid will be there during the trek. Rescue and medical team will be available on call in case of any exigencies from Chilling or Naerak DTPT point.
- Tented accommodation will be provided on twin/triple/Quad sharing basis while on the trek.

Booking Process:

Our participation process is very simple. You may book online to reserve your seat or call us at ***7827956056*** between 09:00 AM to 09:00 PM on any working day. Alternatively, you may email us at ***info@internationalyouthclub.org*** for booking and assistance.

To book your seat, kindly make a payment of Rs.2,500/- per person.

You may Book Offline through NEFT or Direct Transfer by making the payment in the below bank account:
Account Name: International Youth Club
Account No.: 50200065659460
IFSC Code: HDFC0000043
Account Type: Current
Branch Name: Saket, New Delhi

G Pay 7827956056

GSTIN 07AADCI7347G1ZH || PAN AADCI7347G

***While booking check-out our EMI options on your Debit and Credit Card.**

You need to email NEFT/Transfer/Proof of deposit details at info@internationalyouthclub.org along with Expedition Name, Date of Reporting, Participant's- Name, Mobile, Email, DOB, City and Gender in order to send you the confirmation within 48 working hours from our side.
CALL 7827956056 or Email at info@internationalyouthclub.org for bookings and reservations.

****The Amount will be forfeited in case of delay in payment according to the schedule.**

G Pay
accepted here

INTERNATIONAL YOUTH CLUB
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7827956056@okbizaxis

Payment Policy:

For Ground Package

- Booking Amount: Rs.2,500/-
- 46 Days or more before the Date of Travel: 25% of the Total Cost
- 31 - 45 Days before date of departure: 50% of Total Cost
- 15 - 30 Days before date of departure: 100% of Total Cost

Important: The booking stands liable to be canceled if 100% payment is not received less than 15 days before the Date of Travel. The received amount will be forfeited.

For Flight Tickets

- 100% Amount of flight tickets at the time of flight booking.
- Any rescheduling, cancellation, and refunds of flight tickets shall be as per respective airlines rules.

Cancellation Policy:

We would love to host you, but in case you are unable to travel as planned and need to cancel your booking, do not worry. Our simple cancellation process makes sure you receive a quick confirmation and fast Credit Voucher.

- Cancellation made within 30 to 15 Days from the Date of Travel – Credit Voucher worth 100% of Received Amount
- Cancellation made within 15 Days from the Date of Travel – Credit Voucher worth 50% of Received Amount
- In case the payment is not made as per the Payment Policy or Schedule of Payment, the client will be liable to no refund and no credit voucher.

The applicable Credit Voucher will be sent to you on your registered email id within 72 hours from the date of Cancellation. Cancellation will only be accepted on Email at accounts@internationalyouthclub.org.

- The Credit Voucher shall be valid for one year from the Date of Cancellation.
- The Credit Voucher can be redeemed against the equivalent or higher amount of the booked package amount.

In case of Lockdown or Covid Positive Report, Credit Voucher worth 100% of Received Amount with a validity of 1 year from the date of travel with be credited.

Cancellation of Flights as per the Airlines Policy.

Rescheduling Policy:

In case you are unable to travel as planned and need to reschedule your date of travel:

- Before 15 Days from the Date of Travel - One-time Complementary.
- Within 15 Days from the Date of Travel - The cost of rescheduling needs to be paid by the guest subject to amendment charges from hotels and transporters.
- Rescheduling will only be accepted on Email at bookings@internationalyouthclub.org.

Suggestive things to carry on Chadar Trek:

- Carry 2 pair of synthetic track pants. Track pants are light and when things get cold you can wear one over the other.
- Carry 2 Full sleeve tees with collar.
- Fleece jacket - sweaters are highly discouraged.
- A full sleeve thick jacket.
- Carry 4 pairs of undergarments.
- Get 2 pairs of thermal inners.
- Carry 2 pairs of sports socks. 2 pairs of woolen socks.
- Woolen monkey cap/balaclava that cover the ear.
- Woolen hand gloves + synthetic glove (water proof). If you dont have synthetic gloves, get two pairs of woolen gloves and a surgical glove.
- Hot water bottle/Bag - available at any medical store.
- Sun glasses, branded company with 100% UV protection. Curved ones will cover your eyes well. Sunglasses prevent snow blindness. Sunglasses are mandatory for this trek.
- Gumboot, if not purchased from Leh.
- Backpack (55 - 65 L) with sturdy straps and supporting frame. Daypack (20 L) is required only if you wish to offload your backpack to our support team. If you don't want to carry your backpack you can give it to porter, but you have to inform us in advance and charges would be Rs. 3750/- extra for 5 trek days per bag. Please also do inform us about this at least 15 days in advance.
- Trekking shoes: Good standard trekking shoes are sufficient for the trek. On Chadar, which is solid ice or a slight cover of snow on slippery ice, trekkers have found to their amazement that a simple gumboot finally is the best for Chadar. Most of the outside agencies in order to impress tell about crampons. In my years of experience in Ladakh and on Chadar too, I can absolutely say that crampons are quite dicey - quite a few trekkers have injured themselves or worse broken their ankle while a crampon get stuck on the fine cracks in the ice. Gumboot is available in Leh hardware shop and can be purchased here itself. If your shoe size is 9-10, getting a pair might be tough..so start searching as soon as you land in Leh. Sports shoes are not allowed. You need traction on snow and sport shoes with their PVC soles are hardly the choice. Ensure the shoes are well broken in before the trek. Trekkers will soon learn and modify their trek to the "penguin walk" style on seeing from the porters and guide! It is a kind of dragging your foot and not lifting much.
- People who wear spectacles, choose one of these: i. Use contact lenses. ii. Photochromatic glasses.
- If either of the above is not possible, wear your spectacles and carry a big sunglass that can be worn over your spectacles.
- A woolen head-scarf or muffler.
- Trekking pole is mandatory.
- Light towel (should be thin, quick drying kind).
- Chapstick or lip balm.
- Cold cream and sun screen lotion (SPF 40+). While sun screen help prevent sun burns, a better option is to stay covered.

- 2 Water bottles (1 L each). The insulated water bottles are good but even normal water bottles will suffice.
- Personal medicine kit containing:Crocin - 6 tablets/Avomine - 4 tablets/Avil 25mg - 4 tablets/Combiflam -5 tablets/Disprin - 10 tablets/Norflox - 10 tablets/Crepe bandage - 3 to 5 meters/Band aid - 10 strips/Digene - 10 tablets/Gauze cloth - 1 small role/Leukoplast - 1 small roll/Cotton - 1 small roll/ORS - 5 packets/Betadine or any antiseptic cream/Volini or Moov or Relispray/Diamox - 10 tablets (to be taken only if required and but not as preventive medicine/Any other medicine that you take.
- Personal toilet kit (minimal) and toilet paper.
- LED Torch with extra set of cells (head lamps are much more preferable).
- Small repair kit consisting of safety pins, needle, thread and string (mandatory).
- Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available)
- While packing, use plastic bags to compartmentalize things and carry few extra plastic bags for wet clothes
- Snacks, colas, alcohol and personal food – No need to overburden yourself with food. Do not carry any disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Do not bring any non bio degradable material.
- After packing, weigh your gear. It should be in the range of 8-10 kg – preferably on the lighter side. Anything heavier, you will need to iterate and remove what is not essential.
- Carry light and what is essential. As an example, toothpaste should be bought in small size (that can last you 10 days).
- Some general advice about clothing: To protect yourself from cold, dressing in layers is the mantra. Two T-shirts worn one over the other is warmer than a T-shirt that is thick. 3 T-shirts worn one over the other is as good as a full sweater. This is just a guideline. If you are prone to cold carry extra warm clothing.

INTERNATIONAL YOUTH CLUB

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Schedule an appointment to talk to an expert today at 7827956056 Or write as info@internationalyouthclub.org

For more information email us on:

- bookings@internatonalyouthclub.org
- info@internationalyouthclub.org

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