

Gondogoro Peak and K2 Base Camp 5695m



EXPEDITION OVERVIEW

Gondogoro Peak (5695m) has been introduced to provide an interesting addition to our K2 Base camp trek. The peak (not to be confused with the Gondogoro La, a trekkers pass) is located close to the beautiful Laila Peak, one of the most stunning mountains in the world! We approach the peak from the Hushe Valley, and climb Gondogoro Peak. We then cross the famous Gondogoro La into Concordia which you follow up to K2 Base Camp where you stay overnight to complete one of the most amazing journeys on earth...spectacular from start to finish and a must do trip!

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

OUTLINE ITINEARY

This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation. A number of rest days are programmed and these are an important part of our structured acclimatisation programme. This does not mean you shouldn't do anything – non strenuous walks around the camp, gaining some height and then descending again is likely to be beneficial if you feel you have the energy

Days 1/2 Depart UK arriving Islamabad the next day. Transfer to the hotel.

Day 3/4 We fly to Skardu and enjoy a free day there. (Depending on the political situation in the area, if the weather doesn't allow the flight we may make the 2-day drive up the Karakoram Highway (the old silk route) which is just as spectacular.) Free day in Skardu if we fly.

Day 5 We travel to Hushe by Jeep along a narrow winding trail. The road can quite often suffer from erosion causing it to close quite often, in which case we must walk.

Day 6 Acclimatisation walk to Mashabrum base camp at 4380m

Day 7 Today with porter support we leave Hushe, the last inhabited village, to trek up the Gondogoro Valley by the East bank of the Hushe River. We camp at Saitcho a lovely spot at the junction of the Gondogoro and Charakusa Valleys by a beautiful lake directly opposite the ice fall which tumbles down from the Mashabrum La

Day 8-9 We continue up the valley passing the beautiful Laila Peak and many other stunning 6000m Peaks to reach Gondogoro base camp.

Day 10 Ascent of Gondogoro Peak 5750m Technically straight forward but with a summit that gives a panorama of Mashabrum, Chogolisa, Hidden Peak, Trinity Peak and of course the spear like Laila Peak! Return to Gondogoro base camp.



Descending from the summit of Gondogoro Peak

Day 11 Climb to Gondogoro La high Camp.



Day 12 Cross the Gondogoro La to Ali camp

Day 13 Ali camp to Concordia, Here we are at the junction of the Baltoro, the Goodwin Austen and the Broad Peak glaciers. Within sight to the north and east are four of the world's 8000m peaks, and a further 37 peaks in excess of 6500m! Where else in the world would a mountain lover dream to be? 5 to 6 hours walking.

Day 14 We continue on up to the K2 base camp, passing Broad Peak camp on the way. Overnight at K2 Base Camp. 5 to 6 hours walking.

Day 15 We spend the morning at K2 base camp before returning to Concordia.

Day 16 Heading south we descend down to Goro camp site passing Masherbrum and the impressive Muztagh Tower.

Day 14, Today we say goodbye to the sights of the great 8000m peaks that have dominated the skyline over the past few days, instead we get the great rock towers; Trango and the 'Nameless Tower'. Overnight at Urdukas (3,950 m)

Day 15 Descend to vegetated and green Paiyu camp site not stopping at Khobrase on the way down as we are now well acclimatized and the walk down is not as hard as going up and much quicker.

Day 16 We stop at Julla which is the place of crossing the Domurda River. 6-7hrs

Day 17, We return to Korofong camp site after crossing the Domurda River. 6-7hrs

Day 18 We return to the 'metropolis' of Askolie! Well, at least it feels like one after being on the Baltoro.

Day 19, Jeep drive back to Skardu (2,500 m 8,200 ft):.for a hot shower and a warm comfortable bed!

Day 20/21 Flight or a 2-day drive to Islamabad. Free day in Islamabad if flying.

Days 22/23 Depart Islamabad



staff including the porters, guides and cook staff. These folk work incredibly hard and will do almost anything to help you out along the trek. You will probably want to make a reasonably generous tip at the end of the trek and we recommend allowing about \$80 for this.

WHAT IS NOT INCLUDED

- Air Travel to Islamabad
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations, food whilst the team is in Islamabad.
- Personal medical supplies and personal use of communication equipment.
- Porter Tips/Bonus.
- Costs associated with leaving the expedition early or delays, such as extra nights accommodation.

PREVIOUS EXPERIENCE

You should ideally have previous altitude experience to at least 4000m and have previous winter walking skills with crampons.



CATERING ARRANGEMENTS

Food on the trek is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled poached or omelettes) and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by poppadums, popcorn or prawn crackers. The main meal varies from local style – Curry, Dal Bhat (rice and lentils with an onion and vegetable sauce), stews etc. to western style, chips, pasta and even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!



WHAT IS INCLUDED

- Internal flights to Skardu
- British Expedition Leader (Local leader for smaller groups)
- All permits, charges, importation taxes and levies payable to the Government of Pakistan in connection with the expedition.
- All hotel and other accommodation as per the itinerary up to and including two nights accommodation on our return to Islamabad.
- All tents, ropes and other communal equipment necessary for the climb.
- Medical safety equipment and supplies
- Satellite telephone
- All food, fuel and cooking equipment.
- All trucks, jeeps, porters, base camp workers. Base Camp services., cooks, cook boys, tents, seating etc.

EXTRA COSTS

You will spend very little extra once we are on trek, so the extra costs will be restricted to the odd hotel meal at the start and finish of the trek. It is also traditional to tip the local

INSURANCE

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is **essential**. We will require a copy of your insurance prior to departure.

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags, high altitude boots and down jackets can be hired or purchased with a 15% discount .

BAGGAGE

For your own comfort, travel light. Normally airlines restrict baggage to 20kg but you will be wearing boots and one set

of trekking clothes. Once on the move you should aim to limit your gear to 15kg, some items can be left at the hotel in Huaraz for your return. A suitable kit bag is provided but important items should also be packed in plastic bags.

ABOUT PAKISTAN

Pakistan is an enormous country which has had its share of political troubles, but last year the British Foreign Office relaxed its advice for travellers. Adventure Peaks have run a number of expeditions and treks in recent years who all commented on what a wonderful and friendly place Pakistan was, many will return here before going back to Nepal. The Balti people are some of the friendliest and happiest folk I have met, always singing and dancing. Don't expect the horror stories of the past, gone are the famous Balti strikes and it is wonderfully clean .



HEALTH

The risks to health whilst travelling will vary between individuals and many issues need to be taken into account, e.g. activities abroad, length of stay and general health of the traveller. It is essential that you consult with your General Practitioner or Practice Nurse 6-8 weeks in advance of travel. They will assess your particular health risks before



recommending vaccines and /or antimalarial tablets. You can also check the fit for travel website www.fitfortravel.nhs.uk

Our leaders hold first aid certificates and carry a first aid kit for medical emergencies. However, you should bring your own supplies of plasters, blister prevention pads (compeed),

paracetamol, Insect repellent (DEET) etc. and any medication you are taking.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are more difficult to replace.

