

Nanga Parbat Circuit



COUNTRIES VISITED: PAKISTAN

TRIP TYPE: Mountaineering

TRIP GRADE: Challenging

TRIP STYLE: Camping

TRIP LEADER: International Leader

GROUP SIZE: 5 - 14 people

NEXT DEPARTURE: 19 Jun 2022

Nanga Parbat Circuit trek in Pakistan Karakoram is a remote trail around the 9th highest mountain in the world. We cross three passes and the highest of these is the Mazeno La at 5,400m. We visit the three Base Camps used for climbing the three faces of the Nanga Parbat. These are Herligkoffer Base Camp for Rupal Face, Diamir Base Camp, and Raikhot Base Camp near Fairy Meadows.

Translated from Urdu, the words Nanga Parbat means "Naked Mountain". The summit of this mountain is at an altitude of 8,126m. It is the second most prominent peak of the Himalayas after Mount Everest. This mountain is an isolated massif and its location is south of the great peaks of the Karakoram. A distance of 190km to the North-East lies K2, Broad Peak, and Gasherbrum 1 and 2. We can see the bulk of Nanga Parbat from the Karakoram Highway ("KKH") beyond the town of Chilas.

Nanga Parbat has three immense faces the Diamir, Rakhiot, and Rupal. To the South is the Rupal face and this is one of the highest in the world at 4,600m from the base. To the West is the Diamir face and to the East is Rakhiot face.

On the high altitude trekking trail around Nanga Parbat trek, we see all sides of the mountain and visit some of the Base Camps. We cross three high passes: Mazeno La at 5,400m, Karu Sagar pass at 4,900m and Khutsu pass at 4,840m. Mazeno La is a technical high pass whereas the other two do not need mountaineering skills to cross.

The difficulty grade of crossing Mazeno La is like [crossing Gondogoro La](#) on [K2 Base Camp trek](#). The ascent to this pass is on a glacier with snow and ice. The more challenging part of crossing Mazeno La is on the descent. As it is quite steep we abseil/rappel down fixed rope to secure our passage.

Nanga Parbat has a long, colourful, and deadly mountaineering history. Before the Second World War, there were several German expeditions resulting in 31 deaths. As a result, this peak was called the "Killer Mountain". These early expeditions approached from the north. This route is prone to avalanche and bad weather.

The first ascent was by Herman Buhl in 1953 on the Rakhiot Flank to the East of the mountain. Herman climbed solo and without supplemental oxygen. This was the third summit of an 8,000m mountain after Annapurna 1 in 1950 and Mount Everest in 1953. These days most expeditions climb on the Diamir face following Kinshofer Route.

A prominent feature of this mountain is the Mazeno Ridge. This is the longest ridge on any of the 8,000m peaks and there are seven subsidiary peaks over 7,000m. This ridge starts from the Mazeno La that we cross over on Nanga Parbat Circuit trek. Climbing to the summit of Nanga Parbat following the Mazeno ridge is very difficult. There have been many attempts including three times by Doug Scott. The ridge was first climbed to the summit in 2012 by Sandy Allan and Rick Allen.

ITINERARY

DAY 1: ARRIVE IN ISLAMABAD (540M)

Arrive in Islamabad

No meals

Hotel Hillview in Islamabad

DAY 2: FLY TO GILGIT (1,500M) AND AFTERNOON SIGHTSEEING OF GILGIT BAZAAR AND KARGAH BUDDAH NALA OUTSIDE GILGIT (IF FLIGHT CANCELLED DRIVE KKH TO CHILAS)

Fly to Gilgit

Breakfast, Lunch and Dinner

Hotel in Gilgit

DAY 3: DAY WALK NEAR GILGIT

Day walk

Breakfast, Lunch and Dinner

Hotel in Gilgit

DAY 4: DRIVE TO ASTORE (2,550M)

Drive for 7 hours

Breakfast, Lunch and Dinner

Camping

DAY 5: DAY TREK NEAR ASTORE TO RAMA MEADOWS (3,300M)

Day walk

Breakfast, Lunch and Dinner

Camping

DAY 6: DRIVE TO TARASHING (2,920M), AFTERNOON WALK

Drive for 4 hours

Afternoon walk

Breakfast, Lunch and Dinner

Camping

DAY 7: TREK TO RUPAL (3,160M)

Walking for 3 hours

Breakfast, Lunch and Dinner

Camping

DAY 8: TREK TO HERLIGKOFFER BASE CAMP (3,600M)

Walking for 3 hours

Breakfast, Lunch and Dinner

Camping

DAY 9: TREK TO LATOBAH (3,650M)

Walking for 3 hours

Breakfast, Lunch and Dinner

Camping

DAY 10: TREK TO SHAIGIRI (3,700M)

Walking for 4 to hours

Breakfast, Lunch and Dinner

Camping

DAY 11: TREK TO MAZENO BASE CAMP (4,000M)

Walking for 3 hours

Breakfast, Lunch and Dinner

Camping

DAY 12: ACCLIMATISING DAY AT MAZENO BASE CAMP (4,000M)

Breakfast, Lunch and Dinner

Camping

DAY 13: TREK TO MAZENO HIGH CAMP (4,700M)

Walking for 6 to 7 hours

Breakfast, Lunch and Dinner

Camping

DAY 14: CROSS MAZENO LA (5,400M) AND TREK TO LOIBA MEADOWS (4,200M)

Climbing over the pass 7 hours

Breakfast, Lunch and Dinner

Camping

DAY 15: TREK TO KACHAL (2,500M)

Walking for 6 hours

Breakfast, Lunch and Dinner

Camping

DAY 16: TREK TO KUTAGALI (3,000M)

Walking for 4 hours

Breakfast, Lunch and Dinner

Camping

DAY 17: DAY WALK TO DIAMIR BASE CAMP (4,050M)

DAY 18: CROSS KARU SAGAR PASS (4,900M) AND TREK TO SHAICHI (2,900M)

Walking 6 hours

Breakfast, Lunch and Dinner

Camping

DAY 19: TREK TO GUTUM SAGAR (3,500M)

Walking for 6 to 7 hours

Breakfast, Lunch and Dinner

Camping

DAY 20: TREK TO JALIPUR HIGH CAMP (4,300M)

Walking for 6 hours

Breakfast, Lunch and Dinner

Camping

DAY 21: CROSS KHUTSU PASS (4,840M) AND TREK TO BEYAL (3,400M)

Walking for 8 hours

Breakfast, Lunch and Dinner

Camping

DAY 22: TREK TO RAIKHOT BASE CAMP, AFTERNOON HIKE TO FAIRY MEADOWS (3,200M)

Walking for 2 hours

Breakfast, Lunch and Dinner

Camping

DAY 23: DRIVE TO CHILAS (1,265M)

Drive 2 hours to Chilas

Breakfast, Lunch and Dinner

Hotel Shangri La in Chilas

DAY 24: DRIVE TO ISLAMABAD

Drive for 8 hours

Breakfast and Lunch

Hotel Hillview in Islamabad

DAY 25: SIGHTSEEING IN ISLAMABAD

Sightseeing in Islamabad

Breakfast

Hotel Hillview in Islamabad

DAY 26: TRANSFER TO AIRPORT FOR FLIGHT HOME

DATES & PRICES

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
19 Jun 2022 to 13 Jul 2022	International Leader	US\$4,000pp	N/A	5 Left to Guarantee

ACCOMMODATION

HILL VIEW HOTEL IN ISLAMABAD

Hotel Hill View is a modern hotel and is a comfortable base for our groups while in Islamabad. It is a short walk to Jinnah market where there are good restaurants and shops.

Hotel Hill View has a store room where you can leave luggage not required while on trek. You can also leave any gear not needed on trek at K2 Motel in Skardu. There is wifi at the hotel.

Notes downloaded on: 05-03-2021

