K2, CONCORDIA AND THE GONDOGORO LA

Trekking holiday across the Gondogoro La in the Karakoram Mountains of Pakistan

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

HOLIDAY CODE GLA

Pakistan, Trek & Walk, Climb, 22 Days

16 nights camping, 5 nights hotel, 21 breakfasts, 21 lunches, 21 dinners, max group size: 12, 15 days trekking, max altitude - 5585 metres

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Introduction

KE started out as the Karakoram Experience and ran our first ever holiday in Pakistan's Karakoram Mountains in 1984. Just a few years later (in 1992) we took the first ever group of trekkers across the Gondogoro La. Since then we have successfully crossed this spectacular pass over thirty times. This is an exceptional and ambitious trekking adventure, which starts out with a spectacular flight from Islamabad to the town of Skardu in Baltistan.

From here, we drive to the remote village of Askole and trek via the Baltoro Glacier, passing famous peaks such as the Trango and Cathedral groups, the Lobsang Spire and mighty Masherbrum, en route to Concordia. This is one of the most spectacular locations on the planet and we have the opportunity to trek up the Godwin Austin Glacier to K2 Basecamp, before continuing on the Upper Baltoro Glacier towards Chogolisa and the ‘golden throne’ peak of Baltoro Kangri. After a sensational overnight at Ali Camp, in a truly wild location, we make the crossing of the Gondogoro La (5585m) which requires ice axe and crampons. From the top we have sensational views, including no fewer than 4 eight-thousanders - K2 (8611m), Broad Peak (8051m), Gasherbrum 1 (8080m) and Gasherbrum 2 (8035m). This is one of the few places accessible to trekkers from which Hidden Peak (Gasherbrum 1) can be viewed clearly. Then, dropping down from the pass, we can enjoy a sensational walk-out through pleasant alpine valleys to the friendly Balti village of Hushe. If you are keen to visit K2 and have some experience of winter mountaineering, then this is the way to go. Truly, one of the finest high mountain experiences on Earth!

Is this holiday for you?

This great trekking holiday to Concordia and across the Gondogoro La to the Hushe Valley is one of the most ambitious of our worldwide trekking holidays, traversing a remote mountain pass and requiring basic mountaineering skills. As far as Concordia the trekking is relatively straightforward although rugged underfoot. During this stage although we spend a fair amount of time on the glacier, we are never walking on ice and crampons are not required as the trail is almost entirely on the stones and rubble that have melted out from the glacier. We will travel as a self-supporting group with a Western guide and a local trek crew and this in itself can be a highly rewarding experience. We will usually walk for between 4 and 6 hours each day, which equates with around 6 to 8 miles. Above Concordia there will be times during the next 3 days, when the group will move roped together, particularly where the glacier is covered with snow. For the crossing of the Gondogoro we will require full mountaineering gear of harness, helmet, ice axe and crampons and at various points where we negotiate steeper slopes we will make use of fixed lines to protect clients and the support crew. The simple techniques used will be taught by the trip leader prior to making the crossing. Previous technical mountaineering experience is not required, but previous high altitude trekking experience is a prerequisite for this trip and some previous experience of walking on snow slopes using crampons is highly desirable.

Holiday Itinerary

Day 1: Meet at the group hotel in Islamabad. Islamabad Airport transfers are provided.

Meet at the group hotel in Islamabad. All clients will be picked up by a KE representative on arrival at Islamabad International Airport and taken to the group hotel. Land Only package services begin with this transfer to the group hotel. 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. In the afternoon it may be necessary for the whole group to visit the offices of the Ministry of Tourism to receive an official briefing about visiting restricted areas whilst our agent completes the permit formalities. The trip leader will organise this if it is required. Depending on the time available to us there may be the option to do some
sightseeing in Islamabad, a city purpose-built in 1961 as the new capital of Pakistan. Alternatively, we could visit the Twin City of Rawalpindi a town from the days of the British Raj. The two cities are very different in character; the older settlement is rather sprawling with enormous and complicated bazaars where you can easily get fascinatingly lost. Islamabad, by contrast, is much more open, a modern city with many parks and wide streets arranged on a grid system. There is not always the opportunity to include a sightseeing tour and, if there is, it is optional and there will be a charge payable locally.

Day 2: In the morning, take the spectacular flight to Skardu (2500m), afternoon free for sightseeing.

Weather permitting, we take the early morning 1-hour flight from Islamabad to Skardu, skirting breathtakingly past the Rupal and Diamir faces of Nanga Parbat. 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. Here, we check in to the group hotel and can spend the afternoon relaxing. Sightseeing options include visiting the nearby Alexandria Fort or taking a jeep ride up to the beautiful Satpara Lake. A large rock carving of the Lord Buddha beside the track up to Satpara is a reminder that this part of Pakistan was Buddhist before the arrival of Islam.

Day 3: Drive via the fertile Shigar Valley and the Braldu Gorge to Askole (3000m).

We leave Skardu by jeep for the 7-hour drive to the roadhead at the village of Askole, passing through the fertile Shigar Valley. The last 2 hours of the drive covers the ground which used to make up the first 2 days’ walk of the trek and includes the passage of the infamous Braldu Gorge section. This high and steep-sided valley is prone to landslide and we may have to walk short sections of the road where it has been made unstable by rock-fall. Given reasonable road conditions, we will spend our first night under canvas in this famous Balti village high above the thundering Braldu River. Askole is a single street of wooden houses, backed by irrigated fields of corn and potatoes and groves of apricot trees.

Day 4: Pass the snout of the mighty Biafo Glacier and trek to Korofon (3075m).

A beautiful day’s walk, giving us a quite gentle introduction to Karakoram trekking. From our campsite we wend our way through the lanes and fields of Askole which will be the last settlement that we will encounter on our trek to Concordia. Watching the local people go about their daily business is a fascinating insight into the lifestyle of the hardy Balti people. We reach the southern tip of the Biafo Glacier, which stretches for 63 kilometres up to Snow Lake, making this the third longest glacier in the world outside of the polar regions. Fortunately there is a bridge across the river flowing from its snout and this avoids us having to cross the loose moraine of churned boulders and rubble of the glacier itself. We make camp on the other side of the Biafo at Korofon, (3075m), amongst a spring-fed clump of trees which harbours a remarkable variety of birdlife.

Day 5: Follow a cliffside path to the Panma Valley and cross the river to ‘Jhola Camp’ (3100m).
Above Korofon, we follow the course of the Braldu as far as the junction with the tributary Panma River. To cross this fast flowing river we have to detour up-valley to a bridge which is maintained by the Central Karakoram National Park (CKNP). The bridge is built at a rocky narrowing of the valley and the last part of the approach is on a trail partly cut into the cliff face. There is now a suspension bridge here, where once KE clients had to cross the river in a crate suspended below a pulley on a cable. This type of ‘flying fox’, known locally as a jhola, used to be common throughout the mountains of the Karakoram. We make camp a little way beyond the bridge at the place known as Jhola.

**Day 6: Trek through the Valley of the Braldu with a glimpse of K2 to Paiju (3420m).**

We make an early start today and, returning to the Braldu River once again, we continue on a good path, passing a couple of old camping places at Chowblok and Bardomal which are now rarely used as much of the level ground has been eroded by the shifting river. Beyond these old camping places the path runs for a while at the very edge of the river, before climbing to higher ground and allowing us excellent views of the impressive Paiju Peak. We have to negotiate a couple of streams today and depending on the melting of the glaciers above, we may have to ford these (sports sandals or old trainers useful). At our high point today we have views ahead to the snout of the Baltoro Glacier and the granite peaks of the Trango and Cathedral groups. On a clear day it is even possible to see K2, which is partially obscured by the shark’s fin of the Lobsang Spire. After dropping down to the main Braldu River again, we reach the expedition staging camp at Paiju (3420m).

**Day 7: Acclimatisation day at Paiju (3420m) with options for day walks.**

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

**Day 8: Climb up onto the Baltoro Glacier, cross to the south bank and continue to Horbose (3795m).**

Another early start today. From our camp at Paiju, a walk of approximately one hour brings us to the snout of the Baltoro Glacier. After viewing the outpouring of melt water from the ice we now climb up onto the back of this great beast. At this point the ice of the glacier is completely covered by rubble and rocks and although we are following a trail used by many expeditions, the going here can be quite tough. The trail undulates as we climb over
the swells of the flowing glacier and it is fascinating to think that the stones underfoot could have come from the summit of Broad Peak, Gasherbrum or K2. Gradually we work our way across the glacier to its south side where we can use a path along lateral moraine. Heading roughly east we continue, sometimes on the moraine and sometimes down beside the glacier until we reach a side valley. At this point it may be possible to continue more or less directly by climbing up onto the glacier. Or, if the glacier is not easily accessible, we will turn off into the valley for approximately half an hour to reach a point where we can cross the meltwater stream (sandals or old trainers required). Finally reaching the camping place at Horbose (3795m) we have sensational views of the Cathedral Towers, the Trango Group and the striking rock tower of Uli Biaho. A great day of trekking over difficult and mixed terrain.

Day 9: Trek beside the glacier with views of the Trango Towers to Urdukas (3900m).

We have a shorter day today, mindful of the need to increase our sleeping altitude slowly. We continue eastwards beside the Baltoro Glacier either along the lateral moraine or sometimes on the glacier itself, passing the ship-like prow of Great Trango and the isolated pillar of the Nameless Tower, to our next camp at Urdukas (3900m). This campsite is perched a hundred metres above the glacier on terraces originally hacked out of the hillside by the Duke of Abruzzi's K2 expedition of 1909. It has truly sensational views of the Trango Towers and, directly opposite and almost a mile away across the valley, the vast rock walls of Cathedral Peak and Lobsang rise like ramparts above the glacier. This is a truly awesome place. We should reach here in time for a late lunch and the rest of the afternoon is free to tend to camp chores or just to soak up our fabulous situation.

Day 10: Continue trekking along the Baltoro Glacier with views of Masherbrum to Goro (4295m).

Leaving Urdukas behind, we follow the moraine edge east until it is possible to climb up onto the broad back of the glacier. We now cross to the centre ground where the 'flow' is generally smoother and soon we come within sight of the spectacular Masherbrum (7821m) on our right hand side. Ascending and descending the mountains of rubble which are strewn over the ice, we also have glimpses ahead to the peaks which surround Concordia. Especially prominent is the stunning Gasherbrum IV (7925m) at the head of the glacier. There are good views back towards the Trango and Cathedral peaks as we approach our camp at the place known as Goro (4295m). We are quite high now and camping on one of the largest pieces of ice outside the polar regions so we will make sure to wrap up warmly for the cooler nights ahead.

Day 11: Pass Mustagh Tower during the trek to Concordia (4500m).

The final approach day to Concordia takes us through what must arguably be the most spectacular mountain scenery anywhere in the world! Our approach to Concordia continues along the heaving swells of the Baltoro
Glacier as we pass Mustagh Tower (7284m), an imposing monolith of rock first climbed by Joe Brown and Ian McNaught-Davis in 1956. At the time this was considered one of the hardest climbs in the region. A French team competing for the summit by a different route reached the top just five days later, but then almost thirty years passed before the third ascent was made by Sandy Allan, Tony Brindle, Mal Duff and Jon Tinker, following Brown's original route. Ahead of us Gasherbrum IV (7925m) acts like a beacon drawing us on, whilst at some points on today's walk we can also see Gasherbrum II (8035m) which peeks out to the right of Gasherbrum IV. As we make our way up the Baltoro, the aptly named Broad Peak (8051m) comes into view above the ridge connecting Marble Peak and Crystal Peak on our left. K2 keeps itself hidden until the very moment we reach Concordia when suddenly its full height is revealed in sweeping lines that climb almost 4000 metres from the valley floor to the summit - a sight that will never be forgotten. Concordia is a wide area where glaciers coming down from K2 meet those from the Gasherbrums and Chogolisa. It was given its name by Sir Martin Conway, explorer and alpinist who named the place after another famous glacial junction in the Swiss Bernese Oberland. It is undoubtedly one of the most spectacular places on the planet and here you can stand within 24 kilometres of no fewer than four eight-thousanders and ten of the world's thirty highest peaks! We make our camp at approximately 4500 metres on a moraine ridge surrounded on all side by jagged peaks including Gasherbrum IV, Mitre Peak, Chogolisa, Crystal Peak, Marble Peak, Baltoro Kangri, Broad Peak and K2.

Accommodation

Camping

Meals BLD

Distance 12km

Day 12: Option to trek to Broad Peak Basecamp (4572m) and/or K2 Basecamp (5100m).

It is hard to point to a climax on a trip where every day brings new and more spectacular views. For many people a visit to the actual basecamp used by climbers on K2 will certainly be a highlight and this will be an option for those who are fit and acclimatised at this point. Getting an early start we make our way out of the immediate area of our camp and are soon in a maze of crevasses and meltwater rivers. During the climbing season this is a trade route for the porters who supply expeditions up at the basecamps of Broad Peak and K2, so there will be an established trail, but a guide is essential here. After negotiating the difficult ground where 2 glaciers meet, we eventually reach easy terrain and follow the medial moraine of the Godwin Austen Glacier, named after the surveyor who first established the height of K2 in 1860. Coming first to Broad Peak Basecamp after approximately 3 hours of trekking, we can stop and admire the sensational view of K2 in one direction and in the other look back to Concordia framed by Mitre Peak and the bulk of Chogolisa, also known as Bride Peak. Beyond Broad Peak Basecamp the going gets a little tougher as we negotiate the swells of the glacier and more glacial streams. We are still mostly walking over the rubble and boulders of ablation material covering the surface but occasionally we may set foot on the ice itself. Crampons are not needed as the embedded grit in the ice gives it a sandpaper like quality. After a further 3 hours we reach the moraine 'island' known as 'the strip', the traditional basecamp area for attempts on the Abruzzi Ridge, the 'normal' route on K2. If time permits we can also visit the Gilkey Memorial where the names of those who have died climbing K2 are inscribed on a collection of plaques and plates. For those taking the option to visit K2 basecamp this is a strenuous but rewarding day of approximately 10 - 12 hours walking on rough glacial terrain with at least 600 metres of ascent and descent. Anyone who does not wish to make this excursion can trek to Broad Peak Basecamp and get all of the truly fantastic views back towards Concordia, plus the best views of K2 within a 5 - 6 hour round trip. It is also possible to take today as a rest day if you wish, enjoying the marvellous situation of Concordia.

Accommodation

Camping

Meals BLD

Time 6 - 12hrs

Day 13: Continue trekking following the Upper Baltoro Glacier to Ali Camp (4800m).
We leave the main trekking trail behind us from today onwards, striking out on a far less travelled route which will take us along the Upper Baltoro, one of the glaciers coming down from Chogolisa that feed the huge glacial junction of Concordia. The time taken to cover this section of the walk and the manner in which we do it will depend on the snow conditions. If the glacier is clear of snow this will be a steady ascent of the valley mostly walking on the ice which will not be slippery. In fact the grit embedded in the ice makes this easy to walk on. There are crevasses to negotiate, the majority of which are neither deep nor wide and can easily be stepped over, and any larger ones can usually be avoided by a short detour. If however the Upper Baltoro is snow covered (fairly unusual from mid-June to August) it will be necessary for us and the porters to move together as a roped party since in this event any crevasses will not be visible and we may also need to put on our crampons. After 5 - 7 hours of trekking along the Upper Baltoro towards the enormous bulk of Chogolisa at the head of the valley, we eventually reach the confluence of this glacier with the West Vigne Glacier which sweeps down from the base of the Gondogoro La. Here on the moraine beside the junction we make our home for the night at the place known locally as 'Ali Camp' (4800m). It was named after a local from Hushe Village who was the first recorded person to cross the Gondogoro La when returning home from working as a high altitude porter on a Gasherbrum climbing expedition. We would normally reach Ali Camp around mid-day or the early afternoon and after settling in, your trip leader will organise a skills session to practice the simple techniques of using a jumar to safeguard moving on fixed lines.

Day 14: Cross the Gondogoro La (5585m) with views of four 8000 metre peaks. Overnight at Huisprung.

Before first light we are roused from sleep and (reluctantly for some and eagerly for others) we climb out of warm sleeping bags and begin preparing for the climb ahead. After fuelling up in the dining tent with breakfast, we don crampons and harnesses and set off roped together onto the West Vigne Glacier. In the black, star-studded crisp night air we make our way slowly over the sparkling glacier illuminated in pools of light from our head torches. Dawn arrives and the waxing daylight slowly fills in the tremendous scenery through which we are trekking. Eventually we reach the foot of Gondogoro La near the head of this side valley and (depending on conditions and the nature of any trail which may already be in place) we may continue for a while roped together or we may be able to climb this section unroped. We will be climbing a glaciated slope which essentially means that it is flowing down the mountain and therefore the terrain will vary from season to season. Most years there will be one or two steeper sections and also possible bergschrunds to cross. At any such points our support team will have put in place fixed lines for protection. After approximately 3 hours of climbing from the West Vigne Glacier, with views opening up behind us, we reach the summit of the pass, an incredible and exhilarating feeling. The view from the top is breathtaking with 4 eight thousand metre peaks on view and close at hand, namely K2, Broad Peak, Gasherbrum I and Gasherbrum II. The top of the pass is a broad shoulder and on the far side the ground drops precipitously away and we find ourselves looking down into the Gondogoro Valley. Directly opposite are the faces of the Trinity peaks but all eyes will be drawn to the beautiful spire of Laila Peak (6096) and then further down, following the curve of the glacier, we can see the perfect cone of Masherbrum II. The descent is much steeper than our ascent route and here we will use fixed lines for the majority of the way down. The Hushe side is not glaciated although the top section will probably be snow covered so we will go down the lines wearing crampons. At some point the snow stops and we will remove our crampons before continuing on scree. Care needs to be taken here to avoid kicking down stones on our trekking companions. Eventually the angle of the slope eases and the fixed lines end. We continue down until reaching a trail which runs horizontally along the valley above the Trinity Glacier, eventually coming gently down to meet it. We now walk more easily on the stones of central moraine until we reach an ablation valley at the confluence of the Trinity and Gondogoro glaciers. After the harsh environment of
the last several days this is quite a pleasant place with grass (sparse) and some rock pools in which are reflected the beautiful Laila Peak. After a long, hard but incredibly rewarding day, we make our camp here in the place known as Huisprung (4600m).

Day 15: Trek down the Gondogoro Glacier to Dalsan (4150m).

Compared to yesterday's exertions, today will be a relatively easy trek as we follow the Gondogoro Glacier downstream. Except in conditions where snow is lying on the surface of glacier (unusual from mid-June to August), our crampons, harnesses and other mountaineering paraphernalia can be packed away as we no longer need these things. We have completely new vistas as we head towards the Hushe Valley, initially trekking down the central moraine of the Gondogoro Glacier. We may have small crevasses to step over or occasionally to detour around, but the going is generally easy. About half way down the glacier on today's walk we pass Laila Peak. This slender leaning spire was first climbed 'unofficially' by a British team including Simon Yates, Sean Smith and Mark Miller in 1987 via the west face which is the obvious ramp of snow leading to the top of the needle-like spire. The first official ascent wasn't made until nearly a decade later when an Italian team climbed the peak by a slightly different route. Apparently the climbers had not been aware of the earlier British ascent and the first they knew about it was when on reaching the summit, they discovered an old gas cartridge inscribed with 4 names. Moving beyond the slopes of Laila Peak, we gradually move to the edge of the glacier where we find a route off the ice and rubble into the ablation valley on its south side. The last hour of the day is spent following a reasonable trail down to our camping place known as Dalsan (4150m) where grass and wild rhubarb grow.

Day 16: Continue trekking down the Gondogoro Valley to Saitcho (3350m).

We continue our descent of the Gondogoro Valley starting off today by following the trail through this pleasant ablation valley where we have spent the night. Soon the valley comes to an abrupt end where a ridge forces its way down to the glacier and here there is a choice of trails either down a gulley and then along the 'gutter' between the glacier and the cliffs of conglomerate that line it, or along the top of the cliffs. The trek leader will decide which of these trails is best in consultation with the local guide. On the other side of this obstacle the ablation valley continues and the walking becomes easier. We pass through a widening of the valley known as Gondogoro Village (although there is no village - just a few temporary stone shelters for goat herders) and beyond here we have to cross a small stream before continuing along the crest of the lateral moraine. At this point we have returned to more benign altitudes where things grow and the trees actually become bigger than us as we continue the descent of the moraine to the valley bottom. We make our camp at Saitcho (3350m), a sandy area of sparse grasses beside the river at the junction of the Gondogoro and Charakusa valleys. This will be the first night in almost a week where we can breathe the oxygen-rich air below 4000 metres and sleep to the sounds of running water!
Day 17: Contingency day for possible delays.

It is in the nature of journey such as this that there can be delays and it is important to build in some time to allow for this. If we have not experienced any delays or been required to use this contingency day at this point in our trek, this will be a well-earned rest day. Saitcho is a great place to relax in the sunshine, catch up on diaries or laundry, or for those with an insatiable trekking appetite, a walk up into the Charakusa Valley is well worth the effort. If this option is taken we will make a relatively early start and follow a huntsmen's trail up onto the lateral moraine of the Charakusa Glacier. This is snow leopard country and although you will be very lucky if you spot one of the animals, you are very likely to see its signs and the local guide will take delight in pointing these out. After crossing a side glacier over rubble and ice, we get back onto the lateral moraine until it is possible to step onto the main Charakusa Glacier. Just how far we can go today depends on what time we start, the nature of the glacier and the energy of the group but we should be able to go far enough for views of K6 and K7. This option will take around 6 - 8 hours.

Day 18: Last day of trekking to Hushe Village (3050m).

Now that we are off the glacier and down below 4000 metres, the daytime temperatures can climb into the high thirties so it is well worth getting an early start to avoid the main heat of the day. This is a relatively easy day of about 3 to 4 hours, following the river draining the Gondogoro and Charakusa glaciers down to its confluence with those draining the Masherbrum and Ailing glaciers. Here the valley swings to the south and we begin to see various signs of habitation with walls and temporary house. Eventually we reach the extensive fields of Hushe and climb up to a small plateau on which the main village is sited. Hushe is quite large with a warren of alleys and buildings. Most traditional houses are built from rounded river stones and are 2 storeys hgh, with space for the animal downstairs and people upstairs. Hushe also has some more modern houses, a shop, a school, an hotel and a trekkers' campsite. We check into the campsite and the rest of the day is free to explore this fascinating village. A lot has changed here since KE first began trekking in the region in 1984. Then the people of Hushe had to drink the silt-laden river water, cook only on wood and dung fires and live their nights and winter evenings entirely by candlelight. At the end of the eighties KE helped to install a piped-in fresh water supply to the village which improved the health and the general living standard of the village and in 1992 (after fundraising from our clients and hands on help from some of our groups including school expeditions) KE helped to install a miniature hydro-electric plant at the village sufficient to supply lighting to every household and also to provide some heat and cooking to reduce dependency on firewood. Needless to say, KE groups always receive a warm welcome when they arrive in Hushe from the Gondogoro La.

Day 19: Drive beside the Hushe River and follow the Shyock and Indus rivers to Skardu (2500m).
Just as when we began our trek, leaving the high valleys of the Karakoram necessitates an exciting road journey by jeep. The return is not as arduous as the approach and the scenery is superb as we make our way down the valley passing villages of intense agriculture on both sides. Eventually we reach a junction where the Hushe River meets the Shyock River which flows from Ladakh. We cross the Shyock on a suspension bridge to reach a paved road on the other side at the large village of Khaplu which was once a seat of local government with its own palace. When KE first trekked in this region, the only way to cross the river from Khaplu to Hushe was via a traditional raft known as a ‘zak’. This was a roughly constructed wooden framework mounted on top of several inflated goatskins which would be launched into the river laden with passengers and goods whereupon the pilot would pole it across, hoping to land on the other side at a suitable point to disembark. By the late eighties technological innovation had seen the goatskins replaced by tractor tyre inner tubes but otherwise the ‘zak’ remained essentially the same until the suspension bridge was built at the beginning of the nineties. From Khaplu our journey becomes considerably smoother and much faster as we now drive on the tarmac road first following the Shyock to a confluence with the Indus, then along this major river back to Skardu. Arriving in the Balti capital, we check into our hotel and enjoy our first hot shower in over two weeks!

Day 20: Morning flight to Islamabad. Afternoon free for sightseeing.

Skardu airport is a 40 minute drive from the hotel along a good road lined with poplar trees. Boarding our plane we have an exciting flight out of the valley, once again passing by Nanga Parbat before turning south for Islamabad. Arriving in the capital after a period in the mountains is always a strange experience and it takes a little time to get used to the hustle and bustle and especially the traffic. Our private bus will be waiting at the airport to transfer us to the group hotel and once we have settled in it will be time to take lunch (unless we have experienced unusual flight delays). After lunch the rest of the day is free for independent sightseeing or to relax at the hotel. Your trip leader will advise you on the possibilities for sightseeing. Shopping for hand-woven wool rugs is one popular option. This evening we come together again for a celebratory meal at the hotel or in a local restaurant.

Day 21: Contingency day for possible flight delays, or at leisure in Islamabad.

Skardu is a ‘weather dependent’ airport which means the planes will only fly here if the visibility allows line of sight to the runway by the pilot on the approach. Fortunately the weather is mostly clear in the Karakoram but local weather conditions can bring cloud and rain from time to time. If we cannot fly we will travel down to Islamabad by road along the spectacular Karakoram Highway. If we flew up to Skardu this will be an added bonus as it is a fantastic travel experience in its own right. The drive down the Indus River to Islamabad takes two days so this is an important contingency day to allow for this. If we have flown to Islamabad this will be a further day for sightseeing in the capital and your leader will advise the group on the options available for today.

Day 22: Departure day. Islamabad Airport transfers are provided.

Transfer to Islamabad Airport after breakfast. Land Only package services end on arrival at the airport.
Holiday Information

What's Included

- An experienced professional KE Western climbing leader
- Islamabad Airport transfers for international flights on Day 1 and Day 22
- Internal flights and associated airport transfers
- All land transport involved in the itinerary
- Accommodation as described
- All meals
- All permit fees
- Once on trek a full 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
- souvenirs etc
- PLEASE NOTE: an airport departure tax of Rs500 is sometimes payable

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 itinerary. 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.

Meal Plan

Fully-inclusive of all meals throughout, from lunch on Day 1 to breakfast on Day 22.

Food & Water

On trek, the food is a mixture of local and Western, dishes using ingredients mostly purchased in Pakistan and cooked by our highly trained trek cooks. Breakfasts consist of cereal, muesli or porridge, eggs, bread or chapatti, tea and coffee. Lunches are a picnic from 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 taken in a group ‘mess’ tent, is a three course meal. We do routinely cater for vegetarians but you must inform us if you wish your diet to be exclusively vegetarian.

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.

Special Diets
Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 3 nights in Islamabad at a good standard hotel. The group will also have a night in a tourist standard hotel in Skardu before and after the trekking. Accommodation at each of these hotels is twin-sharing with en-suite facilities. Whilst on trek there will be a total of 16 nights camping in 2-person tents. If you are travelling by yourself you will be paired with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 5 hotel nights, single rooms are available for a supplementary cost. Additional hotel nights in Islamabad are also available. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

Important Notice

Travel on the Karakoram Highway

We encourage you to read the up to date Travel Advice from the FCO on their website at: https://www.gov.uk/foreign-travel-advice/pakistan. Currently, the FCO warns against travel on the Karakoram Highway (KKH). We generally manage to avoid travel on the KKH by flying from Islamabad to Skardu and from Skardu or Gilgit back to Islamabad. However, it is important for you to realise that if poor weather causes one or both of our scheduled internal flights to be cancelled, we may be obliged to travel on the Karakoram Highway.

You can be assured that we only allow our groups to drive on the Karakoram Highway when the flight option is ruled out. We have been taking groups to Pakistan for over 30 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.

Travel Insurance

We advise that you check with your insurer regarding your cover in this situation. If your preferred insurer cannot offer cover for the entirety of your holiday, the British Mountaineering Council (BMC) can provide insurance that will cover you for any of our holidays. Please contact the BMC directly on 0161 445 6111. In order to qualify for BMC cover for our trips to Pakistan you must book the insurance with them by telephone and you will need to state that you are travelling with KE Adventure Travel.

Internal Flights

Skardu Flights

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

Group Leader & Support Staff

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

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one
night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry
about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we
follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the
advice on trekking at high altitude on our website which can be viewed via the link below. Unless you have
previous experience of trekking above 4000 metres you should consult one of our trekking experts before
embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for
use in emergencies. www.keadventure.com/page/altitude.html

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. It is not necessary to purchase local
currency (Pakistan rupees) before your trip. Money can be changed at a reasonable rate at the airport or at
authorised money changers. Since you will be changing the majority of your spending money into local currency
soon after your arrival, we recommend that you take it in cash. US dollars, Sterling and Euros can readily be
exchanged at the airport. US dollars will give you more flexibility to exchange in smaller towns or in an emergency.
Credit cards can be used to purchase many goods in Islamabad or Skardu and are particularly useful for more
expensive items such as carpets. It is possible to withdraw cash (rupees only) from cash machines in Islamabad
using credit and debit cards.

Guidance On Tipping

It is usual to tip the members of your trek crew, including your local guide, if you are happy with the services
provided. We estimate that £80 - £100 (in local currency equivalent) will cover this aspect of your trip expenditure.
Towards the end of the trek, the trip leader will help the group to determine an appropriate level of tipping for
each crew member, and this is most usually done as a group ‘thank-you’ with ceremony on the final day of
trekking.

Free KE Gift

A free KE trek bag is available on this holiday

Made of tough Cordura fabric, our 80 litre trek bags are specially designed, with strong zips and webbing straps, to
withstand the rigours of being transported whilst on your trip. Trek bags also make it easier for our local staff to
identify and gather baggage quickly at airports and hotels.

If you have travelled with us before and already have a KE trek bag, we'd like to make a special request. We are trying to make every area of KE the most sustainable it can be, so if your existing KE trek bag has plenty of life left in it, we'd be very grateful if you didn't automatically order a new one for every holiday you book. Thanks in advance for helping us with our commitment to responsible travel.

You can request a Trek bag once your booking has been confirmed by emailing us at sales@keadventure.com. Please note delivery outside of the UK will be charged. Postage charges are: Europe £6 / America £16 / Rest of world £22.

Baggage Allowance

For this holiday you should take one piece of luggage (which should be a soft bag such as the KE Trek Bag) and a daypack. Your baggage on trek will be carried by porters. The packed weight of your bag whilst trekking including your sleeping bag and camping mattress should be no more than 12.5 kgs. (27 pounds). 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 items not required on trek at the group hotel in Islamabad and also in Skardu. Note this allowance does not include your mountaineering equipment which will be collected from you in Skardu and carried separately in communal bags.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our ‘Official Recommended Outdoor Retailer’. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

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.
General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa Pakistan

All nationalities require a visa. The visa fee is approximately GBP £134 and you must apply for it prior to departure. To obtain a visa for Pakistan you will require a letter of introduction from an approved agency which will be provided by KE. For treks to K2 (K2 and GLA) you will also be required to submit a copy of the group 'Restricted Area' permit which will be provided by KE. Visa applications can only be made in person at one of 5 application centres located in London, Manchester, Birmingham and Bradford. Please download the detailed information document: Visa information

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations (Pakistan ONLY - Polio)

You should contact your doctor or travel clinic to check whether you require any vaccinations or other medical preparation prior to your holiday. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis is discretionary for this trip. Malaria exists in the area around Islamabad. However, incidences of urban transmission of malaria are extremely low. In Skardu or Gilgit and in the mountains there is no malaria risk. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. Travellers who intend to visit Pakistan for 4 weeks or more should note that proof of Polio vaccination will be required on exiting the country. On holidays to more remote areas you should also have a dentist check up. A good online resource is Travel Health Pro.

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:
Preparing For Your Holiday

It makes a lot of sense to spend some time before coming on a trekking trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 10 hours on some days. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but running, tennis and swimming are also good for developing cardiovascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

From mid June to August, we can expect to encounter temperatures as high as 30°C at Skardu and 25°C at Hushe and Askole. In June and early July there will be a good covering of snow on the slopes leading to and from the Gondoro la and we may also encounter snow on the upper part of the Baltoro. Above 4000 metres snow can fall at any time of the year. At any time of the season the night-time temperature above 4000 metres are likely to drop to freezing or below and at our highest camps may reach minus 10 or 15°C. The weather is generally good throughout the summer season, with clear skies and little rain or snow. However, weather in mountainous areas is 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 Offices' '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 prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• Trekking in Pakistan. Isobel Shaw.
• Karakoram Highway. King.
• Top Treks of the World. Steve Razzetti.
• In the Throne Room of the Mountain Gods. Galen Rowell.
Maps

TerraQuest: Karakoram. 1 : 175,000
Available from Stanfords - stanfords.co.uk - £14.99

This is the best map for all of KE's current Karakoram treks. Covers the central part of the Karakoram Range on a waterproof and tear-resistant, double-sided map, with coverage extending from Gilgit and the Karakoram Highway to the peaks of K2 and Gasherbrum. The map is presented in a special format, handy for conveniently viewing just small sections of it at one time.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight inclusive package price and Land only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are for the itinerary based on UK flights from London to Islamabad. Outbound flights will depart the UK in the morning, arriving at Islamabad in the early morning of the following day (day 1 of the itinerary). Return flights will depart Islamabad International airport in the morning of the last day of the itinerary, arriving in the UK in the mid-afternoon of the same day. If you would prefer to fly on the direct British Airways service and have some extra time in Islamabad, please contact us for a quote.

Please be aware that there are often only a limited number of seats available at the advertised price, particularly for regional departures. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. We hold a full ATOL licence and can also book flights with an airline of your choosing although this will likely be at a higher fare than our recommended airline. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Islamabad. For clients making their own flight arrangements, Islamabad Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE Adventure Travel?

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Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you
take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the ‘Description of Coverage’ for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world’s most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world’s wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE’s approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.
We hope that this trip notes has answered most of your questions. Please feel free to contact us and speak to one of our experts.

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag whilst trekking including your sleeping bag and mattress should be no more than 12.5 kgs. This limit which is set by the porters is strictly enforced and bags will be weighed prior to setting off on trek. Anything not required on the trek can be left at the group hotel in Islamabad. Please note that your mountaineering equipment will be packed into additional, communal kitbags at the start of the trekking and this equipment will not be part of your personal 12.5 kgs weight limit.

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 last temporary habitations of the valley.

You Must Bring The Following Items:

- Sleeping bag (comfort rated -15°C)
- Thermarest or similar sleeping mat
- Daypack 30 to 40 litres
- Hiking boots
- Mountaineering boots (see 'Mountaineering equipment' below)
- Trainers or sandals for river crossings and camp use
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
• Warmer and waterproof gloves or mittens
• 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
• Trekking poles
• Headtorch and spare batteries
• Washbag and toiletries
• Antibacterial handwash
• Small towel
• Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters, blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The Following Items Are Optional:
• Insect repellant – (DEET)
• Scarf or buff
• Sleeping bag liner
• Pee bottle
• Travel clothes
• Pen-knife (note: always pack sharp objects in hold baggage)
• Repair kit – (eg. needle, thread, duct tape)
• Small padlock (to lock your KE trek bag)
• Camera
• Reusable cloth bag for shopping (to avoid plastic bags)

Mountaineering Equipment
• Insulated and rigid mountaineering boots which can be securely fitted with crampons. (B2 grade minimum).
• Ice axe
• Crampoms
• Climbing harness
• Karabiners (2 x screwgate)
• Sling (120cm)
• Prussik loops X 2 (4m of 6mm cord makes 2)
• Climbing helmet
Equipment Hire

It is currently not possible to hire equipment for this holiday.

Needle Sports (Specialist Mountaineering Equipment Shop)

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>http://www.needlesports.com/

Please note: This document was downloaded on 26 Sep 2019, and the trip is subject to change.