



### NORTHERN PAKISTAN

The Northern Area is the most spectacular and fascinating region of Pakistan. Here, world's three famous mountain ranges meet - the Himalayas, the Karakorams and the Hindukush. The whole Northern Pakistan is like a paradise for mountaineers, climbers, trekkers, hikers and anglers.

#### The Karakorams

The historic **Karakoram Pass** (5,575 m), an ancient trading route between the Northern **Karakoram** and Xinjiang (China), gives its name to the range west of it that forms the watershed between the Indus and the Central Asian deserts. The eastern boundary of the **Karakorams** is the upper **Shyok** River from where it extends over 322 km westwards to the Karumbur river and the Hindukush range, to the north the **Shaksgam** tributary of the Yarkand River and to the south, the **Indus** bounds the **Karakorams**. Here, the **Nanga Parbat** (8,126 metres) mass is the western anchor of the great Himalayan range which stretches in an arc 24,124 km east to Burma, a boundary and barrier, "the razor's edge" which for centuries has determined the destiny of South Asia. Such is the setting of the **Karakoram Range**, this remnant of a primeval ice age, "the third pole," with extensive glacial systems and the greatest concentration of lofty mountains in the world.

#### Highest Peaks

Of the fourteen over 8,000 m peaks on earth, four occupy an amphitheatre at the head of Baltoro. Their shapes, forms, sizes and colours provide tremendous contrast, which defies description. These are: **K-2** (8,611 m – world's 2nd highest) – the undisputed monarch of the sky. **Broad Peak** (8,047 m) – massive and ugly; **Gahebarum-I** (8,068 m) and **Gahebarum-II** (8,035 m) – the "Pakistan Pyramids" that even Cheops would have preferred for a tomb; **Muztagh Tower** – deceptively sheer; **Chogolisa** – the "Bride Peak", in whose external embrace lies Hermann Buhl, the first man to climb Nanga Parbat; the **Cathedrals of Baltoro** with their great knife-edge ridges; the sky cleaving **minarets of Trango Towers** and the most beautiful of all – the Peak of Perfection – **Paiyu**, (6,600 m) first climbed by a Pakistani expedition in 1977. There are scores of over 7,000 m high peaks in the Karakoram Range and hundreds of nameless summits below 6,000 metres, mere points on the map. In the **Lesser Karakorams** there are equally great peaks such as **Rakaposhi** (7,788 m), the dominant giant in Nagar and Hunza valleys. Its north face is fantastic precipice – 5,791 metres of plunging snow and ice.

**The Hindukush** is also a mountain vastness containing hundreds of peaks, many above 7,000 metres including **Trichmir** (7,705 m) that is the highest point of the range. The western bastion of the **Himalayas** is **Nanga Parbat** (8,126 m), once dreaded as the "Killer Mountain", but climbed many times by various expeditions since the first disasters.

#### Longest Glaciers

Some of the longest glaciers outside polar region flow in the Karakorams. The **Siachen** glacier is 75 km long. The **Hispar**, (52 km) joins the **Biafo** at

a personal insurance policy for the guide and the porters and attending briefing and de-briefing at the Alpine Club of Pakistan, at the beginning and the end of each trekking trip. No trekking is allowed in closed zones, which are the areas near Pak-Afghan border and near the Line of Control with Indian-held Kashmir.

Trekking/Mountaineering permits for treks and peaks situated in Khyber Pakhtunkhwa province are issued by Tourism Corporation, Peshawar, P.O. Box 1314, Paktunkhwa (CKPK) 131/A Khyber Road, Peshawar. Tel:+92-91-9211091 Fax: 091-9210871

Following regions/treks are located in **open zone**:

- **District Chitral:** treks in Kalash valleys, Chitral Gol National Park, Shishi Gol & Golen Gol, Lukhu valley, Laspur valley and Bashqor Gol. Permission from the office of the DCO, Chitral is required.
- **District Ghizer:** treks in upper Ghizer River Valley, Yasin Valley to Yarkhun Valley and Yasin Valley to Ishkoman Valley.
- **District Gilgit:** Bagrot & Haramosh Valleys, Naitar & Pakora Valleys.
- **Diamer District:** Nanga Parbat region.
- **Hunza Valley:** Nagar, Hunza proper, Gojal.
- **Baltistan:** Basha, Tormik & Slak Valleys, Deosai Mountains and Plains, Biafo Hispar traverse, Thalle La & Tusserspo La and Ailing Glacier & K-6 Base Camp.

Following regions/treks are located in **restricted zone**:

- **Chitral District:** Turkho Valley and upper Yarkhun Valley.
- **Hunza:** Chagoursan Valley.
- **Baltistan:** Ashkoli to Concordia, Masherbrum Base Camp, Gondogoro Valley and K-7 Base Camp.

For latest list of treks in open and restricted zones, trekking rules & regulations, please write to the Deputy Chief (OP), Ministry of Tourism, Government of Pakistan (10th Floor, Green Trust Tower, China Chowk, Jinnah Avenue, Blue Area, Islamabad. Tel:+92-51-9205198 Fax:+92-51-9201656 e-mail: deputychief@tourism.gov.pk)

#### WHITE WATER SPORTS

Only those who dare take the challenge of the frothy white waters of the roaring mountain rivers in Northern Pakistan, know the excitement and thrill that such sports offer. Tourists can now undertake white water sports such as rafting, canoeing and kayaking etc. in the rivers Indus, Gilgit, Hunza, Gwari, Shigar, Shyok and Kunhar. White water sports in these rivers of Northern Pakistan hold immense potential for the adventure lovers and sportsmen.

### THE SILK ROUTE & THE KARAKORAM HIGHWAY

For many centuries, caravans have braved these tortuous mountains treading precariously along paths providing shortcuts between the great towns of Central Asia and the rich markets of South Asia. However, the trails were hazardous, angry rivers horrifying to contemplate, and the Nature's storms caused even the most intrepid to quit on the high passes and in the desolate gorges. In 1947, travel in and out of the Northern Pakistan could have been described almost as it had been 15 centuries earlier by the Chinese pilgrim **Fa Hien** in 400 AD: "The way is difficult and rugged, running along a bank exceedingly precipitous. When one approaches the edge of it, his eyes become unsteady, and it wishes to go forward in the same direction, there is no place on which he can place his foot, and beneath are the waters of the river called the Indus." Thus, the traders of yore had travelled over this route for centuries and carried silk, tea and porcelain from China to be bartered for gold, ivory, jewels and spices from South Asia.

It is against this backdrop that Pakistan and China joined hands in 1967 to construct a 900 km, **Karakoram Highway** on the alignment of the ancient **Silk Route**. For its sheer mountain grandeur and breath-taking panorama of beauty, few places on earth can match the superb landscape through which the **Karakoram Highway** snakes. A fantastic and unforgettable spectacle is the passage of the Highway along the **Batura glacier**, rated as the world's seventh largest glacier. The **Khunjerab Pass**, which the Highway crosses, and the nearby **Mintaka Pass**, lie astride the fabulous ancient **Silk Route** that led from Europe to Asia and over which history's most famous tourists once travelled. These include the Venetian trader **Marcopolo**, after whom has been named the wild **Marcopolo** sheep, in the 13th century, the Chinese Monk **Fa Hien** in the 4th century and the Central Asian historian, **Abu Rehan Al-Beruni** in the 11th century.

Today, the Karakoram Highway connects Islamabad with Kashgar (China), via Abbottabad, Mansehra, Thakot, Besham, Pattan, Chilas, Gilgit and Hunza, across the 4,733 metres high **Khunjerab Pass**. The Highway, built by the Pakistani and the Chinese engineers, has been described as a marvel of civil engineering and even as "The Eighth Wonder of the World". PTDC and

Polo match in full swing at Shandur, Chitral

Northern Area Transport Company (NATCO) are plying regular bus service between **Sost** (Pakistan) and **Takurgan** (China) for overland traffic between Pakistan and China from 1st October every year. The fares for passengers are US\$ 25 per person and seats can be booked in advance.

### MOUNTAINEERING AND CLIMBING

Since 1954, when the Karakoram Range of Pakistan was opened to expeditions for climbing and trekking, the mountains and glaciers of the north have become an international playground. There are hundreds of peaks still lying un-climbed. This is a great challenge for the mountaineers and climbers the world over.

**MOUNTAIN CLIMBING:** Climbing permits for mountaineering in Gilgit-Baltistan region are issued by Gilgit-Baltistan Council Secretariat, Islamabad. The application for climbing permit should be submitted at least 02 months prior to undertaking the mountaineering expedition. The application for foreign tourists/climbers may be submitted through designated tour operators duly registered with Government of Pakistan, to Gilgit-Baltistan Council Secretariat, Benevolent Fund Building Block-B, Zero Point, Islamabad. Tel: +92-51-9253273, +92-51-9253265 Fax: +92-51-9253262 Web: Royalty fees on climbing peaks in Gilgit-Baltistan, Pakistan are as under:

S.Heights	Royalty in US\$ Upto 07 climbers	Additional Fee for each additional climber
:K-2 (8611 m)	7,200	1,200
: 8,001 – 8,500 m	5,400	900
: 7,501 – 8,000 m	2,400	300
: 7,000 – 7,500 m	1,500	150
: 6,000 – 7,000 m	900	120

(Note: US\$ 68 per person will be charged as waste management fee. 10% Royalty Fee on mountains situated in Gilgit and Ghizer except on Spantik/Golden Peak. 05% royalty fee on all peaks during winter-season (December-February). There will be no fee on climbing peaks upto 6,500 m.)

**TREKKING:** Pakistan is a paradise for Trekkers. Most of the trekking routes lie in the northern mountains of the Hindukush, the Karakorams and the Himalayas. Trekking season is between May to October. The Government has defined trekking as walking below 6000 m. It has designated three zones for trekking, open, restricted and closed. Foreigners may trek anywhere in open zone without a permit or services of a licensed mountain guide. For trekking in restricted zone, foreign tourists must submit their application through designated tour operators duly registered with Government of Pakistan and deposit a fee of US\$ 75 per person per trek. Trekking permits for restricted zone are issued after completion of codal formalities and receipt of application in Gilgit/Baltistan Council Secretariat, Benevolent Fund Building Block-B, Zero Point, Islamabad. Tel: +92-51-9253273, +92-51-9253265 Fax: +92-519253262 Web: . It also requires hiring a licensed mountain guide, buying



**SKARDU**  
Skardu, capital of Baltistan is perched 2,438 metres above sea level in the backdrop of the great peaks of the Karakorams. Balti people are a mixture of Tibetan and Caucasian stock and speak Balti, an ancient form of Tibetan. Due to the similarity of its culture, lifestyle and architecture with Tibet, Baltistan is also known as the "Tibet-Khuru" (Little Tibet). It borders on the Chinese province of Xinjiang and Indian-occupied Kashmir. The tourist season is from April to October. The maximum temperature is 27 C and minimum (October) 8 C. Apart from its incomparable cluster of mountain peaks and glaciers Baltistan's five valleys – Shigar, Skardu, Khaplu, Rondu and Kharmang are noted for their luscious peaches, apricots, apples and pears.



**SKIING**  
Ski facilities are available at Naitar (near Gilgit) and Kalabagh (Nathialgali). Annual ski tournament is organized by Pakistan Ski Federation at Naitar in February.

#### POLO

The favourite sport in Northern Areas is polo, which originated here. It is more rugged, free-style version than the sedate variety known in the plains. A polo tournament is held in Gilgit from 1-7 November. However, passion for Polo remains the highest on the world's highest Polo ground. Every year, Shandur (3,700 meters) invites visitors to experience a traditional polo tournament between the teams of Chitral and Gilgit from 7th to 9th July. The festival also includes folk music, folk dance, traditional sports and a camping village is set up on the Pass.

### BALTISTAN

**SKARDU**  
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#### WHAT TO SEE?

**Kharpocho Fort:** Skardu has an ancient Fort known as Kharpocho Fort (King of Forts) situated on a hill overlooking the town. It was constructed by Ali Sher Khan Anchan, who ruled over Baltistan till the end of the 16th century.

**Buddha Rock Carvings:** Dating back to 8th century AD, a huge Buddha figure surrounded by small Buddhist statues is carved on a rock, three kilometres from Skardu across Sadpara Nallah on Skardu-Sadpara Road. Pre-historic men and animal figures are carved on rocks along Kachura Lake. Some rock carvings and diagram of a monastery near Perikuta (Mehdi Abad) Nalrah are also found.

**Lovely Lakes:** Upper Kachura (34 km), Lower Kachura (Shangrila – 29 km) Lake and Sadpara (8 km) Lake, are very famous for fishing and boating.

**Shigar Valley:** The gateway to the great mountain peaks of the Karakorams, Gahebarum & K-2, is only 23 km away from Skardu via jeep road. Shigar valley's gentle, irrigated slopes are filled with terraces of wheat, maize and barley. Its orchards of apricots, mulberries, peaches, plums, pears, apples and nuts are unique to Baltistan. The wooden mosque in the middle of the

Highway 150 km short of Gilgit. There are hundreds of ancient rock carvings and inscriptions in and around Chilas, which depict its cultural and strategic importance even in pre-Buddhist period. One of these rock carvings is down a jeep trek on the south bank of the Indus River. Another group of the rocks are near Thalpan Bridge, past Chilas. A jeep trek connects Chilas with Kaghyan Valley via Babuser Pass (4,173 m).

**Astor & Rama Lake:** In ancient times, Astor was the only route for both trade and military movement between Gilgit and Srinagar. It is now approachable from Gilgit by road (110 kms). Rama Lake (3,150 m) can be reached from Astor via 6 km jeep trek. Alpine pasture and forests surrounds the lake, which reflects the image of Nanga Parbat. It is an excellent place for trekking and to enjoy the wild nature. It is 5 hours drive from Gilgit. There is a 12-room PTDC Motel with restaurant and camping facilities and a Forest Rest House.

**Rupal Valley:** Tarashing village is 28 kms south of Astor. From here, one can start the trek around the south side of Nanga Parbat up the Rupal Valley.

**Deosai Plain:** From Astor, another jeep trek takes us to Skardu via Deosai Plain. Situated at a height of 4,000 m, Deosai is designated as National Park. Besides its unique flora and fauna, it is the habitat of the rare Himalayan brown bear and marmot. Best months to visit are July & August.

**Fairy Meadows:** This place is 19 kms up a jeep trek that leaves the Karakoram Highway at Raikot Bridge. Beautifully placed on the northern slopes of Nanga Parbat (8,126 m), Fairy Meadows consist of alpine pastures surrounded by pine trees. There are a few huts and camping sites catering to the needs of visitors. With breathtaking views of the snow-clad north face of Nanga Parbat, it is an ideal place for trekkers and climbers to walk up to the base Camp.

**HOW TO GET THERE?**  
By Air: PIA operates daily two flights between Islamabad and Gilgit (subject to good weather). Flying time is one hour and one-way fare is approximately US\$ 68 for foreigners.

**By Road:** Gilgit is also accessible from Islamabad/Rawalpindi via Karakoram Highway (KKH). Rawalpindi to Gilgit via Swat is 704 km and takes 19 hours by bus/van; Rawalpindi to Gilgit via Thakot: 628 km. 16 hours by bus/van; Rawalpindi to Gilgit via Babuser Pass 535 km, 21 hours by jeep. Regular bus and van services operate on the Karakoram Highway between Rawalpindi and Gilgit via Besham. The main bus terminal of NATCO & other private bus lines is at Pirwadhai General Bus Stand, Rawalpindi. Advance booking is required (NATCO Tel: 051-9278441, Silk Route Bus Service Tel:051-5479375).

#### WHERE TO STAY?

Apart from Government Rest Houses, there are a number of comfortably furnished and reasonably priced cottage-houses, including PTDC Motels at Gilgit, Gupis, Phandar and Rama Lake. For assistance, please contact: Tourist Information Centre, PTDC Motel, Chinnar Inn. Tel: (05811) 54262, 52662 Fax: 52650.

#### WHERE TO STAY?

Besides other reasonably priced private hotels, PTDC Motels at Skardu, Sadpara Lake and Khaplu offer comfortable accommodation. There are government rest houses at Skardu, Sadpara, Shigar Valley, Khaplu and Kachura. Advance reservation is required.

#### WHAT TO BUY?

Baltistan is known for its "Pattu" – hand woven woolen cloth for jackets, coats etc. You can also pick up colourful intricately embroidered "Chugats" (Baltistani gown) and wooden spoons at Skardu bazaar.

### GILGIT, GHIZER & DIAMER

**GILGIT**  
Situated at an elevation of 1,454 metres along the banks of Gilgit River, quiet little town of Gilgit has spectacular scenic beauty. For centuries, it had been the capital of various dynasties. Its history goes well beyond 6th century AD. The town is irrigated by a network of canals fed by mountain streams. Peak tourist season is from April to October though you can visit the valley round the year. The maximum temperature in May is 33 C and the minimum 16 C and in September, maximum 28 C and minimum 11 C.

#### WHAT TO SEE?

**Gilgit Bridge:** The Bridge over the fast flowing Gilgit River, at the end of its traditional bazaar, is one of the largest suspension bridges in South Asia (192 metres long and 2 metres wide) allowing enough space for a jeep at a time to cross.

Deosai National Park

**Rock Carvings, Inscriptions & Ancient Sites:** Carved on a rock near **Kargah Nallah** (ravine), 10 km from Gilgit town, there is a beautiful standing Buddha figure (locally known as "Yashmir") dating back to 7th century AD. Remains of a Buddhist monastery and stupas (8th century AD) were discovered in 1938 and 1956 near **Nurpur**. There are ancient rock carvings of animals near the Karakorum University and inscriptions near **Danyore**.

**Monuments & Cemeteries:** Built in 1962, **Independence Monument** is a tribute to the heroes of liberation movement of 1947-48. A victory monument of **Taj Mughal**, built 700 years ago, is 30 km jeep drive from Gilgit town.

**Naitar Valley:** Two hours jeep drive from Gilgit link road. Government Rest house, Private hotels and a Ski slope, lush green Alpine forest with small lakes and glaciers, trout fishing in lake. Trekking routes link with Iskoman, Chalt and Puniyal valley.

**Shor Qilla:** It is situated 38 km west of Gilgit, along the north bank of the Gilgit River. Sher Qilla (Lion's Fort), was once the capital of the ancient kingdom of Puniyal. It has a polo ground, an old carved wooden mosque and a 150 years old watchtower, crowned with a pair of ibex horns. There is a trekking route to Naitar valley. Trout fishing can be enjoyed in Sher Qilla Nallah and nearby small lake.

**Singal:** About 61 km from Gilgit - Trekking route links with Chilas and Kohistan valley.

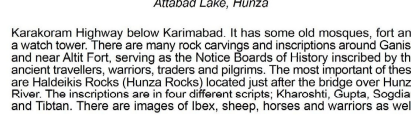
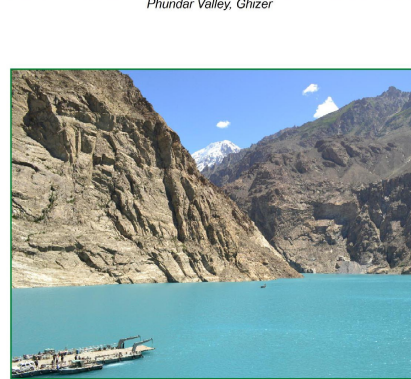
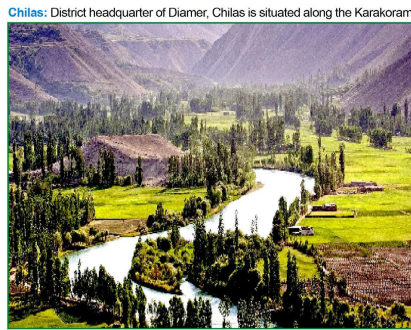
**Gahkuch:** Headquarter of Ghizer District - Ideal place for trekking, fishing and duck shooting in season. It is the gateway to Iskoman Valley. Government rest house and private hotels are available (73 km from Gilgit). Archaeological sites in Gahkuch and Hatoon.

**Ishkoman Valley:** The valley runs north to south joining Gilgit River at Gahkuch, dividing the Karakorams from the Hindukush. Chatorkhand, the main town of the Valley is about 100 kms from Gilgit and it takes six hours by jeep. People of Ishkoman Valley speak Khowar, Shina and Wakhi languages. From here, you can trek for 5 days east to Naitar via Naitar Pass (4,267 m), or west to Yasin in four days via Asambar Pass (4,432 m).

**Gupis:** It is located 112 kms west of Gilgit along the Gilgit River. PTDC has set up its new motel at Jandroite, 5 kms west of Gupis.

**Yasin Valley:** Yasin, the main town of the valley, lies east of Ishkoman at altitude of 2,750 m above sea level. People of Yasin speak Brushshiky and Khowar languages. Until the 20th century, Yasin was an important kingdom controlling the shortest and easiest route between the Oxus and the Indus rivers.

**Phundur:** It is nine hours drive from Gilgit, and a recommended overnight stop enroute to Chitral. PTDC Motel is located near Phandar Lake. There is another lake called Handrab, further west up a side valley. Both the lakes offer excellent trout fishing opportunities. From here, one can also do white water rafting down the Gilgit River.



Karakoram Highway below Karimabad. It has some old mosques, fort and a watch tower. There are many rock carvings and inscriptions around Ganish and near Altit Fort, serving as the Notice Boards of History inscribed by the ancient travellers, warriors, traders and pilgrims. The most important of these are Haldikis Rocks (Hunza Rocks) located just after the bridge over Hunza River. The inscriptions are in four different scripts; Kharoshthi, Gupta, Sogdian and Tibetan. There are images of ibex, sheep, horses and warriors as well.

**Nagar Valley & Hoper Glacier:** Nagar valley runs parallel to Hunza valley across the Hunza River. Like Hunza, Nagar was a princely state. Majority of people are shia Muslims and speak Shina language. Nagar proper is approached from Karimabad through a 10 km Jeep trek across Hunza river continuing further along Nagar River, while other important towns are situated along the KKH, including Gulmat (25 km short of Karimabad), with superb views of Rakaposhi. Nagar Valley's economy is based on agriculture. Wheat, potatoes and fruits like apples, apricot, cherry and mulberry are grown in abundance. Spring of Hoper (March-April) is lovely and there are trekking routes along Duatlar, Barpu and Hoper glaciers. Important peaks seen from Nagar Valley are Rakaposhi (7,788 m), Diran (7,266 m), Ullar (7,388 m), Maulitbing (7,458 m), Spantik (7,027 m) etc.

#### HOW TO GET THERE?

By Air: PIA operates daily two flights between Gilgit via Karakoram Highway. Regular Bus and Van Services operate between Gilgit, Karimabad and Sost (Pak-China border).

#### WHERE TO STAY?

There are reasonably priced hotels, motels and rest houses at Alalbad, Karimabad, Passu, Gulmit and Sost including PTDC Motels in Hunza (Tel: 05813-57069) and Sost (Tel: 05813-51030). Accommodation (including camping) and restaurant facilities are available at Hoper village, above Buzta glacier, as well as at Rakaposhi view point along the KKH (25 km short of Karimabad).

### CHITRAL VALLEY

Situated at an average altitude of 1,128 m, Chitral valley is favourite among mountaineers, trekkers, anglers, hunters and anthropologists. Trichmir (7,705 m) dominates this 322 km long exotic valley. Chitral district has Afghanistan on its north, south and west. A narrow strip of Afghan territory, (Wakhan camp) separates it from Tajikistan. The tourist season in Chitral is from June to September. The maximum temperature in June is 35 C and the minimum 19 C. In September, the maximum is 23 C and minimum 8 C.

#### WHAT TO SEE?

**Chitral Town:** The town lies by the Chitral river at an elevation of 1,518 m. The Shahi Masjid (Royal Mosque) is set against a backdrop of the Trichmir. The Mehtar's Fort and the Khowar houses of the Chitralis are worth seeing.



#### WHAT TO BUY?

Gilgit, Ghizer and Diamer are famous for its "Pattu", hand-woven woolen cloth. Pattu jackets, waistcoats and caps are very popular among travellers. Other interesting items are traditional Hunza hats for women, silver ornaments & jewellery, precious/semi-precious stones (ruby, garnet, topaz, emerald and different types of crystals etc) wooden spoons, embroidery, shawls, honey, almond oil, apricot and fresh fruits (walnuts, almonds, mulberry, apples, apricots, pears, peaches, grapes etc.).

### HUNZA, NAGAR & GOJAL

**HUNZA**  
The visitors to Hunza are overwhelmed by the rugged charm, the fragrant breeze singing through graceful Poplar trees and the velvet-like green carpet of wheat fields, set against the background of snow-covered mountains. Situated at an elevation of 2,438 metres, Hunza Valley's tourist season is from April to October. The temperature in May is maximum 27 C and minimum 14 C. The October temperature are: maximum 10 C and minimum 0 C. Majority of the people of Hunza are Ismaili Muslims, followers of His Highness the Aga Khan. The local language is Brushshiky. Urdu and English are also understood by most of people.

#### WHAT TO SEE?

**Karimabad:** The former capital of Hunza offers awe-inspiring panorama of high peaks including Rakaposhi (7,788 m), Spantik (Golden Peak – 7,027 m), Diran (7,266 m), Ullar (7,388 m) and Bulbulimtag (Lady Finger – 6,000 m). The snows of Rakaposhi glitter in the moonlight, producing an atmosphere at once ethereal and sublime. It is accessible by road from Gilgit (112 kms – 3 hours drive).

**Baltit Fort, Victoria Monument & Ullar Glacier:** The fairy-tale like castle of Baltit Fort, Karimabad (7,788 m). The Fort has been built on a sheer rock-cliff that falls 300 meters into the Hunza River. Duklar is a high summer village above the valley, north of Altit Village. Approachable by jeep, Duklar offers excellent views of the valley and the surrounding peaks especially at the time of sunrise and sunset.

**Altit Fort & Duklar:** This 800 years old fort is situated in village Altit, about 3 km from Karimabad. The Fort has been built on a sheer rock-cliff that falls 300 meters into the Hunza River. Duklar is a high summer village above the valley, north of Altit Village. Approachable by jeep, Duklar offers excellent views of the valley and the surrounding peaks especially at the time of sunrise and sunset.

**Ganish & Haldikis Rocks:** Ganish is an ancient village located along the

The bazaar offers a fascinating array of handicrafts. **Birmoghlaht:** Here, the fairy-tale summer palace of the ex-ruler affords a magnificent view of the Trichmir and the surrounding valleys. It stands at a height of 2,743 m, and is approachable by jeep.

**Garam Chashma (Hot Springs):** This valley offers scenic beauty, with orchards, fields and snow-clad peaks. The most interesting features however, are its hot sulphur springs, famous for their healing effects in skin diseases, gout, rheumatism and chronic headaches. 'Hammams' (baths) have been constructed near the springs for convenience of tourists. **Kalash Valley:** One of the major attractions of Chitral is the





**PTDC Motel Kalam, Swat**  
Saidu Sharif houses the Swat Museum that contains one of the finest collections of Gandhara art in the world. Mingora, the twin city of Saidu Sharif, has yielded magnificent pieces of Buddhist sculpture and the ruins of great stupas. Marghazar, 16 km from Saidu Sharif, is famous for its 'Kufed Mahal' the white marble palace of the former Waii (Ruler) of Swat. Saidu is 6 km from Saidu Sharif with its excellent golf course.

**Miamand:** At 1,830 m above sea level, Miamand Valley is 50 km from Saidu Sharif and recommended for those looking for a peaceful place full of fragrance and scenic beauty.

**Madyan & Bahrain:** Both the towns are a good stop-over while travelling from Saidu Sharif to Kalam. Madyan is famous for its trout hatcheries and Bahrain for its meeting of two rivers and its handicrafts.

**Kalam:** The most popular tourist spot in Swat Valley (2,073 m) is 100 km away from Saidu Sharif. It is a regular private bus and van service between Mingora and Kalam.

**Ushu, Matipan and Mahodand Lake:** This is the most spectacular area of upper Swat Valley. While staying overnight at Kalam, you can enjoy a day trip by jeep to these beautiful tourist spots. Distance is just 13-16 km from Kalam.

**Utrot-Gabral:** Another scenic valley of upper Swat, located 21-29 km from Kalam. The road is jeepable and jeeps can be hired from Kalam. A day trip with picnic lunch is recommended.

**HOW TO GET THERE?**  
Swat is linked by road and by air with Islamabad/Rawalpindi and Peshawar. There is regular bus and van service between Rawalpindi and Mingora. Besides Daewoo Coach Service, a seasonal tourist coach service for Saidu Sharif and Kalam is run by PTDC from 1<sup>st</sup> June to 30<sup>th</sup> August every year. For bookings and further information, please contact PTDC offices at Rawalpindi or Saidu Sharif.

**Note:** Before visiting Swat Valley, please seek latest security update from our Tourist Information Centre at Islamabad (Tel: 051-9202766 or 051-9272017).

**WHERE TO STAY?**  
There are moderately priced hotels, motels and rest houses in Swat at Saidu Sharif, Mingora, Marghazar, Madyan, Bahrain, Kalam and Ushu. PTDC also has its Motels at Saidu Sharif, Miamand and Kalam. For local assistance, please contact Tourist Information Centre, PTDC Motel, Saidu Sharif, tel: (0946) 9240157; Fax: (0946) 9249156.

**WHAT TO BUY?**  
Local handicrafts include embroidered linen, hand-woven rugs and shawls, silverware, tibet jewellery and carved wood work.

## KAGHAN VALLEY

A holiday in **Kaghan Valley**, the Himalayan hide-away situated northeast of Hazara district of North West Frontier Province, is an unforgettable experience. Its mountains, dales, lakes, waterfalls, streams and glaciers are still in an unbelievable pristine state, an unspoiled paradise. The Valley extends for 125 km rising from an elevation of 2,234 metres to its highest point, the Babuser Pass (4,173 m). Kaghan is at its best in the summer months (May to September). In May the temperature is maximum 11 C and the minimum 3 C. From the middle of July up to the end of September, the road beyond Naran, snowbound throughout the winter, is open right up to Babuser Pass.

**WHAT TO SEE?**  
**Abbottabad:** It is a charming town spread out over several low, refreshingly Abbots and green hills. Abbottabad is 116 km (2 hours) from Rawalpindi and 208 km (3 hours) from Peshawar. Places worth visiting in Abbottabad are: Simla Hill, Ilyasi Masjid etc.

**Shogran:** At a distance of 34 km from Balakot, lies the green plateau of Shogran (2,362 m above sea level). Drive by car to village Kivali, 24 km from Balakot and turn to right for Shogran for another 10 kms. From Shogran, you can visit Sari, Paye and Makra by jeep or you can go for hiking.

**Kaghan & Naran:** Kaghan Village has given its name to the whole Valley. It is 64 km from Balakot at an altitude of 2,039 m. Naran is the main tourist attraction of the valley. It is linked with Balakot by 88 km long metalled road. It takes 4 hours by car to reach Naran. Naran serves as a base for the whole valley. From here, you can ride a jeep or horse or hike to several picturesque lakes, valleys and peaks. The journey through the valley by the side of Kunhar river is indeed a unique experience.

**Lake Saiful Maluk & Lalazar:** Lake Saiful Maluk has a touch of the unreal it, nestling 3,206 metres high in the shadow of the Malika Parbat (Queen of the mountains - 5,291 m). You can go fishing or boating in the lake and hear the local legend about Prince Saiful Maluk who fell in love with a fairy. Further up are quaint woodland villages, Batakundi, Burwai, Basal, Gittidas and Lalazar. At a distance of 19 km from Naran, Lalazar is unique place for a day excursion, by jeep.

**Lovely Lakes & Meadows:** If you love hiking, trekking or fishing, then Kaghan Valley is like heaven. There are many lakes and meadows high up in the mountains waiting for you. Some of them are: Lake Lulusar, Lake Dodipatsar, Darina Meadows, Sharan, Sri Paya, Makra Peak, Malika Parbat and Musa Ka Musalla (Prayer Mat of Moses).

**Siran Valley:** It is accessible through KKH via Shinkiri. There is a Jeep track from Daddar along the Siran River to Jabori (Forest Rest House), Nadi (Rest House) and to Sharan in Kaghan Valley.

**HOW TO GET THERE?**  
Kaghan Valley is accessible by road from Rawalpindi/Islamabad and Peshawar. PTDC runs its seasonal coach service between Islamabad and Naran from



Lake Saiful Maluk, Kaghan Valley

1<sup>st</sup> June till 31<sup>st</sup> August. For bookings, please contact any of PTDC Tourist Information Centres. The Kaghan Valley is blocked at the end by high mountains but a pass lets the jeepable road snakes over into Chilas Valley. This is a 1,173 m high Babuser Pass, which commands the whole Kaghan panorama as well as gives you, on a clear day, glimpses of Nanga Parbat (the Naked Mountain) glistening at 8,126 m.

**WHERE TO STAY?**  
There are many moderately priced hotels, motels in Kaghan Valley at Balakot, Shogran, Kaghan, and Naran. More over, the comfortably furnished PTDC Motel Complex at Naran and Balakot, welcome the visitors to Kaghan Valley.

**WHAT TO BUY?**  
Kaghan is noted for its artistically carved walnut handicrafts, embroidered shawls, shirts, woolen blankets and "Namdas" (woolen felt rugs).

## AZAD JAMMU & KASHMIR

**PEOPLE & CULTURE**  
Azad Jammu & Kashmir is a land of fascinating people, languages & culture. Its population is composed of different races claiming their descent from Semitic, Mongoloid, Aryan, Persians, Turks & Arabs, speaking different languages like Kashmiri, Pahari, Gogri, Punjabi and Pushto. The people of Kashmir are sturdy, simple, truthful, intelligent, ingenious, hardworking, skillful and deeply attached to their land.

## WHAT TO SEE?



Banjosa Lake, Rawalakot



Halmat, Neelum Valley

Azad Jammu & Kashmir is very rich in natural beauty. Its snow-covered peaks, dense forests, winding rivers, turbulent foaming streams, sweet-scented valleys, velvet green plateaus and climate varying from arctic to tropical, all join together to make it an excellent tourist attraction. Valleys like Neelum, Jhelum, Leepa, Rawalakot, Banjosa, Samahni & Baghsar unfold delightful scenic beauty and provide a feast of pleasure to a discerning tourist's eyes. Azad Kashmir is also blessed with a varied mountainous landscape ranging from low hills to high mountains (2000 to 6000 m) most suitable for adventure sports like climbing, trekking, mountaineering, summer camping and hiking, blessed with river & streams, it offers great potential for white water sports, especially rafting, canoeing and kayaking. Azad Kashmir has a varied wildlife including Leopard, Himalayan Bear, Ibex, Grey Goral, Musk Deer, Kashmir Stag, Monal Pheasant, Western Tragopan, Snow Pheasant, Red-lead Partridge (Chakor), Black Kokias Pheasant, Peacock, Eagle, Dusik Markhor etc.

**Muzaffarabad:** The capital of the Azad Jammu & Kashmir is situated at the confluence of the Jhelum & Neelum rivers. It is 138 kms from Rawalpindi and about 76 kms from Abbottabad. The present name of Muzaffarabad has been given to it after the name of Sultan Muzaffar Khan, a chief of Bomba Dynasty (1652). There are two forts, namely, Red & Black Fort, situated on the opposite sides of river Neelum. The Neelum river streams through the town, joins river Jhelum at Domel and plays a dominant role in the micro climate of Muzaffarabad. Places of interest in and around Muzaffarabad are: Pir Channasi, Shaheed Gali and Patika.

**Neelum Valley:** About 240 kilometers long picturesque Neelum Valley is situated to the North & North East of Muzaffarabad. Running parallel to the Kaghan Valley, it is separated from it by snow covered peaks, some over 5000 meters above sea level. Excellent scenic beauty, panoramic view, towering hills on both sides of the noisy Neelum river, lush green forests,

enchanting streams, high altitude lakes and attractive surroundings make the valley a dream come true. Places of interest in Neelum Valley are: Kundal Shahi, Kutton, Salkaha, Athacama, Karen, Dowarian, Sharda & Kel.

**Jhelum Valley:** The curling river flows through from East to West between the high green mountains of this valley and joins the river Neelum at Domel near Muzaffarabad. A 59 Km long metalled road runs along the river Jhelum from Muzaffarabad to Chakothi, close to line of control (LOC). Places of interest in Jhelum Valley include: Garhi Dopatta, Chinari, Chakothi, Chikkar, Loon Bagia, Dunganj & Dianna.

**Leepa Valley:** This is the most fascinating & loveliest valley. A metalled road branches off for Leepa from Naily, 45 kms from Muzaffarabad, climbs over the Reshan Gali (3,200 m) and then descends to 1,677 m on the other side into the Leepa Valley. The valley remains open for domestic tourists from May to November. Places of tourist interest in this valley are: Leepa, Dao Khan, Channanian etc.

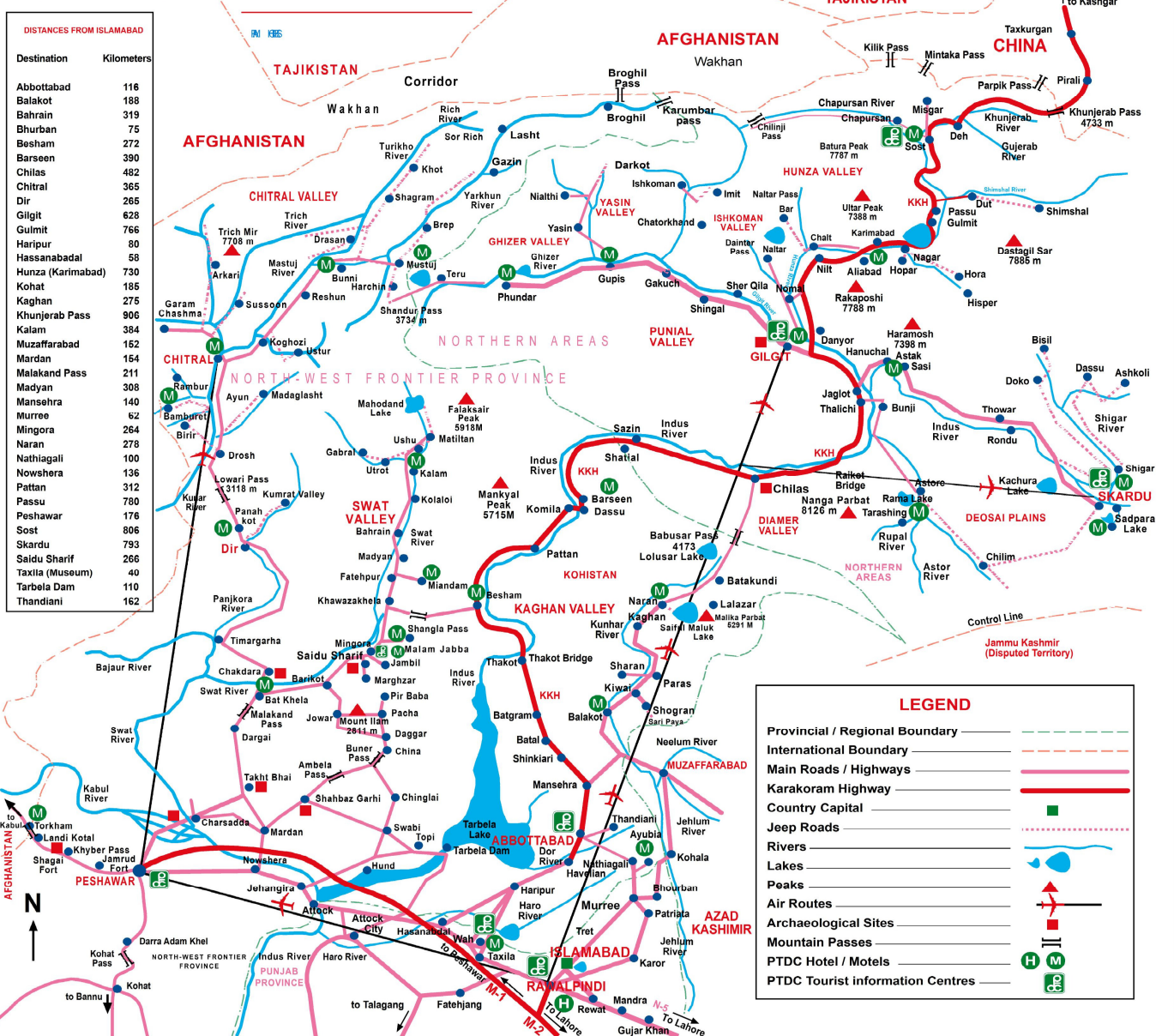
**Poonch & Sudhnoti:** Places of interest in both of these districts are: Rawalakot, Paniola, Banjosa, Chottagala, Koyian, Ghorimar, Tatta Pani, Pullandri, Tararkhal, Aliabad etc.

**Bagh & Kotli:** District Bagh, is rich in variegated natural beauty. Bagh, Dheerkot, Sudhan Gali, Hanse Chowki, Neela Butt, Las Danna, Mahmood Gali, Sudhan Gali, Kahuta, Havalay and Ganga Choti are the main attractions. Kotli is located at a distance of 141 kms from Rawalpindi/Islamabad via Sehnsa, Holar and Kahuta. It is linked with Mirpur by two metalled roads, one via Raghdan (90 kms) and the other via Charhoi. It is also directly linked with Rawalakot via Taraki (82 kms). Places of interest are: Teenda, Hajjabad, Khoraista, Fatehpur, Karela Majhan etc.



Chitta Katha Lake, Azad Kashmir

# NORTHERN PAKISTAN



**DISTANCES FROM ISLAMABAD**

Destination	Kilometers
Abbottabad	116
Balakot	188
Bahrain	319
Bhurban	75
Besham	272
Barseean	390
Chilas	482
Chitral	365
Dir	265
Gilgit	628
Gulmit	766
Haripur	80
Hassanabad	58
Hunza (Karimabad)	730
Kohat	185
Kaghan	275
Khunjerab Pass	906
Kalam	384
Muzaffarabad	152
Mardan	154
Malakand Pass	211
Madyan	308
Mansehra	140
Murree	142
Mingora	264
Naran	278
Nathigali	100
Nowshera	136
Pattan	312
Passu	780
Peshawar	176
Sost	906
Skardu	793
Saidu Sharif	206
Taxila (Museum)	40
Tarbela Dam	110
Thandiani	162

**LEGEND**

Provincial / Regional Boundary	-----
International Boundary	-----
Main Roads / Highways	==
Karakoram Highway	==
Country Capital	■
Jeep Roads	-----
Rivers	~~~~~
Lakes	~~~~~
Peaks	▲
Air Routes	-----
Archaeological Sites	○
Mountain Passes	-----
PTDC Hotel / Motels	■
PTDC Tourist Information Centres	■



**Snow-kiting over Deosai plain**  
Mirpur & Bhimber: Mirpur is situated at an elevation of 459 m. It is linked with G.T. Road at Dina, a small town about 15 kms short of Jhelum town. The construction of Mangla Dam converted the old Mirpur town into a big artificial lake and affected a population of about 50,000. But it paved the way for existing new Mirpur town situated on the bank of Mangla Lake. The city is well planned and buildings are mostly of modern design. Mirpur has developed into an industrial city very rapidly. Places of interest around Mirpur are: Mangla Dam, Ramkot Fort etc. **Bhimber** was mentioned by Mughal Emperor, "Jahangir" in his book "Tuz-e-Jahangiri". It falls on the route that was followed by the Mughals for their frequent visits to the Kashmir Valley. Bhimber town is located at a distance of 50 kms from Mirpur and 166 kms from Rawalpindi. Places of interest are: Baghsar, Jandi Chontra etc.

**PERMITS**  
Pakistan tourists can visit Azad Jammu & Kashmir without any restriction. However, they are advised to keep their National ID cards with them. Foreign tourists are only allowed to visit following places with permit: Dheerkot, Rawalakot, Chotta Gali, Chikar, Dakhan, Muzaffarabad, Mangia & Sehnsa. Permits are issued by the A.J.K Home Department at Muzaffarabad.

**WHERE TO STAY?**  
A.J.K Tourism Department has Tourist Rest Houses at most of the tourist spots which can be booked in advance from their office in Muzaffarabad. (Tel: 058610-32625, 32623; Fax: 058610-39171).

**WHAT TO BUY?**  
Carpets, Namda Gubba, Patto, silk woolen clothing, woolen shawls, wood carving, Papier Masheh, rugs are popular handicrafts of Azad Kashmir. Other products and fruits are: mushrooms, honey, walnuts, apples, cherry, medicinal herbs & plants, resin, Deodar, Kail, Chir, Fir, Maple and Ash Timbers etc.

## GENERAL INFORMATION

**Communication:** Almost all the places in the Northern Pakistan and Azad Kashmir are linked by telephone with the rest of the country and the outside world. Some of the area codes are: Gilgit (05811), Hunza (05831), Sost (05813), Skardu (05831), Saidu Sharif (0946), Chitral (0943), Besham (0996), Kalam (0946), Bambureit (0943), Knaplu (05816). A number of public call offices (PCOs) are located in the Northern Area. Both the Post Office and the Special Communications Organization maintain networks of telephone and wireless system.

**Do's and Don'ts:** Please do not photograph military installations and major bridges. Women of Pakistan do not like to be photographed without their permission. Please do not travel at night on mountain roads, and do not swim in the fast-flowing rivers & streams. Kindly dress yourself modestly and respect local culture, traditions and social norms. Please take-off your shoes and cover your head when visiting mosques, temples or Churches. Please seek security and safety update from local Tourist Information Centre (TIC) or Police Station.



Kalash Kids

## TOURIST INFORMATION CENTRES

For information, local assistance, planning your holidays and booking of hotels, motels, transport and tours, please contact any of the following PTDC Tourist Information Centres (TICs):

<b>GILGIT</b> PTDC Motel Chinar Inn, Babar Road Tel: (08611) 452262 Fax: 452680	<b>PESHAWAR</b> Benevolence Fund Building, Saddar Road Tel: & Fax: (051) 9211826
<b>ISLAMABAD</b> Alpha Khan Road, Markaz F-4 (Super Market), Tel: (051) 9204207, Fax: (051) 9218233	<b>QUETTA</b> PTDC Tourist Information Centre, Muslim Hotel, Jinnah Road, Quetta. Tel: (034) 2401939
<b>Rawalpindi International Airport</b> Near International Departure Lounge Concourse Hall Islamabad, Tel: (051) 920563	<b>RAWALPINDI</b> Flashman's Hotel, The Mall Saddar, Rawalpindi, Tel: (051) 920563, Fax: 051-9271588
<b>KARACHI</b> PTDC south Karachi room No. 220, 221 Hotel, Nizampol second floor Clive Road, Karachi. Tel: (021) 9202971 Fax: 021-9206376	<b>SAIDU SHARIF - SWAT</b> PTDC Motel, Opposite Serena Hotel, Saidu Sharif, Tel: (0946) 9240156 Fax: (0946) 9249156
<b>LAHORE</b> 66-D/1, Gulberg III, Lahore Tel: (042) 5787877 Fax: 35760062 Tel: 042-3576002	<b>SKARDU</b> PTDC K-2 Motel, Tel: (0945) 920291
<b>MOENJODARO</b> Opposite Moenjodaro Museum, Tel: (051) 934206	<b>TAXILA</b> PTDC Motel, Opposite Taxila Museum, Tel: (051) 934206
<b>MULTAN</b> PTDC Tourist Information Centre, Children Park Near old Cricket Pavilion Qila Kohra, Qasim Bagh Multan Tel: (061-9201291, 4572968 Fax: 061-4682262	<b>BALAKOT</b> PTDC Tourist Information Centre, PTDC Motel Balakot, District Mansehra Tel: 0967-500208

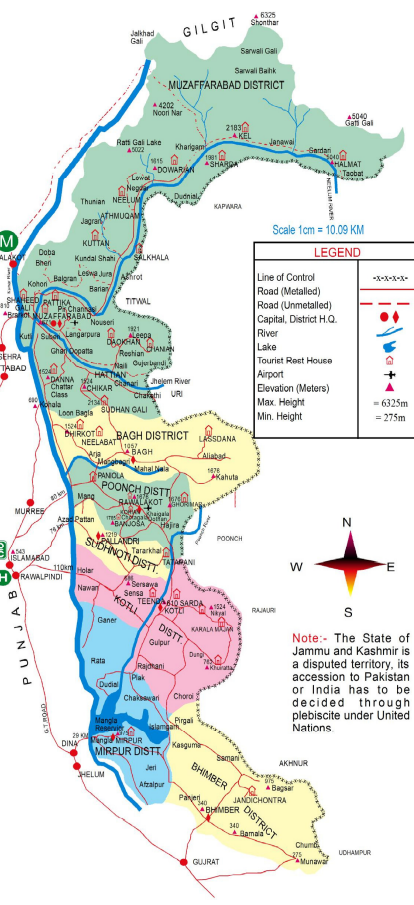
**Pakistan Tourism Development Corporation**  
Tourist Information Centre, Alpha Khan Road, Markaz F-4 (Super Market), P.O. Box 1465, Islamabad-4400,  
Pakistan, Tel: (+92-51) 9202766, 9212766, 553565 Fax: (+92-51) 9218233, 9271588  
E-mail: info@tourism.gov.pk Website: www.tourism.gov.pk

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PTDC K-2 Motel, Skardu

## MAP OF AZAD JAMMU & KASHMIR



**LEGEND**

Line of Control (Matted)	-----
Road (Unmatted)	-----
Capital, District H.Q.	■
Label	○
Tourist Rest House	○
Airport	✈
Elevation (Meters)	▲
Max. Height	▲
Min. Height	▲

**Note:** The State of Jammu and Kashmir is a disputed territory, its accession to Pakistan or India has to be decided through plebiscite under United Nations.