Snow Lake & Hispar La

This trek follows a remote and rarely trekked glacier to cross Hispar La (5,151m) into Hunza valley.

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.

REASONS TO CHOOSE US

- The Mountain Company has a long track record of organising treks in Pakistan. We organised a successful Snow Lake & Hispar La trek in July/ August 2019 that made the traverse into Hunza Valley.
- We work with some of the best mountain leaders and guides with deep knowledge and experience of the Himalaya and Karakoram. Unlike many other operators we still allocate appropriately trained international leaders for more remote and technical trips like Snow Lake.
- We designed an itinerary for Snow Lake based on this first-hand experience which is the best in terms of acclimatisation, safety and enjoyment. 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 send a Thuraya satellite phone on all of our treks in Pakistan. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- A daily GPS location is sent so your friends and family can track your progress on Google maps.
- We work with the same local trekking crew each year, our local trekking guides are very experienced and live in the Northern Areas of Pakistan.
- There will be a range of tasty meals for breakfast, lunch and supper. We bring along fresh vegetables and meat (chickens and a goat). For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive first aid kit from UK plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).
- The Mountain Company will receive bespoke weather forecasts for the Snow Lake region from EverestWeather.com throughout the duration of this trek.

WHAT'S INCLUDED

- Internal flights to/from Islamabad (if cancelled then we will drive on KKH).
- All internal transport and transfers including airport collections on arrival and departure to/ from Islamabad for group flights only. If you are not on the group flights we can arrange airport transfer for an extra charge of GBP65 (US$85 or €75) per transfer.
  - the group flights are as follows: From Dubai to Islamabad on Emirates EK0612 arriving at 7.30am and from Islamabad to Dubai on Emirates EK0615 departing at 3.10am.
- Twin share room at hotels.
- Breakfast only in Islamabad, all meals elsewhere.
- Twin share domed tents while on trek.
- All trekking arrangements including permits and fees, International and Pakistani guides, cook and porters.
- Bespoke weather forecasts from EverestWeather.com throughout the duration of this trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
- Rubberised luggage tag posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- 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 Pre Trip Information" notes and a ‘Fitness Training Plan’.
WHAT'S NOT INCLUDED

- International flight to/from Islamabad.
- Travel & trekking insurance.
- Airport pick up and transfers if not arriving on group flight costing GBP65 (US$85 or €75).
- Pakistan visa for 30 days (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 £155, USD$200 or €175.
- Other items not listed in “What is included”.

ITINERARY

DAY 1: ARRIVE IN ISLAMABAD

Arrival in Islamabad
Sightseeing in Islamabad
No meals
Hotel Hillview in Islamabad

You will be met on arrival at Islamabad airport and driven back to the hotel. Please note we provide complementary airport pick up and hotel transfer for only two group flights on Emirates. If you arrive on a different flight and would like an airport pick-up there will be an extra charge for this service.

At some point during the day (time to be confirmed) the trek leaders will give a full trip briefing will be given at the hotel.

DAY 2: FLY TO SKARUDU, IF CANCELLED DRIVE KKH TO CHILAS

1) Flight to Skardu
2) Bus to Chilas (8 to 9 hours)
Breakfast, Lunch and Dinner
1) K2 Motel in Skardu
2) Hotel Shangri La in Chilas

Today we will attempt to fly to Skardu in Gilgit-Baltistan, if the fight is cancelled then we will start driving Karakoram Highway (“KKH”) and spend the night in Chilas.

DAY 3: SIGHTSEEING DAY IN SKARUDU (OR DRIVE KKH TO SKARUDU)

1) Sightseeing in Skardu
2) Drive to Skardu (7 hours)
Breakfast, Lunch and Dinner

K2 Motel in Skardu

Drive from Chilas to Skardu on KKH. 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.

**DAY 4: JEEPS TO ASKOLE (3,048M)**

Drive by jeep to Askole (6 hours)

Breakfast, Lunch and Dinner

Camping

An exciting drive on a winding jeep trail with exposed sections passing through the arid landscape past villages with fertile terraces and apricot trees. Askole is the last village we will see for a few weeks. The time taken to drive to Askole depends on the condition of the jeep track which varies year to year. This jeep track is prone to blockages if there are landslides as this follows a narrow valley.

**DAY 5: TREK TO NAMLA (3,566M)**

Walking 12km (7 to 8 hours)

Breakfast, Lunch and Dinner

Camping

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.

**DAY 6: TREK TO MANGO (3,720M)**

Walking 7km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

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.

**DAY 7: TREK TO BAINTHA (4,035M)**

Walking 11km (6 to 7 hours)
Breakfast, Lunch and Dinner

Camping

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.

**DAY 8: ACCLIMATISATION DAY AT BAINTHA (4,035M)**

Breakfast, Lunch and Dinner

Camping

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.

**DAY 9: TREK TO MORFOGORO (4,300M)**

Walking 11km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

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.

**DAY 10: TREK TO KARPOGORO (4,680M)**

Walking 7km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

Once we are back on the central glacier, the flat walking on ice is relatively easy. There will be more crevasses today as we make our way higher up the glacier and we will need to walk together and remain alert.

**DAY 11: TREK HISPAR LA BASE CAMP (4,590M)**

Walking 3km (5 to 6 hours)

Breakfast, Lunch and Dinner
Camping

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.”

**DAY 12: CROSS SNOW LAKE AND TREK TO HISPAR LA (5,151M)**

Walking 11km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

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.

**DAY 13: TREK TO KANI BASA (4,511M)**

Walking 4km (5 hours)

Breakfast, Lunch and Dinner

Camping

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 facture 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).

**DAY 14: TREK TO YUTMARU (4,130M)**

Walking 10.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

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.

**DAY 15: TREK TO SHIGAM BARIS (4,170M)**

Walking 8km (6 to 7 hours)
Breakfast, Lunch and Dinner
Camping

We start the day by crossing a side glacier and then climb some more loose scree. Where there is a path, the flowers are diverse and beautiful. Other sections cross loose scree until we arrive at Shigam Baris, a small grassy campsite.

**DAY 16: TREK TO BITANMAL (3,760M)**

Walking 16.5km (6 hours walking)

Breakfast, Lunch and Dinner
Camping

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.

**DAY 17: TREK TO HISPAR VILLAGE (2,302M)**

Walking 15km (7 to 8 hours)

Breakfast, Lunch and Dinner
Camping

From our camp at Bitanmal we continue down the valley starting with a crossing of the final side glacier. You will be able to see Hispar village a few hours before you reach it and the views are beautiful as the first sights of civilisation since leaving Askole 10 days earlier. Finally, 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. We camp in a small grassy village campsite.

**DAY 18: DRIVE TO KARIMABAD (2,438M)**

Drive to Karimabad (4 hours)

Breakfast, Lunch and Dinner
Camping

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.

**DAY 19: MORNING SIGHTSEEING IN KARIMABAD, AFTERNOON DRIVE TO GILGIT**
Sightseeing in Karimabad

Drive to Gilgit (4 hours)

Breakfast, Lunch and Dinner

Hotel Serena in Gilgit

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 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. In the afternoon we dive to Gilgit.

**DAY 20: FLY TO ISLAMABAD (IF CANCELLED DRIVE KKH)**

1) Flight to Islamabad

2) Bus to Chilas (5 hours)

Breakfast, Lunch and Dinner

1) Hotel Hillview in Islamabad

2) Hotel Shangri La in Chilas

We will hopefully take the early morning flight to Islamabad (inshallah!), if unable to fly we will start the drive the KKH to Chilas (or Besham).

**DAY 21: SPARE DAY IN ISLAMABAD/ DRIVE KKH**

1) Sightseeing in Islamabad

2) Drive to Islamabad on KKH (8 to 9 hours)

Breakfast, Lunch and Dinner

Hotel Hillview in Islamabad

If driving down the KKH we will arrive to Islamabad late afternoon. If we managed to fly the day before then we will spend today sightseeing in Islamabad. In the evening we will have a final group meal.

**DAY 22: FLY BACK HOME**

Flight back home

Breakfast

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

2021

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PRACTICAL INFORMATION

A Typical Day On Camping Trek

A TYPICAL DAY ON CAMPING TREK

The day starts with an early morning mug of tea brought to your tent by one of the assistant guides. Before heading over to the mess tent for breakfast you will 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 6-7pm. After supper the international 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 provided on Camping Trek

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapatis, omelettes and a range of hot drinks. For our camping treks we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US$5 or €4.50) per minute and £2 (US$3 €4.50) to send and receive SMS text.
Clothing and Equipment List

CLOTHING AND EQUIPMENT LIST FOR SNOW LAKE

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Snow Lake trek. Your gear will be checked by the group leader in Islamabad prior to departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on Snow Lake trek you will experience hot conditions with temperatures around up to 40°C. You will experience the coldest temperatures at Hispar La where overnight lows will be down to around -10°C.

Each trekker should bring one backpack for gear required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. The rest of your personal equipment packed in a duffel or kit bag will be carried by a porter. The maximum weight allowance for your duffel bag is 18kg. Please ensure that your bag is marked clearly on the outside for easy identification.

We suggest you print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- B2 rated mountaineering boots.
- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years of organising treks in Pakistan we have had several boots fall apart so it is essential you also bring trail shoes as a backup.
- Trail shoes. Can be used around camp and as a replacement if your walking boots fall apart!
- Sandals. fully enclosed sandals are best to protect your feet during river crossings. These are required for river crossings as well as two trekking poles.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak) Minimum two.
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton). Minimum two.
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic pants. To be worn around the lodge or added as an additional layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Heads and Gloves

- Fleece gloves.
- Mountaineering gloves (eg. Mountain Hardwear Medusa glove or Black Diamond Enforcer or Guide glove).
- Warms mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
• Bandana or scarf. (eg. Buff Headwear or purchase a #myTMCbuff).
• Headtorch. Bring extra batteries.
• Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Climbing equipment

• Climbing harness with two 60cm slings, four screw gate carabiners, Figure 8 belay belay device and 3m of 5mm static cord for prusiks.[we have a limited number of “Harness packs” for rent, this includes harness (medium size Black Diamond Alpine BOD), belay device with large carabiner, three screwgate carabiners, Petzl handle ascender, two slings and prussik cord. Please contact TMC office for further prices and availability]
• Jumar ascender (eg. Petzl handled ascender).
• Crampons, 12 point general mountaineering type are the best (eg Grivel G12s)
• Mountaineering ice axe with leash.
• Climbing helmet (mandatory)

Personal equipment

• Sleeping bag. Maximum overnight lows will be around -10°C.
• Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
• Sleeping mat (eg.Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort. We also provide everyone with a pillow.
• Daypack. Recommended size is 35 to 40 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing as well as climbing gear and down jacket. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
• Stuff sacks for keeping your gear dry and organised. Or even better are fold- drybags such as from Exped.
• Trekking poles (Black Diamond with “Flick Lock” are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail, river crossings and for walking through deep snow higher up.
• Two water bottles (Nalgene wide mouth bottles are the best). You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have 2 water bottles.
• Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at SheWee.
• Sunscreen and lipsalve with a high SPF.
• Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
• Favourite snack food.
• Books, ipod and cards etc.
• Camera with spare batteries and memory cards.
• Insurance certificate.
• Earplugs (optional).
• Baby wipes (optional).
• Hand sanitizer. We suggest you keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

• Duffle bag for your personal gear on the trek (carried by a porter). A rugged, waterproof duffle bag made of a plastic material 100-120 litres in size is recommended eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
• Travel clothes. You will need casual clothing for air travel days and time spent in Islamabad.
• Toiletry bag, soap, travel towel, toothbrush, travel wash etc. You will be provided with toilet paper on trek.

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.
Threat and risk assessment

**THREAT AND RISK ASSESSMENT FOR SNOW LAKE**

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. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Snow Lake trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Snow Lake we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Snow Lake is available to clients on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- Terrorism or kidnapping.
- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE and HAPE.
- Getting lost or becoming separated from group eg. crossing Hispar La pass in whiteout.
- Severe bad weather and conditions when camping eg. at Hispar La.
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- Crossing a river with no bridge resulting in drowning and/or a fall.
- Rock fall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic or flight accident.
- Contaminated food and/or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation 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.

Weather and climate

**WEATHER AND CLIMATE FOR SNOW LAKE**

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.

Suggested reading

**SUGGESTED READING AND MAPS**

**Maps**

Karakoram Trekking Map 1:175,000 laminated published by TerraQuest- the best map to purchase for K2 Base Camp and Snow Lake treks

K2 and Baltoro Glacier Satellite Image Map 1:80,000 (Geosystems) – this is a superb satellite photography. Available at Stanfords, London.

Karakoram geographical sketch map Sheets 1 & 2. Swiss Foundation for Alpine Research, Zurich. Scale 1:250,000- shows the whole Karakoram range including Ladakh in India. A copy of this will be available to look at on trek.

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

**Books**

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

Quest for Kim: In Search of Kipling's Great Game by Peter Hopkirk
K2 Motel is operated by Pakistan Tourism Development Corporation (PTDC) and is located in a lovely position overlooking the Indus river.

It is a short walk taking about 15 minutes into the main part of Skardu town and the bazaar. K2 Motel has 28 rooms and restaurant plus a garden at the back of the property.

Hill View Hotel is located in the F7 neighbourhood of Islamabad. It is a short walk to Jinnah market where there are a number of 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 Concordia Motel in Skardu). There is wifi at the hotel.