

Index

- A**
- Abakh Hoja Tomb 325
 - Abbottabad 245-9, **246**
 - accommodation 364-6
 - activities 366, *see also individual activities*
 - acute mountain sickness (AMS)
 - 341, 400
 - Afghan border 154
 - Afghan refugees 46
 - Afiyatabad (New Sost) 314-15, **314**
 - AIDS 398
 - air pollution 70
 - air travel 382-3
 - airlines 382-3
 - airports 382-3
 - tickets 383
 - to/from Pakistan 383-5
 - to/from the KKH 394
 - within Pakistan 388-9
 - Akbar 27
 - Akbari Mosque 179
 - Alai Valley 259-61, **260**
 - alcohol 60
 - Alexander the Great 26
 - Ali Masjid 200
 - Aliabad 298-9
 - All-India Muslim League 29-30
 - Allergological Asthma Resort 138
 - Altit Fort 305
 - altitude sickness 400
 - Aminabad 313
 - Anarkali 106
 - Andra Fort 309
 - animals 65-7, *see also individual animals*
 - endangered species 66-7
 - Anish 232
 - Archaeological Museum of Balochistan (Quetta Museum) 145
 - archaeological sites
 - Banbhore 174-5
 - Ha Noi 330
 - Harappa 134-5
 - Lower Swat 213
 - Makli Hill 175
 - Mardan Plain 205-6
 - Mehrgarh 153-4
 - Moenjodaro 176-9, **178**
 - Saidu Sharif 209-12, **210**
 - Taxila 88-90, **89**
 - architecture 53-4
 - area codes, *see inside front cover*
 - army 34-6
 - arts 52-6, *see also individual arts*
 - Artush 330
 - Ashoka, Emperor 237, 249-50
 - Ashoka Rocks 249-50
 - Askur Das 306
 - Astor Valley 268-70, **269**
 - Astor village 268
 - Athmaqam 185
 - ATMs 373
 - Avdegar 355-6, **355**
 - Avargarch 313-14
 - Awami League 32
 - Ayub National Park 80
 - Azad Jammu & Kashmir 181-6, **182**
 - earthquake 183
- B**
- Baba Ghundi Ziarat 316
 - Baba Wali Kandahari 90
 - Babur 27
 - Babusar Pass 255-6, 267
 - Badshahi Mosque 103-5
 - Bagh 186
 - Bagrot Valley 271-2, **271**
 - Bahawalpur 121-5, **122**
 - Bahrain 215-16
 - baksheesh 373
 - Bala Hisar Fort 194
 - Balakot 253
 - Balanguru 231-2
 - Baloch people 37, 44-5
 - Balochistan 139-56, **141**
 - Balti 405-6
 - Baltistan 284-94, 361-3, **285**
 - Baltit, *see Karimabad*
 - Baltit Fort 300, **301**
 - Baltoro Glacier trek 362
 - Banbhore 174-5
 - Bangladesh 31-2
 - Banjosa 186
 - Bannu 203
 - Bar Palas 262
 - Bar Valley 295-6
 - bargaining 374
 - Bari Imam Shrine 79
 - Barikot 213
 - Barpu Glacier 353
 - Barsat 284
 - Barsin 263
 - Basant 110
 - Basha Dam 265
 - Basho 286
 - Basho Valley 291-2
 - Batagram 256-7
 - bathrooms 377-8
 - Batrik 232, 344
 - Battakundi 255
 - Batura Glacier 356-7, 7
 - bazaars 376, 6
 - Bazira 213
 - begging 50
 - Begum Shah Mosque 105
 - Besham 258-9, **258**
 - Beyal 349
 - Bhitai, Shah Abdul Latif 52, 176
 - Bhong Mosque 126-7
 - Bhurban 92-3
 - Bhutto, Benazir 35, 39, 51
 - Bhutto family 38-9
 - Bhutto, Zulfikar Ali 38, 39
 - bicycle travel, *see cycling*
 - bird-watching 66
 - Birir Valley 233
 - Birmogh Lasht 227-8
 - Biyabari 347
 - boating 167, 366, 4
 - Boibar Valley 313
 - Bolan Pass 153
 - books
 - cooking 58
 - health 397
 - history 32, 34, 38, 40
 - literature 53
 - politics 31, 32, 34, 38, 40
 - travel 17-18
 - wildlife 66
 - border ceremony 120
 - border crossings 385-8
 - Borit Lake 309, 312
 - Brahui people 45
 - British East India Company 28
 - British Raj buildings 166
 - British rule 28-9
 - Brun 232
 - Bualtar Glacier 353

- Bubulimating 305
 Buddhist sites
 Chakdara 217-18
 Chilas 267
 Ghaligai Buddha 213
 Gilgit region 280
 Jamal Garhi 206
 Kashmir Smats 206-7
 Mirpur Khas 176
 Peshawar 191
 Sacred Rocks at Hunza 306
 Saidu Sharif 210-11
 Shahbaz Garhi 206
 Shatial 263
 Shigar 292
 Takht-i-Bahi 206
 Taxila 88-9
 Three-Immortals Caves 330
 Udegram 213
 Zarai 200
- Bulunkul Dobej 321
 Bumboret Valley 232-3
 Bunar Das 267
 Bundiwalum 346
 Buni 233
 Burawai 255
 Burushaski 406-7
 bus travel
 on the KKH 393-4
 to/from Pakistan 387
 within Pakistan 389-90
 business hours 366-7, *see also inside front cover*
- C**
 camping 365
 car travel
 driver hire 390-1
 on the KKH 394
 rental 390
 to/from Pakistan 386
 within Pakistan 390-1
 carpets 55-6
 Central Karakoram National Park 68, 286
 Chaghbin 228
 Chakdara 217-18
 Chakhchun 293
 Chalt 295-6, **297**
 Chaman 154
 Changa Manga Wildlife Reserve 121
- Channan Mela 126
 Channan Pir 126
 Chaprot Valley 295
 Chapursan Valley 315-16, 6
 Charsadda 207
 Chashi 283
 Chatorkhand 283
 Chatter Plain 265
 Chaukundi 174
 Chikar 186
 Chilas 265-7, **266**
 child labour 50
 children, travel with 367
 Chimirsan Ghari 343
 China Friendship Rd 317
 China–Pakistan Highway 317
 Chirah 271
 Chitral district 220-34, **221**
 people 190
 trekking 341-6
 Chitral Festival 370
 Chitral Gol National Park 68-9, 228
 Chitral Town 222-7, **223**
 Choar 260
 Cholistan 125-6
 Chowa Dara valley 262
 Chughtai, Abdur Rahman 108
 Chughtai Museum 108-9
 cinema 53
 climate 15-16, 367, **368**
 clothing 381
 computer repairs 117
 consulates 370
 corruption 50-2
 costs 17
 trekking 337
 credit cards 374
 cricket 56-7
 culture 41-57
 customs regulations 367-9
 cycling 366, 385, 389
 Babusar Pass & Kaghan Valley 255
 Kashgar to Islamabad 242-4
 on the KKH 392-3
 safety 393
- D**
 Dadar 256
 Dainyor 280-2
 Daman-e-Koh 77-9
 dance 55
 Dandai 258
 dangers 16-17, 369
 Dar 272
 Darel 263-5
- Darkot 283
 Darra Adam Khel 202-3
 Dasu 262
 Data Ganj Bakhsh 106
 Davdar 318
 deep vein thrombosis (DVT) 397
 Defence Housing Authority Mosque (Masjid-i-Tuba) 166-7
 deforestation 69-70
 dehydration 401
 dengue fever 397
 Deosai Plains 291
 Deosai Plains National Park 69
 Dera Ghazi Khan (DG Khan) 133-4
 Dera Ismail Khan (DI Khan) 203-4
 Dera Nawab Sahib (Dera Nawab) 126
 Derawar Fort 126
 diarrhoea 400
 digital photography 375
 Dih 317
 Dir district 217-20, **208**
 Dir town 218-19, **219**
 Diran Peak 272
 disabilities, travellers with 378
 Doni An 342-3
 Doni Ghari 342
 Donson Pass 344-5, **344**
 dress 43
 drinks 60
 driving, *see car travel*
 Drosht 222
 drugs 51, 196, 369
 Dubair Valley 261
 Duikar 305
 Durand Line 32, 37, 189
 Dut 313
- E**
 earthquakes 64, 183
 economy 49-52
 Edara 320
 Edhi, Abdul Sattar 161
 Edhi Foundation 161
 Edicts of Ashoka 206
 Eidgah Mosque 131
 electrical repairs 117
 electricity 365
 email, *see internet access*
 embassies 370
 emergencies, *see inside front cover*
 energy shortage 70
 environmental issues 65, 69-70
 erosion 70
 etiquette 43

events, *see* festivals
exchange rates, *see inside front cover*

F

Fa Hsien 257
Fairy Meadow 267, 348-9, **348**
Faisalabad 136-7
Faiz Ahmed Faiz 52-3
Faqir family 106
festivals 370-1
 Baisakhi Festival 90
 Basant 110
 Channan Mela 126
 Chitral 222, 370
 Eid-Milad-un-Nabi 371
 Eid-ul-Azha (Adha) 371
 Eid-ul-Fitr 371
 Islamic 371
 Kalasha 231
 Mela Chiraghan 110
 Nauroz (Navrus) 370
 Ramazan 371
 Shandur Cup (Polo Festival) 370
 Shandur Pass 276
 Sibi Mela 152
 urs of Data Ganj Bakhsh Hajveri 110
film 53
fishing 366
food 58-62, 371
 customs 61
 etiquette 43
 glossary 62
 Hunza 304
 restaurants 60-1
 vegetarian travellers 61
foreigner's registration 378
Fort Munro 134
forts
 Altit Fort 305
 Andra Fort 309
 Bala Hisar Fort 194
 Baltit Fort 300, **301**
 Chilas Fort 265
 Chitral Fort 224-5
 Derawar Fort 126
 Jamrud Fort 200
 Kalam Darchi 361
 Karpochu Fort 288
 Katkala 218
 Khar 134
 Kot Diji 180
 Lahore Fort (Shahi Qila) 102-3, **103**
 Mir Chakar's Fort 153

Muzaffarabad Fort 184
Naghar Fort 220
Qasim Bagh Fort 129-30
Ranikot Fort 176
Red Fort 184
Rohtas Fort 137-8
Sehwan Sharif 176
Shah Makkai (Hyderabad) Fort 175
Shahgai Fort 200
Shahi Fort 213
Sheikhupura 120
Tashkurgan Fort 318-19
fundamentalism 47-8

G

Gaddani beach 174
Gakuch 283
Galis, the 92-3
Gandhara 26, 27, 88, 188, 191, 205-6, 207
Ganish 306
Garam Chashma 228
Gargoh 272
Gashuchi 346
Gazin Glacier 346
gay travellers 371-2
Genghis Khan 237
geography 63-5
geology 64
Ghaligai Buddha 213
Ghashumaling 295
Ghazni, Mahmud of 237
Ghez 321
Ghizar 283-4
Ghora Dhaka 92-3
Ghowari 292
Ghulkin Village 309
Ghulmet 297, **298**
giardiasis 400
Gilgit region 263-84, **264**
Gilgit town 272-80, **273**
Gilgit Uprising 275
Gittidas 256
glacial warfare 36
glaciers
 Baltoro Glacier 362
 Barpu Glacier 353
 Batura Glacier 356-7, 7
 Bualtar Glacier 353
 Gazin Glacier 346
 Gulmit Glacier 309
 Mulungutti Glacier 313
 Pakora Glacier 351
 Passu Glacier 311
 Raikot Glacier 348

Shani Glacier 351
Siachen Glacier 36, 293
Tarashing Glacier 270
global warming 65
Gojal 307-17, **308**
 trekking 355-61
Gokhshal An 342
Gol 292
golden marmot 66
Golpigol 346
Gomenah 345
government resthouses 365
Great Game, the 30
Great Thar Desert 176
Grom 231-2
Guchesham 357
guesthouses 366
Gujars 240
Gulagmuli 284
Gulmit 308-10, **309, 311**
Gulmit Glacier 309
guns 51, 196
Gupis 283
gurdwaras
 Gurdwara Janamasthan Nankana 121
 Gurdwara of Arjan Dev 105
Guru 233
Guru Nanak 90, 121
Gwadar 156

H

Ha Noi 330
haggling 374
Halal 61
Haleji Lake 175
Halmat 185
handicrafts 55
Hanna Lake 150
Haramosh Valley 271, **271**
Harappa 134-6
Haripur 245
Hasan Abdal 90
Havelian 245
Hazara 244-57, **245**
Hazarganji-Chiltan National Park 150-1
health 395-402
 diseases 397-400
 insurance 395-6
 trekking 341
 vaccinations 396
 websites 397
hepatitis 398
heroin 51

- Hill Stations 185-6
 Hinarche Harai 347
 Hindu sites
 Great Thar Desert (Tharparkar Desert) 176
 Hasan Abdal 90
 Kashmir Smats 206-7
 Ketas 138
 Hindukush range 63, 64
 Hinglaj 154-5
 Hingol National Park 154-5
 Hiran Minar 120
 Hispar La trek 362
 history 26-40
 Bangladesh 31-2
 books 32, 34, 38, 40
 British, the 28-9
 contemporary 40
 Independence 29-31
 Indus civilisation 26
 internet resources 28
 Karakoram Highway 237-9
 Kashmir 32-4
 Kushans 26
 Mauryas 26
 military rule 34-6
 Mughals 27
 Partition 29-31
 hitching 391
 HIV 398
 Hodur 265
 holidays 372
 Hon Pass 354
 Hoper 307
 horse trekking 275
 hot springs 228
 Hotan 330
 Houbara bustard 67
 Hudood Ordinance 47
 Humbrok 293, 362-3, **362**
 Hund 207
 Hunza 294-307, 349-54, **295**
 Hunza Valley 294, 5
 Hushe Valley 293-4
 Hussaini 311
 Hyderabad 175-6
- I**
 Id Kah Mosque 325
 Ilyasi Mosque 247
 Independence 29-31
- Indian Uprising 28
 Indian wild ass 65
 Indus Kohistan 257-63, **257**
 Indus River dolphin 65, 67
 Indus Valley civilisation 177, 180
 insurance 372
 health 395-6
 internet access 372
 internet resources 18
 air tickets 383
 environment 68
 health 397
 history 26, 35
 news 28
 wildlife 67
 Iqbal, Allama Mohammed 29, 52, 105
 Iqbal, Begum Sarfraz 49
 Irshad Pass 316
 Ishkoman 283
 Islam 41, 46-8, 238
 history 27, 28
 holy days 371
 Ismailis 310
 radical Islam 47-8
 Shiites 46
 Sufism 47
 Sunnis 46
 Islamabad 71-93, **72, 74-5**
 accommodation 80-3
 activities 80
 attractions 77-9
 drinking 85
 food 83-4
 history 72
 internet access 73
 medical services 73
 shopping 85-6
 tourist information 77
 travel to/from 86-7
 travel within 87-8
 Ismailis 310
 itineraries 19-25
 Chitral to Peshawar 24
 Gilgit to Chitral & the Kalasha valleys 22
 Karakoram Highway 20
 Karakoram Highway to Swat 23
 Khyber Pass & the Grand Trunk Road 19
 shrines & mosques 24
 trekking 25, 332-4
- Jalalabad 271
 Jamal Garhi 206
 Jami Masjid al Sadiq 122
 Jamrud Fort 200
 Jehangir's Tomb 108
 jewellery 56
 Jhdrotd 283
 Jhelum 137
 Jhelum Valley 185-6
 Jinnah, Mohammed Ali 29, 151
joshanda 106
- K**
 kabbadi 57
 Kachura Lake 291
 Kaghan 254
 Kaghan Valley 251-5, 267, **252**
 Kalam 216-17
 Kalam Darchi 361
 Kalasha people 45-6, 228-30
 Kalasha valleys 228-33, **229**
 Kalat 154
 Kamaris 309
 Kandia Valley 263
 Kara Kul 320-1
 Karachi 159-73, **162-3, 165**
 accommodation 168-70
 activities 167-8
 attractions 164-7
 Clifton Beach 167
 drinking 171
 entertainment 171
 internet access 161
 medical services 161
 shopping 171-2
 tourist information 164
 travel to/from 172-3
 travel within 173
 Karakoram Highway (KKH) 235-330, **236, 7**
 geology 64
 history 237-9
 itineraries 20, 23
 people 239-40
 safety 237, 240-1
 Kargah Buddha 280
 Kargah Nala 280
 Karimabad (Baltit) 299-305, **299**
 Karpokh 292
 Karpochu Fort 288
 Kashgar 322-30, **317, 323**
 accommodation 326-7
 attractions 324-6
 food 327-8
 internet access 322

- medical services 322
 permits 323
 safety 324
 shopping 328
 tourist information 323-4
 travel to/from 328-9
 travel within 329-30
 Kashmir 32-4, *see also* Azad Jammu
 & Kashmir
 earthquake 64
 Kashmir Smats 206-7
 Kawai 253
 Kayal Valley 262
 Kekyllor 320
 Kel 185
 Keris 292
 Ketas 138
 Khalti Lake 283
 Khan, AQ 38
 Khan, General Ayub 34
 Khan, General Mohammed Yayha 34
 Khan, Nusrat Fateh Ali 54
 Khanian 254
 Khaplu 292-3
khattak 55
 Khewra 138
 Khowar 407
 Khunjerab National Park 69, 317
 Khunjerab Pass 307-17, **308, 317**
 Khuzdar 154
 Khwazakhela 214
 Khyber Pass 200-2, 8
 itineraries 19
 Khyber Railway 202
 Khyber Village 313
 Kil 316
 Kilik Pass 360-1
 Kipling, Rudyard 29, 107
 Kirmin 316
 Kohat 203
 Kohistani 407-8
 Koksil 317
 Komila 262
 Kot Diji 180
 Kotli 186
 Krakal 232
 Kulalai 216
 Kundal Shahi 185
 Kundyak An 345, **344**
- L**
 Lady Finger 305
 Lahore 96-119, **98, 100, 8**
 accommodation 110-13
 activities 109
 Anarkali 106
 attractions 102-9
 drinking 115-16
 entertainment 116
 festivals 110
 food 113-15
 internet access 97-9
 Mall, the 106-8
 medical services 99
 Old City 105-6
 shopping 116-17
 tourist information 101
 travel to/from 117-19
 travel within 119-20
 Lahore Fort (Shahi Qila) 102-3, **103**
 Lake Dudipat 255
 Lake Lulusar 255
 Lake Saiful Mulk 254
 lakes
 Borit Lake 309, 312
 Haleji Lake 175
 Hanna Lake 150
 Kachura Lake 291
 Kara Kul 320-1
 Khalti Lake 283
 Lake Dudipat 255
 Lake Lulusar 255
 Lake Saiful Mulk 254
 Manchar Lake 176
 Naltar Lake 351
 Rama Lake 268-9
 Rati Gali Sar 185
 Rush Phari 352-63
 Satpara Lake 290-1
 Subri Lake 185
 Lal Suhanra National Park 69, 125
 Landi Kota 201
 Langar Valley 284
 language 403-13
 food vocabulary 62
 Latobah 270
 Leepa Valley 186
 legal matters 372-3
 lesbian travellers 371-2
 Liachar Nala 267
 literature 52-3, *see also* books
 travel 17-18
 Loralai 155
 Lowari Pass 219-20
 Lukkay Gutte (Asota) 207
- M**
 Machiara National Park 185
 Madaglasht 222
 Madyan 214-15, **215**
 Mahabat Khan Mosque 194
 Mahmud of Ghazni 237
 Makli Hill 175
 Makran, the 155-6
 Malakand Pass 207
 Malam Jabba 213-14
 malaria 398-9
 Manchar Lake 176
 Mandarin 408-9
 Manghopir 174
 Mangla Reservoir 186
 Mankial Khwar 216
 Manora Island 167
 Mansehra 249-51, **250**
 maps 373
 trekking 336-7
 Marco Polo sheep 67
 Mardan 204-5, **204**
 Margalla Hills National Park 79
 Margalla Pass 88
 Marghazar Valley 214
 Masherbrum Peak 293
 Mastuj 234
 Mausoleum of Bibi Jawindi 127
 measles 399
 medical services 397, *see also* health
 Mehrgharh 153-4
 Mendi 286
 metric conversions, *see inside front cover*
 Michni checkpoint 201
 military rule 34-6
 Minapin 298, **298**
 Minar-i-Pakistan 105
 Mingora 209-12, **209**
 Mintaka Pass 360-1
 Mintaka Valley 318
 Mir Chakar's Fort 153
 Mirpur 186
 Misgar 316-17
 mobile phones 377
 Moenjodaran Script 180
 Moenjodaro 176-9, **178**
 Mohajir Quami Movement (MQM)
 36-7
 Mohajirs 36, 45
 money 17, 369, 373-5, *see also inside front cover*
 monsoon 16
 Morkhun 313
 mosques
 Akbari Mosque 179
 Ali Masjid 200
 Badshahi Mosque 103-5
 Begum Shah Mosque 105

- mosques *continued*
 Bhong Mosque 126-7
 Defence Housing Authority Mosque
 (Masjid-i-Tuba) 166-7
 Eidgah Mosque 131
 etiquette 43
 Id Kah Mosque 325
 Ilyasi Mosque 247
 Jami Masjid al Sadiq 122
 Mahabat Khan Mosque 194
 Mosque of Wazir Khan 105
 Moti Masjid (Pearl Mosque) 102
 Shah Faisal Mosque 77
 Shah Jahan Mosque 175
 Shahi Masjid (Grand Mosque) 225
 Sunehri Masjid (Golden Mosque)
 105
 Moti Masjid (Pearl Mosque) 102
 motorcycle travel
 on the KKH 394
 to/from Pakistan 386
 within Pakistan 390-1
 Mt Ilam 214
 Mt Kongur 320
 mountains
 Bubulimating 305
 Diran Peak 272
 Dobani 268
 Haramosh 268, 271
 Kampire Dior 294
 Lady Finger 305
 Masherbrum Peak 293
 Miranjani Peak 93
 Mt Khalifat 151
 Mt Kongur 320
 Mukshpuri Peak 93
 Muztagh Ata 320
 Nanga Parbat (Diamir) 268-70,
 346
 Rakaposhi 351, 352
 Rush Peak 353
 Shani 351
 Shimla Peak 247
 Spantik (Ganesh Chhish) 353
 Ultar 353-5
 Tupopdan 310
 Mountbatten, Lord Louis 30
 Mughals 27
 mujaheddin 40
 Multan 128-33, **129**
 Murree 91-2
- museums
 Archaeological Museum of
 Balochistan (Quetta Museum)
 145
 Bahawalpur Museum 123
 Banbhore 174
 Chakdara 218
 Chitral Museum of Archaeology &
 Ethnology 225
 Chughtai Museum 108-9
 Command & Staff College Museum
 145
 Defence Housing Authority Mosque
 (Masjid-i-Tuba) 166-7
 Faqir Khana Museum 106
 Geological Survey of Pakistan
 Museum 145
 Gulmit Cultural Museum 308
 Harappa 135
 Kal'as'a Dur 232
 Lahore Museum 107
 Lok Virsa Museum 77
 Mardan 204-5
 Moenjodaro 179
 National Museum of Pakistan 164
 Pakistan Air Force (PAF) Museum
 166
 Pakistan Army Museum 80
 Pakistan Maritime Museum 166
 Peshawar 194
 Sibi Museum 153
 Swat 210
 Taxila 88-9
 Musharraf, President Pervez 33-4, 35
 music 53
 qawwali 104
 Muzaffarabad 183-4
 Muzaffarabad Fort 184
 Muztagh Ata 320
- N**
 Naghar Fort guesthouse 220
 Nagyr 294-307, 349-54
 Nagyr village 307
 Naltar Valley 281-2, **281**
 Nanga Parbat (Diamir) 268-70, 346
 Naran 254-5
 Nathiagali 93
 National Museum of Pakistan 164
 national parks 68-9
 Ayub National Park 80
 Central Karakoram National Park
 68, 286
 Chitral Gol National Park 68-9, 228
 Deosai Plains National Park 69
 Hazarganji-Chiltan National Park
 150-1
 Hingol National Park 154-5
 Khunjerab National Park 69, 317
 Lal Suhanra National Park 69, 125
 Machiara National Park 185
 Margalla Hills National Park 79
 Shandur-Hundrup National Park 284
 Nauroz (Navrus) 370
 Neelum Valley 185
 Neelum village 185
 newspapers 52, 365
 Niazi, General 32
 Nichagh 346
 Nilt 297
 Nimogram 213
 North-West Frontier Province
 187-234, **188**
 safety 189, 203
 Northern Areas 238-9
 nuclear weapons 38
 Nur Jahan 108
 Nurpur Shahan 79
- O**
 Oshikandas 271
- P**
 painting 54-5
 Pakistan Army Museum 80
 Pakistan Monument 77
 Pakistan Tourism Development
 Corporation 378
 Pakora Pass 350-1, **350**
 Pakpattan 136
 Palas Valley 262
 Pamiri 359-60
 Panjnad Head 128
 Paras 254
 Partition 29-31
 KKH 238
 Pashto 409-10
 Pashtuns 37-8, 44, 190
 passes
 Babusar Pass 251, 255-6
 Bolan Pass 153
 Donson Pass 344-5, **344**
 Gojal 307-17
 Hon Pass 354
 Irshad Pass 316
 Khunjerab Pass 307-17, **308**
 Kilik Pass 360-1, **360**
 Lowari Pass 219-20
 Malakand Pass 207
 Margalla Pass 88

- Mintaka Pass 360-1, **360**
 Pakora Pass 350-1, **350**
 Shandur Pass 284
 Shangla Pass 214
 Thui An 345-6, **345**
 Passu 310-13, **311**
 Passu Ghar 312
 Patriata 92
 Pattan 261, **261**
 people 42-6
 Chitral district 220
 permits 378-9
 Azad Jammu & Kashmir 181
 Balochistan 140
 Kalasha valleys 225
 trekking 337
 Peshawar 190-200, **191, 192, 195, 201**
 accommodation 196-7
 attractions 193-6
 food 197-8
 internet access 193
 medical services 193
 Old City 193-4
 tourist information 193
 travel to/from 198-9
 travel within 200
 Petroglyphs 267
 Phander 283-4
 phonecards 377
 photography 375
 Piralil 318
 Pishmal 216
 planning 15-18, 369
 health 395-7
 holidays 372
 itineraries 19-25
 trekking 331
 plants 67-8
 poetry 52-3
 politics 12, 26-40, 47-8
 pollution 69-70, 400
 polo 275, 276, 7
 Poonch district 186
 population 42-6
 postal services 375-6
 pottery 56
 poverty 50
 protected areas 68-9, *see also*
 national parks
 public holidays 372
 Punial 283
 Punjab 94-138, **95**
 history 95
 Punjabis 44
- Q**
 Qasim Bagh Fort 129-30
 Qasim, Mohammed bin 27
 qawwali 104
 Quaid-i-Azam Mausoleum 164-6
 Quetta 142-50, **143**
 accommodation 146-7
 activities 145-6
 attractions 145
 drinking 148
 entertainment 148
 food 147-8
 internet access 144
 medical services 144
 shopping 148-9
 tourist information 144-5
 travel to/from 149
 travel within 150
- R**
 rabies 399
 radio 365
 Rahim Yar Khan 126-7
 Rahman Baba 194-6
 Rahman, Sheik Mujibur 32, 35, 36
 Raikot Bridge 267
 Rajah Bazaar 79-80
 Rama Lake 268-9
 Ramadan (Ramadan) 61, 371
 Raminj 316
 Rati Gali Sar 185
 Rawalpindi 71-93, **77, 78**
 accommodation 80-3
 activities 80
 attractions 79-80
 drinking 85
 entertainment 85
 food 84-6
 history 72
 internet access 73
 medical services 73
 shopping 85-6
 tourist information 77
 travel to/from 86-7
 travel within 87-8
 Red Fort 184
 refugees 37, 44, 46
 registration 378
 religion 46-8
 Buddhism 26, 188-9, 237
 Islam 41, 46-8, 238
 Ismailis 310
 Shiites 46
 Sufism 47
 Sunnis 46
- Reshit 316
 restaurants 60-1
 rockfall 369
 Rohri 179-80
 Rohtas Fort 137-8
 Rukn-i-Alam, Sheikh 130
 Rumbur Valley 231-2
 Rupal Valley 270
 Rush Peak 353
- S**
 safety 16-17, 369
 Azad Jammu & Kashmir 181
 Balochistan 140
 cycling 393
 hitching 391
 KKH 237, 240-1
 Lahore 102
 NWFP 189
 Punjab 96
 Quetta 145
 Sindh 159
 trekking 339-40
 women travellers 380
 Sahiwal 135
 Saidpur village 79
 Saidu Sharif 209-12, **210**
 salinity 70
 salt mines 138
 Salt Range, the 138
 Sandeman, Robert 142, 153, 154
 Sarykol Pamir 321
 Sassi 286
 Satpara Lake 290-1
 Schaller, Dr George 65, 67, 69
 sea crossings 385-8
 Sehwan Sharif 176
 Shah, Bulleh 52
 Shah Faisal Mosque 77
 Shah Jahan Mosque 175
 Shahbaz Garhi 206
 Shahgai Fort 200
 Shahi Masjid (Grand Mosque) 225
 Shaigiri 270
 Shakarparian 77
 Shandur Cup (Polo Festival) 222, 370
 Shandur-Hundrup National Park 284
 Shandur Pass 276, 284
 Shangla Pass 214
 Shankardara 213
 Sharakpur Sharif 121
 Sharan 254
 Sharda 185

- Sharif family 38-9
 Sharif, Nawaf 39
 Shatial 263
 Shelakui 347
 Sher-e-Sabz 316
 Shergila 283
 Shigar 291-2
 Shimshal Valley 313, 5
 Shimshal village 313
 Shina 410-11
 Shinkhari 256
 ship graveyard 174
 Shishi Valley 222
 Shogran 253
 shopping 376, 6
 Shrine of Baba Shah Jamal 104
 Shrine of Mau Mubarak 179
 shrines
 Baba Ghundi Ziarat 316
 Bari Imam Shrine 79
 Gurdwara of Arjan Dev 105
 Manghopir 174
 Mausoleum of Baha-ud-Din Zakaria 130
 Mausoleum of Bibi Jawindi 127
 Mausoleum of Shams-ud-Din Sabzwari 130
 Mausoleum of Sheikh Rukn-i-alam 130
 Mausoleum of Sultan Ali Akbar 130
 Nurpur Shahan 79
 Panja Sahib 90
 Panja Shah Ziarat 316
 Saidu Baba 211
 Samadhi of Maharaja Ranjit Singh 105
 Shrine & Mosque of Jalaluddin Surkh Bukhari 127
 Shrine of Baba Shah Jamal 104
 Shrine of Data Ganj Bakhsch Hajveri 106
 Shrine of Jalaluddin Bukhari 127
 Shrine of Lal Shah Baz Qalandar 176
 Shrine of Mau Mubarak 179
 Shrine of Sarkhi Sarwar 134
 Shrine of Sheikh Saif-ud-Din Ghazrooni 127-8
 Tomb of Farid Shakar Ganj 136
 Ziarat of Abdullah Shah Gazi 167
 Ziarat of Mian Abdul Hakim 151
 Ziarat of Shah Abdul Latif 176
 Ziarat Rahman Baba 194-6
 Shuthmarg 316
 Shutinbar Nala 296
 Siachen Glacier 36, 293
 Sibi 152-3
 Sibi Mela 152
 Sibi Museum 153
 Sikanderabad 296-7
 Silk Road 237-8
 Sinakkar 271
 Sindh 157-80, **158**
 Sindhis 36, 37, 45
 Singhal 283
 Skardu 286-90, **287**
 skiing 366
 Smugglers' Bazaar 196
 snow leopard 66
 solo travellers 376-7
 Sost 314-15, **314**
 Spantik (Ganesh Chhish) 353
 sport 56, *see also individual sports*
 STDs 399
 Subash Plateau 320
 Subri Lake 185
 Sufism 104
 Sukkur 179
 Sumer Nala 263
 Sunehri Masjid (Golden Mosque) 105
 Sunday Market (Kashgar) 324-5, 6
 Sunnis 46
 Swat district 207-17, **208**
 people 190
 safety 207
- T**
 Taftan 387-8
 Tagharma Basin 320
 Takht-i-Bahi 206
 Talechi 268
 Taliban 38, 40, 47
 Taloybari 296
 Tangir 263-5
 Tarashing 270
 Tashkurgan 318-20, **319**
 Taxila 88-90, **89**
 telephone services 377
 terrorism 12
 Teru 284
 Thakot 258
 Thalle Lungma 292
 Thandiani 249
 Thangus 286
 Thatta 175
 theatre 55
 Thol 297
 Thor 265
 Thowar 286
 Threadnet Hunza programme 304
 Three-Immortals Caves 330
 Timargarha 218
 time 377
 Xinjiang time 318
 tipping 373
 toilets 377-8
 tourist information 378
 tours 335
 traditions 41-2
 train travel
 from Karachi 173
 from Peshawar 199
 from Quetta 150
 from Rawalpindi 87
 to/from Pakistan 387
 within Pakistan 391-3
 travel to/from Pakistan 382-8
 travel within Pakistan 388-92
 trekking 331-63, **333**
 Baltistan 361-3
 Chalt 295-6
 Chitral district 341-6
 costs 337
 equipment 336
 Ghizar 341-6
 Gilgit 346-9
 Gojal 355-61
 guides 337-9
 Gulmit 309, **309**
 Hunza 349-54
 itineraries 332-4
 Nagyr 349-54
 Passu 310-11, **311**
 permits 337
 porters 335, 337-9
 safety 339-40
 tours 335
- treks
 Avdegar 355-6, **355**
 Baltoro Glacier 362
 Batura Glacier 356-7, **357**
 Diran Base Camp 346-7, **347**
 Donson Pass & Kundyak An 344-5, **344**
 Fairy Meadow 348-9, **348**
 Gokhsal An & Doni An 342-4, **343**
 Hispar La 362
 Humbrok 362-3, **362**
 Kilik & Mintaka Passes 360-1, **361**
 Pakora Pass 350-1, **350**

- Pamiri 359-60, **360**
 Rakaposhi Base Camp 351-2, **351**
 Rush Phari 352-3, **352**
 Shimshal Pamir 357-9, **358**
 Thui An 345-6, **345**
 Ultar 353-4, **354**
 Tribal Areas 44, 189, 190, 200
 permits 201-2
 tuberculosis 399
 Turikho Gol 233-4
 turtles 168
 TV 52, 365
 typhoid 399-400
- U**
 Uch Sharif 127-8
 Udegram 213
 Ultar Meadow 305, 354
 Upal 322
 Urak Tangi 150
 Urdu 403-5
 Uyghur 411-12
- V**
 vacations 372
 vaccinations 396
 valleys
 Alai Valley 259-61, **260**
 Astor Valley 268-70
 Bagrot Valley 271-2, **271**
 Bar Valley 295-6
 Basho Valley 291-2
 Birir Valley 233
 Boibar Valley 313
 Bumboret Valley 232-3
 Chaprot Valley 295
 Chowa Dara valley 262
 Dubair Valley 261
 Haramosh Valley 271
 Hushe Valley 293-4
 Jhelum Valley 185-6
 Kaghan Valley 251-5, **252**
 Kalasha valleys 228-33, **229**
 Kandia Valley 263
 Kayal Valley 262
 Langar Valley 284
 Leepa Valley 186
 Marghazar Valley 214
 Mintaka Valley 318
 Naltar Valley 281-2, **281**
 Neelam Valley 185
 Palas Valley 262
 Rumbur Valley 231-2
 Rupal Valley 270
 Shimshal Valley 313, 5
 Shishi Valley 222
 Yunz Valley 311-12
 vegetarian travellers 61
 visas 378-9
 registration 378
 volunteering 379
- W**
 Wagah 387
 Wah Gardens 90
 Wakhi 412-13
 Wakhi Tajik people 307
 walking, *see* trekking
 water 398
 water shortages 70
 weather 15-16, 367
 monsoon 16
 weights & measures 365
 whitewater boating 366-7
 wildlife, *see* animals
 women in Pakistan 48-9
 women travellers 379-81
 health 401-2
 safety 339-40
 trekking 339
 World Wide Fund for Nature (WWF)
 68, 274, 341, 379
- X**
 Xinjiang 324
- Y**
 Yarkand 330
 Yarkhun Gol 234
 Yasin 283
 Yazrich 316
 Yunz Valley 311-12
 Yusuf Has Hajib 325-6
- Z**
 Zamzama (Kim's Gun) 107
 Zabad 311
 Zia ul Haq, General 34-5
 Ziarat 151-2
 Ziarat of Shah Abdul Latif 176
 Zood Khun 316
 zoos
 Bahawalpur 123
 Lahore Zoo 107
 Lal Suhanra National Park 69