



MUSLIM CHARITY



Himalayan Trek

Nanga Parbat Base Camp Pakistan

Dates

27th JULY TO
5th AUG 2018

Quick View Itinerary

| Day | Location | Activity |
|----------------------|-------------------------------------|--|
| 27th July, Friday | LHR TO LHE | Flights From London To Lahore Pakistan |
| 28th July, Saturday | LAHORE | Arrival at Allama Iqbal International Airport Lahore. Rest in hotel. Briefing and introduction of participants. Visiting Muslim Charity Education project for brothel children in Taxali gate Lahore. Dinner at Lahore Food Street near Lahore Fort. Overnight in Lahore. |
| 29th July, Sunday | LAHORE – NARRAN | Travel to Naran and Night Stay |
| 30th July, Monday | NARRAN – GILGIT | Travel to Gilgit and Night Stay |
| 31st July, Tuesday | GILGIT - FAIRY MEADOW | Drive from Gilgit to Rialkot Bridge change vehicle & drive to Tato Village with 4x4 vehicles Trek to Fairy Meadow overnight huts at Fairy Meadow. |
| 01 August, Wednesday | JULIPER PEAK | Trek to high camp of Juliper peak. Overnight stay at high camp |
| 02 August, Tuesday | JULIPER PEAK CLIMBING BAYAL CAMP | Climbing Juliper peak (5500M) Summit & trek back to Beyal camp overnight stay at Beyal camp. |
| 03 August, Friday | TATO VILLAGE- GILGIT | Trek back to Tato village & drive to Gilgit overnight hotel in Gilgit. |
| 04 August, Saturday | GILGIT- ISLAMABAD | Drive from Gilgit to Islamabad. Night stay in Islamabad. |
| 05 August, Sunday | FLIGHTS BACK TO UK | End of Tour Participants can either fly back to UK or remain in Pakistan but the official tour will end here. |



Day 1

28 July, Saturday



Recommended flights

TK1980 and TK714 arrival at Lahore 03:45 am on 28th July 2018



Arrival

Arrival Lahore Airport, Transfer to Hotel for rest and recuperation

13:00-16:00

Visiting Muslim Charity project at Taxali Gate

Our education initiatives cover the wide range of needs of children from disadvantaged backgrounds and aims to tackle the barriers children face in accessing education.

We work with children who live in slum areas, children who work on the streets and children from marginalised communities such as 'brothel children'.

Children of sex workers live in squalid conditions and face some of the most difficult and challenging obstacles in accessing education. These children are ostracized from society and live under the shadow of the dark world of the sex trade.

Our school in the (so called) red light district of Lahore provides the elementary elements to educate, empower and give voice to these children. The school is a major driver for social change and acceptance of these innocent children and eventually break the cycle of deprivation and fulfil their dreams and aspirations.



Badshahi Mosque
Lahore

16:00 - 19:00 Visiting Badshahi Mosque, Lahore

The Mughal Emperor Aurangzeb built the **Badshahi Mosque** (Emperor's Mosque), in 1673 in Lahore, Pakistan. The mosque is a beautiful translation of spirituality and elegance and a master piece of Moghul architecture.

Its sandstone structure and marble inlays add to its striking exterior and reminds visitors of the dominance and opulence of the Moghul empire.



16:00 - 19:00

Dinner at Food Street, Lahore Fort

In the shadow of the Badshahi Mosque and the Red Fort lies an oasis for food lovers.

Hungry travellers receive an assault on the senses with sights and smells that have welcomed travellers for 100's of years and teased with recipes that have been handed down over generations.

Street entertainers delight locals with an assortment of traditional shows and performances steeped in tradition and storytelling.

We will spend the time exploring, eating and getting to know each other better before embarking on our adventure.



Over Night Stay in Lahore Hotel

Day 2

29th July, Sunday



NARAN VALLEY - *The Jewel in the crown*

07:00-18:00

Travel by bus from Lahore to Narran with small intervals

The long drive up to Naran Valley will be accompanied with several stops to look at the beauty of the mountainous panorama and the green idyllic sweeping valleys.

Considered one of the most beautiful areas of northern Pakistan its landscape is littered with turquoise rivers and streams which are fed by the ice cold glaciers.

The road to Narran valley travels alongside with River Kunhar which Starts from the glaciers of Kaghan and flow deep down in district Mansehra. Get ready to take the most colourful and mesmerising photos of your life and start your memories of this incredible journey.

We will be staying in the Naran valley for 1 night to capture the amazing scenery, the clean fresh air and the star light night.





Day 3

30th July, Monday



GILGIT

10:00 to 17:00 Travel to Gilgit with some intervals

Gilgit, Baltistan is considered to be one of the most spectacular regions of Pakistan. The world's three mightiest mountain ranges: the Karakoram, the Handukuch and the Himalayas dominate the sky line.

The whole of Gilgit Baltistan is like a paradise for adventure and adrenaline junkies. The region has a rich cultural heritage and variety of rare fauna and flora.

Gigit is also home to the worlds second largest peak K2 and some of the largest glaciers outside of the polar regions.

We will stay in Gilgit overnight and relax and recuperate as our bodies and minds acclimatise to the high altitude.

Day 4

31 July ,Tuesday

GILGIT - *Fairy Meadow*

 The travel will start early in the morning most probably right after sun rise

Starting the day watching the magnificent sunrise will get everyone in the mood for the upcoming day.

We will drive to Railkot Bridge with our bus to then take modified 4x4 vehicles to the last point of return Tattu Village. The journey will then snake through an incredible view of Karakorum highway and the River Indus slowly climbing to 2900m.

It here that we unpack our lungs and stretch our legs to start our slow trek to Fairy Meadows.



Night stay at
Fairy Meadows huts



Fairy Meadow is a lush green plateau and many people have called it the most beautiful place in Pakistan.

This emerald dream like landscape coupled with its forest lies at the base of Nanga Parbat the west side of the Himalayas.

Fairy Meadows is a very peaceful and relaxing place to enjoy the mountain atmosphere and hospitality of the local people. The name Fairy Meadows is part of the legend that Fairies roam on this lush green plateau. Fairy Meadow offers superb views of the Nanga Parbat (8125 m) the highest mountain in the Himalayan range of Pakistan.

We will stay overnight in Fairy Meadows to continue our journey the next morning.



Day 5

01 August, Wednesday



TREK TO HIGH CAMP OF JULIPER PEAK

The group will start early in the morning and this time trekking will be challenging.

The trek from Fairy Meadows to Juliper peak camp will take about approximately 6 hours depending on the staminer, pace and weather. However, the ascending walk to Julipur High Camp (4,300 m 14,100 ft) above the sea level will reward us with dramatic views of Julipur Peaks and the other surrounding mountains.



Overnight stay in the high camp in tents under the skies.

Day 6

02 August, Thursday



CLIMBING JULIPEAR PEAK (5500M) SUMMIT & TREK BACK TO BEYAL CAMP OVERNIGHT STAY AT BEYAL CAMP

The climb to the summit is tough and challenging and will complete your epic journey. You will be gifted with the most spectacular view and feeling of conquering these mountain landscapes for the sake of the children of the world.

The final climb is not mandatory for all the trekkers and can be difficult. But our experts will be on hand to guide, advise and help where necessary. Those that wish to remain behind can explore the local environment and recover if required.

We will then start our ascent and we will see the beauty of Nanga Parbat. The steep ascent to the pass takes about 3 hours and the descent to Beyal will take about 5 hours.

At Beyal we will stay in wooden chalets next to the Raikot Glacier where we will share our stories of the day to warm fires and hearty meals.





Day 8

04 August, Saturday

Day 7

03 August, Friday

TREK BACK TO TATTO VILLAGE & DRIVE TO GILGIT OVERNIGHT HOTEL IN GILGIT

We will have an easy walk of 45 minutes through the pine forest leaving Nanga Parbat behind and reach Fairy Meadows again. From there we will Trek down to Tatto village which will take about one and half hours, and from there we will take 4x4 vehicles for our onward journey to Railkot bridge and then to Gilgit.

Night stay in Gilgit

Little lengthy journey on bus from Gilgit to Islamabad with some short intervals.
07:00 - 19:00

During the journey back we will share our stories and highlights. We will enjoy the lush green and mountainous belt of Pakistan again stopping over for breath taking views and comfort breaks.



Overnight stay in Islamabad



Day 9

05 August, Sunday



End of Tour

Participants can either fly back to UK or remain in Pakistan but the official Tour will end here.



I Additional Information

LEVEL OF DIFFCULTY

The challenge is graded as moderate and has taken into account the rough terrain, high altitude, and basic facilities.

A good level of fitness is essential.

Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek. The challenge will require you to train for 2 months with at least an hours walking every day to build up your stamina and muscles. The more preparation you take the more fun you will have while reducing the risk of injury.

This trip is not suitable for people with existing heart conditions or other illnesses due to the high altitude and long periods of walking and exertion.

VISA

You must hold a full ten-year passport with at least six months to run from the end of the tour.

The validity of visa dates is counted from the date of arrival in Pakistan. We will give you all the dates for Visas and the required paperwork from Pakistan to enable a smooth application process.

Muslim Charity will do its best to facilitate this process but cannot guarantee your Visa and therefore will not be responsible for any costs incurred before the travel dates. Please check with the Pakistani embassy if you would like further clarification.

GROUP SIZE

Each Group is intended to be a minimum of 15 people in order to run and a maximum of approximately 30 people. We would like to keep this group small to enable a qualitative and memorable experience. Our tour is private and will only be made of Muslim Charity participants. Only in the case of small numbers will be consider joining another group.

TYPICAL DAY

During the trekking days we setoff early and pack up before breakfast, then trek carrying only daypacks for 6-7 hours. Lunch is prepared by the trek team or at our places of rest.

Due to the remote nature of trek we will have to be adventurous and intrepid in our approach and expectations.

The evenings are spent in beautifully located lodges and camp sites where the food and facilities are fairly simple but clean and accommodating.



ACCOMMODATION AND TOILETS

The hotels in cities will be three star standards and located at the centre of town. Rooms are shared on a twin basis and usually en-suite. During the trek and outside cities, you will camp in two person tents and chalets. If you are travelling with a friend or partner who you wish to share with, please let Muslim Charity know in advance.

Toilet facilities will be available on route and in the places of rest and will be very basic. Please bear in mind that when on the trek the call of nature may need you to go in a quiet and secluded area.

CLIMATE AND TERRAIN

July is the best time to embark on this trek and promises the best weather conditions.

Early morning hours, when most climbers set out to climb, are very cold and can be in the single digits. During the day temperatures are warmer when the sun is out. But you must be prepared for the worst, as mountain weather conditions can be extremely unpredictable very much like the British weather.

The terrain is on uneven mountain paths with steep ascents and descents each day. You will also be crossing bridges, and you should tell us if you have any fears of heights. The itinerary is built up in a way that we have allowed plenty of time for you to acclimatize to the altitude.

Clothing & Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated and again will play an important role in comfort and ease during the trek.

Other essentials are high quality waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. We will send a comprehensive list of items along with advice when you fully register with the trek.

LUGGAGE ALLOWANCE AND VALUABLES

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack will be provided once you have fully registered.

Your rucksack (suitcases are not appropriate) must not exceed 15kgs in weight (due to restrictions on what your mountain porters can carry). You can leave any gear you wish to in your hotel in Gilgit while you trek. While trekking, donkeys will transport your personal kit to the next camp, meaning that you will only have to carry a daypack.

VACCINATIONS

For up to date vaccination information please check the NHS Government website 'Fit for Travel' at: [http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/nepal.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/nepal.aspx)

The risk of malaria is low in Pakistan but please check with your doctor or nurse for the latest information.

PHONE AND WIFI

Apart from the cities there will be very limited phone and internet reception for participants. Although the guides will have access to communication this will be limited to the guides only.

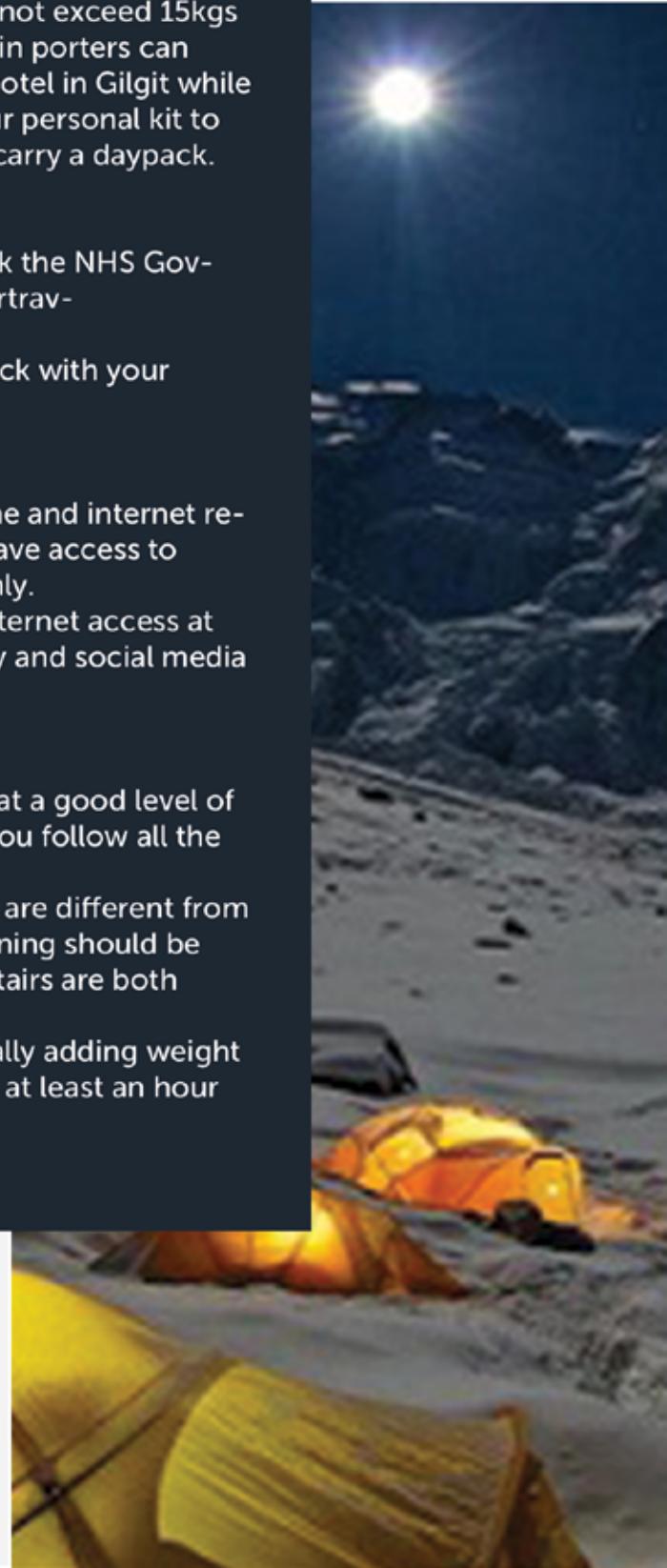
However, where possible we will try and arrange internet access at all the overnight stays to enable contact with family and social media updates.

TRAINING AND TRAINING WEEKENDS

This challenge is graded moderate which means that a good level of fitness is definitely required! We recommend that you follow all the training advice given in the group.

Don't forget that the temperature and the altitudes are different from the UK. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body.

Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long walks at least an hour each day with a weighted pack to get started.





We will provide all the logistics and ground operations for this tour and will include the following;

Included in the tour

- Professional registered guides who have extensive experience of the tour planned.
- Porters to carry the heavy equipment
- Insurance while on the trek
- All food during the stay
- Trek Fees
- All internal travel between destinations
- Airport transfers in Pakistan (when travelling with main group)
- All accommodation
- Travel documents to obtain Visa (Not Visa Fees)

Not Included in the tour

- Flights from the UK
- Visa costs at the Pakistan Embassy
- Transfer to Airports in UK
- Trekking equipment and clothing

List of the need to bring by each participant:

Recommended Gear:

Trekking boots/Joggers/Comfortable Shoes/Slippers

Sleeping bags and Sheet

Trekking sticks

Torches with extra batteries

Waterproof lower and Jacket

Thermals (both upper and lower)

Fleece/Sweaters

T shirts for day trekking

Water bottle

Socks, preferably woolen (4-6 pairs)

Gloves

Muffler

Beanie

Hand wash/soap/sanitizer, wipes, tooth paste and all other necessities

Sun Block and Sun glasses