

# K2 Base Camp & Gondogoro La Trek



## Trip Highlights

- Views of K2, Broad Peak, Gasherbrum from the Gondogoro La
- Walking in Concordia and the Baltoro Glacier
- One of the world's top 5 trekking adventures
- Experience the picturesque Hushe Valley in Pakistan



## TRIP AT GLANCE

5-6 NIGHTS HOTELS , 14 NIGHTS CAMPING,  
13-14 DAYS STRENUOUS TREKKING  
MAX. ALTITUDE – 5700M / 18,700FT

**Key Destinations:** Islamabad-Skardu-Shigar-Braldu-Baltoro Glacier-Concordia-K2-Broad Peak-Gondogoro La-Hushe-Khaplu-Karakoram Highway

## TREK BACKGROUND

This challenging trek gives great views of four 8,000m peaks and is thought by many to be one of the best high mountain treks in the world. Some of the wildest and most dramatic landscapes on earth are found in the vast, rugged Karakoram Range situated in Northern Pakistan. Remote and spectacular, the icy peaks and vast Glaciers of the Karakoram offer unparalleled opportunities for adventurous trekking. The 62km long Baltoro Glacier is Pakistan's number one trekking destination. Seven of the world's twenty-five highest peaks rise above this glacier, while the lower reaches are surrounded by some of the world's highest granite walls and spires.

The Baltoro Glacier meets the Vigne and Godwin-Austen glaciers at the huge natural amphitheatre of Concordia. This is one of the most spectacular mountain campsites in the world. The huge pyramid of K2 only 10km distant dominates the view and creates a very special atmosphere. Our programme allows three days in the upper reaches of the Baltoro Glacier to savour the majesty of this unique place. The highest point reached on this trek is the 5,650m summit of the Gondogoro La. This is a challenging and technical route, which links the high glacial basin of the upper Baltoro with the green Hushe Valley to the south. The view from the summit is one of the most overwhelming mountain panoramas in the world, with four of the Karakoram 8,000m peaks close at hand.

Our new itinerary combines all that is best in the Karakoram: a visit to K2 Base camp, a challenging ascent of a high pass, and the chance to experience two very different valleys. This trek offers variety and excitement. It is an unforgettable mountain experience.

## TREK OVERVIEW







**BEST TIME : MID-JUNE - MID-AUGUST 2018**

Day	Activity	Mode	Time	Height	Accommodation
01	Arrive Islamabad and Transfer to Hotel	Drive	30 Min	635m	Guest House
02	Fly to Skardu or Drive to Chilas from Islamabad	Drive	12 hours	1,280m	Hotel
03	Drive to Skardu from Chilas-In case of flight cancellation	Drive	7-8hours	2,450m	Hotel
04	Drive to Askole	Drive	6-7 hours	3,000m	Camp
05	Hike to Jhola	Trek	7-8 hours	3,200m	Camp
06	Hike to Payu	Trek	7 hours	3,450m	Camp
07	Rest Day at Payu	Rest	-	3,450m	Camp
08	Hike to Khoburche	Trek	7-8hours	3,795m	Camp
09	Hike to Urdukas	Trek	3-4hours	3,900m	Camp
10	Hike to Goro II	Trek	6-7hours	4,295m	Camp
11	Hike to Concordia	Trek	4-5hours	4500 m	Camp
12	Optional visit to <b>K2</b> and back to Concordia	Trek	10 hours	5,100m	Camp
13	Hike to Ali camp	Trek	4 hours	4,800m	Camp
14	Contingency day at Ali camp	Trek	-	5,100m	Camp
15	Cross Gondogoro La camp at Xuspang	Trek	9-12 hours	4,600m	Camp
16	Hike to Shaieshcho	Trek	6-7hours	3,350m	Camp
17	Hike to Hushe	Trek	3-4hours	3,050m	Camp
18	Drive to Skardu	Drive	5-6hours	2,450m	Hotel
19	Fly to Islamabad or Drive to chilas	Fly/ Drive	8-10 hours	1,280m	Hotel
20	In case of Flight cancellation-Drive from Chilas to Islamabad or Islamabad/Contingency Day	Drive	12-14 hrs	635m	Guest House
21	Fly Back to Home	-	30 Min	635m	-

# DETAILED ITINERARY

## Day 1: Arrive Islamabad and Transfer to Hotel







On arrival transfer the group to hotel/ Guest House, in Rawalpindi Islamabad (the airport is situated mid-way between Islamabad and Rawalpindi).

					
ACCOMODATION GUEST HOUSE/HOTEL	MEALS : NIL	DISTANCE 25 KM	TIME 30 DRIVING MINUTES	TEMPERATURE 42°C	ELEVATION 635 M

## Day 2: Fly to Skardu or Drive to Chilas from Islamabad (Mini Van 480 km)

a) Weather permitting, we take a spectacular flight to the high mountain region of Baltistan in the north east. On a clear day we should be able to see Nanga Parbat (8124m) and K2 (8611m) towering above all other mountains. (It is quite possible adverse weather in Islamabad or Skardu may affect our flight plans and make it necessary to drive by the Karakoram Highway to Skardu, a journey of approx two days).

b) In case of cancellation of flight drive 10-12hrs by air conditioned coach/car to Chilas (480km) on the Karakoram highway.

					
ACCOMODATION HOTEL	MEALS : BREAKFAST	DISTANCE 15 KM	TIME 1 DRIVING HOURS	TEMPERATURE 35°C	ELEVATION 2450 M







Skardu Airport-Photo by Imad Brohi









### Day 3: Drive to Skardu from Chilas-In case of flight cancellation (Drive 275 km)

- a) Preparations for our trek (Briefing) and depending on our time of arrival into Skardu, there may be time to visit the town. Skardu is the regional capital of Baltistan, lying at the edge of a broad floodplain that is the confluence of the Shyok, Indus and Basha Rivers.
- b) If we are driving the road journey today will be 7-8 hrs to Skardu (275km). On route are spectacular views of Nanga Parbat (8125m)

					TEMPERATURE 35°C	
ACCOMODATION HOTEL	MEALS : BREAKFAST	DISTANCE :NIL	DRIVING TIME NIL			ELEVATION 2450 M

### Day 4: Drive to Askoli 3000m(Approx 6-7 hours)








We will travel by jeep with our crew and supplies along the Shigar and Braldu valleys to Askole. Villages in Shigar have changed little in over five hundred years; farms with fields of barley, wheat and vegetables surrounded by stone walls and stands of poplar, willow and apricot trees. The apricot is a very important crop in the north, having a multitude of uses to the Balti and Hunzakut people. Villagers greet us as we pass through on the rugged dirt and stone road that leads to Baltoro. As we approach, the landscapes become desert like and once within the sheer valley of the Braldu, it is necessary to cross the river several times by suspension bridges. At various points the road may have collapsed due to erosion and we will transfer the gear across on foot to a vehicle on the other side.

					TEMPERATURE 30C	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 140 KM	DRIVING TIME 6-7 HOURS			ELEVATION 3000 M

### Day 5: Trek to Jula

After considerable organisation of equipment, supplies and porter loads for the journey ahead, we commence trekking towards Jhola. The valley opens out to reveal the Biafo Glacier flowing for more than fifty kilometres from the Hispar La pass to the Braldu. We have our first taste of moraine walking as we cross the snout of the glacier and descend to our lunch spot beside the river. We also experience the harsh, stark environment that forms the base of these great mountains.

Our route takes us to the confluence of the Braldu and Dumordo Rivers where the infamous flying fox or 'jola' is located. It is still there, however a footbridge has now been built making the passage much easier by every perspective. (Consider individual passage of 50 to 70 people with loads, compared with walking straight across a steel bridge!). In past years it was necessary to make a high traverse across a rocky face and descend steeply to the riverside of the Dumordo to gain the flying fox. There is now a safe and pleasant pathway above the river. It is this valley, fed by the Panmah Glacier that was once a passage between Baltistan and Yarkhand across the West Mustagh Pass (5370m) into China. Once across, we descend beside the river to the Braldu and then follow along its banks to our camp.








					ASCENT 530M	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 21 KM	HIKING HOURS 7-8 HOURS		DESCENT 410M	ELEVATION 3200 M



**Braldu River on the way to Jula**








### Day 6: Hike to Payu 3450m (Approx 7 hours)

The route is mainly at riverside throughout the day, switching up and down somewhat according to the level of erosion and water levels of the Braldu. The Masherbrum Group may be glimpsed to our right via the Xiangang Valley. The range is a vast array of peaks that extend almost the full length of the southern side of Baltoro. Walking conditions are hot and dry and care must be taken to prevent sunburn, especially when most members will have come from a southern winter! As we approach camp several small glacially fed rivulets flow down from the north and the first peaks of the Trango and Uli Biaho group appear on the distant ridgeline. The vast snout of the Baltoro glacier, the fourth longest in Pakistan, is also visible but it's hard to gather a sense of scale from here.

 ACCOMODATION CAMPING	 MEALS : BLD	 DISTANCE 21 KM	 HIKING HOURS 7-8 HOURS	 ASCENT 580M  DESCENT 335M	 ELEVATION 3450 M
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### Day 7: Payu-Rest /Acclimatization Day








Paiju is the traditional stopping point for all groups headed for Concordia, located at a widening of the Braldu Valley and within sight of the snout of the mighty Baltoro Glacier. This became a key staging point for climbing expeditions and trekking groups due to the presence of spring water and a sparse population of trees which were originally use for cooking fires. Today there are several levelled pitches for tents and the site is equipped with 'long-drop' toilets and wash basins - a 'bathroom' with one of the best views in the world! We spend a complete day at Paiju, which is good for our acclimatisation and is also a useful time for our porters to bake as much bread as they can for the trek before we climb up onto the glacier. For those with energy to spare there is the opportunity to hike up the hill above camp for extensive views of the granite towers of Trango and Cathedral peaks and potentially another glimpse of K2, still many miles distant. We spend a second night at Paiju.

 ACCOMODATION CAMPING	 MEALS : BLD	 DISTANCE NIL	 HIKING HOURS NIL	 ASCENT NIL  DESCENT NIL	 ELEVATION 3450 M
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## Day 8: Hike to Khoburche 3795m (Approx 7-8 hours)

Making the short approach to the glacier, the great expanse of ice stretching across the Braldu comes into perspective when we see the many porters forming an ant-like trail across it. Ice cliffs tower more than sixty metres above the turbulent waters at the origin of the Braldu River. As a result of its continually changing nature, the glacial moraine may be difficult to trek upon at this stage and our route varies somewhat each time. One should be prepared for a hard day of walking and carry plenty of fluid. Once at the other side, the trail will hug the side and occasionally necessitate a glacier or river crossing. There are now uninterrupted views of Paiju Peak (6610m), Uli Biaho group, Trango Group and Cathedral Group - a majestic, spired collection of mountains that the Karakoram are so well known for. Behind us the steep grassy slopes make high grazing pastures for ibex and the rocks are home to mouse hares (Pikas) and colourful hoopoe birds which forage for food scraps.

					ASCENT 640M	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 15 KM	HIKING HOURS 7-8 HOURS		DESCENT 220M	ELEVATION 3795 M

## Day 9 : Hike to Urdukas 3900m (Approx 3-4 hours)

An easier day's walk, following a good trail at the side of the Baltoro with two feeding glaciers to cross enroute. It is Great Trango (5844m), facing eastwards, that is considered the greatest cliff face in the world and the point from which two Australians made a world record base jump in 1992. On the trail, pony trains carrying supplies to army camps are often passed and occasional helicopters overhead provide a reminder of our proximity to the disputed territory of Kashmir nearby. The grassy camp of Urdukas is well located before the mountains and is our last before continuing glacial camps. If the weather is clear at the head of the valley we may see Broad Peak (8050m) and Gasherbrum IV (7930m), two of the most prominent peaks of the region.

					ASCENT 250M	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 6 KM	HIKING HOURS 3-4 HOURS		DESCENT 40M	ELEVATION 3900 M



Urdukas Camp



### Day 10: Hike to Goro II 4295m (Approx 6-7 hours)

Descending rugged terrain onto the glacier, we cross to the centre where it is easier trekking.

We weave over rolling mounds of rock and scree, not unlike that of a quarry and head almost in a direct path to GIV. We are in fact steering slightly northwards to a moraine hollow where Goro II is situated. The vast glacial highway of the Yermanendu feeds in from the south, leading from the many mountains around Biarchedi. Crystal and Marble Peaks are now right before us. Looking back towards Paiyu, the impressive mountain groups that have dominated our views over the last few days are now dwarfed as we trek higher and further away.



ACCOMODATION  
CAMPING



MEALS : BLD



DISTANCE 12 KM



HIKING HOURS  
6-7 HOURS



ASCENT  
330M

DESCENT  
90M










ELEVATION  
4295 M



View of Gasherbrum IV and Baltoro Glacier from Goro II








### Day 11: Trek to Concordia 4500m

A special day today as we trek into Concordia and enjoy our first views of K2 (weather permitting!). This location must be considered one of the world's most spectacular camps as it is totally surrounded by stunning peaks. As we leave Goro II, the Biange Glacier to the north provides a superb view up to Mustagh Tower (7284m), one of the most difficult mountains in the Karakoram to climb. The trail continues along fairly easy rolling slopes of moraine marked by cairns and then passes among ice towers or seracs as we approach the colliding glaciers at Concordia. Mitre Peak (6030m) rises to our right, with Golden Throne (Baltoro Kangri) (7312m) beside it, while the Gasherbrum Group is directly before us. The expanse of Broad Peak (8050m) is to the left and finally K2 (8611m) looms above the ridge towering over the Godwin Austen Glacier twelve kilometres away. Each mountain is different in character and it's climbing history. It is awe inspiring to know that many of these mountains were explored and climbed upon around the turn of the century but were not submitted until the fifties and sixties due to their difficult technical routes and severe climatic conditions. One presumes they have little changed since these first explorations. Concordia, the junction of the Baltoro, Godwin Austen, Gasherbrum and Vigne Glaciers, makes a perfect base from which to explore and enjoy some of the highest mountains in the world. Very few people are fortunate enough to witness this sight.

					ASCENT 290M	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 12 KM	HIKING HOURS 5-6 HOURS		DESCENT NIL	ELEVATION 4500 M








### Day 12: Optional visit to Broad Peak base camp 4572m and K2 base camp 5100m

Our schedule is somewhat flexible according to the prevailing weather conditions and group preference. One of our objectives is to visit K2 Base Camp (approx 5100m) and the Gilkey Memorial, a spectacular full day trip from camp. The most exciting day of this trek as you walk past Broad peak and get nearer to K-2 and arrive at the strip which is the most popular camping area for nearly all the expeditions to K-2. Here some of the top climbers of the world can be seen busy in preparations for the challenges ahead. Return to your camp at Concordia for overnight (K-2 base camp is too high and trekkers can get seriously ill from altitude if they stay for the night at this altitude, therefore the group must return to Concordia). At this stage of the trip, we may reassess our return/exit route, depending on prevailing weather and route conditions, and the capability of the group and team as a whole. An alternate exit from Concordia is to ascend the Vigne Glacier and cross the glaciated Gondogoro Pass (5700m) to the Hushe Valley. Crampons are usually required for this pass crossing. your guide will liaise with you on this option as the trip progresses, and make the final decision at the appropriate time preceding the objective. After crossing the pass it is two day walk out to the village of Hushe, where our vehicles meet us. If circumstances don't allow us to travel this way, we will return by the no-less-spectacular journey back down the Baltoro glacier to the roadhead at Askole. Heading in a different direction, the views are always different and the weather always changing in the mountains; one could not consider this route as repetitious by anyone's standards.

					ASCENT NIL	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 20 KM	HIKING HOURS 6-12 HOURS		DESCENT NIL	ELEVATION 4500 M

### Day 13: Hike to Ali camp 4800m




Today we trek for 5-6 hours on the Vigne Glacier with superb views of Chogolisa and Mitre Peak. Overnight will be spent at Ali camp just below the pass.

					ASCENT 380M	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 12 KM	HIKING HOURS 5-6 HOURS		DESCENT 10M	ELEVATION 4800 M









## Day 14: Contingency Day for Gondogoro La Crossing

Adverse weather conditions may prevent us from our ascent of the La, and it may be necessary to delay our crossing. Your guide will assess the weather, ice and snow conditions.

					ASCENT NIL  DESCENT NIL	 ELEVATION 4800 M
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE:NIL	HIKING HOURS NIL			

## Day 15: Cross Gondogoro La with views of four 8000m peaks

We must start very early in the morning (1am) for our crossing of the pass. After 4-5 hours of steep and strenuous ascent we gain the top to be rewarded with stunning views of K2, Broad Peak and the Gasherbrums. The lovely snow and granite knife edged peak of Laila (6200m), first climbed unofficially in 1987 by a British expedition and unofficially in 1996 by an Italian expedition, rises over the Gondogoro Glacier as we turn to descend. We descend 3-4 hrs to Xhuspang camp (4600m). Xhuspang is named for the turquoise (xhu) flowers which blanket this grassy place in summer.








					ASCENT 800M  DESCENT 900M	 ELEVATION 4600 M
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 8 KM	HIKING HOURS 9-12 HOURS			



Towards Gondogoro La High Camp








### Day 16: Hike to Shaieshcho 3350m (Approx 6-7 hours)

Continuing along the lateral moraine we descend to Shaieshcho, a picturesque campsite nestled amongst tamarisks, wild roses and junipers set beside the river. There are views up to the Charakusa Valley towards K7 (6934m). Tonight there is the chance for song and dance as the porters are relaxed and happy with a successful crossing of the Gondogoro La behind them.

					ASCENT 100M	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 18 KM	HIKING HOURS 6-7 HOURS		DESCENT 1350M	ELEVATION 3550 M







### Day 17: Trek to Hushe 3050m (Approx 3-4 hours)

Today is our final day of trekking in Pakistan. 3-4 hours of easy descent bring us to the village of Hushe. Nestled in the Hushe Valley it is the gateway for many expeditions travelling to Masherbrum, the Charakusa and Nangma valleys. Time permitting we may have the option of a short climb to the top of a hillside on the edge of the village to gain unparalleled views of the mountain tops of the entire Baltoro.

					ASCENT NIL	
ACCOMODATION CAMPING	MEALS : BLD	DISTANCE 7 KM	HIKING HOURS 3-4 HOURS		DESCENT 300M	ELEVATION 3050 M

### Day 18: Drive to Skardu 2450m (Approx 4-5 hours)

Driving through the Hushe Valley with its villages of intense agriculture we come a junction with the Shyock River which we cross to reach the village of Khaplu and after more 2 hours drive we will reach back to Skardu

					TEMPERATURE 30°C	
ACCOMODATION HOTEL	MEALS : BREAKFAST	DISTANCE : 160 KM	TIME 4-5 DRIVING HOURS			ELEVATION 2450 M







### Day 19 : Fly to Islamabad or Drive to Chilas 1280m (Approx 8-10 hours)

a) Weather permitting we will fly to Islamabad today, on arrival transfer to the Guest House/Hotel for overnight.

b) In case of flight cancellation it is necessary to drive to Chilas and overnight at the Chilas Inn or Panorama hotel on the banks of the Indus. We cannot guarantee air travel at any time between the north and south and we expect members to be as reasonable and flexible as possible on this matter. Should we travel by surface, we will have a private minibus that will take us via Chilas which is a day's drive from Islamabad. The road is good for most of the journey but occasionally subject to landslide breaks which can delay us. We follow right beside the Indus from Skardu and view the incredible force of the river by the deep gorges it has carved out. We then join the Karakoram Highway (KKH) which was built by the Chinese over twenty years and runs from Kashgar to 'Pindi. As we wind our way southwards down to the plains, we cross several passes thickly forested in pine and birch. The hills open out to the vast plains and deltas of Punjab province.

The traffic becomes more chaotic as we approach Rawalpindi and one feels the temperatures of the plains once again. Should we be able to fly, the additional time will be well spent in 'Pindi; shopping and sightseeing. The Bazaars have endless numbers of streets to explore and traders to bargain with.









 ACCOMODATION HOTEL	 MEALS : BREAKFAST	 DISTANCE NIL	 TIME 1 FLYING HOURS	 TEMPERATURE 40°C	 ELEVATION 635 M
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### Day 20: Drive from Chilas to Islamabad or Islamabad/Contingency Day

Extra 'cushion' day!

\*Note: Day 20 will be used as a 'cushion' day in case of delays in travel due to weather, route change, health, acclimatization issues during the trek, etc.

 ACCOMODATION HOTEL	 MEALS : BREAKFAST	 DISTANCE NIL	 TIME NIL	 TEMPERATURE 40°C	 ELEVATION 635 M
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### Day 21: Trip Concluded in Islamabad

After breakfast you will transfer to the airport for your return flights

#### **Please Note:**

The above schedule should be taken as a guide only. Inclement weather may cause delays in our journey, whether we are on foot or travelling by vehicle. Our schedule has been planned to allow for variations and where necessary, spare days will be used to compensate for these changes. Our guide reserves the right to make modifications or alterations to the trip schedule in the best interests of all involved. A flexible approach by all allows us to alter plans efficiently and effectively and achieve trip objectives.

### TRIP EXTENSION POSSIBILITIES

- Snow Lake Hispar La- This extension with K2 and Gondogoro La is called [Great Karakoram Traverse](#)
- Fairy Meadows & Nanga Parbat Base Camp
- Deosai & Nanga Parbat's Climber Face
- Hunza Valley
- Kalasha Valley



Gondogoro Descent

TRIP COST 2018					
Package Name No of Travellers	BUDGET	STANDARD	DELUXE	DELUXE PLUS	EXECUTIVE
15	US\$1150/Pax	US\$1450/pax	US\$1700/pax	US\$1950/pax	US\$2800
12-14	US\$1200/Pax	US\$1500/pax	US\$1750/pax	US\$2000/pax	US\$3000
6-12	US\$1300/Pax	US\$1550/pax	US\$1800/pax	US\$2150/pax	US\$3300
4-5	US\$1350/Pax	US\$1600/pax	US\$1850/pax	US\$2200/pax	US\$3500
2-3	US\$1750/Pax	US\$2000/pax	US\$2250/pax	US\$2500/pax	US\$4100
Solo	US\$2750/Pax	US\$3000/pax	US\$3250/pax	US\$3500/pax	US\$5500

Package	Comparison of Packages				
	Transport	Accommodation	Equipment	Trek Food	Baggage Allowance
<b>BUDGET</b>	Public Bus	Guest House	All Camping	Standard	12.5kg
<b>STANDARD</b>	Plane/private Vehicle	Tourist Class	All Camping	Two Course	14kg
<b>DELUXE</b>	Plane/private Vehicle	2-3 Star	Camping+Crampons, Harness, Carabiners, Satellite phone	Three Course	16kg
<b>DELUXE PLUS</b>	Plane/private Vehicle	2-3 Star with food	Camping+Crampons, Harness, Carabiners, Satellite phone, Generator	Three Course	18kg
<b>EXECUTIVE</b>	Plane/private Vehicle	4-5 Star	Camping+Crampons, Harness, Carabiners	Three Course	20kg

PACKAGE	HOTEL DETAILS		
	ISLAMABAD	CHILAS	SKARDU
BUDGET	Guest House	-	Snowland palace
STANDARD	Guest House	Panorama	Snowland palace
DELUXE	Depape/Envoy Continental/Dreamland	Shangrila	Mashabrum/Concordia
DELUXE PLUS	Depape/Envoy Continental/Dreamland	Shangrila	Mashabrum/Concordia
EXECUTIVE	Serena/Marriott	Shangrila	Shangrila/Shigar fort

BUDGET PACKAGE	
Trip Cost includes	Trip Cost Does not include
<ul style="list-style-type: none"> <li>Airport transfer in Islamabad.</li> <li><b>Public Bus ticket Islamabad-Skardu-Islamabad</b></li> <li><b>Budget hotel accommodation.</b></li> <li>All meals during trek (One course).</li> <li>Sleeping tents, mattresses, kitchen tents</li> <li>Kitchen equipment, crockery, fuel, cooking, camping, cleaning and related gear</li> <li>Services of English speaking guide, expert cook and low altitude porters.</li> <li><b>12.5 kg of personal baggage during trek.</b></li> <li>Porterage at airport and hotels, toll taxes and parking fee etc.</li> <li>Trekking fee(\$100) and permit process.</li> <li>Insurance of crew; i.e. guide, cook, porters/staff.</li> <li>Jeeps from Skardu-Askoli-Hushe-Skardu.</li> </ul>	<ul style="list-style-type: none"> <li>International flights, Airport and departure taxes and Visa fee and personal travel Insurance</li> <li>Hotel early check in and late checkout.</li> <li><b>Lunch and dinner during your time in hotels (Islamabad, Chilas and Skardu ).</b></li> <li>Bottled water, aerated and alcoholic drinks.</li> <li>Items of a personal nature such as phone calls, laundry, etc.</li> <li>Tips of guide, drivers, porters etc.</li> <li>Charges incurred as a result of delays beyond the control of Snowland.</li> <li>Extra days beyond the specified itinerary.</li> <li>Any other service or product that is not agreed or mentioned herein this document</li> <li>*Single supplement.</li> <li><b>Cost of early departure from the trip.</b></li> <li><b>Extra cost of changing jeep. If the road is blocked between Askoli and shigar</b></li> </ul>



## STANDARD PACKAGE

Trip Cost Includes	Trip Cost Does not Include
<ul style="list-style-type: none"> <li>• Airport/road transfer</li> <li>• Domestic Flight from Islamabad-Skardu-Islamabad. In case of flight cancellation transfer in private air-conditioned vehicles.</li> <li>• <b>Tourist class hotels accommodation on twin sharing with breakfast.</b></li> <li>• All meals during trek.</li> <li>• Sleeping tents, mattresses, kitchen tents</li> <li>• Kitchen equipment, crockery, fuel, cooking, camping, cleaning and related gear</li> <li>• Services of English speaking guide, expert cook and low altitude porters.</li> <li>• <b>14 kg of personal baggage during trek.</b></li> <li>• Porterage at airport and hotels, toll taxes and parking fee etc.</li> <li>• Trekking fee(\$100) and permit process.</li> <li>• Insurance of crew; i.e. guide, cook, porters/staff.</li> <li>• Jeeps from Skardu-Askoli-Hushe-Skardu.</li> <li>• Ice axe (Few for the group) ropes</li> </ul>	<ul style="list-style-type: none"> <li>• International flights, Airport and departure taxes and Visa fee and personal travel Insurance</li> <li>• Hotel early check in and late checkout.</li> <li>• <b>Lunch and dinner during your time in hotels (Islamabad, Chilas and Skardu ).</b></li> <li>• Bottled water, aerated and alcoholic drinks.</li> <li>• Items of a personal nature such as phone calls, laundry, etc.</li> <li>• Tips of guide, drivers, porters etc.</li> <li>• Charges incurred as a result of delays beyond the control of Snowland.</li> <li>• Extra days beyond the specified itinerary.</li> <li>• Any other service or product that is not agreed or mentioned herein this document</li> <li>• *Single supplement.</li> <li>• <b>Cost of early departure from the trip.</b></li> </ul>

## DELUXE PACKAGE

Trip Cost Includes	Trip Cost Does not Include
<ul style="list-style-type: none"> <li>• Airport/road transfers</li> <li>• Domestic Flight from Islamabad-Skardu-Islamabad. In case of flight cancellation transfer in private air-conditioned vehicles.</li> <li>• <b>2-3 star hotels accommodation on twin sharing with breakfast.</b></li> <li>• All meals during trek.</li> <li>• Sleeping tents, mattresses, kitchen tents</li> <li>• Kitchen equipment, crockery, fuel, cooking, camping, cleaning and related gear</li> <li>• Services of English speaking guide, expert cook and low altitude porters.</li> <li>• <b>16 kg of personal baggage during trek.</b></li> <li>• Porterage at airport and hotels, toll taxes and parking fee etc.</li> <li>• Trekking fee (\$100) and permit process.</li> <li>• Insurance of crew; i.e. guide, cook, porters/staff.</li> <li>• Jeeps from Skardu-Askoli-Hushe-Skardu.</li> <li>• Satellite Phone with 40 unit balance</li> <li>• Ice axe, crampon, <b>harness</b>, ropes for Gondogoro La crossing</li> </ul>	<ul style="list-style-type: none"> <li>• International flights, Airport and departure taxes and Visa fee and personal travel Insurance</li> <li>• Hotel early check in and late checkout.</li> <li>• <b>Lunch and dinner during your time in hotels (Islamabad, Chilas and Skardu ).</b></li> <li>• Bottled water, aerated and alcoholic drinks.</li> <li>• Items of a personal nature such as phone calls, laundry, etc.</li> <li>• Tips of guide, drivers, porters etc.</li> <li>• Charges incurred as a result of delays beyond the control of Snowland.</li> <li>• Extra days beyond the specified itinerary.</li> <li>• Any other service or product that is not agreed or mentioned herein this document</li> <li>• *Single supplement.</li> <li>• <b>Cost of early departure from the trip.</b></li> </ul>

DELUXE PLUS PACKAGE	
Trip Cost Includes	Trip Cost Does not Include
<ul style="list-style-type: none"> <li>• Airport/road transfers</li> <li>• Domestic Flight from Islamabad-Skardu-Islamabad. In case of flight cancellation transfer in private air-conditioned vehicles.</li> <li>• <b>2-3 star hotels accommodation on twin sharing with breakfast, Lunch and Dinner.</b></li> <li>• All meals during trek.</li> <li>• Sleeping tents, mattresses, kitchen tents</li> <li>• Kitchen equipment, crockery, fuel, cooking, camping, cleaning and related gear</li> <li>• Services of English speaking guide, expert cook and low altitude porters.</li> <li>• <b>18 kg of personal baggage during trek.</b></li> <li>• Porterage at airport and hotels, toll taxes and parking fee etc.</li> <li>• Trekking fee (\$100) and permit process.</li> <li>• Insurance of crew; i.e. guide, cook, porters/staff.</li> <li>• Jeeps from Skardu-Askoli-Hushe-Skardu.</li> <li>• <b>Satellite Phone with 40 unit balance</b></li> <li>• <b>Electric Generators for charging camera batteries</b></li> <li>• <b>Ice axe, crampon, harness, ropes for Gondogoro La crossing</b></li> </ul>	<ul style="list-style-type: none"> <li>• International flights, Airport and departure taxes and Visa fee and personal travel Insurance</li> <li>• Hotel early check in and late checkout.</li> <li>• Bottled water, aerated and alcoholic drinks.</li> <li>• Items of a personal nature such as phone calls, laundry, etc.</li> <li>• Tips of guide, drivers, porters etc.</li> <li>• Charges incurred as a result of delays beyond the control of Snowland.</li> <li>• Extra days beyond the specified itinerary.</li> <li>• Any other service or product that is not agreed or mentioned herein this document</li> <li>• *Single supplement.</li> <li>• <b>Cost of early departure from the trip.</b></li> </ul>

EXECUTIVE PACKAGE	
Trip Cost Includes	Trip Cost Does not Include
<ul style="list-style-type: none"> <li>• Airport/road transfers</li> <li>• Domestic Flight from Islamabad-Skardu-Islamabad. In case of flight cancellation transfer in private air-conditioned vehicles.</li> <li>• <b>4-5 star hotels accommodation on twin sharing with breakfast.</b></li> <li>• All meals during trek.</li> <li>• Sleeping tents, mattresses, kitchen tents</li> <li>• Kitchen equipment, crockery, fuel, cooking, camping, cleaning and related gear</li> <li>• Services of English speaking guide, expert cook and low altitude porters.</li> <li>• <b>20 kg of personal baggage during trek.</b></li> <li>• Porterage at airport and hotels, toll taxes and parking fee etc.</li> <li>• Trekking fee (\$100) and permit process.</li> <li>• Insurance of crew; i.e. guide, cook, porters/staff.</li> <li>• Jeeps from Skardu-Askoli-Hushe-Skardu.</li> <li>• <b>Satellite Phone with 40 unit balance</b></li> <li>• <b>Electric Generators for charging camera batteries</b></li> <li>• <b>Ice axe, crampon, harness, ropes for Gondogoro La crossing</b></li> </ul>	<ul style="list-style-type: none"> <li>• International flights, Airport and departure taxes and Visa fee and personal travel Insurance</li> <li>• Hotel early check in and late checkout.</li> <li>• Items of a personal nature such as phone calls, laundry, etc.</li> <li>• Tips of guide, drivers, porters etc.</li> <li>• Charges incurred as a result of delays beyond the control of Snowland.</li> <li>• Extra days beyond the specified itinerary.</li> <li>• Any other service or product that is not agreed or mentioned herein this document</li> <li>• *Single supplement.</li> <li>• <b>Cost of early departure from the trip.</b></li> </ul>

#### \*Single Room and Tent Supplement

Please note that if you are a single person booking on one of our trips you do not have to pay the single room or tent supplement, this is only payable if you specifically request to have a tent or a room to yourself. You will not have to pay this for this option if you happen to end up with a single tent or room due to odd numbers on the trip. We will provide a single room for women travelling on their own at no extra charge should they request this. Otherwise if you wish to have a room to yourself a small extra charge will be payable.



## GENERAL INFORMATION

### HOW THE TRIP WILL OPERATE

Upon arrival in Islamabad one of our representatives will pick you up from the airport and transfer to hotel. We then fly to Skardu capital of Baltistan region, or if the weather is inclement we travel by road through the Indus gorge. Skardu is the parting point from civilisation, where we will be accommodated in a Hotel. Jeeps take us to the road end at Askole, the last village in the valley. Askole is the beginning of the trek and each night we camp out as we travel up the valley with our Balti porters providing entertainment and colour to the otherwise stark and barren countryside. Our cooks provide wholesome and high quality food during the trek. The guide and porters will co-ordinate all the movements of equipment and people up and down the mountain, and are there to assist and facilitate you. At the end of the trip the group retraces its steps to Islamabad.



Snowland Team at Gondogoro La

## Joining Arrangements

All clients arriving on Day 1 will be met at Islamabad Airport by our representative who will arrange the transfer to the group hotel. Similarly, transfers will be provided back to Islamabad Airport on the final day of the itinerary. Full joining instructions together with hotel contact details and an emergency number will be provided with your booking confirmation.

## Internal Flights

### Skardu Flights

Skardu is a weather-dependent airport. Since the valley is completely surrounded by high mountains, planes can only land here in good visibility and this means flights to and from Skardu are never guaranteed. The planes do fly more often than not, but cancellations can and do occur and in these circumstances we will travel by road. If we did not do this groups would risk being stranded in Islamabad and you should beware of companies that say they will only fly to Skardu as this may mean you have no possibility of trekking.

## Support Staff

The group will be led by an experienced Snowland guide. During the trek the group will be accompanied by a full support crew, including cook and kitchen crew, as well as porters to carry all equipment and personal trek/duffel bags.

## Participation Statement

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may Experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatizing although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

## A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning. After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks. There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After evening meal the guide will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

## WHAT YOU CARRY

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rain jacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack. A daypack of approx. 45litres is ideal for this trek.

## GRADING

You will need at least the fitness gained from a regular hill walking background and on our more demanding expeditions you will need to be familiar with camping in mountains. We will advise people not to join a trek if we consider it beyond their experience and ability. Please feel free to contact us with any queries regarding your suitability for a particular trip. Please visit this link on our website for details of grading: <http://snowland.com.pk/trip-grades/>

## CAMP FOOD

While in Islamabad/Rawalpindi accommodation is on full board basis leaving you free to choose to take lunches and dinners at hotels. While at the camps you will get breakfast with porridge and cereal, toast or chapattis, omelettes and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. In the afternoon you will be given tea and biscuits and a three course meal will follow with soup, a main meal and dessert. We bring along fresh vegetables and meat for the main meals. We can cater for those with specialist dietary requirements, so long as we are informed of these at the time of booking.

## HYGIENE & SANITATION

All our cooks and support staff are thoroughly trained in kitchen and table hygiene & observe strict hygienic code. You may give your personal water bottles to our kitchen staff every night & they'll fill them up with boiling water ... which will not only warm you up in your sleeping bags for a sound sleep but also provide you with safe boiled drinking water for the following day's walk.

## SPENDING MONEY

Approximately \$250 (or equivalent in GB Pound Sterling, Euros etc.) changed into local currency should be allowed for miscellaneous expenses, including porter and trek crew tips. You will also pay directly for guided sightseeing in Islamabad if this works out for your group and you choose to take part in the tour. The cost of this will be approximately 2000 rupees for a half-day tour. Note that money for tips should be changed into local currency (denominations of 500 rupees or smaller only) before you leave Islamabad. It is not necessary to purchase local currency (Pakistan rupees) before your trip. Money can be changed at a reasonable rate at the airport or at authorised money changers. Since you will be changing the majority of your spending money into local currency soon after your arrival, we recommend that you take it in cash. US dollars, Sterling and Euros can readily be exchanged at the airport. US dollars will give you more flexibility to exchange in smaller towns or in an emergency. Credit cards can be used to purchase many goods in Islamabad or Skardu and are particularly useful for more expensive items such as carpets. It is possible to withdraw cash (rupees only) from cash machines in Islamabad using credit and debit cards.

## GUIDANCE ON TIPPING

It is usual to tip the members of your trek crew, including your local guide, if you are happy with the services provided. We estimate that \$100 - \$150 (in local currency equivalent) will cover this aspect of your trip expenditure.

Towards the end of the trek, the trip leader will help the group to determine an appropriate level of tipping for each crew member, and this is most usually done as a group 'thank-you' with ceremony on the final day of trekking.

## CLIMATE

The traditional trekking season in Pakistan is June to September. The K2 Base Camp and Gondogoro la trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool normally around 5°C. During the day temperatures can be very hot even as high as 40°C in the lower elevations. Bring lots of water, sunhat and sunscreen! At higher altitudes temperatures range from about 20°C to -10°C. The mornings are generally clear with clouds building up during the afternoon and often disappearing at night to reveal beautiful starry nights. Rawalpindi will be hot and humid at this time of year; temperatures typically range from 30°C to 46°C with high humidity, whereas the temperatures in Skardu at 2,340m will be cooler.



## AVERAGE TEMPERATURES-Mid June to Mid-August

Region	Altitude	Temperature C	
		Day	Night
Islamabad	635m	44C	27C
Skardu	2430m	34C	12C
Askoli	3000m	35C	8C
Jhula	3200m	35C	10C
Payu	3450m	35C	10C
Liligo	3780m	34C	8C
Urdukas	4050m	25C	7C
Goro II	4345m	30C	2C
Concordia	4650m	31C	-5C
K2 Base Camp	5000m	28C	N/A
Ali Camp	5100m	25C	-3C
Gondogoro	5650-5700m	8C	-10C
Xhuspang	4755m	20C	0C
Shaisho	3330m	24C	4C
Hushe	3050m	29C	8C

## PASSPORT AND VISA

A full passport valid well beyond the trip duration is essential. In order to travel in Pakistan you require validity six months beyond the date of your return travel.

## VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP from your home country about which vaccinations to have before you arrive in Pakistan. A dental check-up is a good idea as there will be no dental facilities while on the trek.

## ALTITUDE ACCLIMATIZATION

Please also note that individuals vary widely in both their physical response to high altitude and the ability to acclimatize and, since physical fitness does not confer any protection or facilitate acclimatization, it is impossible to predict how you will adapt to the altitude. The greatest protection is avoiding rapid ascents and allowing time for acclimatization. Your body can adapt to altitude if given time. We feel this itinerary specifically provides that option, but you must individually pace yourself to go slowly and drink plenty of water to avoid dehydration. Do not push too hard regardless of how physically fit you may be or feel.

Early symptoms of high altitude sickness include: headache, nausea, loss of appetite, sleeplessness, vomiting, dry cough, irregular breathing, shortness of breath, fatigue, swelling of ankles and eyelids. It is not uncommon to experience some of these symptoms when you first arrive at high altitude and then to have them decrease in severity within a few days. It is important that you inform your Trip Leader immediately of any symptoms or discomfort, however minor, so that they can help you monitor the situation. Please be aware that remaining at high altitude in spite of alarm signals from your body may result in serious illness or even death.

Medical conditions that are aggravated or complicated by high altitude include heart diseases, lung diseases, pregnancy, anemia, and sickle cell disease. It is imperative that anyone with any of these conditions consult their physician in detail before attempting this trekking expedition.

## AVOIDING ALTITUDE SICKNESS

**The below notes on altitude sickness are to point out what it is and to note the symptoms.**

Problems with altitude sickness can usually be avoided if care is taken to prepare properly. Ensure good physical fitness, chose a trip suitable to your level, staged ascents to allow time for acclimatisation, drink plenty of liquid and avoid alcohol, be aware of the symptoms of altitude sickness and do not ignore symptoms of altitude sickness if they occur. Normal physiologic changes occur in every person who goes to altitude: hyperventilation (breathing faster, deeper, or both), shortness of breath during exertion, changed breathing pattern at night, awakening frequently at night and increased urination.

By slowly gaining height we reap the benefits of a gradual gain in fitness and acclimatisation. We offer advice based on our experience and with the sensible approach we take on all of our treks, **anyone who is well prepared, fit and healthy should have few problems, as we are very careful to allow time to acclimatise to the altitude.** Even with these precautions it is still possible for altitude sickness to occur. It is difficult to predict who is likely to suffer from altitude sickness. Sex is not a determinant, nor is age. Your physical condition is important to good altitude adjustment, but sometimes people who are fit ascend too rapidly for their systems to adjust.

## PERSONAL MEDICAL KIT

It is very important to have your own personal medical kit and it is wise to bring all the essentials with you from the home country. As time is limited and it will save you having to go searching for medical supplies in an unfamiliar city. Most medicines are available from chemists in main cities. The following suggestions are based on our experience of travelling, trekking and on the most common medical problems encountered. It is important to check with your doctor in case of allergies to any medications.

**We suggest that you bring the following:**

**Plasters:** Elastoplasts or adhesive tape.

**Antiseptic cream:** Germalene, Savlon etc

**Crepe or Elasticated Bandage:** For knee and ankle support, if you strain in these joints.

**Blister dressings:** Moleskin, compeed, spenco dressings etc. Stop at the first sign of a blister forming and use a plaster or moleskin.

**Cold and Flu Medication:** Beechams powders, Lemsip, nasal decongestant and throat lozenges. On treks that stay above 3000 metres for any length of time or on treks with dry conditions it is quite common due to breathing dry, cold air through the mouth to get a sore throat or cough (it may become productive due to irritation not necessarily infection).

**Treatment For Diarrhoea:** Oral rehydration salts, which contain a variety of salts (electrolytes) and sugar. The combination of electrolytes and sugar stimulates water and electrolyte absorption from the gut. It therefore prevents or reverses dehydration and replaces lost salts in conditions such as diarrhoea and vomiting. Preparations such as Imodium or Lomotil are anti-motility drugs, which do not treat the diarrhoea but slows the gut. They should only be used when the condition is causing dehydration, much distress or is impossible to deal with on transport. The aim in using them is to take just enough to control the complaint (see section on diarrhoea).

**General Painkillers:** Aspirin, paracetamol and/or ibuprofen etc

**Insect repellent and after bite cream:**

**Small Pair of Scissors**

**Any Special Medicines:** Those you take regularly or will require on your trip.

**Optional - Treatment for Giardia:** A common infection caused by a protozoan in the upper bowel. It develops one to three weeks after exposure and can result in a sudden acute illness or a more long lasting condition. The symptoms are usually explosive and gassy diarrhoea along with burping and wind that tastes and smells like rotten eggs. There may be abdominal pain after eating. Treatment is a course of Metronidazole; this is a prescription drug. Under the advice given by your GP you may consider carrying a course of wide spectrum antibiotic in your personal medical kit.

**Optional - A Broad-Spectrum Antibiotic:** These are a prescription drugs and should be used in consultation with a GP. A broad-spectrum antibiotic e.g. Ciprofloxacin may be useful if travelling to remote areas or for long periods. A broad-spectrum antibiotic can be used to treat bacterial infectious diarrhoea, dysentery, respiratory, skin and urinary infections. However antibiotics used without proper medical advice can cause or predispose other medical complications and bacterial resistance e.g. Clostridium difficile or MRSA. Under the advice given by your GP you may consider carrying a course of broad-spectrum antibiotic in your personal medical kit.

**Optional - Use of Acetazolamide (Diamox):** For those trekking above 3000 metres, Diamox has been described as an aid to acclimatization and the prevention of altitude sickness. This is a prescription drug unlicensed for use in altitude and should be used in consultation with a GP.

## GENERAL EQUIPMENT LIST

This is a suggested kit list of some items needed when trekking. It is best to pack several thinner layers rather than one thick layer. **There is a weight limit on trek (13-20kg depending on the package).** It is best not to pack more items than what you actually need on any holiday.

### Clothing

**Lightweight Thermal Underwear:** Tops (2), bottoms or long johns (1). Made from polypropylene, Coolmax, Capilene etc, as cotton does not provide adequate warmth.

### Underwear

**T-Shirts or Polo Shirts:** (3) Capilene, DryFlo or Coolmax are preferred for their quick drying/high wicking ability.

**Long Sleeved Shirt or Blouse:** (1-2)

**Trekking Trousers** (2) e.g. polycotton trousers or zip off trousers.

**Lightweight Wool or Fleece Jumper:** (1)

**Fleece or Pile Jacket:** (1)

**Duvet Jacket:** Medium weight down or synthetic, it needs to fit over all insulation layers.

**Waterproof Jacket:** Good storm proof mountain jacket with attached hood.

**Waterproof Trousers:** Good storm proof trousers with side zips to knee.

**Travel Clothes:** Lightweight cotton, preferably only for travelling in, e.g. separate to trekking gear.

### Mitts & Gloves

**Synthetic Gloves:** 1 pair light weight fleece/wool/pile.

**Mitts:** To fit over gloves

### Footwear

**Boots:** It is most important that you have well fitting, comfortable boots, lightweight boots (Gore-Tex or leather). Boots are to be preferred rather than training shoes for the actual trekking, giving your ankles and feet much better support on rough and stony ground and providing better grip. Boots protect the feet from bruising or damage caused by protruding stones or boulders. Boots should be sturdy enough to take flexible crampons.

**Training Shoes/Sandals:** For travelling in and around the cities, hotels and at camp. Also for wearing when crossing streams to protect feet.

**Socks:** 2-3 pairs of thin liner socks (polypropylene or Coolmax) to be worn next to the skin.

**Harness:** You need it while crossing Gondogoro La

**Gaiters:** Useful if we encounter snow.

**Crampons:** You only need it for Gondogoro Crossing. It is important to have the correct crampons for your boots.

### Headgear

**Sun Hat:** Baseball cap or wide brimmed sun hat.

**Wool or Fleece Hat**

**Head Torch:** e.g. Petzl Tikka, Zipka or Black Diamond Moonlight and spare batteries.

**Sunglasses:** Essential to get a pair, which cuts out 100% UV rays. It is a good idea to also have a spare pair of good sunglasses. Glacier glasses with side covers are recommended. At altitude the sun is very intense and reflects brilliantly off snow.

## EQUIPMENT & ACCESSORIES

**Rucksack or Day Sack:** This is what you carry containing any items you will need during the day, e.g. camera, water bottle, jumper, waterproofs, personal first aid kit (or part of it), toilet paper & lighter etc. A rucksack of around 35 to 40 litres capacity should be large enough, lined with one large plastic bag to ensure contents remain dry. Padded hip belts are recommended for trekkers.

**Sleeping Bag & Liner:** A good quality 4-season down or synthetic bag and cotton, thermal or silk liner. Suggested manufacturers RAB, Mountain Equipment, North Face, Ajungilak, Vango.

**Scarf/Bandana:** Silk, cotton or nylon for keeping the sun off the back of your neck or dust out of your mouth.

**Water Bottle:** 1x 1 Litre (Platypus, Sigg or Nalgene bottles are recommended). Sigg bottles also makes great hot water bottle!

**Water Purification:** Biox Aqua Tablets are the safest and most effective form of emergency water disinfection in outdoor environments. Biox Aqua Tablets are more effective than either chlorine or iodine tablets (working against both cryptosporidium and giardia), and leaves no bad tastes or colours behind. Biox Aqua does not react with contaminants in the water to form hazardous byproducts. Each application will take between 10-30 mins to take effect, dependant on the condition of the water source. Puritabs are not advised as they have no effect on the amoebas and will not protect you from hepatitis.

**Sun Screen:** High protection factor 20-30 or higher

**Lip Screen:** High protection factor 20-30 or higher



**Toilet Items:** Soap, travel towel, flannel (or J-cloth), toothbrush, toothpaste, shampoo, comb, sanitary protection, toilet paper is provided but bring a roll for personal use and at airports!

**Sewing Kit:** Needle, cotton and a few safety pins for emergency repairs.

**Small Knife:** Swiss army style - has many uses (do not carry this in hand luggage when taking international or internal flights it will be confiscated).

**Notebook/Diary/Pens**

**Small Padlocks:** Essential for locking your kit bag and bags left at the hotel.

**Passport & Spare Passport Photographs:** (3-4 plus any required for permits)

**A Copy of Your Insurance Certificate:** This is very important and useful.

**Money Belt:** To carry valuables (passport, money, air ticket) this should be worn at all times when travelling.

**High Energy Trek Snacks:** Sweets, chocolate bars, dried fruit, glucose sweets, Kendal mint cake. These can make all the difference in unfamiliar surroundings.

**Personal Medical Kit:** (see list above).

**Compression Bags, Stuff Sacs, Pillow Cases or Small Plastic Bags:** To separate the gear in your kit bag and kept dry.

**Cigarette Lighter/Matches:** For burning toilet paper and rubbish.

**Wet Wipes:** One pack very useful for wiping hands, face and other parts of body.

**Antibacterial Hand Cleansing Gel:** Small bottle.

**Kit Bag**

## EQUIPMENT HIRE/RENTAL

Some of your personal gear could be hired / rented through Snowland. Please make requests at least 6 weeks prior to the trip departure. Please read the list of available equipments with prices below.

Equipment	Rental Price
Harness Pack(Harness+Carabiner)	US\$40
Crampon Pair	US\$40
Sleeping Bag	US\$30
Down Jacket	US\$35

## OPTIONAL

**Walking Poles/Ski Stick(s):** These can reduce the impact on your knees! 1-2 telescopic for easy carrying.

**Thermarest:** self-inflating  $\frac{3}{4}$  length mattress is ideal (with repair kit). On camping treks a basic mattress is provided but for added comfort on camping treks you may wish to bring a Thermarest.

**Travel Pillow:** A small pillow, e.g. Thermarest deluxe pillow

**Camera Gear:**

**Binoculars:** A small pair advisable.

**Reading Material:** 1 book (trekkers remember: books are heavy and awkward for porters to carry).

**iPod or MP3 player:** For those early nights (remember to bring spare batteries and/or charger).

**Games:** Cards, travel chess etc for the evenings.

**Umbrella:** Not only for rain but they make great sunshades.

**Sandals:** For river crossings

## CAMERA EQUIPMENT

A 35mm system with interchangeable lens will allow you to get the best shots in most conditions.

A wide angle (28-35mm) and a telephoto (80-200mm) are very useful.

Skylight filters protect your lens and a polarising filter is useful for colour contrast.

A brush for cleaning your lens is important and your camera and lens need to be in a protective case/bag.

If you are using a digital camera bring enough media storage, spare batteries, battery charger and travel adapter.

## Trek Menu

Below is the list of major items we provide in meals with a combination of four or five items a day not all at once.

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none"> <li>• Porridge</li> <li>• Eggs (Omelets/Fried or according to demand)</li> <li>• Corn Flakes</li> <li>• Muesli</li> <li>• Jam</li> <li>• Honey</li> <li>• Marmalade</li> <li>• Black tea</li> <li>• Coffee</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Sardine Fish</li> <li>• Peanut butter</li> <li>• Tuna Fish</li> <li>• Paratha</li> <li>• Crackers</li> <li>• Cookies Sweet</li> <li>• Cookies Saltish</li> <li>• Candies</li> <li>• Dry Fruit</li> <li>• Tin Fruit</li> <li>• Potatoes/peas</li> <li>• Green tea/Mixed tea</li> <li>• Coffee</li> <li>• Tang etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Chapatti</li> <li>• Spaghetti</li> <li>• Macaroni</li> <li>• Pasta</li> <li>• Rice in different varieties</li> <li>• Meat (Mutton &amp; Beef)</li> <li>• Eggs</li> <li>• Different variety of pulses</li> <li>• Fresh vegetables</li> <li>• Backed beans</li> <li>• Green peas</li> <li>• Noodles (Magi)</li> <li>• Salad</li> <li>• Lentils</li> <li>• Green tea etc.</li> <li>• Pudding</li> <li>• Kheer Mix</li> <li>• Custard</li> <li>• Jelly</li> <li>• Cream Cake</li> </ul>

## GENERAL CONSIDERATIONS WHEN PACKING

- **Keep the weight and bulk down to a minimum.**
- Baggage allowance on most international flights is around 23kg. Most people tend to bring more clothes than they actually need.
- You only need one change of clothes for time spent in towns/cities.
- **On treks your kit bag weight should be kept to below 15kg.**
- For all trips but especially trekking it is important to dress in layers. When it is hot you will only be wearing light trousers and T-shirt, when it gets colder you can add to this until you are wearing most of your clothes!
- Fragile and valuable items should be carried in your hand baggage.
- Most people take their day sack or rucksack on the plane as hand luggage but many airlines only allow one item of hand baggage, which should not be more than the airlines specified size.
- Camera gear should be carried as hand luggage in a padded or protective bag, discreet bags are ideal as they do not advertise the expensive contents and attract unwanted attention.
- On internal flights there is an allowed baggage allowance of 15kg per person. When flying internally we suggest trekkers wear all your heavy clothes and boots to keep your baggage to a minimum.
- Any excess baggage charges will have to be borne by you.
- Pack all batteries, knives, sharp object and lighters into your main luggage to avoid confiscation by security personnel.
- Take a small sealable clear plastic bag if you wish to take liquid items such as toothpaste onboard the aircraft.
- Do not leave bags unattended at airports.

## WHY US

1. Guided by highly experienced and qualified local professionals having undergone on the job training over many seasons with us. They are highly experienced at catering to the needs of members, and do a tremendous amount to contribute to the overall success and satisfaction of our groups.
2. Build your exact dream trip--Itinerary can be customized. Leaves any day you desire--Lengthen or shorten trip, if you like.
3. Our major clientele base are either repeat clients or word of mouth referrals.
4. Lowest Price guaranteed and the best value for money--Save 40-50 % vs. comparable guided tours with other operators of the same quality.
5. We thoroughly explain terms & conditions of our trips to each client before making any agreement and do not surprise our clients by hidden costs after getting advances or once the trip started.
6. Provide assistance during Visa process and send you a visa invitation letter if required as we are licensed trekking agency in Pakistan.
7. The highest standards of hygiene are maintained on trek, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day.
8. We never had a single case of cancellation of our trips once it is raised to the guaranteed level benchmark, and if any kind of cancellation is determined by us in future, owing to any force majeure condition/ security concern, Our policy is; (i) Either 100% refund of the trip price or adjust to another similar trip.



Khuspang-Gondogoro La base camp



## OUR RESPONSIBLE TOURISM POLICY

We believe that our clients have an important role to play as well, with each person ultimately determining the overall impact of the group in the area visited. The following are some ideas you might like to consider:

### ECONOMIC:

- Try to buy locally made crafts and support local skills to encourage the positive sides of tourism.
- Consider tipping a reasonable amount for good service.
- Bargaining is an accepted practice in all countries we visit but do so in a good humour and bear in mind the amount of money you are haggling over!
- Think carefully about giving money to beggars, it is often more effective to give money to local charity to reduce reliance and expectation.

### SOCIAL:

- Learn some words of the local language, this is appreciated and often results in getting more out of the experience.
- Ask for permission before taking photographs out of respect for the local people.
- Enjoy the areas you visit but, if possible, try and leave in a better state than you found them in.
- Respect the local laws, customs and cultural beliefs.
- Observe the dress code of the area and be aware of differences in social behavior and norms

### ENVIRONMENT:

- Try not to damage any plants you see on the trail.
- Wild animals should not be touched, fed or disturbed and do not encourage local people to parade animals.
- Do not collect firewood; all the treks use kerosene for cooking.
- Ask permission before using a village well or pump.
- Please burn all loo paper and bury away from a water source (30m) and Please use toilet facilities if they exist.
- Our policy is to carry out all non biodegradable rubbish, if any is left behind in the morning, please bring to the guides attention.
- Bring along environmentally friendly detergents and shampoos and use as little as possible to keep fresh water supplies free from pollution.
- Be economical in using fresh water for showering and washing as often they are in short supply.

### What Our Clients Say About Us

"In August of 2011, I completed a challenging trek with Snowland Treks and Tours along the length of the Baltoro Glacier, one of the longest in the world, to the "throne room of the mountain gods," a place with the highest concentration of 8000m peaks in the world. Throughout this long and arduous trek our group was led, fed, encouraged and supported by a wonderful team of porters, guides and cooks from Snowland. It goes without saying that it was their work that made the trip not only possible but enjoyable - it was in fact the trip of a lifetime. I would encourage anyone interested in making such a trip in Pakistan to contact Kamal at Snowland Treks and Tours. He was prompt in replying to emails and quick to put my mind at ease by responding to any questions or concerns that I had.

Please visit our YouTube channel for video testimonials: <http://www.youtube.com/user/snowlandtours/videos>

Please have a look at this link about recent client's experience with us: <http://snowland.com.pk/all-testimonials/>



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