



**NANGA PARBAT · RAKAPOSHI · DIRAN TREK
CHALLENGE 2021**

Registration Pack & Briefing Notes

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Welcome and Introduction

These briefing notes cover all the things you will need to know about the Pakistan Trekking Challenge 2021, from Registration to Preparation. Please do take the time to read carefully (even if you have already registered) to ensure you are fully prepared for the trip and the challenge.

This will be a **14 day trip with 10 days** spent trekking and **2 days** dedicated to exploring beautiful places in Pakistan and visiting Shaukat Khanum Memorial Cancer Hospital in Lahore. The travel dates are:

Arrival in Pakistan - August 26th

Departure - September 8th

Some experience is necessary for this trek, and participants are advised to train in advance. To qualify you must:

- Be over 18 years old.
- Be willing to participate in practice treks organised by IKCA.
- Have done some mountain climbing previously or taken part in similar challenges locally, or keep fit by doing some other regular training.
- Female participants are kindly asked to arrange to have a female room buddy or a 'Mahram' travelling with them. This will allow us to enhance group security and ensure the safe guarding of our female members in this part of the world. (IKCA may be able to help you connect with other female members taking part.)
- Attend IKCA's pre-event meeting.



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Registration

To register please contact the IKCA office directly at: **01274 424 444** or email us at: support@ikca.org.uk

You will be asked to pay a non-refundable registration deposit of £250 (this is included in your fundraising target/travel costs.) In order to book local transport and obtain relevant trekking licenses for you we will also need:

- A copy of your passport
- 3 passport sized photos
- A copy of your travel insurance policy

The entry deadline is 25th June 2021

Participants are responsible for acquiring all the equipment necessary for the trek, as well as their travel insurance. This must be arranged by **July 30th 2021**.

For this challenge, you have two options in terms of your fundraising target:

- **Option 1:** Raise **£2,700** which also covers the cost of the trek including...
 - Accommodation while in Pakistan
 - Food throughout the trip
 - Domestic transport
 - Airport transfers
 - Challenge management expenses
 - Fees for our guides

This sum does not cover the cost of flights to Pakistan. With international challenges, we find that participants often fly in from different parts of the world, and prefer to book their own flights or extend their holiday beyond the trek.

- **Option 2:** Raise **£1,500** for charity and pay **£1200** towards the full cost of trek expenses, as detailed above (to be paid to our tour operator in Pakistan.)

This option is ideal for those who prefer to pay their own way throughout the trip, and donate the full sum of the minimum fundraising target to charity.

But remember, you don't have to set your fundraising target to the minimum sum. You can be as ambitious as you like and may even consider setting a target that will allow you to sponsor the full treatment of a cancer patient, or buy life saving hospital equipment. Please don't be afraid about reaching your fundraising target. The IKCA team will help you create a fundraising page, and give you tips on how to achieve your fundraising goal.

Please do insure you inform us of your preferred option when registering. The full sum of your minimum fundraising target must be raised by **August 25th 2021**. The entry deadline for this challenge is **June 25th 2021**.

International Flights: You are responsible for booking your tickets to Pakistan as the options above don't cover international flights. We will need to receive a copy of your flight tickets/itinerary with booking confirmation no later than **July 10th 2021**. Please ensure that you are in Islamabad by the afternoon of **August 26th**, as there will be a trek briefing at our hotel in the evening. Our trip will begin in **Islamabad** on **August 26th** and end in **Lahore** on **September 8th**. You can depart anytime on **8th September** or any day thereafter. We also recommend that you buy fully refundable tickets in case the trip is cancelled due to unforeseen circumstances.

Accommodation: The accommodation we provide will be from **26th August to the 8th of September**, so if you decide to stay on in Pakistan after this date, you will have to arrange your own accommodation.



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About the Challenge

A region of breathtaking nature, **Gilgit-Baltistan** is home to **Fairy Meadows**, **Nanga Parbat** and **Mount Rakaposhi**. All these locations will be on our route as we make our way to our final destination at **Hunza Valley** after our descent from **Diran base camp**.

This trek will be truly unforgettable, involving days of walking through sublime landscapes and nights of bonding with fellow adventurers over warm food.

Fairy Meadows: Locally known as Joot, Fairy Meadows is a grassland near the base of Nanga Parbat Mountain, at an altitude of **3250 metres** above sea level. Fairy Meadows was named thus by German trekkers who fell in love with its enchanting, natural beauty.

Mount Rakaposhi: Standing at **7,788 meters** above sea level, Rakaposhi is the 25th highest mountain in the world, and one of the most gorgeous peaks in the Karakoram mountain range. It has two main basecamps, which was used in the past mainly by German and British explorers. We will be trekking to the basecamp referred to as **Taghaphari** by the locals, as it offers stunning panoramic views of the confluence zone between the Minapin and Hinarche Glaciers.

Mount Diran: Measuring at **7,288 metres** above sea level, Diran is a pyramid shaped mountain in the Karakoram Mountain Range of Central Asia, east of Rakaposhi. Diran is considered one of the most dangerous mountains in Pakistan, because its snow is the cause of many natural events which have claimed lives in the past.

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Trek Itinerary

Day 1: 26 August – Arrival in Islamabad

Our first day will involve an overnight stay in Islamabad, affording participants the chance to get lots of rest following a long and challenging briefing, and before we set off on our adventure the next day.

You are expected to arrive at the hotel we book for you by the afternoon of 26th August and ensure that you attend the Challenge Briefing in the evening.

Day 2: 27 August – Departure for Chillas

Following an early breakfast, we will set off on our Journey to Chillas via Taxila, Haripur, Abottabad, Naran and Kaghan. We will make a number of stops along the way for food and pictures. (10-12 hour journey by road.)



Day 3: 28 August – Arrival at Tato Valley | Trek Fairy Meadows (3,250m)

We resume our journey by road to Raikot Bridge, and from here it'll be a thrilling, 90-minute jeep ride to Tato Valley. Here we'll stop for lunch before embarking on our first trek, destination: Fairy meadows! Our lodgings for the night will be wood cabins at Fairy Meadows.

Day 4: 29 August – Trek to Nanga Parbat BC (3,967m)

After breakfast we will embark on our trek to Nanga Parbat base camp. There will be a brief stop along the way at Bayal Camp, following which we will resume our journey. After we reach our destination at Nanga Parbat, we will trek back to our lodgings at Fairy Meadows for the night.

Day 5: 30 August – Trek back to Tato Valley | Journey to Minapin (1,500m)

Another early start as we bid goodbye to Fairy Meadows and trek back to Tato Valley. Here we'll catch our ride to Gilgit, making two stops: at the Old Silk Road view point as well as the Rakaposhi view point. From Raikot Bridge we'll resume our journey by car to Minapin, where we will be lodging for the night.



Day 6: 31 August – Trek to Rakaposhi Base Camp (3,300m)

Today is a big day! Following an early morning checkout from our lodgings at Minapin we'll embark on our trek to Hapakun. This will be a challenging trek up a rocky mountain, through thick forests and local villages until we reach the Hapakun campsite, on a vast grassland. Here we'll stop for lunch before we resume our journey up the base of Mount Rakaposhi.

There are two main base camps here, which were used in the past by German and British explorers. Our destination will be the one known locally as Tagaphari, as it affords stunning panoramic views of the confluence zone between Minapin and Hinarche Glaciers. We will also be able to see Diran Peak and the ice wall that connects it to Rakaposhi. We'll be lodging at Tagaphari Base Camp for the night.

Day 7: 1 September – Trek to Diran Base Camp (3,900m)

Following an early morning checkout from the campsite at Tagaphari Base Camp, we will set off on our trek to the Mount Diran Base Camp. But we won't stop after we've reached it! Following a lunch break, we'll continue South-East, up the Ablation Valley towards a rocky bend in the glacier which will bring our route into the glacier beneath Diran. The elevation here will be 4000 meters above sea level. We'll return to Diran BC to lodge for the night.

Day 8: 2 September – Trek to Kachelli Lake and back to Diran Base Camp (4,000m)

After breakfast we will trek to Kacheli Lake. This is a small but breath-taking lake above Diran Base Camp, and we will be following a relatively steep route. After we reach our destination, we will enjoy lunch in the sublime scenery and then return to Diran Base Camp for the night.



Day 9: 3 September – Trek back to Rakaposhi Base Camp (3,300m)

An Early morning start will see us commence our return journey, back along the same route we came, to Rakaposhi Base Camp. Once we have reached our destination, we will camp for the night at the Rakaposhi/Tagaphari Base Camp.

Day 10: 4 September – Trek back to Minapin (1,500m)

After breakfast, we will set off along a zig-zag route to Minapin village. This will be an easy trek, following which we will catch a ride to Karimabad.



Day 11: 5 September – Tour of Attabad and Passu Cones | Drive to Gilgit

Today will be a relaxing day of sight seeing as we explore Hunza Valley and its cultural bazar. We'll then be visiting Attabad lake for a boat ride, and get to see the Passu Cones. Lunch will happen at Passu, after which we'll be driving back to Gilgit, where we'll lodge for the night.

Day 12: 6 September – Flight to Islamabad | Drive to Lahore

We'll rise early in the morning to catch our flight from Gilgit airport to Islamabad. In Islamabad we will board our transfer to Lahore. This will be 4-5 hour drive, with rest stops on the way for lunch and other needs. Our final destination is Shaukat Khanum Memorial Cancer Hospital, in Lahore, where we will be welcomed and shown to our lodgings.



Day 13: 7 September – Hospital Tour

Following a good night's rest we will begin our day early with a tour of Shaukat Khanum Hospital and meet the management. This is the perfect opportunity to get a real taste of the life saving work we are able to achieve with your support. You'll see first-hand where and how your money is spent, and meet the people that you are helping to give hope to. In the evening, we'll have the opportunity to explore Lahore and enjoy a goodbye dinner.

Day 14: 8 September – Return Home

We bid farewell to Lahore and make our way to Lahore International Airport to board our return flights home.

Note:

Heights given in brackets within the itinerary denote the estimated altitude at which we will be.



Disclaimer:

All plans are subject to Covid-19 public health guidelines. We are closely monitoring the situation and this event is subject to government restrictions. If the event is cancelled or postponed after sign up, you will be offered a place at another walk or an option of a full refund of your registration fee or to donate it to IKCA.

- The Pakistan Trekking Challenge is a moderate difficulty trek that can be attempted by any reasonably fit individual.
- It is not recommended for people who suffer from sensitive medical conditions such as heart or lung disease, or those who are prone to asthma attacks.
- Daily hikes will last between 3 to 6 hours, depending on the destination, with regular breaks. The routes involve long climbs, steep descents and ascents along rocky paths and forests.

- The fitter you are the more comfortable and enjoyable the journey will be for you.

Therefore we recommend that some regular exercise (running, walking, local treks) be done in preparation, to help build up your endurance and stamina.



- To limit the chances of altitude sickness, eat foods that will help increase the iron levels in your blood. A high level of blood iron increases haemoglobin, which will help your body utilize more oxygen.
- During treks, you must remain close to trek guide(s). They will be setting a pace for everyone and arranging breaks at suitable points.
- Everyone is expected to stick to the path set by the guide(s). Even this has tricky sections but can be managed with care. What we cannot allow is for people to wander off and to create their own paths because that's when things can go wrong.
- Altitude sickness can be faced by trekkers and will need immediate treatment. It should not be left ignored!
- Our tour and trekking operator in Pakistan is a government authorized, registered, and licensed company. Their trek leaders and guides are experienced, with vast knowledge and extensive first aid training. They will be carrying all the necessary gear and equipment for safety, as well as first aid kits. You are also recommended to bring your own first aid kit.
- The health and safety of trekkers is very important and will be our first priority. In the event that you become very poorly or are affected by altitude sickness, you will need to descend immediately. Note that your group leader has the definitive responsibility to decide whether you can continue the trek based on your overall health conditions.

The National Health Service does not provide cancer treatment in Pakistan. As a result poor people die without proper diagnosis/treatment. At Imran Khan Cancer Appeal (IKCA), we raise funds for the Shaukat Khanum Memorial Cancer Hospital (SKMCH) in Lahore and Peshawar. At both we offer comprehensive cancer care free of charge in hospitals which house all the specialised diagnostic and therapeutic facilities under a single roof.

Imran Khan was personally affected by cancer when his mother was diagnosed in 1985. The experience revealed a jarring reality to him: Pakistan had a dearth of medical resources when it came to treating cancer and this was costing lives. During the time spent with his mother in cancer wards, Imran also witnessed the distress of other patients. He was especially troubled by those with fewer means. How, he questioned, do the poor cope with a disease that is so debilitating to patients and their families? After his mother passed, Imran Khan decided that irrespective of their background everyone deserved an equal chance at life.

In 1994, following five years of fundraising, Shaukat Khanum Hospital was established in Lahore, and Pakistan's biggest cancer charity was born. As a comprehensive care facility dedicated to the diagnosis and treatment of cancer, it was a first in Pakistan.

To date, the hospital has helped hundreds of thousands of people with cancer. Your participation in the Everest Base Camp challenge, and all your fundraising efforts will help provide hope of recovery to poor cancer patients, who would otherwise have nowhere to turn.

Find out more at <https://www.ikca.org.uk/about-ikca/shaukat-khanum-hospital/>



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Equipment and What to Bring

Challengers should bring along the necessary clothing and equipment needed for trekking. The following is a list of suggested items to help you pack accordingly.

For the Head

- Sun hat or scarf
- Winter or insulating hat, or wide brimmed hat
- Headlight with extra batteries

For the Face

- Sunscreen
- Sunglasses with UV protection
- Face/body wipes
- Lightweight gloves
- Heavyweight winter gloves

Clothing

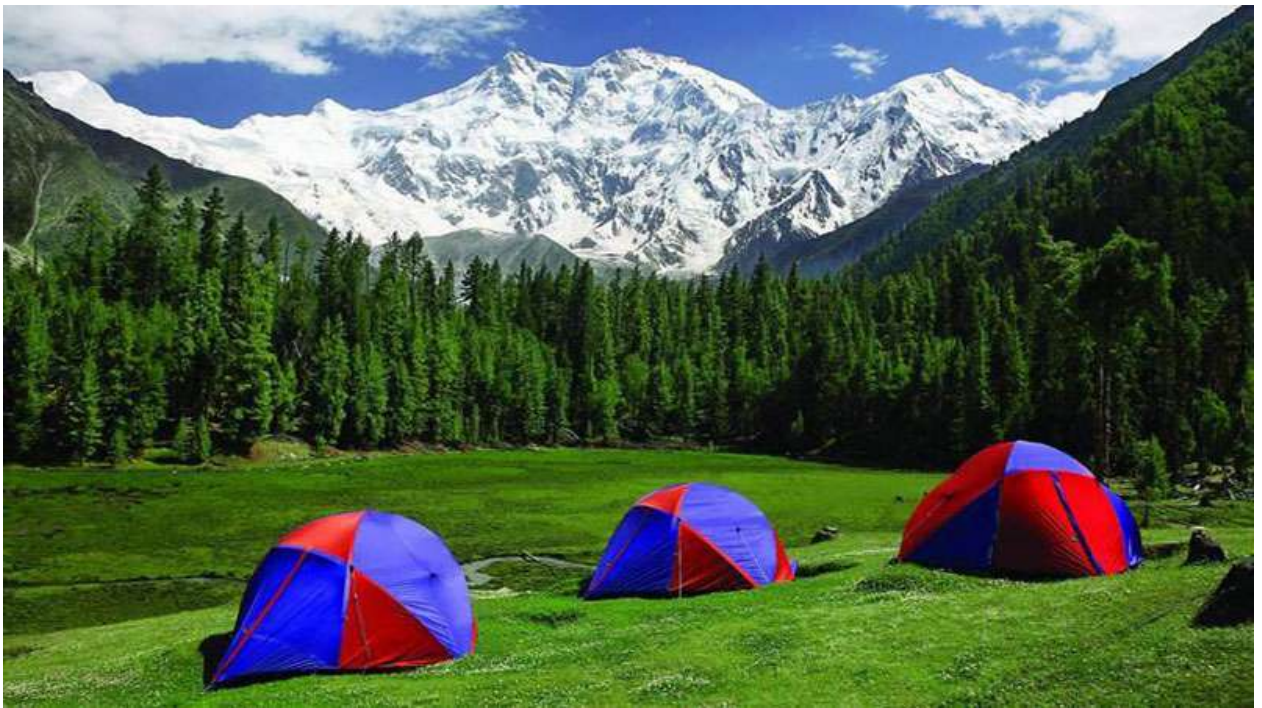
- Hiking tops
- Long sleeved tops
- Hooded rain jacket
- Fleece jacket
- Lightweight (trekking) trousers
- T-Shirts (bring light weight wool)
- Thermal (polypropylene) under-wear/ base layers
- Down jacket
- Sweater
- Water proof jacket and trousers

Footwear

- Hiking Boots
- Thick wool socks and thick light socks
- Crampons



TBC



Essential Gear

- Backpack or daypack
- Thermos
- Water purification tablets
- Trekking pole
- Sleeping bag (-15 bag is best for high altitude trekking)

Toiletries

- Medium sized towel
- Toothbrush
- Toothpaste and floss
- Deodorant
- Bio degradable bar of soap
- Nail clippers
- Small mirror

Personal Items and Misc.

- Money
- Watch
- Cell phone
- Camera
- First aid kit
- Extra passport photos and photocopies of passport
- Notebook and pen / sunglasses/ Sun cream

Are there many stops on the treks?

We will have regular rest stops throughout the treks at appropriate places. Daily treks will be between 3 to 6 hours, so you are encouraged to walk at your own comfortable pace. Try to remain close to trek guides. They will be setting a pace for everyone and arranging breaks at suitable points.

What weather can I expect?

The weather in the mountains can be unpredictable with temperatures changing very quickly from day to night, and as we climb higher. It isn't uncommon to encounter everything from sunshine to snow and rain in a single day. Participants must be prepared for all eventualities. Look over the EQUIPMENT & WHAT TO BRING section in this pack for a better idea of the kind of clothing and gear you will require. Wear layers that you can take off or put on easily. You will need to carry full wet gear and thermals are a must!

What kit/gear will I require?

Again, Look over the EQUIPMENT & WHAT TO BRING section for a better idea of the kind gear you will require. Main items include but are in no way limited to very warm clothing, thermals, wet gear/water proofs, and good hiking boots. On treks you will need to carry your own personal kit in a rucksack. Porters will carry your main luggage, which should not exceed 15kg.

Do I need travel insurance?

Yes. Travel insurance is part of the booking condition for this challenge because we cannot get you a trekking permit without it. The policy must cover medical and emergency repatriation, and evacuation expenses for trekkers at high altitudes. All trekkers must arrange their insurance by July 15th 2021 and provide a copy of their comprehensive travel insurance policy certificate. Challengers who fail to do so will not be allowed to participate.

What will a typical day of trekking be like?

During the trek, you are accompanied by experienced, friendly and qualified expert guide(s) along with porters to carry your baggage. You will need carry your regular rucksack on every trek.

A typical day will start with an early morning cup of tea and breakfast. After packing our bags we will set off on the day's hike around 7am - 8am, depending on the duration and nature of the day's walk. We will be trekking at a leisurely pace, with plenty of time to enjoy scenery, take photos and explore local villages.

There will be an hour of rest around midday, during which lunch will be served. Afternoon walks are generally shorter. When we reach our destination for the day, we will check into our overnight lodge. Dinner is provided from 6 to 7 pm. After dinner there will be free time to explore nearby places.

At night, before going to bed, there will be a group meet for discussions as well as a briefing for the following day's trek. After the briefing there will be an opportunity to chat with guides and crew members or bond over games and entertainment.

What will the accommodation be like?

The night we spend in Islamabad, we will be booked into a city hotel. In Lahore, we will stay at the accommodation arranged for us at the Doctor's Apartments, at Shaukat Khanum Memorial Cancer Hospital.

On the trek, we will be staying at mountain lodges and tents. At the lodges, rooms will include beds with mattresses, blankets and pillows. Accommodation will mostly be twin-shared rooms.

What if I want to contact family back home, will we have access to internet?

You can contact your family/friends at the lodges, where internet services are available at an extra cost. Depending on your network provider, you may get a weak signal on your phone while on the trek, though it is likely you will lose connection all together when we reach high altitudes. A local sim card can be provided at an extra cost.

Will we have electricity to recharge batteries/phones on the trek?

Phone or camera batteries can be charged at some of the lodges we will be staying at, but there may be times when charging facilities may not be available.

What about water?

You can buy bottled water from local lodges and/or at shops enroute. The option of refilling your own bottle/thermos with boiled water is also available, at a cost. We also suggest you bring along water purification tablets, which you can add to non-bottled water you intend to drink.

Where can I exchange money while in Pakistan?

In Islamabad you will find plenty of ATMs that accept foreign debit and credit cards, as well as places that privately exchange money. You may decide to buy your foreign currency before travelling, which is advised, as on the trek there will be no ATMs.

Will there be any extra personal expenses on the treks?

Main meals and lodging on the trek will all have been paid for, but you should bring personal spending money with you to cover small expenses. These may include drinking water replenishment and other beverages, snacks, hot showers, internet usage at overnight lodges, tips for crew members and porters, and the cost of recharging phone/camera batteries.

What about safety?

Safety is of the utmost importance. Our fully trained trek leaders and guides have vast knowledge and extensive first aid training. They will be carrying all the necessary gear and equipment for safety, as well as first aid kits. You are also recommended to bring your own first aid kit.

In the event that a trekker becomes very poorly or is affected by altitude sickness, he/she will need to descend immediately. Note that your group leader has the definitive responsibility to decide whether you can continue the trek based on your overall health conditions. For more info have a look at the PREPARATION & SAFETY section of this pack.

Will I need a visa?

Unless you are a Pakistani national you will require a visa to enter the country. You should acquire one before travelling at your local embassy.

How much luggage can I bring?

Your main luggage should not be over 15Kgs as this will be carried by porters throughout the trek. You will need to carry a lightweight backpack with essentials like water, camera, toilet paper and extra layers of clothing and waterproofs.

What about responsible travel?

If you believe that our environment must to be protected from the negative affects of tourism, please take the necessary, personal measures to ensure your trip is as environmentally friendly as possible.

Should I tip trek crew members?

Whether you choose to tip or not is at your own discretion. In Pakistani culture, a tip an honored way of saying thank you for good service. Our trekking crew members (guides and porters) are all paid well and treated fairly and with respect. However, they will be working very hard and taking good personal care of us throughout the trek. A gesture of appreciation for their hard work will be equally appreciated.

If you do decide to tip, you should only do so at the end of the trek, and as a group, not individually. The amount is entirely up to you, depending on your perception of service quality.