

TRIP DOSSIER K2 BASE CAMP TREK



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Trip Dossier – K2 Base Camp Trek (21 days)

This dossier contains the following

1. Highlights of the trek
2. Dates and Cost
3. Holiday Information (Inclusions/Exclusions)
4. Important Notes
5. Itinerary
6. Social Responsibility
7. Frequently Asked Questions (FAQs)
8. More Options

Highlights

HOLIDAY OVERVIEW

- **Base Camps of K2 and Broad Peak**
- **Concordia - Throne Room of the Mountain Gods**
- **Trek up to Godwin Austin glacier via Baltoro Glacier (5th longest and world's largest outside polar region)**
- **Gilkey memorial**
- **View 8,000 m peaks including Gasherbrum 2 (8,035 m), Broad Peak (8,051 m) and K2 (8 611 m) from Goro II Concordia & base camps**
- **Views of other peaks between 5,000m to 8,000m including Gasherbrum 3 and 4, Masherbrum, Mustagh Tower, Bakhordas Peak, Mitre Peak, Crystal Peak, Marbel Peak,**
- **Biale Peak, Lobsang Spire, Trango Towers, Uli Biaho, Cathedral Peak, Urdukas Peak etc.**
- **Views of Glaciers (e.g. Biafo, Vigne, Liligo, Dunge, Muztagh, Biango, Yermanendu, Mandu and more), glacial lakes, waterfalls and streams**
- **Indus, Panmah and Braldu rivers**
- **Valleys of Skardu and Shigar**
- **Balti porter life, Askole jeep safari etc**
- **Meet mountaineers at base camps**
- **Sightseeing in Skardu and Islamabad**

Dates & Cost

The start and end dates in the table below are your **dates of arrival** and **departure from Pakistan**. These months mentioned below are the ideal months for trekking in Karakoram region of Pakistan. We have at least **12 guaranteed** departures **every year**. Our dates and costs are given below.

Start Dates (Arrival in Pakistan)	End Dates (Departure from Pakistan)	Price (USD)	Deposit (Advance)	Registration Links
20-May	09-Jun	US\$ 2,290	US\$ 350	BOOK NOW
01-Jun	21-Jun	US\$ 2,290	US\$ 350	BOOK NOW
10-Jun	30-Jun	US\$ 2,290	US\$ 350	BOOK NOW
20-Jun	10-Jul	US\$ 2,290	US\$ 350	BOOK NOW
01-Jul	21-Jul	US\$ 2,290	US\$ 350	BOOK NOW
10-Jul	30-Jul	US\$ 2,290	US\$ 350	BOOK NOW
20-Jul	09-Aug	US\$ 2,290	US\$ 350	BOOK NOW
01-Aug	21-Aug	US\$ 2,290	US\$ 350	BOOK NOW
10-Aug	30-Aug	US\$ 2,290	US\$ 350	BOOK NOW
20-Aug	09-Sep	US\$ 2,290	US\$ 350	BOOK NOW
01-Sep	21-Sep	US\$ 2,290	US\$ 350	BOOK NOW
10-Sep	30-Sep	US\$ 2,290	US\$ 350	BOOK NOW
20-Sep	10-Oct	US\$ 2,290	US\$ 350	BOOK NOW
Start Dates	End Dates	Price (USD)	Deposit	Registration

Holiday Information

What's included

Inclusions:

- **Government trekking permit fees/paperwork**
- **Licensed professional guide (government requirement)**
- **Airport transfer on first and last day**
- **All domestic flights and transfers**
- **Road transport in Pakistan**
- **Hotel accommodation in Pakistan (twin sharing rooms)**
- **Trekking accommodation in Pakistan (twin sharing tents)**
- **Hotel meals in Pakistan (breakfast, lunch and dinner)**
- **Trekking meals in Pakistan (breakfast, lunch and dinner)**
- **All camping site fees and bridge fees**
- **Trekking logistics (tents, non-personal equipments and tools)**
- **Support staff (cook, assistant(s) etc)**
- **Porters for trekking equipments, kitchen (supplies, tools, equipments, crockery, gas) and personal luggage**

What's not included

Exclusions:

- **Travel Insurance (recommendations only)**
- **Visa to Pakistan (supporting documents offered)**
- **International airfare**
- **Personal equipments (list provided on registration or request)**
- **Tips for guides, porters, staff etc**
- **Miscellaneous (drinks, phone calls, laundry, souvenir etc)**

Important Notes

Why register and pay early?

1. It may not be possible for us to book domestic flights to Skardu for you if you do not register early since there are only two flights to Skardu from Islamabad daily. In case of unavailability of seats on the flights, participants will have to drive by road for 26 hours to reach Skardu (in two days) via Karakoram Highway. You will have to arrive early to join the group in Skardu. This will cost more since it will require special and additional arrangements, for example, extra stays and meals, car rental, etc.

2. The given prices for the treks are early bird discount offers and are **subject to change**. There will be an increase in prices every month after January. Service providers including (but not limited) to hotels increase prices in peak-season. Early reservations cost less than peak-season. Our trekking holiday prices will not change once you have paid the deposit so the price when you book is the price you will pay. Register yourselves early to avoid increase in holiday prices. The given price for the trek is not negotiable unless you have a large private group.

Price discrimination

We strongly believe that foreign tourists should not pay more than locals. The reason for what may seem to be price difference is purely because of the additional and necessary services included as you will find under holiday information.

Refund policy

Deposit: Once paid, the deposit is non-refundable, as it will be spent on making in-country arrangements. In case of visa rejection, a refund/partial-refund (if costs incurred) will be considered. In such cases, a valid proof of visa rejection must be submitted to our office within 72 hours of rejection. The deposit is non-refundable for Pakistani nationals in all cases.

Balance: Pay the balance amount on arrival in Pakistan on the first day.

Currency

All foreign tourists are charged in US Dollars (USD).

Single Supplement

Separate hotel rooms (single supplement) will cost additional US\$ 390. This includes all hotel nights. This payment should be made with the balance amount.

Separate tent (single tent) will cost additional US\$ 160. This includes cost of additional portage. This payment should be made with the balance amount upon arrival.

Itinerary

Day 01: Arrive at Gandhara International Airport, Islamabad

On this Day

Accommodation: Standard hotel
Meals: Breakfast, lunch and dinner

GPS Data

Altitude: 540 m

Your flights will normally arrive in Islamabad in the afternoon. Our guide(s) will receive you from the airport. Soon the participants will be transferred to hotels. This day the participants can relax and recover from the journey. A briefing will be given once the group gathers and possibly the participants may visit the Ministry of Tourism for official briefing.

Day 02: Fly to Skardu, Karakoram

On this Day

Accommodation: Standard hotel
Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 2,498 m

Participants on this morning will take the spectacular flight from Islamabad airport to Skardu airport. You will be able to see Nanga Parbat if clouds allow. After arrival in Skardu, the day is free.

Day 03: Spend free day in Skardu

On this Day

Accommodation: Standard hotel
Meals included: Breakfast, lunch and dinner

GPS Data Altitude: 2,498 m

After breakfast, the participants will walk to Kharpocho fort in Skardu, which is located up on a mountain. The Kharpocho fort gives a splendid view of the Indus and Skardu town. The participants will also have an option to take a tour to Sadpara Lake followed by free shopping time in Skardu Bazaar.

During sightseeing, our staff will take care of further government documentation required in Skardu. This can sometimes take two days. We have contingency days towards the end of the trek in case of any delays.

Day 04: Drive to Askole village

On this Day

Accommodation: Tent
Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,015 m

The participants will begin the jeep safari towards Daso, the passage will go through the Shigar valley. The journey will be followed on the sides of Braldu river which extends to Askole. Askole will be the last village on our route; the participants will start walking after leaving jeeps behind. However at times the participants

may begin their walk before arrival in Askole but it depends on the road conditions. Overall it will take you between six hours to eight hours in covering the distance.

Day 05: Trek from Askole to Jhola via the snout of Biafo Glacier

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,103 m

Distance: 20 km

Time: 5-8 hours

After completion of necessary supplies list and equipment the porters will load up for the trek ahead to Jhola. The valley is gateway to Biafo glacier that flow over fifty kms from Hispar La to Braldu. The participants will experience the moraine walking as the snout of the glacier is crossed and they will descend to lunch spot beside the Korofon river.

The route will take us the confluence of rivers of Braldu and Domordo. The former trail is not taken for the trek and instead a newer trail will lead us to go upstream where the participants will cross the river by bridge. On the other side of the bridge the participants will descend to the edge of Braldu river and will follow the river bank to reach the camp at Jhola.

Day 06: Trek from Jhola to Paiju following the Braldu river

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,418 m

Distance: 19.8 km

Time: 6-7 hours

On this day of our K2 base camp trek the participants will follow the Braldu gorge, along the bank of Braldu river. The participants will be able to view astonishing rocks of Trango Tower and Cathedral Peak. The participants should prevent themselves from possible sun burns and during this day as the walking conditions can be very dry and hot.

Several streams from glacier flow down into the valley and on the way the participants will have to use river crossing shoes depending on the water levels. The participants will be able to spot the snout of Baltoro Glacier on a clear day. On this day the participants will end their day by climbing away from the river to camp at Paiju, the last camp where you will see trees until for a while.

Day 07: Acclimatize and rest in Paiju

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,418 m

The participants will spend the day at Paiju Camp for acclimatization and rest. However the porters will take their time to bake themselves bread for next week on the glacier. Acclimatization walk can also be taken towards Paiju Peak base camp on this day.

Day 08: Trek from Paiju to Khoburtse

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,788 m

Distance: 14.7 km

Time: 5-7 hours

On this day the walking will get tough however the scenery will become amazing with each step taken onto the snout of Baltoro Glacier. The trail has continuous up and down climbs on the glacial moraine, although the trail is quite safe but it is highly recommended to be careful at all times. The participants will experience the stunning views as they move ahead; the views of Trango Tower and Uli Biaho. The participants are required to go across the glacier to Liligo. From this point the participants will follow a rocky trail which is along the edge of the Baltoro or sometimes to Khoburtse, the side of the glacier where camp will be made.

Day 09: Cross small glaciers and walk to Urdukus

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,905 m

Distance: 6.4 km

Time: 4-6 hours

Trango Towers can be eventually seen after coming across two small glaciers. For the following night the participants will make their stop at Urdukas near the army camp. The camp is 100m above the glacier.

Day 10: Trek to Goro II, the junction of the Baltoro glaciers and Young husband

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 4,285 m

Distance: 11.9 km

Time: 6-8 hours

On this day of our K2 base camp trek, the participants will be walking in the middle of the glacier. The medial moraine will be followed, to the south we will get the views of Masherbrum (7821m). The participants will be climbing up and down on the rocky moraine and as the participants move ahead they will walk pass massive ice seracs.

This will be the first night stay camp on Baltoro Glacier at Goro II, it is the confluence of Baltoro Glacier and Younghusband. The temperature may drop dramatically. Masherbrum and Muztagh Tower will be uncovered for the sight.

Day 11: Trek to Concordia through a rocky moraine

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 4,512 m
Distance: 11.7 km
Time: 5-7 hours

On this day of the K2 base camp trek, the participants will reach Concordia after continuously walking up the moraine, on the way more and more high snowcapped peaks will appear, the culmination for the sighting of K2 will be experienced on this day. Other peaks that can be seen include Broad Peak, Mitre Peak, Gasherbrum, Sia Kangri and many more.

Day 12: Trek to Broad Peak BC, Gilkey Memorial and K2 Base Camp (optional)

On this Day

Accommodation: Tent
Meals included: Breakfast, lunch and dinner

GPS Data

Return time K2 BC (5,155m) + Gilkey (5,230m)+ Broad Peak (4,844m): 10-12 hours
Return time Broad BC (4,844m): 6-7 hours

Today there is the opportunity to walk up the Godwin-Austen glacier to the Art Gilkey Memorial (an American geologist and mountaineer) just before K2 Base camp. This is a very long but a spectacular day. We will leave early morning, crossing the glaciers onto the faint trail heading towards K2 (there is a faint rocky trail all the way). As we follow the glacier towards K2 the mountain seems to grow bigger and bigger. Broad Peak rears up to our right and after about 3 hours we pass Broad Peak base camp (there is the option to turn back here). We usually have our lunch break here and then those who are continuing carry on with K2 towering above us as we get closer and closer.

Just before base camp, amongst the boulder and ice strewn landscape is the Art Gilkey Memorial. A short scramble brings us to the place where those whose life K2 claimed are remembered. Plaques and engraved tin plates are attached to a small rocky outcrop at the foot of this great mountain. There are great views directly above us of K2 and we may see some climbing expeditions. After lunch, we retrace our steps back to Concordia.

Day 13: Trek to Goro I/Biango

On this Day

Accommodation: Tent
Meals: Breakfast, lunch and dinner

GPS Data

Altitude: 4,010 m
Distance: 15.9 km
Time: 6-7 hours

On this day of the K2 base camp trek, the participants will have to leave this camp and move back towards Goro I. The trek on this day will be quite easy and you will be descending down.

Day 14: Trek to Khoburtse with views of Trango Towers

On this Day

Accommodation: Tent
Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,788 m
Distance: 13.8 km
Time: 5-7 hours

On this day the participants will make their way to the campsite of Urdukas, they will follow the same trail down via the glacier to Goro I. They will experience great views of Trango Towers before their arrival at Khurburtse. Even though the participants will be going on the same trail, however the views on the way back will be completely different.

Day 15: Trek back to camp Paiju

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,418 m

Distance: 14.7 km

Time: 5-7 hours

The participants on this day of the K2 base camp trek will be walking down on the side of the glacier via Liligo, this will be last area where they will be shifting their trail from the moraine on the relatively stable ground. The participants will have the opportunity to find themselves in the trees after a break and enjoy their stay at Paiju camp site.

Day 16: Trek to Jhola campsite

On this Day

Accommodation: Tent

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 3,418 m

Distance: 19.8 km

Time: 5-7 hours

The walking on this day will be quite easier as the participants will be following the same trail to the Bradlu gorge. However there may be some river crossings this day. The camp site will be made at Jhola.

Day 17: Trek to Askole and drive to Skardu town

On this Day

Accommodation: Standard hotel

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 2,498 m

Distance: 20 km trek + 127 km drive

Time: 5-7 hours trek + 6 hours drive

On this day the participants will be back to Askole village after walking up the side of the river to the bridge. The participants will give some relaxation to their feet as they will be transferred in jeeps after lunch to Skardu

Day 18: Fly to Islamabad

On this Day

Accommodation: Standard hotel

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 538 m

On this day the participants will take flight from the airport in Skardu to Islamabad airport. They will have a good time to relax at the hotel.

Day 19-20: Contingency days

On this Day

Accommodation: Standard hotel

Meals included: Breakfast, lunch and dinner

GPS Data

Altitude: 538 m

Two free days are allocated for any potential delays. We do not want our guests to miss their international flights due to delays caused by us. These delays can be caused by multiple factors including flight cancellations, road blocks, government paperwork (mentioned in Day 3). The flights sometimes get cancelled due to weather conditions. However it will be a free day incase the participants make it to Islamabad on time. This time can be utilised for sightseeing in Islamabad.

Day 21: Fly to home country

On this Day

Meals included: Breakfast

One of our staff will transfer all our guests to the airport.

Social Responsibility

1 foreign trekker = 1 child's education

Apricot Tours will sponsor one girl's primary education for every foreign trekker who visits Pakistan for K2 adventures. The sponsorships will be for one year at local schools in the Karakoram on need basis.

All our adventures to K2 are special to us because of the tough porters from the Balti community who make trekking and mountaineering in Karakoram possible and we have decided to give back to our remote mountain communities starting from 2019 as part of our CSR initiative.

How educating girls will make a difference?

Educating girls will help to reduce infant mortality rate, maternal mortality, child marriages, population explosion and malnutrition. At the same time, it will help to increase numbers of educated children, involvement in political process, support for diversity and co-existence. In conclusion, our initiative will contribute in improving socio economic growth that is much needed in the remote mountains of Karakoram.

Our participants can also donate separately. Details on this initiative can be requested.

Frequently Asked Questions (FAQs)

How to register?

To start your registration process, please fill out the registration form on our website. We will get in touch with

you once you submit your form.

What is the size of your groups?

The maximum size of our groups is 10 persons. The average size of our groups is 8 members.

Do you organize solo trek?

We can organize solo treks if your dates do not match our dates of departures or if you enjoy hiking solo (with the guide – government requirement).

Solo treks cost more than trekking in a group. However, it is important to understand that a trip to K2 is not possible without a guide and most importantly porters (even when a guest does not ask for them). Reason: According to law, guides do not carry anything. They require porters to carry tents, food supplies, equipments, gas, personal luggage etc for everyone including the porters themselves. Unlike Nepal, there are no tea-houses or any other arrangements. The supplies for 12-14 days has to be taken there.

On our fixed departures, people travel in groups but on the trail almost everyone walks alone and the guide walks behind the last person of the group. One of the assistants/porters walks in front of the group. The difference between the first and last person can go up to 1-2 hours. No one is rushed since all treks on Baltoro are very long and everyone sets his or her own pace.

Do you organize treks for private groups?

We also organize treks for private groups. If you are interested to trek in a separate group with your own friends or family, please get in touch and inform us about your dates that are suitable to your group.

The cost of treks for private groups decreases as the number of people increase in a group.

How to prepare for this trek?

It would be very reasonable to spend some time to prepare yourself before your departure. You can seek professional advice from a professional trainers or on the other hand you should follow the fundamental rules (hike, long walks and other cardio exercises that will help you build stamina) knowing the fact that your body should be healthy enough to walk for long hours, ascend for hours on rugged terrain from boulders to dirt, from snow to glacial ice.

What will be the weather like?

During the trekking holiday, you will experience a variation in temperature. In Islamabad up to 45 °C in Islamabad, 30 °C in Skardu and 26 °C in Askoli. A normal day will be warm unless the clouds cover the sky, until we reach at camp at Concordia where the temperature can be as less as 10 °C or more. Towards the Gondogoro La Pass the slopes leading towards it will be snow covered until early July.

In June we might walk on the snow on higher parts of Baltoro Glacier. The snow normally melts by mid-July. Depending on the weather conditions you might experience snow fall in August and September. Karakoram Range is unpredictable when it comes to temperatures. During anytime of the trekking period temperature might fall down to -10 °C in areas between Paiju and Concordia.

Fixed Departures in the month of September can go even lower than -10 °C. Monsoon rains do not have any effect on the Karakoram Range which makes the summers the best time providing bright skies for the trek. However based on our past experiences since the weather is unpredictable, the participants must be prepared to face any unfavorable weather conditions.

How much to tip porters?

It is very common that the participants at least tip the hardworking porters for their jobs that include carrying loads of supplies and luggage. If the participants are satisfied with the services of the guide kitchen crew, assistant(s) a contribution can be made consisting 95-120 Euros (or equivalent in your currency) would cover total cost of this element. Tour guide/leader will be key in helping with the tip amount for all crew and staff members of our trek. At the conclusion a "thank you" ceremony will be organized for participants to handover the tips. Those porters who leave early will be tipped earlier

What types of meals should I expect?

During this trek, all three meals including breakfast, lunch and dinner) will be served to the participants. A combination of Foreign and Pakistani meals will be included in our food plan. The ingredients for the food will be procured in Pakistan. Breakfasts will have coffee, cereal, tea, eggs, muesli/porridge, bread/chapati included. Lunches will be consumed during lunch breaks on the trek with options include canned/tinned meals (meat, fish), pickles, crackers, chapatti, pate, cheese etc. Weather has a very important role in deciding our lunch menu for the day; the participants will begin the lunch with consuming or end it with tea or coffee, juice, soup etc.

The dinner will always be served in the mess tent and the participants will gather to eat the food freshly prepared by the cooks travelling with our group. The first few days of the trekking, fresh vegetables will be served in food as long as they are fresh and healthy. All the participants who are vegetarian, they must communicate with our office and inform us on advance basis if they need a vegetarian food plan during the trek.

During the trek, Iodized water will be available for the participants throughout the mornings, while taking breaks and camping. Everyone will be consuming spring water every time its available otherwise if we run out of options the participants may drink glacier water that possibly have silt. The kitchen containers which are very large in size are used to keep the water storage and it is also helpful in settling down the silt particles at the bottom. If any participants have any issue with odor of iodine, they may bring their own supplies of bi-carbonated soda. Traditional methods are effective and work very well for everyone there is no harm in the experimentation of new methods.

Will you receive us at the airport?

The participants on the day 1 must arrive at Islamabad International Airport, Islamabad. Our staff/guide will receive our guest at the gates of International arrivals in the airport premises. The guide/staff will escort the guest to their hotel. In case any of our guest does not require pick up from the airport he/she must inform us in advance

They must also give us the details of their flights both inbound and outbound two days prior to their arrival in Pakistan. Upon confirmation of your registration and payments, our office will send you the names and contact numbers of our office personnel.

What is the accommodation like?

While few nights will be spent in the capital city of Islamabad and the town of Skardu, the rest of the nights will consist of camping in tents between the magnificent mountains. The accommodation arrangement in Islamabad is of standard hotels while our hotels selected in Skardu town are among the best. Rooms at our provided hotels will be on twin sharing basis with en-suite amenities.

At the time of camping, the participants will be sharing a tent fit for two persons. If any participant is coming alone on this trek he/she will be accommodated with one of the other member for tent and room sharing. For strangers and solo trekkers, first preference will be given to same gender stays. Nevertheless, a participant can opt for separate tent of hotel rooms as he/she likes, however additional cost will be incurred for making separate arrangement. Any participants seeking separate accommodation must inform our office in advance.

What is a typical day like?

During the trekking days, Our guide will wake up the participants for coffee or a warm cup of tea which we be followed by a decent breakfast inside the mess tent. There will be plenty time before the breakfast to pack the bags. After the breakfast the camps will be closed and the porters will get back to their work handling supplies and luggage ahead of the participants to reach at the lunch site and make preparation for meals. Porters will repeat the process as they will follow 'trek earlier' approach in order to prepare dinner for the participants. Standard trek duration before the lunch will be between 3-4 hours.

Generally one hour is required for the lunch which makes it a very good time to gain your strength back, relax, write and read etc.

Trekking after the lunch will be shorter as compared to trek before the lunch. Once you arrive at the next camp site, the camps will already be setup or in progress. Upon arrival to the camp the participants will be served a hot beverage and dinner will be served when it's prepared. Participants can rest, read, write, socialize, film and photograph upon reaching a camp. Temperature decreases at night normally, participants can get comfortable in their sleeping bags and get a good sleep before next day.

What happens if domestic flights cancel?

To reach Skardu, the participants will take a flight which is subject to weather conditions as the region is surrounded by high altitude mountains and it requires a clear visibility in order to operate. Most of the times the flights operate as per schedule but there are always a chance of flight cancellation due to bad weather conditions. In that case the participants will continue their journey by road (Karakoram Highway), this will be the backup plan to reach Skardu on time as we cannot take a risk to take the flight the other day, complex airline booking for following route and high traffic flow is also a reason to continue the journey by road.

Participants must be very aware of other companies which offer this trek that might result in increased waiting time in hope of taking the flight; this will end up in causing you non-completion of the long-awaited trek on time.

Is Karakoram Highway safe for travel?

We recommend the participants to read the necessary foreign travel information advices on their respective foreign office's website. The travellers on EU residents can find the required information on the 'Travel Advice' section on the website of European Commission. Participants other than EU Nations can look up to their respective foreign office websites. Some of these websites does not allow their citizens to drive on Karakoram Highway, but most of these websites are not updated. In case of flight cancellation, kindly take note that the participants will be travelling on the Karakoram Highway then from Jaglot (Gilgit) they will be travelling on Gilgit-Skardu Road.

Travelling on Karakoram Highway is one of best experiences in Pakistan for both domestic and foreign tourist. These great highway offers one the best views and the participants will travel on this road they will find indigenous communities throughout the trip. Many of the foreign tourists have found this thrilling road trip a plus and never regretted travelling on this road. We recommend the participants must seek more information on traveling coverage from your insurance company. If your insurance company does not provide full coverage for your trekking holiday, You might want to look for other companies. For example in UK, you can consult British Mountaineering Council for good solutions.

What is your guide's job?

Our professional guide will manage all the participants for the complete trekking holiday. These guides have government granted licenses which is recognized from Pakistan's Tourism Department. During this trek our guide will be the focal person for any kind of assistance, communication, help or any kind of complaints and feedback. These guides have a background of working with foreign tourist in the past and have facilitated

many of them from around the world. English is widely spoken our guides.

They are trained to have a very professional interaction with the participants, we recommend the participants to keep a very friendly relation yet professional with their respective guide. In case you are a private group with several members and a speaker of a different language like Spanish, we will try to reschedule our Spanish speaking guide (If available). Other than guide kitchen crew, assistance depending on the size of the group and porters will accompany the participants on this trekking holiday.

The porters are the locals and belong to villages around these areas and most of them are small subsistence farmers. During the trekking season they engage themselves for porter jobs while their kids take care of the farms. They are very welcoming and tourist friendly people who keep the environment healthy in these remote regions by having laughs, singing and dancing whenever they get a chance. These indigenous communities of porters and their elders have been affiliated with this industry from decades and watching the porters with such unbelievable energy is another important experience this holiday offers.

How much money should I carry?

Other than your trekking holiday cost you may carry amount of 250 USD/ 240 EUR/ 1700 CNY/ 200 GBP (or equivalent amount in your local currency). This amount can be used for other expenses and tipping the supporting staff and porters. Upon arrival at the airport you can exchange your currency to Pakistani Rupee, for a good conversion you may seek help from our office.

Any tip to porters will be in Pakistani Rupees or any other shopping you want to do in Pakistan. US Dollars can be easily exchanged in most of the areas but we advise one-time exchange. For shopping in Islamabad credit cards come handy for any shopping of gifts/souvenirs or items like rugs. In Islamabad and Skardu Town Automated Teller Machines will be available to withdraw cash from credit/debit cards but you will be only able to withdraw Pakistani Rupees.

What is the maximum baggage allowance?

All the luggage/baggage will be carried by the porters which includes equipment, supplies etc. 12.5(20 pounds) kilograms is the limit maximum for packed trekking bag. The maximum limit of load will include sleeping bag and sleep mattress. It is very important to bring only required items on the trek. Parts of your luggage can be left at the Skardu Hotel.

The maximum limit of 12.5 kilograms which is strictly followed is assigned by the organization of local porters. On this trek, the mountaineering equipment will not be included in personal baggage allowance (12.5kg). The mountaineering equipment will be collected from you in Skardu that porters will carry separately.

What is the maximum altitude on the trek?

All our potential guests must read and know the different elevations mentioned for each trekking day above. This is a hard trek at a very high altitude. But do not worry yourself humans are gifted to become familiar to high elevations, the participants must acclimatize to our well-planned itinerary. The maximum elevations depending on your choice of trek are given below.

Gondogoro La Height/Elevation: 5,585 meters
K2 base camp height/Elevation: 5,130 meters

What clothes or equipments should I bring on the trek?

We provide three lists for all our K2 holidays. List 1 includes must-bring items for all our K2 adventures. List 2 is only for treks that include the Gondogoro La pass. The 3rd list contains items that you may need during your trekking holiday. Based on your past experience and judgment you may select equipment or things required from 3rd list.

List 1 - Must Bring Items:

- First Aid Pack (Diamox (Altitude), Dioralite (re-hydration salts), antiseptic cream, blister treatment, throat lozenges, plasters, Imodium (diarrhea treatment), painkillers)
- Hiking Backpack (Day Pack) 32-42 Litres
- Fleece jacket with hood or a warm jumper
- Mittens or gloves
- Gloves (Thermal)
- Headtorch with spare batteries
- Hiking boots (over the ankle boots. low cut boots not recommended)
- Sleeping bag (-16°C comfort rated)
- Sandals (sports) or old shoes (to cross rivers)
- Sun protection cream (including total block for nose, lips etc.)
- Sunglasses
- Sunhat
- Thermarest or any similar mat/pad for sleeping
- Warm hat
- Warm jacket (down)
- Water bottles 1litre (x2)
- Waterproof jacket
- Waterproof over-trousers
- Antibacterial hand wash
- Shirts/T-shirts
- Small towel
- Socks
- Spare laces
- Underwear (normal and thermal)
- Trekking poles (highly recommended)
- Wash-bag and toiletries
- Walking socks (2/3 pairs)
- Baselayer - leggings (Thermal)
- Trekking Trousers
- Baselayer thermal shirts (2 long sleeves, 2 short sleeves)

List 2 - Mountaineering Equipments (for Gondogoro Pass treks only):

- Crampons
- Mountaineering boots (compatible with your crampons. Minimum Grade B2. Many trekkers including the guide/porters use their hiking shoes with crampons as mountaineering boots are required on one day only. However we are not suggesting you do the same.)
- Ice axe (Few people including the guide/porters don't bring ice axe and do fine. We are not suggesting you to do the same)
- Climbing harness
- Karabiner/Carabiner (screwgate type x 2)
- Climbing helmet
- Prusik loops X two (2) - (4 meters of 6 mm cord makes up 2)
- Sling (120 cm)

List 3 - Optional:

- Buff or scarf
- Small padlock (for locking your bag)
- Camera
- Insect repellent
- Pen-knife (important: pack sharp tools in hold luggage)
- Repair kit (e.g. thread, needle, duct tape)
- Liner (for sleeping bag)
- Travel clothes

Where can I purchase my equipments?

Below are a few options where you can shop online for this trek.

- **Bergzeit**
- **Gear Express**
- **Trekk INN**
- **Mountain Gear**

Can we rent equipments in Skardu?

Yes, a few equipments (e.g. crampons, mountaineering boots, harness, climbing helmet etc) can be rented and purchased in Skardu town but it is not guaranteed that you will find the right size or the right price. The few mountain equipment stores in Skardu wait all year long to sell/rent these equipments at the best price possible. These equipments are used/second-hand equipments available in the market and not always reliable. The rents for these equipments are not fixed. If we are informed in advance, we can make arrangements.

Are all fixed departures guaranteed?

To conduct the “Fixed departures” a registration number of six (6) participants is required. We receive several guest numbers for each of our fixed departures. We believe it is important to communicate it with our potential guest.

However you can make sure of the holiday status on our website and page. Status “available” means that we are accepting further registration from our guests while “guaranteed” means we have achieved the required number of guests and the trip will start as per the given dates. We will be in touch with our registered guests constantly. The guidance will be given step by step regarding flights reservations to Pakistan and visa applications etc.

How and where can I apply for Pakistani visa?

To apply for visa to Pakistan, a passport is required with at least later than 6 months. For more updated and reliable information we advise you to contact the nearest Pakistan’s Consulate in your city or country. We believe you will responsibly carry the task of ensuring right documents required for travel. If an individual is visit non-EU nations, the individual must ensure 2 vacant pages in his/her passport (travel documents) for each country you are planning to travel.

Tourist (Visit) Visa is normally required for individuals who are visiting Pakistan for trekking, foreigners already living in Pakistan on work visas require a No-Objection-Certificate (NOC) which normally takes up to 6 week time. It taken around 200 USD for visa fee but our recommendation still stays with consulting Pakistan’s High Commission or Consulate nearby. An invitation letter from us (Apricot Tours) and at times a

copy of “government trekking permit” for the group is required to apply for Pakistani Visa. We will assist you in obtaining the visa by providing you the necessary documents once you register with us. The trekking permit is not compulsory to apply for visa.

Do I need vaccinations before coming to Pakistan?

A relevant doctor of health consultant should be consulted before travelling to Pakistan. You should consult the doctors for any necessary vaccination, communicate your plan and list down every prevention measures. Our guest must be secured with the approved vaccines and boosters in your country and also consider discretionary vaccine shots for example Malaria prophylaxis. Although Malaria does not exist in parts of Islamabad. Your accommodation will be in safe and clean areas. However there are reports of Malaria and Dengue cases during rainy season in hospitals in Islamabad.

Even though there a little but chances of Malaria in Skardu and other towns of Gilgit-Baltistan. Long pants, Long sleeves and mosquito repellents eliminate the chances of getting infected by Malaria but as a best practice it is better to get the relevant vaccine to avoid any of it during the trekking holiday. Consulting a dentist is also recommended before commencing the holiday in the remote mountainous region.

After the trek, all the guests who wish to extend their stay up to 4 (four) weeks or further must know that on exit from the country, a proof of vaccinations will be required if you are coming from countries (more than 12 hours transit country also included) with serious threats of transmission of yellow fever. For more information kindly visit [this website](#), this will be very helpful in getting the relevant information.

Do I need batteries and accessories on the trek?

Portable chargers, storage cards and extra batteries may be required during the trekking holiday. We advise you to make a relevant list of adapters, sockets and any other kind of electrical items you might require to keep your devices function as long as possible.

To find out the best portable battery chargers please visit this [link](#).

Is Pakistan safe for foreigners?

We recommend and support all travel and safety of health campaigns by different countries around the world and there for strongly advice our guest to take out some time to read official travel advisory on their countries Foreign office's website. The safety of our guest is our top most priority. We will only start the trips once we are satisfied with safety and security. We will be always in touch with the guest booked for Pakistan and have a bilateral communication.

More Options

We are offering the following four K2 holiday options given in the table below.

Holidays	Price (USD)	Deposit (USD)
<u>K2 Base Camp Trek (21 days)</u>	US\$ 2,290	US\$ 350
<u>K2 Base Camp Horse Safari (21 days)</u>	US\$ 3,100	US\$ 350
<u>K2 Gondogoro La Circuit (21 days)</u>	US\$ 2,490	US\$ 350
<u>Karakoram Grand Base Camps Trek (24 days)</u>	US\$ 2,690	US\$ 350