

NANGA PARBAT CIRCUIT



COUNTRIES VISITED: PAKISTAN

TRIP TYPE: Mountaineering

TRIP GRADE: Challenging

TRIP STYLE: Camping

NAN Based On 0 Reviews

KG Carbon Footprint

TRIP LEADER: International Leader

GROUP SIZE: 5 - 14 people

NEXT DEPARTURE: 18 Jun 2025

9 Trees Planted for each Booking

In June 2022, we did a reconnaissance trek of Nanga Parbat Circuit led by Ade Summers. Our itinerary is based on our first hand experience of organising this trek in Pakistan. This is a challenging trail that is rarely trekked by other groups, unlike the busier K2 Base Camp trek.

Nanga Parbat Circuit trek in Pakistan Karakoram is a remote trail around the 9th highest mountain in the world. We cross the Mazeno La at 5,400m, this is a technical high pass where you need mountaineering skills to safely cross. The difficulty grade of crossing Mazeno La is like [crossing Gondogoro La](#) on [K2 Base Camp trek](#). The ascent to this pass is on a glacier with snow and ice. The more challenging part of crossing Mazeno La is on the descent. As it is quite steep we abseil/rappel down fixed rope to secure our passage.

We visit the three Base Camps used for climbing the three faces of Nanga Parbat. These are Herligkoffer Base Camp for Rupal Face, Diamir Base Camp, and Raikhot Base Camp near Fairy Meadows

Translated from Urdu, the words Nanga Parbat means "Naked Mountain". The summit of this mountain is at an altitude of 8,126m. It is the second most prominent peak of the Himalayas after Mount Everest. This mountain is an isolated massif and its location is south of the great peaks of the Karakoram. A distance of 190km to the North-East lies K2, Broad Peak, and Gasherbrum 1 and 2. We can see the bulk of Nanga Parbat from the Karakoram Highway ("KKH") beyond the town of Chilas.

Nanga Parbat has a long, colourful, and deadly mountaineering history. Before the Second World War, there were several German expeditions resulting in 31 deaths. As a result, this peak was called the "Killer Mountain". These early expeditions approached from the north. This route is prone to avalanche and bad weather.

The first ascent was by Herman Buhl in 1953 on the Rakhiot Flank to the East of the mountain. Herman climbed solo and without supplemental oxygen. This was the third summit of an 8,000m mountain after Annapurna 1 in 1950 and Mount Everest in 1953. These days most expeditions climb on the Diamir face following Kinshofer Route.

A prominent feature of this mountain is the Mazeno Ridge. This is the longest ridge on any of the 8,000m peaks and there are seven subsidiary peaks over 7,000m. This ridge starts from the Mazeno La which we cross over on the Nanga Parbat Circuit trek. Climbing to the summit of Nanga Parbat following the Mazeno ridge is very difficult. There have been many attempts including three times by Doug Scott. The ridge was first climbed to the summit in 2012 by Sandy Allan and Rick Allen.

REASONS TO CHOOSE US

- We are Karakoram trekking specialists having operated trips in Pakistan since 2004. [Roland Hunter](#) has designed the itinerary based on [Ade Summer](#)'s reconnaissance trek to Nanga Parbat in June 2022.
- We work with some of the best mountain leaders with deep knowledge of trekking in the Karakoram. Unlike many other operators, we use trained international leaders for this trip.
- We have included a gradual ascent profile in our itinerary for this trekking holiday. This will help you acclimatise to the high altitude.
- Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts in the Nanga Parbat region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Pakistan. Your leader will have reliable communications for logistics, planning, and group safety. We use GPS to upload your location daily onto Google Maps to track your progress during the trek.
- We provide a range of tasty meals for breakfast, lunch, and supper. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive medical aid kit. There will also be a portable altitude chamber (PAC or Gamow bag).
- Our team with first-hand knowledge of this trek provides pre-trip support.

WHAT'S INCLUDED

- Internal flights from Islamabad to Gilgit. If cancelled then we will drive on Karakoram Highway.
- All internal transport and transfers including airport collections for group flights only.
- Twin-share rooms at hotels.
- Breakfast only in Islamabad, all meals included in Gilgit and while on the trek.
- Twin share tents while on the trek. These are domed tents with plenty of space for two people sharing plus gear.
- Trekking arrangements. Including permits and fees, tents, International and Pakistan guides, porters, and cooks.
- Porters to carry your main bag. The portage allowance is 18kg.
- Weather forecasts for the Nanga Parbat region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be used for personal calls at extra cost.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- UK-registered charity, Pipal Tree, will plant 9 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, or face-to-face meetings

WHAT'S NOT INCLUDED

- International flight to/from Islamabad.
- Travel & trekking insurance.
- Pakistan visa for 30 days.
- Lunch and evening meals in Islamabad.
- Personal clothing & equipment, please see Practical Information for kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of £140 or US\$175.
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN ISLAMABAD (540M)

Arrive in Islamabad

No meals

Hotel Hillview in Islamabad

We meet you on arrival at Islamabad airport and drive to the hotel. At some point during the day, your leader will give the trek briefing and check your gear. The rest of the day is free to explore Islamabad and pack your bags.

DAY 2: FLY TO GILGIT (1,500M) AND AFTERNOON SIGHTSEEING, IF CANCELLED DRIVE KKH TO NARAN OR CHILAS

1) Fly to Gilgit

2) Bus to Naran (5 hours) or Chilas (8 hours)

Breakfast, Lunch and Dinner

1) Hotel in Gilgit

2) PTDC in Naran or Shangri La in Chilas

This morning we take the PIA flight to Gilgit. If there is a cancellation of this flight then today we will drive Karakoram Highway ("KKH") to Naran. If we have time then we will continue over the Babusar pass (4,173m) to Chilas.

DAY 3: SIGHTSEEING DAY AROUND GILGIT OR DRIVE KKH TO GILGIT

1) Sightseeing around Gilgit

2) Drive to Gilgit

Breakfast, Lunch and Dinner

Hotel in Gilgit

DAY 4: DRIVE VIA ASTORE (2,350M) TO TARASHING (2,920M)

Drive for 7 hours

Breakfast, Lunch and Dinner

Guesthouse

We drive to the town of Astore and then onto Tarashing. Tonight we stay at a hotel which is more comfortable than rather than camping in their garden. In the afternoon we walk around the village and onto a grassy moraine on the edge of town.

DAY 5: ACCLIMATISING DAY AT TARASHING (2,920M). MORNING WALK.

DAY 6: TREK VIA RUPAL (3,160M) TO HERLIGKOFFER BASE CAMP (3,600M)

Walking 11.5km (5 to 6 hours)

Walking ascent 795m

Walking descent 200m

Breakfast, Lunch and Dinner

Camping

Today we start the trek around Nanga Parbat. Leaving Tarashing we follow a good trail and easy climb up to the moraine. We descend to the glacier and cross on a marked trail. Once across we head to the green fields and tree-lined water channels. After following the valley for about 2 hours we get to lower Rupal. A further ½ hour brings us to the Upper Rupal campsite with amazing views of the Rupal face of Nanga Parbat and Riakot peak. After lunch we continue along the valley on a good trail and then follow the lateral moraine to Herligkoffer Base Camp. This takes about 2 1/2 hours of walking.

DAY 7: ACCLIMATISING DAY (3,600M). MORNING WALK FROM CAMP.

Morning walk

Breakfast, Lunch and Dinner

Camping

Staying two nights at Herligkoffer Base Camp (3,600m) helps with our acclimatisation to the high altitude. We will explore the area around Herligkoffer Base Camp as it is a spectacular place. For our morning's walk, we head up the valley to the end of the moraine at an altitude of 3,750m. We get a great view of the glacier coming off Nanga Parbat. In the afternoon, we relax at the camp while soaking up the impressive location.

DAY 8: TREK VIA LATOBAN TO SHAIGIRI (3,675M)

Walking 6.5km (5 to 6 hours)

Walking ascent 370m

Walking descent 290m

Breakfast, Lunch and Dinner

Camping

From Camp, we have an easy climb up the moraine and then follow a trail down to the glacier. It takes an hour to cross to the other side and then there is a short climb over the far moraine. This takes about 1 ½ hours. After ½ hour we reach a large open valley. Following this valley, for ½ hour we take a detour up to the terminal moraine of a side glacier and up to a lake. This is a spectacular place and worth resting to enjoy the amazing views.

We continue around the edge of the lake and then cross the outflow river by hopping over rocks. We descend down off the moraine and to the open grasslands which lead to the Base Camp called Latoban. We stop for lunch at a few buildings belonging to the local shepherds.

After a good rest, we continue by following the valley for about 2 hours. If a sunny day, it will be hot in the afternoon with not many places to get shade. After about 1 ½ hours we see a square house-size rock (Shaigiri or White Stone). Our Camp is about 20 minutes past this rock in a river gully with shade and clean water.

DAY 9: TREK TO MAZENO BASE CAMP (4,070M)

Walking 4km (4 hours)

Walking ascent 475m

Walking descent 80m

Breakfast, Lunch and Dinner

Camping

We leave the camp by ascending the moraine and following the valley to gradually gain altitude. We pass a shepherd's hut made like a tipi which is a nice shady place to rest. We continue along the valley and onto the moraine of the Bizin glacier. There are two river crossings on the way, but usually, these can be easily crossed by hopping over the rocks. As the moraine ends and the Mazeno La Base Camp comes into sight. After the end of the moraine and we have a descent on sand to about halfway to the glacier. Then we have a tricky rocky traverse to the campsite. Mazeno La Base Camp (4,060m) is located on a beautiful grassy meadow in a hanging valley that leads to the Mazeno La.

DAY 10: ACCLIMATISING DAY (4,060M). MORNING WALK TO 4,360M.

Morning walk

Breakfast, Lunch and Dinner

Camping

Staying two nights at Mazeno Base Camp (4,060m) helps with our acclimatisation to the high altitude. After breakfast, we head off for an acclimatisation walk where we reach 4,360m which takes about 2 ½ hours. We walk up the moraine ridge behind Camp before gaining the shoulder. From there we follow a good trail heading up and to the right. There are amazing views of the Bizin glacier and Laila peak in the shadow of the Mazeno Ridge.

We get back to camp for lunch. In the afternoon we have a training session for the skills required to cross the Mazeno La. We will rig up a fixed line to practice abseiling (rappelling) and prussiking skills.

DAY 11: TREK TO MAZENO HIGH CAMP (4,865M)

Walking 3km (5 to 6 hours)

Walking ascent 915m

Walking descent 125m

Breakfast, Lunch and Dinner

Camping

We leave camp by retracing our morning walk from yesterday. The trail follows around to the right heading towards where the grey glacial moraine meets the upper valley wall.. As we gain height the trail becomes rockier and less defined. After about 2 ½ hours we reach a rough camp known as Mazeno La lower High Camp. After here the trail gets harder to follow but there are stone cairn markers. Next, we need to cross three pressure ridges and head for a car size rock on the third ridge. After the large rock, you are about 30-45 minutes from Mazeno High Camp. Often there are some snowfields to cross. After a few scrambly and tricky sections we arrive at Mazeno High Camp at an altitude of 4,865m.

DAY 12: CROSS MAZENO LA (5,400M) AND TREK TO UPPER LOIBA (4,540M)

Cross Mazeno La 13.50km (10+ hours)

Walking ascent 665m

Walking descent 845m

Breakfast, Lunch and Dinner

Camping

We will get up for an early breakfast and plan to leave High Camp at 3.30am. The trail out of camp starts off quite easy going and we can almost see the pass. We ascend the ridge behind High Camp and then come around to the left to pick up the obvious ridge that leads to the pass.

There are a few scrambly snow field sections to negotiate and then drop down to cross a small crevasse. We go slightly to the left to pick up the main ridge that leads to the pass. Once we gain this ridge we have a steady walk up to the pass apart from a few loose sections with a zig zag path. There will be snow for the last section however the porters put in a trail for the group to follow in their footsteps. It takes about 4 hours of walking from High Camp to the pass.

At the summit of the Mazeno La, there are amazing views down both sides of the pass. It is narrow on the top, so care is needed. We will gear up putting on crampons, harness, and helmet ready for the descent. While we are doing this, the porters start to lower their loads. The porters will start carrying their loads

about half way on a rocky outcrop when the route turn hard left and down a gully to reach the valley floor. We will follow the porters on the fix line using a safety and prussic technique practiced on our training day at Mazeno La Base Camp. We descend fixed rope past the rocky outcrop and to the valley floor. From there we walk down the glacier and after ½ hour stop on a rock section to have a rest.

We continue down the glacier for 1 hour then cross a loose rubbly area. It is a further 1 ½ hours to reach Upper Loiba a grassy meadow next to a river. This is a long and hard day at a high altitude but Mazeno La is a really amazing pass to cross. We have dinner and then early to bed.

DAY 13: REST DAY AT UPPER LOIBA (4,540M)

Breakfast, Lunch and Dinner

Camping

DAY 14: TREK TO JUT VILLAGE (3,290M)

Walking 7km (6 to 7 hours)

Walking ascent 220m

Walking descent 1,290m

Breakfast, Lunch and Dinner

Camping

We cross over a few rocky sections to get off the moraine and then follow a beautiful trail to the valley below. We pass through Lower Loiba. After 3 hours we walk over a bridge on the main river to cross from the right to the left bank. We head down the valley on a hot and dusty trail in and out of a beautiful pine forest. After 2 hours of walking, we arrive at the small village called Jut (no photos allowed). We set up camp nearby.

DAY 15: TREK TO SER VILLAGE (2,770M)

Walking 6.5km (6 to 7 hours)

Walking ascent 530m

Walking descent 1,070m

Breakfast, Lunch and Dinner

Camping

We follow the trail through the forest contouring around a few gullies. We gain 200m of altitude around a ridge and then start the descent. From here is down down down about 1,200m on a loose and dusty trail. After about 3 hours we arrive at the oasis settlement of Jhal. It is a good place to rest in the shade and if you are lucky you might be invited into a local house for tea. After a good rest, we descend to the river through fields of wheat and potatoes, before crossing a short bridge over the river. The trail gets much better after joining the main one to Nanga Parbat Diamer Base Camp. After 1 ½ hours, we arrive at the beautiful terrace fields of Ser and walk through the village. We set up camp in the school's playing field. This school was funded by Reinhold Messner in memory of his brother, Gunther, who died while climbing

on Nanga Parbat.

DAY 16: TREK TO KUTGALI (3,800M)

Walking 5.5km (6 to 7 hours)

Walking ascent 1,065m

Walking descent 25m

Breakfast, Lunch and Dinner

Camping

Shortly on leaving the village we walk through a steep rocky section of a gorge gaining about 200m in altitude. After this, the trail is easier along the valley shoulder. After a further 2 hours, we arrive at Kachal where we stop for tea. After a few more hours walking through shaded trees, we gain the moraine of the main valley. We are heading for the big rock ridge. Amazing views of Nanga Parbat start to appear. Once around the rock ridge, there is a rocky and sandy moraine section that leads you to the summer pastures of Kutgali with a number of stone houses. It is only 15 minutes further until the stone house is constructed by donations from Reinhold Messner. Kutgali is a wonderful campsite with full views of Nanga Parbat.

DAY 17: DAY WALK TO NANGA PARBAT DIAMIR BASE CAMP (4,200M)

Walking 6.3km (4 to 5 hours)

Walking ascent 347m

Walking descent 347m

Breakfast, Lunch and Dinner

Camping

It is an easy 2-hour walk to Diamer Base Camp. It is beautifully located in a grassy meadow just before the glacier that leads up to the mountain. We spend some time meeting the expedition teams and visiting the memorial plaques. It takes just over an hour to walk back to Kutgali.

DAY 18: TREK TO DIAMAROI VILLAGE (1,860M)

Walking 12.4km

Walking ascent 165m

Walking descent 2,160m

Breakfast, lunch and dinner

Camping

Today we have an early start as it is a long walk to Diamaroi village. We retrace our steps down the valley and after 2 hours get to Kachal. After another 2 hours, we reach Ser and the school where we stayed on the way up. After Ser, we walk on a bridge over the raging water in the river below. The trail to the

settlement of Jhal is tricky in places where sections have slipped away. After about an hour we have a steep descent to the river and a short climb up to the village of Jhal where we stop for lunch. After a rest, we continue down the valley on a good trail following a water channel. After 3 ½ hours of walking, we arrive at Diamaroi village.

DAY 19: TREK TO HALALA BRIDGE (1,800M), DRIVE VIA RAIKOT BRIDGE TO TATO AND THEN TREK TO FAIRY MEADOWS (3,340M)

Walking 1km (1 hour) & 6km (3 hours)

Driving 7 hours

Breakfast, Lunch and Dinner

Guesthouse

We head off down an easy trail for 45 minutes to the junction of the rivers. As there is no bridge the only way to cross the river is using a "jhola". This is the classic Pakistan wire and box crossing. Once over the river, we load up the jeeps for the drive on the jeep track down to the Karakoram Highway ("KKH"). After joining the KKH we drive to Raikot Bridge where we stop for lunch. From here we change jeeps and follow the mountain road to Tato. This drive takes about 1 ½ hours. After arriving at Tato we walk for 3 hours to Fairy Meadows. This is an easy walk on a good trail with spectacular views of Nanga Parbat and Rakaposhi down the valley. We stay in a guest house at Fairy Meadows.

DAY 20: TREK TO BEYAL CAMP (3,550M). AFTERNOON WALK TO RAIKOT BASE CAMP (3,700M)

Walking 8.5km (6 hours)

Walking ascent 800m

Walking descent 560m

Breakfast, Lunch and Dinner

Camping

We leave Fairy Meadows do an easy 1.5 hours walk through pine forest to the campsite at Beyal. After an early lunch and we head off for the walk to Riakot Base Camp. After walking back to Beyal we relax in camp.

DAY 21: DAY WALK TO JULIPUR HIGH CAMP (4,220M)

Walking 4km (6 hours)

Walking ascent 615m

Walking descent 615m

Breakfast, Lunch and Dinner

Camping

We have an early start as it is a long walk up to Julipur High Camp. The trail heads up a side valley that

leads to the Julipur pass. We cross a rocky section and then follow onto a green grassy ridge on the edge of the moraine. After about 4 hours we reach Julipur High Camp where we stop for lunch. It is a rocky route to the pass with no defined trail and is likely to take a further 2 to 3 hours of walking. For most groups getting to Julipur High Camp

Is a good objective for the day's walk.

DAY 22: TREK BACK TO FAIRY MEADOWS (3,340M)

Walking 4.2km (1 hour)

Walking ascent 25m

Walking descent 255m

Breakfast, Lunch and Dinner

Guesthouse

After a relaxed start to the day, we walk back to Fairy Meadows which is an easy 1-hour walk. Along the way, we have great views up and down the valley. For the rest of the day, we can explore the area and enjoy being in this lovely place.

DAY 23: WALK TO TATO, JEEP DRIVE TO RAIKOT BRIDGE THEN DRIVE TO CHILAS

Walking 4km (2 hours)

Drive for 5 hours

Overnight Shangri La in Chilas

Breakfast, Lunch and Dinner

It is an easy 2-hour walk down to Tato. From there we take jeeps down to Raikot bridge. We say goodbye to the cook and kitchen helpers who travel back to Skardu. We drive for 2 hours down to Chilas and check into the Shangri La hotel.

DAY 24: DRIVE TO ISLAMABAD

Drive for 8 hours

Breakfast and Lunch

Hotel Hillview in Islamabad

We have an early start and follow the road up to the Babusar Pass (4,173m). We descend to Naran and then drive onto Islamabad.

DAY 25: DAY IN ISLAMABAD

Sightseeing in Islamabad

Breakfast

Hotel Hillview in Islamabad

Today we will spend the day in Islamabad. In the evening we have a group meal to celebrate our journey in the Karakoram mountains of Pakistan.

DAY 26: TRANSFER TO AIRPORT FOR FLIGHT HOME

Transfer to airport for flight home. End of trip.

DATES & PRICES

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
18 Jun 2025 to 13 Jul 2025	International Leader	US\$4,995pp US\$4,895pp	US\$350pp / US\$450pp	2 Left to Guarantee Early Bird Discount

PRACTICAL INFORMATION

A Typical Day On Trek

A TYPICAL DAY ON CAMPING TREK IN PAKISTAN

We provide a comfortable experience on our camping style treks in Pakistan. Our team works hard to support you so that you can relax and enjoy the trek. We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea in the mess tent. Before breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN PAKISTAN

While on a camping style trek in Pakistan we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta. Most meals are also served with delicious flat breads made fresh by the cooks.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR NANGA PARBAT CIRCUIT

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for the Nanga Parbat Circuit trek. The group leader will check your gear in Islamabad before departure for the trek.

As a reminder, the weather on this trek will vary from season to season and day to day as you ascend to higher elevations. At the start of the trek, you will experience very hot conditions with temperatures up to 40 Celsius. You experience the coldest temperatures in Mazeno La High Camp at an altitude of 4,865m. Overnight lows here will be down to around -12 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 18kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- B2-rated mountaineering boots. For the day crossing Mazeno La high pass.
- Walking Boots. A pair of water-repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use, if it rains or snows during the trek and in windy conditions.
- Trekking trousers.
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet is used in combination with base layers, other fleeces and a down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Medium-weight down jacket.

Head and Gloves

- Fleece gloves.
- Mountaineering gloves
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses should be Category 4 rated. They should have side protection or wraparound design.

For walking on the glacier

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Gaiters. A pair of shin high gaiters used to keep boots dry if walking through snow or on wet ground.

Climbing equipment for Mazeno La

- Climbing harness. Plus two 60cm slings, four screw gate carabiners, Figure 8 belay device and 3m of 5mm static cord for prusiks.
- Jumar ascender (eg. Petzl handled ascender).
- Crampons. The best are universal crampons that you can use with trekking boots. Such as Stubai Universals or Kahtoola KTS crampons.
- Mountaineering ice axe with leash.
- Climbing helmet (mandatory as there is a risk of rockfall on the Mazeno La).
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Gaiters. A pair of shin high gaiters used to keep boots dry if walking through snow or on wet ground.

Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek, we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide-mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For

men, you can use an old water bottle. For women take a look at [SheWee](#).

- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. A porter will carry your bag. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Islamabad and Skardu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR NANGA PARBAT CIRCUIT

You should be aware trekking in a developing country like Pakistan involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Nanga Parbat Circuit trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Personal security such as terrorism or kidnapping.
- Falls and trips resulting in physical injury e.g. slipping on ice or falling off the path.
- Altitude illness including but is not limited to AMS, HACE and HAPE.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping e.g. at Mazeno La High Camp.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke). It will be very hot for the first few days of the trek with temperatures of up to 40 Celsius.
- Crossing a river with no bridge resulting in drowning and/ or a fall. There are several river crossings on the trail. On Day 18 we cross the river in a traditional bucket bridge pulled on a rope called a "jhola"

- Rockfall and landslides e.g. on the jeep track from Raikhot Bridge to Tato and sections of the trek.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accident. We drive along jeep tracks with a high degree of exposure.
- Flight accident on Islamabad – Gilgit route.
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Weather and conditions

WEATHER AND CONDITIONS FOR NANGA PARBAT CIRCUIT

The Nanga Parbat Circuit trek has a wide range of temperatures. This depends on the altitude, weather, and time of day. In the mountains between 1,000m and 3,500m, the nights will be cool at around 5 Celsius. During the day temperatures can rise on a sunny day to 40 Celsius. Bring lots of water, a sunhat and sunscreen. At higher altitudes temperatures range from about 20 Celsius to -12 Celsius.

The trekking season is earlier around Nanga Parbat compared to K2 Base Camp trek in the Karakoram mountains further north. It is likely you will get some rain while on the trek when pulses of monsoon clouds push to the north. You should expect to get one-third of the trek with sun, one-third with cloudy conditions and one-third with rain. When the sun comes out it will be very hot, especially at lower altitudes.

Islamabad is hot and humid in June and July as this is the monsoon season. Temperatures range from 30 to 46 Celsius with high humidity.

ACCOMMODATION

HILL VIEW HOTEL IN ISLAMABAD

Hotel Hill View is a modern hotel and is a comfortable base for our groups while in Islamabad. It is a short walk to Jinnah market where there are good restaurants and shops.

Hotel Hill View has a store room where you can leave luggage not required while on trek. You can also leave any gear not needed on trek at K2 Motel in Skardu. There is wifi at the hotel.

Notes downloaded on: 18-05-2024

