

# K2 GONDOGORO LA TREK- DOZIER

AN ULTIMATE TREK AMONG THE GIANTS IN THE HEART OF KARAKORAM



## **Chogori Adventure Pakistan**

**The Host of Karakoram!!!**

**The Leading Native Trekking and Mountaineering Company of Pakistan**

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# K2 Gondogoro La Trek Dozier

# Chogori Adventure Pakistan

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## HIGHLIGHTS

- A must do trek for mountain connoisseurs and rightly listed as one of the world's top 5 Mountain walks.
- Laila peak, Hushe Valley
- Chogori Adventure the leading Native Adventure Tour Company of North Pakistan.
- Indigenous team having vast knowledge and experience of mountains.
- A spectacular trek up the Baltoro glacier, over the challenging Gondogoro La pass and down the beautiful Hushe valley.
- Views of K2, Broad Peak, Masherbrum, GI & II, Trango towers and Leila peak among many others.
- View of Gasherbrum group, Sia Kangri, Baltoro Kangri, Pasotre peak, Chogolisa and Gondogoro Valley
- Trek on the 2<sup>nd</sup> largest glacier deposit including Baltoro Glacier, Godwin Austin, Vigne and Gondogoro Glacier.
- We also offer the option to do the K2 & Concordia trek and descend back down via the same route or cross the Gondogoro pass in to Hushe valley.
- Locals living style, Balti Porters, Glaciers, rivers and Valleys.
- Exotic and local food options

## INTRODUCTION

- This is considered to be one of the world's great treks with breathtaking scenery surpassed anywhere else in the high mountains. This is a challenging trek to K2 Base Camp and over the Gondogoro Pass.
- The trekking route is lined with rugged mountains all the way from Askole, the last village in the Braldu gorge, to Concordia. On our walk up the Baltoro glacier we will see the Trango Towers, Masherbrum, K2 and Broad Peak among many others. Concordia has been described as the "Throne Room of the Mountain Gods" for its unique 360° panorama of 7,000m mountains and impressive views of K2.

# K2 Gondogoro La Trek Dozier

Chogori Adventure Pakistan

- After some time exploring K2 and Broad Peak Base Camps, we will cross the Gondogoro pass in to Hushe valley and back to Skardu in a Circular way.

## K2 GONDGORO LA TREK

Total number of days 20 days

Grade: Strenuous

Trekking Days: 13-14 Days

Hotels or city: 6-7 Days

Accommodation 7 nights hotel, 13 nights camping

2022 price from Islamabad US \$ 1,990 (£ 1,350 or € 16,80)

2022 price from Skardu US \$ 1,600 (£ 1,150 or € 13,40)

Minimum group size 4 persons

Maximum group size 12 persons

### Fixed Departures:

Starting Date	Ending Date
1 June	20 June
10 June	30 July
15 June (Guaranteed)	10 July
1 July (Guaranteed)	20 July
5 July	25 July
10 July	30 July

Starting Date	Ending Date
15 July (Guaranteed)	4 August
20 July	9 August
25 July	14 August
1 August (Guaranteed)	20 August
10 August	30 August
15 August (Guaranteed)	30 August

Contact at: <https://chogoriadventure.com/>

WhatsApp: [+923445925993](https://wa.me/923445925993)

## THREAT 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.

As a part of our planning process we have performed a detailed threat and risk assessment for our K2 and Gondogoro la trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However, by identifying the potential hazards on K2 trekking, we can assess the level of risk and implement control measures to reduce this happening.

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.
- Getting lost or becoming separated from group e.g. When you are alone without away from the group.
- Severe bad weather and conditions when camping e.g. at Concordia or k2 base camp and Ali Camp.
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke). Temperatures of up to 40 Celsius during day time, may be experienced during the first few days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall. There are a number of river crossings on the trail to K2 Base Camp and Gondogoro la.
- Rock fall and landslides The jeep track Skardu – Askole and Hushe - Skardu is at a risk of rock fall and landslides as well as many sections of the trek.
- Snow and ice avalanches.

- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs
- 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. The drive along the jeep track Skardu – Askole and Hushe – Skardu is a prone to landslides and rock fall and has many sections with high degree of exposure.
- Flight accident on Islamabad – Skardu – Islamabad route.
- Contaminated food and/ or water.
- 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.

## PRACTICAL INFORMATION

The country political situation is stable and there is no need to be worry about the political factor.

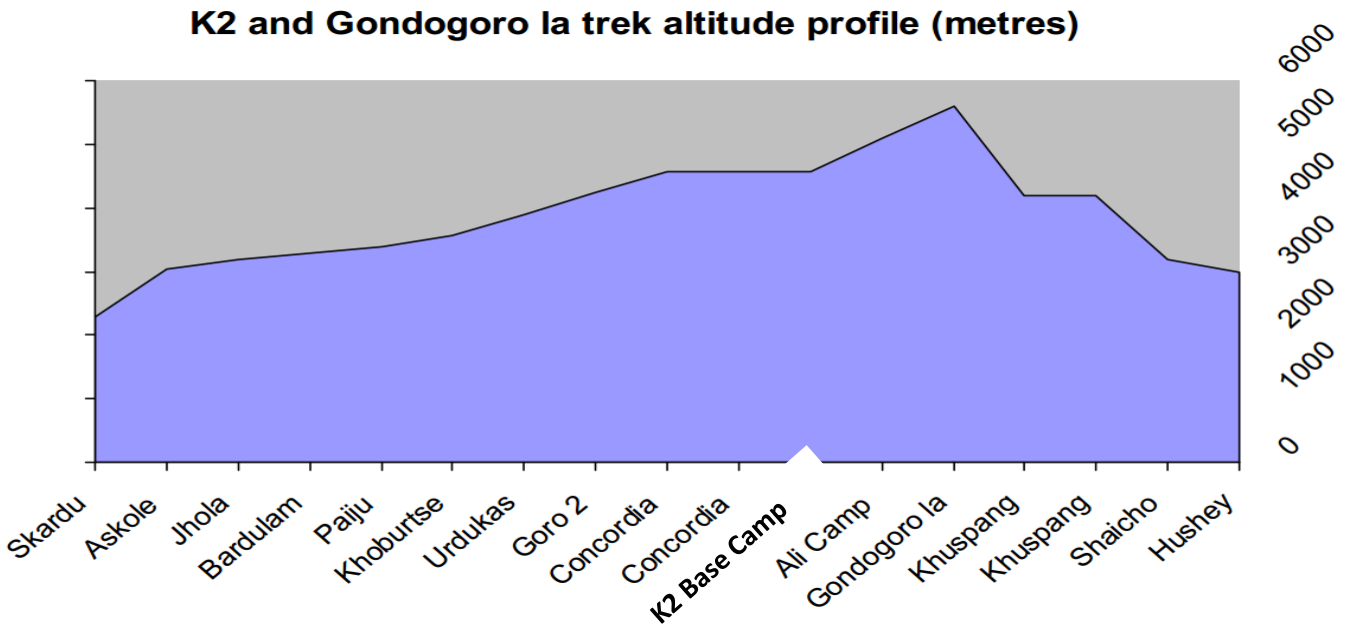
Consult respective travel advisories about traveling in Pakistan.

## ALTITUDE AND ACCLIMATISATION

Our K2 Gondogoro la Trek itinerary has been designed for gradual acclimatization to take place, take a look at the altitude profile for the itinerary below:

The maximum altitude during k2 Gondogoro la trek is 5,585m at Gondogoro la pass top.

There are ways of helping the acclimatization process, as described below:



- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drinks lots of water: it is easier for your body to acclimatize when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking Diamox (acetazolamide): before using this drug we recommend consulting a doctor and researching the pros and cons of using this medicine.

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.

### 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).

For further information, we suggest you take a look at the following websites:

1. High Altitude medicine website:

<http://www.high-altitude-medicine.com>

2. Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

3. BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

### FIRST AID KIT & MEDICATION

The trekking 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 or Moisturizing cream | ✓ Glucose or Isostar pills                              | ✓ * small cream           |

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

## INSTRUCTIONS 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.

### VACCINATIONS 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 is 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:

## COMMUNICATIONS & ELECTRICITY

There is internet at Concordia and k2 base camp we will provide Wi-Fi connection if the network is available. After Concordia there is no Wi-Fi till Hushe .We also bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 (US\$5) per minute and £2 (US\$3) to send and receive SMS text.

Electric generators will be carry on along the trek for groups consisting of more than 6 participants. Groups consisting of participants below 5 members are provided with solar panels that can be used to charge gadgets and lighting in the camp.

## A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid-afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

## FOOD

In Islamabad there is a wide range of excellent restaurants to try out, some of the more popular ones are: Kabul Restaurant, Larosh Restaurant in Committee Chowk for good Pakistani food and Omar Khayam for Iranian food. Breakfast is provided each morning by the hotel.

While on the trek 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 (chickens and a goat) for the main meals.

## CLIMATE

The traditional trekking season in Pakistan is June to September. K2 Gondogoro La trek 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 -10°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 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 travel to Baltoro 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 -6 at night.

During trekking days, the days are normally hot and nights cold.

## CLOTHING AND EQUIPMENT

A list of clothing and equipment for K2 Gondogoro La trek has been included in the [Appendix I](#) below. It is worth pointing out that you will need a sleeping bag for this trip.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment, contained in your duffel bag, will be carried by a porter. The maximum weight allowance is strictly 13kgs and if you are more than this there will be an extra charge for additional porters. Please ensure that your bag is marked clearly on the outside for easy identification.

## VISA REQUIREMENTS

For tourist visa, Pakistan Consulate office requires Invitation Letter from us. We are responsible to sent you this letter for your visa process.

If your country is enlisted in the E Visa members, it's the easiest to apply for the Pakistani Visa. Find details in the following link.

<https://visa.nadra.gov.pk/>

## TREKKING PERMIT

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

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

## INTERNATIONAL FLIGHTS

We do not book international flights for our holidays. Instead all package prices are Land only with services starting from arrival to Pakistan

## 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, below 7000m Climbing)
  2. Maximum altitude reached on trek
  3. Helicopter evacuation in an emergency.
  4. We have not seen many Helicopter rescue or evacuation in the Past. but it's safer to have covered for the evacuation, In 100 persons one need evacuation according to the statistics from Military Aviation Pakistan. For minor problems we use horses to evacuation to lower camps but in severe conditions Heli Evacuation is the only option.
- 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, we need to instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

### CULTURAL CONSIDERATIONS

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 in the town. while trekking you can wear dresses of your choice. In town and villages, we recommend to 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.
- Pork and Alcoholic products should not be share with locals.
- 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.

### 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
- ✓ A Detail map will be provided upon request in Skardu.

## SERVICES INCLUDE

- ✓ All transfers and assists at the airports of Pakistan.
- ✓ Accommodation in Islamabad in hotel in double rooms including breakfast.
- ✓ Domestic flights by plane: Skardu - Islamabad
- ✓ Bus: Islamabad - Skardu.
- ✓ All-terrain vehicles Skardu - Askole, and Hushe- Skardu.
- ✓ Full board during the trekking.
- ✓ Gondogoro La Climbing Fees.
- ✓ All material of collective use during the trekking trip: tents, dining tent, folding tables and chairs, mats.
- ✓ Cook, kitchen helpers, porters throughout the trekking tour.
- ✓ Permission of national parks.
- ✓ Entry visa to Pakistan.

## SERVICES NOT INCLUDED:

- Insurance. Obligatory the one of the mountain federation. Modality all over the world, peaks less than 7000 m. (Approximately 150 €)
- Individual room and tent. (If you want this extra service € 200)
- Cold drinks during the trek.
- Lunch and dinner in Islamabad.
- Drinks, laundry, tips ... in Islamabad.
- Unforeseen expenses caused by uncontrollable circumstances such as cancellations or flight delays, blocked roads, weather conditions, natural disasters ...
- Any other expenses not mentioned in SERVICES INCLUDED

## 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

In the groups, where a local team of porters, cooks, guides, etc. 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 Trekkers. These tips are excluded in the price.

We recommend you to spend around 120-to 180 \$ US on tips.

### LUGGAGE

- The luggage must be formed by the smallest possible number of packages. Make sure that this small bulk does not exceed 13 kg, and not only to not have problems with excess baggage at the airport, but also because you will handle much better and, on the other hand, you don't need to take as many things.
- During the trek, the maximum weight per person is 13 kg, plus the personal backpack that each carry.
- Outside the trek you will need fresh clothes. It is advisable for women to dress - especially outside trekking days - discreetly. Wide and not low-cut clothing.
- Refrain from carrying knives or other objects that are strictly forbidden in security checks in hand luggage or handbag.
- Even on domestic flights it is forbidden to carry lighters, batteries, matches, etc. in hand luggage. Or any minor thing that could cause damage; they check you from top to bottom, and without any hurry, therefore, try to go unnoticed.
- Coming back with your luggage, plan a quiet day at home to get it right.

### BASIC PRECAUTIONS

Set the clock to local time. The phone in the hotel is expensive, but there is usually WI-FI. With regard to food and drinking liquids in cities or urban centers, you have to be very cautious with the food that is sold at stalls in the streets. Take care of fresh vegetables, if they are not well washed or cooked, unpeeled fruits and dairy products in places that do not offer guarantees.

The water, consume only mineral and bottled (check that they deliver it closed and with the inviolate seal), therefore, do not consume drinks with ice. Disinfection of drinking water. It is

essential for the prevention of diarrhea and infections. Purifying tablets: They eliminate bacteria but are ineffective against viruses and protozoa. Chemical disinfection: Chlorination (bleach = sodium hypochlorite) is the method of choice. The bleach should be carried in an opaque bottle-dropper, easily obtainable in pharmacies. The calculation of the droplets of bleach to be added (3 or 4 per liter) depends on the concentration of the bleach (80 or 50 grams of active chlorine), respectively, and it should be allowed to act for at least 20-30 minutes. Addition of somewhat larger amounts provides a characteristic smell and taste. Do not forget that the container of lye must put it is suitable for food consumption: without perfumes or bleaches. Disinfection with iodine is the most advisable method since bacteria, viruses and protozoa are eliminated. Add 10% Povidone Iodine (BETADINE or IODINE: 4 drops per liter of water;

Transmission of diseases such as Aids or Hepatitis B occurs not only through sexual contact, but also through infected blood or blood products as well as the use of material that may be contaminated (razor blades, toothbrushes, tattoo tools or acupuncture, Etc.)

When it is time to change €/ \$ to the local currency, but do it bit by bit, as you need it. Do not make ostentation of money or possessions surprises at the time of making Purchases or last steps before leaving for the mount.

## APPENDIX I

### CLOTHING AND EQUIPMENT LIST

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Snow Lake trek. Your gear will be checked by the Guide in Skardu prior to departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations.

During the first couple of days on K2 Base Camp trek you will experience hot conditions with temperatures around up to 40°C. You will experience the coldest temperatures at Concordia where overnight lows will be down to around -10°C.

## Footwear:

- Walking/ hiking boots.
- Beginners Climbing shoes for the Gondogoro la pass will be handy if you wanted to bring.
- Wool Socks and liner socks.
- Sandals (for use around camp and river crossings).
- Trainers or trail shoes. Can be used on arrival to camp.

## Clothing:

- Gore-Tex shell jacket and trousers. For use if it rains or snows during the trek.
- Light trekking trousers. Minimum two pairs of trousers.
- Long sleeve, light colored polypropylene shirts. Minimum two shirts.
- Microfleece.
- Gaiters / Shoe Cover
- Mid to heavyweight fleece jacket (Polartec 200 to 300).
- Sleeveless/ gilet or body warmer type fleece. This will help keep your core warm while not bulking when layering up. Gilet fleece can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
- Lightweight synthetic long underwear for both top & bottom.
- Light to mid weight fleece pants (Polartec 100 to 200).
- Medium weight down jacket (recommended)

## Hand wear:

- Fleece gloves.
- Warm mittens and/or gloves.
- Climbing gloves water resistant

## Headwear:

- Warm wool or fleecy hat/balaclava.
- Sun hat or baseball cap.
- Bandana or scarf. Very useful for the often dusty jeep rides and for protection on hot days



- Paperback books, iPod and cards.
- Trekking poles. Having two poles is mandatory as required for your safety on steep and loose sections of the trail and for walking through deep snow higher up.
- Umbrella. You are likely to get some rain on this trek and also useful for providing shade when hot.
- Camera with spare batteries and memory cards.
- Insurance certificate
- Baby wipes (optional)
- 

## Climbing Gears

- A Pair of Crampons
- Carabineers minimum a pair
- Jumer and Harness
- Helmet and Gaiters

## TRAVELLING

- ✓ Large duffle bag for transporting your personal gear on the trek and during flights. Bring small combination padlocks.
- ✓ Travel clothes. You will need street/casual clothing for air travel days and time spent in Islamabad.
- ✓ Toiletry bag include toilet paper, soap, towel, toothbrush, etc. We provide toilet paper so you do not need to bring this with you.

## DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimize your inconvenience.



## Day 1: Arrival at Islamabad

This is the first day of trekkers in Pakistan. Upon arrival one of our staff will pick up the guest from Islamabad Airport and escort them 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 to a partner hotel in Islamabad close to Margalla hills. At the hotel, after relax and rest clients are bound to pay their dues upon late arrival payment of dues and briefing will be conducted in Skardu.

GPS: Altitude: **540 m**; Location: **Islamabad**

Accommodation: Hotel Room on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included,

## Day 2: Flight to Skardu / Karakoram

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 outskirts of Skardu city.

GPS: Altitude :**540m-2228m** , Location :**Skardu**

Accommodation: Hotel Room on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included,

## Day 3: Rest Day at Skardu

Skardu is a mountainous town along the Indus river, surrounded by mountains. After breakfast, 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. While the afternoon you can check out your trekking kit or need to buy something you can go to Bazar for shopping or sightseeing. During the whole activity, our guide will facilitate you.

while our office staff at Skardu will do our paperwork that mostly cleared in a day but unfortunately more than a day in most cases.

GPS: Altitude: **2228m** , Location :**Skardu**

Accommodation: Hotel Room on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 4: Drive to Jula/Mongron Camp

We will drive to Askoli Village with our crew and supplies. It's a 5-7-hour jeep drive from Skardu to Askoli. After half hour drive from Skardu, we will reach the Shigar valley which hosts the second-highest peak on the planet. We will go through the lush green fields of Shigar valley along the Shigar river and the valley is narrowed as we further proceed to the mountains. The narrow track will lead us to Aksoli driving along to the Braldu River. Our porters will join us from Askoli or at Mongron camp. Askoli is the last village before Baltoro Glacier Trek. After some rest we will move to Jula/Mongron camp. After an hour's drive, we will reach Korofon camp. This place is the junction of Biafo Glacier and Baltoro River. Snow lake and Hisper la trek is taken via this Glacier on our left. We will resume our drive to Jhula / Mongron camp. A notable peak to see is Bakhordas peak facing Jhula Camp. Bakhoradas is the first peak to get in view while k2 base camp. Upon arrival our staff establishes tents and the participants will be served a hot cup of tea with cookies and snacks. We will take dinner in our mess tent and camp overnight in a fully serviced campsite.

GPS: Altitude: **3150 m**; Location: **Jula**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 5: Trek to Paju

In past, we used to embark upon our k2 base camp trek from Askoli Village. But due to recently built road track to Paju camp has enabled the trekking participants to access Jula or Mongron Camp by jeep. The trek starts early in the morning, after five or six hours trek we will be at Paju camp. This day we have to cross streams on the way so do not forget to get prepare for the stream crossing. We will be at our destination around 12 Pm, we will camp overnight at Paju camp.

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GPS: Altitude: **3,666 m**; Location: **Paju**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 6: Trek to khobusre

On this day of k2 Base Camp Trek, we will start our trekking on the 65km Baltoro Glacier and it will follow us till Concordia where it confluence with Godwin Austin Glacier. After half an hour trek from Paju camp, we will be at the snout of Baltoro Glacier. This is where you can see Trango Towers. Uli Baiho and Paju Peak. The trek will take on the high and downs of Baltoro glacier from here ahead. It is suggested that to be careful while trekking, let the horses and donkeys go if they are crossing your way. 4 to 5 hours' trek will take us to Liligo, where we will take our lunch in front of Trango towers. The walk will continue to the Khoburse camp along the right edge of Baltoro Glacier and camp overnight there.

GPS: Altitude: **3,800 m**; Location: **Khuburse**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 7: Trek to Urdukas

After early wake up and getting breakfast we will start our trek to Urdukas Camp over the rough terrain of Baltoro Glacier. This is the last camp before glacial camps on Baltoro Glacier and the shortest day while Baltoro Glacier or k2 Base camp trek. The camp is located at a higher location above Baltoro Glacier and provides the best view of the Granite spire (Trango, Uli Biaho, and Cathedrals). This is the second scenic camp during k2 trekking after Concordia camp. Good weather also provides a glimpse of Gasherbrum 4 as well from Urdukas Camp.

GPS: Altitude: **3,950 m**; Location: **Urudukas**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 8: Trek to Goro II

On this day of the k2 base camp trek, participants trek in the middle of Baltoro Glacier through the rough moraines. Masherbrum peak is visible on the right side and Muztagh on the left. This day we get first distant sight of Gasherbrum's and Broad Peak. 3-4 hours' trek on the glacier we will take our lunch and rest for a while at Goro 1. After lunch, we will resume the trek and it will take 3-4 hours to Goro 2 and Camp overnight in front of Masherbrum. Goro 2 is a windy and cold campsite this is our first camping at Baltoro Glacier. It is the junction of Baltoro Glacier and Younghusband. Looking back to Baltoro Glacier the views of the collection of peaks are mesmerizing.

GPS: Altitude: **4,300 m**; Location: **Goro II**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 9: Trek to Concordia

A very special day of k2 base camp trek passing through panoramic scenery of spectacular mountains to Concordia and k2 visible if weather permits. Concordia no doubt is one of the best campsites on the planet, also known as the "throne room of mountains gods". Surrounded by sky kissing giant peaks as Marble peak, K2, Broad Peak, Gasherbrum 3, Mitre peak, Baltoro Kangri, Sia Kangri, and Chogolisa. Concordia is the junction of Baltoro, Godwin Austin, Gasherbrum, and Vigne Glaciers. After a 5-6 hours' trek on the Baltoro glacier from Goro 2, we will reach Concordia. Very few people are fortunate enough to experience this wilderness. The camp is cold and even snowfall many times and overnight camping in a completed wilderness.

GPS: Altitude: **4,691 m**; Location: **Concordia**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 10: Trek to Broad Peak Base Camp and K2 Base Camp (Gilkey Memorial)

This day we have a flexible schedule most of the trekkers want a closer look at k2 and want to visit Gilkey Memorial while most prefer to hike to Broad Peak Base camp and back to Concordia on the same day and some just want to stay at Concordia to enjoy the 360-degree view of mountains around. We have a whole day to fully absorb the wilderness of the “Throne Room of Mountain Gods”. Trekkers would choose the option they prefer.

Those trekkers who want to go to Broad Peak Base Camp and K2 Base camp (Gilkey Memorial) will rise early in the morning. We start our trek towards Broad peak base camp crossing the Glacial streams flowing through the junction of Glaciers very next to the Concordia camp. This part of the glacier between Concordia and K2 Base Camp is rough and technical due to the melting down of the glaciers and the rest is smooth plain track till Broad Peak Base Camp. It will take almost three hours to reach Broad Peak Base camp, where we will take our lunch and resume the trek for two more hours till k2 base camp through Godwin Austin Glacier mostly white glacier. K2 Base Camp elevation/height estimated as 4998m (16,400 ') almost five thousand meters above sea level. At k2 Base Camp, Gilkey Memorial is a 10-15 minutes' hike on the mountain. We can find the memories of legends who lost their lives while scaling mountains in the Karakoram. We would have chances of meeting with climbers at Broad Peak and K2 Base Camp only when we are there during July and August. After paying homage to the legends at Gilkey Memorial we will start the trek back to Concordia via the same route and overnight camp at Concordia.

GPS: Altitude: **5,100 m**;      Location: **K2 Base Camp**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 11: Trek Back to Concordia

Today we will return to Concordia from K2 Base Camp and it will be a rest day for those who chose to stay at Concordia. We will trek back via the same route that we have followed while going to k2 Base camp and will have the same view of the Karakoram mountains. The hike is now easy while returning to Concordia. We will trek on the Godwin Austin and camp overnight at Concordia. It will be a hike of 5-6 hours.

GPS: Altitude: **4,690 m**;      Location: **Concordia**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 12: Trek to Ali Camp

On this day of k2 Base Camp and Gondogoro la trek, we will start our journey towards Ali Camp via upper Baltoro Glacier. After crossing Mitre peak we will be on Vigne glacier, it is a crispy white glacier very easy to walk on the surface of the glacier. There are many small crevasses on the glacier so it is recommended to walk along with our guide or any other staff member and use crampons in case of fresh snow on the glacier. We will camp at Ali Camp (named after a local porter who discovered Gondogoro Pass). It will take around 5 to 6 hours from Concordia to Ali Camp.

GPS: Altitude: **5,000 m**; Location: **Ali Camp**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 13: Gondogoro La Crossing and camping at Khuspang

This is the critical day of k2 Base Camp and Gondogoro la trek. The pass need to be crossed before the sunrise because there are chances of rock falling whiling descending the top. The descending part is mostly rocky glacier so we need to do this before the sun warms the glacier surface. We will wake up before dawn or even midnight, after having a good breakfast we will start our trek to Gondogoro la pass with a rescue member and our support staff. Rescue people are already there we pay them and they watch the ropes on the Gondogoro Pass and assist us crossing the top.

We will continue our trek on the west Vigne glacier until Gondogoro la Base. On Gondogoro Pass base we will put on our harnesses and crampons, and start climbing slowly, our support crew will accompany us during the whole process. It normally takes 3 hours to reach the top of Gondogoro la. We will be on the top at dawn the four 8000m peaks (k2, Broad Peak, G1, and G2) and the whole Baltoro region is just in front of you whole on the other site the ravishing Laila peak and Gondogoro valley will catch your imagination.

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Participants need to be extra vigilant and must watch every step while descending the top. The fixed ropes are used while descending Gondogoro la into Hushe valley. During early summer this part has snow so keep your crampons on if there is snow while after mid-summer it is mostly rocky so try to trek down without crampons. Our support crew is there always our guide will lead you from the front. Upon descending the pass, the trail becomes easy and straightforward till Khuspang Camp. We will camp at Khuspang camp (4600m) overnight in front of Laila peak.

GPS: Altitude: **4,680m and 56,00 m**; Location: **Khuspang & Gondogoro Pass**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 14: Trek to Saicho Camp

Today we will resume the trek back to Saicho camp. We start trekking on the Gondogoro glacier for an hour till Dalchanhpa. We will come across Masherbrum while this section of the trek. After lunch at Dalchangpa. We will resume trek to Saicho Camp through the pasture of Gondogoro and will camp at Saicho overnight. Saicho has comparatively better weather so we can wash and take a shower over there. It will be a trek of 5-6 hours today.

GPS: Altitude: **3,350 m**; Location: **Saicho**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 15: Trek to Hushe Village

On this Day of k2 Base Camp and Gondogoro la trek, we will be back to civilization. we will resume the trek back to Hushe Valley. The last village of Ghanche District is known for its hospitality. It will take up to 5 hours to reach Hushe Village we can stay overnight at Hushe or travel to Skardu on the same day.

GPS: Altitude: **3,048 m**; Location: **Hushe Village**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 16: Drive Back to Skardu

Today our jeeps will take us back to Skardu city. At Skardu, it is time to wash, shopping, and excursion and the k2 Base Camp and Gondogoro la trek is concluded.

GPS: Altitude: **2,230m m**; Location: **Skardu**

Accommodation: tents on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 17: Contingency Day at Skardu or visit to Kachura Lake

This day is to compensate for delays in trekking. If you are according to the schedule of K2 Base Camp trek, then It is a free day you can enjoy your day at the hotel or visiting the local Bazar or we can arrange a short trip to a lake known as Kachura Lake in the outskirts of Skardu. A farewell Dinner will be held at a Good Restaurant at Skardu in honor of our guests.

GPS: Altitude: **2,228 m**; Location: **Kachura Lake**

Accommodation: Hotel rooms on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

## Day 18: Flight Back to Islamabad



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Today we will fly back to the capital city of Pakistan Islamabad via PIA flight.

GPS: Altitude: **540 m**; Location: **Islamabad**

Accommodation: Hotel rooms on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 19: Contingency Day

This day is reserved in case of flight cancellation to drive to Islamabad from Skardu. It will take almost 20 hours to drive from Skardu to Islamabad via Karakoram Highway or Naran Kaghan. In the case of a flight from Skardu to Islamabad, it is a free day in Islamabad. Where you can go to the old Rawalpindi City or Islamabad, shopping Bazars or Historical monuments.

GPS: Altitude: **540 m**; Location: **Islamabad**

Accommodation: Hotels rooms on twin sharing basis.

Meals: Breakfast, Lunch, and Dinner Included.

### Day 20: Departure to Home Country

This is the last day of the K2 Base Camp Trek; our staff will transfer the trek participants to Islamabad Internal airport to say goodbye.

## Our K2 and Gondogoro La Trekking Holiday Packages and Cost

K2 Base camp and Karakoram Mountain range have been the trekker's heaven for centuries. The place is special, exotic and a lifetime dream for most of us. We offer the following k2 Base camp and Gondogoro la trek packages and costs. Find a suitable packages to explore the wilderness of the Karakoram range with the leading [native trekking company](#) of Pakistan.

Beside trekking and mountaineering expedition we also [provide Customized tours all Across Pakistan Particularly in north Pakistan \(Chitral & Gilgit Baltistan\)](#)

## K2 Base Camp and Gondogoro La Trekking Holiday packages and Cost

we offer the following k2 and Gondogoro La trekking holidays for individuals, groups, man, and women all around the world.

K2 Trek Holidays	Cost USD	Cost Euro
K2 Base Camp Trek-20 days ( <b>All-Inclusive</b> )	\$1,750	€1,530
<a href="#">K2 Base Camp Trek</a> -13 days ( <b>Trek only</b> )	\$1,380	€1,250
<a href="#">K2 Base Camp Trek for Beginners / Seniors</a> -25 days	\$2,500	€2,220
<a href="#">K2 Gondogoro La Trek-20 days</a> ( <b>All-Inclusive</b> )	\$1,950	€1,750
<a href="#">K2 Base Camp and Gondogoro La Trek</a> -13 days ( <b>Trek only</b> )	\$1,490	€1,340
K2 and Gasherbrum Base Camp Trek-23 days	\$2,300	€2,050
K2 and Nanga Parbat Base Camp Trek-24 days	\$2,500	€2,150
K2 Base camp and Snow Lake Trek-38 days	\$4,000	€3,550
All 8000m Base Camp Trek-28 days	\$3,000	€2,660
The Grand Karakoram Trek Pakistan-36 days	\$4,000	€3,550
K2 Base Camp and Deosai Tour-22 days	\$2,000	€1,800
K2 Base Camp and Basho Valley Tour-22 days	\$2,000	€1,800
K2 Base Camp and Hunza Tour-25 days	\$2,200	€2,000
K2 Base Camp and Kalash Tour-25 days	\$2,500	€2,230
K2 Base Camp Trek and Lahore Tour-24 days	\$2,400	€2,150
<a href="#">K2 Base Camp and Khosar Gang Expedition</a> -28 days	\$3,500	€3,100
K2 Base camp and Pastore Peak Climb-28 days	\$3,500	€3,100
K2 Base Camp Trek and Spantik Expedition-45 days	\$4,500	€3,990

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