

Seven Sister Lake

Greeting And Welcome

Providing you with the best quote for the tour with immense pleasure, we are making your travel dreams come true. Our goal is a reputation for excellence in Tourists services and reliability. If there are any doubt or issue related to our tour Package, please intimate us. Our mission is to provide you with the greater services and tour offering that are packed with features and saving that are catered especially to you.

About The Destinations: -

Lam Dal (seven sister Lake) or Laam Dal is a high altitude lake located in Piura Dhar of Chamba district in Himachal Pradesh, India. It is situated 45 km from the town of Chamba at an elevation of about 3,960 metres (12,990 ft) above the sea level. History Lama Dal lake is held sacred to Lord Shiva.. All of the lakes are considered sacred and attributed to Lord Shiva. The Seven Lake Trek is a 5-6 days moderate - to -difficult level trek comprising trekking among the high elevation passes such as Mankiani Pass (4250m) and Gaj Pass (4140M) and seven high elevation Glacial Lakes of dhauladhar , Lam Dal With Darkund acting as the base camp for the as well as the first point of the trek with Kareri Lake as its last checkpoint.

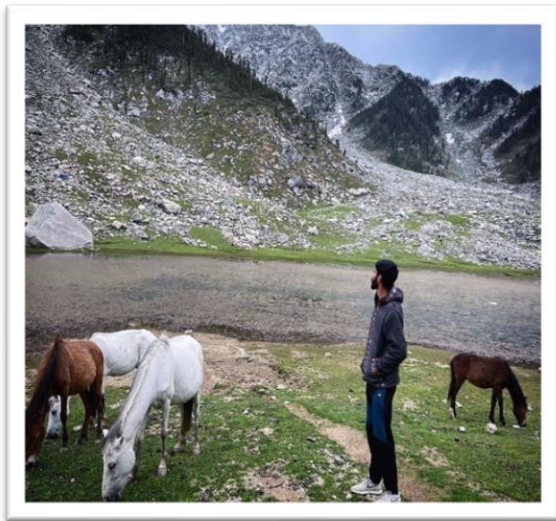
Tour Details For 04 Nights / 05 Days

Duration	04 Nights /05 days
Cost	18,499 only PP 14,999/- Only PP
Altitude	2950m/9678 Feet's
Grade	Moderate - Hard
Start Point	Kareri Village
End Point	Kareri Village

Day 1:

kareri village to Kareri Lake

- ❖ Pack your bags and take Your Cab from McLeod Ganj to Kareri Village Journey of 40kms of 1.5 - 2 hrs.
- ❖ Start trek to Kareri Lake. ☑ Overnight stay in camps at nearby Kareri Lake.
- ❖ After reaching on submit enjoy the beautiful view of Lake in the lap of Dhauladhar Range
- ❖ After spending sometime return to the base camp for overnight stay.
- ❖ Meals: Evening tea, dinner
- ❖ Bonfire at Night.



Day :02

Kareri to Nagra Lake
(Minkiani Pass)

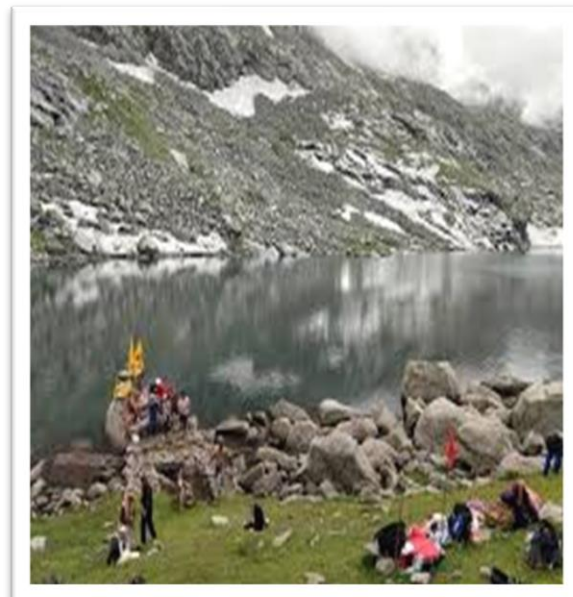
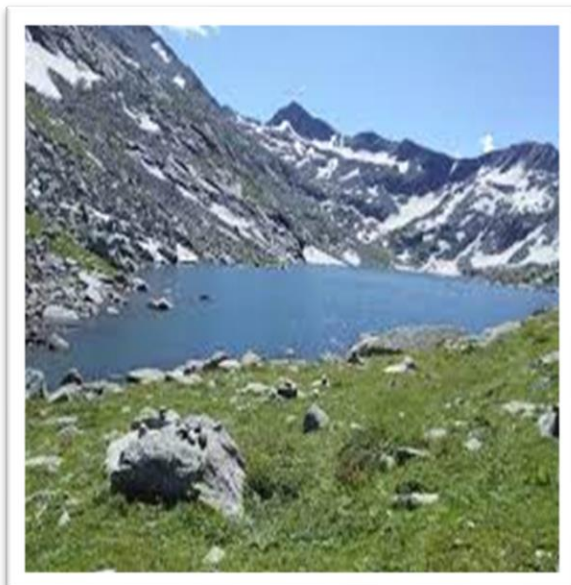
- ❖ Wake up in morning and after having breakfast head for Āinkiani Pass
- ❖ After reaching the top watch the sunrise after spending some time come back to Nagra Lake camp.
- ❖ Dinner and overnight stay at camp site.



Date :03

Naghara to lamdal Lake
(kali kund lake)
(walking distance 10km)

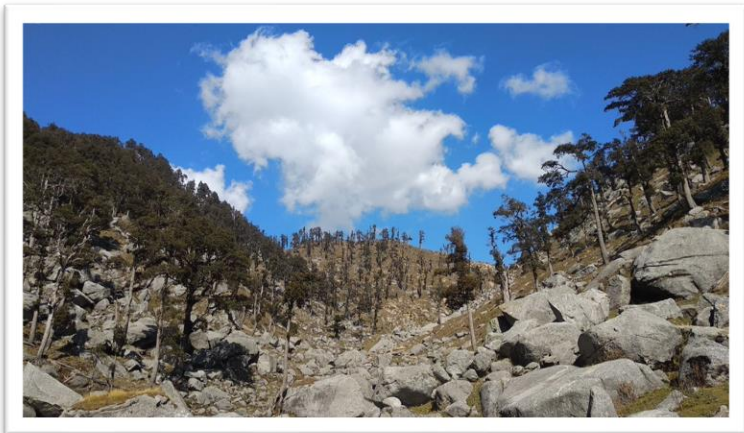
- ❖ Wake up in morning and after having breakfast head for Āinkiani Pass
- ❖ The distance from naghara to Lamdal is 10km and on your way you will be stopping at Kali kund .
- ❖ The kali kund is just a little below the lam dal (3km) and the descent is gradual and not sudden.
- ❖ Your stop for this day will be at naghara a popular camping site for people who trek up to Lam Dal.
- ❖ Dinner and overnight stay at the campsite.



Day: - 04

Naghara to Kareri Lake
(walking distance 10 km)

- ❖ On the 4th day of the trek , you will ascend to a higher altitude and cross the Minkiani pass .
- ❖ The Minkiani pass is surrounded by glacial mountains at the base of which lies the Kareri lake. You will be at an altitude of 13,950ft.
- ❖ Reach Kareri lake by evening and enjoy the beautiful Kareri lake views.
- ❖ Dinner and overnight stay at the Kareri lake in campsite



Day: -5

Kareri Village
Departure

- ❖ Wake up in morning and after having breakfast head to Kareri Village.
- ❖ Take a pit stop at Roti on your way through Kareri and chill around for half an hour.
- ❖ Your trek end with beautiful memories

Think To Pack: -

- ❖ Trekking shoes: You need good trekking shoes with good grip & ankle support. Do not carry sport shoes. You clothing: You need to have warm clothes with three-layer Jackets, Fleece or down feather Jacket. carry 1 or 2 Sleeve T-shirt. For lowers carry cotton pants Suitable for trek. Do no carry jeans or shorts for trekking.
- ❖ Thermals: Carry top and bottom thermals.
- ❖ Socks: Carry 2-3 pair of sports socks along with woolen socks to be worn at night.
- ❖ Headlamp/ Led Torch are mandatory.
- ❖ Sunglasses: To protect rom sunlight in snow you require UV rays protected sunglasses.
- ❖ Wollen cap and gloves are also necessary as the climate will be cold. Carry waterproof gloves as they get wet in snow.
- ❖ Water bottle: Every participant should carry water bottle of their own
- ❖ Raincoat / Ponchos: At high altitudes, snowfall and rain are quite common and its mandatory to carry poncho so that one doesn't get wet.
- ❖ Mandatory Document:
 - a) Registration Form
 - b) Medical Certificate (Signed by a registered MBBS doctor)
 - c) NOC Form By (trekker)

Inclusions /Exclusion

What is included in the tour

- ❖ In tents which is on sharing basis.
- ❖ Separate for Male Female.

- ❖ For twin sharing extra charges will be applicable.
- ❖ Transport required in the trek by Local bus /local transport.
- ❖ Certified Mountaineering guide who has sample knowledge of the route.
- ❖ Clock room to keep extra luggage.
- ❖ Vegetarian Accommodation meals on the trek (Breakfast/lunch /Dinner).
- ❖ We provide nutritious veg/Jain food on all days of the trek.
- ❖ Cooks/Helper and other requisite staff.
- ❖ Porters/ mules for carrying common equipment (like rations/tents/utensils) You high quality tents and sleeping bags in all the camps.
- ❖ Sleeping bags can withstand temperature various temperature.
- ❖ First-aid Kit, Oxygen cylinders, Oximeter, Medicines etc. Will be with guide/ trek leader and at camp site as well to deal with Emergencies.
- ❖ All trekking, Forest Permits and camping are included.

What is not Included in the tour

- ❖ Insurance or cost of emergency evacuation.
- ❖ Purchases of personal natures (like mineral water bottles/bottled or canned average /chocolates/dry fruits etc.
- ❖ Personal Porters for carrying trekker's bag packs.

Note that the cost would vary for customized group according to their requirements

For Booking:

CANCELLATION & REFUND POLICY:

- ❖ If cancelled before seven days of trek in then no retention will be charged.
 - ❖ If cancelled with 5-6 days of the trek in then 25% of the total amount will be charged.
 - ❖ If cancelled within 2-5 days of the trek in then 50% of the total amount will be charged.
 - ❖ If cancelled within 2 days of the trek in 100% of the total amount will be charged.
- Please feel free to contact us for further clarification. There will be **No Refund** for **NO SHOWS**.

Regards: - Atish Thakur

Contact: - 8219257443, 9882841818