

## WELCOME TO PAKISTAN

Pakistan traces its history back to 2,500 years BC, when a highly developed civilization flourished in the Indus Valley. Evidence of Harappa, Mohenjodaro, Kot Diji and Mehrgarh has been brought to light by the efforts of an advanced civilization existing even in more ancient times. Around 1,500 BC, the Aryans overwhelmed this region and influenced the earlier civilization, whose centre moved to the Ganges Valley, further east. Later, the Persians occupied the northern region between 5th century BC and 2nd century AD. The Greeks came in 327 BC, under Alexander of Macedonia, and passed through like a meteor. In 711 AD, the Arabs, led by Muhammad Bin Qasim, landed at Debal near modern Bambore and ruled the lower half of Pakistan for 200 years. During this time, Islam took root in the soil and influenced the life, culture and traditions of the people.

In the 10th century AD, began the systematic conquest of South Asia by the Muslims from Central Asia, who ruled here until the 18th century. Then the British came and ruled for nearly a century over what is Pakistan now. The Muslim revival began towards the end of the 19th century when Sir Syed Ahmed Khan, a renowned Muslim leader and educationist, launched a movement for intellectual renaissance of the Muslims of South Asia. In 1930, well known poet-philosopher, Allama Muhammad Iqbal, conceived the idea of a separate homeland for the Muslims of South Asia. In 1940, the All India Muslim League, founded by Muslim League, demanding a separate independent homeland for the Muslims. After seven years of untiring struggle under the brilliant leadership of Quaid-e-Azam (the Great Leader) Muhammad Ali Jinnah, Pakistan emerged on the world map as a sovereign state, on 14th August, 1947.



Minar-e-Pakistan, Lahore (Punjab)

Pakistan Tourism Development Corporation



[www.visitpakistan.gov.pk](http://www.visitpakistan.gov.pk)

[www.visitpakistan.gov.pk](http://www.visitpakistan.gov.pk)

Tel: (+92) 51 9212872, Fax: (+92) 51 9212853,

Tel: (+92) 51 921287, Fax: (+92) 51 9212853,

Kosher Biscuit (Ground Floor), PTDC Secretariat

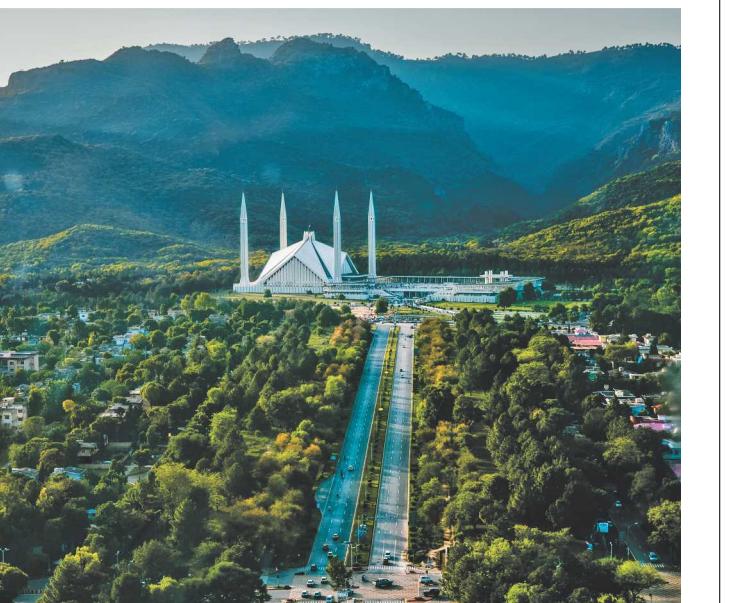


## LOCATION AND GEOGRAPHY

Pakistan is situated between latitude 24° and 37° degrees North and longitude 61 and 75 degrees East. The country is bounded to the west by Iran, to the south-east by India, Afghanistan to the north-west, China to the north-east, and the Arabian Sea to the south. The great mountain range of the Hindu Kush and Karakoram runs through the Hindu Kush. Pakistan's northern highlands of Khyber Pakhtunkhwa and Gilgit-Baltistan, Azad Jammu & Kashmir is bestowed by nature with exquisite natural beauty and turbulent flowing streams. Punjab province is a flat, alluvial plain with five major rivers dominating the upper region eventually joining the River Indus flowing south to the Arabian Sea. Sindh is bounded to the east by the Thar Desert and the Rann of Kutch and to

1

the west by the Kirthar range. Balochistan Plateau is an arid tableland, encircled by dry mountains. Islamabad, the capital city of Pakistan, is a popular destination for tourism as the city is known for its modern infrastructure and picturesque natural surroundings.



Shah Faisal Mosque, Islamabad

## AREA AND CLIMATE

Pakistan has an area of 796,096 sq km. Pakistan has well defined seasons. Winter (December – February), Spring (March – April), Summer (May – September) and Autumn (October – November). During Summer in central and southern parts of the country, the temperature may go as high as 45°C. However, the Northern regions have very pleasant weather during Summer. Between July and August, the monsoon brings an average 38 to 51 cm of rain to the plains and 152 to 203 cm in lower Himalayan valleys of Murree, Kohistan, Swat and Azad Kashmir.

POPULATION: 220 Million

RELIGION: Muslims (96%), and other minorities (4%) including Hindus and Christians.

## LANGUAGES:

National Language: Urdu  
Official Language: English  
Main Regional Languages: Sindhi, Balochi, Punjabi and Pashto  
Other Regional Languages: Balti, Shinji, Brushuski, Chitrali, Kalashi, Kohistani, Hindko, Pothohari, Kashmiri, Gojri, Brahui, Saraiki etc.  
Most people in major cities can speak English

## CURRENCY

The Pakistani Rupee, written as Rs. (currency code: PKR), is the main trading currency in Pakistan. Currency notes of Rs. 10, Rs. 20, Rs. 50, Rs. 100, Rs. 500, Rs. 1000 and Rs. 5000 are in use. Notes of Rs. 10, 50 and Rs. 5 are also issued. Money changers are common in Pakistan and they accept all major currencies. Most hotels, shops and large retail outlets accept major credit cards. The current exchange rate can be calculated at [www.forex.pk](http://www.forex.pk)

2

**TIME ZONE:** Pakistan Standard Time is GMT plus 5 hours (GMT +5). It gets dark at about 5 pm in winter and at 7.30 pm in summer.

**POWER SUPPLY:** 220V, 50Hz AC

**WEIGHT AND MEASURES:** Metric system (Kilometers, Kilograms, Liters) is used as the official system of weight and measures.

**DRIVING AND INSURANCE:** All traffic in Pakistan runs on the left side. International driving license is also valid. Minimum age for driving is 18 years. Tourists are advised to buy travel insurance cover from the country of origin. There are also many insurance companies in Pakistan providing similar services.

## CUSTOMS FORMALITIES AND ALLOWANCES:

For details on Duty Free Personal Allowance, Duty Free Allowances, Purchases from Duty Free Shop, Transfer of Residence Facilities / Allowances, please visit website [www.islamabodairport.com.pk/Procedures/Pro-CustomRules.aspx](http://www.islamabodairport.com.pk/Procedures/Pro-CustomRules.aspx)



Chilam Joshi Festival, Kalash Valley (Khyber Pakhtunkhwa)

## E-Visa Facilitation

Pakistan Online Visa System is now open for the citizens of 192 Countries. Moreover, citizens from 64 countries are eligible to apply for visa in your inbox under Business Category and the citizens from 103 Countries are eligible to apply for Visa in your inbox under Business Category. For more visa details and eligible countries lists, please visit <https://visa.nodra.gov.pk>

All travellers entering Pakistan are required to provide their contact & Travel information through the Pass Track App downloadable from Google Play/App Store.

## Application Requirement for Visa

1. Photograph
2. Valid Passport
3. Invitation Letter from the sponsor or hotel booking details in case of individual tourist.
4. Invitation Letter in case of group by the Tour Operator designated by the department of tourist services
5. Visa fee (varies from country to country and visa type)
6. Online submission of visa application

3

## HOW TO GET HERE

### AIRPORTS

Several International Airlines connect Pakistan with the rest of the world. A few have direct connections to Islamabad, Karachi, Lahore, Peshawar, Quetta, Faisalabad and Sialkot International Airports. National Airlines, PIA, has direct connections to major destinations in USA, Europe, Middle and the Far East. Other Pakistani airlines, Airblue, AirSial and Serene Air also operate on Domestic and International air routes. The list of foreign & domestic airlines can be visited at website <https://copakistan.com.pk/ot/at-countrymoner.aspx>

**AIRPORT FACILITIES:** Banks, ATMs, Car rental, Radio Taxi, Tourist Information Centers, duty free shop, Restaurants, hotel Reservation booths, post office and public call office facilities are available at Karachi, Lahore, Islamabad and Peshawar International Airports.



Islamabad International Airport

You can also reach Pakistan by land from China, India, Iran and Afghanistan.

## WHERE TO STAY

Pakistan offers a wide range of accommodation. Modern, well equipped chain-hotels like Serena Hotels, Islamabad, Peshawar, Faisalabad, Quetta, Gilgit, Hunza, Shigar Fort (Skardu), Saidu Sharif (Swat), and Khaplu (Police Chorhce), Pearl Continental Hotels (at Karachi, Lahore, Rawalpindi, Bhurban, Malam Jaba, Muzaffarabad and Gwadar), Marriot (at Islamabad, Lahore, Karachi, Multan, and Faisalabad), Morriott (Karachi and Islamabad), Romoda Hotels, (Karachi, Lahore, Multan, Islamabad, and Murree), Roony Hotels (Nagor, Chitral, Noran, Peshawar, Kalan, Nathi Gali, Islamabad, Hunza, Murree), Hotel One (Sargodha, DG Khan, Sahiwal, Abbottabad, Mansehra, Bahawalpur, Rahim Yar Khan, Sukkur, Nonkana Sahib, Faisalabad, Multan, Islamabad, Murree, Bhurban, Lahore, Shelton Hotels (Mardan, Banu, Kumrat Valley, Timergara, Rawalpindi, Lahore) and Legend Hotels (Islamabad, Hunza, Chitral, and Skardu) offer good services and facilities. The hotels in Pakistan can be explored and booked online on websites/Apps of [tourism.gov.pk](http://tourism.gov.pk), Booking.com, Agoda.com, Hotels.com, Bookme.pk, and Sosticket.pk



4

## TRAVEL WITHIN PAKISTAN

**Air:** Pakistan's National Airlines, PIA serves domestic airports with scheduled connections, including multiple daily flights between major cities of Karachi, Quetta, Multan, Lahore, Islamabad and Peshawar. Three private airlines, Airblue, AirSial and Serene Air also operate on domestic routes. Airlines has daily flights linking the northern tourist towns with major cities of Pakistan. All flights to northern Pakistan are subject to good weather. ([www.pia.com.pk](http://www.pia.com.pk))

**Road:** Pakistan has an extensive network of roads and highways, linking cities and towns with each other, like the Grand Trunk Road (G.T.R.) connecting Lahore and Peshawar and the Super Highway (National Highway) links Karachi with the interior of Sindh and Punjab while the Indus Highway links Peshawar with the Southern Punjab and the RCD Highway links Karachi with Quetta and Tafsan (Pak-Iran border). Karakoram Highway connects Pakistan with China (Kashgar) through Islamabad, Abbottabad, Mansehra, Bisham, Chilos, Gilgit, Hunza, Sost and Khunjerab Pass (4,733 m above sea level). A landmark has been achieved with the completion of Lahore-Islamabad Motorway (M2), Faisalabad-Multan Motorway (M4), Islamabad-Peshawar (M1) Motorway, Swat Motorway (M16), Mansehra-Thokot (M15) and Makran Coastal Highway (Karachi-Gwadar), which have opened some of the remote areas of Pakistan for visitors.

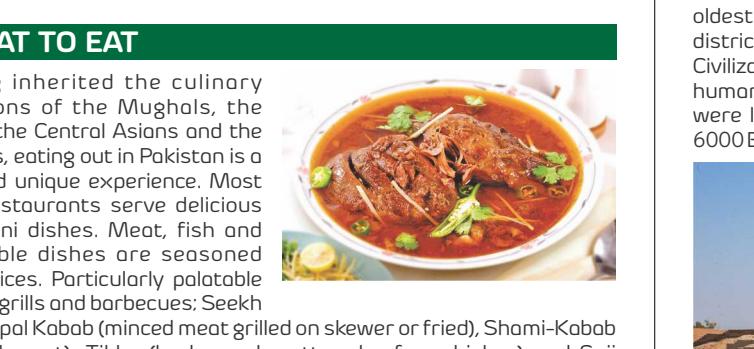
**Public Transport:** Taxilo, 3-wheel auto-rickshaws, bikes, vans, metro buses, trolley busses, rickshaws, horse-drawn carriages and tongas (horse-drawn carts) are used to travel within the city/village limits, whereas inter city air-conditioned, non-air-conditioned buses, vans and coaches are available from the main city bus terminals. Tickets can be booked through Mobile App of Careem, InDrive, ByGeo in major cities and bus tickets can be online purchased on bookkaro.com, bookme.pk, sasticket.pk.

**Trains:** Pakistan has over 11,881 kilometers of railway network. The main lines run from Karachi to Peshawar connecting important cities of Hyderabad, Rohri, Faisalabad, Lahore, Rawalpindi, Taxila and Peshawar. Another main line links Quetta with the rest of the country. A number of trains run between Quetta and Korochi/Karakoram. Although there are several daily trains, the faster trains among them like Green Line Express (Karachi-Islamabad), Sholimar Express, Karakoram Express (Lahore-Karachi), Khyber Mail (Karachi-Peshawar) and Tezgam (Karachi-Rawalpindi) have more comfortable air-conditioned compartments for travellers. Advance booking is recommended which can be made on mobile App "Pakistan Railways Official" / website [www.pakrail.gov.pk](http://www.pakrail.gov.pk) or through the Railway Reservation offices throughout Pakistan.

5

## WHAT TO BUY

Pakistan is a treasure house of exquisite handicrafts, made by the craftsmen who devoted their life to cloth weaving, pottery, metal work, wood work, stone carving and decorating items, big or small. Pottery, including history, a traditional art that has become an art with its origins going back to 5,000 years B.C. Today, each region of Pakistan claims its own specialties and jugs, from sturdy terracotta to paper-thin ceramics.



**WHAT TO EAT**  
Having inherited the culinary traditions of the Mughals, the Turks, the Central Asians and the Iranians, eating out in Pakistan is a rich and unique experience. Most local restaurants serve delicious Pakistani dishes. Meat, fish and vegetable dishes are seasoned with aromatic spices and herbs like cumin, coriander, turmeric, ginger, garlic, etc. The kebabs and biryanis are the specialties of the region. Sushai or Chappal Kabobs (minced meat grilled on skewer or fried), Shami-Kabob (minced meat), Tikka (barbecued mutton, beef or chicken) and Seji (barbecued leg of lamb). Pakistani mutton and chicken curries and the oriental rice dish called Pulao, are also popular with natives and foreigners alike. Many of the biggest and renowned food chains outlets are also operating in Pakistan including McDonald's, KFC, Burger King, Pizza Hut, Dunkin Donuts, Dominos, Subway, Boskin Robbins, Hardies, Coffee Bean & Tea Leaf, Papa Johns and OPTP. Online food orders can be booked in major cities through food delivery Mobile Apps including FoodPanda & Cheety.

## WHAT TO WEAR?

Lightweight, cotton clothes suffice except in the north during winter. Men wear suits for business meetings and social events. Casual shalwar suits are worn by all women and most men in public. Women should dress modestly.

## WHAT TO SEE?

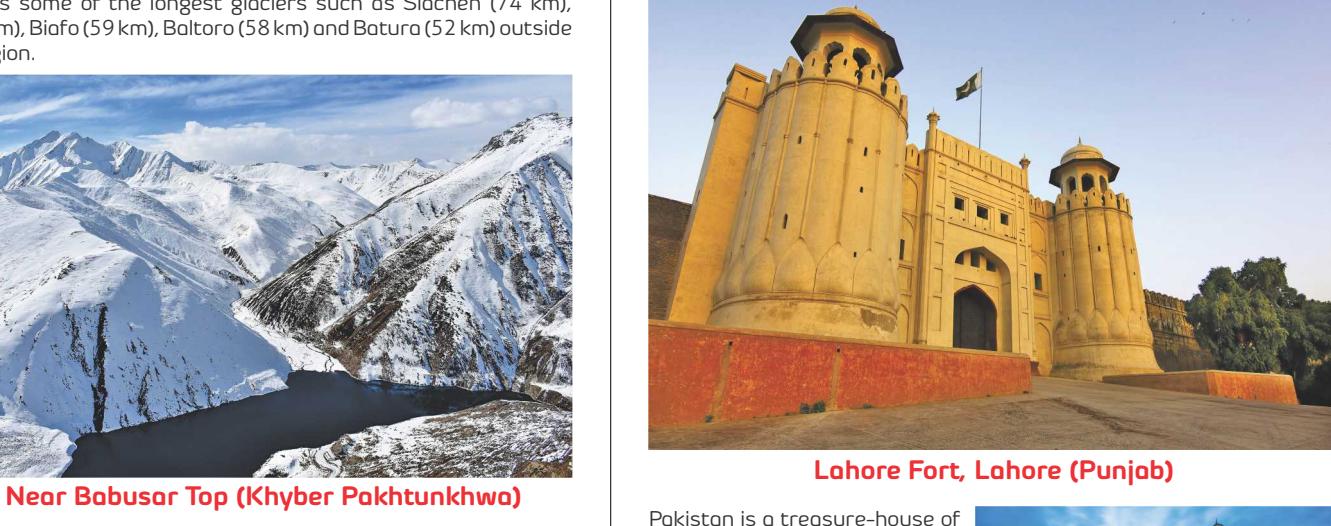
Pakistan is a destination of special interest for travellers to explore. Its main attractions include adventure tourism in the Northern Areas, cultural and archaeological tourism as found in Taxila, Moenjodaro, Harappa, Sutro, along the Karakoram Highway and early Muslim & Mughal heritage of Lahore, Multan, Thatta and Peshawar. From the mighty Karakoram in the North to the vast alluvial delta of the Indus River in the South and beautiful beaches of Balochistan & Sind, Pakistan remains a land of high adventure and nature. Trekking, mountaineering, white water rafting, wildboar hunting, mountain and desert jeep, Camel and Yak safaris, trout fishing and bird watching, are among the few activities that entice the adventure and nature lovers to Pakistan.

6

## NORTHERN PAKISTAN

The Northern Area of Pakistan, spread over 72,496 sq. km is the most fascinating region of the country. Amongst snow-capped peaks with heights ranging from 1,000 to 8,000 m, the valleys of Gilgit-Hunza and Hispar are interesting as their geography. The people with typical costumes, folk dances, music and sports like polo and buzkashi, provide the tourist with unforgettable experience. Nowhere else in the world is such a great concentration of high mountains, peaks, glaciers and passes except in Pakistan. Of the 14,000 meters high peaks on earth, 04 occupy an amphitheater at the head of Baltoro glacier in the Karakoram range. These are: K-2 (8,611 m, world's second highest), Gasherbrum-I (8,068 m), Broad Peak (8,047 m) and Gasherbrum-II (8,035 m). There is yet another which is equally great, Nanga Parbat (8,126 m), located at the westernmost end of the Himalayas. In addition to that, there are 68 peaks over 7,000 m and hundreds others over 6,000 m. Northern Pakistan has some of the longest glaciers such as Siachen (74 km), Hispar (59 km), Bifco (59 km), Baltoro (58 km) and Batura (52 km) outside the Polar region.

## CULTURE AND HERITAGE



Lake Near Babusar Top (Khyber Pakhtunkhwa)

## THE SILK ROUTE

For centuries, the Silk Route remained the main trading route between the South Asia and the Central Asia. After the compilation of the Karakoram Highway (KKH) in 1978 along the same route, joining Pakistan with Chinese Muslim autonomous region of Xinjiang, the ancient trade link has been revived. The KKH has provided a great opportunity for international travellers to explore the un-spotted natural beauty, unique culture and ancient traditions of Northern Pakistan together with other Silk Road countries like China, Kyrgyzstan, Tajikistan, Kazakhstan and Uzbekistan.



7

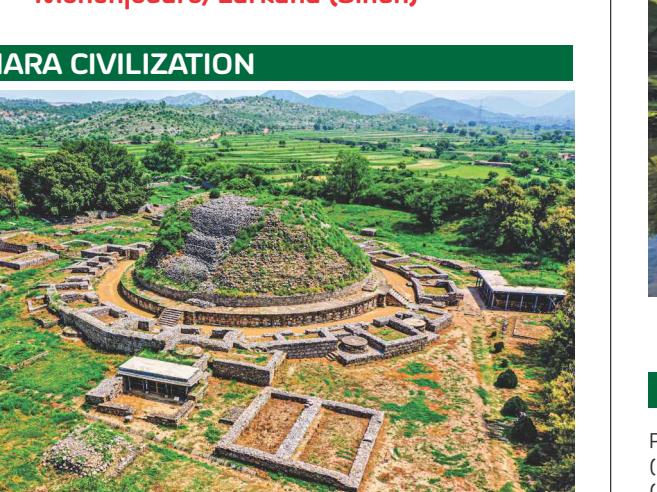
## INDUS VALLEY CIVILIZATION

The Indus Valley Civilization was at its peak from the 3rd till the middle of the 2nd millennium BC. Discovered in 1922, Mohenjodaro was once a metropolis of great importance, forming part of the Indus Valley Civilization with Harappa (discovered in 1924). Mohenjodaro is considered as one of the most spectacular ancient cities of the world. It had mud-brick buildings, an elaborate covered drainage system, a large state granary, a spacious pillared hall, a College of Priests, a palace and a citadel. Harappa, another major city of the Indus Valley Civilization, was surrounded by a massive brick wall fortification. Other features and plan of the city were similar to that of Mohenjodaro. The Kot Diji culture is marked by well-made pottery and houses built of mud-bricks and stone foundations. Mehrgarh, the oldest Civilization (7,000 B.C.) remains of which were discovered in the district of Kohi of Balochistan in 1984, was the pioneer of the Indus Valley Civilization. The evidence of crop cultivation, animal husbandry and human settlements have been found here. The inhabitants of Mehrgarh were living in mud-brick houses and learned to make pottery around 6000 BC.



Mohenjodaro, Larkana (Sindh)

## GANDHARA CIVILIZATION

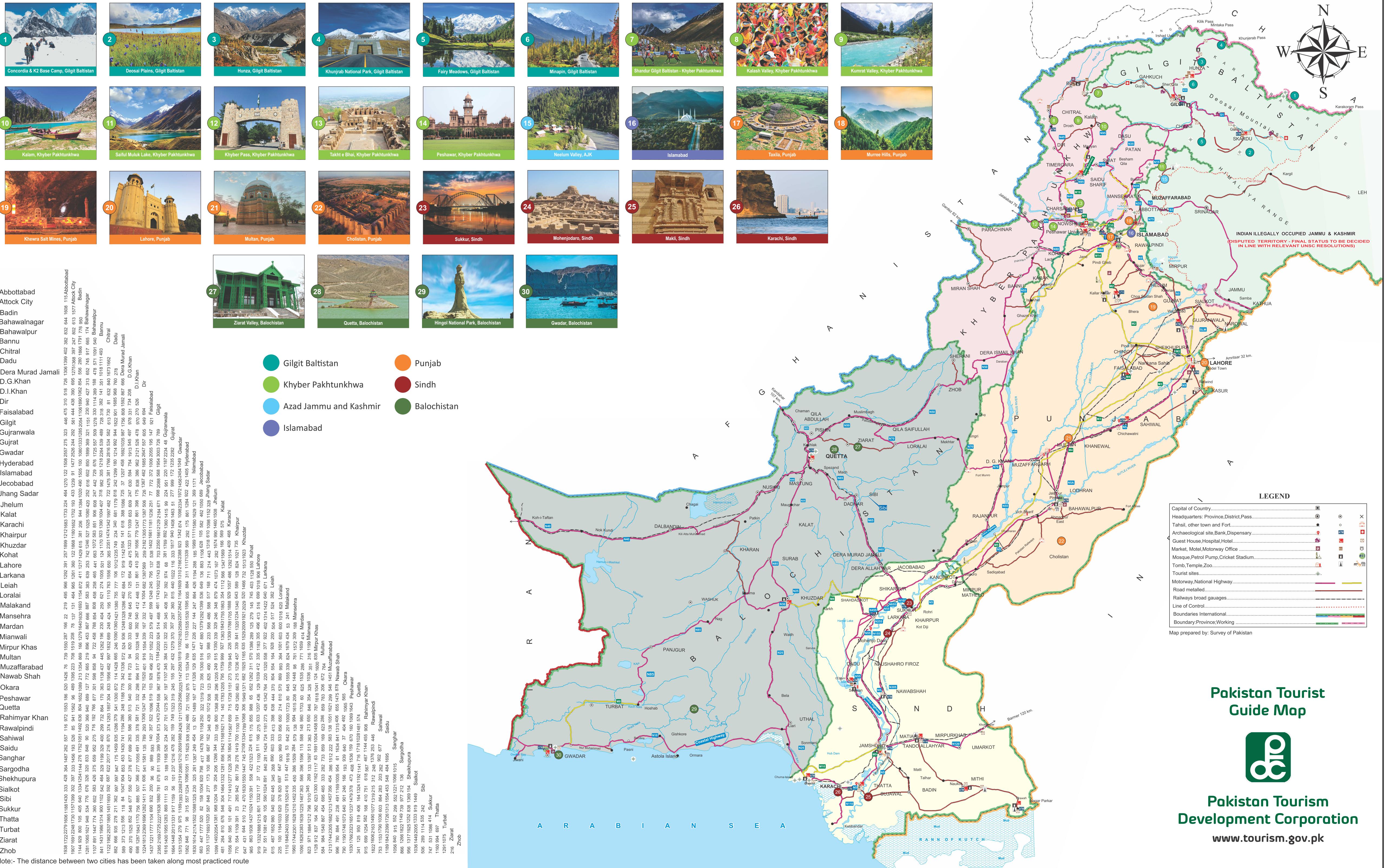


Dharmarajika Stupa, Taxila (Punjab)

Gandhara region, the hollowed centre of Buddhism, had once been the cradle of the world famous Gandhara art, culture and knowledge. The archaeological remains found in Taxila, Peshawar, Charsadda, Shobz Garhi, Jamali Garhi, Takht Bahi, Swat and rock carvings along the ancient

7

Silk Road (KKH) have well recorded the history of Gandhara.



Pakistan Tourism  
Development Corporation

[www.tourism.gov.pk](http://www.tourism.gov.pk)