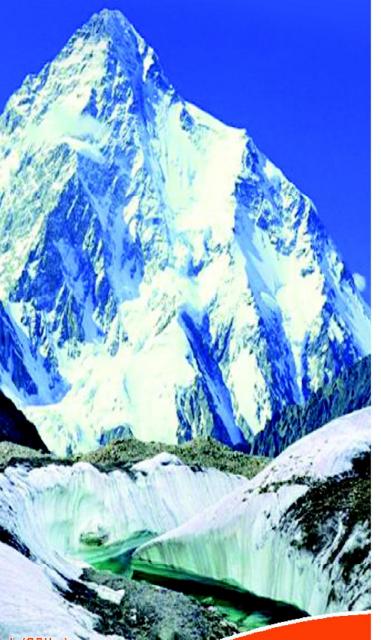


NORTHERN PAKISTAN

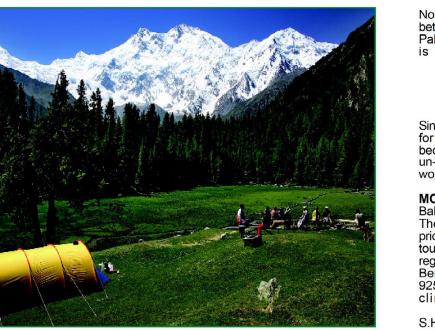
Guide Map



K2 Peak (8,611m)



Pakistan Tourism
www.tourism.gov.pk



Nanga Parbat (8,126) as seen from Fairy Meadows

NORTHERN PAKISTAN

The Northern Area is the most spectacular and fascinating region of Pakistan. Here, world's three famous mountain ranges meet - the Himalayas, the Karakoram and the Hindu Kush. The whole Northern Pakistan is like a paradise for mountaineers, climbers, trekkers, hikers and anglers.

The Karakoram

The historic **Karakoram Pass** (5,575 m), an ancient trading route between the Northern Pakistan and Xinjiang (China), gives its name to the range west of it that forms the watershed between the Indus and the Central Asian deserts. The eastern boundary of the Karakoram is the upper Shyok River from where it extends over 327 km northwards to the Karakoram and the Himalayas. Trekking season is between May to October. The Government has issued trekking permits for K2 (8,611 m) and the rest of the Karakoram and to the south, the Indus bounds the Karakoram. Here, the Nanga Parbat (8,126 metres) massif is the western anchor of the great Himalayan range which stretches in an arc 24,124 km east to Burma, a boundary and barrier "the razor's edge" which for centuries had determined the destiny of South Asia. This is the setting of the **Karakoram Range**, the remnant of a primeval ice age. The peaks, with extensive glacier systems and the greatest concentration of lofty mountains in the world.

Highest Peaks

Of fourteen over 8,000 m peaks on earth, four occupy an amphitheatre at the head of Baltoro. The sharpest forms, sizes and shapes provide much data for description. These are K-2 (8,611 m) - world's 2nd highest; the undisputed monarch of the sky; **Broad Peak** (8,047 m) - massive and ugly; **Gasherbrum-I** (8,068 m) and **Gasherbrum-II** (8,035 m) - the "Pakistani Pyramids" that even Cheops would have preferred for a tomb; **Muztagh Tower** - deceptively sheer; **Chogolisa** - the "Bride Peak"; **Pointe des Cataractes** - the most fearsome great four-edge ridge; the sky clearing monoliths of Trango Towers and the most beautiful of all - the Peak of Perfection - **Paiyu**, (6,600 m) first climbed by a Pakistani expedition in 1977. There are scores of over 7,000 m high peaks in the Karakoram Range and hundreds of nameless summits below 6,000 metres, mere points on the map. In the Karakoram there are many peaks of great beauty such as Rakaposhi (7,789 m), the dominant peak in Nager and Hunza Valleys. Its north face is fantastic precipice - 5,791 metres of plunging snow and ice.

The **Hindukush** is also a mountain vastness containing hundreds of peaks, many above 7,000 metres including **Trichmir** (7,705 m) that is the highest peak of the range. The western part of the **Himalayas** is Nanga Parbat (8,126 m) once dreaded as the "Killer Mountain", but climbed many times by various expeditions since the first disasters.

Longest Glaciers

Some of the longest glaciers outside polar region flow in the Karakoram. The Siachen glacier is 75 km long. The Hispar (52 km) joins the Biafo at

Northern Area Transport Company (NATCO) are plying regular bus service between **Sost** (Pakistan) and **Taxkurgan** (China) for overland traffic between Pakistan and China, from 1st May till 31st October every year. One-way fare is US\$ 25 per person and seats can be booked in advance.

MOUNTAINEERING AND CLIMBING

Since 1954, when the Karakoram Range of Pakistan was opened to expeditions for climbing and trekking, the mountains and glaciers of the north have become an international playground. There are hundreds of peaks still lying un-climbed. This is a great challenge for the mountaineers and climbers the world over.

MOUNTAIN CLIMBING: Climbing permits for mountaineering in Gilgit-Baltistan region are issued by Gilgit-Baltistan Council Secretariat, Islamabad. The application for climbing permit should be submitted at-least 02 months prior to undertaking the mountaineering expedition. The application for foreign tourists should be submitted to the concerned operator duly registered with Government of Pakistan to Gilgit-Baltistan Council Secretariat, Benevolent Fund Building Block-B, Zero Point, Islamabad. Tel: +92-51-9253273, +92-51-9253265 Fax: +92-51-9253262 Web: Royalty fees on climbing peaks in Gilgit-Baltistan, Pakistan are as under:

S Heights	Royalty in US\$ Upto 07 climbers	Additional Fee for each additional climber
K-2 (8611 m)	7,200	1,200
8,001 - 8,500 m	5,400	900
7,501 - 8,000 m	2,400	300
7,000 - 7,500 m	1,500	180
6,000 - 7,000 m	900	

Note: US\$ 68 per person will be charged as waste management fee. 10% Royalty Fee on mountains situated in Gilgit and Ghizer except on Sanioti/Golden Peak, 05% royalty fee on all peaks during winter season (December-February). There will be no fee on climbing peaks upto 6,500 m.

TREKKING: Pakistan is a paradise for Trekkers. Most of the trekking routes lie in the northern mountains of the Hindu Kush, the Karakoram and the Himalayas. Trekking season is between May to October. The Government has issued trekking permits for K2 (8,611 m) and the rest of the Karakoram and to the south, the Indus bounds the Karakoram. Here, the Nanga Parbat (8,126 metres) massif is the western anchor of the great Himalayan range which stretches in an arc 24,124 km east to Burma, a boundary and barrier "the razor's edge" which for centuries had determined the destiny of South Asia. This is the setting of the **Karakoram Range**, the remnant of a primeval ice age. The peaks, with extensive glacier systems and the greatest concentration of lofty mountains in the world.

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Mountaineers in the Karakoram

a personal insurance policy for the guide and the porters and attending briefing and de-briefing at the Alpine Club of Pakistan, at the beginning and end of each trekking trip. No trekking is allowed in closed zones, which are the areas near Pak-Afghan border and near the Line of Control with India. Trekking / Mountaineering permits for treks and peaks situated in Khyber Pakhtunkhwa province are issued by Tourism Corporation of Khyber Pakhtunkhwa (TCPK) 13/A Khyber Road, Peshawar. Tel: +92-91-9210911 Following regions/treks are located in **restricted zone**:

- **District Chitral**: treks in Kalash valleys, Chitral Gol National Park, Shishi Gol & Golen Gol, Lukru Valley, Laspar Valley and Bashgar Gol. Permission from the office of the DCO, Chitral is required.
- **District Ghizer**: treks in upper Ghizer River Valley, Yasin Valley to Yarkun Valley and Yasin Valley to Ishkoman Valley.
- **District Hunza**: Gilgit & Hunza Valleys, Naltar & Pakora Valleys.
- **Diamer District**: Nanga Parbat region, Gilgit & Baltistan.
- **Hunza Valley**: Nigar, Hunza proper, Gojal.
- **Baltistan**: Basha, Tomrik & Stak Valleys, Deosai Mountains and Plains, Bafio Hispar traverse, Thallie La & Tisspero La and Aling Glacier & K-6 Base Camp.

Following regions/treks are located in **restricted zone**:

- **Chitral District**: Turikho Valley and upper Yarkun Valley.
- **Hunza**: Chuprasun Valley
- **Baltistan**: Chitral to Concordia, Masherbrum Base Camp, Gondogoro Valley and K-7 Base Camp.

For latest list of treks in open and restricted zones, trekking rules & regulations, please contact the Deputy Chief (OP), Ministry of Tourism, Government of Pakistan (10th Floor, Green Trust Tower, China Chowk, Jinnah Avenue, Blue Area, Islamabad. Tel: +92-51-9205768 Fax: +92-51-9210996 e-mail: dptdc@fco.gov.pk).

WHITE WATER SPORTS

Only those who dare take up the challenge of the frothy white waters of the roaring mountain rivers in Northern Pakistan, know the excitement and thrill that sports offer. Tourists can now undertake white water sports such as rafting, canoeing and kayaking etc. in the rivers Indus, Gilgit, Hunza, Swat, Shyok, Shayok and Kuhnar. White water sports in these rivers of Northern Pakistan hold immense potential for the adventure lovers and sportsmen.

ANGLING

Rivers and lakes of Northern Pakistan are filled with trout. Popular with the anglers are Kunhar River, Lake Saiful Maluk, Lake Lulusar and Lake Doda in Kaghan Valley; Swat River and Mahodand Lake in Swat Valley; Gilgit River, Phander Lake, Handar Lake (along the Gilgit-Shandur Road); Chitral River and Shandur Lake; Astor River and Rama Lake in Astor Valley; Sadpara & Kachura Lakes in Skardu Valley etc. The fishing season lasts from April to September, and permits are available from the local Fisheries Department.

THE SILK ROUTE & THE KARAKORAM HIGHWAY

For many centuries, caravans have braved these tortuous mountains treading precariously along paths glowering shortcuts between the great towns of Central Asia and the rich markets of South Asia. However, the trails were hazardous, angry rivers horrifying to contemplate, and the Nature's storms caused even the most rapid to despair. Thus the traders and porters had to be robust for their lives. The Silk Route, the artery of the world, had to pass through the rugged mountain passes in the heart of the Northern Pakistan. It had been described almost as it had been 15 centuries earlier by the Chinese pilgrim Fa Hien in 400 AD: "The way is difficult and rugged, running along a bank exceedingly precipitous. When one approaches the edge of it, his eyes become unsteady, and if wishes to go forward in the same direction, there is no place on which he can place his foot, and beneath are the waters of the riverbed below. Thus the traders and porters had to leave over the route for caravans and carried salt, tea and precious from China to be bartered for gold, ivory, jewels and spices from South Asia.

It is against this backdrop that Pakistan and China joined hands in 1967 to construct a 1,300 km. **Karakoram Highway** connecting the ancient **Silk Route** to the newer mountain roads and breath-taking gorges of beauty; few places on earth can match the superb landscape through which the **Karakoram Highway** snakes. A fantastic and unforgettable spectacle is the passage of the highway along the Batura glacier, rated as the world's seventh largest glacier. The **Hunza Pass**, which the highway crosses, is the highest point on its entire length. The **Highway** or the **Silk Route** that led from Europe to Asia and over which history's most famous tourists once travelled. These include the Venetian trader **Marco Polo**, after whom has been named the wild **Marco Polo sheep**, in the 13th century, the Chinese monk **Fa Hien** in the 4th century and the Central Asian historian, Abu Rehan Al-Beruni in the 11th century.

Today, the Karakoram Highway connects Islamabad with Kashgar (China), via Abbottabad, Mansehra, Thakot, Besham, Pattan, Chilas, Gilgit and Hunza across the 4,733 metres high Khunjerab Pass. The highway, built by the Pakistani and the Chinese engineers, has been described as a marvel of civil engineering and even as "The Eighth Wonder of the World". PTDC and

Government of Pakistan (NATCO) are plying regular bus services between Sost (Pakistan) and Taxkurgan (China) for overland traffic between Pakistan and China, from 1st May till 31st October every year. One-way fare is US\$ 25 per person and seats can be booked in advance.

GILGIT, GHIZER & DIAMER

GILGIT

Situated at an elevation of 1,454 metres along the banks of Gilgit River, quiet little town of Gilgit has spectacular scenic beauty. For centuries, it had been the capital of various dynasties. Its history goes well beyond 6th century AD. The town is irrigated by a network of canals fed by mountain streams. Peak tourist season is from April to October though you can visit the valley round the year. The maximum temperature in May is 33°C and the minimum 16°C and in September, maximum 28°C and minimum 11°C.

WHAT TO SEE?

Gilgit Bridge: The bridge over the fast flowing Gilgit River, at the end of its traditional bazaar, is one of the largest suspension bridges in South Asia (182 metres long and 2 metres wide) allowing enough space for one jeep at a time to cross.

Polo match in full swing at Shandur, Chitral

WHAT TO BUY?

Polo

WHAT TO DO?

WHAT TO EAT?

WHAT TO STAY?

WHAT TO BUY?

WHAT TO DO?

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WHERE TO STAY?
There are many moderately priced hotels, motels in Kaghan Valley at Balakot, Shogran, Kaghan, and Naran. More over, the comfortably furnished PTDC Motel Complex at Naran and Balakot, welcome the visitors to Kaghan Valley.

WHAT TO BUY?
Kagan is noted for its artistically carved walnut handicrafts, embroidered shawls, shirts, woolen blankets and "Namdas" (woolen felt rugs).

AZAD JAMMU & KASHMIR

PEOPLE & CULTURE
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HOW TO GET THERE?

Swat is linked by road and by air with Islamabad/Rawalpindi and Peshawar. There is regular bus and van service between Rawalpindi and Mingora. Besides Daewon Coach Service, a seasonal tourist coach service for Saidu Sharif and Kalam is run by PTDC from 1st June to 30th August every year. For bookings and further information, please contact PTDC offices at Rawalpindi or Saidu Sharif.

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WHAT TO BUY?

Local handicrafts include embroidered linen, hand-woven rugs and shawls, silverware, tribal jewellery and carved wood work.

KAGHAN VALLEY

A

holiday in Kaghan Valley, the Himalayan hide-away situated northeast of Hazara District of Khyber Pakhtunkhwa province, is an experience in itself. Its numerous lakes, waterfalls, meadows and glaciaries make it an unbelievable pristine area, an unspoiled paradise. The Valley extends for 155 km rising from an elevation of 2,134 metres to its highest point, the Babusar Pass (4,173 m). Kaghan is at its best in the summer months (May to September). In May the temperature is: maximum 11 C and the minimum 3 C. From the middle of July up to the end of September, the road beyond Naran, snowbound throughout the winter, is open right up to Babusar Pass. Naran, snowbound throughout the winter, is open right up to Babusar Pass.

WHAT TO SEE?

Abbottabad: It is a charming town spread over several low, refreshingly cool and green hills. Abbottabad is 116 km (2 hours) from Rawalpindi and 208 km (3 hours) from Peshawar. Places worth visiting in Abbottabad are: Simla Hill, Ilyasi Masjid etc.

Shogran: At a distance of 34 km from Balakot, lies the green plateau of Shogran (2,362 m above sea level). Drive by car to village Kival, 24 km from Balakot and turn right for Shogran for another 10 kms. From Shogran, you can visit Sari, Paya and Makra by jeep or you can go for hiking.

Kaghan & Naran: Kaghan Village has given its name to the whole Valley. It is 64 km from Balakot at an altitude of 2,039 m. Naran is the main tourist attraction of the valley. It is linked with Balakot by 88 km long metalled road. It takes 4 hours by car to reach Naran. Naran serves as a base for the whole valley. From here, you can ride a jeep or horse or hike to several picturesque lakes, valleys and peaks. The journey through the valley by the side of Kunhar river is indeed a unique experience.

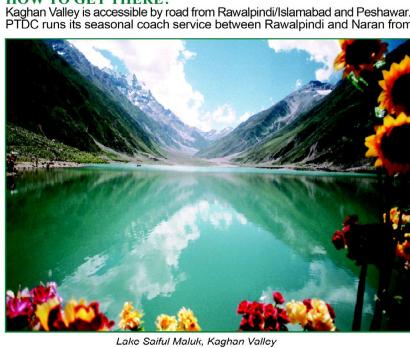
Lake Saiful Maluk & Lalazar: Lake Saiful Maluk has a touch of the unreal about it, rising 3,206 metres high in the sky. You can sit on the bank of the lake and hear the local legend about Prince Saiful Maluk who fell in love with a fairy. Further up are quaint woodland villages, Battakundi, Burawai, Basal, Gittidas and Lalazar. At a distance of 19 km from Naran, Lalazar is unique place for a day excursion by jeep.

Lovely Lakes & Meadows: If you love hiking, trekking or fishing, then Kaghan Valley is like heaven. There are many lakes and meadows high up in the mountains waiting for you. Some of them are: Lake Lulusar, Lake Dodpatkar, Danna Meadows, Sharan, Sri, Paya, Makra Peak, Malika Parbat and Musa Ka Musalla (Prayer Mat of Prophet Moses).

Siran Valley: It is accessible through KKH via Shinkari. There is a Jeep trek from Daddar along the Siran River to labori (Forest Rest House), Nadi (Rest House) and to Sharan in Kaghan Valley.

HOW TO GET THERE?

Kaghan Valley is accessible by road from Rawalpindi/Islamabad and Peshawar. PTDC runs its seasonal coach service between Rawalpindi and Naran from



1st June till 31st August. For bookings, please contact any of PTDC Tourist Information Centres. The Kaghan Valley is blocked at the end by high mountains but a pass the jeepable road snakes over into Chilas Valley. This is 4,173 m high Babusar Pass, which commands the whole Kaghan panorama as well as gives you, on a clear day, glimpses of Nanga Parbat (the Naked Mountain) glistening at 8,126 m.

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WHERE TO STAY?

There are moderately priced hotels, motels and rest houses in Swat at Saidu Sharif, Mingora, Margazar, Madyan, Bahrain, Kalam and Usho. PTDC also has its Motel at Saidu Sharif, Miandam and Kalam. For local assistance, please contact Tourist Information Centre, PTDC Motel, Saidu Sharif. Tel: (0546)-9240157-9 Fax: (0546)-9249156

WHAT TO BUY?

Local handicrafts include embroidered linen, hand-woven rugs and shawls, silverware, tribal jewellery and carved wood work.

AZAD JAMMU & KASHMIR

PEOPLE & CULTURE
Azad Jammu & Kashmir is a land of fascinating people, languages & culture. Its population is composed of different races claiming their descent from Semitic, Mongolian, Aryans, Persians, Turks & Arabs, speaking different languages like Kashmiri, Pahari, Gojri, Punjabi and Pashto. The people of Kashmir are sturdy, simple, truthful, intelligent, ingenious, hardworking, skillful and deeply attached to