APEX ALTITUDE EXPEDITIONS

Chadar Frozen River Expedition

Official Itinerary & Expedition Guide

Location:	Zanskar, Ladakh	**Duration:**	8 Days
Difficulty:	Hard	**Dates:**	18 Dec 2026 to 26 Dec 2026

Day 1: Leh High-Altitude Ingress

Acclimatization day in Leh. Mandatory SpO2 medical clearance.

Important Points for Day 1:

- Complete rest for first 24 hours
- SpO2 must register above 85%