

# Contents

<b>Pakistan Highlights</b>	<b>4</b>	<b>Punjab</b>	<b>94</b>
<b>Destination Pakistan</b>	<b>12</b>	<b>LAHORE</b>	<b>96</b>
<b>The Authors</b>	<b>13</b>	History	96
<b>Getting Started</b>	<b>15</b>	Orientation	97
<b>Itineraries</b>	<b>19</b>	Information	97
<b>History</b>	<b>26</b>	Dangers & Annoyances	102
<b>The Culture</b>	<b>41</b>	Sights	102
<b>Food &amp; Drink</b>	<b>58</b>	Activities	109
<b>Environment</b>	<b>63</b>	Courses	110
<b>Islamabad &amp; Rawalpindi</b>	<b>71</b>	Tours	110
History	72	Festivals & Events	110
Orientation	72	Sleeping	110
Information	73	Eating	113
Sights	77	Drinking	115
Activities	80	Entertainment	116
Tours	80	Shopping	116
Festivals & Events	80	Getting There & Away	117
Sleeping	80	Getting Around	119
Eating	83	<b>AROUND LAHORE</b>	<b>120</b>
Drinking	85	Wagah	120
Entertainment	85	Hiran Minar	120
Shopping	85	Nankana	121
Getting There & Away	86	Sharakpur Sharif	121
Getting Around	87	Changa Manga Wildlife Reserve	121
<b>AROUND ISLAMABAD &amp; RAWALPINDI</b>	<b>88</b>	<b>SOUTHERN PUNJAB</b>	<b>121</b>
Margalla Pass	88	Bahawalpur	121
Taxila	88	Lal Suhanra National Park	125
Wah Gardens	90	Cholistan	125
Hasan Abdal	90	Bhong Mosque	126
Murree & the Galis	90	Uch Sharif	127
		Panjnad Head	128
		Multan	128
		Dera Ghazi Khan (DG Khan)	133
		Around Dera Ghazi Khan	134
		Harappa	134
		Pakpattan	136
		Faisalabad	136
		Lahore to Islamabad	137
		<b>Balochistan</b>	<b>139</b>
		<b>QUETTA</b>	<b>142</b>
		History	142
		Orientation	142
		Information	144
		Dangers & Annoyances	145



Deosai Plains	291	Safety on the Trek	339
Shigar	291	Responsible Trekking	340
Khaplu	292	Health	341
Hushe & Masherbrum Views	293	<b>CHITRAL &amp; GHIZAR</b>	<b>341</b>
<b>HUNZA &amp; NAGYR</b>	<b>294</b>	Gokhshal An & Doni An	342
Gilgit to Chalt	294	Donson Pass & Kundyak An	344
Chalt	295	Thui An	345
Chalt to Ghulmet	296	<b>GILGIT &amp; DIAMIR</b>	<b>346</b>
Minapin	298	Diran Base Camp	346
Aliabad	298	Fairy Meadow	348
Karimabad (Baltit)	299	<b>NAGYR &amp; HUNZA</b>	<b>349</b>
Around Karimabad	305	Pakora Pass	350
Ganish	306	Rakaposhi Base Camp	351
Upper Nagyr	306	Rush Phari	352
<b>GOJAL &amp; THE KHUNJERAB PASS</b>	<b>307</b>	Ultar	353
Gulmit	308	<b>GOJAL</b>	<b>355</b>
Passu	310	Avdegar	355
Shimshal Valley	313	Batura Glacier	356
Passu to Sost	313	Shimshal Pamir	357
Sost & Afiyatabad	314	Pamiri	359
Chapursan Valley	315	Kilik & Mintaka Passes	360
Misgar	316	<b>BALTISTAN</b>	<b>361</b>
The Khunjerab Pass	317	Humbrok	362
<b>THE ROAD TO KASHGAR</b>	<b>317</b>		
The Khunjerab Pass to Tashkurgan	318		
Tashkurgan	318		
Tashkurgan to Kara Kul	320		
Kara Kul	320		
Kara Kul to Kashgar	321		
Kashgar	322		
Around Kashgar	330		

## Trekking in Northern Pakistan 331

Suggested Itineraries	332
<b>GETTING STARTED</b>	<b>334</b>
When to Trek	334
What Kind of Trek	334
What to Take	336
Maps	336
Costs & Money	337
Permits	337
<b>ON THE TREK</b>	<b>337</b>
Daily Routine	337
Guides & Porters	337
Sleeping & Eating	339
Women Trekkers	339

**Directory** 364

**Transport** 382

**Health** 395

**Language** 403

**Glossary** 414

**Behind the Scenes** 417

**Index** 421

**World Time Zones** 430

**Map Legend** 432

# Regional Map Contents



