

# SPANTIK EXPEDITION

PAKISTAN | ASIA | (7027M)

## OVERVIEW

Spantik Peak Expedition provides a unique opportunity to climb above **7,000 meters** in relatively easy and safe conditions in the spectacular Karakoram range.

Our Spantik Expedition undertake the southeast ridge of Spantik peak from Shigar Valley. Spantik peak altitude 7,027m lies in a different region far from regular trekking and expedition routes in the Karakoram.

# SPANTIK PAKISTAN KARAKORAM

Asia | 7,027m

# Dozzier



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## AT A GLANCE

Total number of days - 28 days

Grade & days trekking Challenging (Mountaineering), 28 trekking days

Accommodation 6 nights hotel, 22 nights camping

2023 price from Islamabad £ 4,800 (US \$ 5,050 or € 5,050)

Minimum group size 5

Maximum group size 8



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## INTRODUCTION

Spantik Peak Expedition provides a unique opportunity to climb above 7,000 meters in relatively easy and safe conditions in the spectacular Karakoram range. Our Spantik Expedition undertake the southeast ridge of Spantik peak from Shigar Valley. Spantik peak altitude 7,027m lies in a different region far from regular trekking and expedition routes in the Karakoram. Spantik Peak is perfect for mountaineers who have done big treks in Karakoram or Himalaya or those who have climbed a 6000 m peak before. Spantik expedition is a must-do climbing adventure in the Karakoram, it is a heaven for climbers aiming at 8000m peaks. Spantik peak is the best peak to attempt before going to climb big (8000m) mountains. **Spantik is also known as the training station for 8000 m peaks in the mountaineering world** due to its relatively low difficulty and easy climbing approach. Spantik Expedition is a perfect introduction to climbing in the great Karakoram. Spantik is not only the best peak to test yourself above 7000m but it will also provide the fantastic experience of Karakoram valleys, people, culture, and mountains in their prime form. Compared with other Climbing expeditions **Spantik Peak difficulty** is relatively low in technical terms and is one of the low-cost expeditions in the Karakoram range, additionally, the trek to base camp is equally rewarding. Spantik peak is an intermediate snow and ice climb, and categorized as Grade II climb in the world of mountaineering.



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## SPANTIK PEAK CLIMBING INFORMATION

We undertake Spantik Expedition from the southeastern face, this face is straightforward and provides a safe climb, mostly thick snow with a few technical sections with no absolute danger. Spantik peak lies to the south of **Hisper Glacier** and stands above Chogolungma glacier at the border of Shigar and Nagar Valley of Gilgit Baltistan. The approach to Spantik Peak base camp is through Shigar Valley after **6,7 hours** of jeep drive from Skardu city to Arando village of Shigar valley.

Onward from Arando trekking starts through glaciers and rocky patches of Chogolungma glacier till Spantik base camp, sounded by beautiful mountain scenery and countless peaks of above 5000m. Base camp at Spantik will be established at an elevation of **4360m**. Camp I will be at the elevation of **5100m**, Camp II at **5500m** Camp III at **6250m altitude**. The technical section above the mountain has fixed ropes for safe passage.

### Spantik Peak Climbing History

The southeast ridge of Spantik peak was first attempted in **1906** by the American Couple **Fanny** and **William Bullock-Workman**, but they manage to climb to **6700m**. But the mountain was the first time summited by a German Expedition under the leadership of **Karl** by this route in **1955**.

Till then there have been many expeditions with a higher rate of the summit.

Spantik summit in clear weather conditions presents a great **360-Degree view** of the spectacular Karakoram mountains. These peaks include neighboring Rakaposhi, Diran, Malubiting, Ultar, Battura Group, Haramosh, the entire Shimshal Mountains, **K2**, and **Nanga Parbat** far beyond.



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## Karakoram View From Spantik

### WHO IS SPANTIK EXPEDITION FOR?

We encourage individuals and teams from around the world to join one of the **fixed departures or private expeditions**. Men and women all around the world can join us, as most of our team members are individuals, we arrange teams accordingly.

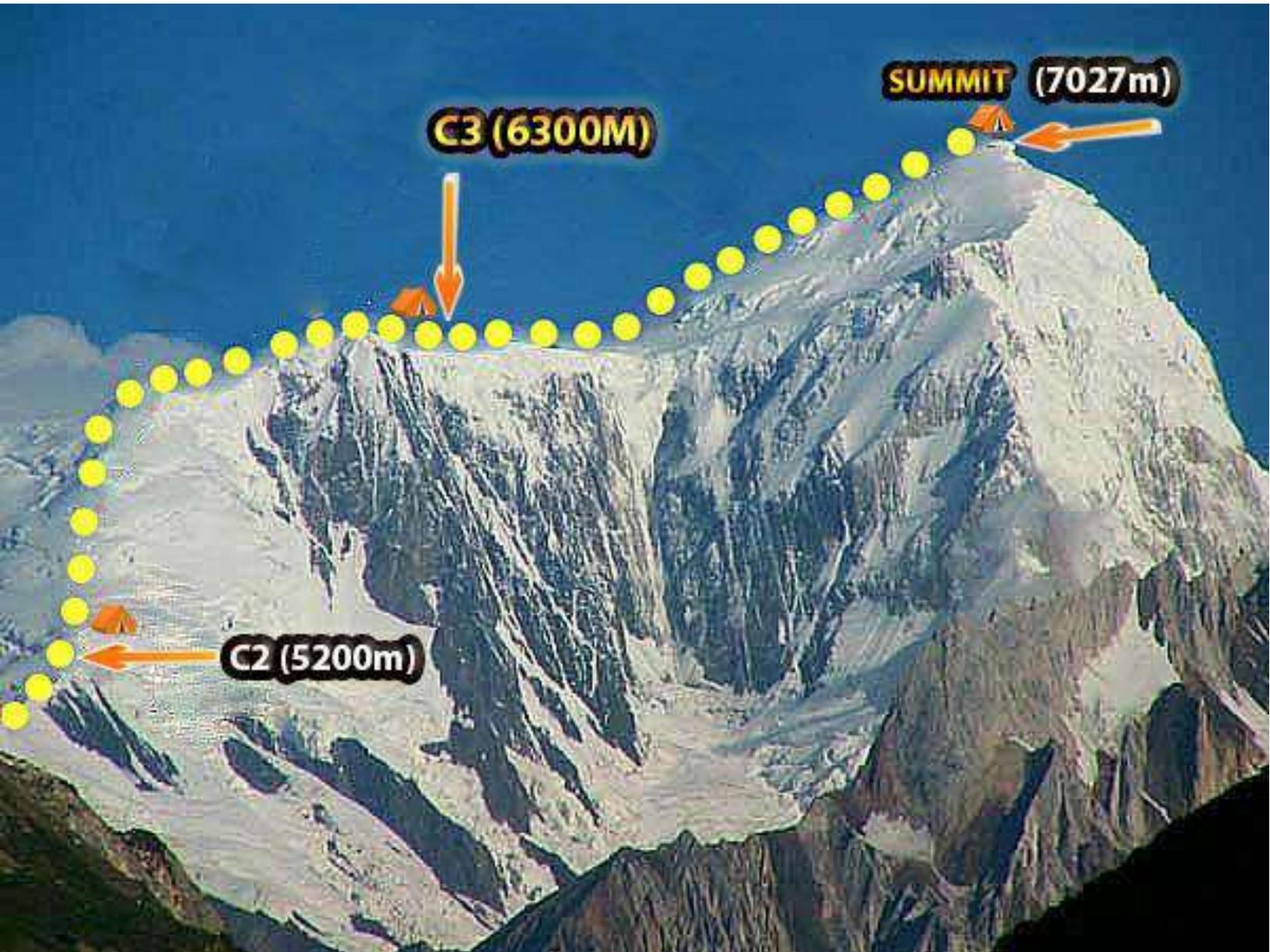
Participants must be in good shape for the Spantik expedition. Spantik Peak difficulty is manageable as compared to other 7000m peaks of Karakoram. If you have climbing experience of any 5000m or 6000m peak (LhakpaRi / North Col, AmaDablam, Mustagata, Island peak Aconcagua, Denali, Chimborazo, Alpamayo, or other) anywhere



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in the world you can find yourself eligible for Spantik Peak. Those who have experience of doing Big trekkings like (Everest Base Camp Trek, Island peak trek, [K2 Base Camp Trek](#), [K2 Gondogoro La Trek](#), or [Snow Hiper La trek](#), or any other trekking of the same difficulty in Karakoram and Himalaya is Eligible for this Expedition with ample training.



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## SPANTIK EXPEDITION COST

We Offer the Following Costs to individuals and groups for our Full Board Spantik Peak Expedition.

we also provide Base Camp services for Spantik Expeditions, alpinist can join one of our fixed Departures at a fixed price of **USD 5,000** or can ask for a private trip. **Private expeditions for, companies, charities and group are our foremost priority and they can avail special discounts.**

## COST FOR PRIVATE SPANTIK EXPEDITION

Solo	2-4 Person	More than 4
\$ 8,000	\$ 6,000	\$ 5,000

looking for a personal High Altitude Porter (**HAP**) / Climbing Guide will cost an additional **\$ 1,000**

### Ready to go?

Does our Spantik Peak Expedition information excite you to take the next step towards achieving the best climbing experience? get in touch today. We pride ourselves to be the best in the mountains serving thousands of our clients through our professional training advice, gear lists, logistics, and professional Staff. and much more. We are always available to your questions.

### Why us!

We are a team of adventure lovers, the natives of the karakoram mountain, no one can know the place better than us. Our guides have been the best guides in the karakoram and Himalayan range of Pakistan and we had the best team of experience people in every department, additionally we offer affordable expedition's in the karakoram, specially our Spantik expedition cost is much more affordable than many other companies.



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**Chogori Adventure Pakistan** organize Spantik peak expedition on a 'tailor-made' private basis for groups such as families, clubs or charities. Depending on your climbing experience, our Native Guides from the same village will accompany the climbers throughout the journey. If you are looking for a private Spantik ascent, please contact us to discuss the itinerary and preferred dates. And if want to join our one of our fixed departures check our dates for 2023.

*\*We will employ all natives and will bring back our waste and garbage back from the Base Camp.*

## HIGHLIGHTS

- A must-do [7000m](#) mountain expedition
- A spectacular trek up the Chogolongma glacier, and Sapntik Base Camp
- the mountainous Basha Valley of Shigar and Arindo
- Affordable price to climb the ideal 7000m peak of Karakoram
- sightseeing in Shigar and [Skardu Valley](#)
- leading Native Adventure Company of Karakoram
- Pakistani Sherpas having climbed the peak more than 20 times
- Mountain vistas and view of all [8000m](#) Peaks from the summit
- Both guided and alpine-style Expedition
- Options for full board/all-inclusive or only Base Camp services
- Additional Sherpa upon request
- Fixed Departures are ideal if you are on a budget
- both private expeditions and fixed departures



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## SERVICES INCLUDED

### FULL BOARD SERVICE:

- We have Vast and indigenous knowledge of mountain
- Pakistani High Altitude porters (HAP) with more than 20 times summits on Spantik Peak
- All domestic flights and road transfers
- All hotel accommodation (twin sharing room)
- All trekking accommodation
- All camping site and bridge fees
- All trekking logistics (all tents, non-personal equipment, tools, etc)
- All meals (breakfast, lunch, and dinner)
- Licensed professional guide (government requirement)
- Government climbing permit fees and paperwork
- Waste management fees (government requirement)
- Support staff (cook, assistant(s), etc)
- Porter for personal luggage (35 kgs)
- First aid medicine kit (basic)
- Satellite phone for emergencies
- D3V sleeping tent, Toilet Tent, Shower Tent.
- 3 oxygen bottles per person
- high altitude porters between 2 members
- high altitude tent
- ropes, snow bars, ice screws,
- high altitude food
- EPI gases
- BBQ at Spantik Peak BC



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## SERVICES EXCLUDED

FULL BOARD SERVICE WHATS EXCLUDES:

- In the case of emergency rescue
- Summit bonus, high altitude cook, staff,
- Personal Gear, equipment and apparels
- Anything not mentioned in services included

## FIXED DEPARTURES

Start	End	Cost( USD)	Availability	
1 July	28-July	\$5000	<b>Guaranteed</b>	<a href="#">BOOK NOW</a>
15 July	11-August	\$5000	<b>Available</b>	<a href="#">BOOK NOW</a>
1 August	28-August	\$5000	<b>Guaranteed</b>	<a href="#">BOOK NOW</a>
15-August	11-September	\$5000	<b>Guaranteed</b>	<a href="#">BOOK NOW</a>



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## THREATS AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

For your information we have listed below a summary of the significant risks and hazards identified by us: Falls and trips resulting in physical injury e.g. slipping on ice or falling off the path.

- Altitude illness including but not limited to AMS, HACE and HAPE.
- Severe bad weather and conditions when while climbing
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- Rock fall and landslides, Snow and ice avalanches, Lightning strike, Wildlife, pack animals are the potential hazards.
- Earthquake. There is a high risk of earthquake in Karakoram Mountains.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic.



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- This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalization evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.



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## Symptoms Of AMS

- Tiredness
- Dizziness
- Nausea or if severe, vomiting
- Poor sleep

## Symptoms Of HACE

- Usually preceded by AMS
- Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

## Symptoms Of HAPE

- Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.
- Often symptoms start later (at night or after 24 to 48 hours at new altitude).
- Often occurs without AMS (often no headache)
- But you can have AMS and HACE too.

If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, and try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).



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## FIRST AID KIT

The expedition runs through isolated places without the immediate possibility of sanitary resources, often minor problems can appear that with good information and a basic medicine kit we can solve them. "Primum non nocere": the main thing is not to hurt or "use only what you know how to use", so in the face of great doubts, it is best to give first aid and ask for help. The UIAA (International Union of Alpine Associations) recommends that mountaineers carry a basic, lightweight, easy-to-use and detailed instruction kit to solve problems on the mountain by ourselves or after consulting a doctor. (For example by phone)

- |                                 |   |                           |
|---------------------------------|---|---------------------------|
| ✓ Zithromax 500 (3 tablets) *   | ✓ Tanagel sachets                                       | ✓ Bucometasan tablets     |
| ✓ Actira tablets *              | ✓ Almax tablets *                                       | ✓ Flutental cream *       |
| ✓ Neobrufen 600 40 c            | ✓ Omeprazole tablets *                                  | ✓ Fucidine cream *        |
| ✓ Paracetamol 500 mg or Aspirin | ✓ Polaramine tablets *                                  | ✓ (Steri-Strip) *         |
| ✓ Romillary tablets *           | ✓ Urbason 40 ampoule (1) + syringe                      | ✓ Cloth Tape 5 cm         |
| ✓ Chivrouvelin eye drops        | ✓ Edemox tablets (height)                               | ✓ Compeed                 |
| ✓ Fortasec tablets              | ✓ Bleach in small opaque bottle (suitable for food use) | ✓ Sterile gauze pouch     |
| ✓ Small Betadine (every 2)      | ✓ Elastic band 10X10 *                                  | ✓ Tweezers Small-scissors |
| ✓ Sunblock cream                | ✓ Glucose or Isostar pills                              | ✓ * small cream           |

- Betadine carry it in small leakproof bag.
- Well closed creams that do not go out.



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## Instruction For Use

**PAIN, FEVER:** Paracetamol 500 mg, ASPIRIN (AAS) 500 mg.

**TOS: ROMILAR** (dextromethorphan) tablets

**COOLERS:** PARACETAMOL tablets and decongestant nasal gel

**PHARMACOLOGY:** BUCOMETHASAN tablets, honey and lemon candies.

**DIARRHEA:** Lightly = TANAGEL envelopes, 1 every 4 -6 hours (forced astringent diet)

Moderate - severe = FORTASEC (loperamide) 1 every 6-8 hours

**ARDOR, PAIN STOMACH LIGHT:** MAALOX (Al-Mg tablets) 1 / 4-6 Hours

**MODERATE STOMACH PAIN -INTENSE:** OMEPRAZOL 1/24 hours

**ALLERGIES OR PUNCTURES:** Slight and local: Flutental cream Serious or general:

**URBASON INFECTIONS** Local on the skin:

**FUCIDINE** cream General: Antibiotics (consult the doctor of the expedition)

**EYES:** sunscreen (CHIVROUVELINE)

**LIPS:** sunscreen (ISDIN), moisturizer (KLORANE, ultra protective lipstick)

**DISINFECTANT:** Povidone iodized small bottle (BETADINE or IODINE)

**EXHAUST:** Glucose tablets or ISOSTAR or energy bars

**ALTITUDE:** Acetazolamide (EDEMOX) 250 mg tablets, Dexamethasone (FORTECORTIN) tablets.

**MISCELLANEOUS AND APPLICATIONS:** 10 x 10 elastic or gauze bandage, sterile gauze pads, wide cloth tape, bandages,

**STERI-STRIP**, mosquito repellent, after sun cream, 2 scalpel blades, tweezers Small, one pair of single use gloves and 2 safety pins.

\*\* **EXTRA INDIVIDUAL:** ACICLOVIR ointment if you have herpes frequent on lips, ANTIHEMORROIDAL ointment if you have a history, BIODRAMINE if you get dizzy on trips, etc.



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## VACCINATION AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Pakistan. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

Training: An important difference is made and therefore a state of physical fitness is desirable, especially to be able to enjoy "live" the great and wonderful mountains that we have always admired in books.

Medical exam.

- ✓ Go to your family doctor for problems that could get worse on the trip, where isolation or remoteness can create difficulties.
- ✓ It is necessary to know the allergies to medicines, and a history of problems that may arise with the effort of trekking: our weak points (stomach, lumbago, migraines, etc.) can give us an unpleasant surprise and we must prevent it or at least be prepared.
- ✓ It is advisable to perform a blood pressure test, and if it has not been performed in the last 2 years, a basic analytical.
- ✓ A detailed and more detailed medical examination, with basic analytical and electrocardiogram, is recommended for those over 40 years of age.
- ✓ If you have ear problems it is advisable to have a check, and if there is a history of wax plugs, examine if a previous cleaning is necessary.
- ✓ If you wear contact lenses or glasses, you must have a recent revision and bring spare parts.

Oral examination:

- To decrease the likelihood of discomfort.

Vaccinations:

- Covid vaccination mandatory, but it is also very advisable to have tetanus, and have updated the official immunization schedule. However, it is best to follow the advice of External Health:



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## COMMUNICATIONS

There is no internet During the Spantik peak expedition but we will bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 (US\$5) per minute and £3 (US\$3) to send and receive SMS text.

## FOOD

The food streets in Islamabad and Rawalpindi offer a variety of Local and Exotic foods, Breakfast is provided each morning by the hotel.

While on the trek and climbing days, you will get breakfast with porridge and cereal, toast or chapattis, omelets and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. On arrival at the camp in the afternoon you will be given tea and biscuits and a three course meal will follow with soup, a main meal and dessert. We bring along fresh vegetables and meat (chicken ,goat) for the main meals.

## CLIMATE

The traditional climbing season in Pakistan is July to Mid-September. Spantik expedition will have a wide range of temperatures depending on the altitude and the time of day.

In the mountains between 1,000m and 3,500m the nights will be cool normally around 5°C. During the day temperatures can be very hot even as high as 40°C in the lower elevations. Bring lots of water, sunhat and sunscreen!

At higher altitudes temperatures range from about 20°C to -15°C. The mornings are generally clear with clouds building up during the afternoon and often disappearing at night to reveal beautiful starry nights.

Rawalpindi/Islamabad will be hot and humid at this time of year, temperatures



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typically range from 30°C to 46°C with high humidity, whereas the temperatures in Skardu at 2,340m will be cooler.

## WEATHER

The best time to climbing Spantik peak is July and August. It is the time that the peaks are made in the Karakorum. That says everything. In Skardu the average temperature in the month of August is around 37° during the day and -10 at night.

## VISA REQUIREMENTS

For Mountaineering visa, Pakistan Consulate office requires Invitation Letter from a tour Operator in Pakistan and a copy of Pakistan Identification who signed the invitation letter.

We are responsible to sent you this letter for your visa process.

Additional Pakistan visa documents required to submit along with Pakistan Visa Application:

### Climbing Permit

We require the following personal information in order to process the Climbing permit:

- ✓ Passport details: name, nationality, passport number, date & place of issue & expiry date
- ✓ Home address
- ✓ Profession
- ✓ Two passport photographs



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## INSURANCE

- Travel insurance for any itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue.
- Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered:
  1. Activity (i.e. touring, trekking or mountaineering)
  2. Maximum altitude reached on the expedition (7,027m)
  3. Helicopter evacuation in an emergency.
- It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.
- You should be aware that under certain circumstances, our tour leader (local person) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.



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## CULTURAL CONSIDERATION

For those of you who are visiting Pakistan for the first time we have provided some cultural information to help you fit into the country:

- Dress code is important for both men and women and even while trekking you should wear conservative dress. Wear loose, long-sleeved, no revealing shirts and full length pants that cover your ankles. A shalwar kamiz, a traditional long shirt and baggy trousers, can be bought cheaply in Rawalpindi and generally makes locals feel more comfortable around you as it is a visible sign of your interest and respect for their culture. Women should bring a scarf to cover their heads especially in mosques or private homes.
- Pakistani society is a strongly patriarchal and only partly because it is Islamic, women are meant to be mothers and housekeepers and typically spend most of their time at home. When they do go out they are normally veiled from head to toe in the burqa, although in the main cities some wear just a scarf covering their hair and chest.
- Muslims consider the left hand to be unclean, therefore do not eat food with your left hand and make sure you give/receive food only with your right hand.
- Do not bring any products made from pork into Pakistan.
- Most Pakistanis are extremely hospitable and you could be invited to someone's house (often the cook or one of the porters), it is best to remove your shoes when you enter a private house.
- Handshakes are common place among Pakistani men and some older men put their hand over their ear when shaking hands. Do not offer a handshake to the opposite sex as it will put them in an awkward position, it is generally best to let them make the first move.
- Never point the sole of your shoe or foot at anyone and never step over any part of someone's body.



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## SUGGESTED READING

Please take a look at these valuable books and maps to Pakistan, the link is at:

1. K2: Triumph and Tragedy by Jim Curran
2. The Endless Knot: K2, Mountain of Dreams and Destiny by Kurt Diemberger & Audrey Salkeld
3. Clouds from Both Sides An Autobiography by Julie Tullis
4. Regions of the Heart: The Triumph and Tragedy of Alison Hargreaves by David Rose and Ed Douglas
5. Above the clouds by Anatoli Boukreev

## MAPS

- ✓ Karakoram or graphical sketch map Sheets 1 & 2. Swiss Foundation for Alpine Research, Zurich. Scale 1:250,000K this is a good map series and shows the whole Karakorum Range including Ladakh in India. Highly recommended. I will bring this map along on the trek.
- ✓ Leomann Trekking Maps of the Karakoram by West Col Productions Scale: 1:200,000
- ✓ AMS U502 Topographic Survey Maps of the Himalayas by the Army Map Service Scale: 1:250,000
- ✓ The Karakoram Highway by Open Road Guides, England Scale: 1:1,000,000



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## MONEY

What to do with the money? Apart from spending it, once you have calculated the budget you will need to handle there, the best thing would be to know what you can pay by credit card (in many cities) so you do not have to carry so much cash. It is convenient that you take a certain part in small bills and € coins, for when you have to make a small and unforeseen payment during the trip or first days. During the whole trip, keep the money distributed in two or three different places (bag at the neck, waistband, etc.) and if you lose or steal it will only be a part.

The euro can be changed with the same ease as the dollar. Credit cards are accepted in many places and can always come in handy. To carry the money and the documentation, the most practical are the belts. You can exchange rupees at any currency exchange in Islamabad.

## TIPS

The world of tips, is not considered in this type of countries in the same way as in developed countries. There, the gratuity constitutes a kind of tacit obligation on the part of the client, and therefore a right of the candidate to receive it. Tipping is an expected part of your salary, but it's hard to believe. Obviously, if you are not happy with the service received, you will not be taken to jail if you do not give anything, but expect small coin always in your pocket. The socially correct minimum is around 10% of what you have paid for the service (in a restaurant, for example).

In the groups, where a local team of porters, cooks, guides, etc. has intervened. One of the ceremonies that marks the end of the trekking consists precisely in the delivery of tips that, after so many days working with and for the group, they suppose a good amount for them and little thing for you. These tips are not included in the price.



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## ITINERARY

### Day - 1: Arrival At Islamabad

Altitude :540m

Location: Islamabad

The first day of the Spantik expedition and climbers will be received by one of our staff from Islamabad Airport and escorted to the hotel. You can spot our staff holding our company card at Islamabad Airport. You are bound to provide flight details 3 to 4 days before arrival. Our staff will pick you up and transfer you to a partner hotel in Islamabad close to Margalla hills. At the hotel, after relaxing and rest clients are bound to pay their dues upon late arrival payment of dues and briefing will be conducted in Skardu.

- **Accommodation:** Hotel Room on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

### Day - 2: Departure To Skardu

Altitude :540m-2228m

Location: Skardu

On the second day of Spantik Expedition, We will fly to Skardu in the morning. Skardu is the logistic hub of the expeditions and trekking's in the Karakoram range. The flight from Islamabad to Skardu will provide spectacular views of the Himalaya and Karakoram mountains and we should be able to see Nanga Parbat towering among other peaks. Upon arrival in Skardu, one of our staff will be waiting at Skardu Airport and will escort the clients to the partner hotel. Upon early arrival, we would have enough time to rest and pay a visit to the local Bazar and the outskirts of Skardu city.

- **Accommodation:** Hotel Room on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,



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## Day – 3: Rest Day At Skardu

Altitude :2230m

Location :Skardu

Skardu is a mountainous town along the Indus river, surrounded by mountains. After breakfast, we will check our equipments for Spantik expedition, and will buy or rent if something is missing. If we are done with our equipment we will go on an acclimatization hike to the kharpocho and old castle some hundred meters hike from Skardu Bazars. The fort provides a breathtaking view of the Indus river, Skardu, and its Surroundings.

- **Accommodation:** Hotel Room on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

## Day – 4: Drive To Arando

Altitude :540m-2228m

Location: Skardu

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## Day – 5: Trek To Chogo Brangsa

Altitude :3400m

Location :Chogo Brangsa

The first day of trekking on Spantik Peak Expedition, the trek start from Arindo village along the green trail along the glacier, the passage is the way through a green pasture land till ChogoBrango. ChogoBrangsa is a summer pasture that literally means a “ Huge Lodge”

It will take a 6-8 hour trek to reach ChogoBrangsa from Arindo village. You can meet shepherds and miners on the way towards Spantik peak. The total distance on this day Spantik peak expedition will be around 14km with a 900m gain in altitude.

- **Accommodation:** Tents on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

## Day – 6: Trek To Balocho

Altitude :3800m

Location :Balocho

The second day of trek towards Spantik peak expedition, today we start early trekking along the ridge of the glacier, we have to walk on the glacier only a few patches where there is risk of stonefalls. And the rest of the trek is on the trail along the Galcier up to Balocho camp.

It will take 5-7 hours to reach Balocho from chogobransga, the total walking distance will be around 13-14 km with an altitude gain of 700m. On this day of Spantik peak expedition, participants can get their first glimpse of the Spantik Peakpeak from the Camp, we will stay overnight at Balocho.

- **Accommodation:** Tents on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,



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## Day - 7: Trek To Spantik Base Camp

Altitude :4340m

Location :Spantik Base Camp

The third day of Spantik Peak expedition, this day we will be at our destination. The trek is on a pure glacier all day towards Spantik peak. After 5-6 hours of the trek on Chogolungma glacier, we will be at Spantik Base Camp. The total altitude gain on this day will be 500m and total distance will be around 13-14 km. we will set up our camps at Spantik Base camp for the next two weeks.

- **Accommodation:** Tents on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

## Day - (8-23): Climbing Days

Altitude :4,340m - 7,027m

Location : Spantik Peak

Acclimatization and Climbing days on Spanik peak expedition. Your cooking and supporting staff will be there will you and the rest of the porters and staff will trek back to Arindo village.

- **Accommodation:** Tents on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,



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## Day – 24: Trek Back To Chogo Brangsa

Altitude :**3800m**

Location :**Chogo Brangsa**

As the Spantik Peak Expedition winds up the climbers with Chogori adventure staff and porters trek back to Balocho camp and stay overnight and resume the trek the next day to Arindu village.

- **Accommodation:** Tents on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

## Day – 25: Trek To Arando & Drive to Skardu

Altitude :**2230m**

Location :**Arando**

On this day of Spantik expedition, we will trek back to Arindu village and drive to Skardu. After having lunch and a bath at Hotspring at Chutron we will resume the drive back to Skardu and overnight stay at Chogori adventures partners hotel.

- **Accommodation:** Hotel Room on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,



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## Day – 26: Contingency Day At Skardu

Altitude :**2230m**

Location :**Arando**

On this day of Spantik expedition, we will trek back to Arindu village and drive to Skardu. After having lunch and a bath at Hotspring at Chutron we will resume the drive back to Skardu and overnight stay at Chogori adventures partners hotel.

- **Accommodation:** Hotel Room on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

## Day – 27: Fly TO Islamabad

Altitude :**2230m**

Location :**Arando**

On this day of Spantik expedition, we will trek back to Arindu village and drive to Skardu. After having lunch and a bath at Hotspring at Chutron we will resume the drive back to Skardu and overnight stay at Chogori adventures partners hotel.

- **Accommodation:** Hotel Room on twin sharing basis.
- **Meals:** Breakfast, Lunch, and Dinner Included,

## Day – 27: Fly TO Islamabad

Altitude :**540m**

Location :**Contingency Day**

It is time to say goodbye to the Spantik peak expedition participants. We will see you off at Islamabad International Airport.



# SPANTIK EXPEDITION

PAKISTAN | ASIA | (7027M)

## KIT LIST

### Bags

#### **Duffle Bag / Kit bag**

One or two large duffel bags of 120L according to your needs. Suitcases and wheeled bags are NOT recommended a Dry stuff sacks will be helpful.

#### **Backpack rucksack**

Approximately 70-80L to take your kit from basecamp to higher camps, carrying up to 15kg. Make sure it has a waterproof cover.

**A day bag** of 30 – 40L for trekking days

#### **Padlocks x 2**

For use on your kit bag during travel and on the expedition, plus any bag you may leave at the hotel.

### Lower Body

#### **Trekking pants or trousers**

Good quality trekking trousers as you prefer.

#### **Shorts**

2 or 3 shorts

#### **Waterproof overtrousers**

Along with the waterproof jacket, these are an essential piece of kit to keep you dry. They should also be Goretex and hard-shell.

#### **Thermal liner**

An essential thermal insulation layer for your legs.

#### **Underwear**

Up to you

### Sleeping Gears

#### **Sleeping Bags x 2**

High Altitude sleeping bag 1 below -25°C

Base Camp Sleeping Bag 1 below – 15°C

On rotations you need two sleeping bags both must be good quality down specially for higher camps light weight is recommended.

#### **Sleeping mats**

We would recommend a full length self-inflating mat. We will provide one for Base Camp. A silk Sleeping bag liner is also recommended.

#### **Headwear**

Warm headgear x 2

Hat

#### **Buff**

A buff or Scarf is essential for protection from the sun and dust

#### **Sunglasses**

Two Set of quality sunglasses.

#### **Ski goggles or Snow Glasses**

Polarized Ski goggles mandatory

#### **Sunblock**

Sunblock with highest SPF for 28 Days.

#### **Lip Balm**

A Good quality lip balm to protect from sunburn and harsh weather



# SPANTIK EXPEDITION

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## Lower Body

### **Base layer x 3**

As you prefer thermal is recommended for higher altitude.

### **Mid layer x 2**

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack.

### **Full Sleeves Shirts**

The sun can be extremely intense – we would recommend a collared, long sleeved shirt or T-shirt, for protection on the hotter days

### **Soft Shell and Hard Shell**

A soft shell to protect from cold and hard shell from from wind is also recommended

### **A lightweight Down Jacket**

A lighter jacket for base camp, it will be helpful in additional layering as well

### **Waterproof top**

A good Goretex hard-shell jacket, with sealed seams, provides effective defense against wind and rain as your outermost layer. This should be big enough to fit over your other layers.

### **Down jacket**

This a must or you should have a climbing suite. It provides the best insulation and are worth every penny. They will keep you warm down to around -25C with a couple of layers underneath, the higher the 'loft', the better. Our guides usually wear a lighter down or Primaloft jacket underneath their down jackets for greater layering on summit day

### **Warm gloves**

Few warm gloves for lower camps.

### **High altitude down mitts**

Worn over liners for summit days on all 6,000m plus expeditions. Mitts provide more warmth than finger gloves. For extreme cold, down or Primaloft fill is recommended.

### **Waterproof mitts**

Mandatory to bring it save form cold and frost bite



# SPANTIK EXPEDITION

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## Feet

### High altitude boots

Essential on all our high altitude expeditions, as they are the only way to avoid frostbite. Commonly known as 'plastics', these boots are double or triple layered to offer the best insulation and the warmest feet up high.

Recommended La Sportiva Spantik or any other brand suitable above 7,000m. your shoes must have space with two socks. This the top one essential and we recommend not to compromise on boots. If you are using new boots wear it at home and get used to it.

### Trekking Shoes

Trekking shoes with ankle support

### Trekking socks x 4

Lighter weight wool is a good option.

### High Altitude Socks

Minimum 3 pair of high altitude socks

High altitude liner

### Gaiters / Shoe Cover

Protect the tops of your footwear from harsh conditions and provide some added insulation.

## Technical Equipments

### Climbing helmet

A plastic helmet is more suitable than some of the expanded foam helmets available. Fit to your head

### Crampons

12-point mountaineering crampons with antiballing plates, they need to fit your specific plastic boots. Not ice climbing crampons.

### Ice axe

A light weight ice axe.

### Ascender & Descender

left or right handed, depending on your preference. One to use and one as a spare.

Figure of eight descenders.

### Harness

A light weight harness

## Medications

### Personal first aid kit

We recommend you come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and Paracetamol), plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use. Personal medication keep this in your daypack.

## Micellaniumous

- Headtorch
- Batteries
- Knife
- Camera
- Trekking Pole
- Water filter
- Power Bank

