

LEH LADAKH, LADAKH · 9-DAY CHADAR TREK (LEH TO LEH)

Chadar Trek in 9 Days — Walking on the Frozen Zaskar River

STARTING FROM

₹29,999

per person

DURATION

9 days · 9-Day Chadar Trek (Leh to Leh)

ROUTE

Leh · 3N

Chadar camps · 4N

Leh · 1N

DEPARTURES

Ask us for the next departure, or pick your own dates for a private group.

Highlights

- Walk on the frozen Zaskar river through a deep canyon, at -15 to -25 °C at night
- The frozen Naerak waterfall
- Nights in caves and riverside camps, the way Zanskari villagers used to travel
- Three mandatory acclimatisation days in Leh, with the official medical check
- Season: mid-January to February — limited batches
- Max altitude about 3,400 m · Grade: Difficult (cold, not steep) · About 62 km on the ice



Day-by-day itinerary

DAY
1

Arrive in Leh

Morning

Fly in to Leh (3,500 m)

Airport pickup and hotel check-in. Rest completely today — no walking around; your body needs to adjust to the altitude.

DAY
2

Acclimatisation in Leh

Morning

Easy walk

A slow walk to Shanti Stupa and the Leh market, then rest.

Evening

Gear check

The trek leader checks your layers, boots and gloves. Gumboots are issued for the ice.



DAY
3

Medical check and permits

Morning

Official medical check-up

The government medical check that every Chadar trekker must pass, plus the ALTOA formalities (insurance and wildlife/environment fees, paid in Leh). Anyone who doesn't pass can't go on the ice — it's for your safety.

Evening

Briefing

How to walk on the chadar, what the different kinds of ice mean, and the turnaround rules.

DAY
4

Leh to Shingra Koma, onto the ice

8:00 am

Drive to the start

About 70 km and 3 hours via Nimmu and Chilling, along the Zaskar.

Noon

First steps on the chadar

About 5 km on the ice to the first camp at Somo Paldar. The leader shows how to shuffle on the frozen surface.

DAY
5

Somo Paldar to Tibb cave

8:30 am

Deep in the canyon

About 14 km and 6–7 hours between sheer rock walls and frozen waterfalls.

Evening

Tibb cave camp

Camp beside the Tibb caves — hot soup and dinner in the kitchen tent.

DAY
6

Tibb to Naerak

8:30 am

To the frozen waterfall

About 12 km and 6–7 hours to Naerak and its famous frozen waterfall, with a prayer-flag bridge above the river.

Evening

Naerak camp

The coldest night — a chance to see how Zanskari families live through winter.

DAY
7

Naerak back to Tibb

8:30 am

Back down the river

About 12 km. The ice changes every day, so the return feels like a new route.

DAY
8

Tibb to Shingra Koma, drive to Leh

8:00 am

Last day on the ice

About 15 km to the road head, then the drive back to Leh.

Evening

Leh

Hot showers, a hotel bed and a farewell dinner.

DAY
9

Fly out (buffer)

Morning

Departure

Fly out of Leh. This day also works as a buffer if weather or the ice delays the return — book flexible flights.

Stay, food & what's included

Stay

Leh guesthouse — A heated guesthouse in Leh, twin sharing, for acclimatisation and the last night.

Chadar camps — Expedition tents and cave shelters on the river bank, with extra-warm sleeping bags and insulated mats.

Food

- All meals in Leh and on the trek
- Hot soup, tea and butter tea on the ice

Expedition kitchen — Hot, high-calorie food — thukpa, dal-rice, pasta — made fresh by the trek cooks.

Included

- 4 nights in a heated guesthouse in Leh (twin sharing) — days 1–3 and 8
- 4 nights in tents and cave camps on the trek, with sleeping bags rated for –20 °C
- All meals from dinner on day 1 to breakfast on day 9
- Experienced Chadar trek leader, local Zanskari guides, cooks and porters for common gear
- Airport pickup and drop; transport Leh ⇄ Shingra Koma ⇄ Leh
- Gumboots for the ice, first aid, oxygen cylinder and pulse oximeter checks twice a day

Not included

- Flights to and from Leh
- ALTOA fees, wildlife and environment fees and the mandatory insurance — paid in Leh, set each season
- Personal winter gear (down jacket, thermals, waterproof gloves)
- Backpack offloading (available as an add-on)
- Extra nights if the ice or weather forces a delay
- Anything personal

Things to carry

- Down jacket rated to –20 °C, plus fleece and padded layers
- Two sets of thermal inner wear
- Waterproof gloves over woollen gloves, balaclava, woollen cap
- Woollen socks (5–6 pairs) — feet get wet on the chadar
- Trekking shoes for camp; gumboots are provided for the ice
- UV sunglasses (snow glare), SPF 50 sunscreen, lip balm
- Insulated water bottle or thermos
- Personal medicines; ask your doctor about Diamox
- Government photo ID — original and copies (needed for the medical check and permits)

Add-ons you can include

Backpack offloading	₹2,000 per person
Extra buffer day on the mountain	₹2,500 per person

Book this trip

No payment until your plan and price are confirmed in writing · 25% advance to book · Groups, private dates and custom plans welcome.

WhatsApp +91 81032 31880

enquiries@deshraah.in
deshraah.in

Prices are per person as on 12 October 2026 and may change; your final price is confirmed in your written quote. Treks and activities are run by our licensed local vendors. Full terms and cancellation policy: deshraah.in/terms

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