

WELCOME TO PAKISTAN

Pakistan traces its history back to 2,500 years BC, when a highly developed civilization flourished in the Indus Valley. Excavations at Harappa, Moenjodaro, Kot Diji and Mehrgarh have brought to light, the evidence 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 the Macedonian, and passed through like a meteor. In 711 AD, the Arabs, led by Muhammad Bin Qasim, landed at Debal near modern Banbhore 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 upto 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, a resolution was passed by the All India 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.



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 and the Arabian Sea to the south. The country has high ranges of the Hindu-Kush, the Karakorum and the Hindu Kush form 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

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

ELECTRICITY: 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 offering 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.islamabadairport.com.pk/Procedures/Pro-CustomRules.aspx



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 Tourist 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 please visit <https://visa.nadra.gov.pk/>

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

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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, Faisalabad, Sialkot, etc. 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)



Road: Pakistan has an extensive network of roads and highways, linking cities and towns with each other, like the Grand Trunk Road (G.T. Road), with Lahore and Peshawar and the Super Highway with the National Highway links Karachi with the interior of Sindh and Punjab while the Indus Highway links Punjab and the RCD Highway links Karachi with Quetta and Tafot (Pakistan-Iran border). Karakoram Highway connects Pakistan with China (Kashgar) through Islamabad, Abbottabad, Mansehra, Besham, Chitral, Gilgit, Hunza, Sost and Khunjerab Pass (4,733 m above sea level). A long road has been constructed with the completion of Lahore-Islamabad Motorway (M2), Faislabad-Multan Motorway (M4), Islamabad-Peshawar (M1) Motorway, Swat Motorway (M16), Mansehra-Thakot (M15) and Makran Coastal Highway (Karachi-Gwadar), which have opened some of the remote areas of Pakistan's frontiers.



Public Transport: Toxie, 3-wheeler auto-rickshaws, bikes, vans, metro buses, mini buses and tongas (horse driven carriage) are used to travel within the city/town/village limits whereas inter city air-conditioned buses, vans and coaches are available from the main city bus terminals. Toxie/bikes can be booked through Mobile App of Coreem, InDrive, & Bykeain major cities and bus tickets can be online purchased on bookoruk.com, bookme.pk, sastaticket.pk.



Trains: Pakistan has over 11,881 kilometers of railway network. The main lines run from Karachi to Peshawar, Lahore, Islamabad, cities of Hyderabad, Rohri, Bohawalpur, Multan, Lahore, Rawalpindi, Taxila and Peshawar. Another main line links Quetta with the rest of the country. Number of trains run between Quetta and Karachi via Sukkur. Although there are several daily trains, the faster trains among them like Green Line Express (Karachi-Islamabad), Shallow 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 or through the Railway Reservation offices throughout Pakistan.



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NORTHERN PAKISTAN

The Northern Area of Pakistan, spread over 72,496 sq. km is the most fascinating region of the country. Amidst towering snow-clad peaks with heights varying from 1,000 to 8,000 m, the vales of Gilgit, Hunza and Baltistan recall Shangri-La. The cultural patterns of these regions are as interesting as their geography. The people with typical costumes, folk dances, music and sports like polo and buzkashi provide the tourist an unforgettable experience. The region is also a great place for bird-watching due to its unique flora and fauna. The region is also a great place for bird-watching due to its unique flora and fauna.

These are K-2 (8,611 m, world's second highest), Nanga Parbat (8,126 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), Biafo (59 km), Baltoro (58 km) and Batura (52 km) outside the Polar region.



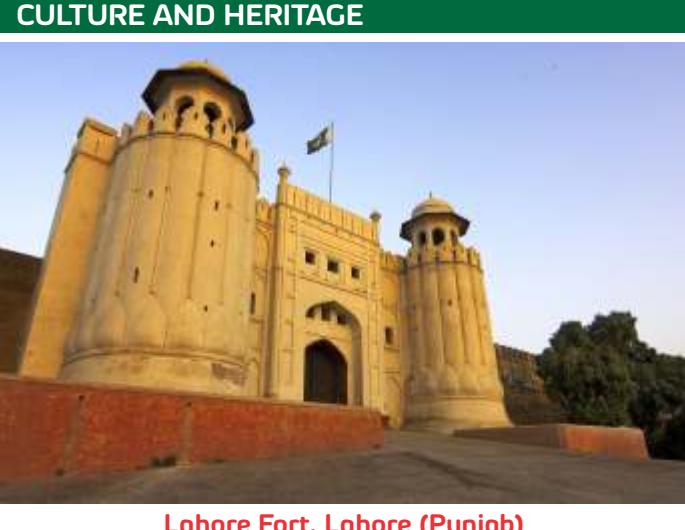
THE SILK ROUTE

For centuries, the Silk Route remained the main trading route between the South Asia and the Central Asia. After the completion 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-split natural beauty, unique culture and ancient traditions of Northern Pakistan together with other Silk Road countries like China, Kyrgyzstan, Tajikistan, Kazakhstan and Uzbekistan.



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Silk Road (KKH) have well recorded the history of Gandhara. Lying in Hora river valley near Islamabad, Taxila, the main centre of Gandhara, is over 3,000 years old. Taxila attracted the attention of the great conqueror, Alexander in 327 B.C., when it was a province of the powerful Achaemenian Empire. It later came under the Maurian dynasty and reached a remarkable matured level of development under the great Ashoka. Then appeared the Indo-Greeks descendants of Alexander's warriors and finally came the most creative period of Gandhara. The Kushan dynasty was established in about 50 AD. During the next 200 years, Taxila, Peshawar and Swat became a renowned centre of learning philosophy, art and trade. Pilgrims and travellers were attracted to Gandhara from as far as China and Greece. In 5th century AD, the White Huns snuffed out the lost of the successive civilizations that held unbroken sway in this region for several centuries.



Lahore is a treasure-house of Muslim art and architecture. Lahore, the cultural capital of Pakistan, is situated along the bank of River Ravi. The city has witnessed the rise and fall of many dynasties like Ghaznavids (1021-1186 AD), Ghoris (1186-1202 AD) and Slaves (1206-1254 AD) before arrival of the Mughals. The city was conquered by Babur of Fergana (structured in Uzbekistan), the founder of the Mughal dynasty (1524-1764 AD), the greatest monarchs like the Royal Fort, Badshahi Mosque, Wazir Khan's Mosque and Tomb of Emperor Jahangir, Asif Khan's, Qila Jehan and the Shalimar Gardens, Hiran Minor etc. were constructed during this period. On the other hand, the shrines, mosques and forts located in and around Multan and Bohawalpur are the master pieces of the early Muslim architecture. Some important buildings are: Forts at Multan and Derawar (Bohowalpur), shrines of Shahi Bahaudin Zakaria, Shah Rukn-e-Alam, Hazrat Shams Tabriz of Multan and Tomb of Bibi Jawindi at Uch Sharif near Bohawalpur. The tombs at Chaukundi, 27 km east of Karachi, the remains at Bambore (64 km from Karachi) and the largest necropolis of the world with a million graves scattered over an area of 10 sq. km on Mokhi hills near Thatta together with the Shahi Jehan Mosque of Thatta, are exquisite specimens of Muslim architecture, with stone carving and glazed tile decorations.

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walking below 6,000 m. It has designated three zones for trekking, open, restricted and closed. Some of the longest, glaciers outside the polar region flow in the Karakoram. The Siachen Glacier is 75 km long followed by Biafo Glacier (68 km), Baltoro Glacier (63 km), Batura Glacier (58 km) and Hispar Glacier (53 km). The mighty Baltoro Glacier is fed by some 30 tributaries and constitutes a surface area of 1,219 sq. km. Seen from a distance, Baltoro appears smooth and beautiful but, in fact, it is a chaotic tumbling mass of rock and ice, troughs and hillocks on the debris of centuries. It is a unique, remote corner of the earth. For here, in a frozen wilderness of crows, cornicles and crevasses, rise towering spires of granite, great snowy peaks with fluted icy ridges and pinnacles that pierce the sky.

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 mountaineers and climbers the world over.

All applications for mountaineering and trekking permits have been linked with the visa application. Those who wish to obtain a permit will first submit an application for visa. Please visit the online visa portal visa.nadra.gov.pk

For more details, publication "Mountaineering & Trekking in Pakistan" including complete procedure and fee details can be downloaded from www.tourism.gov.pk/publications.html



TRAVEL TIPS

- Confirm your air tickets timely
- Confirm your hotel reservations before traveling
- Get first-hand information about road condition
- Support the community by purchasing local handicrafts
- Keep your national ID card / passport along with you
- Engage local guide for trekking/camping
- Use LPG or kerosene for cooking and avoid using woods
- Respect local culture, traditions, and religious places
- Do not harm the environment, flora and fauna
- Avoid excessive breaks while driving at Babusar, Deosai and Khunjerab
- Using heavy gears minimizes risk and ensure safety
- Dispose of your litter properly and leave the campsite clean
- Cooperate with Tourist Police

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IMPORTANT LINKS

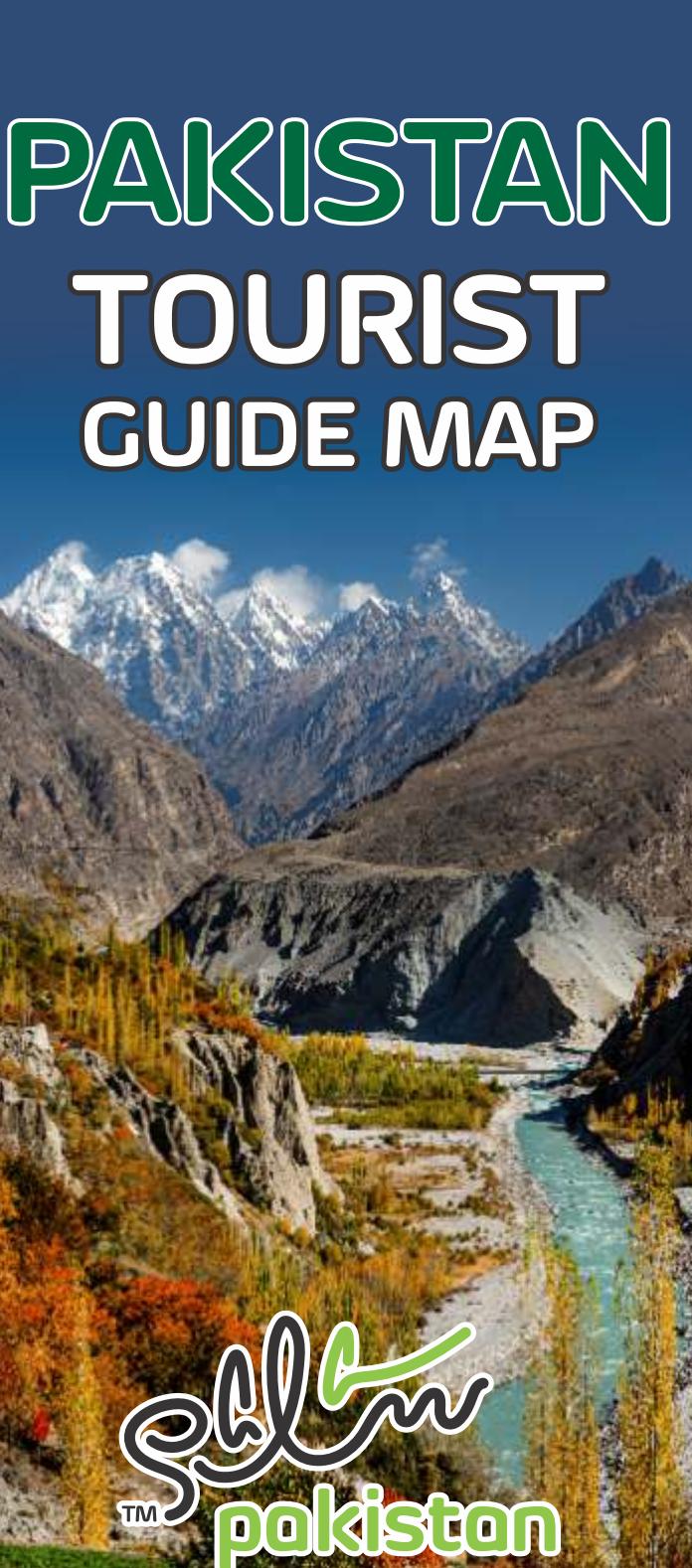
- Tourism Department / Pakistan Tourism Development Corporation (PTDC): www.tourism.gov.pk
- Tourism Department Punjab: www.tdcg.gov.pk
- Tourism Department Sindh: www.stdc.gov.pk
- Tourism Department Khyber Pakhtunkhwa (KP): www.kptourism.com
- Tourism Department Gilgit Baltistan (GB): www.visitgilgitbaltistan.gov.pk
- Tourism Department Azad Jammu & Kashmir (AJK): www.ajktourism.gov.pk
- Tourism Department Balochistan: www.tourismbalochistan.gov.pk
- Online Visa Application: [www.visa.nadra.gov.pk/](http://visa.nadra.gov.pk/)
- Registered Tour Operators: www.visa.nadra.gov.pk/list-of-tour-operato
- List of Peaks: www.visa.nadra.gov.pk/list-of-peaks/
- List of Treks: www.visa.nadra.gov.pk/list-of-treks/
- Useful Publications: www.tourism.gov.pk/publications.html
- Useful Publications: www.stdp.org/publications/
- Pakistan International Airlines (PIA): www.piac.com
- Pakistan Railways: www.pakrail.com



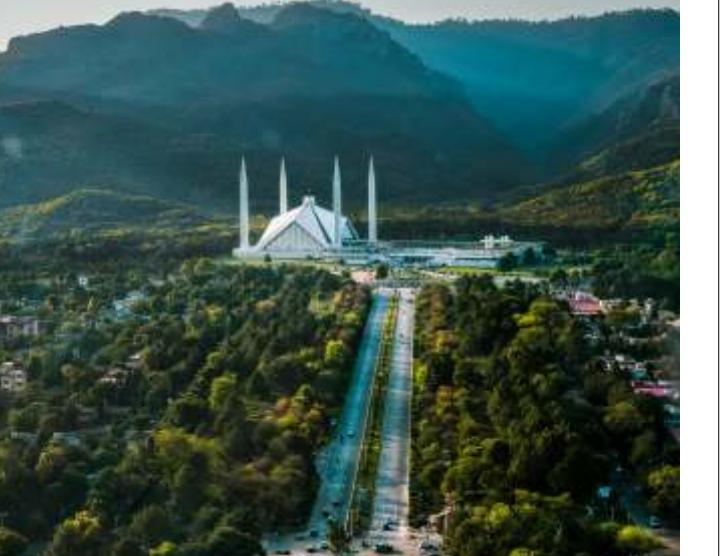
IMPORTANT TELEPHONE NUMBERS

- PTDC Tourist Information Centre (TIC): +92-51-9204027
- National Emergency Helpline: 911
- Police Emergency: 15
- Tourism Helpline: 1422
- PIA Flight Inquiry: 114
- Pakistan Railways Inquiry: 117
- Rescue Emergency Service: 1122
- Fire Brigade Number: 16
- Edhi Free Ambulance: 115
- Child/Missing Complaint & Response Centre: 1138
- Mobile Snatched/Stolen/Lost: 1102
- National Highways & Motorway Police: 130
- Doewoo Bus Service UAN: +92-42-111007008
- PIMS Hospital Islamabad: +92-51-9261170
- Shifa International Hospital Islamabad: +92-51-8464646
- Pakistan Meteorological Department: +92-51-92036727

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the west by the Kirther 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.



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 205 cm in lower Himalayan valleys of Murree, Kohgen, Swat and Azad Kashmir.

POPULATION: 20 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, Shina, Brushaski, Chitrali, Kalshi, 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. Notes of Rs. 10, Rs. 20, Rs. 50, Rs. 100, Rs. 500, Rs. 1000 and Rs. 5000 are in use. Coins of Rs. 10, and Rs. 5 are also in use. 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.

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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 on website www.ciaopakistan.com.pk/ot-countrymanager.aspx

AIRPORT FACILITIES: Banks, ATMs, Car Rental, Radio Taxi, Tourist Information Centers, duty free shop, restaurants, hotel reservation bureaus, post office and public call offices 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

