

## PAKISTAN - K2 Basecamp



### TREK OVERVIEW

This is one of the greatest treks in the world, unbeatable in terms of close-up mountain views and proximity to many of the world's highest peaks. On this trek you literally walk past three of the world's giants and for two nights camp right below K2, the second highest of them all. However this is a tough but rewarding trek, with many days being spent on the rugged, tumbled glacier as you head up to and beyond Concordia where the Baltoro and the Godwin-Austen glaciers converge in a beauty and simplicity of ice and rock.

Many trekking operators turn round here but Adventure Peaks takes you on up past Broad Peak to K2 base camp where we spend a night, allowing you time to absorb the unique atmosphere and environment surrounding this unforgettable mountain. The return to Askole is via the same route, but it is surprising how, when facing the other direction, the mountains look very different! We allow plenty of spare days for contingency and acclimatisation and in case of delays.

This is a trek that requires physical and mental fitness but boy, it is worth it!

### 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.

## PREVIOUS EXPERIENCE/FITNESS

The trek is **tough and demanding** but the rewards are spectacular. You must be used to multi-day hill walking, **be able to cope with sustained walking on rough and loose terrain** and have a **high level of fitness** to fully enjoy your time on this trek. Although much of the time is spent walking on the Baltoro glacier, crampons and ice axes are NOT required. There may be one or two occasions where you a rope is in place to help you ascend or descend steep slopes on the glacier. Most days involve 5 - 7 hours walking plus plenty of rest stops.



## GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of seven or more passengers. He/she will be assisted by an experienced Pakistani leader. Smaller or private groups will be led by an English speaking Pakistani guide. This trip is exclusive to Adventure Peaks.

## WEATHER

The best weather is found during the period June to August when it is usually quite fair, dry and stable. Daytime temperatures will vary (10-35°C) and you can expect it to be very hot at the start and end of the trek, but cool to very cold (especially with wind chill) higher up. Night-time temperatures are cold (possibly as low as minus 15°C) and you should make sure you have a very warm sleeping bag. A down jacket and good quality mitts are highly recommended.

## WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 45l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

## 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 and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice and is followed by a hot meal and dessert. 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), western or Chinese food. Desserts are equally appealing and can include apple pie, cake and custard. You will not be hungry!

## ACCOMMODATION

In Islamabad and Skardu you will stay in good hotels in rooms with private facilities. Twin, double or single (supplement applicable) rooms are available. In the mountains you will be in two-person tents. Toilet tents, or long drop toilets, are provided at camps. Warm washing water will be supplied.

## LANGUAGE AND TIME

**Language:** Urdu is the official language of Pakistan. The local language on the trek is Balti. Guides and cooks will speak English.

**Time:** GMT+5. No daylight saving time at present.



## HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [Fit For Travel](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

## INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Pakistan and that any evacuation in the event of a serious medical

emergency to the nearest hospital will be by land and not by helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

### ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

### 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 cannot. Pack important items in strong plastic bags.

### EQUIPMENT

A detailed equipment list is provided on booking. Normal winter walking clothing and a four season sleeping bag (which can be hired from us) are the main items. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

### BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 18kg, (you will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Skardu for your return.



### VISAS AND PERMITS

Visas for entry into Pakistan are required by nationals of the UK, Ireland, USA, Canada, Australia, New Zealand and most EU countries. Details of how to obtain your visa will be forwarded to you on booking. It can be time-consuming!

### LOCAL COSTS

All accommodation and all meals on trek are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, personal spending and tips.

### CURRENCY

The currency in Pakistan is the Rupee (PKR). ATMs and change bureaux are available in the arrivals hall at the airport, but it is easier to change your money or use an ATM or authorised money changer in the hotel or in Islamabad. Credit cards are accepted for purchases in Islamabad and Skardu.



### TIPPING

Tipping is an accepted part of life in Pakistan. We generally tip our local staff as a whole and would recommend around £100 per person to cover all tips.

### ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

### FLIGHTS AND JOINING ARRANGEMENTS

Within the published price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the Land Only price and the price of flights. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change. **ALL** clients will be met on arrival and transferred to the first hotel. If you have booked your own flights there may be a small charge for this service

**The rendezvous for this trip is the ARRIVALS HALL AT ISLAMABAD AIRPORT when your flight comes in on Day 2.**

Return flights can be booked for any time on Day 24.

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

## K2 BASE CAMP ITINERARY

No	Day	Today we...	We stay at...	Accommodation is...	Meals...
1	Sat	Fly	Plane	Plane	
2	Sun	Arrive Islamabad	Islamabad	Hotel	B
3	Mon	Fly to Skardu	Skardu	Hotel	B
4	Tue	Free in Skardu	Skardu	Hotel	B
5	Wed	Jeep to Askole	Askole (3000m)	Camp	BLD
6	Thu	Trek 1	Jhola (3100m)	Camp	BLD
7/8	Fri/Sat	Trek 2/3	Paiju (3420m)	Camp	BLD
9	Sun	Trek 4	Khoburste (3795m)	Camp	BLD
10	Mon	Trek 5	Urdukas (3900m)	Camp	BLD
11	Tue	Trek 6	Goro 2 (4200m)	Camp	BLD
12/13	Wed/Thu	Trek 7/8	Concordia (4500m)	Camp	BLD
14	Fri	Trek 9	K2 Base Camp (5050m)	Camp	BLD
15	Sat	Trek 10	Concordia (4500m)	Camp	BLD
16	Sun	Trek 11	Goro 1 (4000m)	Camp	BLD
17/18	Mon/Tue	Trek 12/13	Khoburste (3795m) / Paiju (3420m)	Camp	BLD
19	Wed	Trek 14	Jhola (3100m)	Camp	BLD
20	Thu	Trek 15	Askole (3000m)	Camp	BLD
21	Fri	Jeep to Skardu	Skardu	Hotel	BL
22	Sat	Fly to Islamabad	Islamabad	Hotel	B
23	Sun	Free in Islamabad	Islamabad	Hotel	B
24	Mon	Depart Pakistan	Plane	Plane	B
25	Tue	Arrive home	Home	Own bed!	

**Days 1 to 3** Depart UK, arriving Islamabad the next day and transfer to the hotel for a few hours sleep. After an early breakfast we return to the airport for the flight to Skardu, which usually departs mid-morning. Given good weather this is perhaps the most spectacular commercial flight in the world, with magnificent views of Nanga Parbat the ninth highest mountain in the world. The flight however will not operate in poor weather, and you must be prepared for a wait in Islamabad if the flight is cancelled.

**Days 4/5** After a free day in Skardu, we travel by Jeep to Askole, the last village between us and K2. This journey takes about 7 hours and is on very rough narrow tracks often blocked / damaged by landslides.

**Day 6** We set off early to avoid the heat of the day. We follow the Braldu river valley through green pastures and after crossing the Biafo River we skirt around the base of the terminal moraines of the Glacier for lunch at Korophon. Beyond here a new path has been cut through the cliffs making the walk to camp straightforward. *7 to 8 hours walking.*

**Day 7** We continue up the Braldo River, sometimes close to the raging water, sometimes taking a higher path used by pack animals. If the weather is clear we get our first glimpse of Broad Peak today. Despite the stories in old guide books and journals, much has been done in recent years to remove rubbish and human waste to leave a much cleaner environment with well managed camps. *7 to 8 hours walking.*

**Day 8** An important resting day follows when the porters will prepare their food for the trek ahead. We will make a side excursion to gain some altitude from where we can get superb views up the Baltoro Glacier.

**Day 9** After one hour we climb up onto the rocky moraines of the Baltoro Glacier. From here on the glacier will be our highway - sometimes icy, sometimes moraine covered, with lots of ups and downs as we cross moraine ridges. The sight of Paiju Peak and the Trango Towers are truly astounding. *6 to 7 hours walking.*

**Day 10** Today we should get our first distant sight of Broad Peak and the Gasherbrums. A shorter day of walking up the glacier to the campsite which is located on a grassy slope high above the Baltoro and commands one of the most dramatic mountain views in the world, dominated by 'Nameless Tower'. *4 hours walking.*

**Day 11** We continue gently upwards, passing the Yermanandu glacier which flows down from Masherbrum (7821m), while the Muztagh Tower pierces the sky on the north side. At the head of the glacier Gasherbrum 4 looms large. Tonight we camp on the glacier. *7 to 8 hours walking.*

**Days 12/13** A shorter day takes us on up to 'Concordia', where we spend 2 nights with a day's rest to aid acclimatisation. 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 up to the K2 base camp, passing Broad Peak camp on the way. *5 to 6 hours walking.*

**Day 15** We spend the morning at K2 base camp before returning to Concordia where we will have time relax in the afternoon. *4 to 5 hours walking.*

**Days 16 to 20** We retrace our upward route back to Askole over the next 5 days. *4 to 6 hours walking each day.*

**Days 21 to 23** A 7-hour jeep drive back to Skardu, followed by a flight back to Islamabad, with a couple of spare days in hand in case of delays which can be used for further exploration of Islamabad.

**Days 24/25** Depart Islamabad, arriving home the following day.