



**FAIRY MEADOWS - NANGA PARBAT - RUSH PEAK
CHALLENGE 2019**

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, 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 visiting Shaukat Khanum Memorial Cancer Hospital in Lahore. The travel dates are:

Departure - August 18th

Return - August 31st

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 trailing.
- 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

Participants are responsible for acquiring all the equipment necessary for the trek, as well as their travel insurance. This must be arranged by **June 15th 2019**.

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 **£1,700** for charity and pay **£1000** towards costs 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. We will guide and support you all the way in achieving 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 July 31st 2019**.

International Flights: You are responsible for booking your tickets to Pakistan as neither of the options above cover international flights. We will need to receive a copy of your flight tickets/itinerary with booking confirmation no later than **July 15th 2019**. Please ensure that you are in Islamabad by the afternoon of **August 18th**, as there will be a trek briefing at our allocated hotel in the evening. Our trip will begin in **Islamabad** on **August 18th** and end in **Lahore** on **August 31st**. You can depart anytime on **31st August** or any day thereafter.

Accommodation: The accommodation we provide will be from **18th August to the 31st of August**, so if you decided 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 breath-taking nature, Gilgit-Baltistan is home to **Fairy Meadows**, **Nanga Parbat Mountain** and **Rush Lake**. All these locations will be on our route as we make our way to our final destination at **Rush Peak**.

This trek will be truly unforgettable, involving days of walking through sublime landscapes and nights of bonding with fellow adventurers over warm food. The highest altitude we will reach is 5098 metres above sea level.

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.

Nanga Parbat Base Camp: Measuring at 26,660 ft, Nanga Parbat is the ninth highest peak in the world. It forms the Westernmost anchor of the Himalayan Range, just south of the Indus River, in the Diamer District of Gilgit-Baltistan. We will be climbing to the base camp of Nanga Parbat, at an altitude of 3967 metres.

Rush Lake: A high altitude lake, at 4760 metres, Rush Lake is located in the Nagar Valley below Rush Peak. It is the sight of breath-taking vistas all around.

Rush Peak: Measuring at 5098 metres above sea level, Rush peak is a mountain in the Karakoram Mountain Range of Central Asia, located in the Gilgit district of Northern Pakistan.

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Trek Itinerary

Day 1: 18 August – Arrival in Islamabad

Challenge briefing and overnight stay in Islamabad.

Day 2: 19 August – Drive to Chillas (1300m)

An early morning start as we head for Chillas. This will be a 10-12 hour drive, with several rest stops at significant sites. Our route will take us through Taxila, Haripur, Abbottabad, Naran, Kaghan. Overnight stay at hotel in Chillas.



Day 3: 20 August – Arrival at Tato Valley | Trek to Fairy Meadows (3250m)

After an early breakfast and check-out we will embark on our 1hr drive to Tato Valley by jeep. Our trek to Fairy Meadows commences here, and will take approximately 3-4 hrs. We will spend the night at Fairy Meadows.

Day 4: 21 August – Trek to Beyal Camp | Trek to Nanga Parbat BC (3967m)

An early start as we trek to Beyal camp first, which will be a 2-3 hour walk. Following a brief rest stop at the camp, we will push on to Nanga Parbat base camp, which will take us another 3 hours. At the end of our trek we will return to our hotel at Fairy Meadows for the evening.



Day 5: 22 August – Trek to Hopper Valley (2500m)

Early morning checkout from our lodgings at Fairy Meadows, as we make our way to Hopper Valley. This will involve a descending trek, which will last approximately 2-3 hours to the Karakoram Highway. There, we will catch our transfer to Gilgit. This will be a 5 hour drive culminating at Hopper valley where we will spend the night.

Day 6: 23 August – Trek to Bericho Kor Camp Site(1300m)

Today we embark on our journey to Bericho Kor. Our route will take us to Bharpu Giram, across Bharpu Glacier, where we will stop for a well deserved lunch. After lunch we'll resume our hike until we reach Bericho Kor camp site, where we will check in for the night. The total trekking time for today is 3-4 hours.

Day 7: 24 August – Trek to Chiden Harai (4200m)

Following an early morning check out from our lodgings at Bericho Kor camp site, we set off on our long trek to Chiden Harai. This will last the better part of the day, taking up to 6 hours. On arrival at Chiden Harai camp site we will check in for the night.

Day 8: 25 August – Trek to Rush Lake (4760m) | Trek to Rush Peak (5098)

The initial leg of today's trek will afford tremendous views on all sides, as we follow a grassy ridge through a small pass to Rush Lake. This hike will last approximately 2 hours or less. Once we arrive we will check in to our lodgings at Rush Lake but our journey does not end there!



The second part of today's trek will take us further on to Rush Peak, to catch site of the most spectacular views of K2, Meer Peak, Golden Peak, Chogo Tanz Peak, Ultar 1 and 2, as well as Ladyfinger Peak – Karakoram heartland. Getting to Rush Peak will involve another 2 hour trek. We will return to Rush Lake for the night.

Day 9: 26 August – Trek to Phari Phari (3200m)

An Early morning start will see us embark on our journey to Phari Phari. This will involve a steep descent, with marvelous views of Golden Peak and Bharpu Glacier. The road will eventually become more gentle as we continue through juniper and ash woods to the summer settlement of Chukutans. The day's trek will take 4-5 hours in total, and we will stay the night at Phari Phari camp site.



Day 10: 27 August – Return Trek to Hopper Valley (2500m)

After breakfast, we commence our return trek to Hopper Valley through grassy meadows with prominent views of Ultar and Golden Peak. Upon reaching Hopper, we catch our transfer to Gilgit. Today's trekking time will be 3-4 hours followed by a 3 hour drive to our final destination at Gilgit. If there is time to spare, we will visit the 700 year old Baltit Fort. Our lodgings for the night will be at Embassy Hotel, Gilgit.

Day 11: 28 August – Drive to Naran or Besham

Today we will embark on our journey to Naran or Besham, via Babusar pass. This will be a 6-7 hour drive with rest stops along the way.

Day 12: 29 August – Drive to Lahore

We'll rise early in the morning to board our transfer to Lahore. This will be an 11 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 at the doctor's apartments.



Day 13: 30 August – 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: 31 August – Return Home

Return flights home.

- The Pakistan Trekking Challenge is a moderate difficulty trek that can be attempted by any reasonably fit individual.
- It is not recommended to people who suffer from sensitive medical conditions such heart or lung disease.
- 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 hat 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

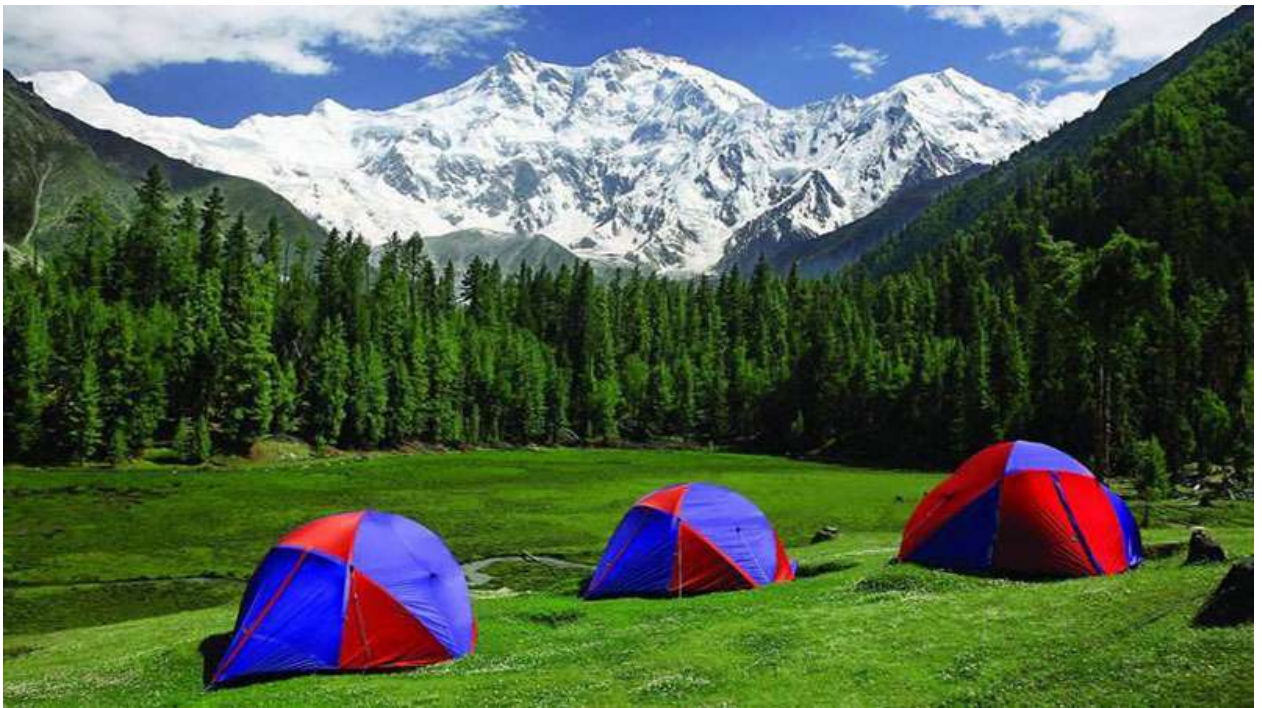
- Hiking tops
- Long sleeved tops
- Hooded rain jacket
- Fleece jacket
- Lightweight (trekking) trousers
- T-Shirts (bring light weight wool)
- Thermal (polypropylene) under-wear/ base layers
- Down jacket
- Sweater
- Water proof jacket and trousers



Footwear

- Hiking Boots
- Thick wool socks and thick light socks

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 June 15th 2019 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.