

Himalaya  
Indian  
Sub-continent

# Pastore Peak (6209m), K2 Basecamp and Gondogoro La with Simon Yates



## trip highlights

Climb Pastore Peak (6210m) for unrivalled views over the Karakoram

Trek with accomplished high-altitude guide - Simon Yates, veteran of over seventy expeditions to high and remote mountains around the globe

Reach K2 Base Camp, the foot of the second highest mountain in the world

Experience the wonder of trekking beneath K2, the Gasherbrums, Masherbrum, Broad Peak, Trango Tower, Cathedral Peaks, Mustagh, Chogolisa and many more  
Spend time at Concordia, home to arguably the most spectacular mountain scenery on earth and the perfect base for forays into the surrounding range

Camp at the base of Broad Peak and explore the area along the Godwin Austen Glacier

Experience a breathtaking mountain flight from Islamabad to Skardu



<b>Trip Duration</b>	27 days	<b>Trip Code:</b> K2P
<b>Grade</b>	Entry level Mountaineering or Exploratory Treks	
<b>Activities</b>	Mountaineering, Trekking	
<b>Summary</b>	27 day trip, 16 day trek, 3 days mountaineering, 7 nights hotel/guesthouse, 19 nights camping	

## welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Pastore Peak (6209m), K2 Basecamp and Gondogoro La with Simon Yates, a journey that captures the essence of a unique adventure.

## why travel with World Expeditions?

When planning travel to a remote and challenging destination such as Pakistan, many factors need to be considered. World Expeditions have enjoyed a long association with our partner in-country, and our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Karakoram. Not content with a trek to Concordia and return, our objective is to climb a 6209m peak and complete a circular trek. By branching off from Concordia, we take the Vigne Glacier to approach and cross the almost 6000m Gondogoro La. This brings us to the strikingly different Hushe region, where our trip concludes. The trek is accompanied by an expert mountain leader as well as a knowledgeable local guide and crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. Standby air conditioned vehicles in the case of cancelled flights, ensure we stay as much on schedule as possible. We use comfortable 3 star accommodation in hand picked hotels. The highest standards of hygiene are maintained on trek, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. Couple this with our unsurpassed commitment to safety, with a portable high altitude chamber, satellite telephone and comprehensive medical kit carried on the trip and you've a recipe for the best expedition on offer to the Karakoram.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

## the trip

Embark on a high-altitude mountaineering adventure deep in the Karakoram, where some of the world's most formidable peaks dominate the horizon. This expert-led expedition takes you to the summit of Pastore Peak (6209m / 20,374ft), offering a breathtaking bird's-eye view of the legendary Throne Room of the Gods, with K2 (8611m / 28,251ft), Broad Peak (8047m / 26,401ft), and the Gasherbrums rising spectacularly around you.

Guided by one of our most respected mountaineering leaders, this journey follows a classic approach trek to K2 Base Camp, tracing the narrow trails above the swirling Braldu River before ascending the vast Baltoro Glacier. Trekking beneath the icy flanks of Baltoro Kangri (7312m / 23,990ft), Chogolisa (7665m / 25,148ft), and the mighty K2, we enter a world that has captivated mountaineers for generations. With decades of experience in pioneering remote treks and climbs, we ensure a well-supported, expertly managed ascent where safety and acclimatisation are top priorities.

Arriving at K2 Base Camp, we take time to study the iconic climbing routes that have tested the limits of human endurance before continuing to Broad Peak Base Camp, a crucial step in the gradual acclimatisation process. As we prepare for the summit, our carefully planned itinerary allows for the best possible chance of success, with dedicated high-altitude guides, expert logistics, and premium expedition equipment supporting every stage of the climb.

The ascent of Pastore Peak follows fixed lines, with the potential for roped glacial travel depending on conditions. From the upper slopes, the sheer scale of the Karakoram unfolds—Broad Peak stands directly across the glacier, the immense mass of K2 dominates the valley, and the Gasherbrums rise beyond Concordia. Weather permitting, we complete this extraordinary journey with a dramatic exit over the snow-bound Gondogoro La (5585m / 18,323ft), descending into the remote Hushe Valley to conclude one of the finest high-altitude expeditions on offer.

This is a rare opportunity to stand among giants, led by a world-class mountaineering guide with deep experience in this unforgiving yet awe-inspiring terrain. With our unmatched expertise in expedition logistics, small group support, and sustainable trekking practices, you can focus entirely on the challenge ahead—knowing you're in the best possible hands.

## about your leader/escort

Internationally acclaimed mountaineer Simon Yates is a veteran of over seventy expeditions to high and remote mountains around the globe. During a career spanning more than thirty-five years his travels have taken him from Alaska in the west to New Zealand in the east and from Greenland to the Antarctic. An adventurer to the core, Simon has made first ascents of numerous peaks in Alaska, Chile, Greenland, Pakistan and Peru. In addition to climbing for himself, Simon has guided World Expeditions clients to the summits of peaks such as Peak Lenin (7134m) in Kyrgyzstan, Baruntse (7124m) in Nepal and Spantik (7027m) in Pakistan.

## at a glance

DAY 1	ARRIVE ISLAMABAD
DAY 2	FLY TO SKARDU
DAY 3	IN SKARDU
DAY 4	IN SKARDU AND DAY TRIP TO DEOSAI PLAINS
DAY 5	DRIVE TO ASKOLE (3000M) APPROX 8 HRS
DAY 6	TREK TO JHOLA (3200M), APPROX 7-8 HOURS
DAY 7	TO PAIJU (3450M) APPROX 7 - 8 HRS
DAY 8	PAIJU - REST DAY
DAY 9	TO KURBUTSE (3930M) APPROX 7-8HRS
DAY 10	URDUKUS (4050M) APPROX 3-4 HRS



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## trip dates

**2027** 03 Jul - 29 Jul

## fast facts

**Countries Visited:**  
Pakistan

**Visas:**  
Yes\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**Singles:**  
A single supplement is available for this trip\*

**Leader:**  
Experienced English speaking mountaineering guide

**Advice for people with limited mobility**  
This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

DAY 11	TREKKING ALONG THE BALTORO GLACIER TO GORO II (4380M) APPROX 6-7HRS
DAY 12	TO CONCORDIA (4650M) APPROX 4-5HRS
DAYS 13-14	AT CONCORDIA, TO BROAD PEAK BASE CAMP AND K2 BASE CAMP
DAYS 15-18	CLIMBING PERIOD ON PASTORE PEAK (6209M) AND RETURN TO CONCORDIA
DAY 19	VIGNE GLACIER – ALI CAMP (5010M)
DAY 20	ALI CAMP, CONTINGENCY DAY
DAY 21	GONDOGORO LA (5585M) APPROX 8-10HRS
DAY 22	SHAIESCHO (3330M) APPROX 6-7HRS
DAY 23	TO HUSHE (3050M) APPROX 3-4HRS
DAY 24	DRIVE TO SKARDU (2340M)
DAY 25	FLY ISLAMABAD
DAY 26	ISLAMABAD
DAY 27	TRIP CONCLUDES IN ISLAMABAD

## additional deposits required

An additional deposit to the value of USD\$800 is required at the time of booking to secure remote trip arrangements and your trekking permit. This amount is payable over and above the normal deposit and is payable in your local currency at the time of booking.

## what's included

- 26 breakfasts, 23 lunches and 23 dinners
- good quality accommodation in Islamabad
- basic hotel/guesthouse in Skardu
- accommodation in our fully serviced wilderness campsites
- led by a highly experienced mountaineering leader accompanied by an expert local high altitude guide and dedicated local crew
- 2 local high altitude support staff members for 3-5 climbers and 3 for 6 or more climbers
- airport transfers regardless of arrival and departure timing
- flights Islamabad/Skardu/Islamabad approx US\$300
- internal transport by air or private vehicle as described
- safety equipment including portable high altitude chamber, satellite phone, oxygen for emergency use and expedition medical kit
- all group camping equipment and expedition services including guides, cooks, porters, two person tents, insulated mats, cooking and eating utensils, mess tent with table and stools
- 15kgs porterage of personal gear on trek
- emergency medical kit
- all trekking and permit fees valued at US\$500
- visa support letter
- porter's insurance
- use of crampons, climbing helmet, harness and all required group equipment for peak and pass crossing

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## what's not included

- Sleeping bag

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## thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

## trip grading

### Entry level Mountaineering or Exploratory Treks

These adventures are classed as expeditions. They involve either extreme trekking and or basic mountaineering. Expect remote and poorly defined trails in variable weather conditions for up to 12 hours a day (possibly more subject to weather conditions and altitude). This may include a number of demanding high pass crossings and evacuation may be difficult from remote areas. Suitable for first time mountaineers wishing to take the step from trekking into the realm of mountaineering. Prior experience trekking at altitude is preferable but not essential and you should be comfortable in adverse weather conditions. This trip entails extensive & challenging moraine walking. Prior technical mountaineering experience is not necessary. Terrain will involve low angle snow slopes. Ropes may be used during treks for glacier travel and steeper sections of ice and snow. When mountaineering, basic mountaineering instruction is given by our mountaineering guides. It is necessary

- Lunch & dinner in Islamabad
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Excess baggage
- Visa
- Travel Insurance
- Personal climbing equipment (see gear list for details)

## detailed itinerary

### DAY 1 Arrive Islamabad

On arrival transfer to the centrally located group hotel in Islamabad (the airport is situated mid-way between Islamabad and Rawalpindi). You will meet your group leader in the afternoon at the hotel for a trip briefing and gear check. If you are arriving on a late flight your briefing will take place tomorrow. Overnight hotel.  
meals: NIL

### DAY 2 Fly to Skardu

- a) Weather permitting, we take a spectacular flight to the high mountain region of Baltistan in the north east. On a clear day we should be able to see Nanga Parbat (8124m) and K2 (8611m) towering above all other mountains. (It is quite possible adverse weather in Islamabad or Skardu may affect our flight plans and make it necessary to drive by the Karakoram Highway to Skardu, a journey of approx two days).
- b) In case of cancellation of flight drive 10-12hrs by air conditioned coach to Chilas (480km) on the Karakoram highway. Overnight Basic Hotel/guesthouse.  
meals: B,L,D

### DAY 3 In Skardu

- a) We will undertake preparations for our expedition and depending on our time of arrival into Skardu, there may be time to visit the town and possibly an excursion to Kachura Lake situated at the edge of the valley. Skardu is the provincial capital of Baltistan, lying at the edge of a broad floodplain that is the confluence of the Shyok, Indus and Basha Rivers.
- b) If we are driving the road journey today will be 7-8 hrs to Skardu (275km). On route are spectacular views of Nanga Parbat (8125m).  
If time allows after our gear check, we will set out for walk to the Skardu fort. Built in the 8th century, the fort's design bears a resemblance to that of the Potala Palace in Tibet and Leh Palace in Ladakh. The view from it is breathtaking, with Skardu and the Indus River framed by the formidable Karakoram Range.  
Overnight Basic Hotel/guesthouse.  
meals: B,L,D

### DAY 4 In Skardu and day trip to Deosai Plains

Today our briefing with the tourism department will be held, a formality which is required for expeditions to this area. We'll then drive around 2-3 hours to Deosai Plains where we may be lucky enough to spot some Himalayan brown bears, who live in the sanctuary here. A picnic lunch at around 3850m is followed by a walk to our high point of around 4000m. From here on a clear day we will be rewarded with

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to complete a trekking experience form before being approved to join this trip.

Suggested preparation: For grade 8-10 mountaineering expeditions you will need to be very fit and healthy. A minimum of 1 hour of aerobic exercise per session, four to five times a week is essential. Running and cycling in hilly areas is particularly beneficial as are multi day walks on the weekends. This is the ideal time to try out your boots and other gear to make sure you are prepared and ready for your expedition. If you are considering Intermediate or advanced level trips, you will need to discuss your preparation leading up to the trip with our expert staff.

## technical grading

### Intermediate

The conditions are variable with generally low angled slopes with some sections of moderately steep snow or easy rock where ropes are required. Some basic rock climbing and abseiling involved.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

views of Nanga Parbat. We're likely to feel the altitude today, however the ascent will stand us in good stead for our ongoing acclimatisation and we will sleep at 2200m in Skardu. Overnight Basic Hotel/guesthouse.

meals: B,L,D

### DAY 5 Drive to Askole (3000m) approx 8 hrs

We will travel by jeep with our crew and supplies along the Shigar and Braldu valleys to Askole. Villages in Shigar have changed little in over five hundred years; farms with fields of barley, wheat and vegetables surrounded by stone walls and stands of poplar, willow and apricot trees. The apricot is a very important crop in the north, having a multitude of uses to the Balti and Hunzakut people. Villagers greet us as we pass through on the rugged dirt and stone road that leads to Baltoro. As we approach, the landscapes become desert like and once within the sheer valley of the Braldu, it is necessary to cross the river several times by suspension bridges. At various points the road may have collapsed due to erosion and we will transfer the gear across on foot to a vehicle on the other side. The journey may take anywhere from six to twelve hours, or possibly two days as a result! With patience, we will arrive at our first camp of the trek and the expedition will begin in earnest. In Askole the villagers grow their own cereals, vegetables and fruit and own large herds of sheep, goats and dzos. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

### DAY 6 Trek to Jhola (3200m), approx 7-8 hours

After considerable organisation of equipment, supplies and porter loads for the journey ahead, we commence trekking towards Jhola. Whilst road developments are continuing, permits designate the need to trek from Askole with our route deviating from the little used jeep track as much as possible. We intend to start early for the 7-8 hour walk to avoid the warmest part of the day as much as possible. With conditions likely to be hot, its important to make sure hydration levels are kept high as the day progresses. The valley opens out to reveal the Biafo Glacier flowing for more than fifty kilometres from the Hispar La pass to the Braldu. We have our first taste of moraine walking as we cross the snout of the glacier and descend to our lunch spot beside the river. We also experience the harsh, stark environment that forms the base of these great mountains.

Our route takes us to the confluence of the Braldu and Dumordo Rivers where the infamous flying fox or 'jola' is located. It is still there, however a bridge has now been built making the passage much easier by every perspective (consider individual passage of 50 to 70 people with loads, compared with walking straight across a steel bridge!). In past years it was necessary to make a high traverse across a rocky face and descend steeply to the riverside of the Dumordo to gain the flying fox. It is this valley, fed by the Panmah Glacier, that was once a passage between Baltistan and Yarkhand across the West Mustagh Pass (5370m) into China. We descend beside the river to the Braldu and then follow along its banks to spend the evening in our fully serviced wilderness campsite.

meals: B,L,D

### DAY 7 To Paiju (3450m) approx 7 - 8 hrs

After considerable organisation of equipment, supplies and porter loads for the journey ahead, we will commence our trek, avoiding any new road developments as much as possible. The route is mainly at riverside throughout the day, switching up and down somewhat according to the level of erosion and water levels of the Braldu. The Masherbrum Group may be glimpsed to our right via the Xiangang Valley. The range is a vast array of peaks that extend almost the full length of the southern

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side of Baltoro. Walking conditions are hot and dry and care must be taken to prevent sunburn, especially when most members will have come from a southern winter! As we approach camp several small glacially fed rivulets flow down from the north and the first peaks of the Trango and Uli Biaho group appear on the distant ridgeline. The vast snout of the Baltoro glacier, the fourth longest in Pakistan, is also visible but it's hard to gather a sense of scale from here. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 8 Paiju – rest day

An important preparatory stage for our crew and porters. Our goats are slaughtered and roti (breads) baked throughout the day for the journey ahead on the glacier. It is a welcome opportunity for us to relax, read and take photos. Perhaps do some washing and simply enjoy being in the mountains. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 9 To Kurbutse (3930m) approx 7-8hrs

Making the short approach to the glacier, the great expanse of ice stretching across the Braldu comes into perspective when we see the many porters forming an ant-like trail across it. Ice cliffs tower more than sixty metres above the turbulent waters at the origin of the Braldu River. As a result of its continually changing nature, the glacial moraine may be difficult to trek upon at this stage and our route varies somewhat each time. One should be prepared for a hard day of walking and carry plenty of fluid. Once at the other side, the trail will hug the side and occasionally necessitate a glacier or river crossing. There are now uninterrupted views of Paiju Peak (6610m), Uli Biaho group, Trango Group and Cathedral Group - a majestic, spired collection of mountains that the Karakoram are so well known for. Behind us the steep grassy slopes make high grazing pastures for ibex and the rocks are home to mouse hares (Pikas) and colourful hoopoe birds which forage for food scraps. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 10 Urdukus (4050m) approx 3-4 hrs

An easier day's walk, following a good trail at the side of the Baltoro with two feeding glaciers to cross enroute. It is Great Trango (5844m), facing eastwards, that is considered the greatest cliff face in the world and the point from which two Australians made a world record base jump in 1992. On the trail, pony trains carrying supplies to army camps are often passed and occasional helicopters overhead provide a reminder of our proximity to the disputed territory of Kashmir nearby. The grassy camp of Urdukus is well located before the mountains and is our last before continuing glacial camps. If the weather is clear at the head of the valley we may see Broad Peak (8050m) and Gasherbrum IV (7930m), two of the most prominent peaks of the region. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 11 Trekking along the Baltoro Glacier to Goro II (4380m) approx 6-7hrs

Descending rugged terrain onto the glacier, we cross to the centre where it is easier trekking. We weave over rolling mounds of rock and scree, not unlike that of a quarry. We are in fact steering slightly northwards to a moraine hollow where Goro II is situated. The vast glacial highway of the Yermanendu feeds in from the south, leading from the many mountains around Biarchedi. Crystal and Marble Peaks are now right

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before us. Looking back towards Pajju, the impressive mountain groups that have dominated our views over the last few days are now dwarfed as we trek higher and further away. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 12 To Concordia (4650m) approx 4-5hrs

A special day today as we trek into Concordia and enjoy our first views of K2 (weather permitting!). This location must be considered one of the world's most spectacular camps as it is totally surrounded by stunning peaks. As we leave Goro II, the Biange Glacier to the north provides a superb view up to Mustagh Tower (7284m), one of the most difficult mountains in the Karakoram to climb. The trail continues along fairly easy rolling slopes of moraine marked by cairns and then passes among ice towers or seracs as we approach the colliding glaciers at Concordia. Mitre Peak (6030m) rises to our right, with Golden Throne (Baltoro Kangri) (7312m) beside it, while the Gasherbrum Group is directly before us. The expanse of Broad Peak (8050m) is to the left and finally K2 (8611m) looms above the ridge towering over the Godwin Austen Glacier twelve kilometres away. Each mountain is different in character and it's climbing history. It is awe inspiring to know that many of these mountains were explored and climbed upon around the turn of the century but were not submitted until the fifties and sixties due to their difficult technical routes and severe climatic conditions. One presumes they have little changed since these first explorations. Concordia, the junction of the Baltoro, Godwin Austen, Gasherbrum and Vigne Glaciers, makes a perfect base from which to explore and enjoy some of the highest mountains in the world. Very few people are fortunate enough to witness this sight. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAYS 13-14 At Concordia, to Broad Peak Base Camp and K2 Base Camp

Our schedule is somewhat flexible according to the prevailing weather conditions and group preference. One of our objectives is to visit K2 Base Camp (approx 5150m) and the Gilkey Memorial as well as Broad Peak Base Camp. From the base of the mountain there are expansive views to Savoia Saddle to the west and Windy Gap and Advance Base Camp on the Abruzzi Ridge to the east. The Vigne and Gasherbrum Glaciers offer relatively easy day trekking among different amphitheatres of mountains; Chogolisa (Bride Peak), Trinity Peak, Golden Throne, Snow Dome and GI (Hidden Peak) to name a few. The best views of K2 are from Concordia, the Abruzzi Ridge clearly visible to the summit. Those who are trekking only will remain in this vicinity until day 18 when we will rejoin.

Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAYS 15-18 Climbing period on Pastore Peak (6209m) and return to Concordia

We will leave those who have opted to trek only at this point and make our way on to Pastore peak base camp. We plan an alpine style ascent with no camps on the peak itself, so expect a very long 10-12 hour day to reach the peak. Fixed rope will be placed as needed, with your leader and high altitude support staff on hand to support your ascent. As always our ascent is subject to favourable weather and snow conditions and we've time to utilise the best possible window to climb. The views from the summit of Pastore are nothing short of spectacular, sitting as it does in such close proximity to K2 and Broad Peak. On day 18, we will rejoin our trekking friends as we make our way down towards Concordia. At this stage of the trip, we may reassess our return/exit route, depending on prevailing weather and route conditions, and the capability of the group and team as a whole. Our planned exit, taking into account the above, is

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to ascend the Vigne Glacier from Concordia and cross the glaciated Gondogoro Pass (5585m) to the Hushe Valley. Crampons are usually required for this pass crossing. It is a challenging pass crossing and will only be attempted in good conditions; your guide will liaise with you on this option as the trip progresses, and make the final decision at the appropriate time preceding the objective. After crossing the pass it is a two day walk out to the village of Hushe, where our vehicles meet us. Any spare days will be well utilised as a rest day in one of our spectacular camps enroute.

If circumstances don't allow us to travel this way, we will return by the no-less-spectacular journey back down the Baltoro glacier to the roadhead at Askole. Heading in a different direction, the views are always different and the weather always changing in the mountains; one could not consider this route as repetitious by anyone's standards. Overnight in our fully serviced wilderness campsites

meals: B,L,D

## DAY 19 Vigne Glacier – Ali camp (5010m)

Today we trek for 5-6 hours on the Vigne Glacier with superb views of Chogolisa and Mitre Peak. Overnight will be spent at Ali camp just below the pass in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 20 Ali Camp, Contingency day

Adverse weather conditions may prevent us from our ascent of the La, and it may be necessary to delay our crossing. Your group leader will assess the weather, ice and snow conditions. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 21 Gondogoro La (5585m) approx 8-10hrs

8-10 hours, 8.5km, 930m ascent, 1260m descent. We must start very early in the morning (1am) for our crossing of the pass. After 4-5 hours of steep and strenuous ascent we gain the top to be rewarded with stunning views of K2, Broad Peak and the Gasherbrums. The lovely snow and granite knife edged peak of Laila (6200m), first climbed unofficially in 1987 by a British expedition and unofficially in 1996 by an Italian expedition, rises over the Gondogoro Glacier as we turn to descend. The descent from the pass typically involves the use of fixed ropes and depending in conditions, abseiling may be required. Your leader will assess and discuss with the team to best prepare you for the crossing. We descend 3-4 hrs to Xhuspang camp (4680m). Xhuspang is named for the turquoise (xhu) flowers which blanket this grassy place in summer. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 22 Shaiescho (3330m) approx 6-7hrs

Continuing along the lateral moraine we descend to Shaiescho, a picturesque campsite nestled amongst tamarisks, wild roses and junipers set beside the river. There are views up to the Charakusa Valley towards K7 (6934m). Tonight there is the chance for song and dance as the porters are relaxed and happy with a successful crossing of the Gondogoro La behind them. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 23 To Hushe (3050m) approx 3-4hrs

Today is our final day of trekking in Pakistan. 3-4 hours of easy descent bring us to the village of Hushe. Nestled in the Hushe Valley it is the gateway for many expeditions travelling to Masherbrum, the Charakusa and Nangma valleys. Time permitting we

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may have the option of a short climb to the top of a hillside on the edge of the village to gain unparalleled views of the mountain tops of the entire Baltoro. Overnight in our fully serviced wilderness campsite.

meals: B,L,D

## DAY 24 Drive to Skardu (2340m)

Today we return to Skardu by jeep. The drive is a pleasant one through pretty scattered villages. The locals are busy with harvest and the apricot trees are heavy with ripening fruit. We travel via Khaplu the second largest kingdom of the old Baltistan guarding the trade route to Ladakh along the Shyok River. In the afternoon, a debriefing with the tourism department will be held. Overnight Basic Hotel/guesthouse.

meals: B,L,D

## DAY 25 Fly Islamabad

a) Weather permitting we will fly to Islamabad today and on arrival transfer to our hotel.

b) In case of flight cancellation it is necessary to drive to Chilas and overnight at a hotel on the banks of the Indus.

We cannot guarantee air travel at any time between the north and south and we expect members to be as reasonable and flexible as possible on this matter. Should we travel by surface, we will have a private minibus that will take us via Chilas which is a day's drive from Islamabad. The road is good for most of the journey but occasionally subject to landslide breaks which can delay us. We follow right beside the Indus from Skardu and view the incredible force of the river by the deep gorges it has carved out. We then join the Karakoram Highway (KKH) which was built by the Chinese over twenty years and runs from Kashgar to 'Pindi. As we wind our way southwards down to the plains, we cross several passes thickly forested in pine and birch. The hills open out to the vast plains and deltas of Punjab province. The traffic becomes more chaotic as we approach Rawalpindi and one feels the temperatures of the plains once again. Should we be able to fly, the additional time will be well spent in 'Pindi; shopping and sightseeing. The Bazaars have endless numbers of streets to explore and traders to bargain with. Overnight hotel.

meals: B

## DAY 26 Islamabad

a) Day at leisure in Islamabad. There is time to explore the many bazaars and features of interest in the old city of Rawalpindi. Overnight hotel.

b) In the case that we are driving we will complete the road journey from Chilas to Islamabad. Overnight hotel.

meals: B

## DAY 27 Trip concludes in Islamabad

After breakfast we will transfer to the airport for our return flights.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## requirements for members

We expect all participants on this expedition to have prior experience trekking at altitude. Mountaineering experience is preferred but not essential.

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## am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

## physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

## mountain flights

Our itineraries include a flight from Islamabad to Skardu and from Skardu or Gilgit back to Islamabad. The maximum allowance for checked luggage on these flights is 20kg per person however bear in mind that your porter will carry 15kg maximum of your personal gear during the trek, so please consider this when packing your gear. It is the case that mountain weather can impact these flights and in the event a scheduled internal flight is cancelled, we may be obliged to travel on the Karakoram Highway. Our itineraries include contingency time should this option be required. At time of writing, the UK Foreign and Commonwealth office (FCO) warns against travel on the Karakoram Highway (KKH) between Islamabad and Gilgit. We advise that you should check with your travel insurer regarding your cover in this situation and contact us should assistance be required. In the event the KKH route is utilised, all possible safety precautions are taken with our local team drawing on the countless years of experience they have in this area. We encourage you to read the up to date Travel Advice provided by your relevant government advisory service:

Australia: <https://smartraveller.gov.au/Countries/asia/south/Pages/pakistan.aspx>

UK: <https://www.gov.uk/foreign-travel-advice/pakistan>.

Canada: <https://travel.gc.ca/destinations/pakistan>

US: <https://tinyurl.com/ybu8tpaa>

NZ: <https://safetravel.govt.nz/pakistan>

In all our years of operation we have never had a security related incident in this region and the safety of our travellers is paramount. It is the case that this drive is one of the most spectacular the

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world over and should it become necessary to use the KKH route, it can be expected to be quite the adventure.

## a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm, though the nature of this trip will likely necessitate longer days on occasion, for example during the pass crossing. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. On climbing days you'll carry extra warm clothing. Porters and mules carry all group gear and your duffel/kit bag weighing no more than 15kg.

## equipment required

Specialist gear required includes walking boots, a day pack, mountaineering boots, ice axe, inflatable sleeping mat and a sleeping bag (a comprehensive gear list is provided in the pre-departure information provided on booking).

## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness

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- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## visas

All travellers require a visa for Pakistan. The process for visas and trekking permits for Pakistan can be time consuming and we encourage you to return all the required documents as soon as possible. This is due to the fact it can take several weeks for visa invitation letters to be issued, followed by up to four 4 weeks for visas to be issued (subject to change) once the online visa application has been lodged. Your physical passport is no longer required to be sent anywhere and visas are now e-visas.

The below documents/information are required in order to obtain the invitation letter (also known as a sponsor letter) which is then required to apply for a Pakistan Visa. These should be sent to your reservations consultant at World Expeditions without delay.

A clear copy of the passport data page

The name of the Pakistan High Commission/ Consulate nearest to your home, so the invitation letter provided can be correctly addressed. Note the process is undertaken online, however the high commission/consulate nearest you is the issuing authority.

Confirmation of your home address, if it differs from the that provided on your booking form.

These details will then be sent to our office in Pakistan who will process your invitation letter and return it to World Expeditions.

Once the invitation letter/s are ready, they will be emailed to you so you can apply for your visa. The visa is applied for online at <https://visa.nadra.gov.pk/mountaineering-trekking/>

At time of writing, online visa applications are possible for AU, NZ, UK, US, Danish, Argentinean and Canadian Passport holders, among others. Visa type is a 'Mountaineering & Trekking Visa' There are two visa options – Trekking and Mountaineering and there are differing application forms. A mostly completed template will provided for your use by your World Expeditions reservations consultant. Note the form provided is normally downloaded from the website and the forms may change, please check and use the one online in the event of changes. In August 2024, visa fees were removed for citizens of 126 countries, this is subject to change depending on visa type, please refer to the website noted above.

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The processing of the visa can take up to 4 weeks. Note your passport must be valid for six months beyond exit date and have two blank facing visa pages. The e-visa provided by the Pakistan Government will be the actual visa for Pakistan and with it you will be allowed to enter Pakistan upon arrival. There is not a physical visa or any need to have your passport sent away anywhere. The immigration staff will verify the e-visa on arrival.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

## private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

## subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free newsletter.

## social networking

Connect with our community @

FACEBOOK: @worldexpeditions

facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.



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## how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. World Expeditions has access to competitive airfares to Pakistan. Call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation. It should be noted that permissions and visa processing take a significant amount of time (up to four months, with visa processing for Australian passport holders once the formal application has been lodged up to 6 weeks during which you will be without your passport). We encourage you to book early if you are interested in this adventure.