www.salampakistan.gov.pk www.tourism.gov.pk Email: info@tourism.gov.pk

(+65) 27 6515857, Fax: (+92) 51 9212855, 761: (+65) 21 650¢07' (+65) 21 6515862 Islamabad, Pakistan Koshar Block, (Ground Floor), Pak Secretariat

Pakistan Tourism Development Corporation





NORTHERN PAKISTAN

The Northern Area of Pokistan is the most spectacular and fascinating region of Pakistan. Here, world's three famous mountain ranges meet the Himalayas, the Karakorams and the Hindukush. The whole Northern Pakistan is like a paradise for mountaineers, climbers, trekkers, hikers,

The Karakorams: The historic Karakoram Pass (5,575 m), an ancient trading route between the Northern Pakistan and Xinjiang (China), gives its name to the range west of it that forms the watershed between the Indus and the Central Asian deserts. The eastern boundary of the **Karakorams** is the upper Shyok River from where it extends over 322 km westwards to the Karumbar river and the Hindukush range, to the north the Shaksgam tributary of the Yarkand River and to the south, the Indus bounds the Karakorams. Here, the Nanga Parbat (8,126 meters) massif is the western anchor of the great Himalayan range which stretches in an arc 24,124 km east to Burma, a boundary and barrier, "the razor's edge" which for centuries has determined the destiny of South Asia. Such is the setting of the **Karakoram Range,** this remnant of a primeval ice age, "the third pole," with extensive glacier systems and the greatest concentration of lofty mountains in the world.





Longest Glaciers: Some of the longest glaciers outside polar region flow in the Karakorams. The **Siachin** glacier is 75 km long. The **Hispar**, (52 km) ioins the **Biafo** at the Hispar La (5.154 m) to form a 116 km long ice corridor. The **Batura** is 58 km in length. But the most outstanding of these rivers of ice is the **Baltoro** (62 km). This mighty glacier, fed by some

point of the range. The western bastion of the Himalayas is Nanga

Parbat (8126 m), once dreaded as the "Killer Mountain", but climbed

many times by various expeditions since the first disasters.

Mountaineering and Trekking

Since 1954, when the Karakoram Range of Pakistan was opened to expeditions for climbing and trekking, the mountains and glaciers of the north have become an international playground. There are hundreds of peaks still lying un-climbed. This is a great challenge for mountaineers and climbers the world over.

How to get a permit for mountaineering/trekking

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

In the visa categories, choose mountaineering if the peak of your choice is 6500m or high.

After submitting your visa application the following with a licensed tour operator in Pakistan. The tour operator will process your permit application with the concerned authority. Documents required for the process of mountaineering permit application include:

- Visa application form (duly filled) by foreign climber (s) Mountaineering permit application
- Naming list of members of the expedition (Annexure-B) Route map/approach route of the proposed peak
- Passport copies of the participants/expedition member (s) CV of Expedition member (s)

The tour company will submit the above and other required documents to the concerned authority for a mountaineering permit. After the security clearance, royalty fees and environment fees will be deposited by your

Note: the minimum processing time for a mountaineering permit is 30 days but it is advised to submit an application at least 45 days in advance.

There are two category trekking routes in Pakistan that foreign visitors are allowed a visit. For trekking routes in restricted area, a trekking permit is required. While applying for a visa, please choose a restricted area, if the intended trekking route is a restricted area. Or choose an open area if the intended route in an open zone. If you are climbing a peak which is less than 6500m, you will need to choose trekking category in the visa application. Note that no permit is required if you are climbing a peak below 6500m in an open area as permit existing policy.



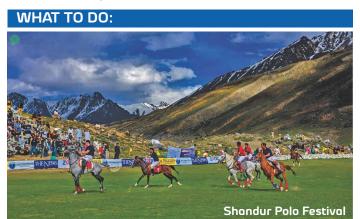
Issuance of Mountaineering/Trekking Permits:

Application to issue permit

After receipts of all clearances from concerned departments Department of Tourism Gilgit Baltistan issues permits after completion

- offollowing codal formalities by the concerned tour operator: Deposing of prescribed royalty / environment fee
- Mountaineering expedition members insurance/undertaking by tour operator assuring rescue operation funds
- Tourist guide / Liaison Officer insurance and porter & insurance

Information regarding the status of applications, while they are being processed can be obtained from **Department of Tourism Gilgit-Baltistan**, Evacuee Trust Complex, F-5/1, Islamabad. (+92-51-2726976)



WHITE WATER SPORTS: Only those who dore take up the challenge of the frothy white waters of the rooring mountain rivers in Northern Pakistan, know the excitement and thrill that such sports offer. Tourists can now undertake white water sports such as rafting, canoeing, and kayaking etc., in the rivers Indus, Gilgit, Hunza, Swat, Shigar, Shayok and Kunhar. White water sports in these rivers of Northern Pakistan hold immense potential for the adventure lovers and sportsmen. ANGLING: Rivers and lakes of Northern Pakistan are filled with trout. Popular with the anglers are; Kunhar River, Lake Saiful Maluk, Lake Lulusar and Lake Dodipatsar in Kaghan Valley; Swat River and Mahodand Lake in Swat Valley; Gilgit River, Phandar Lake, Handrab Lake (along the Gilgit-Shandur Road); Chitral River and Shandur Lake; Astor River and Rama Lake in Astor Valley; Sadpara & Kachura Lakes in Skardu Valley etc. The fishing season lasts from April to September, and permits are available from the local Fisheries Department. **SKIING:** Ski facilities are available at Malam Jabba (Swat Valley), Naltar (near Gilgit) and Kalabagh (Nathiagali). Annual ski tournament is organized by Pakistan Ski Federation at Malam Jabba in February, **POLO:** It is the favorite sport in Northern Areas, which originated here. It is more rugged, free-style version than the sedate variety known in the plains. A polo tournament is held in Gilgit from 1-7 November. However, passion for Polo remains the highest on the world's highest Polo ground. Every year, Shandur Polo Festival (3,700 meters) invites visitors to experience a traditional polo tournament between the teams of Chitral and Gilgit from 7th to 9th July. The festival also includes folk music, folk dance, traditional sports, and a camping village is be set up on the Pass.

BALTISTAN

Skardu, capital of Baltistan is perched 2,438 meters above sea level in the backdrop of the great peaks of the Karakorams. Balti people are a mixture of Tibetan and Caucasian stock and speak Balti, an ancient form of Tibetan. Due to the similarity of its culture, lifestyle and architecture with Tibet, Baltistan is also known as the "Tibet-e-Khurd" (Little Tibet). It borders on the Chinese province of Xinjiang and Indian-occupied

GILGIT, GHIZER & DIAMER

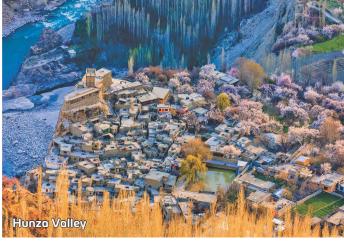
Gilgit is situated at an elevation of 1,454 meters along the banks of Gilgit River, quaint little town of Gilgit has spectacular scenic beauty. For centuries, it had been the capital of various dynasties. Its history goes well beyond 6th century AD. The town is irrigated by a network of canals fed by mountain streams. Peak tourist season is from April to October though you can visit the valley round the year. The maximum temperature in May is 33 C and the minimum 16 C and in September,



WHAT TO SEE

GILGIT BRIDGE: The Bridge over the fast flowing Gilgit River, at the end of its traditional bazaar, is one of the largest suspension bridges in South Asia (182 meters long and 2 meters wide) allowing enough space for one jeep at a time to cross. MONUMENTS & CEMETERIES: Built in 1962, Independence Monument is a tribute to the heroes of liberation movement of 1947-48. A victory monument of Taj Mughal, built 700 years ago, is 30 km jeep drive from Gilgit town. NALTAR VALLEY: Two hours jeep drive from Gilgit link road. Government Rest house, Private hotels and a Ski slope, lush green Alpine Forest with small lakes and glaciers, trout fishing in lake. Trekking routes link with Iskoman, Chalt and Punial valley. SHER QILLA: It is situated 38 km west of Gilgit, along the north bank of the Gilgit River. Sher Qila (Lion's Fort) was once the capital of the ancient kingdom of Punial. It has a polo ground, an old carved wooden mosque and a 150 years old watchtower, crowned with a pair of lbex horns. There is a trekking route to Naltar valley. Trout fishing can be enjoyed in Sher Qilla Nullah and nearby small lake. SINGAL: About 61 km from Gilgit-Trekking route links with Chilas and Kohistan valley.

 $\textbf{GAHKUCH:} \ \ \text{Headquarter of Ghizer District - Ideal place for trekking,}$ fishing and duck shooting in season. It is the gateway to Iskoman Valley. Government rest house and private hotels are available (73 km from Gilgit). Archaeological sites in Gahkuch and Hatoon. **ISHKOMAN VALLEY:** The valley runs north to south joining Gilgit River at Gahkuch, dividing the Karakorams from the Hindukush. Chatorkhand, the main town of the Valley is about 100 kms from Gilgit and it takes six hours by jeep. People of Ishkoman Valley speak Khowar, Shina and Wakhi languages. From here, you can trek for 5 days east to Naltar via Naltar Pass (4,267 m), or west to Yasin in four days via Asambar Pass (4,432 m). GUPIS: It is located 112 kms west of Gilgit along the Gilgit River. YASIN VALLEY: Yasin, the main town of the valley, lies east of Ishkoman at altitude of $2,750\,\mathrm{m}$ above sea level. People of Yasin speak Brushisky and Khowar languages. Until the 20th century, Yasin was an important kingdom controlling the shortest and easiest route between the Oxus and the Indus rivers. Phandar It is nine hours' drive from Gilgit, and a



KARIMABAD: The former capital of Hunza offers awe-inspiring

WHAT TO SEE?

panorama of high peaks including Rakaposhi (7,788 m), Spantik (Golden Peak – 7,027 m), Diran (7,266 m), Ultar (7,388 m) and Bubulimating (Lady Finger – 6,000 m). The snows of Rakaposhi glitter in the moonlight, producing an atmosphere at once ethereal and sublime. It is accessible by road from Gilgit (112 kms – 3 hours' drive). BALTIT FORT, VICTORIA MONUMENT & ULTAR GLACIER: The fairy-tale like castle of Baltit, above Karimabad, is a Hunza landmark built about 600 years ago. Stilted on massive legs, its wooden bay windows look out over the valley. Originally, it was used as the residence of the Mirs (the title of the former rulers) of Hunza. It has been restored to its original glory and is being looked after by Baltit Heritage Trust. Just above Baltit Fort, to the west of Ultar glacier, a monument associated with Mir Nazim Khan's coronation as Mir of Hunza by the British (1891) can be seen. Ultar Peak with its glacier are looming high over Karimabad. There is one and two days trek to the Glacier. Please take along a local guide. **ALTIT FORT & DUIKAR:** This 800years old fort is situated in village Altit, about 3 km from Karimabad. The Fort has been built on a sheer rock-cliff that falls 300 meters into the Hunza River. Duikar is a high summer village above the valley, north of Altit Village. Approachable by jeep, Duikar offers excellent views of the valley and the surrounding peaks especially at the time of sunrise and sunset. GANISH & HALDEIKIS ROCKS: Ganish is an ancient village located along the Karakoram Highway below Karimabad. It has some old mosques, fort, and a watch tower. There are many rock carvings and inscriptions around Ganish and near Altit Fort, serving as the Notice Boards of History inscribed by the ancient travellers, warriors, traders, and pilgrims. The most important of these are Haldeikis Rocks (Hunza Rocks) located just after the bridge over Hunza River. The inscriptions are in four different scripts; Kharoshti, Gupta, Sogdian and Tibtan. There are images of lbex, sheep, horses, and warriors as well.

NAGAR VALLEY & HOPAR GLACIER: Nagar Valley runs parallel to Hunza valley across the Hunza River. Like Hunza, Nagar was a princely state. Majority of people are shia Muslims and speak Shina language. Nagar proper is approached from Karimabad through a 10 km Jeep trek across Hunza river continuing further along Nagar River, while other important towns are situated along the KKH, including Gulmat (25 km short of Karimabad), with superb views of Rakaposhi. Nagar Valley's economy is based on agriculture. Wheat, potatoes, and fruits like apples, apricot, cherry and mulberry are grown in abundance. Spring of Hopar (March-April) is lovely and there are trekking routes along Bualtar, Barpu and Hopar glaciers. Important peaks seen from Nagar Valley are; Rakaposhi (7,788 m), Diran (7,266 m), Ultar (7,388 m), Malubiting (7,458 m), Spantik

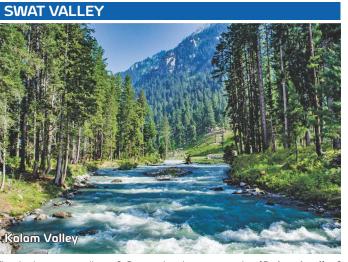
allowed to visit Kalash Valleys with permit which are issued by Khyber Pakhtunkhwa Culture and Tourism Authority. KALASH FESTIVALS: Chilimjust or Joshi (14th and 15th May): This festival is held in Spring when the girls pick the first flowers. The days are marked by dancing, and the people visit each other and exchange milk, cheese, yogurt and flowers. UTCHAL (mid July): Two days of celebration mark the harvest of wheat and barley. There is much singing, dancing and feasting. **PHOOL** (20th to 25th September): This festival celebrates the reaping of the grape and walnut harvests. CHOWMAS (18th to 21st December): This is the winter festival celebrated to welcome the new year. The people remain indoors, feasting and drinking until the elders, who sit on hill-tops to watch the sun reach its orbit, declare the arrival of the new vear. Everyone then lights the torches and performs the commemorative dance, and goat sacrifice is carried out.

HOW TO GET THERE

By Air: PIA operate flights from major cities of Pakistan to Chitral (subject to good weather). The air journey is full of thrills and would itself be regarded as the highlight of the visit. (www.piac.com.pk)

By Road: Chitral is accessible from Peshawar by 363 Km road that goes via Malakand, Dir, and the 3, 118 meters high Lowari Pass. The pass is open during summer months only i.e., from June to mid November. It may even closed earlier due to snowfall. (www.bookkaru.com/ www.bookme.pk/ www.tourism.gov.pk)

WHERE TO STAY: There are reasonably priced private hotels are available for stay. (www.booking.com/www.bookme.pk/ www.tourism.gov.pk)



The lush-green valley of Swat also known as the **'Switzerland' o**l **Pakistan** because of its snow-capped mountains and beautiful scenery rushing torrents, icy-cold lakes, fruit-laden orchards, and flower-decked slopes is ideal for holidaymakers. It has a rich historical past, too. This is "Udayana" (The Garden) of the ancient epics; the land of enthralling beauty, where Alexander of Macedonia fought and won some of his major battles before crossing over to the delta of Indus River. This is the "valley of hanging chairs", as described by the famous Chinese pilgrimchroniclers, Huaen Tsang and Fa-Hian in the fifth and sixth centuries. Swat was once the cradle of Buddhism of all its schools – Mahayana, Hinayana and Tantrayana, where once 1,400 monasteries flourished. It was the home of the famous Gandhara School of Sculpture that was an expression of Greco-Roman form in the local Buddhist tradition. Swat was also the historical land where the Muslim conquerors. Mahmud of Ghazni, Babur of Ferghana and Akbar fought their battles preparatory to



TOURIST GUIDE MAP OF

NORTHERN PAKISTAN



Pakistan Tourism

Development Corporation (PTDC)

www.tourism.gov.pk)

30 tributaries, constitutes a surface area of 1,219 sq. km. Seen from a distance, Baltoro appears smooth and beautiful but in fact it is a chaotic tumbling mass of rock and ice, troughs and hillocks and the debris of centuries. It is a unique, remote corner of earth. For here, in a frozen wilderness of crags, cornices and crevasses, rise towering spires of granite, great snowy peaks with fluted icy ridges and pinnacles that

The Silk Route & The Karakoram Highway

For many centuries, caravans have braved these tortuous mountains treading precariously along paths providing shortcuts between the great towns of Central Asia and the rich markets of South Asia. However, the trails were hazardous, angry rivers horrifying to contemplate, and the Nature's storms caused even the most intrepid to quail on the high passes and in the desolate gorges. In 1947, travel in and out of the Northern Pakistan could have been described almost as it had been 15 centuries earlier by the Chinese pilgrim **Fa Hien** in 400 AD; "The way is one approaches the edge of it, his eyes become unsteady, and if wishes to go forward in the same direction, there is no place on which he can place his foot, and beneath are the waters of the river called the Indus." Thus, the traders of yore had travelled over this route for centuries and carried silk, tea, and porcelain from China to be bartered for gold, ivory, jewels and spices from South Asia. A fantastic and unforgettable spectacle is the passage of the Highway along the Batura glacier, rated as the world's seventh largest glacier. The Khunjerab Pass, which the Highway crosses, and the nearby Mintaka Pass, lie astride the fabulous ancient Silk Route that led from Europe to Asia and over which history's most famous tourists once travelled. These include the Venetian trader Marcopolo. after whom has been named the wild Marcopolo sheep, in the 13th century, the Chinese Monk Fa Hien in the 4th century and the Central Asian historian, Abu Rehan Al-Beruni in the 11th century.

Karakoram Highway provides the pathway to expeditions for almost all peaks in Gilgit-Baltistan, Kashmir and several peaks in Xinjiang China. The region includes some of the world's largest glaciers like the Baltoro and Siachen. What was once ar mportant "Silk Road"



oute which used to link the ndian sub-continent with China, is today considered the 8th wonder of the world, since the altitude and the hard conditions in which it was built made it become an architectonic masterpiece. It took 20 years to complete. The highway runs about 1,300km (800 miles) from Abbottabad in Pakistan to Kashgar in China, connecting the two neighbors across the Karakorum mountain ranges and includes the highest border crossing in the world: Khunjerab Pass at an elevation of 4,714 meters (15,466 feet). KKH has attracted travelers from all over the world for decades; not only because it is the highest paved road in the world (4,800m at **Khunjerab** Pass) but also because it goes through the three greatest mountain ranges on Earth: the Himalayas, the Karakoram and the Hindu Kush. The Karakoram Highway is, perhaps, one of the only places in the world where you can admire a mountain 8,000 meters high, like **Nanga Parbat**, from the window of your car. The Karakoram Road is, definitely, the most epic road trip ever. Traveling along the Karakoram Highway is like going on a journey through several tiny countries, whose inhabitants will bless you with their hospitality. . For information and booking, please visit (www.natco.gov.pk / www.bookkaru.com / www.bookme.pk /

After submitting your visa application the following with a licensed tour operator in Pakistan. The tour operator will process your permit application with the concerned authority. Documents required for the process of mountaineering permit application include: Visa application form (duly filled) by foreign climber (s)

- Trekking permit application
- Naminglist of members of the trekking group Passport copies of the participants/trekking member (s)

CV of trekking member (s) The tour company will submit the above and another required document to the concerned authority for a trekking permit. After the security

clearance, trekking and environment fees will be deposited by your local

Note: the minimum processing time for a trekking permit is 30 days but it is advised to submit an application at least 45 days in advance.

Procedure for Domestic Tourists

Tour Company in Pakistan.

Pakistani nationals will apply for both trekking and mountaineering permits through a designated tour operator having a license issued by the Department of Tourist Services (DTS)

Permit Fees (Mountaineering & Trekking)

Mountain Royalty Fees for Foreign Climbers

Sr.	Height of Mountain	Royalty Fee for Max 07 Members Group- US \$	For each additional member (exceeding 07 members)- US \$
1	8611m (K-2)	US \$ 12,000.00	US \$ 3,000.00
2	8001-8500m	US \$ 9,500.00	US \$ 3,000.00
3	7501-8000m	US \$ 4,000.00	US \$ 1,000.00
4	7001-7500m	US \$ 2,500.00	US \$ 500.00
5	6501-7000m	US \$ 1,500.00	US \$ 300.00
6	Upto 6500m	Free	Free

Mountain Royalty Fees for Pakistani Climbers

Sr.	Height of Mountain	Per Person
1	8611m (K-2)	Rs. 30,000
2	8001-8500m	Rs. 25,000
3	7501-8000m	Rs. 20,000
4	7001-7500m	Rs. 15,000
5	6501-7000m	Rs. 10,000
6	Upto 6500m	Free

Environment Fees

Sr.	Visitors' category/Zone	Per Person Environment Fee USD \$
1	Foreign Expedition in the restricted zones (for all peaks above 6500M)	US \$ 200 per person per peak
2	Foreign Expedition in the open zones (for all peaks above 6500M)	US \$ 100 per person per peak
3	Foreign Trekkers in the restricted zones	US \$ 150.00 per person per trek
4	Foreign Trekkers in the open zones	US \$ 60.00 per person per trek
5	Pakistan National Expeditions (for all peaks)	Rs. 3000/- per person per peak

Note: Locals residing in CKNP buffer zone, stakeholders, researchers and students are exempted from the fees

Kashmir. The tourist season is from April to October. The maximum temperature is 27 Cand minimum (October) 80



WHAT TO SEE

Kharpocho Fort: Skardu has an ancient Fort known as Kharpocho Fort (King of Forts) situated on a hill overlooking the town. It was constructed by Ali Sher Khan Anchan, who ruled over Baltistan till the end of the 16th century. **BUDDHA ROCK CARVINGS:** Dating back to 8th century AD, a huge Buddha figure surrounded by small Buddhisatvas is carved on a rock, three kilometers from Skardu across Sadpara Nullah on Skardu-Sadoara Road. Pre-historic men and animal figures are carved on rocks. along Kachura Lake. Some rock carvings and diagram of a monastery near Perkuta (Mehdi Abad) Nalah are also found. LOVELY LAKES: Upper Kachura (34 km), Lower Kachura (Shangrila – 29 km) Lake and Sadpara (8 km) Lake, are very famous for fishing and boating. SHIGAR VALLEY: The gateway to the great mountain peaks of the Karakorams, Gasherbrum & K-2, is only 23 km away from Skardu via jeep road. Shigar valley's gentle, irrigated slopes are filled with terraces of wheat, maize, and barley. Its orchards of apricots, mulberries, peaches, plums, pears, apples, and nuts are unique to Baltistan. The wooden mosque in the middle of the town was built by Kashmiri carpenters several hundred years ago. There is the ex-Raja's old Fort and Palace in the village. KHAPLU VALLEY: This beautiful valley of the Shyok River is 103 km east of Skardu. Khaplu is the starting point for most trekking and climbing expeditions. Many famous mountains such as Masherbrum, Saltoro, Sia Kangri, K-6, K-7 are located here. Chaqchan Mosque is one of the earliest mosques in Baltistan (1504 AD), attributed to Sved Ali Hamdoni. There is a Palace of Raja of Khaplu and remains of Thorsikhar Fort. Sarfranga Cold Desert Rally Skardu is an extreme sporting event with colorful attractions and festivities in the serene, breathtaking, and culturally rich District Shigar in October.

HOW TO GET THERE

By Air: PIA operate flights from major cities of Pakistan to Skardu (subject to good weather). The air journey is full of thrills and would itself be regarded as the highlight of the visit. (www.piac.com.pk)

By Road: Skardu is 793 km from Islamabad via Karakoram Highway and Skardu Road. The NATCO bus & coach service takes 24 hours for this wonderful and adventurous journey. An all-weather, 241 km long Skardu road, connects Skardu with Gilgit. The journey takes around six hours. (www.natco.gov.pk/www.bookkaru.com/www.bookme.pk/ <u>www.tourism.gov.pk)</u>

WHERE TO STAY: There are reasonably priced private hotels are available for stay. (www.booking.com/www.bookme.pk/ www.tourism.gov.pk)

recommended overnight stop enroute to Chitral. There is another lake called Handrab, further west up a side valley. Both the lakes offer excellent trout fishing opportunities. From here, one can also do white water rafting down the Gilgit River.

CHILAS: District headquarter of Diamer, Chilas is situated along the Karakoram Highway 150 km short of Gilgit. There are hundreds of ancient rock carvings and inscriptions in and around Chilas, which depict its cultural and strategic importance even in pre-Buddhist period. One of these rock carvings is down a jeep trek on the south bank of the Indus River. Another group of these rocks are near Thalpan Bridge, past Chilas. A jeep trek connects Chilas with Kaghan Valley via Babusar Pass (4,173 m). **ASTOR & RAMA LAKE:** In ancient times, Astor was the only route for both trade and military movement between Gilgit and Srinagar. It is now approachable from Gilgit by road (110 kms). Rama Lake (3,150 m) can be reached from Astor via 6 km jeep trek. Alpine pasture and forests surround the lake, which reflects the image of Nanga Parbat. It is an xcellent place for trekking and to enjoy the wild nature. It is 5 hours' drive from Gilgit. **RUPAL VALLEY:** Tarashing village is 28 kms south of Astor. From here, one can start the trek around the south side of Nanga Parbat up the Rupal Valley, **DEOSAI PLAIN:** From Astor, another ieep trek takes us to Skardu via Deosai Plain. Situated at a height of 4,000 m. Deosai is designated as National Park. Besides its unique flora and fauna, it is the habitat of the rare Himalayan brown bear and marmot. Best months to visit are July & August. FAIRY MEADOWS: This place is 19 kms up a jeep trek that leaves the Karakoram Highway at Raikot Bridge. Beautifully placed on the northern slopes of Nanga Parbat (8,126 m), Fairy Meadows consists of alpine pastures surrounded by pine trees. There are a few huts and camping sites catering to the needs of visitors. With breathtaking views of the snow-clad north face of Nanga Parbat, it is an ideal place for trekkers and climbers to walk up to the base Camp.

By Air: PIA operate flights from major cities of Pakistan to Gilgit (subject to good weather). The air journey is full of thrills and would itself be regarded as the highlight of the visit. (www.piac.com.pk)

By Road: Gilgit is also accessible from Islamabad/Rawalpindi via Karakoram Highway (KKH). Rawalpindi to Gilgit via Swat is 704 km and takes 19 hours by bus/van; Rawalpindi to Gilgit via Thakot: 628 km. 16 hours by bus/van; Rawalpindi to Gilgit via Babusar Pass 535 km, 21 hours by jeep. Regular bus and van services operate on the Karakoram Highway between Rawalpindi and Gilgit via Besham. The main bus terminal of NATCO & other private bus lines is at Pirwadhai General Bus Stand, Rawalpindi. (www.natco.gov.pk/www.bookkaru.com/www.bookme.pk/ www.tourism.gov.pk)

Apart from Government Rest Houses, there are a number of comfortably furnished and reasonably priced hotels are available for stay. (<u>www.booking.com/www.bookme.pk/www.tourism.gov.pk)</u>

HUNZA, NAGAR & GOJAL

The visitors to Hunza are overwhelmed by the rugged charm, the fragrant breeze singing through graceful Poplar trees and the velvet-like green carpet of wheat fields, set against the background of snowcovered mountains. Situated at an elevation of 2,438 meters. Hunza Valley's tourist season is from April to October. The temperature in May is maximum 27° C and minimum 14° C. The October temperature are: maximum 10° C and minimum 0° C. Majority of the people of Hunza are Ismaili Muslims, followers of His Highness the Aga Khan. The local language is Brushiski. Urdu and English are also understood by most of HOW TO GET THERE: Hunza, Nagar and Gojal are linked with Gilgit via Karakoram Highway. Regular Bus and Van Services operate between Gilgit, Karimabad and Sost (Pak-China border) (www.bookkaru.com/ <u>www.bookme.pk/www.tourism.gov.pk)</u>

WHERE TO STAY: There are reasonably priced hotels, motels and rest houses at Aliabad, Karimabad, Passu, Gulmit and Sost are available for stay. (www.booking.com/www.bookme.pk)

CHITRAL VALLEY

Situated at an average altitude of 1,128 m, Chitral valley is favorite among mountaineers, trekkers, anglers, hunters and anthropologists. Trichmir (7,705 m) dominates this 322 km long exotic valley. Chitral district has Afghanistan on its north, south and west. A narrow strip of Afghan territory, (Wakhan) separates it from Tajikistan. The tourist season in Chitral is from June to September. The maximum temperature in June is 35 C and the minimum 19 C. In September, the maximum is 23 C



WHAT TO SEE?

CHITRAL TOWN: The town lies by the Chitral river at an elevation of 1,518 m. The Shahi Masjid (Royal Mosque) is set against a backdrop of the Trichmir. The Mehtar's Fort and the Khowar houses of the Chitralis are worth seeing. The bazaar offers a fascinating array of handicrafts. BIRMOGHALASHT: Here, the fairy-tale summer palace of the ex-ruler affords a magnificent view of the Trichmir and the surrounding valleys. It stands at a height of 2,743 m, and is approachable by jeep. **GARAM** CHASHMA (HOT SPRINGS): This valley offers scenic beauty, with orchards, fields and snow-clad peaks. The most interesting features however, are its hot sulphur springs, famous for their healing effects in skin diseases, gout, rheumatism and chronic headaches. 'Hammaams' (baths) have been constructed near the springs for convenience of

Chitral is the Kalash valley - the home of Kalash or "Wearers of the Black Robes", a primitive pagan tribe. Legends say that five soldiers of the legions of Alexander of Macedonia settled in Chitral and are the progenitors of the Kalash. Over 3,000strong Kalash live in the valley of Birir, Bumburet and Rambur, south of Chitral. Bumburet, the largest and the most picturesque valley of the Kalash, is 40 km from Chitral and is connected by a jeep able road. Birir, 34 km. away is accessible by a jeep able road.

KALASH VALLEY: One of the major attractions of

Rambur is 32 km, from Chitral. **PERMITS:** The foreigner tourists are

South Asia. T valley of Swa sprawls ove 10,360 sq. km a an avera elevation of 8 meters. Th maximu temperature Julv is 38 C and minimum (during January) is 1 The norma

the conquest



temperature is maximum 21 C and minimum 7 C. The tourist season is year-round. The valley also has the beautiful surrounding areas like Kalam, Malam Jabba, White Palace Lakes etc.

SAIDU SHARIF, MINGORA & MARGHAZAR: Headquarters of Swat Valley, Saidu Sharif houses the Swat Museum that contains one of the finest collections of Gandhara art in the world. Mingora, the twin city of Soidu Shorif, has vielded magnificent pieces of Buddhist sculpture and the ruins of great stupas. **Marghazar**, 16 km from Saidu Sharif, is famous for its "Sufed Mahal" the white marble palace of the former Wali (Ruler) of Swat. Kabal is 6 km from Saidu Sharif with its excellent golf course. **MALAM JABBA:** At 2,636 m above sea level, Malam Jabba Ski Resort stands on top of a mountain of the Hindukush range, north east of Saidu Sharif. It is 314 km from Islamabad and 51 km from Saidu Sharif. After driving for 10 kms on Saidu Sharif-Kalam road, turn right from Manglor for Malam Jabba, Amidst its natural beauty and imprints of Gandhara civilization, lie the modern tourist facilities of a 52 rooms motel, 2 skiing platforms, chairlifts, roller/ice skating rinks, restaurant, elephone and snow clearing equipment etc. The food, lodging and skiing facilities are all managed by foreign trained staff and offered at competitive prices. The summer temperatures of 10°C to 25°C give way to lush green meadows and thick green forests of Pine & Deodar trees. In the winter when the temperature falls to -5°C to -10°C, the angel white snow makes it an ideal place for skiing. **MIANDAM:** At 1,830 m above sea level, Miandam Valley is 50 km from Saidu Sharif and recommended for those looking for a peaceful place full of fragrance and scenic beauty. MADYAN & BAHRAIN: Both the towns are a good stop-over while travelling from Saidu Sharif to Kalam. Madyan is famous for its trout hatcheries and Bahrain for its meeting of two rivers and its handicrafts. Kalam: The most popular tourist spot in Swat Valley (2,073 m) is 100 km away from Saidu Sharif. There is a regular private bus and van service between Mingora and Kalam. USHU, MATILTAN AND MAHODAND **LAKE:** This is the most spectacular area of upper Swat Valley. While staying overnight at Kalam, you can enjoy a day trip by jeep to these beautiful tourist spots. Distance is just 13-16 km from Kalam. **UTROT-**GABRAL: Another scenic valley of upper Swat, located 21-29 km from Kalam. The road is jeep able and jeeps can be hired from Kalam. A day trip with picnic lunch is recommended.

HOW TO GET THERE: Swat is accessible from Islamabad and Peshawar via M1 and Swat Motorway (M-16) which starts from Kernal Sher Khan Interchange and ends at Chakdara. There are multiple bus service operators, including Daewoo, Faisal Movers etc., who operate between Rawalpindi (Faizabad/Pirwadhai) and Mingora (<u>www.bookkaru.com/</u> www.bookme.pk/www.tourism.gov.pk)

WHERE TO STAY: There are luxury and moderately priced hotels, motels, and rest houses in Swat at Saidu Sharif, Mingora, Marghzar, Madyan, Bahrain, Kalam and Ushu. (https://www.booking.com/ www.bookme.pk/www.tourism.gov.pk)

12

mountains - 5,291 m). You can go fishing or boating in the lake and hear KAGHAN VALLEY the local legend about Prince Saiful Maluk who fell in love with a fairy. Further up are quaint woodland villages, Battakundi, Burawai, Basal, A holiday in Kaghan Valley, the Himalayan hide-away situated northeast Gittidas and Lalazar. At a distance of 19 km from Naran, Lalazar is unique of Hazara district of KP Province, is an unforgettable experience. Its place for a day excursion, by jeep. **LOVELY LAKES & MEADOWS:** If you mountains, dales, lakes, waterfalls, streams, and glaciers are still in an love hiking, trekking, or fishing, then Kaghan Valley is like heaven. There unbelievable pristine state, an unspoiled paradise. The Valley extends for are many lakes and meadows high up in the mountains waiting for you. 155 km rising from an elevation of 2,134 meters to its highest point, the Some of them are: Lake Lulusar, Lake Dodipatsar, Danna Meadows, Babusar Pass (4,173 m). Kaghan is at its best in the summer months Sharan, Sri, Paya, Makra Peak, Malika Parbat, and Musa Ka Musalla (May to September). In May the temperature is: maximum 11 C and the (Prayer Mat of Prophet Moses). minimum 3 C. From the middle of July up to the end of September, the road beyond Naran, snowbound throughout the winter, is open right up to **HOW TO GET THERE**: Kaghan Valley is accessible by road from Babusar Pass. Rawalpindi/Islamabad and Peshawar. The Kaghan Valley is blocked at the end by high mountains but a pass lets the jeep able road snakes over into Chilas Valley. This is 4,173 m high Babusar Pass, which commands the whole Kaghan panorama as well as gives you, on a clear day, glimpses of Nanga Parbat (the Naked Mountain) glistening at 8,126 m. Transport can be availed by Rawalpindi (Faizabad/Pirwadhai) bus terminal.(www.bookkaru.com/www.bookme.pk/www.tourism.gov.pk) climbing, trekking, mountaineering, summer camping and hiking. Blessed with river & streams, it offers great potential for white water sports, WHERE TO STAY: There are many luxury and moderately priced hotels, especially rafting, canoeing and kayaking. Azad Kashmir has a varied motels in Kaghan Valley at Balakot, Shogran, Kaghan, and Naran. wildlife including Leopard, Himalayan Bear, Ibex, Grey Goral, Musk Deer, (www.booking.com / www.bookme.pk/www.tourism.gov.pk) Kashmir Stag, Monal Pheasant, Western Tragopan, Snow Pheasant, Red-led Partridge (Chakor), Black Koklas Pheasant, Peacock, Eagle, Dusk **AZAD JAMMU & KASHMIR** Markhoretc. Azad Jammu & Kashmir (AJK) is very rich in natural beauty. Its snowcovered peaks, dense forests, winding rivers, turbulent foaming streams, sweet-scented valleys, velvet green plateaus and climate varying from arctic to tropical, all join together to make it an excellent November. Places of tourist interest in this valley are: Leepa, Dao Khan, tourist attraction. Valleys like Neelum, Jhelum, Leepa, Rawalakot, WHAT TO SEE? Chananian etc. **POONCH & SUDHNOTI:** Places of interest in both of Banjosa, Samahni & Baghser unfold delightful scenic beauty and provide KAGHAN & NARAN: Kaghan Village has given its name to the whole a feast of pleasure to a discerning tourist's eyes. Azad Kashmir is also Valley. It is 64 km from Balakot at an altitude of 2,039 m. Naran is the main blessed with a varied mountainous landscape ranging from low hills to tourist attraction of the valley. It is linked with Balakot by 88 km long high mountains (2000 to 6000 m) most suitable for adventure sports like metaled road. It takes 4 hours by car to reach Naran. Naran serves as a base for the whole valley. From here, you can ride a jeep or horse or hike to several picturesque lakes, valleys, and peaks. The journey through the valley by the side of Kunhar river is indeed a unique experience. **SIRAN** VALLEY: It is accessible through KKH via Shinkiari. There is a Jeep trek form Daddar along the Siran River to Jabori (Forest Rest House), Nadi (Rest House) and to Sharan in Kaghan Valley. LAKE SAIFUL MALUK & LALAZAR: Lake Saiful Muluk has a touch of the unreal about it, nestling 3,206 meters high in the shadow of the Malika Parbat (Queen of the Wazir Baihk (Rathe Panalshai Tunk\Chilli Baihk CHILAS A

these districts are: Rawalakot, Paniola, Banjosa, Chottagala, Koyian, MUZAFFARABAD: The capital of the Azad Jammu & Kashmir is situated Ghorimar, Tatta Pani, Pullandri, Tararkhal, Aliabad etc. BAGH & KOTLI: District Bagh, is rich in variegated natural beauty. Bagh, Dheerkot, at the confluence of the Jhelum & Neelum rivers. It is 138 kms from Sudhan gali, Hanse Chowki, Neela Butt, Las Danna, Mahmood Gali, Rawalpindi and about 76 kms from Abbottabad. The present name of Muzaffarabad has been given to it after the name of Sultan Muzaffar Suddhan Gali, Kahuta, Havaily and Ganga Choti are the main attractions. Khan, a chief of Bomba Dynasty (1652). There are two forts, namely, Red Kotli is located at a distance of 141 kms from Rawalpindi/ Islamabad via & Black Fort, situated on the opposite sides of river Neelum. The Neelum Sehnsa, Holar and Kahuta. It is linked with Mirpur by two metalloid roads, one via Rajdhani (90 kms) and the other via Charhoi. It is also directly river streams through the town, joins river Jhelum at Domel and plays a dominant role in the micro climate of Muzaffarabad. It is easily accessible linked with Rawalakot via Trarkhal (82 kms). Places of interest are: through Islamabad - Murree - Muzaffarabad Express Road (E-75). Teenda, Hajiabad, Khoiratta, Fatehpur, Karela Majhan etc. MIRPUR & Places of interest in and around Muzaffarabad are: Pir Channasi. BHIMBER: It is situated at an elevation of 459 m. It is linked with G.T. Road Shaheed Gali and Patika. **NEELUM VALLEY:** About 240 kilometers long at Dina, a small town about 15 kms short of Jhelum city. The construction picturesque Neelum Valley is situated to the North & North East of of Mangla Dam converted the old Mirpur town into a big artificial lake and Muzaffarabad. Running parallel to the Kaghan Valley, it is separated affected a population of about 50,000. But it paved the way for existing from it by snow covered peaks, some over $5000\,\mathrm{meters}$ above sea level. new Mirpur town situated on the bank of Mangla Lake. The city is well planned and buildings are mostly of modem design. Mirpur has developed Excellent scenic beauty, panoramic view, towering hills on both sides of the noisy Neelum river, lush green forests, enchanting streams, high into an industrial city very rapidly. Places of interest around Mirpur are; altitude lakes and attractive surroundings make the valley a dream come Mangla Dam, Ramkot Fort etc. Bhimber was mentioned by Mughal true. Places of interest in Neelum Valley are; Kundal Shahi, Kutton, Emperor, "Jahangir" in his book "Tuzh-e-Jahangiri". It falls on the route Salkhala, Athmagam, Karen, Dowarian, Sharda & Kel. JHELUM VALLEY: that was followed by the Mughals for their frequent visits to the Kashmir The curling river flows through from East to West between the high green Valley. Bhimber town is located at a distance of 50 kms from Mirpur and mountains of this valley and joins the river Neelum at Domel near 166 kms from Rawalpindi. Places of interest are: Baghsar, Jandi Chontra Muzaffarabad. A 59 Km long metaled road runs along the river Jhelum etc. **PERMITS:** Domestic tourists can visit Azad Jammu & Kashmir from Muzaffarabad to Chakothi, close to line of control (LOC). Places of without any restriction. However, they are advised to keep their identity interest in Jhelum Valley include: Garhi Dopatta, Chinari, Chakothi, with them. Foreign tourists are only allowed to visit following places with Chikkar, Loon Bagia, and Dungian & Danna. LEEPA VALLEY: This is the permit: Dheerkot, Rawalakot, Chotta gala, Chikkar, Daokhan, most fascinating & love liest valley. A metaled road branches off for LeepaMuzaffarabad, Mangia & Sehnsa. Permits are issued by the Department of Tourism AJ&K at Muzaffarabad (<u>www.ajktourism.gov.pk /+92-5822-</u> from Naily, 45 kms from Muzaffarabad, climbs over the Reshian Gali (3,200 m) and then descends to 1,677 m on the other side into the Leepa Valley. The valley remains open for domestic tourists from May to

WHERE TO STAY: There are luxury and moderately priced hotels, motels, and rest houses in tourist destination areas of AJ&K (www.booking.com/www.bookme.pk/www.tourism.gov.pk)

GENERAL INFORMATION

In northern areas of Pakistan, you can buy Pattu (hand-woven woolen cloth), jackets, waistcoats and traditional caps which are very popular among travelers. Other interesting items are silk woolen cloths, woolen shawls, wood carving, Papier Mashie, rugs, traditional hats for women, silver ornaments & jewelry, precious/semi-precious stones (ruby, garnet, topaz, emerald and different types of crystals etc.) wooden spoons, embroidery, shawls, honey, almond oil, apricot oil, dry & fresh fruits (walnuts, almonds, mulberry, apples, apricots, peers, peaches, grapes etc.)

COMMUNICATION:

Almost all the places in the Northern Pakistan and Azad Kashmir are linked by telephone with the rest of the country and the outside world. Some of the area codes are follow;

Location	Area Code
ilgit	05811
Hunza	05831
Sost	05813
Skardu	05831
Saidu Sharif	0946
Chitral	0943
Besham	0996
Calam	0946
Bamburet	0943
Chaplu	05816

DO'S AND DON'TS:

- Please do not photograph military installations and major
- Women of Pakistan do not like to be photographed without their
- Please do not travel at night on mountain roads, and do not swim
- in the fast-flowing rivers & streams
- Kindly dress yourself modestly and respect local culture, traditions and social norms
- Please take-off your shoes and cover your head when visiting
- mosques, temples, or Churches • Please seek security and safety update from local Police Station.
- Confirm your hotel reservations before traveling Getfirst-hand information about road condition
- Support the community by purchasing local handicrafts Keep your national ID card/passport along with you
- Engage local guide to get best experience of tourist destinations
- Do not harm the environment, flora and fauna Avoid excessive breaks while driving at Babusar, Deosai and
- Khunjerab Dispose of your litter properly and leave the campsite clean Cooperate with Tourist Police

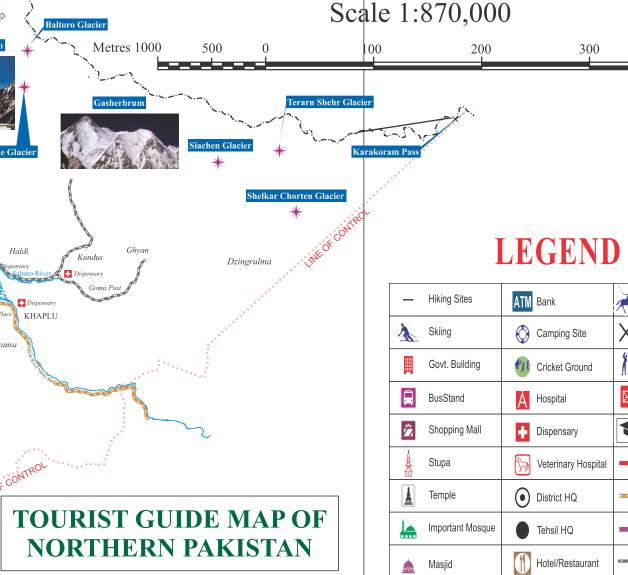
- Federal Tourism Department / Pakistan Tourism Development
- Corporation (PTDC): www.tourism.gov.pk Tourism Department Punjab: www.tdcp.gop.pk
- Tourism Department Sindh: www.stdc.gos.pk Tourism Department Khyber Pakhtunkhwa (KP):
- www.kptourism.com
- Tourism Department Gilgit Baltistan (GB):
- www.visitgilgitbaltistan.gov.pk
 Tourism Department Azad Jammu & Kashmir (AJK):
- www.ajktourism.gov.pk Tourism Department Balochistan:
- www.tourismbalochistan.gob.pk
- Online Visa Application: www.visa.nadra.gov.pk
- Registered Tour Operators: www.visa.nadra.gov.pk/list-of-
- touroperators List of Peaks: www.visa.nadra.gov.pk/list-of-peaks
- List of Treks: www.visa.nadra.gov.pk/list-of-treks
- Useful Publications: www.tourism.gov.pk/publications.html
- Useful Publications: www.stfp.org/publications
- Pakistan International Airlines (PIA): www.piac.com
- Pakistan Railways: www.pakrail.com
- Hotels Booking: www.booking.com
- Buses & Hotels Booking: www.bookme.pk
- Buses & Events Booking: www.bookkaru.com

IMPORTANT TELEPHONE NUMBERS PTDC Tourist Information Centre (TIC): +92-51-9204027

- National Emergency Helpline: 911
- Police Emergency: 15
- Tourism Helpline: 1422
- PIAFlightInquiry: 114
- Pakistan Railways Inquiry: 117
- Rescue Emergency Service: 1122
- Fire Brigade Number: 16
- Edhi Free Ambulance: 115 Child Missing Complaint & Response Centre: 1138
- Mobile Snatched/Stolen/Lost Mobile: 1102
- National Highways & Motorway Police: 130

Pakistan Meteorological Department: +92-51-9250367 27

400 Km





INDIAN ILLEGALLY OCCUPIED JAMMU & KASHMIR

TERRITORY EINAL STATUS TO BE DECIDED VDIAN ILLEGALLY OCCUPIED JAMMU & KASHMIN

VDIAN ILLEGALLY OCCUPIED JAMMU & KASHMIN

STATUS TO BE DECIDED

STATUS TO BE DECIDED

STATUS TO BE DECIDED

(DISPUTED TERRITORY - FINAL STATUS TO BE DECIDED) **Pakistan Tourism Development Corporation** www.tourism.gov.pk

Polo Ground Nost Office University/College Veterinary Hospital Secondary Road Fort <u></u> Motel — — — Tracks Tomb **■ Y** Food Point Line of Control Guest / Rest House General Store + Spring River/Lake Scenic Area Petrol Pump Air Port Police Station

Map prepared by: Survey of Pakistan