

SNOW LAKE AND HISPAR LA



Starting the Snow Lake trek passing through fields near village of Askole



HIGHLIGHTS

- This is one of the world's great mountain journeys traversing the huge Biafo and Hispar glaciers connecting two ancient mountain kingdoms; Hunza in the west with Baltistan in the east. The high point of the trek is the camp at Hispar La at an altitude of 5,151m.
- Martin Conway, the first foreign visitor, gave Snow Lake the name in 1892 and described this area as "beyond all comparison the finest view of mountains it has ever been my lot to behold, nor do I believe the world can hold a finer".
- Throughout this trek there are superb views of jagged peaks towering above, these include Kanjut Sar (7,760m), Distaghil Sar (7885 m.) Makrong Chhish (6,607m), Latok group (Latok I: 7,145m, Latok II: 7,108 m, Latok III: 6,949m, Latok IV: 6,456m) and Baintha Brakk/The Ogre (7,285m).
- This trek visits a remote and unspoilt region of the Karakoram where very few other trekking groups visit so the trail will be quiet and it is unlikely you will see other trekkers along the way. The campsites are idyllic with many located in grassy meadows behind lateral moraines off the glacier.
- As this region is so remote it serves as the last stronghold for many animal including Himalayan bear, ibex, markhor and the snow leopard.
- Snow Lake is a challenging trek: both the group and porters will have to rope up at times as we approach Snow Lake. In places the trail is difficult as we have to climb over moraine ridges covered by loose rocks; traverse a number of tributary glaciers and cross glacial streams.



REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR SNOW LAKE AND HISPAR LA

- Adrian Summers will lead our Snow Lake trek in July 2011, he is an experienced trek leader and Pakistan specialist having already completed Snow Lake trek on two previous occasions. For more information on his background and experience:

<http://www.themountaincompany.co.uk/about-the-mountain-company/our-leaders/adrian-summers/>

- Our Snow Lake trek itinerary has 22 days from arrival to departure to/from Islamabad. We decided to add several extra days to this trip as travelling in Pakistan is unpredictable at times so having more time in the itinerary will increase your chances of successfully completing the traverse from Baltistan to Hunza.
- We have included sightseeing days in Skardu (if we fly from Islamabad) and in Karimabad. In Skardu we explore the bazaar and visit the fort where there is a good view of the Indus river. In Karimabad we can walk around this spectacularly situated town and visit the forts of Alti and Baltit dating from the 13th century.
- The Mountain Company has a long track record of organising treks in Pakistan, our groups have visited Pakistan every year since 2004.
- If you end up driving to Skardu we plan to take Babusar Pass road that avoids the more volatile regions on the Karakoram Highway (KKH) near Besham, this new road goes from Mansera to Balakot, Naran and Chilas. If this new road is not open then we will take the original KKH road.
- We bring a satellite phone (and solar panel) for logistical, safety and personal use.
- The Mountain Company will pay US\$10,000 bond to Askari Aviation in Pakistan before the trek so, in the unlikely case a helicopter rescue is required, Pakistan Army will fly as soon as we contact them on the

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: RoIandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



satellite phone. If the bond has not been paid it will only take off when the money has cleared through their bank account (which can take a few days) even if you have comprehensive insurance coverage.

- We work with the same trekking crew each year, our local trekking guides are very experienced and live in the Northern Areas of Pakistan.
- We provide each porter with rain/windproof jacket & trousers in addition to paying the government regulated equipment money. As far as we are aware no other tour operator does this.
- There will be a range of tasty meals for breakfast, lunch and supper. We bring along fresh vegetables and meat (chickens and a goat). We also bring along a supply of chocolate bars, Pringles, nuts and biscuits.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).
- Everyone's blood oxygen saturation and heart rate is measured twice daily using a pulse oximeter in order to monitor how the group is adjusting to the altitude.
- We have a limited number of "Harness packs" for rent, this includes harness (Black Diamond Alpine BOD), figure of eight abseil device with a large carabiner, three scwagate carabiners, two slings and prussik cord.



SNOW LAKE AND HISPAR LA

Total number of days	22 days
Grade & days trekking	Strenuous, 12 trekking days
Accommodation	8 nights hotel, 13 nights camping
2012 price ex Islamabad	£2,595 (US\$4,150)
Minimum group size	6
Dates	July 8 th to 29 th 2012 July 7 th to 28 th 2013 July 6 th to 27 th 2014



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight from Islamabad to Skardu (if cancelled then we will drive to Skardu on KKH via Babusar Pass).
- All internal transport and transfers including private airport collections.
- Twin share room at private guesthouse in Islamabad and at K2 Motel in Skardu.
- Breakfast only in Islamabad, all meals included in Skardu and on trek.
- Twin share domed tents while on trek.
- All trekking arrangements including permits and fees, Western and Pakistani guides, cook and porters.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone and face to face meetings in London. After booking with us we will send you our comprehensive "Pakistan Trek Information" notes

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£150 (US\$250)
Single tent supplement	£195 (US\$295)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Islamabad (London from £600).



- Travel & trekking insurance (eg. Snowcard from £90).
- Pakistan visa at £104 (obtain before departure).
- Lunch and evening meals in Islamabad.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to local trekking crew (these are discretionary however expected for good service in Pakistan, an appropriate amount to budget for would be approx £90 or USD\$150).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or



death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

Snow Lake is a high altitude glacial basin over 16km wide located at the head of the Biafo and Hispar glaciers. Martin Conway, the first foreign visitor, gave Snow Lake the name in 1892 and described this area as "beyond all comparison the finest view of mountains it has ever been my lot to behold, nor do I believe the world can hold a finer."

Biafo and Hispar glaciers meet at Hispar La making this system the greatest concentration of glacial ice outside Antarctica. This vast river of ice connects two ancient mountain kingdoms; Hunza in the west with Baltistan in the east. Snow Lake area was described by the famous mountaineer explorer Eric Shipton as 'the last blank on the map'. As this region is so remote it serves as the last stronghold for many animal including Himalayan bear, ibex, markhor and the snow leopard.

Towering high above Biafo and Hispar glaciers are jagged peaks, these include Kanjut Sar (7,760m), Distaghil Sar (7885 m.) Makrong Chhish (6,607m), Latok group (Latok I: 7,145m, Latok II: 7,108 m, Latok III:



6,949m, Latok IV: 6,456m) and Baintha Brakk/The Ogre (7,285m). The Ogre was famously first climbed in 1977 by Britons Doug Scott and Chris Bonington when they had an epic descent with Scott breaking both of his legs and took a week to reach Base Camp.

The trek starts by following the K2 Base Camp trail and then turns west onto the Biafo Glacier. The trail for next few days follows loose rocky moraine ridges on the glacier although the campsites at Namla, Mango and Baintha are located in grassy areas behind lateral moraines. From Baintha camp we go back onto the glacier and follow the wide ice highway making the walking relatively easy compared to loose rock earlier on the trek.

Having reached the highest point of our journey on Hispar La at 5151m we begin the descent into Hunza to complete the traverse; you will notice that the Hunza region has a language and culture very different to Baltistan.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Islamabad.

You will be met on arrival at Islamabad airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. A full trek briefing will be given in the afternoon. Overnight hotel.

Day 2. Fly to Skardu.

Today we will attempt to fly to Skardu in Gilgit-Baltistan, if the flight is cancelled then we will spend the night in Islamabad and start driving Karakoram Highway (“KKH”) tomorrow. Overnight K2 Motel in Skardu or Guesthouse in Islamabad.



Day 3. Drive KKH to Chilas (if flew to Skardu yesterday then we explore the town today).

If the flight was cancelled on Day 2 then we will start driving KKH. Overnight Shangri La hotel in Chilas.

If we flew to Skardu on Day 2 then this is a day to explore Skardu, it is well worth going into town to see explore the bazaar and visiting the Skardu fort which has a good view of the Indus river. We might be lucky and get to watch a game of polo in the evening. Overnight K2 Motel in Skardu.

Day 4. Drive to Skardu on KKH (if we flew on Day 2 then we will drive to Askole today and have one extra buffer day for the trek).

Day 5. Skardu to Askole (3,050m) by jeep- 6 to 7 hours driving.

An exciting drive on a winding jeep trail in the arid landscape past villages with fertile terraces and apricot trees, Askole is the last village we will see for a few weeks. Overnight camping.

Day 6. Trek to Namla (3,566m)- 8 hours walking.

The trek starts by following the K2 Base Camp trail and then turns west onto the Biafo Glacier. The trail ascends over a shoulder to reach the left moraine and descends on to the glacier then back on to the left bank where the grassy camping site called Namla is located behind a lateral moraine. Overnight camping.

Day 7. Trek to Mango (3,720m)- 5 hours walking.

After crossing a fracture zone on the glacier we reach the centre of the glacier where we follow moraine ridges, underfoot there is loose rock making this a challenging day. We set up camp on the left bank of the Biafo in a grassy area. Overnight camping.

Day 8. Trek to Baintha (4,035m)- 6 hours walking.

The route continues up the centre of the glacier on a broad highway of ice making the walking easier than yesterday. We cross to the right and come off the glacier to a grassy area where Baintha camp is located. Overnight camping.



Day 9. Rest and acclimatisation day.

This is a rest day for you and the porters in order to help with acclimatisation to the high altitude. You can relax in camp or if feeling energetic walk up a ridge behind camp with fine views of Latok group and The Ogre. Look out for Ibex that can often be seen grassy slopes above camp. Overnight camping.

Day 10. Trek to Morfogoro (4,300m)- 6 hours walking.

The trail is steep and loose to get onto the glacier however once there we follow the flat glacier making relatively straightforward walking. Further along the glacier there are some crevasses to be aware of where depending on the conditions we might rope up to safeguard our passage. There are superb views of many peak including The Ogre (7,813m) and also we will get the first views of the Hispar La and Snow Lake. Overnight camping.

Day 11. Trek Hispar La Base Camp (4,590m)- 5 to 6 hours walking.

Today we walk to the south end of a large snowy flat area known as Snow Lake finding our way through a network of crevasses. Snow Lake is a high altitude glacial basin over 16km wide at the head of the Biafo and Hispar glaciers. Martin Conway, the first foreign visitor, gave Snow Lake the name in 1892 and described this area as "beyond all comparison the finest view of mountains it has ever been my lot to behold, nor do I believe the world can hold a finer." Overnight camping.

Day 12. Cross Snow Lake and trek to Hispar La (5,151m)- 5 to 6 hours walking.

Today we traverse across the vast Snow Lake area and make the ascent to Hispar La. The climb to Hispar La is not too steep although it always feels quite strenuous at this altitude, we also have to be aware of the crevasses in this area. The views at Hispar La are fantastic looking down Biafo glacier to Snow Lake and The Ogre and other side down Hispar glacier to peaks in Hunza. Overnight camping.

Day 13. Trek to Kani Basa (4,470m)- 7 hours walking.

After an early start we descend from Hispar La crossing a crevassed area and then later on the glacier flattens out. We have to cross Kani Basa glacier



which is a fracture zone where the two glaciers collide. Shortly afterwards we reach our camp located in a grassy ablation valley with good views of Kanjut Sar (7,760m). Overnight camping.

Day 14. Trek to Jutmal (4,170m)- 6 to 7 hours walking.

This is a challenging day as we have to find our way through a series of moraine ridges; climb a loose scree slope then cross several glacial streams. Jutmal camp is on a grassy area along the side of the glacier. Overnight camping.

Day 15. Trek to Bitanmal (3,760m)- 8 hours walking.

After an hour we descend down a steep bank to cross another side glacier then back to the valley as before where the walking is good. Camp at Bitanmal is in a large meadow often used by herders from Hispar village. Camp overnight.

Day 16. Trek to Falaling Chhish (3,600m)- 4 hours walking.

We make the last side glacier crossing over the Kunyang Glacier, then walk up by a steep path and cross a stream to get to the meadows at Falaling Chhish. Overnight camping.

Day 17. Trek to Hispar village (2,302m).

From our camp at Falaling Chhish we cross a bridge to reach Hispar village. You will certainly notice the vibrant green of the orchards and terraced fields after the black and white scenery of the Hispar Glacier. Depending on the condition of the road we may meet our jeeps in the village if the road is broken then we have a further walk followed by a short drive to our last camp on this trek. Overnight camping.

Day 18. Drive to Karimabad (2,438m).

We take a jeep for a couple of hours to Nagar village along a rather narrow track before reaching the Karakoram Highway. We drive up the road to Karimabad where we check into a hotel and the rest of the day is free to wash up, relax and explore the town. Overnight hotel.



Day 19. Sightseeing in Karimabad.

Hunza valley is very beautiful and today we have the chance to explore Karimabad, it is an interesting town spectacularly situated on a hillside to the north of the road with views of the fertile valley below (due to their extensive irrigation system) and a glimpses of snowy mountains.

We will certainly visit the forts of Alti and Baltit dating from the 13th century- the Baltit fort, once the home of the ruling Mir, guards the valley and is now a museum and the Alti fort is even more dramatic perched above the Hunza river. Overnight hotel.

Day 20. Drive to Chilas- 8 hours driving.

Overnight hotel.

Day 21. Drive to Islamabad via Babusar Pass- 9 hours driving.

Overnight hotel.

Day 22. Fly back home.

Transfer to Islamabad airport for the flight back home. End of trip.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

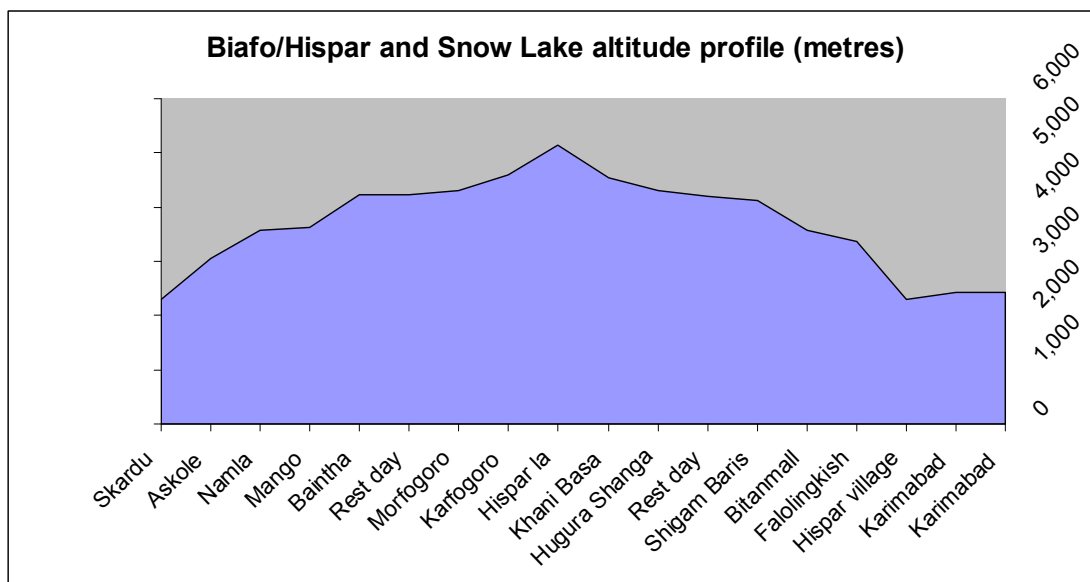




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Snow Lake itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drinks lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.



For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 (US\$5) per minute and £2 (US\$3) to send and receive SMS text.

ACCOMMODATION IN ISLAMABAD & SKARDU

In Islamabad we use a private guest house, the facilities are similar to a three star hotel however has a lower profile and better security than larger hotels in Islamabad.

In Skardu we stay at the K2 Motel, this is the best place to stay with beautiful gardens overlooking the Indus River. It is a well known hotel used by generations of expeditions to the Karakoram, we are bound to meet other trekking and expedition groups here.



A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the western leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

FOOD

In Islamabad and Rawalpindi there are a wide range of excellent restaurants to try out, some of the more popular ones are: Kabul Restaurant, Larosh Restaurant in Committee Chowk for good Pakistani food and Omar Khayam for Iranian food. Breakfast is provided each morning by the hotel.

While on the trek you will get breakfast with porridge and cereal, toast or chapattis, omelettes and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. On arrival at the camp in the afternoon you will be given tea and biscuits and a three course meal will follow with soup, a main meal and dessert.

We bring along fresh vegetables and meat (chickens and a goat) for the main meals;



we also provide a supply of chocolate bars, biscuit and nuts.

CLIMATE

The traditional trekking season in Pakistan is June to September. The Snow Lake trek will have a wide range of temperatures depending on the altitude and the time of day.

In the mountains between 1,000m and 3,500m the nights will be cool normally around 5 °C. During the day temperatures can be very hot even as high as 40 °C in the lower elevations. Bring lots of water, sunhat and sunscreen!

At higher altitudes temperatures range from about 20 °C to -10 °C. The mornings are generally clear with clouds building up during the afternoon and often disappearing at night to reveal beautiful starry nights.

Islamabad will be hot and humid at this time of year, temperatures typically range from 30 °C to 46 °C with high humidity, whereas the temperatures in Skardu at 2,340m will be cooler.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Snow Lake trek has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>



Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to 15% reduction in their stores and online.

Trekkers should bring all their gear in one large duffel bag and a backpack (40 to 50 litres). Each day you will carry your pack containing items that you might need while trekking such as warm clothes, jacket, camera, water bottle, personal first aid kit and some.

The rest of your personal equipment, contained in your duffel bag, will be carried by a porter. The maximum weight allowance is 18kgs. Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

Citizens from the UK, US, Canada, Australia and New Zealand require an entry visa, it is your responsibility to obtain the entry visa. For the latest visa situation, please look at the Pakistan High Commission website at <http://www.pakmission-uk.gov.pk>

The visa application can also be downloaded from this link:

<http://www.phclondon.org/HC/forms/Visa%20Form.pdf>

Contact details of the Pakistan High Commission in the UK:

35 - 36 Lowndes Square,

London SW1X 9JN.

Tel: 0207 6649200

Fax: 0207 664 9224

There are also consulates in Bradford, Manchester, Birmingham and Glasgow.



TREKKING PERMIT

We require the following personal information in order to process the trekking permit:

- Passport details: name, nationality, passport number, date & place of issue & expiry date
- Home address
- Profession
- Two passport photographs

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Pakistan. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring along a comprehensive first aid kit on this trek. See Appendix IV for the contents of The Mountain Company's group first aid kit.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>



Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC

Snowcard activity level for Snow Lake trek is 4 and prices start from £90.



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.



CULTURAL CONSIDERATIONS

For those of you who are visiting Pakistan for the first time we have provided some cultural information to help you fit into the country:

- dress code is important for both men and women and even while trekking you should wear conservative dress. Wear loose, long-sleeved, non-revealing shirts and full length pants that cover your ankles. A shalmar kamiz, a traditional long shirt and baggy trousers, can be bought cheaply in Rawalpindi and generally makes locals feel more comfortable around you as it is a visible sign of your interest and respect for their culture. Women should bring a scarf to cover their heads especially in mosques or private homes.
- Pakistani society is a strongly patriarchal and only partly because it is Islamic, women are meant to be mothers and housekeepers and typically spend most of their time at home. When they do go out they are normally veiled from head to toe in the burqa, although in the main cities some wear just a scarf covering their hair and chest.
- Muslims consider the left hand to be unclean, therefore do not eat food with your left hand and make sure you give/receive food only with your right hand.
- do not bring any products made from pork into Pakistan.
- most Pakistanis are extremely hospitable and you could be invited to someone's house (often the cook or one of the porters), it is best to remove your shoes when you enter a private house.
- handshakes are common place among Pakistani men and some older men put their hand over their ear when shaking hands. Do not offer a handshake to the opposite sex as it will put them in an awkward position, it is generally best to let them make the first move.
- never point the sole of your shoe or foot at anyone and never step over any part of someone's body.



SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at:

<http://astore.amazon.co.uk/themountainco-21>

K2: Triumph and Tragedy by Jim Curran

The Endless Knot: K2, Mountain of Dreams and Destiny by Kurt Diemberger & Audrey Salkeld

Clouds from Both Sides An Autobiography by Julie Tullis

Regions of the Heart: The Triumph and Tragedy of Alison Hargreaves by David Rose and Ed Douglas

Above the clouds by Anatoli Boukreev

The Last Step: The American Ascent of K2 by Rick Ridgeway

The Ascent of Rum Doodle by WE Bowman

Quest for Kim: In Search of Kipling's Great Game by Peter Hopkirk

Altitude and acclimatisation information and advice

Going higher Oxygen, man and mountains by Charles Houston, MD

The High Altitude Medicine Handbook by Pollard and Murdoch

Medicine for mountaineering by James Wilkerson, MD

MAPS

Karakoram orographical sketch map Sheets 1 & 2. Swiss Foundation for Alpine Research, Zurich. Scale 1:250,000- this is a good map series and shows the whole Karakoram range including Ladakh in India. Highly recommended. I will bring this map along on the trek.

Leomann Trekking Maps of the Karakoram by West Col Productions
Scale: 1:200,000

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: Rolandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



AMS U502 Topographic Survey Maps of the Himalayas by the Army Map Service Scale: 1:250,000

The Karakoram Highway by Open Road Guides, England Scale: 1:1,000,000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots (capable of taking crampons).
- Gaiters. A pair used to keep boots dry if walking through deep snow.
- Wool Socks and liner socks.

Clothing:

- Goretex shell jacket and trousers.
- Light trekking trousers.
- Long sleeve, light coloured polypropylene shirts.
- Microfleece.
- Mid to heavyweight fleece jacket (Polartec 200 to 300).
- Sleeveless (bodywarmer) fleece.
- Lightweight synthetic long underwear for both top & bottom.
- Light to mid weight fleece pants (Polartec 100 to 200).
- Medium weight down jacket (recommended).

Handwear:

- Fleece gloves.
- Warms mittens and/or gloves.

Headwear:

- Warm wool or fleecy hat/balaclava.
- Sun hat or baseball cap.



- Bandana or scarf. Very useful for the often dusty jeep rides and for protection on hot days.
- Light weight climbers headlamp for use at night around the camp. Bring extra batteries and spare bulbs.
- High quality sunglasses with 100% UV protection. Most effective for blocking sunlight are the wrap around type or side covers.

Climbing equipment:

- Climbing harness with 1 m sling, 4 screw gate carabiners, figure eight descender and 3m of 4mm static cord for making prussiks.

[we have a limited number of "Harness packs" for rent, this includes harness (Black Diamond Alpine BOD), figure of eight abseil device with large carabiner, three scwgate carabiners, two slings and prussik cord. Please contact TMC office for further prices and availability]

- Crampons (10 or 12 point general mountaineering type).
- Mountaineering ice axe.
- Helmet.

Personal Equipment:

- 4 season (minimum) sleeping bag.
- Thermarest self inflating pad and/or foam mat.
- 40 to 50 litre backpack (large enough to carry water bottles, camera, lunch and extra clothing).
- Stuff sacks and plastic bags for keeping your gear dry and organised.
- Two 1 litre water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with an SPF 30 or better.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).



- Favourite snack food
- Paperback books, ipod and cards
- 1 pair adjustable trekking poles.
- Camera and film
- Passport photos
- Insurance certificate
- Baby wipes (optional)
- Anti bacterial hand gel (optional)

Travelling:

Large duffle bag for transporting your personal gear on the trek and during flights. Bring small combination padlocks.

Travel clothes. You will need street/casual clothing for air travel days and time spent in Islamabad.

Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Diamox (helps with acclimatisation).



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company. There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that do not include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.