



Pakistan: Lahore & Hiking the Karakoram Mountains

11 days, Islamabad to Lahore

Trip code AILL

What's included

- Your G for Good Moment: Yugo Local Baskets, Baltistān
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Melody Street Foodie Tour, Islamabad
- Your Foodie Moment: Food Street Lahore, Lahore
- Arrival Transfer
- Trekking Porters
- Melody Food Street
- Faisal Mosque
- Keris Suspension Bridge
- Yugo Village Visit
- Thoqsi Khar Upper Fort
- Khaplu Palace Visit
- Khanqah-e-Mualla
- Thallay La Trail 5 Day Trek
- Thallay La Peak Summit
- Shigar Fort
- Taxila Truck Art
- Melody Street Foodie Tour
- Badshahi Mosque & Tomb of Allama Iqbal Visit
- Food Street Lahore
- Walled City of Lahore
- Wagah Border Ceremony
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing October 17th, 2024 and onwards

Itinerary



Itinerary Notes

Please note that the arrival hotel check in time is 2:00 pm onward. If you wish to have your room available earlier, we recommend booking a pre-night.

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Islamabad: Welcome to Pakistan

Welcome to Pakistan, known as the Land of the Pure, in Urdu. A country full of natural wonders seemingly undiscovered by tourists. Your adventure starts in Islamabad where you will meet your CEO and fellow travelers at the Welcome Meeting this afternoon. Then head to the Shah Faisal Mosque for sunset. Listen as the maghrib prayer echoes over this unique mosque, welcoming you to Pakistan.

Arrive no later than 3:00 pm the first day of your trip to ensure you don't miss any activities.



Accommodation

Hotel Hillview Islamabad (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Faisal Mosque

Islamabad

Enjoy a visit to Faisal Mosque, Pakistan's national mosque, one of the largest in the country and in the world. Listen and experience the spiritual ambiance during prayer time.

Day 2

Islamabad to Khaplu: Pakistan's Cultural Heritage

Start today with a scenic flight from Islamabad north to Skardu, followed by a drive to Khaplu town. Make some epic pitstops along the way in different Baltistan villages. Walk across a suspension bridge with a stunning backdrop and spend time with locals with generational ties to these mountainous villages. After arriving to Khaplu, hike the easy yet stunning route up to Thoqsi Khar Fort, an almost 700 year old mosque that lives on a mountain peak.

This evening, join your CEO and group to prepare for your five day trek that starts tomorrow. Review the trekking route and difficulty levels throughout. Discuss best practice for managing high-altitude sickness and guidelines for responsible trekking.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Destination Hotel Khaplu (or similar)

Hotel



Today's Activities

Plane

Islamabad - Skardu

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Skardu - Khaplu

3h

110km

Settle in and scan the scenery from the convenience of a private vehicle.

Thoqsi Khar Upper Fort

Khaplu

At 9000 ft above sea level, a mosque rests atop a Baltistan Mountain. Climb to the top of the mountain to see this ancient mosque, over seven centuries old, and enjoy an absolutely breathtaking sunset.

ACTIVITY

Visit Yugo village, a small community nestled between rocky mountains and the Shyok River. Stroll through the narrow streets of the village and observe their farming practices while meeting local elders and artisans making traditional baskets. Walk through the water channel and agriculture area and

visit a traditional water flour mill. The basket-making craft in this village is vital to the Baltistan's fruit harvest. The G Adventures-supported organization, Welfare Trust Yugo, has ensured that the elders in the community are employed to make the baskets while supporting farmers in the area to have access to affordable baskets for the harvest.

Keris Suspension Bridge

Indus River

Admire the incredible view as you walk across the Keris Suspension Bridge over the confluence of Indus and Shyok River. Beautiful blue river water and stark, tall mountains are your backdrop across this rustic bridge.

Khaplu to Dunsa Campsite: The Start of the Epic Trek

Start the day with a moment of peaceful exploration with a guided tour of the Khaplu Palace. Locally known as Yabgo Khar, this historic fort and palace was built as the royal residence of the Raja of Khaplu. Continue the explorations at Khanqah-e-Mualla, one of the oldest mosques in Baltistan. Begin the afternoon by driving to the beginning of your trek. Join up with your team of local porters and support staff, and embark on a one hour trek to your first campsite, located at 3,530 meters.

Upon arrival at camp, some warm refreshment will be served as you get settled in. Dinner will be served in the mess tent, and will feature a mix of local Pakistani specialties as well as continental and regional dishes. Tea, coffee and green tea will be available at any time throughout your stay.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Dunsa Campsite (or similar)

Campground



Today's Activities

Khaplu Palace Visit

Khaplu

Khaplu Palace, locally known as Yabgo Khar, is a historic fort and palace, built in 1840 as the royal residence of the Raja of Khaplu, it reflects Tibetan, Kashmiri, and Balti architectural influences. On a guided tour, explore the palace museum and its beautiful gardens. Enjoy some leisure time to discover this historic gem.

Khanqah-e-Mualla

Khaplu

Visit Khanqah-e-Mualla, one of the oldest mosques in Baltistan, to experience the region's religious practices and rich history. This historic Khanqah, a place for members of the Sufi faith to practice their religion, was built in the 14th century and made of mud and wood. It is the largest in Gilgit-Baltistan and a renowned landmark in Khaplu.

Private Vehicle

Khaplu - Thalay

2h

40km

Settle in and scan the scenery from the convenience of a private vehicle.

Trek to Dunsa Campsite

Thalley - Dunsa Campsite

1h

2km

The trek officially begins after a scenic drive to Thalley Broq, where verdant valleys and towering peaks welcome you. A one-hour trek leads to Dunsa campsite (3,530m), where your first night under the star-studded Karakoram sky awaits. The sunset here paints the mountains in hues of gold and purple, creating a natural light show that rivals any artificial display.

Dunsa to May Sikhpa: Karakoram Peaks & Star Gazing

Wake up as the sun peers over the rugged mountain peaks and join your local guides for your first campsite breakfast. With the special opportunity to hike alongside the local villagers of the Thallay Valley, G travelers have a unique insight into local life and history only a few hundred people per year ever get to experience. Alongside your local guide, trek from Dunsa to May Sikhpa campsite through the breathtaking landscapes of lush green meadows and alpine flowers beside winding streams. Set up camp and enjoy some down time after arriving to May Sikhpa.

Boiled water for drinking will be available for refilling your water bottle throughout the journey.



Meals included

Breakfast | Lunch | Dinner



Accommodation

May Sikhpa Campsite (or similar)

Campground



Today's Activities

Trek from Dunsa Campsite to May Sikhpa

Dunsa Campsite - May Sikhpa

3h-4h

5km

Dawn breaks with a symphony of birdsong as you prepare for a 5-kilometer trek to May Sikhpa (3,750m). This moderate 3-4 hour trek traverses through nature's garden, meadows carpeted with alpine flowers in every imaginable color. Crystal-clear streams create natural music as they tumble over rocks, while seasonal butterflies add bursts of color to the already vibrant landscape. The afternoon at May Sikhpa offers free time to explore hidden valleys or photograph the endless varieties of wildflowers.

Day 5

May Sikhpa to La Brangsa: Pakistan Alpine

Listen as the mountain birds sing you awake and breathe in the crisp mountain air as you emerge from your tent. After a hearty breakfast, trek for around 5 km to La Brangsa High Camp. As we hike, listen for the grunts of yaks or the bleating of goats being led by local shepherds. Today's relatively moderate trek is mostly through green meadows, with a small stream crossing to keep you on your toes, literally! There will be moments to rest on the trek and to interact with the shepherds up in the summer pasture. We'll arrive in the afternoon to La Brangsa, and after setting up camp, enjoy some free time. Learn to play cricket with the locals or chat to your local porters who would be thrilled to share a good conversation with you as you relax after the hike.



Meals included

Breakfast | Lunch | Dinner



Accommodation

La Brangsa Campsite (or similar)

Campground



Today's Activities

Trek from May Sikhpa to La Brangsa High Camp

May Sikhpa - La Brangsa High Camp

4h-5h

5km

The trek to La Brangsa (4,180m) reveals nature's grand scale. The 5-kilometer trail winds through emerald meadows and crosses pristine mountain streams. During this 4-5-hour trek, you'll witness the dramatic transformation of flora as you gain altitude. The air becomes crisper, the flowers more delicate, and the views increasingly spectacular. At camp, short hikes to nearby viewpoints offer perfect opportunities to spot native birds, explore glacial streams, and observe the changing light on the Karakoram peaks.

Thallay La Crossing: Touch the Sky

Enjoy an early breakfast, as we head out straight after sunrise to prepare to summit Thallay La Mountain. Gain about 620 meters in altitude today as you climb a steep trail to reach the top. Summiting a mountaintop after a challenging hike is one of life's unique thrills as a human being. Conquering a physical challenge with like-minded peers to gain your reward-an expansive birds-eye-view of our planet earth as very few get to see her. This summit is perhaps made all the more special by how relatively untouched it is by mass tourism. After some well-deserved celebrating, rest and of course some photos, we'll descend towards our next campsite for the night. Arrive and set up camp at Bukhma campsite and dig into a hearty, celebratory, Pakistani meal. Tonight is your last night camping so enjoy a peaceful last evening under the stars.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Bukhma Campsite (or similar)

Campground



Today's Activities

Ascend Thallay La

La Brangsa High Camp - Thallay La

4km

This challenging day begins before dawn, as you make your way to Thallay La Pass (4,800m). The steep ascent gains 620 meters in altitude, but nature rewards your efforts abundantly. From the pass, witness a 360-degree panorama of the Masherbrum range and Mango Gusor - a view that makes you feel like you're standing on top of the world. Enjoy and celebrate your successful ascent!

Trek from Thallay La to Bukhma Camp III

Thallay La - Bukhma Camp III

10km

Descend toward our next campsite, Bukhma, situated at 3,800 meters. The 10 km descent from Thallay La to Bukhma has a 1,000-meter loss in elevation. The 13.6-kilometer journey in total to Bukhma campsite (3,800m), showcases nature's diversity as you descend through different ecological zones with views of Masherbrum range and Mango Gusor Peak. Upon arrival, enjoy a much deserved rest and hearty dinner.

Day 7

Bukhma to Shigar: The Grand Finale

Today is our last day of trekking through the Thallay La trail. From Bukhma campsite, we'll hike down the remaining 14 km to reach Shigar. Enjoy the last kilometers with mountain flowers, snow capped jagged mountains and flowing glacial streams in view. After arriving to Shigar, say goodbye to the incredible local guides and staff that helped us through the passage. Then relax at Shigar Fort, a converted historic building, and enjoy some refreshments. Tonight, we spend a much earned night in a hotel in Shigar and a enjoy warm dinner as a group.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Dynasty Hotel (or similar)

Hotel



Today's Activities

Trek from Bukhma to Shigar

Bukhma Camp III - Shigar

7h-8h

14km

The final 14-kilometer descent to Shigar from Bukhma is a celebration of natural beauty. Dropping 1,500 meters in elevation, you'll pass through multiple climate zones, each with its distinct flora and fauna. The trail ends at the historic Shigar Fort, where centuries of human history blend with natural splendor.

Shigar Fort

Shigar

Your trek ends at the historic Shigar Fort. This restored fort from the 17th century is now a museum and luxury hotel. Enjoy some rest, snacks and a chance to view the museum.

Shigar to Islamabad: Pakistan's Capital

A morning flight brings us back to Islamabad. Drive from the airport to Taxila and learn about the unique world of Pakistani truck art. What looks like a fun decorated truck actually signifies so much more. From representing different ethnic groups, advocating for change or expressing historical experiences, Pakistani truck art has become a must-see when visiting Islamabad. Don't miss the chance to drink a cup of local tea in a truck-art inspired setting. After some time in the shops and meeting some local artists, head to Melody Food Street for one last meal together, right where it all began!

In the case that the flight from Skardu to Islamabad is cancelled, we will take the scenic route and drive to Islamabad. We'll pass through the breathtaking Babusar Pass and picturesque lakeside towns like Naran.



Meals included

Breakfast | Lunch



Accommodation

Hotel Hillview Islamabad (or similar)

Hotel



Today's Activities

Private Vehicle

Shigar - Skardu

1h

52km

Settle in and scan the scenery from the convenience of a private vehicle.

Plane

Skardu - Islamabad

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Taxila Truck Art

Taxila

Visit the renowned Truck Art workshops and engage with the local artists. Watch the artists at work, creating vibrant and intricate designs. Meet the shopkeepers as they craft beautiful truck art stickers and explore their souvenir shops. Then sit down for a cup of tea served in a traditional truck art-themed setting.

ACTIVITY

Fill up on incredible Pakistani food on a tour through the famous Melody Food Street.

Day 9

Islamabad to Lahore: The Heart of Pakistan

Drive from Islamabad to the city of Lahore this morning, on a highway that connects Pakistan to Afghanistan, China and other Central Asian countries. After arriving to the hotel, we'll head out to visit the Badshahi Mosque, one of Pakistan's most beautiful and iconic landmarks. Dinner will be at Lahore Food Street, filled with historic buildings, stoning views and most importantly, delicious meals.



Meals included

Breakfast | Dinner



Accommodation

Avari Xpress Gulberg (or similar)

Hotel



Today's Activities

Private Vehicle

Islamabad - Lahore

5h

375km

Settle in and scan the scenery from the convenience of a private vehicle.

Badshahi Mosque Visit

Lahore

Visit Badshahi Mosque, built in 1673 by Emperor Aurangzeb, is a stunning example of Mughal architecture. Known for its grand scale, intricate marble work, and red sandstone, it remains one of Pakistan's most iconic landmarks. Then visit the Tomb of Allama Iqbal, a famed Pakistani poet and philosopher, is just outside of the mosque.

ACTIVITY

Visit the popular Food Street in the historic Haveli Khalil Khan, on the Fort Road Food Street. Dig into a delicious meal while overlooking the Badshahi Mosque.

Day 10

Lahore

Explore the best of Lahore today on a tour of the city, visiting some of the most historic places in all of Pakistan, including the ancient Walled City of Lahore. Known as the cultural and historical heart of Lahore, the Walled City dates back to the Mughal era, in the year 1000. Spend time exploring the narrow streets and bustling bazaars. In the afternoon, visit Wagah Border between Pakistan and India. With a complicated history, witness as these two countries come together every evening for a flag-lowering ceremony, highlighting a dual showcase of patriotism that exists almost nowhere else on earth. In the evening, celebrate your incredible adventure with your CEO and fellow travelers by choosing to dine together a final time.



Meals included

Breakfast



Accommodation

Avani Xpress Gulberg (or similar)

Hotel



Today's Activities

Walled City of Lahore

Lahore

Visit the historic Walled City of Lahore. This UNESCO World Heritage Site was established in the year 1000 and has been the center of Pakistan's politics and culture for thousands of years. Explore the stone alleyways and colorful bazaars and learn about Lahore's fascinating history.

Wagah Border Ceremony

Wāgah

Every evening, thousands of people gather to watch the famous parade and the ceremonial lowering of their national flags by the Indian and Pakistani armies at sunset. Witness this event in the stands and cheer on as the two countries showcase their national pride. This vibrant ceremony symbolizes the long-standing rivalry between the two nations, making it a significant cultural and historical landmark.

Depart at anytime.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your G for Good Moment: Yugo Local Baskets, Baltistān
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Melody Street Foodie Tour, Islamabad
- Your Foodie Moment: Food Street Lahore, Lahore
- Arrival Transfer
- Trekking Porters
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- Faisal Mosque
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- Melody Street Foodie Tour
- Badshahi Mosque & Tomb of Allama Iqbal Visit
- Food Street Lahore
- Walled City of Lahore

- Wagah Border Ceremony
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

5 Day trek through the Karakoram Mountains, Foodie Tour at Melody Food Street, Community visits at ancient settlements, Explore the Thosqi Khar Upper Fort, Khaplu Palace Visit, Explore the Shigar Fort, Visit Badshahi Mosque, Dig into delicious bites at Lahore Food Street.

Itinerary Notes

Please note that the arrival hotel check in time is 2:00 pm onward. If you wish to have your room available earlier, we recommend booking a pre-night.

What are the main highlights of this trip?

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Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Are there Itinerary notes?

Please note that the arrival hotel check in time is 2:00 pm onward. If you wish to have your room available earlier, we recommend booking a pre-night.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 12, avg 8.

What meals are included in this trip?

10 breakfasts, 7 lunches, 7 dinners

What are the modes of transportation on my trip?

Plane, private vehicle, trekking.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (6 nts), High Camp (4 nts).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

Tent Camping (4nts), Twinshare hotel (6nts)

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or when you arrive up to three days prior to the tour, provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our G Adventures representative will be at the airport to meet you. Our representative will stand at the meeting area of all travel/hotel representatives. It is located approximately 50 meters from the exit doors after luggage check. Our transfer representative will be waiting for you with a G Adventures sign board in hand. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Central Asia:

Mr Laziz Otayarov (Operations Manager - Central Asia)

Mobile 1: +99890 963 4779 (24h)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

For your trek, you are able to take your daypack and an additional bag which will be carried by the porters. Please note the luggage limit for the porters is 15 kg (33 lbs)

Walking poles, duffel bags, and sleeping bag can be provided upon request, when made in advance with your CEO at the Welcome Moment.

What should be on my packing list?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

PAKISTAN:

If you require a visa to enter Pakistan, you may also need an official Letter Of Invitation (LOI) before you can apply for your Pakistan visa. If you require a Letter of Invitation (LOI) to apply for a Pakistan visa, please fill out & submit the following request [form](#)

We recommend travellers apply for their visa to visit Pakistan 2-3 months prior to departure. If your nationality is applicable to apply for an E-Visa, please apply [here](#)

VISA INFORMATION:

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

Please note, when applying for your Pakistan visa, you must declare the following:

- Any recent travel to/from India
- Any dual nationality relating to India
- Any family members of Indian heritage

This may lead to a more thorough review of your visa application where further documentation may be required by the embassy.

Please note that Thallay La is an open zone trek, meaning a dedicated trekking visa is not required.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip. ATMs are limited in Pakistan and only available in Lahore & Islamabad. Please ensure you take out sufficient funds to cover you throughout the trip.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in Pakistan to tip service providers such as waiters, at approximately 5-10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is \$1-\$2 USD per day; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$3-\$4 USD per person, per day can be used.

What activities are optional on this trip?

- No optional activities

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.