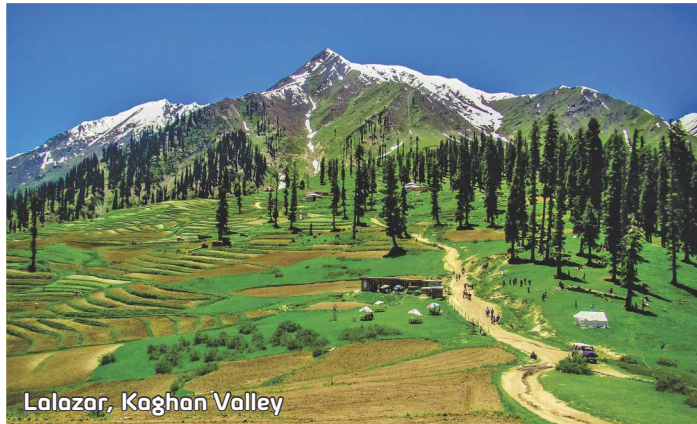


KACHAN VALLEY

A holiday in Kachan Valley, the Himalayan hide-away situated northeast of Hazara district of KP Province, is an unforgettable experience. Its mountains, dales, lakes, waterfalls, streams, and glaciers are still in an unbelievable pristine state, an unspoiled paradise. The Valley extends for 155 km rising from an elevation of 2,134 meters to its highest point, the Babusar Pass (4,173 m). Koghan is at its best in the summer months (May to September). In May the temperature is: maximum 11 C and the minimum 2 C. From the middle of July up to the end of September, the road beyond Narora, snowbound throughout the winter, is open right up to Babusar Pass.



Lalazar, Kachan Valley

WHAT TO SEE?

KACHAN & NARAN: Kachan Village has given its name to the whole Valley. It is 64 km from Balakot at an altitude of 2,039 m. Naran is the main tourist attraction of the valley. It is linked with Balakot by 88 km long metalled 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 Shinkiani. There is a Jeep trek form Doddar along the Siron River to Jabori (Forest Rest House), Nadi (Rest House) and to Shoran in Kachan 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

mountains - 5,291 m). You can go fishing or boating in the lake and hear the local legend about Prince Saiful Maluk who fell in love with a fairy. Further up are quaint woodland villages, Battakundi, Burawal, Basal, Gittides and Lalazar. At a distance of 19 km from Naran, Lalazar is unique place for a day excursion, by jeep. **LOVELY LAKES & MEADOWS:** If you love hiking, trekking, or fishing, then Kachan Valley is like heaven. There are many lakes and meadows high up in the mountains waiting for you. Some of them are: Lake Lukusar, Lake Dadijatsor, Donna Meadows, Shoran, Sri, Paya, Makra Peak, Malika Parbat, and Musa Ka Musalla (Prayer Mat of Prophet Moses).

HOW TO GET THERE: Kachan Valley is accessible by road from Rawalpindi/Islamabad and Peshawar. The Kachan Valley is blocked at the end by high mountains but a pass lets the jeepable road snakes over into Chilas Valley. This is 4,173 m high Babusar Pass, which commands the whole Kachan 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/Pirwahala) bus terminal. (www.bookkoru.com / www.bookme.pk / www.tourism.gov.pk)

WHERE TO STAY: There are many luxury and moderately priced hotels, motels in Kachan Valley at Balakot, Shogran, Kachan, and Naran. (www.booking.com / www.bookme.pk / www.tourism.gov.pk)

AZAD JAMMU & KASHMIR

Azad Jammu & Kashmir (AJK) is very rich in natural beauty. Its snow-covered 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 tourist attraction. Valleys like Neelum, Jhelum, Leepa, Rawalakot, Bonjesa, Sonohri & Boghsar unfold delightful scenic beauty and provide a feast of pleasure to a discerning tourist's eyes. Azad Kashmir is also blessed with a varied mountainous landscape ranging from low hills to high mountains (2000 to 6000 m) most suitable for adventure sports like



Chitto Katha Lake

climbing, trekking, mountaineering, summer camping and hiking. Blessed with river & streams, it offers great potential for white water sports, especially rafting, canoeing and kayaking. Azad Kashmir has a varied wildlife including Leopard, Himalayan Bear, Bex, Grey Coral, Musk Deer, Kashmir Stag, Monal Pheasant, Western Trogopan, Snow Pheasant, Red-legged Partridge (Chokar), Black Kalkas Pheasant, Peacock, Eagle, Duck Markhor etc.

WHAT TO SEE?

MUZAFFARABAD: The capital of the Azad Jammu & Kashmir is situated at the confluence of the Jhelum & Neelum rivers. It is 138 kms from Rawalpindi and about 76 kms from Abbottabad. The present name of Muzaffarabad has been given to it after the name of Sultan Muzaffar Khan, a chief of Bomba Dynasty (1652). There are two forts, namely, Red & Black Fort, situated on the opposite sides of river Neelum. The Neelum 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 through Islamabad - Murree - Muzaffarabad Express Road (E-75). Places of interest in and around Muzaffarabad are: Pir Channassi, Shaheed Gali and Patika. **NEELUM VALLEY:** About 240 kilometers long picturesque Neelum Valley is situated to the North & North East of Muzaffarabad. Running parallel to the Kachan Valley, it is separated from it by snow covered peaks, some over 5000 meters above sea level. Excellent scenic beauty, panoramic view, towering hills on both sides of the noisy Neelum river, lush green forests, enchanting streams, high altitude lakes and attractive surroundings make the valley a dream come true. Places of interest in Neelum Valley are: Kundal Shahi, Kutton, Salkhala, Athmaogam, Karen, Dowarian, Sharda & Kai. **JHELUM VALLEY:** The curling river flows through from East to West between the high green mountains of this valley and joins the river Neelum at Domel near Muzaffarabad. A 59 Km long metalled road runs along the river Jhelum from Muzaffarabad to Chokothi, close to line of control (LOC). Places of interest in Jhelum Valley include: Garhi Dapotta, Chinori, Chakothi, Chikkar, Loon Bagla, and Duglan & Donna. **LEEPA VALLEY:** This is the most fascinating & loveliest valley. A metalled road branches off for Leepa 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 November. **Places of tourist interest in this valley are:** Leepa, Dao Khan, Chanorian etc. **POONCH & SUDDHOT:** Places of interest in both of

these districts are: Rawalakot, Poniola, Bonjesa, Chattagala, Koyian, Chorinar, Tatta Poni, Pullandri, Tararkhal, Alilabad etc. **BAGH & KOTLI:** District Bagh, is rich in variegated natural beauty. Bagh, Dheerpur, Suddhan gali, Hanse Chowki, Neelo Butt, Los Donna, Mahmood Gali, Suddhan Gali, Kahuta, Hawail and Ganga Choti are the main attractions. Kotli is located at a distance of 141 kms from Rawalpindi/Islamabad via Sehnsa, Haler and Kahuta. It is linked with Mirpur by two metalled roads, one via Rajhani (90 kms) and the other via Charhal. It is also directly linked with Rawalakot via Trakhal (82 kms). Places of interest are: Teenda, Hajoibad, Khoiratta, Fatehpur, Karela Majhan etc. **MIRPUR & BHIMBER:** It is situated at an elevation of 459 m. It is linked with G.T. Road at Dina, a small town about 15 kms short of Jhelum city. The construction of Mangla Dam converted the old Mirpur town into a big artificial lake and effected a population of about 50,000. But it paved the way for existing new Mirpur town situated on the bank of Mangla Lake. The city is well planned and buildings are mostly of modern design. Mirpur has developed into an industrial city very rapidly. Places of interest around Mirpur are: Mangla Dam, Ramkot Fort etc. Bhimber was mentioned by Mughal Emperor, "Jahangir" in his book "Tuz-e-Jahangiri". It falls on the route that was followed by the Mughals for their frequent visits to the Kashmir Valley. Bhimber town is located at a distance of 50 kms from Mirpur and 166 kms from Rawalpindi. Places of interest are: Baghsar, Jandi Chontra etc. **PERMITS:** Domestic tourists can visit Azad Jammu & Kashmir without any restriction. However, they are advised to keep their identity with them. Foreign tourists are only allowed to visit following places with permit: Dheerpur, Rawalakot, Chotto galo, Chikkar, Daokhan, Muzaffarabad, Mangla & Sehnsa. Permits are issued by the Department of Tourism AJ&K at Muzaffarabad (www.ajktourism.gov.pk / +92-5822-921421).

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

WHAT TO BUY

In northern areas of Pakistan, you can buy Pattu (hand-woven woolen cloth), jockers, 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, pears, peaches, grapes etc.)

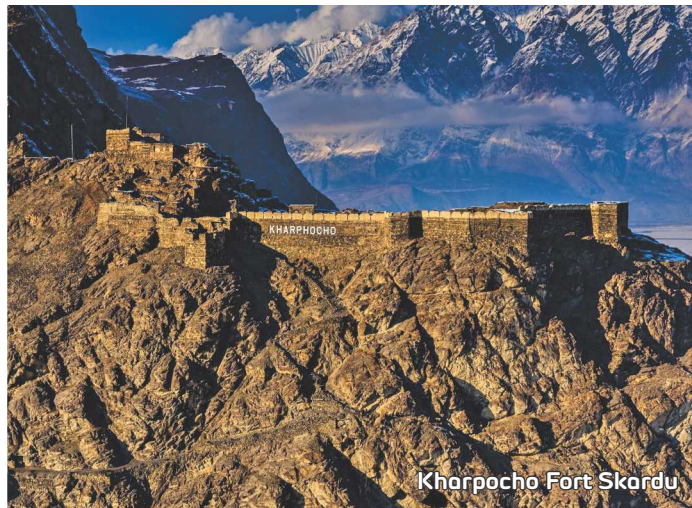
COMMUNICATION:

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 |
|--------------|-----------|
| Gilgit | 05811 |
| Hunza | 05831 |
| Sost | 05813 |
| Skardu | 05831 |
| Saidu Sharif | 0946 |
| Chitral | 0943 |
| Besham | 0996 |
| Kalam | 0946 |
| Bamburet | 0943 |
| Khaplu | 05816 |

DO'S AND DON'TS:

- Please do not photograph military installations and major bridges
- Women of Pakistan do not like to be photographed without their permission
- 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
- Get first-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



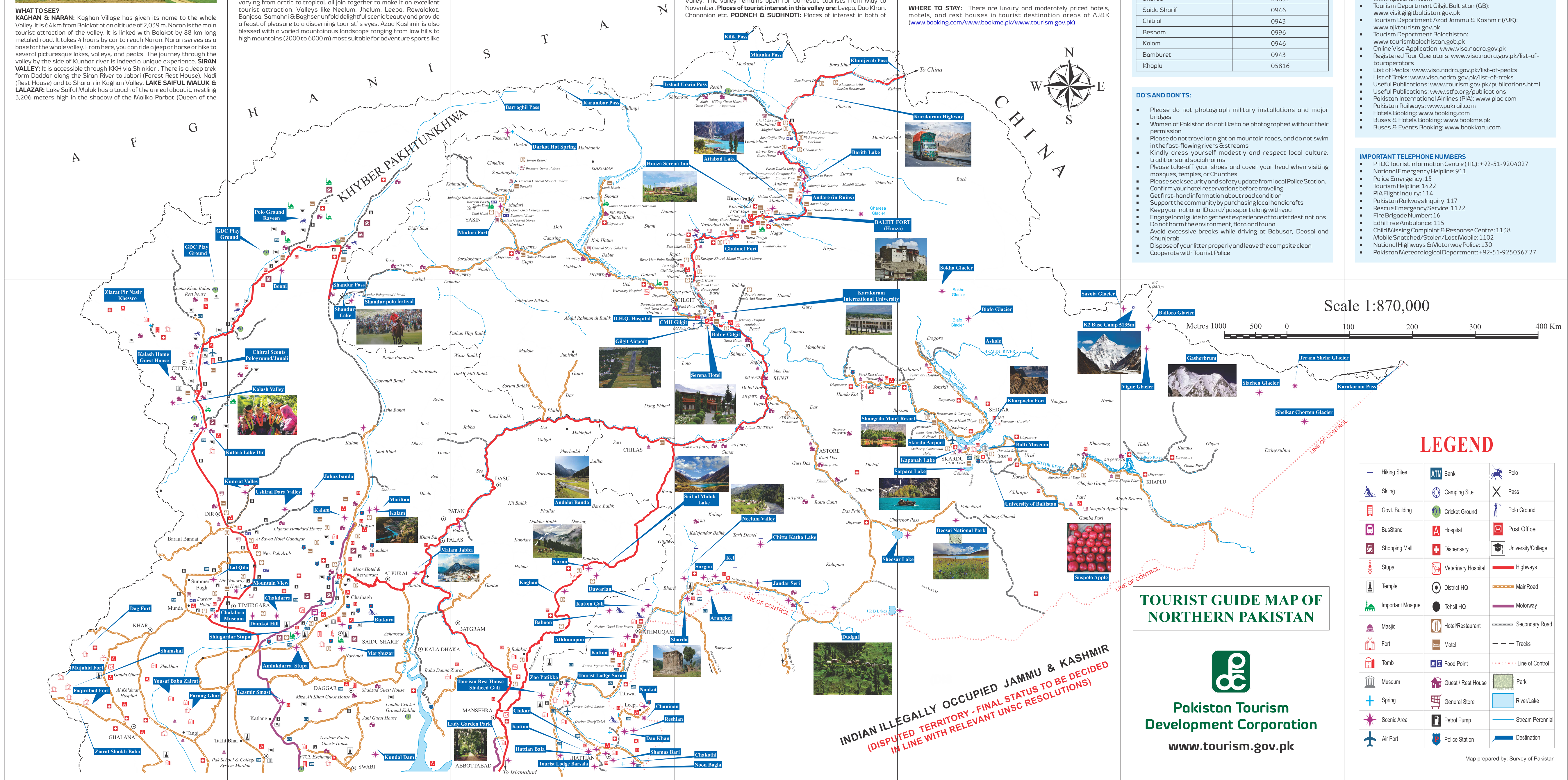
Kharpocho Fort Skardu

Important Links:

- Federal Tourism Department / Pakistan Tourism Development Corporation (PTDC): www.tourism.gov.pk
- Tourism Department Punjab: www.tdcp.gov.pk
- Tourism Department Sindh: www.stdc.gov.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.gov.pk
- Online Visa Application: www.visa.nadra.gov.pk
- Registered Tour Operators: www.visa.nadra.gov.pk/list-of-tour-operators
- 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.stpf.org.pk/publications.html
- Useful Publications: www.stpf.org.pk/publications.html
- 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.bookkoru.com

IMPORTANT TELEPHONE NUMBERS

- PTDC Tourist Information Centre (TIC): +92-51-9204027
- National Emergency Helpline: 911
- Police Emergency: 15
- Tourism Helpline: 1422
- PIA Flight Inquiry: 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: 150
- Pakistan Meteorological Department: +92-51-9250367 27



Scale 1:870,000

LEGEND

| | | |
|------------------|---------------------|--------------------|
| Hiking Sites | ATM Bank | Polo |
| Skiing | Camping Site | Pass |
| Govt. Building | Cricket Ground | Polo Ground |
| Bus Stand | Hospital | Post Office |
| Shopping Mall | Dispensary | University/College |
| Stupa | Veterinary Hospital | Highways |
| Temple | District HQ | Main Road |
| Important Mosque | Tehsil HQ | Motorway |
| Masjid | Hotel/Restaurant | Secondary Road |
| Fort | Motel | Tracks |
| Tomb | Food Point | Line of Control |
| Museum | Guest / Rest House | Park |
| Spring | General Store | River/Lake |
| Air Port | Petrol Pump | Stream Perennial |
| | Police Station | Destination |

Map prepared by: Survey of Pakistan

INDIAN ILLEGALLY OCCUPIED JAMMU & KASHMIR
(DISPUTED TERRITORY - FINAL STATUS TO BE DECIDED
IN LINE WITH RELEVANT UNSC RESOLUTIONS)



Pakistan Tourism
Development Corporation
www.tourism.gov.pk