Gondogoro Peak and the Hushe Valley

Trip Code: GHU

Version: GHU Gondogoro Peak and the Hushe Valley

MOUNTAINEER	GUIDED GROUP	9 CHALLENGING

HIGHLIGHTS

- Trek on the Gondogoro Glacier beneath the beautiful spire of Laila Peak
- Climb Gondogoro Peak which, in 1986, was the very first KE trekking peak
- Experience the culture and hospitality of the friendly Balti people
- Sneaky view of K2 from the Honboro Valley above Hushe

AT A GLANCE

- 9 days trekking
- Max altitude - 5650 metres
- Join at Islamabad

ACCOMMODATIONS & MEALS

- All meals included
- 5 nights Hotel
- 9 nights Camping

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

We are pleased to once again offer this superb 2-week trekking and climbing holiday to arguably the world's most spectacular mountain area, the Karakoram. We begin this adventure with a dramatic mountain flight to Skardu in Baltistan and a drive alongside the Indus and then Shyok rivers to the village of Khaplu. Proceeding to Hushe on the next day, we find ourselves nestled deep within the Karakoram Mountains. We have been bringing groups to Hushe for more than thirty years and our groups have provided funding for several projects which have helped the Hushe villagers. As a result, KE groups are always assured of a warm welcome from this friendliest of Karakoram villages.

After an acclimatisation period in the dramatic valleys above the village, we trek up beside and then on the Gondogoro Glacier to a grassy 'ablation zone' below Gondogoro Peak. This is the place known as Huisprung and was the basecamp for the very first KE ‘trekking peak' holiday in 1986. After setting up our camp here, complete with lakeside reflections of sensational peaks such as the slender spire of Laila, we have a further day to acclimatise and to practice our skills and ropework. The culmination of the holiday is the ascent of the technically straightforward Gondoro Peak. Needless to say, the views from the summit are sensational! It's great to be offering this classic trip once again.

View our full range of adventure holidays in Pakistan.

Is this holiday for you?

The terrain encountered on this holiday will vary from shepherd’s paths through grassy valleys to loose scree and boulders on and beside the Gondogoro Glacier. On the peak itself, we will encounter snow slopes of between 30 and 45 degrees inclination with the occasional short steeper section. On the steeper slopes, the group will be safeguarded by fixed lines placed by the guides. Our trekking pace in Pakistan is dictated by the altitude, by the sometimes difficult terrain and by the distances that the porters are prepared to walk each day. This is usually of the order of four to six hours, which equates with around 10 to 14 kilometres per day. Distances and times will be longer on the return from the peak when we are fit and acclimatised and travelling mostly downhill. The climbing on Gondogoro Peak is technically very straightforward meriting an alpine grade of PD minus. Previous trekking experience is required for this holiday as we will be wild camping in a very remote area. Some previous experience of walking on snow slopes using crampons is also highly recommended. Previous technical mountaineering experience is not required and the mountaineering techniques used on the climb will be taught and practiced during the acclimatisation day prior to the ascent.

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 (2500m) and after lunch drive to Khaplu (2600m).

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. After taking some refreshment, we continue our journey by jeep on a spectacular road beside the River Indus to the village of Khaplu. Here we check in at our hotel which is located above the village and offers magnificent views over the rock spires and towers which mark the entrance to the Hushe Valley.

Meals: **B L D**

Accommodation
Hotel

DAY 3

Drive across the Shyok River and follow the Hushe River to Hushe Village (3050m).

We make a reasonably early start from Khaplu, crossing the Shyok River to begin an exciting 4-hour jeep ride up to Hushe, through a number of small and picturesque villages in the lower Hushe Valley. En route we must cross a number of 'nullahs' or small tributary valleys. These nullahs are fed by meltwaters from the glaciers high above the valley and can become impassable by the afternoon as the hot sun goes to work. Our early start from Khaplu means that we should not have any problems in this respect. Hushe is the highest village in the area at 3050 metres and we set up our camp in a field just below the village with the huge bulk of Masherbrum (7821m) dominating the valley to the north.

Meals: **B L D**

Accommodation
Camping

DAY 4

Acclimatisation day with the option to hike up into the Honboro Valley for possible K2 view.

A day for acclimatisation and for exploring. One option for today is to trek up into the Honboro Valley on the west side of the Hushe Valley. There is a small summer settlement here where women of the village stay for 2 months of the year grazing goats and yaks and making cheese. En route, we will pass the source of the water supply pipeline which was installed thanks to a KE-funded scheme in the early 1990's. Before this system was installed the villagers had to drink the silt laden waters of the Hushe River. Our path follows the route of the pipeline, with excellent views out over the Hushe Valley. High up on the south side of the valley is the viewpoint at Humbrok from where there is a sneaky glimpse of K2's summit rising above the rugged skyline. We return to spend a second night at Hushe.

Meals: **B L D**

Accommodation
Camping

Ascent
600M

Descent
600M

Time
4 hrs trekking

Distance
6KM

DAY 5

Trek to the mouth of the Gondogoro Valley at Saitcho (3350m).

Today, we begin our approach to Gondogoro Peak, trekking up above the village on a rocky path through very impressive scenery. Immediately above the village is a farmed area with some bare grazing, fields of corn and turnips, flowering shrubs such as oleander and a few sparse trees. Towering rocky peaks line both sides of the valley. The valley opens out and splits, as we turn towards the north-east alongside the river that has its source in the Gondogoro Glacier. We cross the tributary Charakusa River on a wooden cantilever bridge to reach the idyllic campsite at Saitcho. This camp lies at the junction of the Charakusa

and Gondokoro valleys and is sited on a sandy, tree-shaded area beside a swift-flowing river. There are excellent views of Namika (6325m), the rock spire of K7 and from the trail leading to the camp there is a sighting of the impressive Charakusa Spire. This is a short and easy day of trekking, good for acclimatisation.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	350M	50M	4 hrs trekking	10KM

DAY 6

Trek up above Saitcho on a moraine ridge to Gondogoro Village (3700m).

We can have a leisurely breakfast this morning and a bit of free time at Saitcho, before setting off on what is just a short walk to our next camping place. It would be easy to go further today, but our itinerary is dictated by the need to acclimatise adequately. We head up alongside the Gondogoro Glacier now, taking a path on a wooded moraine ridge which climbs quite steeply to the seasonal goat-herder's settlement of crude stone huts and sheep pens at Gondogoro Village (3700m). Ahead of us, we have views of Masherbrum and one of its satellite peaks from a different perspective. This is another very comfortable camping place on an open, sandy outwash plain. Above the camp a steep tributary valley climbs away to the east towards jagged rock and snow peaks, whilst beyond the moraine ridge is the mighty, rubble strewn Gondogoro Glacier. We will have lunch at camp and take it easy in the afternoon. This is a great place to look out for ibex which are at home on the precipitous valley sides - take a pair of binoculars.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	400M	50M	3 hrs trekking	4KM

DAY 7

Trek up beside the Gondokoro Glacier to the lovely camp at Dalsan (4150m).

Today's short stage to Dalsan skirts the eastern side of the Gondogoro Glacier. We hike up above our camp for an hour with increasingly impressive views of the glacier and of Masherbrum beyond. At a point where the glacier cuts directly into the steep valley side, we are usually obliged to drop down almost onto the glacier itself and for a further hour we scramble along its edge (there is a path above the moraine cliffs and this may be used instead, if it is in good condition). A final scramble up a rocky gulley leads to the campsite at Dalsan (4150m) tucked into a grassy ablation valley with a couple of tiny lakes and staggering views of a range of rocky summits, culminating in the snow-plastered summit of Masherbrum. An impressive icefall sits below the peak and guards the access to the Masherbrum La which (theoretically) links Hushe with the Baltoro system to the north. Snow leopards still inhabit this

rarely visited corner of the Karakoram and KE groups have seen evidence of their presence here.

Meals: **B L D**

Accommodation Camping | **Ascent** 450M | **Descent** 100M | **Time** 3 - 4 hrs trekking | **Distance** 6KM

DAY 8

Trek on the Gondogoro Glacier, passing beneath Laila Peak, to Huisprung (4600m).

Just above our camp the valley turns more towards the east and we have great views up-valley to the Gondogoro La and to Gondogoro Peak itself, although the latter is tough to pick out against the headwall of the valley. Once again, we have to drop down onto the glacier and this time we head out into its centre. At this point the angle of the glacier is not steep and we are walking on a mix of moraine and sometimes on snow or bare expanses of ice. This is a great glacier experience, walking between ice pinnacles, some of them capped with boulders, and easily avoiding any crevassed areas. This glacial traverse is not technically demanding and there is usually no need to rope-up. We pass beneath the striking spire of Laila Peak (6096m) and amongst a stunning array of mountain scenery. We gradually cut across to the north side of the glacier at the place called Huisprung (4600m), a grassy terrace beside a small meltwater lake.

Meals: **B L D**

Accommodation Camping | **Ascent** 500M | **Descent** 50M | **Time** 5 hrs trekking | **Distance** 7KM

DAY 9

Acclimatisation day at Huisprung. Skills training.

Huisprung is a spectacular place at the heart of the Karakoram. The views of Laila Peak are breath-taking and the huge bulk of Trinity Peak is right across the glacier from camp. Seracs regularly break off high above the complex north-west face of this mountain, causing avalanches which can come right down to the glacier, though, thankfully, not this side of the glacier. This is a day for rest and acclimatisation. We will also spend part of this day practicing the straightforward safety techniques required for ascending fixed ropes and walking roped-up on the approach to Gondogoro Peak.

Meals: **B L D**

Accommodation Camping

DAY 10

Climb Gondogoro Peak (5650m) return to Huisprung then trek to Dalsan.

We make a midnight start for the climb of Gondoro Peak. This early start is necessary to make the best of the conditions on the glacier before the sun softens the snow. The climb can be split into in 3 parts: we begin with a trek up the hill rising above our camp which will take us to the moraines of the glacier. We should arrive here around first light and now we put on our crampons and harnesses and rope up for the steady ascent of easy angled snow slopes as we follow the rise of the glacier to the summit pyramid of the peak. This then gives the 'third section' of the climb on steeper snow on a narrowing ridge. At the steepest sections (around 45 degrees) we will use fixed lines for safety. The final 100 metres to the summit is the steepest of all and once here the view is spectacular, looking down the Gondogoro Glacier towards the elegant Laila Peak and the spires and towers of a host of six and seven-thousand metre peaks. We make our descent is by the same route and we should arrive back in camp by mid-morning. After lunch, we trek back down the Gondogoro Glacier to the delightful ablation valley camp at Dalsan. (If we are late returning to the camp at Huisprung after the climb, we may choose to overnight there and then walk to Gondogoro Village on Day 11, followed by a final stage to Hushe and a transfer back to Skardu on Day 12).

Meals: **B L D**

Accommodation
Camping

Ascent
1100M

Descent
1550M

Time
10 - 12 hrs trekking/climbing

Distance
15KM

DAY 11

Trek down valley via Gondogoro Village to Saitcho.

A fairly easy day today, as we head down-valley, negotiating once again the tricky section on the edge of the Gondogoro Glacier to reach the tributary valley outwash plain at Gondogoro Village. We then continue descending, following the moraine ridge, with great views, to the pleasant camping place at Saitcho. We should reach camp in time for a late lunch and then have the afternoon free to chill out or to do some exploring. Above our camp at Saitcho, the Charakusa Valley, dominated by the peak of Namika, is pure Karakoram magic. A short walk up the valley on sherherds' trails leads to the snout of the Charakusa Glacier and to a viewpoint for dramatic granite spires including K7 (6934m). Overnight at Saitcho.

Meals: **B L D**

Accommodation
Camping

Ascent
100M

Descent
900M

Time
4 to 5 hrs trekking

Distance
9KM

DAY 12

Trek to Hushe Village and drive to Skardu.

We have an early start ahead of a short and enjoyable final walk back to Hushe, where we are welcomed once again by villagers young and old. Our jeeps will be waiting for us in Hushe and we will set off on the drive down the valley to Khaplu. 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 a while!

Meals: **B L D**

Accommodation
Hotel

Ascent
50M

Descent
300M

Time
3 hrs trekking

Distance
10KM

DAY 13

Fly to Islamabad.

After breakfast, we drive to Skardu Airport where we catch our flight back to Islamabad. Once again, if the weather is bad, we must travel overland. On arrival in Islamabad, we check in to the group hotel.

Meals: **B L D**

Accommodation
Hotel

DAY 14

Contingency day for possible delays.

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 do fly back 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.

Meals: **B L D**

Accommodation
Hotel

DAY 15

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

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

Meals: **B**

Holiday Information

What's Included

- An experienced professional KE Western climbing leader
- Islamabad Airport transfers for international flights on Day 1 and Day 15
- 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.

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 both ways between Islamabad and Skardu, we avoid travelling on this road.

However, when flights are cancelled, we sometimes have to make this journey (in either direction) by road and in this case we take the N-15 National Highway across the Babusar Pass, which avoids the proscribed section of the KKH.

Only in the rare case of a flight being cancelled AND 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

The group will meet at the hotel in Islamabad.

To guarantee access to your room on arrival earlier than mid to late morning, you have the extra-cost option of booking an additional night. The usual procedure is for the group to relax in the hotel public areas until the rooms are available.

Transfers are provided from/to Islamabad Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on Day 1 to breakfast on Day 15 of the Land Only itinerary.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some 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 meals 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.

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.

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.

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 9 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.

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. 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.

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 50 US dollars 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, taking care that all notes are new, clean and in good condition. 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. Withdrawing cash from an ATM machine may prove to be impossible anywhere on this trip.

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, which should be a soft and sturdy duffel 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

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.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing 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 cardio vascular 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. 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 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.

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.

Books

- Trekking in the Karakoram. Bart Jordans. Cicerone
- 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.
- K2 Triumph and Tragedy. Jim Curran.

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.

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. 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 -10°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
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Good quality (Gore-Tex or similar) overtrousers
- Trekking trousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Warm jacket (down)
- Sunhat

- Warm hat
- Sunglasses
- Thermal gloves
- Warm 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.
- 2x small padlocks (one for left luggage and one for trek bag)

The following items are optional:

- Gaiters
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- 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)
- Camera

Mountaineering Equipment

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

Equipment hire / rental

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

Notes

Kahtoola Microspikes work well on glaciated terrain and on slippery paths when you don't want to wear your mountaineering boots and crampons.

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/

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'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Islamabad. Transfers are provided from/to Islamabad Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

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.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Islamabad. Outbound flights will usually depart from the UK in the morning, arriving in the early morning of the following day (Day 1 of the Land Only itinerary). Return flights will depart Islamabad usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Real Adventure Travel. Little-changed since the first KE groups visited in the 1980's, the Karakoram Mountains offer the same adventure travel experience that they always did. If you are a regular hillwaker with a minimum of snow and ice experience, this classic trek and climb combination in the unspoiled Hushe Valley is perfect as a first taste of the mountains of northern Pakistan.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change