



International Youth Club  
Your Best Travel Partner

A Trek on Frozen River

# CHADAR

TREK 2026





# Why Us ?

International Youth Club is your go-to for the best adventure and backpacking experiences in the Indian Subcontinent. With a team of top hospitality professionals, we offer unmatched services in trekking, camping, motorbiking, rafting, paragliding, and more.

Recognized as the **Best Adventure Tour Operator** by the Global Tourism Awards, we guarantee unforgettable journeys at affordable prices.



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# WHY BOOK **CHADAR TREK** WITH US?



- **Direct Operator: No Middlemen:** Book directly with us and save on extra costs.
- **10+ Years of Expertise:** We've been operating the Chadar Trek for over a decade with the highest number of trekkers every year.
- **Certified & Experienced Guides:** Our highly trained guides ensure safety with full medical support throughout the trek.
- **Comfort in -30°C:** Enjoy hot, freshly prepared meals even in extreme sub-zero temperatures.
- **Bonus Sightseeing in Leh:** Along with the trek, we also include local sightseeing of Leh at no extra cost.



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**Duration** – 7 Nights and 8 Days

**Route** – Leh – Raar – Bakula – Tsomo Paldar – Naerak – Leh

## SHORT ITINERARY

- **Day 1:** Arrival in Leh – Acclimatization Day
- **Day 2:** Leh Local Sightseeing – A Cultural Bonus Before the Chadar Trek
- **Day 3:** Mandatory Medical Check-up – Health Clearance for the Trek
- **Day 4:** Drive from Leh to Raar – First Steps on the Frozen Chadar
- **Day 5:** Trek from Raar to Bakula – Walking on the Frozen Zaskar
- **Day 6:** Trek from Bakula to Tsomo Paldar – Through Frozen Wilderness
- **Day 7:** Visit Naerak Waterfall – Return to Leh
- **Day 8:** Departure from Leh with a Heart Full of Memories





# DEPARTURE DATES 2026

BATCH 1	08th Jan
BATCH 2	12th Jan
BATCH 3	15th Jan
BATCH 4	19th Jan
BATCH 5	22nd Jan
BATCH 6	26th Jan
BATCH 7	29th Jan
BATCH 8	02nd Feb



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# THRILLERS

- Shey Palace
- Thiksey Monastery
- Rancho School (Druk White Lotus School)
- Sindhu Ghat
- Shanti Stupa
- Leh Palace
- Hall of Fame Museum
- Pathar Sahib Gurudwara
- Magnetic Hill
- Zaskar River
- Raar
- Bakula
- Tsomo Paldar
- Naerak Waterfall



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# DETAILED ITINERARY

## Day 1: Arrival in Leh – Acclimatization Day

- Upon arrival at Leh Airport, you'll be welcomed by the crisp mountain air – a perfect introduction to your Chadar Trek adventure.
- After collecting your baggage, proceed to your pre-booked hotel.
- The day is reserved for acclimatization to help your body adjust to the high altitude.
- Relax at the hotel, stay hydrated, and avoid any physical activity.
- Overnight stay in Leh.



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## Day 2: Leh Local Sightseeing – A Cultural Bonus Before the Chadar Trek

- Start your day with a delicious breakfast at the hotel. Head out for a full-day sightseeing tour around Leh to explore its cultural and spiritual landmarks.
- Visit **Shey Palace**, the former summer capital of Ladakh, known for its impressive golden Buddha statue.
- Continue to **Thiksey Monastery**, a 12-story monastery offering panoramic views of the Indus Valley.
- Stop by the famous **Rancho School**, made popular by the Bollywood movie 3 Idiots.
- Spend some quiet moments at **Sindhu Ghat**, a peaceful spot on the banks of the Indus River, ideal for photos.
- Visit **Shanti Stupa**, a white-domed structure perched on a hilltop, offering a breathtaking view of Leh town and surrounding mountains.
- Explore the historic **Leh Palace**, a 17th-century palace offering insight into Ladakhi royal heritage and architecture.
- Return to your hotel by evening and relax.
- Overnight stay in Leh.





## Day 3: Mandatory Medical Check-up – Health Clearance for the Trek

- Start your morning with a healthy breakfast at the hotel.
- Head to the designated Medical Camp in Leh Market for the mandatory medical check-up, a crucial step for all Chadar Trek participants.
- The check-up is conducted by ALTOA-authorized medical professionals, who will assess your fitness and acclimatization to the high altitude.
- If you're found fit, you will be issued a medical clearance certificate, which is required to proceed with the trek.
- After completing the check-up, return to your hotel and rest for the day.
- Overnight stay in Leh.





## Day 4: Drive from Leh to Raar – First Steps on the Frozen Chadar

- Enjoy a wholesome breakfast before beginning your journey towards the Zaskar Valley.
- Drive from Leh to the starting point, followed by a 1.5 km trek on the frozen Zaskar River.
- Enroute, visit: **Hall of Fame Museum, Pathar Sahib Gurudwara, Magnetic Hill.**
- Experience the surreal beauty of walking on ice surrounded by towering cliffs.
- Arrive at **Raar** campsite by afternoon, where a hot lunch will be served.
- Spend the rest of the day relaxing, soaking in the natural beauty of the valley.
- In the evening, enjoy a warm dinner under the stars and rest well.
- Overnight stay at campsite in Raar.



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## Day 5: Trek from Raar to Bakula – Walking on the Frozen Zanskar

- Begin your day with a hearty breakfast at the campsite to energize for the trek ahead.
- Embark on your first full day of trekking, covering a distance of approx. 5–6 hours from Raar to Bakula.
- Walk along the iconic frozen Zanskar River, famously known as the Chadar – a surreal sheet of ice surrounded by towering cliffs and snow-covered landscapes.
- Experience the thrill and challenge of walking on natural ice formations while witnessing the untouched beauty of Ladakh in winter.
- Arrive at Bakula campsite by afternoon and enjoy lunch.
- Unwind with a warm, delicious dinner and settle into your tents for the night.
- Overnight stay at Bakula campsite.



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## Day 6: Trek from Bakula to Tsomo Paldar – Through Frozen Wilderness

- Start your day with a nutritious breakfast at the campsite to fuel your next stretch of the Chadar Trek.
- Trek from Bakula to Tsomo Paldar, a journey of approximately 6–7 hours over the mesmerizing frozen Zaskar River. Along the way, witness the changing textures of the Chadar, from glassy clear ice to snow-dusted patches, reflecting nature's raw, icy beauty.
- Enjoy a packed lunch en route, surrounded by the surreal silence of the frozen valley.
- Arrive at Tsomo Paldar campsite by evening and unwind after a rewarding day of trekking.
- Relish a hot dinner and rest comfortably in the village camp.
- Overnight stay at Tsomo Paldar.





## Day 7: Visit Naerak Waterfall – Return to Leh

- Begin your day with a hearty breakfast at the campsite.
- Head towards the iconic Naerak Waterfall, a breathtaking frozen cascade and one of the most memorable highlights of the Chadar Trek.
- Stop at your lunch point.
- Depending on the Ladakh administration's guidelines, the journey to Naerak may be conducted by trek or via taxi.
- Spend time soaking in the surreal beauty of the frozen waterfall and capturing some unforgettable moments.
- Begin your return journey to Leh, reaching by evening.
- Enjoy a warm, comforting dinner at your hotel after a long day.
- Post-dinner, attend the Certificate Distribution Ceremony, where each trekker will be honored for completing this epic journey across the frozen Zaskar.
- Celebrate your achievement with fellow trekkers and unwind.
- Overnight stay in Leh.





## Day 8: Departure from Leh with a Heart Full of Memories

- Today marks the conclusion of your unforgettable Chadar Trek 2026 adventure.
- After checking out from the guest house in the morning, take a moment to reflect on the surreal journey, the icy landscapes, the bonds formed, and the immense sense of accomplishment.
- With your heart brimming with memories and your spirit enriched by this extraordinary expedition, proceed to the Leh airport for your departure—carrying with you tales of a lifetime.



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# 2025 MEMORIES



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# HONOUR CEREMONY



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# *Guest Testimonial* What They Say?

“

## **Sankalp Raj**

I just finished the Chadar Trek with International Youth Club, and it was amazing! Everything was taken care of—stay, food, and all the little details that made the trek so comfortable. Big thanks to Monty Sir for being with us the whole time and making the experience even better.

★★★★★

”

“

## **Anant Chaudhary**

Amazing experience - Fantastic service by IYC, kudos to Monty bro & specially the ground support team, team of chefs who served warm delicious food and arranged tent stay for us, our guide those were making sure whole way no body left out, proper systematic Chadar trek was arranged by the team.

★★★★★

”

“

## **Krishna Patel**

Chadar trek was a dream and I couldn't imagine completing it but all thanks to international youth club for all the support.. you guys are fab... special thanks to Purva and Monty Sir for making this possible...

★★★★★

”

“

## **Vaibhav Pandekar**

Great experience trek with International youth club, Team of Guide and all Porters, cook are good. Food also good. Stay in leh was good. Coordinator Monty and Trek Operator "Purva" was very friendly . All over International youth club is great.

★★★★★

”

“

## **Anurag**

I'm already pumped up to book their Ladakh Bike Trip next, because their services are simply top-notch and unbeatable! If you're thinking about doing the Chadar Trek or Ladakh Bike Trip, don't think twice—International Youth Club is THE best choice out there!

★★★★★

”

“

## **Manthan Joshi**

I recently completed the Chadar Trek with International Youth Club, and honestly, it was the most incredible experience of my life! From the stay to the food—everything was flawless and beyond expectations.

★★★★★

”



# INCLUSIONS

- During the Chadar Trek 2026, your accommodation will include hotel stays in Leh on Days 1, 2, 3, and 7, while camping will be arranged during the trek on Days 4, 5, and 6.
- Breakfast will be provided during your stay in Leh on Days 1, 2, 3 and 8.
- From Day 4 breakfast to Day 7 dinner, you will be served hot vegetarian meals on the trek, including breakfast, lunch, and dinner.
- For your comfort, we provide double-layer Siachen sleeping bags, sleeping mats, 4-season tents, a mobile kitchen, and all necessary utensils.
- Your safety is our priority, so the trek is supported with a first aid kit, medical kit, oximeter, and oxygen cylinder.
- You'll be guided throughout the journey by an experienced trek leader, a certified guide, and support staff.
- Porters will carry all common luggage such as tents, sleeping bags, and kitchen supplies, allowing you to enjoy the trek without any heavy load.
- Fixed return transfers from the Leh hotel to the trek base camp on Day 4 and back to Leh on Day 7 are also included in the package.





# EXCLUSIONS

- The following are not included in the package:  
Tentative permits such as LAHDC, ALTOA registration, adventure insurance, wildlife fees, environmental fees, and medical fees, which are estimated to cost around ₹10,000 and must be paid directly to the Government of Ladakh as per actuals.
- Any personal expenses are excluded.
- A mandatory medical check-up may be required at the Tourist Information Center (TIC) or as directed by the ALTOA association.
- The cost for a personal porter to carry your luggage is not included.
- In case of any emergency evacuation, hospitalization, or medical treatment, the charges will be borne by the participant.
- Anything not mentioned under the "Inclusions" section is considered excluded.
- Additionally, any extra costs arising due to administrative decisions or government regulations will be chargeable.
- Pick-up and drop services from Leh Airport are also not included in the package.





# NOTES

- The Chadar Trek route and itinerary are subject to change as per the instructions of the Ladakh administration, International Youth Club is not responsible for any such changes and holds no control or liability over government decisions. Trek distance may vary as per government instructions.
- A mandatory medical check-up will be conducted at the ALTOA-designated camp in Leh Market and for which the fee is not included in the package and must be paid directly in cash. The cost is fixed by the Ladakh administration and may vary.
- Kindly carry sufficient cash, as digital payment options may not be available at the medical center
- No refunds will be provided if the trek is canceled due to weather conditions, government restrictions, or other unforeseen circumstances after reaching Leh.
- In case a participant chooses to leave the trek early, they will have to arrange their own transportation and accommodation, and no refund will be issued.
- Trek organizers can help arrange taxis, but all associated costs (travel, stay, medical care) will be borne by the participant.
- Any additional expenses arising from itinerary changes due to circumstances beyond our control (force majeure such as landslides, riots, traffic jams, etc.) will be borne by the traveler. All disputes are subject to Delhi jurisdiction only





# NOTES

- Flight/train delays, cancellations, political disruptions, or natural calamities affecting the itinerary will not be our responsibility, and any additional costs incurred must be paid by the guest.
- It is mandatory to carry valid ID proof.
- Trekkers are responsible for their own luggage. We are not liable for lost or damaged items.
- A small daypack is recommended for carrying personal items like water, snacks, and valuables.
- Any damage to property or equipment during the trek caused by a guest will have to be compensated by the guest.
- Foreign nationals must pay extra for special permits.
- The Chadar Trek is a high-altitude winter expedition, not a leisure trip – expect challenging weather & basic facilities. Tented accommodation will be provided at campsites with basic toilet tents, no bathing facilities, and river-treated water.
- There will be no network connectivity during the trek.
- A basic first aid kit will be available, but guests should carry their own personal medication.
- Follow the trek leader's instructions at all times – your safety and group coordination depend on it.





# HOTEL DETAILS

Destination	Hotel / Homestay
Leh	Hotel eL Castello / Similar
Raar	Campsite
Bakula	Campsite
Tsomo Paldar	Campsite



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# COMMERCIALS

Package Variant	Package Amount
Triple Sharing	19,900
Double Sharing	22,900

*plus 5% GST*

*Bonus: Couples will be provided a double-sharing room at no extra cost.*

## Accommodation and Occupancy

Optional Add-ons	Amount
Additional Accommodation for Extra Night in hotel on double or triple sharing basis	Rs.2,000/- Per Person/Per Night
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.*

## Documents Required

- **4 Recent Passport-Size Photos** – Must be clear and as per official specifications.
- **3 Photocopies of Aadhaar Card** – Submit clear copies of both sides.
- **Valid Medical Certificate** – A fitness certificate from a registered doctor (issued within the last 15 days) confirming your suitability for high-altitude trekking. (Optional)



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# 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 ***bookings@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



**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 **bookings@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 **bookings@internationalyouthclub.org** for bookings and reservations.

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



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# Payment Policy:

## For Ground Package

- Booking Amount: Rs.2,500/-
- 30 Days before date of departure: 50% of Total Cost
- 20 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 20 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 before 30 Days from the Date of Travel – Credit Voucher worth 100% of Paid Amount
- Cancellation made before 20 Days from the Date of Travel – Credit Voucher worth 50% of Paid Amount
- Cancellation made before within 20 Days from the Date of Travel – No Refund on the Paid Amount

The applicable Credit Voucher will be sent to you on your registered email id within 7 to 10 working days from the date of Cancellation. Cancellation will only be accepted on Email at **[bookings@internationalyouthclub.org](mailto:bookings@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.

# Rescheduling Policy:

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

- Before 30 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](mailto:bookings@internationalyouthclub.org)**.







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