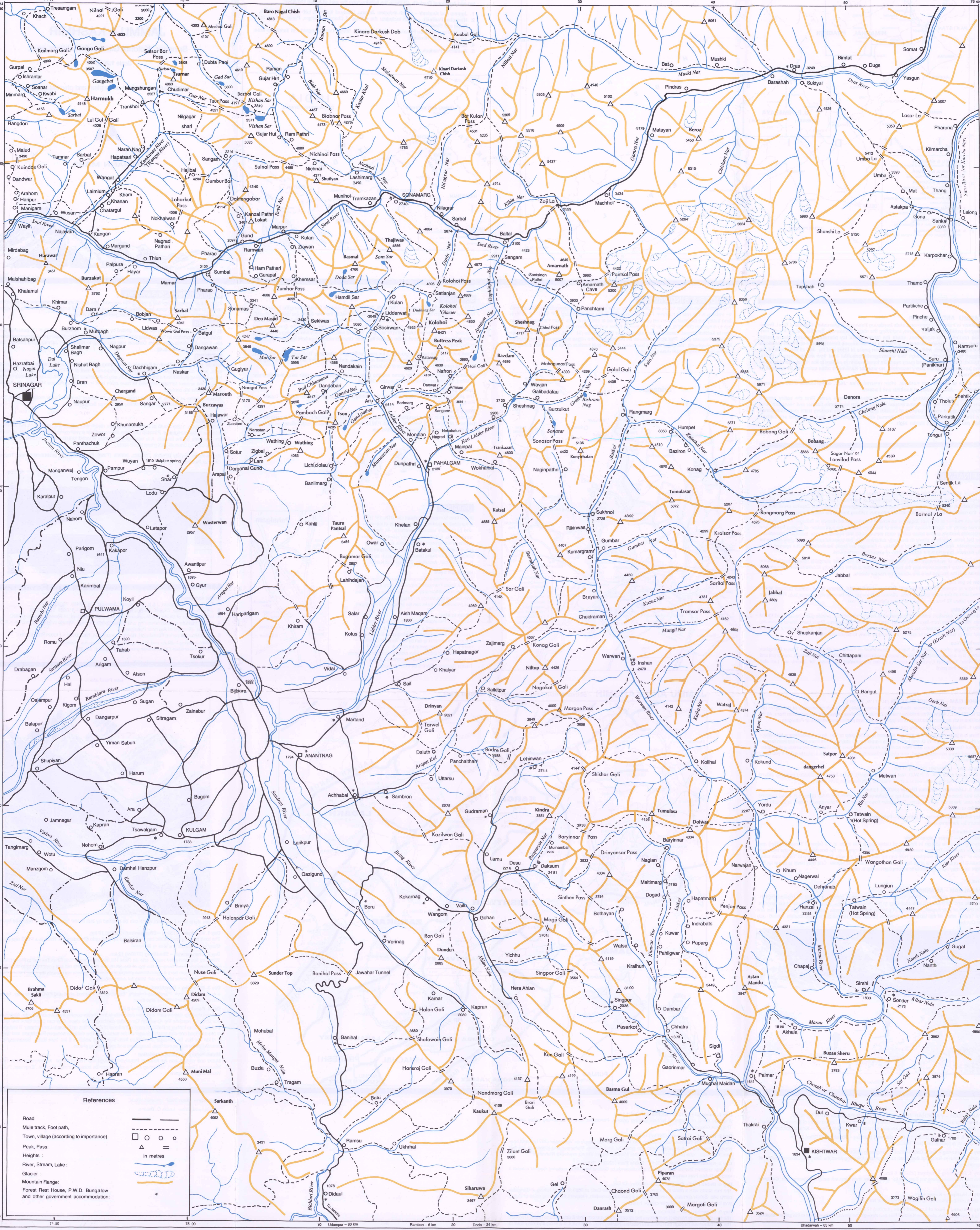


JAMMU & KASHMIR (Kashmir Valley) Trekking Routes

1 : 200,000

Srinagar, Kolohoi Glacier & Kishtwar Area



References

- Flood track:
- Mule track, Foot path:
- Town, village (according to importance):
- Peak, Pass:
- Heights:
- River, Stream, Lake:
- Glacier:
- Mountain Range:
- Forest Rest House, P.W.D. Bungalow and other government accommodation:

Glossary of terms

Sar	=	Lake
Nala, Nar, Khul, Sin, Nai, Kol	=	River, Stream
Chhish	=	Peak
La, Gali	=	Pass
Dhar	=	Range
Bagh	=	Garden

Scale 1 : 200,000
 1" = 3.17 miles
 1 cm = 2 Km

Indian Himalaya

Maps

Sheet 1

JAMMU & KASHMIR

Srinagar, Kolohoi Glacier & Kishtwar area.

Scale 1:200,000

Trekking routes with short description and physical topography



LEOMANN MAPS



HIMALAYA

Though the formation of the Indian continent is among the oldest in the world, the Himalaya mountains are among the youngest. A geologist can present conclusive proof that the Himalaya were once at the bottom of the ocean.

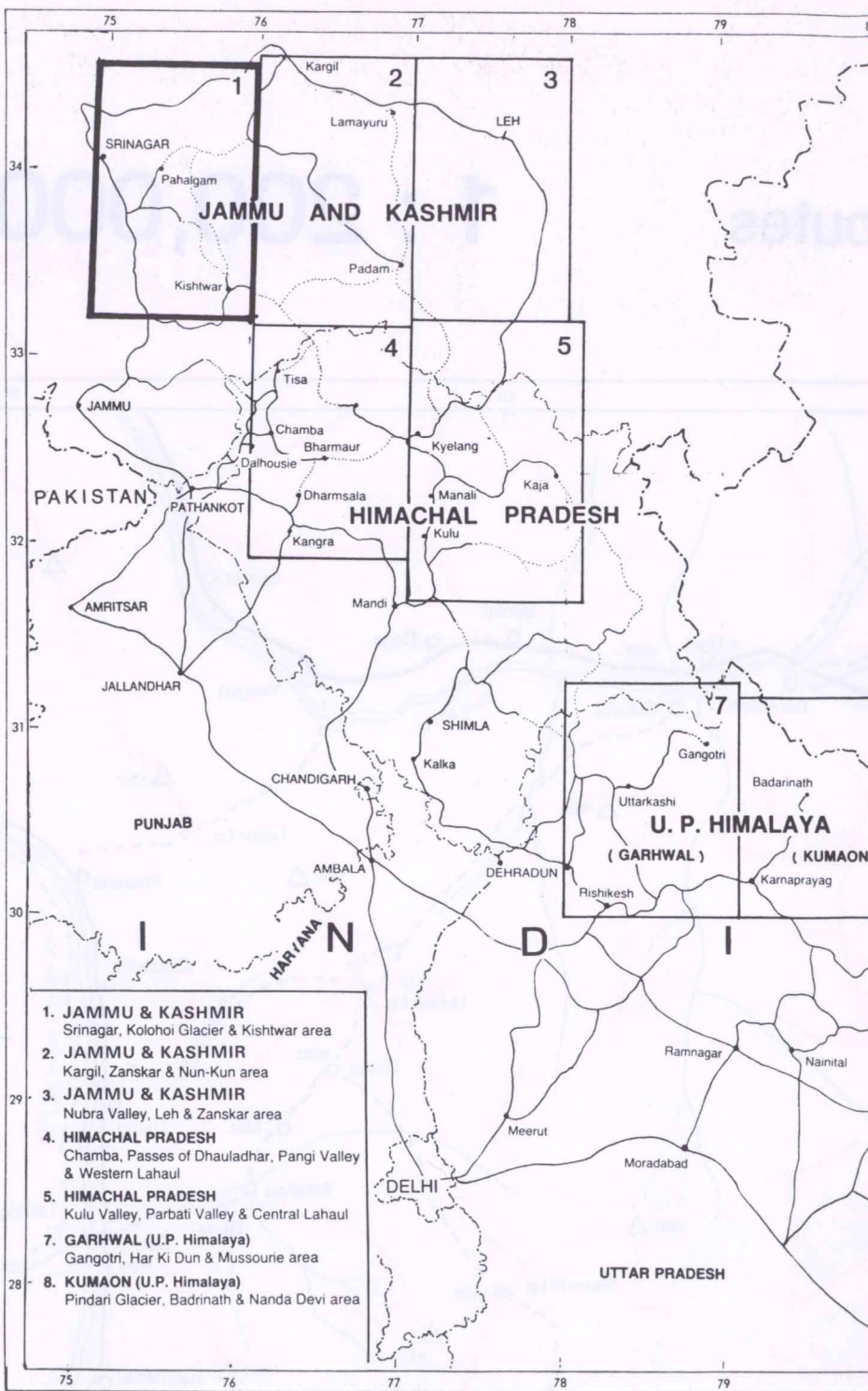
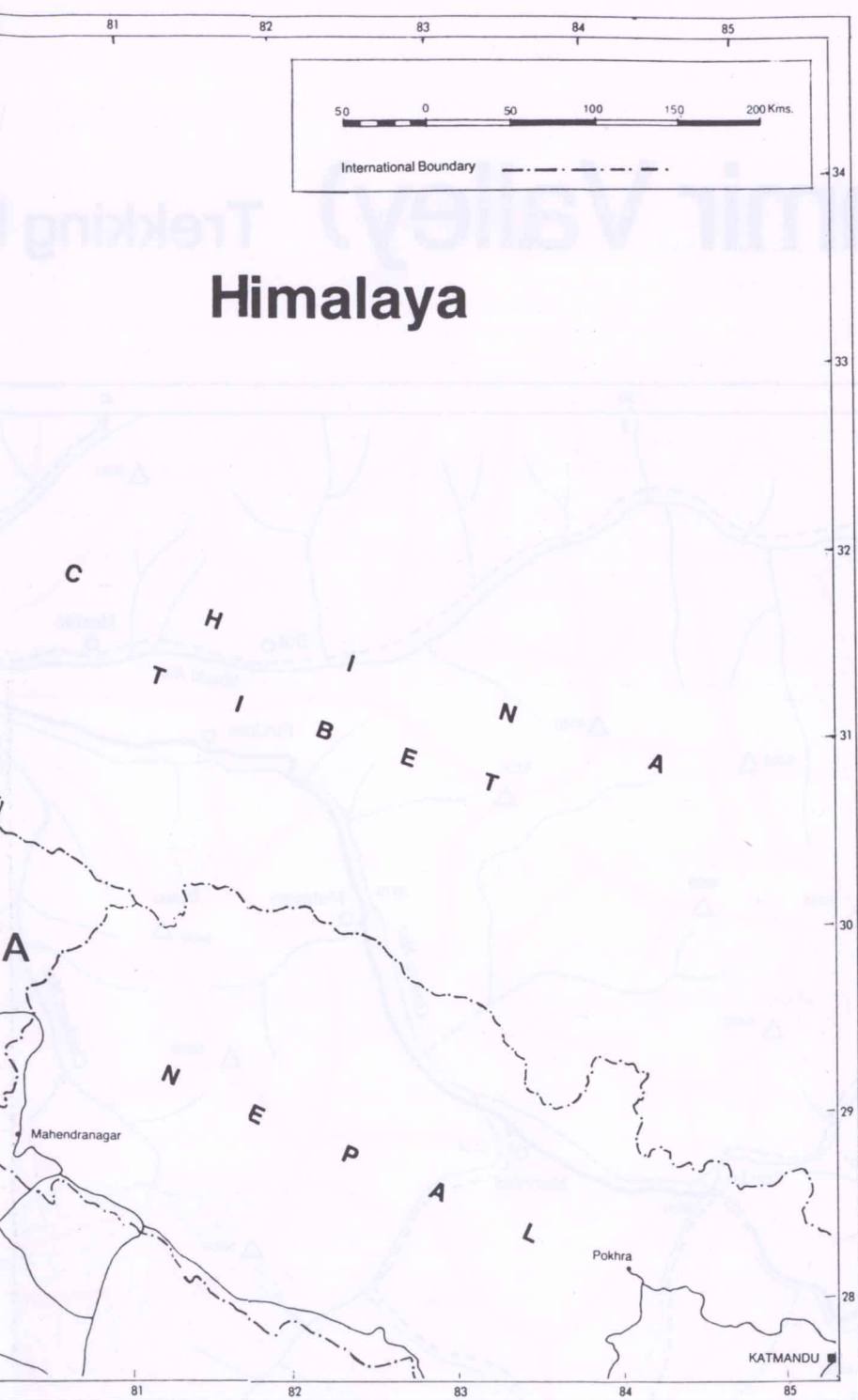
The Himalaya have attracted geologists, geographers and lovers of nature. They have a strange fascination for artists, poets, photographers and mystics. They are a paradise for trekkers and mountaineers and are the cradle of thousands of rivers, streams and glaciers.

The Himalaya extend over 2500 km in east-west and between 250 km and 425 km in north-south direction. The most extraordinary thing about the Himalaya is the way they have been formed in three parallel ranges, known as: the Great Himalaya, the Lesser or Central Himalaya and the Outer or Siwalik Himalaya. Commencing at Nanga Parbat in the north-west, these ranges pass through Pakistan, Jammu & Kashmir, Himachal Pradesh, Garhwal, Kumaon, Nepal, Sikkim, Bhutan and Arunachal Pradesh. Of these the following form the part of Indian Himalaya:

1. Jammu and Kashmir - which includes: Jammu, Valley of Kashmir, Leh and Zaskar area.
2. Himachal Pradesh - which includes: the valleys of Chamba, Kangra, Pangi, Lahaul, Spiti, Kapsa and Shimla area.
3. Garhwal and Kumaon Himalaya - which includes: Nanda Devi, Gangotri and Yamunotri area; also called U.P. Himalaya.
4. Sikkim
5. Arunachal Pradesh



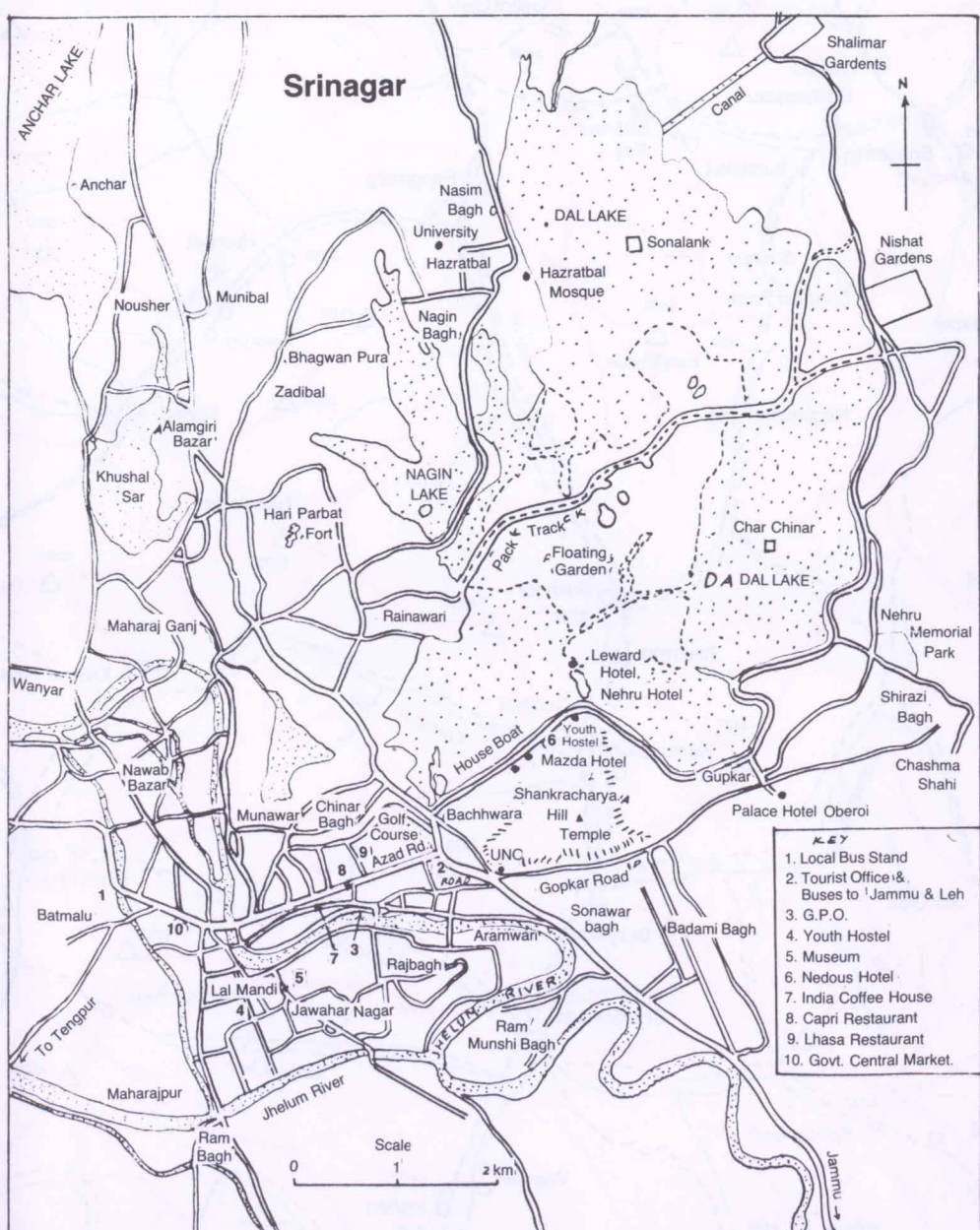
Himalaya



1. JAMMU & KASHMIR - Srinagar, Kolohoi Glacier & Kishtwar area
2. JAMMU & KASHMIR - Kargil, Zaskar & Nun-Kun area
3. JAMMU & KASHMIR - Kishtwar, Zaskar & Nun-Kun area
4. HIMACHAL PRADESH - Chamba, Pesses of Dhouladhar, Pangi Valley & Westliah area
5. HIMACHAL PRADESH - Kulu Valley, Parbat Valley & Central Lahaul
6. GARHWAL (U.P. Himalaya) - Gangotri, Har Ki Dun & Mussoorie area
7. KUMAON (U.P. Himalaya) - Pindari Glacier, Badamth & Nanda Devi area
8. KUMAON (U.P. Himalaya) - Pindari Glacier, Badamth & Nanda Devi area

LIDDER & SIND VALLEY

The region between Sind Valley and Lidder Valley is the most popular, picturesque and pleasant area for trekking in the state of Kashmir. Pahalgam in Lidder Valley and Sonamarg (34° 18' N, 75° 16' E) in Sind Valley are the most convenient points to commence or end these treks. From Pahalgam one can trek to Amarnath (34° 13' N, 75° 30' E) and then to Baltal and Sonamarg. The trails leading from Pahalgam to Kolohoi Glacier, Tarsar-Marsar Lake and over Zumar Pass (34° 11' N, 75° 08' E) at 4099m are the most frequent ones. The alpine pastures on the slopes of the ridges are temporarily inhabited by Kashmiri shepherds. The Gujar Buffalo herdsman and the goat herders called Bakkarwa, during the short summer season, from June to October.



JAMMU AND KASHMIR

Kashmir is India's northernmost state bordering Pakistan, Afghanistan, China and Tibet. Snow-capped parallel mountain ranges, including the major Karakoram, Zaskar and Pir Panjal, running north-west to south-east, adorn the landscape of icy pinnacles towering above frozen lakes, rippling streams meandering through tall coniferous forests, flower-spangled meadows and emerald glades, wild orchards and sylvan pools of lotus and lily, and all the magic of the rugged face of earth. Through this extravagantly beautiful land flow mighty rivers - Indus, Jehlum, Chenab, Shyok and many more. Its forest wealth is evident in the Himalayan elders, firs and junipers that girdle every mountain. No wonder Kashmir is often called the Switzerland of the Orient.

The State of Jammu and Kashmir, often referred to as 'J&K', comprises three main constituents - Jammu, Valley of Kashmir and Ladakh. Geographically, the trekking area can be divided into three parts. First the valley around Srinagar, second the mountains around the valley such as Kolohoi Glacier and 'Harmukh', and third the rugged-vertical country of Ladakh and Zaskar. Many trekking trails start from Manali (in Himachal Pradesh), Kishtwar (in Jammu) and Pahalgam, they lead to Zaskar and Ladakh over passes more than 5000m high.

SRINAGAR

Srinagar, at 34° 06' N, 74° 51' E, is 900 km North of Delhi via Pathankot and Jammu. Founded by Emperor Ashok in the 3rd century B.C., it lies on both sides of the River Jehlum and is the capital of Jammu and Kashmir, which includes Jammu, Vale of Kashmir, Kishtwar, Ladakh and Zaskar areas. Srinagar is the roadhead for many exciting and adventurous trekking trails to the neighbouring areas. The soft murmur of the river Jehlum is an echo of the easy paced lifestyle of Srinagar. Its waters have flowed gently for ages through the centre of the State capital, the light splash of floating flowers and vegetable markets on the lakes calling each morning into this waterborne city. Srinagar's showpiece, the Dal Lake, brightens slowly in the early sunshine with the colourful reflections of gaily decorated houseboats. And all the delights of a holiday in Srinagar are finally awakened with the opening of the city bazaars, bringing out a dazzling array of exquisitely crafted work. The network of waterways links the city together, and life flows alongside. Suggestive of Alpine chalets, many homes overhang the river but the older quarter of the city is crowded with tulip-shaped domes and the houses here are stacked on narrow streets.

How to get there
Srinagar is connected by air to Delhi, Bombay and Calcutta. Jammu is the nearest railroad and is linked with all the major cities of India. Jammu to Srinagar can be covered by taxi or bus. This 290 km journey takes 12 hours in a bus and about eight hours by taxi.

Where to stay
Srinagar has excellent modern, European style hotels, houseboats, private guest houses and tourist huts. Hotels range from luxury to modest; the tourist huts at Chashma Shahi have different rates according to size; the houseboats are a unique experience in themselves and a visit to Kashmir without a brief stay in such a floating house is considered by many to be incomplete.

Tourist Office
The Srinagar office of Jammu & Kashmir Department of Tourism is situated at the Tourist Reception Centre. It is a large complex where an accommodation block, dormitory, Indian Airlines, restaurant and J&K Road Transport Corporation booking offices are situated. The buses for Jammu and Leh also depart from this point.

Trek 1

PAHALGAM - KOLOHOI GLACIER (34° 11' N, 75° 20' E)
This is one of the most popular short treks in Kashmir valley. This trek commences at Pahalgam (34° 02' N, 75° 16' E). Many other trekking trails to Zaskar, Kishtwar, Amarnath, etc. start from here. All the facilities such as accommodation of all types, porters and ponies are available at Pahalgam.

Day 1. Pahalgam (2139m) - Aru (2414m) 11 km.
There is a jeep road up to Aru that can be used by either jeep or taxi. Aru is a picturesque little village by the Lidder river. A P.W.D. rest house and a Forest hut for staying. From there two trails lead towards Kolohoi Glacier. One goes east then north via Arumum and over Hari Gali (3800m) which is the harder; other and more commonly used - one goes northwards via Lidderwat. Hire a reliable guide if you are going via Arumum.

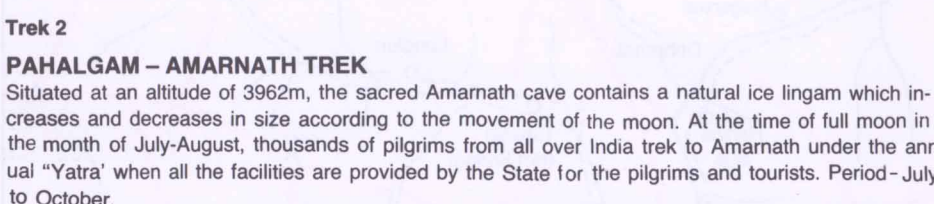
Day 2. Aru - Lidderwat (3049m) 11 km.
It is a good pony trek. A P.W.D. rest house for staying. But a beautifully situated camping ground should be preferred. Lidderwat is a small meadow with rivers on both sides.

Day 3. Lidderwat - Kolohoi Glacier (3400m) 13 km.
The trail passes through pine forest up to Saitaban after which the valley opens out. Good camping site near the snout of the glacier. The glacier flowing down from Kolohoi peak extend in altitude from 4000m to 3400m.

Day 4/5 Kolohoi Glacier - Lidderwat - Pahalgam
Return by the same route.

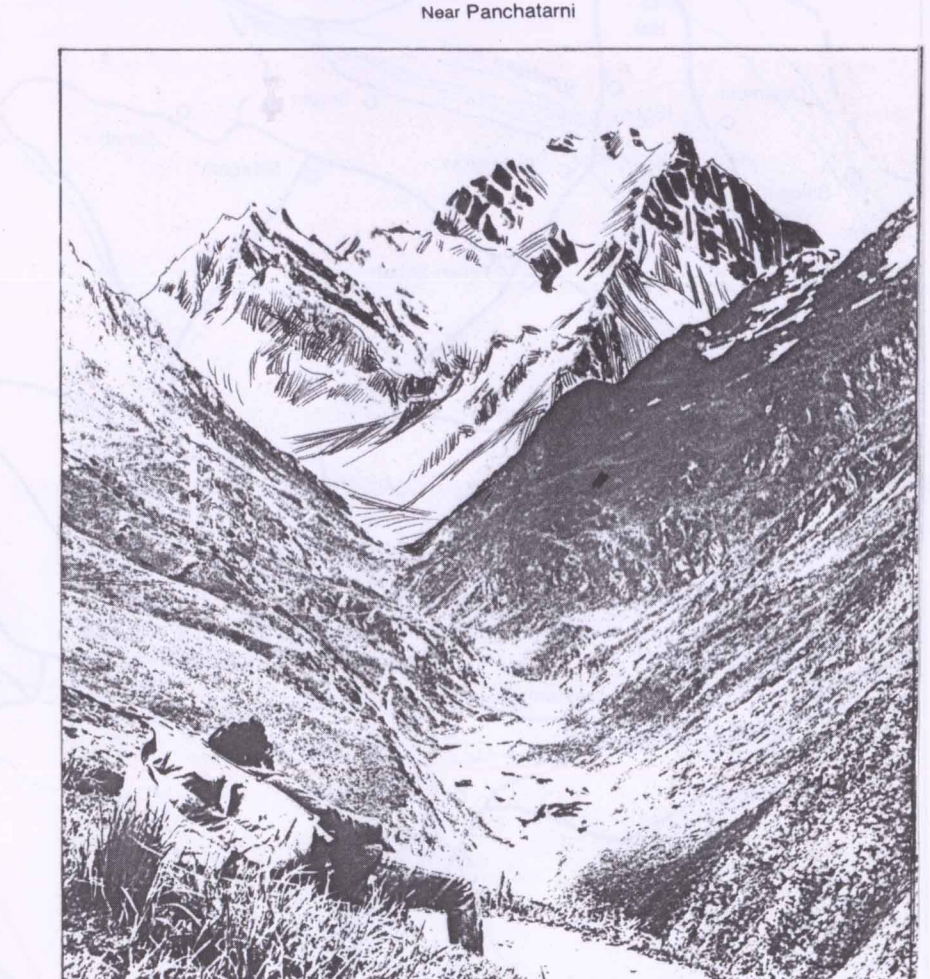
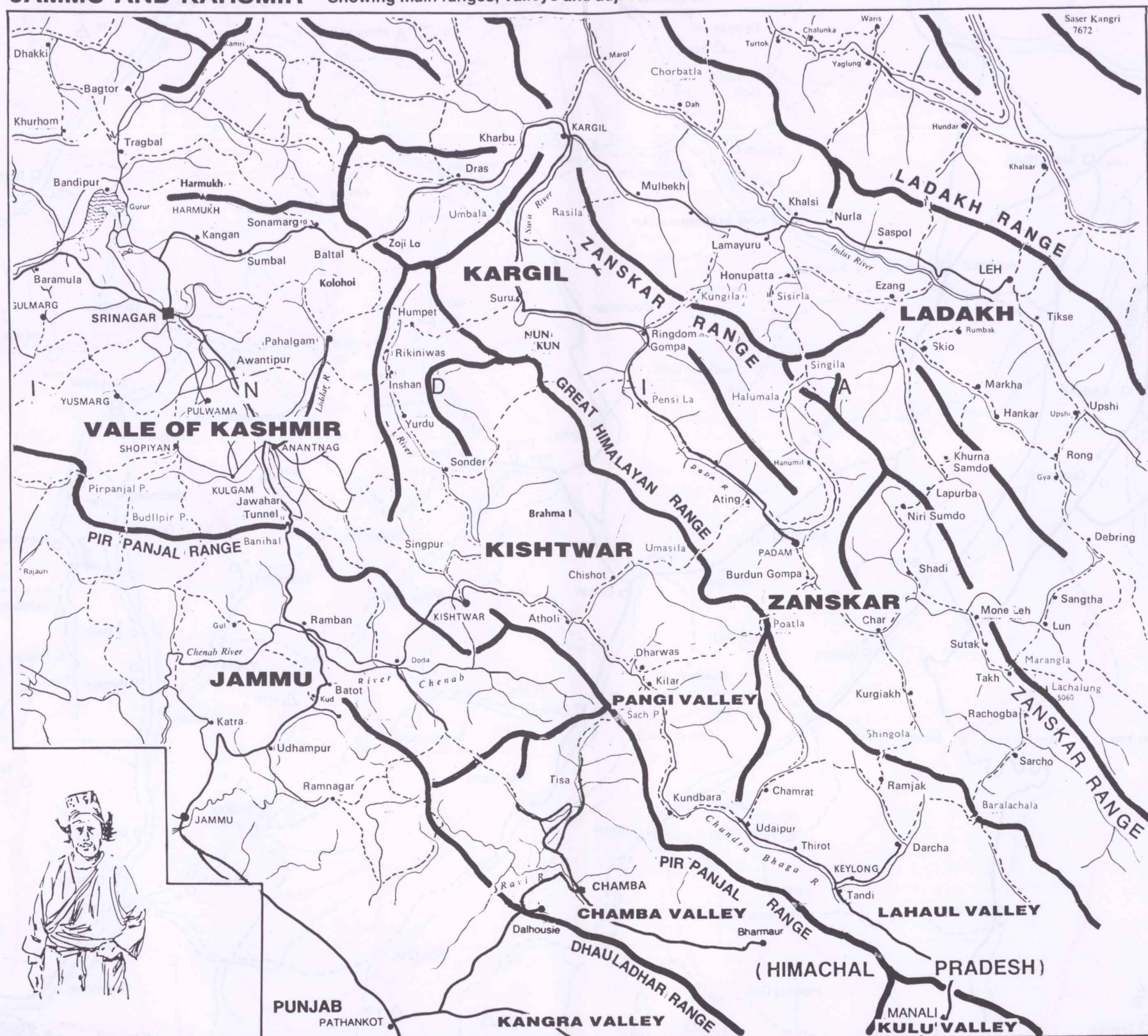
Alternative-2
Lidderwat - Tarsar Lakeside trek
Starting along the stream in the east of Lidderwat, a trail leads to the lakes of Tarsar (3995m) and Marsar (3849m). The trail follows a stream and then climbs over the boulders to reach the mountain lake of Tarsar. A few shepherd huts can be seen along the way. The return trip to Tarsar lake takes about 8 hours, crosses a ridge from Tarsar and descends to Marsar. One may have to camp for the night as it may not be possible to accomplish the trip in one day.

Trek 2
PAHALGAM - AMARNATH TREK
Situated at an altitude of 3962m, the sacred Amarnath cave contains a natural ice lingam which increases and decreases in size according to the movement of the moon. At the time of full moon in the month of July-August, thousands of pilgrims from all over India trek to Amarnath under the annual 'Yatra' when all the facilities are provided by the State for the pilgrims and tourists. Period - July to October.



Kolohoi Glacier

JAMMU AND KASHMIR Showing main ranges, valleys and adjacent areas



Near Pancharni

The trek starts from Pahalgam which can be reached by bus or taxi from Srinagar in two/three hours

Day 1. Pahalgam (2139m) - Chandanwari (2900m) 12 km.
The road heading North-East can be followed by jeep upto Chandanwari. There is a PWD rest house. Many eating places are also to be found.

Day 2. Chandanwari - Sheshnag (3720m) 12 km.
There are two alternative routes, one via Pissu Hill, the other over Pissu Ghati. The trail to Pissu Ghati is very steep and most tiring. At the top of the Ghati, the trail flattens out and goes right upto the gorge near the lake. From here it again climbs steeply and then straightens out towards the lake. Two-roomed rest house and some shelters are there for accommodation.

Day 3. Sheshnag - Pancharni (3933m) 13 km.
It is a good pony trek. Pancharni means 'five streams'. Pilgrims' shed and PWD huts to stay. Some eating places in the tents are also there.

Day 4. Pancharni - Amarnath (3962m) 8 km.
The trail climbs a narrow path and then descends to the stream coming from Amarnath side. Alongside this stream it reaches the Amarnath Cave after climbing some steps. One can come back the same way or continue further to Baltal situated at the base of Zojila Pass on Srinagar-Leh highway. If transport is pre-arranged one can reach Srinagar on the same day. The distance between Pancharni and Baltal is 19 km. The bus for Srinagar is available from Sonamarg which is 8 km from Baltal. Sonamarg is a beautiful place with tourist huts, bungalows and many eating places.

Mules/Porters and Accommodation
Mules and porters can be hired at Pahalgam through the Tourist Office. Accommodation in Rest Houses at Chandanwari, Sheshnag and Pancharni can be booked through the Asst. Engineer, Public Works Dept. Pahalgam.

Trek 3

PAHALGAM - PANIKHAR TREK VIA LONVILAD PASS (34° 01' N, 75° 50' E)
A strenuous trek of 8 days from the green valley of Kashmir to the rugged valley of Zaskar and Kargil. All provisions and other arrangements should be made at Pahalgam. Period - June to October.

Days 1 & 2. Pahalgam (2139m) - Chandanwari (2900m) - Sheshnag (3720m) 24 km.
Same as in Amarnath trek (see Trek 2).

Day 3. Sheshnag - Galol Gali (4406m) - Rangmarg (3000m) 16 km.
A difficult climb to Galol Gali then down to Rangmarg, following down the Sain Nar. Camping ground at Rangmarg.

Day 4. Rangmarg - Humpet (3533m) 6 km.
The trail continues along the Sain Nar for a short way, then turns left along the Kainthal Nar. Camping ground at Humpet.

Day 5. Humpet - Konag 8 km.
A short climb continues up beside the Kainthal Nar.

Day 6. Konag - Foot of Lonvilad Pass (4400m) 12 km.
It is a strenuous trek along the Kainthal Nar and through the boulder strewn CWM to the glacier situated at the foot of Lonvilad Pass.

Day 7. Foot of Lonvilad Pass - Lonvilad Pass (4800m) - Denora (3774m) 17 km.
A strenuous trek full of ascents and descents. Camp at Denora on the other side of the Lonvilad Pass. It is a difficult pass to cross and should be done only by experienced trekkers.

Day 8. Denora - Panikhar 16 km.
A downhill trek to Panikhar along Chelung Nala. Panikhar is situated on the road joining Kargil with Padam. There is a metalled road from Kargil to Panikhar and Panikhar to Padam the non-metalled road continues up to Padam. Regular buses have started joining Kargil and Panikhar. One can also arrange a lift in a truck to Kargil (67 km) or to Padam (158 km). Small hotels, PWD rest house and few basic shops at Panikhar.

Trek 4

PAHALGAM - SONAMARG PASS TREK
This is a short trek of 4 days which takes you from Pahalgam in Lidder valley to Kulan (34° 16' N, 75° 08' E) in Sind valley over 4099m high Zumar Pass (34° 12' N, 75° 09' E). Best Period - June to October.

Day 1. Pahalgam (2139m) - Lidderwat (3049m) 22 km.
Same as in Trek 1.

Day 2. Lidderwat - Sekiwas (3430m) 10 km.
An enjoyable walk through coniferous trees. A good camping ground with water and fuel facilities at Sekiwas.

Day 3. Sekiwas - Zumar Pass (4099m) - Khemsar (3959m) 11 km.
It is a 6 km ascent to Zumar Pass and then 5 km down to Khemsar.

Day 4. Khemsar - Kulan (2269m) 15 km.
The trail passes through lovely forest and after crossing the bridge over Sind river reaches Kulan situated on the Srinagar-Leh highway. From Kulan to Sonamarg (2740m), a distance of 16 km can be done by bus or on foot. Sonamarg is an enchanting tourist resort with all the facilities. Sonamarg to Srinagar is 84 km; this can be done by bus or taxi in about hours.

Trek 5

SONAMARG - WANGAT TREK via NICHNAI PASS (34° 21' N, 75° 09' E)
It is a popular trek of five days - past many enchanting lakes. Srinagar to Sonamarg is 84 km by bus. Best period - May to October. Mules, porters and provision can be arranged at Sonamarg. No accommodation available on this trek.

Day 1. Sonamarg (2740m) - Nichnai (3620m) 14 km.
A steady climb of 1500m to Nichnai grazing ground. Panoramic view of Sonamarg valley and the Vishansar Glacier.

Day 2. Nichnai - Kishansar (3819m) 15 km.
The trail crosses Nichnai Pass (4080m) and then descends steeply to Vishansar (3571m) and continues to Kishansar. A beautiful camp site good for trout fishing. Vishansar and Kishansar are two beautiful lakes - one blue and the other green. Majestic Mount Vishnu overlooks Kishansar.

Day 3. Kishansar - Gadsar (3800m) - Dubta Pani (3280m) 19 km.
The trail crosses Bazbal Gali (4191m) and descends to Gadsar lake. After crossing Gadsar maidan it reaches Dubta Pani camping ground.

Day 4. Dubta Pani - Gangabal Lake (3507m) 17 km.
The trek starts with a climb to Satsar Pass (or Satsaran Gali) at 3608 m. Trout fishing at Gangabal camp site. Satsar consists of seven lakes in a cascade formation. Frequent thundering noise of Collapsing ice on the Harmukh Glacier can be heard.

Day 5. Gangabal Lake - Wangat (2050m) 17 km.
The trail descends to Nundkol and follows the stream. After a short climb it descends to reach Trunkhol. The trail continues through the forest and reaches Narang Nag. After this it is a short and easy walk to Wangat. The journey from Wangat to Srinagar can be done by bus.

Trek 6

KISHTWAR - LEHINWAN via Margan Pass (33° 45' N, 75° 30' E)
From Jammu to Kishtwar (33° 19' N, 75° 47' E) is a day-long journey of 12 hrs by bus. It is an easy trek 5 days. Period - May to October.

Day 1. Kishtwar (1634m)
It is a large town situated on a plateau. Many trekking routes lead towards Pangi, Lahaul, Zaskar valleys.

Day 2. Kishtwar - Akhala (1800m) 26 km.
Kishtwar to Palmar is a 16 km Northwards journey by bus then another 10 km up to Akhala on foot. Stay at Forest rest house.

Day 3. Akhala - Sonder (2175m) 16 km.
The trail crosses a ridge, follows up the Marau River to the Sonder Forest rest house. A 16 Km trail to the base of Brahma Peak branches off to the east from here.

Day 4. Sonder - Hanzal (2255m) 16 km.
A beautiful camping ground, and a Forest rest house. The path continues up to Marwa valley to 'Jrest rest house.

Day 5. Hanzal - Yordu (2297m) 15 km.
A 6 hours pleasant walk through pine forest. Yordu serves as base camp for the mountaineers going on Nun-Kun Expedition. Forest rest house.

Day 6. Yordu - Inshan (2470m) 18 km.
An almost level walk along the river. A meadow and a Forest rest house. The trail continuing along the river Warwan leads to Pahalgam via Sonasar Pass.

Day 7. Inshan - Margan Pass (3658m) - Lehinwan (2744m) 16 km.
The trail turns west, crosses the Warwan River and gradually climbs to Margan Pass; then down to Lehinwan in Kashmir Valley. Forest rest house for overnight stay. The trek ends at Lehinwan. From there one can go to Pahalgam or Srinagar by bus or come back to Kishtwar via Sinfon Pass (see trek-6)

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