Nanga Parbat, Fairy Meadows and the Rupal Face

Trip Code: NPA

Version: Nanga Parbat, Fairy Meadows and the Rupal Face

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

- All meals included
- 5 nights Hotel
- 4 nights Cabin
- 2 nights Lodge
- 2 nights Camping

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

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DAY 1

Meet at the group hotel in Islamabad. Transfers are provided from Islamabad Airport.

Your holiday starts at the hotel in Islamabad. Transfers from Islamabad Airport are provided. The majority of international flights arrive in the early morning and you may want to rest before lunch. The first group get-together will be at lunch, during which the tour leader will provide a pre-trip briefing. If there is the opportunity to include a sightseeing tour today, either in the modern city of Islamabad or in nearby Rawalpindi, a city from the days of the British Raj, it will be optional and there will be a charge payable locally.

Meals: **L D**

Accommodation
Hotel

DAY 2

Fly to Skardu and drive to Gilgit (1500m).

Weather permitting, we take the early morning 1-hour flight from Islamabad to Skardu, skirting breathtakingly past the Rupal Faces of Nanga Parbat (8126m) the world's ninth highest peak. It is even possible to catch a fleeting glimpse of K2 and the other high peaks of the Baltoro in the distance before landing at Skardu. We meet our transport at the airport and make the 4-hour journey westwards to Gilgit, capital of the newly re-named region of Gilgit-Baltistan, on the spectacular 100-mile long 'Skardu Road'. We will stop off for lunch en-route and reach our accommodation in Gilgit by late afternoon. Before dinner, the tour guide will take the group on a relaxed walking tour through the bazaar streets of this historic town which is situated at the confluence of the Gilgit and Hunza rivers. Gilgit has always been a trading post and its shops are stocked with spices, dried fruit, hand-woven rugs, gemstones and all manner of produce from nearby China. Our simple tourist-class hotel has pleasant gardens with shading chinar trees.

Meals: **B L D**

Accommodation
Hotel

DAY 3

Drive to Karimabad and visit the UNESCO-listed Baltit and Altit forts. Overnight Karimabad.

Today we will drive northwards into the Hunza Valley, following the Karakoram Highway (KKH) for 2 hours to Karimabad (2500m) the effective capital of the Hunza District. Formerly known as Baltit, Karimabad occupies a dramatic location below the imposing Ultar (7388m) and looking across to the towering peak of Rakaposhi (7788m). There are a couple of ancient and well-preserved forts on the outskirts of the town and we will have the opportunity see each of these. The impressive Baltit Fort has been updated several times in its more than 700 years of history. The present-day fort which was extensively rebuilt at the end of the 19th century (having been dismantled by the British Raj) is rather Tibetan in style with a whitewashed façade, wooden pillars and intricately carved wooden windows and balconies. After lunch we will also visit the Altit Fort, before returning to our hotel in Karimabad.

Meals: **B L D**

Accommodation
Hotel

DAY 4

Drive via Raikot Bridge to Tato and from there trek to Fairy Meadows (3300m).

After a reasonably early breakfast at the hotel we drive back down the KKH, passing the meeting of the Gilgit River with the Indus near Jaglot. At this stage in our drive we can see the huge white mass of Nanga Parbat rising above the rugged Indus Valley landscape. It takes about 3 hours to reach Raikot Bridge which spans the Indus. We cross the bridge and change to 4WD transport for the 2-hour drive up to Tato on an exciting single-track jeep road. Tato is the highest (and only) village in this rugged valley. It sits beside the river at an elevation of 2800 metres, just a few scattered houses set amongst shading trees and irrigated fields of corn. Here, we will stop for a late picnic lunch before setting off on foot towards the looming presence of Nanga Parbat at the head of the valley. It is just a short walk on a good track to Fairy Meadows, but (at around 3000 metres elevation) we will take it very steadily with lots of stops to rest and take photographs. When we arrive at Fairy Meadows we will begin to realise what all the fuss was about. The upper part of the valley is more open with rich pine forest and grassland and the views of Nanga Parbat's north (or Raikot) face are simply sensational. We check in at our simple twin-share tourist cabin accommodation.

Meals: **B L D**

Accommodation
Cabin

Ascent
550M

Descent
50M

Time
3 hrs trekking

Distance
5KM

DAY 5

A day for acclimatisation and leisurely exploration at Fairy Meadows.

To see and experience as much as possible of this wonderful part of the world we will be trekking up to the basecamp area for this side of Nanga Parbat over the next couple of days. But, we need to rest and acclimatise a little before we can do that comfortably. So, today we plan to take it easy at Fairy Meadows. We can do some easy exploration with our guide, stroll beside the stream that flows across the meadow in front of us or simply sit on the balcony at our accommodation and watch the light change on Nanga Parbat. There's usually plenty of comings and goings to watch, both local people and travellers. Occasionally, there can even be a polo match played out on the field below our cabins.

Meals: **B L D**

Accommodation
Cabin

DAY 6

An easy morning's trek to Beyal (3500m).

After a leisurely breakfast at our accommodation, we will hike for just half of the morning to our next overnight stop at Beyal (3500m). Leaving Fairy Meadow the trail leads through thick pine forest which cloaks the ridge formed by the lateral moraine running alongside the Raikot Glacier. We continue through the ablation valley which lies between the moraine ridge and the side of the valley. The landscape becomes more open with large clearings used as grazing areas by local shepherds. Nanga Parbat rises ahead of us at all times, one of the most impressive mountains on the planet. There are also a couple of streams to cross before we come within sight of the wooden houses and tourist huts at Beyal. What is immediately apparent is that far fewer people get as far as Beyal , which has more of the feel of a shepherds' camp with just a small number of tourist cabins. In the afternoon, the tour guide will take those that want a preview of tomorrow's walk to a superb viewpoint (3650m) 30 minutes beyond Beyal which overlooks the mighty Raikot Glacier. In the evening there can be breath-taking views from Beyal northwards to distant Rakaposhi painted red by the setting sun.

Meals: **B L D**

Accommodation
Cabin

Ascent
300M

Descent
200M

Time
2 - 3 hrs trekking

Distance
4KM

DAY 7

Trek to Nanga Parbat Basecamp (3900m) and back to Beyal.

Today's challenging excursion up to (and back from) the south side basecamp for Nanga Parbat provides one of the most spectacular and memorable of Himalayan trekking experiences at the extreme western

end of the range. To begin with we hike up beside the stream across rich grassland to the viewpoint (mentioned on Day 5) at 3650 metres. From this point on (for approximately a kilometre) we follow a poor trail which starts out by traversing a steep slope rising directly out of the Rakiot Glacier. The trail descends almost to the level of this glacier as we cross the rubble of the tributary Ganalo Glacier and its meltwater outflow stream (there is usually a bridge). We then climb up onto the kilometre-wide island of grass and scrubby juniper which is the location of the basecamp for this side of Nanga Parbat. At an elevation of 3900 metres, this is a remarkable location surrounded by glaciers and overlooked by enormous peaks including Nanga Parbat itself. If the weather is good we can spend a leisurely couple of hours here, eating our picnic lunch and enjoying views that extend to Rakaposhi and Masherbrum in the Karakoram range. We will return to Beyal via the same route.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Cabin	550M	550M	5 - 6 hrs trekking	8KM

DAY 8

Trek back to Fairy Meadows and Tato. Drive to Tarshing (2950m).

Today we walk easily back through Fairy Meadows to Tato, much better acclimatised now and heading downhill. At Tato, we meet our 4WD transport and set off on the necessarily slow descent to Raikot Bridge, where we swap over to a minibus for the drive into the Astore Valley, heading south and around to the Rupal side of Nanga Parbat.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	250M	800M	4 hrs trekking	8KM

DAY 9

Trek to the Herrligkoffer Base Camp (3600m).

Leaving Tarshing on foot, initially on a rough 4WD track, we climb quite steeply and then drop down to cross the moraine of the tributary Chhungphar Glacier which flows down from Chongra Peak (6830m) to the north. Beyond the glacier we find ourselves amongst the fields, scattered farms, shaded trails and water channels of lower and upper Rupal Village. We traverse this pleasant agricultural area for several kilometres, passing a couple of simple guesthouse and campgrounds. Gaining height gradually and leaving behind the farmland and houses, we come within sight of the Bazhin Glacier and beyond a small pool we reach our overnight camp at the place known as the Herrligkoffer Base Camp (3600m). Camp is set up on a flat grassy area beside a clear stream. There are breathtaking views of Nanga Parbat and Raikot Peak (7070m) from here.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	750M	100M	5 hrs trekking	11KM

DAY 10

Trek across the Bazhin Glacier to Shaigiri (3660m).

Keen to extend our time in this marvellous valley, we continue our hike westwards, crossing the rubble of the Bazhin Glacier on a marked trail and climbing carefully and steeply to pass the lateral moraine on the far side. Easier trails then lead through a level grazing ground, home to shepherds and their flocks during the summer months. The Hange Glacier here flows down from the north and there is a small green lake at its snout, a picturesque spot and a good place to take a break and to admire the dominating Rupal Face of Nanga Parbat to the north. Moving on across the level rocky plain of Labato, we reach our next camping place close to the glacial stream at Shaigiri (3660m). We have to negotiate the moraine beside the glacier of the same name to reach the large white boulder which marks the camping place. There are a couple of clusters of crude, drystone shepherds' huts close by and a basic mosque within the only structurally sound building.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	160M	100M	4 hrs trekking	7KM

DAY 11

Trek back down to Tarshing (2950m).

We have an early start and after breakfast at our lakeside camp, we drop down directly southwards to the Sumaiyar Bar Glacier. It is 1100 metres of descent to the grazing ground, Providing us with a different perspective on this special place, we trek out to Tarshing via the route of our ascent. We can enjoy, once again, the pretty rural idyll of the beautiful Rupal villages, with their fields of wheat and potatoes and stands of poplar and willow trees. The people here are a friendly mix of Baltis and Gujars. Just remember to preserve a bit of energy for the re-crossing of the Chhungphar (Tarshing) Glacier, shortly before our arrival at our accommodation in Tarshing.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	200M	910M	6 - 7 hrs trekking	18KM

DAY 12

Drive across the Babusar Pass to Naran.

After breakfast in Tarshing, we set off on the 2-day drive back to Islamabad. We descend the Astore Valley to a junction with the KKH. Here, we turn to follow the mighty Indus River downstream for 65 kilometres and just before Chilas we turn again, heading south, onto the N-15 Babusar Pass road. It's a long climb to the summit of the pass at 4173 metres, with some impressive hairpin bends high up. On a clear day it is possible to see Nanga Parbat from Babusar Top. We drop down into the Upper Kaghan Valley and after a long day of driving check in at our accommodation in the popular tourist destination of Naran (2400m).

Meals: **B L D**

Accommodation
Hotel

Time
8 - 9 hrs driving

DAY 13

Drive to Islamabad.

Still heading south and descending gradually we drive out of the alpine Kaghan Valley to Mansehra where we meet the N-35 - the Karakoram Highway - and continue our journey to Islamabad. Ovenight in Islamabad.

Meals: **B L D**

Accommodation
Hotel

Time
7 - 8 hrs driving

DAY 14

Your holiday ends after breakfast. Transfers to Islamabad Airport are provided.

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Meals: **B**

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 14/11/2026 and the trip is subject to change