Nanga Parbat, Fairy Meadows and the Rupal Face

Trip Code: NPA

Version:

WALK & TREK	GUIDED GROUP	6 MODERATE



HIGHLIGHTS

- Gilgit, Karimabad and the famously picturesque Hunza Valley
- Nanga Parbat views from the Raikot Base Camp above Fairy Meadows
- Trek into the pristine and rarely-visited valley above the Rupal villages

- Some of the most dramatic mountain scenery in the world

AT A GLANCE

- 8 days trekking
- Max altitude - 4173 metres
- Join at Islamabad

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

In northern Pakistan, the junction of the Hunza River with the Indus is overlooked by Nanga Parbat (8126m) the ninth highest mountain on Earth. Marking the western end of the long chain of the Himalayas, where it butts up against the Karakoram, Nanga Parbat is one of the most spectacular peaks on the planet. It is also surprisingly accessible and this 2-week adventure holiday will take us to the base camps on two sides of the mountain; the first above Fairy Meadows to the north and the second to the Rupal Face on Nanga Parbat's south side.

Flying from Islamabad to Skardu and driving to Gilgit, we enjoy a day of sightseeing at Karimabad in the Hunza Valley before making the short approach to Fairy Meadows, where the entire north face of this awe-inspiring mountain is presented to us. Then, after an acclimatisation day, 2 further short trekking days will take us alongside the mighty Raikot Glacier to the base camp area directly beneath the peak. Turning our attention to the northern approach, we then drive via Astore to Tarshing and from here a second short trek through the fertile fields of the twin Rupal villages will take us to a camp beside the Shaigiri Glacier, a fantastic viewpoint for the Rupal Face. If you are looking for dramatic mountain scenery without having to undertake a long or sustained trek, this holiday has a lot to offer.

Is this holiday for you?

Focusing on Nanga Parbat from two sides, this holiday includes 7 quite short trekking stages. The underfoot conditions we will encounter will generally be straightforward, but there will be a couple of days which will include negotiating sections of poor trail on unconsolidated glacial debris and moraine. The holiday includes a number of vehicle transfers and the longest of these will be during the 2-day return to Islamabad via the Babusar Pass and the scenic Kaghan Valley. No specialist skills nor equipment are needed for this trek but a sense of adventure and a willingness to adapt to the needs of self-supporting group travel will stand you in good stead.

Itinerary

Version:

Holiday Information

What's Included

- An experienced KE Western leader
- Islamabad Airport transfers for international flights on Day 1 and Day 14
- The flight to Skardu and associated airport transfers
- All land transport involved in the itinerary
- All accommodation as described in the trip dossier
- All meals throughout the holiday
- Full trekking service including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Pakistan Visa
- Tips for local guides and support staff
- Guided Islamabad sightseeing
- Miscellaneous expenses - drinks and souvenirs etc
- PLEASE NOTE: an airport departure tax of Rs500 is sometimes payable

Important Notice

Travel on the Karakoram Highway

We encourage you to read the up to date Travel Advice on the FCDO website. Currently, the FCDO warns against travel on the Karakoram Highway (KKH) between Mansehra and Chilas.

Flying from Islamabad to Skardu and driving back to Islamabad by way of the N-15 National Highway across the Babusar Pass, we avoid travelling on the proscribed section of the KKH.

Only in the rare case of a flight being cancelled and/or the Babusar Pass road being closed, would we be obliged to travel on the above-mentioned section of the KKH. In this event your insurance cover may be compromised.

We have been taking groups to Pakistan for 40 years and have never had any problems on this road. In actuality, the journey along the Karakoram Highway is spectacularly scenic and an epic experience which has been enjoyed by hundreds of KE clients.

Joining Arrangements & Transfers

All clients arriving on Day 1 will be met at Islamabad Airport by the trip leader or a KE 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 holiday. Clients booking a Land Only Package should let us know if Islamabad Airport transfers are not required. Land Only clients MUST provide the KE office with full details of their flights. Full joining instructions together with hotel contact details and an emergency number will be provided with your booking confirmation.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Whether staying in tourist cabin accommodation on the Fairy Meadows side of the mountain or camping below the Rupal Face, a mix of local and Western dishes will be provided by our trained trek cooks. Breakfasts consist of cereal, muesli or porridge, eggs, bread or chapatti, tea and coffee. Lunch is generally a picnic consisting of a choice of canned fish, tinned meats, cheese, pickles, pate, and crackers or chapattis, sometimes accompanied by hot soup and noodles, and finished off with tea or coffee. Dinner is a three course meal; soup, main course, dessert. It is not unusual at several of the hotels we use that dinner is provided in the form of a buffet with a choice of meals.

Accommodation

During this trip the group will spend two nights in Islamabad at a good standard hotel. There will also be one night in a tourist class hotel in Gilgit and one night in Karimabad. On the first of the short treks, above Fairy Meadows, we will stay in simple wooden tourist cabins. On the Rupal side of the mountain we will stay in lodge accommodation at Tarshing and we will also be camping for a couple of nights. All accommodation is based on twin-share and if you are travelling by yourself you will be paired with another single client of the same sex. At the hotels there are usually en-suite facilities, whilst at the tourist cabins there is more likely to be a central toilet block. For all 11 of the nights in hotel or cabin or lodge, single room occupancy can be arranged at supplementary cost. Similarly, you can pre-book single tent occupancy for 2 nights at supplementary cost. Additional hotel nights in Islamabad can also be pre-booked. Hotels are subject to availability and prices may vary.

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 fly more often than not, but cancellations can occur and in these circumstances we will travel by road. If we were not prepared to do this, our groups would risk being stranded in Islamabad. See our 'Important Notice' about travel on the Karakoram Highway for more details.

Group Leader & Support Staff

The group will be led by an experienced KE Western leader assisted by a local guide. During the trekking the group will be accompanied by a support crew, including a team of porters who will carry all equipment and personal trek bags. When camping there will also be a cook and assistant. Our local crews are made up of local villagers who depend on working for trekking groups to supplement their subsistence income. Most of the crew will have worked with KE groups before. Travelling with these friendly and hardy people is a major part of the experience of Karakoram trekking.

Spending Money

Approximately £200 (or equivalent in US dollars, 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 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. 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 Gilgit 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, if you are happy with the services provided. As a guide, we recommend that each group member contributes around £100 (in rupees) to these tips - although the amount you give is entirely up to you 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.

Baggage Allowance

For this holiday you should take one piece of luggage (a robust holdall works well) and a daypack. Your baggage will be carried in the support vehicle and by porters or ponies during the trekking. The packed weight of your bag whilst trekking including your sleeping bag and camping mattress should be no more than 12.5 kgs. You should note that this allowance which is governed by maximum porter loads, is slightly less than allowances for treks in India and Nepal and is quite strictly adhered to. It is possible to leave travel clothes and any other items not required on trek at the group hotel in Islamabad.

Meal plan

All meals are included in the holiday price from arrival on Day 1 to breakfast on Day 14.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

All British passport holders are required to obtain a visa for entry into Pakistan. Download our Pakistan Visa Information document for full details of how to apply.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Pakistan is the Pakistani Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. You need to be comfortable walking for 6 hours on the longest of the trekking days and you need to be able to cope with a variety of terrain including loose scree and boulders. Regular hiking in hilly country is the best training but running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

From mid-June to the end of August, we can expect to encounter temperatures as high as 25 to 30°C at Gilgit and 20 to 25°C at Fairy Meadows (3300m). If the weather is clear, it will be warm during the day and cool in the evenings above 3000 metres. This part of Pakistan is reasonably sheltered from the effects of the monsoon and the weather tends to be settled during the summer. However, weather in mountainous areas is notoriously difficult to predict, and short-lived storms can occur at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Books

- Trekking in the Karakoram: Pakistan. Bart Jordans
- Trekking in Pakistan. Isobel Shaw.
- Karakoram Highway. King.
- Top Treks of the World. Steve Razzetti.
- Throne Room of the Mountain Gods. Galen Rowell.

Maps

There are no easily available maps providing reasonable coverage of this route.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. You do not have to bring everything on the list and you should use your own experience and judgement, but we ask you to ensure you have the items on the mandatory list.

When selecting clothing for this holiday, please be culturally sensitive. Tight fitting or revealing clothing is not appropriate. Shorts and tee shirts can be worn but only once we are above the highest villages.

You must bring the following items:

- Hiking boots
- Sports sandals or old shoes (for river crossings)
- Waterproof overtrousers
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (e.g. down)
- Scarf or buff
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 to 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)

• Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)

• Water purification tablets

• Sleeping bag (comfort rated -10°C)

• Thermarest or similar sleeping mat

• Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, and re-hydration salts (Dioralite).

• Small padlock (to lock your KE trek bag)

Packing Checklist:

• Trainers for camp use

• Spare laces

• Trekking trousers

• Baselayer shirts

• Shirts or T-shirts

• Thermal underwear

• Wash kit

• Small towel

• Antibacterial handwash

• Swim wear

• Trekking poles (recommended)

• Insect repellant

• Washbag and toiletries

• Sleeping bag liner

• Travel clothes

• Pen-knife (note: always pack sharp objects in hold baggage)

• Repair kit – (eg. needle, thread, duct tape)

• Camera

• Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)

Notes:

PHD Gear Advisor

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. View >> http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=18

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

Nanga Parbat, one of the most spectacular mountains on earth, has played a surprisingly small part in KE's 40-year history of travelling in this part of the word. Addressing that apparent oversight, this exciting new trekking holiday brings the mountain firmly into centre-stage.

Please Note This document was downloaded on 16/11/2026 and the trip is subject to change