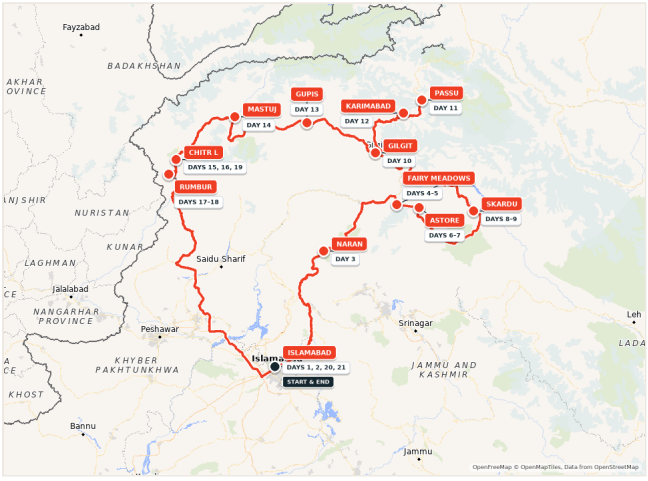
ENCOUNTERS TRAVEL

Your passport to adventure

Karakorum Highway & Chitral Valley

COUNTRY(IES)	Pakistan
TOUR TYPE	Small Group
TRANSPORT	4x4 jeep, domestic flight
GROUP SIZE	Min: 2 | Max: 16
DURATION	21 days
STARTS	Islamabad, Pakistan
ENDS	Islamabad, Pakistan
MEALS	Breakfasts - 20, Lunches - 19, Dinners - 19

TOUR ROUTE MAP **21 Days**



ROUTE: **Islamabad** (Start) → **Naran** → **Fairy Meadows** → **Astore** → **Skardu** → **Gilgit** → **Passu** → **Karimabad** → **Gupis** → **Mastuj** → **Chitr L** → **Rumbur** → **Chitr L** → **Islamabad** (End)

HIGHLIGHTS

Karakorum Highway; Hikes to Fairy Meadows, Beyal Camp, Nanga Parbat BC (optional), Herrlikoffer BC & Passu Glacier; Deosai Plains; Shigar Valley; Khorpocho, Baltit & Altit Forts; Borith Lake; Hussaini hanging bridge; Sunset at Duikar viewpoint,

Itinerary

DAY 1 Arrive in Islamabad, afternoon city tour

Arrival in Islamabad begins with the transfer from the airport into Pakistan's planned capital. The programme then introduces selected city highlights, offering an initial view of green avenues, modern architecture and the foothill setting. The day provides a smooth transition from travel to exploration, combining practical arrival arrangements with an accessible first impression of the capital.

ACTIVITIES

- **Arrive at Islamabad Airport**
  Arrive in Islamabad where you are welcomed at the airport. Transfer to your hotel and enjoy free time until the afternoon tour begins.

- **Drive from Islamabad Airport to Islamabad City Hotel**
  Travel from the airport to your hotel in Islamabad. Settle in before your afternoon tour.
- **Explore Islamabad City Highlights**
  Explore Islamabad including the Faisal Mosque, Pakistan Monument and Heritage Museum. Learn about Pakistan's culture and history while touring the capital city.

OVERNIGHT	MEALS	EXTRAS
Islamabad hotel	None	Extra night in Islamabad - pre-tour (EXPAIS), Single Room Supplement (PASGKC), Guide & Transport for extra day - Islamabad (EXPAGI)

DAY 2 Islamabad to Naran via the Jaulian Monastery & Sirkup Old City. Visit Naran Bazaar

Leaving Islamabad, visit Jaulian Monastery and Sirkup Old City, archaeological sites associated with the historic Gandhara region and its Buddhist heritage. Their remains reflect several cultural influences that shaped the area over time. The journey then turns north into mountain scenery, climbing towards Naran and creating a strong contrast between the day's archaeology and its highland destination.

ACTIVITIES

- **Drive from Islamabad to Jaulian Monastery**
  Depart Islamabad and begin travelling north into the hills. Enjoy views of the lesser Himalayan range along the valley.
- **Explore Jaulian Monastery**
  Explore the Buddhist ruins of Jaulian Monastery. Imagine monastic life as you walk through ancient meditation and living areas.
- **Drive from Jaulian Monastery to Sirkup Old City**
  Travel deeper into the historic Taxila region toward Sirkup. The road winds through fertile landscapes and archaeological zones.
- **Explore Sirkup Old City**
  Visit the remains of the Kushan-era city of Sirkup. Walk through ancient streets and imagine the city's trading history.
- **Drive from Sirkup Old City to Naran**
  Drive through the Kaghan Valley toward Naran. Pass forests, rivers and mountain scenery along the Kunhar River.
- **Explore Naran Bazaar**
  Explore the lively Naran Bazaar filled with local crafts and street food. Enjoy the colourful atmosphere before settling in for the night.

OVERNIGHT	MEALS
Hotel in Naran	Breakfast,Lunch,Dinner

DAY 3 Cross the Babussar Pass. Hike to Fairy Meadows

Travel from Naran towards Babusar Pass, crossing high mountain terrain and passing Lalusar Lake before continuing to Raikot Bridge. The route then reaches Tato Village, where road travel gives way to a hike into Fairy Meadows. Arrival reveals one of northern Pakistan's celebrated alpine settings, with open meadows, forested slopes and expansive views towards the great massif of Nanga Parbat.

ACTIVITIES

- **Drive from Naran to Babusar Pass**
  Travel up the winding mountain road toward Babusar Pass. Enjoy dramatic alpine scenery en route.
- **Explore Babusar Pass Viewpoint**
  Stop at Babusar Pass for views over surrounding Himalayan peaks. The pass marks one of the highest points of the journey.
- **Drive from Babusar Pass to Lalusar Lake**
  Descend slightly toward Lalusar Lake. The mountain scenery provides excellent photographic opportunities.
- **Explore Lalusar Lake**
  Stop beside the tranquil Lalusar Lake surrounded by rugged peaks. Enjoy the fresh alpine air before continuing your journey.
- **Drive from Lalusar Lake to Raikot Bridge**
  Continue north along the Karakoram Highway to Raikot Bridge. The terrain becomes steeper as the Indus River valley narrows.
- **Drive from Raikot Bridge to Tato Village**
  Ascend via jeep on a narrow mountain track toward Tato Village. The road clings to cliffs with dramatic drops below.
- **Hike from Tato Village to Fairy Meadows**
  Vehicles are left at Jhel Village for the 5km trek up to Fairy Meadows (3300m), which takes 2-3 hours. This is a strenuous uphill walk, a gradual climb for most of the route with one steep final section of around 30 minutes and a total elevation gain of about 650m, rewarded with an unsurpassed view of Nanga Parbat (8125m). Horses can be hired locally for around 3000Rs per person (approx. GBP13 / USD18) for anyone who would rather not walk up.

OVERNIGHT	MEALS
Fairy Meadows Huts	Breakfast,Lunch,Dinner

DAY 4 Free time or treks in the mountains around Fairy Meadows

Trek from Fairy Meadows towards Beyal Camp through forested and open alpine terrain. Clear conditions may provide views towards Nanga Parbat, although mountain visibility depends on the weather. After the walk, the remainder of the day is free for rest, photography or quiet independent exploration around Fairy Meadows.

ACTIVITIES

- **Trek to Beyal Camp in the Fairy Meadows Region**
  Take a scenic 2-3 hour trek through forest to Beyal Camp. Enjoy impressive views of Nanga Parbat before returning to Fairy Meadows.
- **Free Time in Fairy Meadows**
  Relax in Fairy Meadows or enjoy gentle walks. The peaceful mountain setting is ideal for photography and wildlife spotting.

OVERNIGHT	MEALS
Fairy Meadows huts	Breakfast,Lunch,Dinner

DAY 5 Hike down to Tato, drive to Tarashing

Walk down from Fairy Meadows to Tato Village before changing to vehicle transport for the onward journey to Tarashing. The day is primarily about moving between mountain bases, with the landscape shifting from meadow and forest terrain into valleys and settlements on another side of the Nanga Parbat region. No additional sightseeing stops are specified, keeping the focus on the descent and subsequent road transfer.

ACTIVITIES

- **Hike from Fairy Meadows to Tato Village**
  Hike downhill from Fairy Meadows back to Tato Village. Enjoy changing alpine scenery during the descent.
- **Drive from Tato Village to Tarashing**
  Travel through the forested Astore Valley toward Tarashing. The route follows narrow scenic roads through remote villages.
- **Free Time in Tarashing**
  Return to Tarashing and enjoy leisure time in the village. Interact with locals and observe rural Himalayan life.

OVERNIGHT	MEALS
Tarashing guest house	Breakfast,Lunch,Dinner

DAY 6 Hike to Nanga Parbat-Herrligkoffer Base Camp

From Tarashing, travel into the Rupal Valley beneath the imposing southern face of Nanga Parbat. A hike towards Herrligkoffer Base Camp explores a remote alpine environment of steep rock walls, glaciers and open valley floor

before returning to Tarashing. Free time later allows for rest and independent appreciation of the surrounding mountain scenery after a demanding but rewarding day outdoors.

ACTIVITIES

- **Drive from Tarashing to Rupal Valley**
  Depart Tarashing by jeep heading into the Rupal Valley. Travel along glacial moraines toward the starting point of your hike.
- **Hike from Rupal Valley to Herrligkoffer Base Camp**
  Hike across small settlements and glacier edges to Herrligkoffer Base Camp. Enjoy impressive views of Nanga Parbat's southern face.
- **Free Time in Tarashing**
  Return to Tarashing and enjoy leisure time in the village. Interact with locals and observe rural Himalayan life.

OVERNIGHT	MEALS
Tarashing guest house	Breakfast,Lunch,Dinner

DAY 7 To Skardu via Desosai National Park

The route from Tarashing climbs onto the high plateau of Deosai National Park, where expansive grasslands define the landscape. Descending towards Skardu, the journey passes Satpara Lake before visiting Manthal Buddha Rock, an important reminder of the region's Buddhist heritage. Arrival in Skardu completes a day that combines high-altitude wilderness, mountain water and historic rock carving.

ACTIVITIES

- **Drive from Tarashing to Deosai National Park**
  Travel toward the Deosai Plains, crossing high-altitude meadows. The scenery shifts from steep valleys to open alpine plateaus.
- **Explore Deosai National Park**
  Explore the vast Deosai Plains, home to wildlife such as brown bear and markhor. Enjoy the sweeping scenery of untouched mountain meadows.
- **Explore Satpara Lake**
  Stop at Satpara Lake, a turquoise mountain lake near Skardu. Enjoy views of the surrounding peaks.
- **Explore Manthal Buddha Rock**
  See the ancient Manthal Buddha carved into a granite boulder. This Buddhist relic reflects Skardu's historical spiritual influences.
- **Drive from Deosai to Skardu**
  Continue your journey to Skardu through high mountain terrain. Arrive in the Baltistan capital surrounded by dramatic peaks.

OVERNIGHT	MEALS
Skardu hotel	Breakfast,Lunch,Dinner

DAY 8 Day trip to the Shigar Valley

Travel from Skardu into the Shigar Valley, passing cultivated terraces and traditional villages before visiting Amborik Mosque and Shigar Fort. These sites introduce important elements of Baltistan's architectural and royal heritage. Returning to Skardu, a hike towards Khorpocho Fort adds elevated views and another layer of local history, completing a day of culture and mountain scenery.

ACTIVITIES

- **Drive from Skardu to Shigar Valley**
  Depart Skardu and travel into the Shigar Valley. Cross riverbanks and mountain landscapes en route to the orchards of Shigar.
- **Explore Shigar Valley Highlights**
  Explore Shigar Valley including local historical sites and orchards. Learn about Balti culture and regional heritage.
- **Explore Amborik Mosque**
  Visit the historic Amborik Mosque, an important example of Balti architecture. Learn about its cultural and religious significance.
- **Explore Shigar Fort**
  Explore Shigar Fort, a restored heritage fortress surrounded by orchards. The site provides insight into local history and royal traditions.
- **Hike from Skardu to Khorpocho Fort**
  Hike to Khorpocho Fort overlooking the town of Skardu. The remaining walls offer panoramic views of the valley.

OVERNIGHT	MEALS
Skardu hotel	Breakfast,Lunch,Dinner

DAY 9 Skardu to Gilgit via Katchura Lake

Leave Skardu for the Katchura Lakes, whose clear waters and wooded mountain setting provide a scenic stop before the journey continues towards Gilgit. On arrival, explore selected city highlights, including local markets, landmarks and viewpoints reflecting Gilgit's historic role on regional trade routes. The day moves from tranquil natural scenery into the character of a major northern town.

ACTIVITIES

- **Drive from Skardu to Katchura Lakes**
  Travel from Skardu through rugged mountain scenery to the Katchura Lakes. The road follows the Indus River.
- **Explore Katchura Lakes**
  Explore the peaceful Katchura Lakes surrounded by forest and peaks. Enjoy views and fresh air by the lakeshore.

- **Drive from Katchura Lakes to Gilgit**
  Continue along the Karakoram Highway toward Gilgit. The road winds between steep cliffs and the rushing Indus River.
- **Explore Gilgit City Highlights**
  Visit Gilgit's old British cemetery and bustling local bazaar. Gain insight into the region's history and culture.

OVERNIGHT	MEALS
Gilgit Hotel	Breakfast,Lunch,Dinner

DAY 10 — Hunza Valley, Borith Lake, Passu Glacier View

Travel from Gilgit into the Hunza Valley towards Upper Hunza, with mountain scenery and river terraces accompanying the journey. Stop at Borith Lake before taking a short trek to a viewpoint overlooking Passu Glacier and the surrounding Karakoram ridges. Continue to Passu, where free time provides a relaxed conclusion after a day combining lakeside scenery, glacial landscapes and overland travel.

ACTIVITIES

- **Drive from Gilgit to Hunza Valley**
  Travel north along the Karakoram Highway into the beautiful Hunza Valley. Towering peaks frame the route.
- **Travel from Visit Borith Lake to Passu Glacier Viewpoint Trek**
  Walk from Borith Lake to the Passu Glacier viewpoint. Enjoy views of the glacier and surrounding peaks before descending.
- **Drive from Borith Lake to Passu**
  Return from Borith Lake to your hotel in Passu. Relax after the trek and enjoy mountain views.
- **Free Time in Passu**
  Spend free time in Passu surrounded by dramatic peaks. Enjoy the scenery and local hospitality in this Upper Hunza village.

OVERNIGHT	MEALS
Passu Hotel	Breakfast,Lunch,Dinner

DAY 11 — Passu to Karimabad

A short drive and walk after breakfast brings you to the world famous Hussaini Suspension Bridge. Considered the second longest man-made hanging bridge in the world, it stretches for several hundred metres across the Hunza River, with widely spaced wooden boards and a few wire ropes all that lies between you and the rushing river below, so take care if you want to cross it. Follow the river downstream to Gulmit village, where the Pamiri Musical School and a local museum introduce the heritage of the valley, then discover the KORGAH weaving centre, where

traditional craftsmanship meets modern social impact. The centre supports women artisans in rural Pakistan, empowering them through the creation of beautiful, hand-woven textiles, so witness skilled weavers at work, learn about their ancient techniques, and perhaps even take home a unique piece that carries with it a story of sustainability and female empowerment. Continue to Karimabad, the main town of the Hunza Valley, and visit Baltit Fort, the old palace of the Mirs of Hunza. About 700 years old, the fort sits on the edge of a cliff with a ravine below and the Ultar glacier in the distance, looking out across the valley. This holdings combines mountain scenery, traditional craftsmanship and architectural heritage across several valley communities.

ACTIVITIES

- **Drive from Passu to Gulmit**
  Follow the Hunza River downstream from Passu to Gulmit. The road passes rock spires and terraced fields.
- **Discover Upper Hunza Cultural Highlights**
  See the famous Hussaini Suspension Bridge spanning the Hunza River. Carefully walk part of the bridge if you choose.
- **Drive from Gulmit to Karimabad**
  Follow the Hunza River to Karimabad, main town of the Hunza Valley. Enjoy dramatic mountain views en route.

OVERNIGHT	MEALS
Karimabad hotel	Breakfast,Lunch,Dinner

DAY 12 Drive to Gupis

West of Karimabad, the road enters the quieter valleys of Ghizer District, following river terraces and scattered highland settlements towards Gupis. The dramatic contours of central Hunza gradually open into broader landscapes along the route. Free time on arrival provides an opportunity to rest or explore independently and experience the calm atmosphere of this remote mountain town.

ACTIVITIES

- **Drive from Karimabad to Gupis**
  Head south and west into the Hindu Kush mountains toward Gupis. The road passes terraced fields and river valleys.
- **Free Time in Gupis**
  Relax in Gupis and enjoy views down the valley toward Phander Lake. Experience everyday village life in this remote region.

OVERNIGHT	MEALS
Gupis Guesthouse	Breakfast,Lunch,Dinner

DAY 13

Drive to Mastuj via the Shandur Pass

Travel from Gupis towards Shandur Pass, crossing high-altitude landscapes of broad meadows and mountain views. A stop at the renowned polo ground introduces a landmark associated with this remote crossing before the route descends towards Mastuj. The changing elevation brings softer valley scenery and historic settlements, completing a journey through a distinctive northern highland route.

ACTIVITIES

- **Drive from Gupis to Shandur Pass**
  Travel through alpine meadows and along turquoise rivers toward Shandur Pass. The route offers wide open high-mountain scenery.
- **Explore Shandur Pass (World's Highest Polo Ground)**
  Visit Shandur Pass, home to the world's highest polo ground. Enjoy views of surrounding peaks and high pastures.
- **Drive from Shandur Pass to Mastuj**
  Descend from Shandur Pass to the quiet village of Mastuj. The road continues between snow-capped mountains and rivers.
- **Free Time in Mastuj**
  Spend a peaceful evening in Mastuj. Take in the mountain views and relaxed village atmosphere.

OVERNIGHT	MEALS
Mastuj Guesthouse	Breakfast,Lunch,Dinner

DAY 14

Drive to Chitral

This traditional route has been used for centuries by the traders between Chitral and Gilgit. After lunch there is time to explore the streets and alleyways of Chitral town. The bazaar, overshadowed by the icy ramparts of Tirich Mir (7708m) up valley, has a really interesting atmosphere, with merchants from as far as the Punjab and Afghanistan peddling an eclectic selection of merchandise - semi-precious stones, locally woven cloth, the famous chitrali caps, old medals,etc. Visit the Bazaar and dinner at Kabuli Restaurant.

ACTIVITIES

- **Drive from Mastuj to Chitral**
  Follow the traditional trade route from Mastuj to Chitral. The journey winds through valleys long used by merchants and travellers.
- **Visit Chitral Bazaar and Town**
  Explore the streets and bazaar of Chitral. Browse stalls selling local caps, cloth and stones beneath views of Tirich Mir.

OVERNIGHT	MEALS
Chitral hotel	Breakfast,Lunch,Dinner

DAY 15

Day trip to Garam Chashma

Travel from Chitral to Garam Chashma through narrow mountain valleys and spend time around the natural hot springs before returning by road. Once back in Chitral, the remainder of the day is free. The combination gives you a scenic highland excursion followed by flexible time to relax or explore independently.

ACTIVITIES

- **Drive from Chitral to Garam Chashma**
  Drive from Chitral into the nearby valley of Garam Chashma. The road follows streams and farmland into the hills.
- **Explore Garam Chashma Hot Springs**
  Visit the hot sulphur springs of Garam Chashma, famous for their healing reputation. See pilgrims and locals using the pools.
- **Drive from Garam Chashma to Chitral**
  Return from Garam Chashma to Chitral. Enjoy the valley scenery on the drive back.
- **Free Time in Chitral**
  Use free time in Chitral to relax or explore independently. Soak up the atmosphere of this historic mountain town.

OVERNIGHT	MEALS
Chitral hotel	Breakfast,Lunch,Dinner

DAY 16

Drive to the Rumbur Valley. Learn about the Kalash People

Drive from Chitral to Rumbur Valley and visit the Kalash community before the overnight stay at Saifullah Guest House. The source mentions theories about Kalash origins but these remain uncertain and should not be presented as fact. The cultural focus includes traditional clothing, beliefs, customs and local architecture. No staged performance, meal or specific household visit is stated, so none has been added.

ACTIVITIES

- **Drive from Chitral to Rumbur Valley**
  Travel from Chitral into the remote Rumbur Valley. Enter the homeland of the Kalash people.
- **Explore Rumbur Village**
  Visit Rumbur village and see traditional Kalash houses and dress. Learn about life in this secluded valley.

- **Learn About Kalash Culture in Rumbur Valley**
  Spend time learning about Kalash beliefs, clothing and customs. Hear stories about the people who have lived here for centuries.

OVERNIGHT	MEALS
Rumbur guesthouse	Breakfast,Lunch,Dinner

DAY 17

Nuristani village & Bumburet Valley

The day begins with a walk from Rumbur towards a neighbouring Nuristani village, passing terraced fields and traditional wooden architecture. Continue to Bumburet for village visits and the local museum, which provides further context on Kalash culture and craftsmanship. The journey links neighbouring highland communities and offers insight into the traditions that continue to shape these valleys.

ACTIVITIES

- **Walk from Rumbur to Nuristani Village**
  Walk from Rumbur to a nearby Nuristani village. Follow footpaths through fields and small hamlets.
- **Walk from Nuristani Village to Rumbur**
  Return on foot from the Nuristani village to Rumbur. Enjoy more close-up views of valley life and landscapes.
- **Drive from Rumbur to Bumburet Valley**
  Drive from Rumbur to the neighbouring Bumburet Valley. The road follows narrow mountain tracks between villages.
- **Explore Bumburet Village**
  Visit Bumburet village and see more of Kalash daily life. Observe traditional wooden houses and terraced fields.
- **Explore Kalash Museum in Bumburet**
  Explore the Kalash Museum in Bumburet, which showcases local history and culture. Learn about artefacts, clothing and rituals of the Kalash people.

OVERNIGHT	MEALS
Rumbur guesthouse	Breakfast,Lunch,Dinner

DAY 18

Summer Palace visit, Birmoghlasht

Travel back from the Kalash valleys to Chitral before continuing to Birmoghlasht for the former summer palace area and a hill walk. Clear weather may reveal broad views across the surrounding mountains. Later, return to Chitral and visit the Old Mosque, balancing the highland excursion with time at an important town landmark.

ACTIVITIES

- **Drive from Rumbur to Chitral**
  Leave Rumbur and return by road to Chitral. The journey retraces valley and river routes.
- **Drive from Chitral to Birmoghlasht Summer Palace**
  Drive uphill from Chitral to the hilltop at Birmoghlasht. The road climbs to the former Summer Palace above the town.
- **Explore Summer Palace in Birmoghlasht**
  Visit the old Summer Palace used by the Mehtar of Chitral. Enjoy cooler air and views over the valley.
- **Hill Walk in Birmoghlasht Viewpoints**
  Take a short hill walk around Birmoghlasht for panoramic viewpoints. Have lunch while enjoying wide vistas of the surrounding peaks.
- **Drive from Birmoghlasht to Chitral**
  Drive back down from Birmoghlasht to Chitral town. Return to your hotel for the evening.
- **Explore Old Mosque in Chitral**
  Visit an old mosque in Chitral and appreciate its traditional architecture. Learn how it fits into local religious life.

OVERNIGHT	MEALS
Chitral hotel	Breakfast,Lunch,Dinner

DAY 19 Chitral to Islamabad flight

Travel by air from Chitral to Islamabad and experience the geographical shift from the Hindu Kush to Pakistan’s capital region. Weather and flight conditions may influence the views during the journey, but the change in terrain remains a noticeable part of the experience. Arrival in Islamabad completes the transfer from the remote north back to a major urban centre.

ACTIVITIES

- **Travel from Flight Chitral to Islamabad**
  Travel from Chitral back to Islamabad by air when conditions allow. Enjoy aerial views of the mountains on the way to the capital.

OVERNIGHT	MEALS
Islamabad hotel	Breakfast,Lunch,Dinner

DAY 20 Visit Taxila and Islamabad

Travel from Islamabad to Taxila for visits to the museum and Jaulian Monastery, introducing the archaeological heritage of the ancient Gandhara region and its Buddhist traditions. Continue to Rawalpindi and the lively Raja Bazaar before returning to Islamabad for selected city landmarks. The route combines ancient history, traditional

urban life and the planned character of the capital.

ACTIVITIES

- **Drive from Islamabad to Taxila**
  Drive from Islamabad to the nearby historic city of Taxila. The short journey leads into one of South Asia's key archaeological regions.
- **Explore Taxila Museum**
  Visit the Taxila Museum to see sculptures and artefacts from the Gandhara period. Gain an overview of the region's rich Buddhist and cultural heritage.
- **Explore Jaulian Monastery**
  Explore the Buddhist ruins of Jaulian Monastery. Imagine monastic life as you walk through ancient meditation and living areas.
- **Drive from Taxila to Rawalpindi**
  Travel from Taxila to nearby Rawalpindi. Settle into your hotel for the final night.
- **Explore Raja Bazaar Rawalpindi**
  Explore the vibrant Raja Bazaar with its gold and silver markets. Observe traditional craftsmanship and local trade.
- **Explore Islamabad City Highlights**
  Explore Islamabad including the Faisal Mosque, Pakistan Monument and Heritage Museum. Learn about Pakistan's culture and history while touring the capital city.

OVERNIGHT	MEALS
Islamabad hotel	Breakfast,Lunch,Dinner

DAY 21 Departure from Islamabad

Free time in Islamabad provides a relaxed final period before departure, with flexibility for independent exploration or personal preparations. A scheduled transfer then connects the hotel with Islamabad Airport for the onward flight. The day offers a conclusion to the itinerary, allowing the journey through Pakistan's landscapes, cities and cultural heritage to end with an unhurried farewell.

ACTIVITIES

- **Free Time in Islamabad**
  Spend free time in Islamabad before departure. Relax at the hotel or explore the city independently.
- **Drive from Islamabad Hotel to Islamabad Airport**
  Transfer from your Islamabad hotel to the airport. Prepare for your flight home.
- **Depart from Islamabad Airport**
  Depart Islamabad as your tour ends. Check in for your onward or homeward flight.
- **Tour Ends in Islamabad**
  The Pakistan Mountain Expedition Tour concludes in Islamabad. Farewell to Pakistan's mountains, valleys and

cultural sites.

OVERNIGHT	MEALS	EXTRAS
N/A	Breakfast	Lahore Extension

INCLUDED

- Accommodation in comfortable hotels, guesthouses and cabins
- Airport arrival and departure transfers
- Domestic Flight (Chitral-Islamabad)
- Transport in rugged 4x4 vehicles
- Visa invitation letter
- Sightseeing tours in Islamabad & Rawalpindi
- Various guided mountain hikes throughout the route
- Pakistani clothes (Shalwaar Chemise)
- Meals - 3 meals per day
- Tea & Coffee morning & afternoon
- Loca English speaking guide

EXCLUDED

- International flights
- Visas
- Travel insurance (compulsory, get a quote here)
- Drinks, snacks & tips
- Other personal expenses (eg. laundry)
- Optional excursions

Tour Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements , full details are given on the tour reservation form or on request.

Extra night in Islamabad - pre-tour (EXPAIS)

Min numbers: 1

This option adds an extra night in Islamabad to the start of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

Single room supplements apply.

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Extra night in Islamabad - post-tour (EXPAIE)

Min numbers: 1

This option adds an extra night in Islamabad to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

Single room supplements apply.

Guide & Transport for extra day - Islamabad (EXPAGI)

Min numbers: 1

If you will be adding extra nights to either end of your tour in Pakistan with us, then you may also wish to book a guide and vehicle for your extra day.
This option provides that guide and vehicle for you in Islamabad. The guide will also accompany you on your arrival or departure airport transfer.
Solo traveller supplements apply.

Lahore Extension

Min numbers: 1

This option extends your time in Pakistan to visit the bustling city of Lahore, the second largest city in Pakistan. The extension includes 2 nights in Lahore, followed by a final night in Islamabad.

Day 1 - Drive from Islamabad to Lahore.

Leave Islamabad this morning, heading to Lahore. En-route we'll visit Rohtas Fort. In the afternoon, visit Lahore Fort & Badshahi Mosque. This evening we'll visit Gawalmandi Food Street - Dinner is not included but there are plenty of options to choose from. Overnight in 3-star hotel.

Day 2 - Exploring Lahore and visiting the Wagah Border.

Morning visit to Lahore Museum and Masjid Wazir Khan. Afternoon visit to Shalimar Garden. In the evening we'll visit the Wagah Border. Overnight in 3-star hotel.

Day 3 - Anarkali Bazar and Jahangir's Tomb. Return to Islamabad.

Morning visit to Anarkali Bazaar. Afternoon visit tp Jahangir’s Tomb and then drive back to Islamabad. Overnight in Islamabad hotel.

Day 4 - Transfer to islamabad Airport.

You'll have free time in Islamabad today until you are transferred to the airport for departure.

Note: Pricing for this option is based on a minimum of 2 travellers, sharing a twin/double room. Single traveller rates apply.

Important Notes

1 Accommodation

This tour stays in a mix of different accommodation, based partly on what is available in some of the remote areas we are visiting. In Islamabad and Rawalpindi we stay in a comfortable tourist class hotel (locally rated 3 or 4 star), while hotels and guesthouses are more simple and with less facilities further up the KKH. Bathrooms are en-suite in nearly all locations.

Accommodation is based on a twin-share basis, with single room supplements available if you would like to guarantee yourself a single room throughout the tour.

2 Transport

The transport for this tour is based on using rugged local 4x4 jeeps. While the majority of the Karakorum Highway (KKH) has been improved and re-surfaced, we will also be travelling on some rough gravel tracks and roads where this type of vehicle is needed. We only use drivers experienced in driving on the KKH and on remote roads like these. Seatbelts are provided and should be worn.

This tour also includes a domestic flight between Chitral and Islamabad. Due to the high mountainous region in which this tour takes place, domestic flights are occasionally grounded due to weather conditions. If this is the case, payment for this flight upgrade will be collected locally.

3 Transfers

This tour includes your arrival and departure airport transfers and all other transfers throughout the itinerary. You will be provided with detailed information fo where to meet our representative in the airport, as well as a local contact telephone number and our own 24-hour emergency phone number, when we send you your final tour voucher approximately two weeks before your departure.

If your flight arrives in the early hours of the morning, you may like to book an extra night in the hotel so a bed is available for you to get some rest and sleep before the tour starts. Subject to your arrival time, you may be able to rest in the reception area of the hotel until your room is avaliable (we will aim to help you check in early, but this will be subject to the hotel's occupancy - standard check in times are 2-3pm).

4 Joining on Day 1

This trip starts with an afternoon tour of Islamabad on Day 1. We normally meet in the hotel at 1.30pm and leave at 2pm - this will be confirmed by our representative if we pick you up from the airport, or by a notice in the hotel reception if you are making your own arrangements to get to the hotel. If your flight arrives after around 11am on Day 1 you will miss this afternoon tour. Extra nights are available in the same tour hotel if morning arrival flights are not convenient for your dates or departure airport. During this first meeting with the guide, we will also collect a photocopy of your passport information page and your travel insurance policy details.

5 Activity Level

You do need to be relatively fit and mobile to enjoy this tour at its best. There are several days on this trip where hikes through the mountains are included. However, generally these are optional and can be skipped or shortened if you wish. We do not consider this to be a trekking tour - it is a sightseeing tour with some hikes and walks built into it. The only exception really is the walk up to Fairy Meadows on Day 3 where the accommodation can't be reached by vehicle. This is a strenuous uphill walk of around 5km, which we take slowly and spread over 2-3 hours. It includes a gradual climb for most of the route, with one steep final section of around 30 minutes (total elevation gain around 650m). However, horses can be hired locally for around 3000Rs per person (approx. GBP 13 / USD 18) if you don't want to walk up. The trek in the mountains around Fairy Meadows on Day 4 you can make as hard or easy as you like. It's a beautiful place and just chilling out and enjoying the view for the day and not doing any walking would be fine.
On Day 5 we walk back down from Fairy Meadows again. This is nearly all downhill, and fairly easy walking apart from the first steep section. Horses can be hired again if required so you don't have to walk (you'd be led - you don't need to be an experienced rider at all).

Then on Day 6, the hike is around 8km / 4 hours at an easy pace, but this one is optional and you can skip it completely, or do a shorter version if you wish, according to how you feel.On Day 8 the walk to Khorpocho Fort is less than an hour there and back, but it's a steep narrow path and can be skipped if you wish.
On Day 10, the walk at Borith Lake is around 2 hours up to the viewpoint, but can be shortened - you don't need to do the full thing.

Overall, you can do a lot of hiking if you wish, and it is a spectacular place do trek. However, you can also do much shorter walks, or miss them all out and just enjoy the scenery if you prefer. So, you don't need to be very physically fit to do this trip, but you do need to be comfortable with the options for the Fairy Meadows section.

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6 Group Size/Tour Leaders/Guides

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. There's no point in us providing great guides if you've got to peer over 30-40 shoulders to see them! So, we set our Pakistan small-group departures to have a maximum of 16 travellers. The minimum group size is 2.

In Pakistan we provide a fully trained, local English-speaking tour leader/driver to accompany our groups. Additional specialist local guides may be used for some of the sightseeing tours and activities included in the tour.

At Encounters Travel we have a policy of aiming to use only local Pakistani guides and reps wherever possible. We feel this provide support to the local population and economy and also gives you the best experience of the country and the sites you are seeing.

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7 Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if

you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please contact us if you would like any more information or have any questions before making a booking.

8 Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.
We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see our website or booking conditions for more information.

9 Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.
The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.

- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

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10 Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

https://x.com/encounterstravl (yes, without the 'e')

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11 Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? World Nomads Travel Insurance offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

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12 Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current official government travel advice for your destination. We are registered partners with the UK Foreign Office's 'Travel Aware' campaign which provides further useful and invaluable information.

travel aware
gov.uk/travelaware

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13 Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can’t fit through.

- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

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14 Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please contact us.

15 Security

Generally Pakistani people are some of the friendliest on earth, but all major cities have their share of petty crime (just like our cities!) and sensible precautions need to be taken. Wearing expensive looking jewellery, watches and carrying cameras, will draw unnecessary attention to you. Leave valuables such as passports, excess money etc in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discrete than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets. Single women in particular need to be careful & we would suggest that it is safer to be in a group.

FCDO Advice - The UK Foreign, Commonwealth and Development Office (FCDO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and potential issues in the countries they plan to visit before committing to a trip with us.

As an adventure tour operator, some of our trips will travel to areas that are rarely-visited and occasionally attract negative publicity. We are not in the business of taking our travellers or indeed staff to regions that we consider dangerous and the safety of all who travel with us is always our main priority. However, as a discerning customer we understand you will want to be aware of any risks before travelling. We liaise with the FCDO on specific regions or areas as necessary, as well as monitoring open media outlets and political risk resources, and speaking to our contacts on the ground.

In some rare cases, our trips may have to travel through areas against which the FCDO either ‘advise against all but essential travel’ or ‘advise against all travel’. When our trips travel through these areas we will carry out all due diligence and notify you in advance. This advice can change without notice. In these instances you will need to ensure you have full and comprehensive travel insurance that includes cover for these areas – some policies will exclude them. We are able to recommend additional cover, if required. It may also be required that you read and sign a short information sheet confirming you have been advised of the risks and agree to travel contrary to the FCDO advice.

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

16 Climate

With its geographical spread from the Arabian Sea to the heights of the Karakorum and Himalayan mountains, Pakistan has an extreme of weather conditions.
The areas we visit in the north are generally only passable during the summer months from June to October. Temperatures can be as high as 40 degrees during the day at lower altitudes, while cooler but with a powerful sun at altitude. At night, especially from September, temperatures can drop to sub zero. Flooding is possible and thunderstorms can be heavy during July and August, but this is still most definitely the best time of year to visit!
For our tours in the southern half of the country we prefer to travel between October and April, as it is the drier season and the temperature is a little cooler in the evenings. You should still expect high temperatures and some

hot, humid days and nights.

17 Tipping

Tipping is often expected and relied upon. It is often more than a reward for services well done, but, as wages are extremely low, it is an accepted means of supplementing an income. If you would like to leave a tip for any activity/individual, you could organise this as a group and give a tip at the end. Your guide will be able to advise and will sometimes leave tips for your local restaurant meals, as part of your trip price.

Because it can be difficult to know what to tip, and because it has such importance in some areas both economically and culturally, there may be times and activities for which your guide will make it clear what level of tipping is 'customary/expected'. This is motivated by the knowledge of how important tipping can be, and the offence or confusion that can be caused when local people are tipped poorly. In the end, tipping remains at the discretion of the individual and their budget, but our guides will continue to advise on normal or average rates, and we would ask you to carefully consider the economic or personal impact of being seen as 'under tipping'. We know that many who travel with us are on a tight budget, but ask you to consider that many local people face financial hardship, and also work very hard to try to give you unrivalled service/experiences.

In the past we have been asked by travellers about tipping your guide. If you choose to do this, it would be budgeted separately from the above. Our guides work very hard at making your trip a great travel experience. Working overseas can often be challenging and they are pretty much on call for you 24 hours a day, so it's appreciated as a thank you for hard work and good service, but of course not mandatory or expected. Our suggestion is to budget around US$3 to US$6 per person per day, again subject to your budget and your satisfaction with the service provided.

18 Money

The currency unit for Pakistan is the Pakistani Ruppe (Rs, or PKR).

As a general rule it is best to bring your spending money in a combination of cash US dollars, pre-paid travel currency cards and debit/credit cards. Make sure that all your notes are in good condition. Old, torn or marked notes are often refused by the banks and shops**.**

Spending Money

From past trips and traveller feedback we would recommend changing US$100 to US$150 (or GBP equivalent) to local currency while you are in Islamabad. This will pay for any extra drinks, snacks and a few souvenirs during the trip. Peronal spending habits and budgets can vary greatly from person to person, but generally there isn't a lot to spend your money on during our Pakistan tours as most things are already included.
If you plan on buying more expensive souvenirs, such as a carpet, then budget for this separately. US Dollars would be the best currency for this.

Changing money

Change your money only at banks, hotels, airports or forex bureaus. It is illegal to change money on the street, and people offering this service may be opportunistic thieves or undercover police. Your guide will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to

allow for the unexpected.

Credit & Debit Cards

If you are intending using your credit or debit card, we suggest taking more than one card with you as you may find that your card is not accepted in the first ATM you try. Visa or Mastercard are preferred rather than American Express. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked.

Pre-Paid Travel Currency Cards

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip, but again do not rely on these as your sole means of funds on a trip. Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision. When using these cards abroad you will use them to withdraw the local currency from an ATM and not the currency that you loaded onto the card.

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19 Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

Pakistan: Additional vaccinations: Diptheria, Hepatitis A, Polio, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Yellow fever rules for India are quite complicated and lengthy. Please read the WHO guidance.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting. In general Malaria is present throughout the year in all areas of Pakistan below 2000m except the Punjab and the city of Karachi. Risk is highest in rural areas from July to December. Areas of high risk include much of the south, and western part of the country including Chitral. Areas of low risk include the northern mountains and Eastern areas. Here malaria prophylactics are often not advised for short trips.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vacinnation may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

20 Altitude Sickness

This is caused by thin air (due to lack of oxygen) and can affect anyone arriving at high altitude (above 3000mtrs). The symptoms are headaches, dizziness, shortage of breath and possibly nausea. To avoid this or alleviate the symptoms it is important to make a point to acclimatize by arriving into a high altitude destination a few days early and make sure you do not over exert yourself, rest for a few hours, avoid drinking alcohol, smoking, large meals and drink plenty of water.

As our tours in northern Pakistan travel by land (as opposed to flying into a high altitude location) we should acclimatise gradually, and so avoid the risks of mountain sickness. If you do have any symptoms you should discuss these with your guide who will be able to make adjustments to your itinerary if necessary.

21 Passports and Visas

Your passport expiry date must be at least 6 months after your time in Pakistan finishes. Do not bring a full or almost expired passport. We also recommend you have a machine-readable passport - ff you have an old-style manually issued passport you should replace this with a new machine-readable passport before you travel.

All nationalities will need to arrange their Pakistan tourist visa in advance via the new streamlined process which can be accessed at - Visa Prior to Arrival Website

As of 1st January 2026, the Pakistan Government suspended their free visa on arrival programme which was previously in place for 126 countries, as a result of this change, all tourists now need to apply for their visa prior to arrival in Pakistan, using the following link - Visa Prior to Arrival Website. We will provide you with a 'Letter of Invitation' (LOI) which will be required during your application. We will require a scanned copy of your passport to issue the invitiation letter.

You should apply for your visa at least one month before you are due to arrive to allow for processing time and possible checks.

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements**.** It is **your responsibility** to ensure you have all the relevant visas you require.

22 International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don’t include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we’ll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Our Pakistan tours start and finish at either Islamabad airport (ISB) or Karachi airport (KHI).

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines may be more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

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23 Time

Pakistan Standard Time is GMT/UTC + 5. Daylight saving time is not applied.

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24 Voltage

In Pakistan, sockets are mainly two or three round pronged and 230 volts / 50Hz (Type C,D). Type C plugs with 2 round pins should fit in nearly all sockets.

Universal adaptors are available in most airport shops if you don't have one already. Standard UK-European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are sometimes available on request from the hotel reception if not in your room already but cannot be guaranteed.

If you have US appliances (110 volts) you may need a voltage converter as well as a plug adapter.

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25 What to take

Luggage: Whatever you're doing in Pakistan, you'll find that large rigid wheeled suitcases are cumbersome - you may be able to wheel them inside the airport and your hotel, but due to the condition of roads and pavements that's often about it. As many of our tours involve a degree of adventurous activity, we strongly advise you to bring a more practical bag for these i.e. a rucksack or holdall. These are also much easier to fit into vehicles like jeeps than rigid suitcases. If you are trekking, or doing a lot of travel throughout the country, then as little as possible is the basic message. A rucksack or holdall (50-70 liter approx.) for your main luggage, and a daypack for you to use

during the day should be plenty. The trekking included on our standard tours in Pakistan is all done as single day treks, so your main luggage will be left behind in the hotel or in the vehicle. So, you'll just need to take a daypack with things you'll need during the day. Do bring one big enough to carry waterproofs and extra clothing as the weather can change quickly in the mountains.

Luggage limits: Most international airlines allow 20-23kg per person of hold luggage. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

If you are doing any overnight treks with us, we ask that you keep the weight of your main bag that the porter will carry to a maximum of 12.5kg. This then allows the porter to carry up to 2 bags, and a maximum of 25kg.

Clothing & Climate: Pakistan has a climate that ranges widely depending on when you visit, and where you are visiting.
June to August - monsoon season - please make sure you bring waterproof clothing. While the rains are not as persistent in the mountains, there may well be heavy showers and thunderstorms.
September - If you are travelling in northern Pakistan in September, ensure you pack extra warm clothing as it can get very cold at night.

At the start of the tour you will be given 2 x Shalwaar Chemise, which are worn by the local people. You don’t have to wear these, but we find they are very comfortable and you will blend in more and be appreciated and accepted more freely by the locals. There is room to wear trousers or shorts / T shirts / shirts / blouses underneath when the weather gets cold. Moderate and modest dress is the order of the day wherever we go.

Women will be required to wear head scarves, long sleeves and either loose fitting ankle length skirts or pants. Your guide can advice more on which areas you are travelling through which may be more strict or relaxed about dress codes for women. Men should also be conservatively dressed and will need long trousers and long sleeved shirts. Both men and women will need to wear covered shoes in certain areas. Shorts are generally not considered acceptable for males or females throughout Pakistan and we have only included them on the list for use underneath your Shalwaar Chemise.

All tours: We recommend that you bring a refillable water bottle, sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries (including tampons if required as these can be hard to find in the country), money belt, small torch, camera & charger, plug adaptor.

Whilst trekking:

Suggested Clothing and equipment: Strong hiking boots or walking shoes that you have broken in; lightweight waterproof and windproof jacket; (waterproof gaiters, waterproof over trousers - these are only necessary on some treks in some seasons - contact us for further info if required); 3 or 4 t-shirts; several pairs of light socks; 2 pairs of heavier woollen socks; underwear including thermals; warm hat and gloves; swimwear; pair of lightweight trousers; pair of shorts; 1 fleece or warm jumper and 1 sweatshirt. Also, sunglasses, torch and batteries, toiletries (include a lighter to burn toilet paper), bring biodegradable shampoo & soap, towel, blister kit, money belt and any personal medication you might require. Remember, Lots of layers are the key to staying warm and comfortable. Also,

keeping your feet comfortable and healthy makes a huge difference to how you enjoy your trek. So, bring waterproof boots/walking shoes and plenty of pairs of socks so you can change them regularly.

Day Packs and Main luggage: You will want a sturdy and comfortable daypack to carry your day-to-day items with you while you are walking (waterproofs, clothes you may change in and out of regularly, drinks, snacks, camera). On any multi-day treks you will also need a sturdy holdall or backpack for your main luggage. Your porters or ponies will carry this for you, so suitcases are not appropriate. They may leave earlier than you, and may not walk with you throughout the entire day, so bear in mind that you won't have access to this luggage all the time - you need to ensure you are carrying everything you require during the days walk in your daypack. You can leave luggage behind in storage at your hotel so you don't need to take everything with you on the trek.
