

Tarsar Marsar Trek – Best Time to Visit

The best time to do the Tarsar Marsar Trek is from **June to September**. During these months, the trails are open, alpine lakes are accessible, and weather conditions remain favourable for trekking. Each month offers a slightly different experience in terms of scenery and climate.

Tarsar Marsar Trek in June

June marks the start of the trekking season and is ideal for those who enjoy cooler weather and early summer landscapes. Snow can still be seen on higher sections of the trail, especially in the first half of the month.

The last week of June is particularly rewarding, with vast green valleys, flowing streams, and clear mountain views. Alpine lakes begin to melt, revealing their natural beauty.

Temperature

Day: 10–15°C

Night: Colder, especially at campsites

Light cotton clothing is useful during the day, while warm layers are essential for evenings and nights.

Tarsar Marsar Trek in July

July is one of the most popular months for this trek. While monsoon affects much of northern India, Kashmir experiences only light and occasional rainfall.

The weather remains warm and sunny, with clear skies and lush meadows. Lakes are fully melted, and visibility is excellent throughout the trek.

Temperature

Day: Up to 20°C

Night: Cooler with fluctuations

Rain protection and waterproof packing are recommended due to occasional showers.

Tarsar Marsar Trek in August

August offers stable weather and rich greenery, making it one of the best months for the Tarsar Marsar Trek. Trails are well-defined, and the surroundings are vibrant and fresh.

The pleasant climate attracts more trekkers, but the experience remains comfortable and scenic. This month is also ideal for sightseeing in nearby areas like Srinagar or Aru Valley on buffer days.

Temperature

Day: Around 15°C

Night: Cool and comfortable

Outdoor activities in the region remain accessible and safe during this time.

Tarsar Marsar Trek in September

September marks the beginning of autumn in Kashmir. The landscape slowly turns golden, and the air becomes crisp and dry.

Temperatures start dropping, and light snowfall may occur at higher altitudes toward the end of the month. Fewer crowds and dramatic seasonal colours make this month visually rewarding.

Temperature

Day: Cold

Night: Can drop below 0°C at higher camps

Proper winter clothing and preparation are essential for this period.

Tarsar Marsar Trek Difficulty Level

The Tarsar Marsar Trek is rated **easy to moderate**. The total trekking distance is approximately **50 km**, and the highest altitude reached is around **4,000 metres** at Marsar Ridge.

The total altitude gain is about **1,600 metres**, spread gradually across the trek, allowing sufficient acclimatisation. Most trails consist of forest walks, meadow paths, and gentle ascents with small ups and downs.

Boulder sections are encountered near the Shekiwas campsite and while trekking towards Tarsar and Sandersar lakes. River crossings are present, with log bridges placed over streams.

The most challenging section is the **Tarsar Ridge ascent**, a steep climb of around 150 metres followed by a sharp descent. Though demanding, it is manageable with steady pacing and proper fitness.

Lakes on the Tarsar Marsar Trek

Tarsar Lake

Situated at an altitude of approximately **3,795 metres**, Tarsar Lake is one of the main highlights of the trek. Almond-shaped and surrounded by mountain ridges, the lake changes colour throughout the day depending on sunlight.

The lake remains frozen in winter, making summer the best time to visit. Activities here include photography, camping, sightseeing, and short walks along the shore.

Marsar Lake

Marsar Lake lies about **5 km** from Tarsar Lake and is visible from Marsar Ridge. Its deep blue waters and dramatic setting make it one of the most striking sights of the trek.

Accessible only between June and September, the lake is surrounded by towering Himalayan peaks and offers stunning panoramic views from above.

Sandersar Lake

Also known as **Chandrasar Lake**, Sundarsar Lake is crescent-shaped and considered one of the most beautiful lakes in the Kashmir Valley.

It serves as both a camping and sightseeing spot. Open plains near the lake, combined with mountain backdrops, create a calm and visually soothing environment.