Region Data

# Chitral

### Region Title/Heading

Chitral

### Subtitle

The Land of

### Elevation

## Description

Under the shadows of Tirichmir in the Hindukush mountain range, the valley of Chitral in the Khyber Pakhtunkhwa province of Pakistan is a fascinating combination of scenic beauty and cultural diversity. The land of apples, apricots, pears and pomegranates, Chitral stretches from 1,094m to 7778m above sea level (ASL) at Tirichmir Peak. With its collection of rugged mountains, gushing river, hot springs and fruit-laden orchards, Chitral truly is an enchanting part of Pakistan.

The area is bordered by Afghanistan in the north and west, with the narrow Afghan Wakhan corridor separating it from Tajikistan, Dir Kohistan in the south and Gilgit in the east. Chitral can be accessed via several mountain passes, the most famous being the Lowari Top (3,118m) approx. crossing the Hindu Raj (a spur of the higher Hindukush) in the south and the Shandur Pass (3,798m) forming the eastern gateway from Gilgit. Other passes include the Dorah Pass from Badakshan in Afghanistan and the Broghal (3,798m) from the Wakhan Corridor in Afghanistan. Although these two passes represented the main arteries of the ancient Silk Route to Yarkand and Kashgar in China and Badakhsan in Afghanistan, they are not much in use today.

### HISTORICAL CHITRAL

Situated on the main Crossroad to Central Asia, Chitral has a long and fascinating history. In fact, it is this strategic location that compelled invaders to capture it before any other area in the region. The recorded history of Chitral begins with the Tibetans invading Yasin in early 8th century AD, followed by the Chinese I 750 AD and the Buddhists in 900 AD. Later, the Kalash also ruled Chitral for decades.

In the 14th century, Chitral became a unified independent kingdom under the rule of Shah Nasir Rais. In 1570, the Rais dynasty was replaced by the Katoor Dynasty. The famous mehtar of Chitral Aman-ul-Mulk ruled from 1857 to 1892. In 1895, the siege of Chitral Fort took place and lasted a month, after which Chitral remained an independent state under British rule. Finally, in 1969 it was merged into Pakistan.

Today, Chitral hosts ancient Chitrali Tribes as well as nomads who were invited by the mehtars to settle in the state. Chitral is also home to the ancient pagan tribe of the Kalash who are now confined to the three valleys of Bamburat, Rambur and Birir. The original state of Chitral covered a greater area, with its border reaching as for as Badakhshan and Bashqal in the north-west and Kunar Valley in the south (these areas are now part of Afghanistan). In addition, this extended to Sherqilla on its north-eatern front and which lies in Gilgit today.

### CULTURE

The culture of Chitral bears traces of Greek, Iranian,Tatar and Turkish influences due to its unique location and historical links with Central Asia and Europe.The Chitrali people call the land of Chitral “Kho” and their language is Khowar. Persian is spoken only Madaglasht Valley. Pushto and Urdu have also made their into Chitral. Other languages spoken in Chitral include Kalash, Gujari, Nuristani, Dameli, Wakhi, Kirghiz, Yidgha, Gawar-Bati and Phalura. The tradition of hospitality can be observed throughout northern Pakistan but in few places it is offered as generously as in Chitral. Chitralis also have a strong musical tradition. The Chitrali sitar, a string instrument, can often be heard at many places and family gathering. Polo is the most popular sport in Chitral which has attained dary status. Matches are festive occasions, inevitably many tourists. The world famous Shandur Polo Tournament is held between Gilgit and Chitral every year from 7th to 9th of July at Shandur Pass near Laspur Valley.

## Activities

### Trekking

#### Madaglasht to Goleen via Krui Utch

Trek: Moderate Duration: 3 days

Attractions: Green pastures; views of glaciers and snow-covered peaks on the Dir Kohistan side, Gocharsar Waterfall, Rohigal Pass; Chattodak Lake, juniper forest; sightings of various animals and birds, including brown bear, grey wolf, Himalayan ibex, Lynx, chukor and ram chukor.

#### Goleen to Laspur via Phargram Pass

Trek: hard Duration: 4 days

Attractions: Darkhtan, Dangrikro, Reshungol and Dookadaki pastures; Jonali polo ground, Phargram Pass, bird's eye view of Laspur Valley; sightings of various animals and birds, including Himalayan ibex, snow leopard, grew old and ram chukor.

#### Laspur to Mahodand via Katchi Khani Pass

Trek: Moderate

Duration: 4-5 days

Attractions: Birch forest; Mahodand and Nelser lakes sightings of various animals and birds, including Himalyan ibex, snow leopard, brown bear, grey wolf, Indian civet, Iynx, musk deer, monal pheasant, Himalayan snow cock and chukor.

#### Laspur to Kumrat via Beshqar Gol

Trek: Moderate

Duration: 4-5 days

Attractions: Birch forest; Beshqar and Zego Lakes; sightings of various animals and birds, including Himalyan ibex, snow leopard, brown bear, grey wolf, Indian civet, Iynx, musk deer, monal pheasant, Himalayan snow cock and chukor.

#### Madaglasht to Goleen via Roghili Gol

Trek: moderate

Duration: 2-3 days

#### Madaglasht to Goleen via Dok Ann

Trek: moderate

Duration: 3-4 days

#### Goleen to Laspur via Sochiokuh and Ishpurili

Trek: hard

Duration: 3-4 days

#### Laspur to Gabral via Beshqar Gol

Trek: moderate

Duration: 4-5 days

#### Madaglasht to Kumrat

Trek: moderate

Duration: 4-5 days

### Other Activities Titles and Description

#### KALASH FESTIVALS

The Kalsh are an ancient pagn tribe living in three valleys of Chitral namely Bamburate, Birir and Rumbur. The Kalash religion is based on myths and superstitions that relate to the relationship between the human soul and the universe. The relationship between the human, soul and the universe. The relationship, according to Kalash mythology, needs its manifestation in music and dance, which also contribute to the pleasure of god and goddesses. The Kalash celebrate four major festivals commemorating seasonal change and significant events in agro-pastoral life by offering sacrifices on altars, cooking traditional meals and dancing to traditional music during the week-long events.

#### Joshi or Chilim Jusht:

The spring festival is celebrated from May 13-16 every year. The festival seeks the blessings of gods and goddesses for the safety of the herds and crops of the Kalash community.

#### Utchal:

The summer festival is celebrated from Aug. 18-21 every year. The festival commemorates the summer season and the abundance of dairy products in the summer pastures.

#### Phoo:

The autumn festival is celebrated around mid October every year, depending each year on the ripening of the crops and fruits. The festival also celebrates the return of livestock herds from the summer pastures.

#### Chaumos or Chitirmas:

The winter festival is celebrated from Dec. 8 -21 every year. This is the most important Kalash festival. New clothes are arranged for each family member on the eve of the festival. The grand Kalash god, Mahandeo, is offered sacrifices.

It takes one hour of jeep drive to access these valleys from Chitral Town.

### Explore Culture

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Polo is the most popular sport in Chitral which has attained legendary status. Matches are festive occasions, inviting many tourists. The world famous Shandur Polo Tournament is held between Gilgit and Chitral every year from 7th to 9th of July at Shandur Pass near Laspur Valley.

## Sights

### Tirich Mir

#### Description

This lofty mountain peak is the highest of Hidukush range. Tirich Mir can be viewed from a higher place of Chitral Town (Like roof top of the hotel where you stay) in a clear weather. It can also be viewed from the palace of Chitral’s King. This mountain is also highest in the world apart from Himalaya and Karakoram ranges.

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Governer Cottage

#### Description

This is another beautiful building of Chitral. One can easily view Tirich Mir from here in a clear weather.

#### Address

Governer Cottage, Chitral

#### Rating

5

#### Open Status

9-5pm

#### Coordinates

### Chitral Museum

#### Description

#### Chitral Museum with antiques, weapons and other stuff from the old times of monarchies provides great knowledge about history and culture of Chitral and Kalash people.

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Shahi Qilla (Shahi Fort)

#### Description

Shahi Masjid of Chitral was built in 1924 A.D. It was built by Shujaul Mulk, the Mehtar of Chitral (1895 – 1936). The mosque is famous for its strong and cultural architectural style

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Polo Ground

#### Description

Polo is a famous and perhaps most favorite game of Chitral. There are many polo grounds in Chitral; the famous one is in Chitral Town. A visit to polo ground will provide you with information about interesting game of polo, and if you are lucky then there might be match going on that you can enjoy.

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Ayun Valley

#### Description

The lush green marvelously beautiful and the most favorite among tourists for its natural beauty; the Ayun Valley is situated between Chitral Town and Kalash. It is sited at the bank of River Chitral. People of Ayun Valley are welcoming and cooperating like the people in rest of Chitral.

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Kalaash Valley

#### Description

An important practice in Kalash mythology is the close observation of the Kalash astronomers in the beginning of New Year in December. The Kalash believe that a new sun is born on Dec 21 and the time and style of new sun affects the flora and fauna of the land.The traditional female dress includes a black robe and an embroidered long cap decorated with cowrie shells, ornaments and beads. This style of dress is still popular among local women despite the availability of a variety of modern clothes. The Kalash seclude women during monthly periods and pregnancies by confining them to a place called Bashali. Each Kalash village has a Bashali outside the settlement. The women are allowed to work in the fields but are not allowed to go home or inside the village. Kalash belief is based on the strict separation of the pure (Onjeshta) and impure (Pragata) realms. Women, according to it, are considered untouchable and impure during their time in the Bashali. Kalash houses and monuments show that the community has a rich background of skills in various arts and crafts, especially woodwork and woollen products. Effigies and Privileges of human and animal figures in Kalash monuments are a testimony to their skill. The Kalash have unique funeral rituals. According to their beliefs, the departed soul is eager to leave the body and meet other souls after a long separation. They sing special songs and perform a funeral dance

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Garam Chashma

#### Description

At the distance of almost 2 hours, is located the ancient valley of Injigan, nowadays Garam Chashma, and could be approached by a jeep, car etc. but better to be inside an open jeep to enjoy the scenic beauty enroute to the area while visiting the challenging and breath taking rocky spires of Shoghore (A village), and if one has the guts then some rock climbing could be done in the area, as it has become one of the favorite spot for rock climbing after the training camps of Adventure Foundation Pakistan for a couple of years.Garam Chashma, famous for its hot springs and the water is perceived for centuries, as a natural medication to cure the skin disorders and maladies, therefore the valley is visited by local tourists as well as foreign during the season. Overnight stay at the valley could be one of the most amazing experiences while enjoying the serenity and peacefulness of the area, especially the beauty of the mountains and landscape may enchanter you. Don’t forget to obtain a permit from the fisheries department of Chitral before leaving for the valley, if you are interested in doing some angling in the Garam Chashma river and want to taste the trout.There are hotels, restaurants where some Afghani rice is offered with some vegetables but when I make an excursion to the area I prefer to stay at hotel Injigan, with a nice hot swimming pool, and the prices are also plausible.

Elevation: 1859 meters (6,100 feet)

Distance: 45 km (28 miles-from Chitral)

Language: Yidgha & Khowar

Garam Chashma is an un-spoilt enchanting valley of orchards, verdant fields and snow-clad peaks, the best place for rock climbing, mountaineering, fishing, trekking, hiking, hunting and camping.

Accommodation: There are several hotels & restaurants in Garam Chashma but it is recommended to stay at Hotel Injigan, with a nice hot swimming pool, and the prices are also affordable. The trout fish with Afghani rice and veggies is also offered by the Afghani restaurants present locally. A C&W Rest house is also present in the area

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Shandur Pass

#### Description

The world famous Shandur pass is approx 3738 meters above sea level and lies midway between Chitral and Gilgit. The distance from Chitral is 155 Km and from Gilgit is 235 Km approximately.Shandur pass remains snow covered in winter and turns into green pastures during summer season. The Shandurlake adds to the colours of plateau surrounded by high mountains. The famous Shan dur Polo Tournament which has attained almost legendary status, is played here between Chitral and Gilgit teams every year from 7th to 9thJuly During the three day R.stival at Shandur, polo enthusiasts, mountain lovers, writers, photographers, mountain bikers, hikers (local and foreign tourists) converge to witness these spectacular polo matches between the finest teams of Gilgit and Chitral. Traditional dances and cultural music make the festival more attractive. The supporters of both sides travel long distances to watch this thrilling game and thus this event provides fascinating insight into the life style of the people of this region. All this put to gather makes Shandur Polo Festival one of the most entertaining events.

#### Address

Tirich Mir, Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Bamburat Valley

#### Description

#### Address

Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Tooshi Game Reserve

#### Description

#### Address

Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Pamir Valley

#### Description

#### Address

Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Karambar Lake

#### Description

#### Address

Chitral

#### Rating

5

#### Open Status

All Day

#### Coordinates

### Madaglasht Valley

Locations: South-east of Chitral Town

Main settlement: Obara, Mathive, Hussainabad and Bayband

Valley area: 152km2

Population: Approximately 3,000 people

Language: Khowar (Chitrali) and Persian

For more information, visit Madaglasht Valley region here

### Goleen Valley

Locations: North-east of Chitral Town

Main settlement: Goleen Payeen, Chashma, Bubaka, Izghor, Birmogh and Istoor

Valley area: 532m2

Population: Approximately 2,000 people

Language: Khowar (Chitrali)

For more information, visit Madaglasht Valley region here

### LASPUR VALLEY

Locations: North-east of Chitral Town

Main settlement: Shihidas, Onshot, Herchin, Phargram, Gasht, Raman, Broke, Baleem and Sur Laspur

Valley area: 929km2

Population: Approximately 7,500 people

Language: Khowar (Chitrali)

For more information, visit Madaglasht Valley region here

## Food & Drink

### Hindukush Heights

Chitral

### Chinar Inn Chitral

Shahi Bazar

### Ptdc Motel

Shahi Bazar

### Terich Mir View Chitral

Jamia Masjid Road

### Hindukush Heights

Chitral

### Kalash Galaxy Hotel

Chitral

### Hotel City Tower & Restaurant

Shahi Masjid Road

## Accommodations



### Hotel Name

#### Description

#### Facilities

#### Phone

#### Address

#### Rating

#### Website

### Barmoglasht (In Hotels)

#### Description

#### Barmoghlasht is a beautiful and charming resort. It is situated 14.5 kilometers (9 miles) from Chitral. It is definitely a place worth visiting.

#### Address

Barmoglasht, Chitral

#### Rating

5

#### Open Status

10am-9pm

#### Coordinates

### PTDC Motel Birmoglasht

Main Bazar, Chitral, KP

### Al-Farooq Hotel

No Desc

### Taj Mahal Hotel

No Desc

### Chinar Inn

No Desc

### Pamir Riverside Inn

No Desc

### Chitral Continental

No Desc

### Kailash Continental

Battrek Bamburait, Chitral, Pakistan

### Hindukush Heights

Fort Mastuj, Mastuj, Pakistan

### Frontier Hotel

Village Broon, Bumburate, P/O Ayun, Tehsil, Chitral District, Pakistan

### Terich Mir View Hotel

Shahi Masjid Road, Chitral District, Pakistan

### Happy Guest House

Kalash Valley, Chitral, Bamborait, Pakistan

### PDTC Chitral Motel

Main Bazzar, Chitral, Pakistan

### PDTC Booni Motel

Booni, Chitral, KP, Pakistan

### PDTC Mastuj Motel

Yarkhun Valley Road, Mastuj, Pakistan

### Ayun Fort Inn

Ayun Chitral, District Chitral, Chitral, Pakistan

## Survival Guide

### Getting to Chitral

PIA operates daily flights from Peshawar and Islamabad to Chitral, with a flying time of around 50 minutes. From May to December, Chitral is also accessible via Lowari Pass, with a driving time of around 10 hours and from Gilgit via Shandur Pass, with a driving time of around 12 hours. These land routes are inaccessible and remain blocked due to heavy snowfall in winter during which time road access is noly possible from Peshawar through the Kunar Valley of Afghanistan. To provide all the year access to Chitral, a tunnel (8.7 km long) with railway facility through the Lawari Pass has been developed.

All the valleys are connected with Chitral by road but unpredictable rains, snow and landslides are common, very often resulting in complete blockage of roads. Always inquire about the road situation from concerned DC or TIC before leaving for any valley.

### Money and Cost

Pakistan is primarily a cash-based society. Few establishments take credit cards, and virtually no establishments take traveler's checks. So be sure to bring plenty of cash, while taking necessary precautions. In the city of Gujranwala, for example, you will find no place to obtain cash from credit cards or traveler's checks, though this city is the fifth largest city in Pakistan.

Pakistan's banking sector is one of few developed sectors of Pakistan. Every Bank has it's own ATM Machines and online branches in almost  every city. If you carry an ATM card of any bank with Maestro, Cirrus or other common types you can use your card here in some banks- though they may be somewhat hard to find, or due to some recent changes, more difficult than before. Some ATM networks such as Star and Plus and more difficult to find, especially in smaller cities. There are many money changers, and there will be at least one in the international airports. In Pakistan here are a few major ones:  [http://www.forexpk.com/kalpoint/kki/c...](http://www.forexpk.com/kalpoint/kki/code/kkionline_ver5.1/kki_history.asp)  and   [http://www.pakpost.gov.pk/western\_uni...](http://www.pakpost.gov.pk/western_union/index.html)

Western Union is known to everyone in the world. Western Union is working almost in every city of Pakistan.  [http://www.cybercity-online.net/4u/ba...](http://www.cybercity-online.net/4u/banks.html)   You can search any Pakistani Bank's website here.

The unit of currency in Pakistan is the **Rupee (R)**. The Rupee (R) equals 100 paisa. $1.00 (US) is about 60 Rupees.

Coins are available in the following denominations: 1, 2, 5, 10, 25 and 50 paisa and of 1 rupee.

Notes (Paper Money) is available in the following denominations: 1, 2, 5, 10, 50, 100, 500 and 1000 rupees.

### Emergencies

15 Dial one five from anywhere in pakistan. if you lost your way, if you need any help just  dial  ''15"' from Land line or Cell. free of cost.

### Other Information

#### Phone Numbers

This is some basic telephone information for all visitors.

00 is the International Direct Dial Code to call overseas from within Pakistan.

92 is the International Country Calling Code for Pakistan.

City / Area Telephone Codes

* Bahawal Pur   621
* Faisalabad   41
* Gujranwala   431
* Hyderabad   221
* Islamabad   51
* Karachi   21
* Lahore   42
* Multan   61
* Okara   442
* Peshawar   521
* Quetta   81
* Sahiwal   441
* Sargodha   451
* Sialkot   432

Pakistan Emergency Telephone Numbers

* 15 - Police

Pakistan Cell / Mobile Telephone Operators

* Mobilink GSM ( [www.mobilinkgsm.com](http://www.mobilinkgsm.com/))
* Warid Telecom ( [www.waridtel.com](http://www.waridtel.com/) )
* Telenor ( [www.telenor.com.pk](http://www.telenor.com.pk/) )
* Ufone ( [www.ufone.com](http://www.ufone.com/) )
* Thuraya (Satellite Phone) ( <http://www.thuraya.com/>)

The major telephone service providor are

* [Pakistan Telecommunication Company (PTCL)](http://www.ptcl.com.pk/)
* [National Telecommunications Corporation (NTC)](http://www.ntc.net.pk/)
* [Special Communications Organisation (SCO)](http://www.sco.gov.pk/)



#### DISTANCE CHART AND ESTIMATED TRAVEL TIME



### Languages and Phrases

In urban areas, especially Karachi, you will find that many English words are understood by people. This is because Urdu is a very portable language, and English words are often injected.

Aslaam Alaiqum ====== Hello

Kya Haal Hey?=======How are you?

Khana ========= Food

Paani=========== Water

Chai =========== Tea

Teek Hey =========== OK

Shukria =========== Thank you

Khuda Hafiz===== Bye

Allah Hafiz ---------Bye

Kith-nay ka hai ? -----  How much is this?

[New York] Kahaan hai ? -- Where is [New York] ?

Oulta-Haath ========= Left     (literally: left-hand)

Seedha-Haath ======== Right   (literally: right-hand)

Numbers:  
Counting is a bit tough between 10 and 99. In urban areas, nearly everybody can count in English.  
1 - aik  
2 - dou  
3 - theen  
4 - chaar  
5 - panch  
6 - chay  
7 - saath  
8 - aat  
9 - nou  
10 - das  
100 - sow  
1000 - hazaar  
100,000 - lakh

### Advice for Tourists

#### HOW TO SPOT WILDLIFE

The opportunity to observe wild animals and birds in their natural environment is a unique and rare experience which requires patience and a basic understanding of their behavior. Going with a trained local wildlife guide will give you the best chance of seeing wildlife but remember that the weather and season also play a significant role. It is useful to know that:

Winter is better that summer for viewing wildlife

Sunrise and sunset are the best time to see animals as they move down to drink at water points

Poor weather conditions such as rain and snow also make animals to move down to lower altitudes and thus become easier to spot

More information can be obtained from the office of the Divisional forest Officer (Wildlife) in Chitral Town and equipment such as binoculars and telescopes can be rented from the local conservation committees.

Among the large mammals, the rare snow leopard inhabits an enormous area in search of prey. Markhor is also found in the area, in the far northern mountains there are ibex, lynx, black bear, brown bear, grey wolf, striped hyena and the endangered musk deer.

For bird watchers, Chitral offers a wide variety of species. The main valley and villages are inhabited by the Brahmini, Myna and Sparrow. Higher up in the valleys (alpine meadows and mountains cliffs) Monal, Koklass Pheasants, Chukor, Golden Eagles and the common Kestrel are sighted frequently. The mountain passes and valleys of Chitral also form part of the migration route for birds breeding in Eastern Europe and Central Asia that spend winters in the sub-continent.

#### Checklists

##### CHECK LIST FOR TREKKING AND CAMPING TRIP

* personal use item clothing
* Large size rucksack to carry all required trekking gear.
* Day pack to carry camera, snack pack and rain jacket etc.
* Sleeping bag of good quality to face cold temperature at night.
* Close cell foam matters.
* Trekking boots, durable with strong rubber soles.
* Camp sandals to use while in camp and walking around.
* Water/wing proof jacket and trousers.
* Two to three pairs extra clothing (preferable full length trouser and full sleeve shirts).
* Three to four pairs of socks (woolen and nylon stuff).
* Sun Hat for shade and to avoid sunburns.
* Woolen cap to keep head warm during cold nights.
* Pair of Gloves (Woolen and water proof).
* Sun Glasses to protect eyes from snow blindness.
* Water stick.
* Water bottle.
* Head lamp or Torch with extra battery cells.
* Pocket knife.
* First aid kit including sun block cream

##### COMMUNAL USE ITEMS FOR WHOLE GROUP

* Large size rucksack to carry all required trekking gear.
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* Three to four pairs of socks (woolen and nylon stuff).
* Sun Hat for shade and to avoid sunburns.
* Woolen cap to keep head warm during cold

#### WHAT TO DO N VILLAGES / ON PASTURES

* Try to travel in small groups
* Be considerate of local culture.
* Wear appropriate clothing, locals usually love to see foreigners wearing the traditional clothes
* Ask for permission before taking photographs, especially of women and religious sites
* Be thankful when offered local food.
* Support the local community by buying their products and handicrafts

#### WHILE TREKKING

* Hire local guides and porters
* Dispose your litter properly burn paper, collect plastic, flatten tins and take them back with you
* Leave your campsite in clean condition
* Use gas or kerosene for cooking
* Choose toilet sites least 50m away from your campsite and away from any river or water source (dig a toilet pit for bigger groups)
* Be an example to your guides and porters by explaining these guidelines and the rationale behind them

## Events/Tours

### SHANDUR POLO FESTIVAL(7th to 9th july)

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# Kaghan

### Region Title/Heading

### Subtitle

## Description

## Activities

### Trekking

#### Trek Title

#### Trek Description

#### Trek Rating

#### Trek Dangers

### Other Activities Titles and Description

## Sights

### Sight Title

### Description

### Address

### Rating

### Open Status

## Food & Drink

### Title

### Description

## Accommodations

### Hotel Name

### Description

### Facilities

### Phone

### Address

### Rating

### Website

## Survival Guide

## Events/Tours

# Peshawar

### Region Title/Heading

### Subtitle

## Description

## Activities

### Trekking

#### Trek Title

#### Trek Description

#### Trek Rating

#### Trek Dangers

### Other Activities Titles and Description

## Sights

### Sight Title

### Description

### Address

### Rating

### Open Status

## Food & Drink

### Title

### Description

## Accommodations

### Hotel Name

### Description

### Facilities

### Phone

### Address

### Rating

### Website

## Survival Guide

## Events/Tours