



Pakistan Trip 2024 Information Packet

K2 Basecamp Trip – 2024

Peru Alive is offering a trekking expedition to K2 Basecamp. From August 25th – September 14th, 2024, the group will travel to the country of Pakistan and the northern state of Gilgit-Baltistan where the Karakoram Mountains offer a spectacular display of the world's highest, most dramatic peaks. The group will be departing from Sea-Tac International Airport in Seattle, WA. Our destination is the town of Skardu and the starting point for all K2 expeditions. The immense size of the mountains and landscape of Pakistan make descriptions of the journey difficult to capture. Nevertheless, here is a local Gilgit guide's account of the Base Camp Circuit and Gondogoro La Pass.

“In 1986, a new and wonderful trekking route was established that connects the Baltoro Glacier to Hushe Valley over a Pass called Gondogoro La (5,700m elevation). Since then, this challenging circuit has been attracting adventurous trekking groups from around the world, wanting to visit the region without needing to ascend highly technical peaks. The trail begins along the Braldu River, eventually transforming into the Baltoro Glacier, a long and extremely demanding 65 kilometers of ice and rock. The route continues to a spectacular junction with the Godwin Austin Glacier. This is the heart of the most heavily glaciated region outside the Polar caps and densest concentration of peaks on earth. After a rest day and visiting K2 Basecamp, the Vigne Glacier leads up Gondogoro La Pass, connecting to the Hushe Valley (weather and conditions permitting). Here is a general K2 itinerary which includes flexibility for unforeseeable circumstances and weather associated with mountain travel”.

- Day-01: Arrival to Islamabad/hotel
- Day-02: Fly to Skardu/hotel
- Day-03: Rest Day in Skardu/extra day for weather.
- Day-04: Jeep drive to Jula (3200m)/start trek
- Day-05: Trek to Pauju (3450m)
- Day-06: Trek to Urdukas (4000m)
- Day-07: Rest day / Acclimatization
- Day-08: Trek to Goro-II (4300m)
- Day-09: Trek to Concordia (4700m)
- Day-10: Rest day/Excursion to K-2 Base Camp (5135m)
- Day-11: Trek on Vigne Glacier to Ali- Camp (4800m)
- Day-12: Khuspang (4800m) via Pass Gondogoro La (5700M)
- Day-13: Rest day
- Day-14: Trek to Saticho 3200m
- Day-15: Trek to Hushe 3050m.
- Day-16: Jeep drives to Skardu/hotel
- Day-17: Fly to Islamabad

Traveling Costs

This all-inclusive program lasts 19 days and costs **\$3,800**, based on double occupancy, which includes flights to and from SeaTac Airport in Seattle, WA., hotels, all ground transportation, domestic flight to Skardu (weather permitting), Karakoram Park entrance fee, and fully portered trek which includes cooks, horses carrying bulk, full menu, dietary options, tents, group huts, cultural and spiritual lectures, and licensed tour guides.

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Deposit and Payments

Contact Mick Stemborski from Peru Alive for an application packet or complete on our website at www.peru-alive.com. Return the completed application packet with a payment in full of \$3,800 per person. Payment detail provided upon conversation. At this point, Peru Alive will purchase your flights and transportation needs for the trip. The flight total is non-refundable but will be purchased in your name and you will be subject to the airline refund policy, change fees, and ticket credit options, should you cancel, not receive a visa, medical denial, or any unforeseeable situation that would restrict your participation or risk your health or the health of the group. The remaining balance of \$2,400 is 100% refundable before July 5th; 20% refundable before August 5th; 0% refundable after August 5th, 2024. Please make checks or money orders to Peru Alive and the address will be given. Credit card payments will be accepted with an additional 9% charge for a total of \$4,142. ***The only guarantee for a full or partial reimbursement, due to trip cancelation for any reason, is purchasing your own traveler's insurance policy. You can submit this Information Packet to a local travel agency or AAA for a travel insurance quote.*** This is not required but strongly suggested. Travel insurance has many levels of coverage, review your policy closely. All applicants are subject to screening for your safety and well-being. Participation requires you to meet with your physician for a full health screening and medical clearance to participate in this trip. This documentation needs to be submitted before July 5th, 2024. No medical approval, no attendance!

Traveling Abroad

It is a timely and tedious excursion traveling from Seattle to Skardu, Pakistan, but once you arrive, it will all be worth it. Travel includes long flight layovers. There is an 11-hour time-zone difference between Pakistan and MST. Each participant will need a current passport with a minimum of 6 months remaining before expiration. A single-entry, tourist, 30-day Visa is required and needs to be obtained before travel. After each participant submits their own application with payment. This is a priority! The Peru Alive and Pakistan staff will personally help each participant complete the on-line visa application. Your visa needs to be approved before July 5th, 2024. If for any reason, you are denied a visa before July 5th, your \$2,400 remaining balance will be refunded in full. The current cost of a 30-day tourist visa is 60\$ and requires a letter of sponsorship, which we provide for the application process. Your application is reviewed and corrected by our staff prior to submission to the Pakistan government. The Pakistan law does not require vaccinations, but those decisions are better to be consulted with your family's physician. Most people living in the United States have already been immunized against various diseases commonly found in Pakistan. Booster shot against tetanus, measles, hepatitis A, typhoid fever, and polio are common recommendations. "Traveler's Flu" and diarrhea are common occurrences with any foreign travel. Antibiotics can greatly improve a possibly miserable situation (like a jeep ride). We strongly recommend having your physician prescribe an antibiotic for travel. The prescriptions need to be obtained in the States prior to departure. It will be late summer in Pakistan but at higher elevations, temperature can drop well below freezing and snow is possible. Please, follow the suggested gear list. Only daypacks are carried during the hikes with enough food, water, and clothing to safely reach the daily itinerary destination. The bulk of your gear will be portered.

Lodging and Meals

The group will be staying in mid-range hotels during the transit portions of the trip. On the return flight to Seattle, the group has a 22-hour layover in Dubai. Before departure, Peru Alive will assist with a 24-hour visa for you to leave the airport. This visa is not guaranteed but all attempts will be made to obtain it. You are not required to leave the airport on this layover. All personal costs associated with the layover are not included in the trip. In Islamabad and Skardu, there will be Wi-Fi hotspots, hospitals, 24-hour pharmacies, grocery stores, markets, and international phone service if you sign-up through your cell service. All lodging is based on

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double occupancy rooms. Single hotel occupancy and single tent requests will require an additional \$500 fee. While in transit (not trekking) food is not included. However, food is very affordable and sometimes the most exciting opportunity to interact with the culture; allowing participants to get some free-time and explore on their own. Restaurant and dining recommendations will be made along the way to help. The Indian sub-continent cuisine may not be accommodating to an American palate; but it offers a wide variety of abundant flavors. Lots of curry dishes, rice, and mutton! There will be vegetarian and allergy modifications upon request during the trek.

Risks Associated with International Travel

The tourism industry has certainly changed since the Covid pandemic. Peru Alive has made some trip adjustments to best accommodate unknown future factors of living in a post-pandemic era. If any member is to contract Covid on the trip, our guides will assess your medical needs, considering the logistical necessities to keep you and the group safe. However, the traveler will assume all additional costs needed to adequately heal. This is just one example of the importance of purchasing traveler's insurance. Currently, Pakistan remains Level I: Low Level Risk for Covid-19. International airlines and airports do not require masks. You can follow more safety information and alerts for Pakistan and United Arab Emirates at www.travel.state.gov.

***NO vaccinations or proof of vaccinations are required but highly encouraged to bring.**

***A Covid Action Plan will be implemented to assure the safety of individuals and the group.**

***Traveler's Insurance Policies can cover unexpected costs associated with unforeseeable events.**

Pakistan Travel Advisory

The level of safety reported from Pakistan varies greatly depending on the sources. Overall, the northern states of Pakistan are considered to be kind, welcoming and safe for western travelers. The tourism development counsels have been promoting Pakistan tourism and shifting the stigma of being unsafe. In general, foreign visitors are appreciated and government and local efforts are working hard to provide absolute safety. With that being said: Be advised, there are unstable areas on the western border between Pakistan and Afghanistan. Our itinerary is far from these locations. In the worst-case scenario that Pakistan goes to a Level IV, Do Not Travel Advisory, Peru Alive will make their best attempt to recover as much of your payment as possible but recognize there are uncertainties to be expected with adventure tourism. Below are the current travel advisories. By signing-up for the program, you are fully accepting all risks associated with travel to Pakistan.

Travel Advisory - June 23, 2023, Pakistan - Level 3: Reconsider Travel, www.travel.state.gov

Do not travel to: Balochistan province and Khyber Pakhtunkhwa (KP) province, including the former Federally Administered Tribal Areas (FATA), due to terrorism and kidnapping. The immediate vicinity of the India-Pakistan border and the Line of Control due to terrorism and the potential for armed conflict.

Country Summary: Terrorist groups continue to plot attacks in Pakistan. Terrorism and ongoing violence by extremist elements have led to indiscriminate attacks on civilian, as well as local military and police, targets. Terrorists may attack with little or no warning, targeting transportation hubs, markets, shopping malls, military installations, airports, universities, tourist locations, schools, hospitals, places of worship, and government facilities. Terrorists have targeted U.S. diplomats and diplomatic facilities in the past. Attacks continue across Pakistan, with most occurring in Balochistan and KP, including the former FATA. Large-scale terrorist attacks have resulted in numerous casualties. Pakistan's security environment remains fluid sometimes changing with little or no notice. There are greater security resources and infrastructure in the major cities, particularly Islamabad, and security forces in these areas may be more readily able to respond to an emergency.

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Alcohol Policy

Most Muslim people do not drink alcohol in accordance with Islamic traditions. Drinking in public is a taboo, as is public drunkenness. Some beers are served in tourist-orientated establishments but not condoned by the general population. Therefore, out of cultural sensitivity and respect, drinking during this trip is highly discouraged.

Additional Costs Not Included

Additional costs NOT included in the program are transportation to and from SeaTac, Pakistan and Emirates Visas, personal gear, gifts and souvenirs, personal snacks, any personal or received medical or emergency needs, Covid Action Plan itineraries, emergency evacuations, traveler's insurance, hotel and airline upgrades, transit water and meals, Dubai layover costs, and single tent/lodging occupancy. Tips for local guides are expected and one of the most impactful ways we can directly stimulate the economy on a personal level. Please, consider a budget for tipping for the numerous guides, servers, and chauffeurs we will encounter. Of course, the tipping amounts would reflect the quality of service.

How to Get on the Trip

Step 1: Once you receive the application packet, or review on-line, please complete all the information requested. Enrollment is now open. All information provided is kept in privacy and is relevant to your safety and well-being while traveling abroad. You can return the application electronically or by mail upon request. Include your payment of \$3,800. Please, include any credit card and/or single occupancy fees. Make check or money order payments to Peru Alive or we can gather your credit card information by phone. A receipt of payment will be e-mailed once received.

Step 2: Immediately, Peru Alive will send visa application instructions and connect you with our Pakistan hosts for them to assist and review before submitting. Flight information, group updates, travel tips, gear list, and useful information will be distributed by e-mail to help prepare for the adventure. Group participants will be invited to an informal meet and greet in Montana, sometime this summer (TBA). This meeting is highly encouraged but NOT mandatory. Soon after, I will meet the entire group for check-in and boarding at SeaTac Airport on August 25th, 2024.

Final Thoughts

The program requires extensive traveling by plane, bus, and all-terrain jeeps. The lighter the pack, the easier the traveling can be. Please, do not exceed the gear list recommendations unless you have special needs. If you require additional supplies or clothing in Skardu, local merchants sell most needed goods but with a limited selection. A serious commitment to adventure and high degree of physical activity is required to participate in the entire itinerary. Please, Pakistan is an under-developed country. The level of traveler's services, degree of modern infrastructure, time management and local cuisine may not be what Americans are accustomed to. This is all part of the "international experience." All program meals, transports and sleeping accommodations will be above adequate and reflect the cost of the program. Thank You.