

TREK · GILGIT-BALTISTAN

# Fairy Meadows Trek

The Fairy Meadows & Nanga Parbat Base Camp Trek is the most accessible way to stand face to face with an 8,000-meter giant.

DURATION

**6 Days**

5 nights

MAX ALTITUDE

**3,900 m**

high point

GRADE

**Moderate-Hard**

trekking

SEASON

**May-Oct**

best months

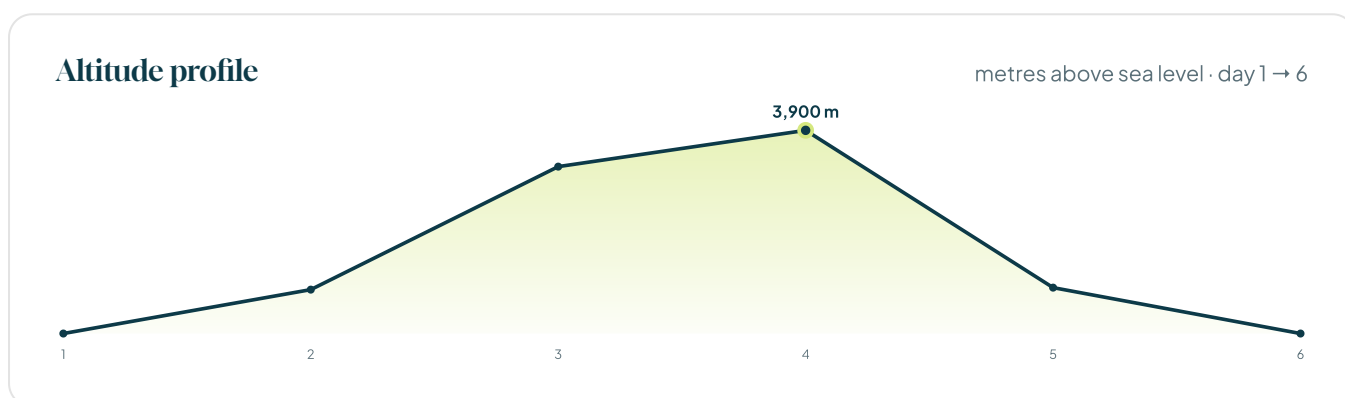
FROM

**\$750**

per person

## The Trek

The Fairy Meadows & Nanga Parbat Base Camp Trek is the most accessible way to stand face to face with an 8,000-meter giant. In a few short days you leave the Karakoram Highway for an alpine meadow of pine and wildflowers, with the immense Raikot Face of Nanga Parbat (8,126m) — the ninth-highest mountain on Earth — filling the whole skyline. They call Nanga Parbat the Killer Mountain, yet this trek asks no technical climbing of you. It is a moderate walk through some of the most dramatic scenery in Pakistan, well suited to fit first-time trekkers who want genuine mountain wilderness without crampons, glaciers or high passes.



## At a Glance

Duration	6 Days · 5 Nights	Grade	Moderate-Hard
Max altitude	3,900 m	Group size	Private & small group
Route	Islamabad → Islamabad	Best season	May-Oct
Accommodation	Hotel · Camping	Visa	Trekking visa + permits
From	\$750 pp		

**Fitness & grade.** A moderate-hard trek with a high point of 3,900 m. You should be a fit, regular hill-walker, comfortable with long days on rough ground and the real remoteness of the Karakoram. No previous Himalayan experience is required, but a good training base is essential.

# Training & Preparation

---

This is a serious multi-day trek with repeated days at altitude. Your enjoyment depends heavily on arriving fit. Build your training over months, not weeks — the cumulative load of consecutive days on rough ground is the real challenge.

## Build endurance

---

- Long hill walks, 5–7 hours, on consecutive days
- Carry a 6–8 kg pack in training
- Add stairs, hills and incline work weekly

## Strengthen

---

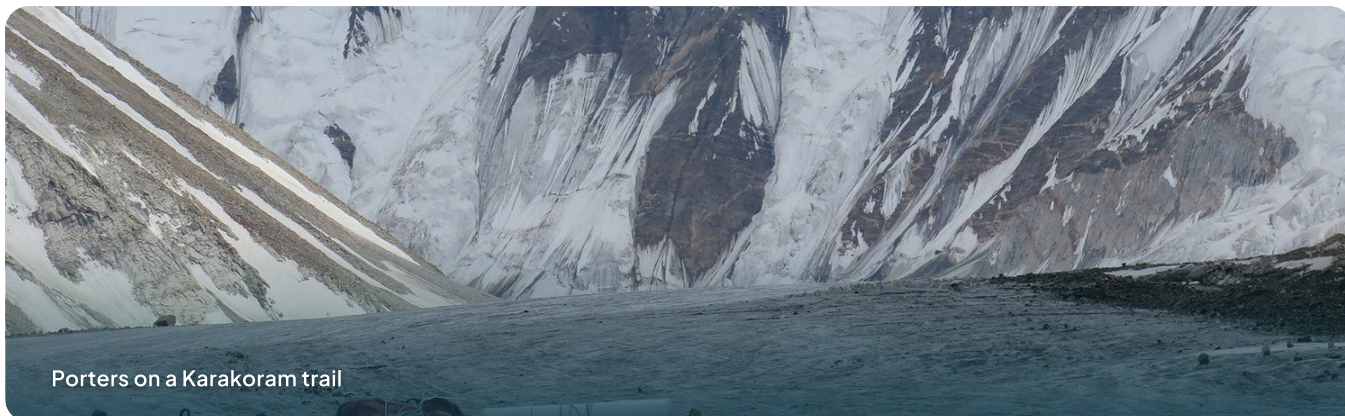
- Legs, core and ankles for rough ground
- Downhill practice — descents are punishing
- Two trekking poles, used in training too

## Skills & mind

---

- Comfort on steep, loose and snow-patched ground
- Break in your boots thoroughly before you fly
- Prepare mentally for cold, camp life and remoteness

# Day by Day



Porters on a Karakoram trail

1  
DAY

540 m Arrive

## Arrival in Islamabad

Arrive at Islamabad International Airport where our team meets you for a warm welcome. Transfer to your hotel, settle in, and join an evening briefing covering the route, gear, and what to expect on the trail.

2  
DAY

1,265 m Trek

## Islamabad to Chilas

Begin the legendary drive north along the Karakoram Highway, tracing the Indus River through dramatic gorges. Reach Chilas by evening for an overnight stay under the shadow of the mountains.

3  
DAY

3,300 m Trek

## Trek to Fairy Meadows

Continue to Raikot Bridge, then switch to a 4x4 jeep for the thrilling climb to Tato village. From here we trek through pine forest to the alpine meadows of Fairy Meadows, with Nanga Parbat towering ahead.

4  
DAY

3,900 m Trek

## Nanga Parbat Viewpoint

A rewarding day hike from Fairy Meadows up to Beyal Camp and on to the Nanga Parbat Base Camp viewpoint. Stand face to face with the 8,126m "Killer Mountain" before returning to camp for the night.



1,300 m Jeep / Road

## Drive to Besham

Trek back down through the forest to Tato and Raikot Bridge, where our vehicle awaits. Drive along the Karakoram Highway to Besham for a comfortable overnight stop.



540 m Trek

## Return to Islamabad

Complete the final leg back to Islamabad, arriving by evening. Freshen up and celebrate the end of an unforgettable journey to the foot of Nanga Parbat.

# What's Included

## Included

- Private ground transport from Islamabad, all 4x4 jeep transfers on the Raikot track, hotel nights in Chilas and Besham, and all camping at Fairy Meadows.
- All meals on trek, camping equipment, a licensed local guide, cook and porters.
- Community and forest entry fees, plus daily route and weather monitoring by our team.

## Not Included

- International flights to and from Pakistan, and the Pakistan visa fee.
- Personal travel and medical insurance.
- Personal trekking gear such as boots, sleeping bag and a down jacket. Rental can be arranged in Gilgit or Skardu.
- Tips for guides, porters and support staff (recommended \$5–10 per day per person).

# On the Trek

## ● 100% local Balti team

Our own guides, cooks and porters from the mountain valleys — not a brokered hand-off. People who have grown up under these peaks.

## ● Satellite phone in camp

A Thuraya sat phone on every trek for logistics, weather and emergency coordination where there is no mobile signal for days.

## ● Real rescue planning

Established helicopter-rescue contacts and clear evacuation procedures. Rescue is arranged on your behalf and billed to your insurance — never “free”.

## ● Altitude managed

Built-in acclimatisation and reserve days, a portable altitude chamber (PAC/Gamow bag) and a comprehensive medical kit carried with the group.

## Temperatures by altitude

Best season: Summer (May - October)

Valleys 2,000–3,500 m

**+5 °C nights**

up to +35 °C days

Mid camps 3,500–4,300 m

**around 0 °C**

+18 °C in sun

High camps 4,300–4,600 m

**down to -8 °C**

cold, bright days

High point 3,900 m

**sub-zero, wind**

early start



A high camp in the Karakoram

# Possible Risks

We do not hide the hazards of high mountains — being honest about them is how we keep people safe. Here is what you are taking on, and how we manage it.

## Altitude illness

The main hazard on any high trek. AMS is common; the dangerous forms (HACE and HAPE) are rare but serious. We manage it with a graded, acclimatisation-first schedule, reserve days, daily monitoring, a portable altitude chamber and the readiness to descend.

## Steep & remote ground

Long days on rough moraine, scree and snow patches, far from help. We pace carefully, choose safe lines and never rush exposed sections.

## Glacier & rivers

Crevasses, unstable moraine and glacier-fed rivers that run fast on hot afternoons. We choose lines and timings carefully and rope up where needed.

## Mountain roads

Jeep tracks and mountain highways can be long, narrow and exposed. We use experienced drivers and well-maintained vehicles.

## Weather & flights

Mountain flights cancel and weather can pin a group; buffer days are built in so a delay does not derail the trek.

## Food, water & remoteness

Stomach upsets are the most common complaint; we treat all water and cook hygienically. Above all this is remote country — you may be days from a hospital and evacuation depends on weather.

# Insurance

## Cover is mandatory

You cannot join this trek without travel insurance, and you must bring written proof. We check it before departure. Standard holiday insurance will not cover high-altitude trekking — you need specialist adventure cover.

## What your policy must include

Trekking to at least 4,500 m; helicopter search, rescue and evacuation; emergency medical treatment and repatriation; and ideally trip cancellation. Read the altitude limits and rescue clauses carefully before you buy.

## Where to look

Specialist providers such as Global Rescue, the Austrian Alpine Club / BMC schemes, or dedicated expedition insurers typically offer suitable cover. Confirm in writing that your altitude is included.

# Helicopter Rescue Procedure

There is no road and no quick way out of the high Karakoram. A serious illness or injury is evacuated by helicopter — a process that is neither automatic nor free, and which weather can delay for hours or days. Understanding how it works is part of trekking here responsibly.

## 1 • The call

The emergency is reported by our satellite phone to our operations base, which contacts the rescue authorities. This is why a sat phone travels with every trek.

## 2 • The guarantee

Military aviation — the only operator permitted to fly rescues in this region — is tasked once a financial guarantee is confirmed. This is exactly why proof of insurance must be in place before the trek begins.

## 3 • The flight

Helicopters fly in pairs for safety and can only operate in suitable weather and below their altitude ceiling. A casualty high up may first need to be moved to a lower, safer landing site by the team.

## 4 • The cost

All rescue and evacuation costs are charged to your insurance. Rescue is never free or included in your trek price — our role is to coordinate it quickly and keep you stabilised while help is arranged.

# Health & Medicine

---

We carry a comprehensive group medical kit and a portable altitude chamber, and our leaders are trained in remote first aid. You should still bring your own small personal kit. This list is general guidance only — please discuss your medication, and especially altitude drugs, with a travel-medicine doctor before you travel.

## Altitude

---

- Acetazolamide (Diamox) — aids acclimatisation
- Emergency altitude drugs only on a doctor's advice
- Know the symptoms of AMS, HACE and HAPE

## Stomach & gut

---

- Oral rehydration salts (e.g. Dioralyte)
- Loperamide for diarrhoea
- A doctor-prescribed antibiotic for gut infections

## Pain & fever

---

- Paracetamol and ibuprofen
- Aspirin
- Throat lozenges for the dry, cold air

## Wounds & skin

---

- Blister care (Compeed) and zinc-oxide tape
- Antiseptic wipes and a range of plasters
- High-SPF sunscreen and lip balm

## Personal

---

- All your regular prescription medicines, in carry-on
- A copy of prescriptions and any allergies
- Rehydration and electrolyte tabs

## Good to know

---

- Tell your leader of any condition or allergy
- Diamox is a sulfa drug — check for allergy first
- Start personal medication advice early, not last-minute

# Kit List

---

The recommended kit for this trek. Your leader checks gear before departure. A porter carries your duffel; you carry a light daypack.

## Footwear & feet

---

- Broken-in waterproof trekking boots with ankle support
- Trekking + warm socks
- Camp shoes / down booties
- Gaiters for snow and scree

## Clothing layers

---

- Base layers (top & bottom)
- Fleece or soft-shell mid layers
- Waterproof shell jacket & trousers
- Insulated down jacket
- Trekking trousers & shorts

## Head, hands & eyes

---

- Warm hat + sun hat + buff
- Liner gloves + warm gloves
- Glacier / mountain sunglasses
- Head torch + spare batteries

## Trail & glacier

---

- Two trekking poles
- Microspikes for icy / snow sections
- 35–45 L daypack
- 100–120 L waterproof duffel (porter-carried)
- Water bottles x2 + purification

## Sleep & personal

---

- 4-season sleeping bag (to -15 °C)
- Inflatable sleeping mat
- Personal first-aid kit (see medicine list)
- Toiletries & quick-dry towel
- Power bank / solar charger

# Cultural Considerations

---

## You are a guest

You travel through Muslim mountain communities with their own languages and deep traditions of hospitality. Meet them with respect and you will be welcomed everywhere.

## Dress modestly

Both men and women should keep shoulders and knees covered in villages and towns. For women, loose clothing and a light scarf are appreciated.

## Photography

Always ask before photographing people — and never photograph women without clear permission. A smile and a gesture go a long way.

## Ramadan & prayer

During Ramadan, eat and drink discreetly out of respect for those fasting. Around mosques and prayer times, keep a low profile.

## Respect the crew

Our porters and cooks are skilled local people, not servants. Treat them as teammates and the whole trek is richer for it.

## A few words

“Assalam-o-Alaikum” (peace be upon you) is the universal greeting; “Shukria” means thank you. A little effort with language is always met with delight.

# Responsible Travel

---

Trekking here should leave the mountains and the communities better, not worse. We run these trips to put income into local hands and keep the Karakoram clean.

## People

---

- Local guides, cooks and porters, fairly paid
- Capped, fair porter loads and proper gear
- Spending that supports villages and the bazaar

## Place

---

- Carry out all non-biodegradable waste
- Toilet tents and proper waste management in camp
- Stay on trails; protect fragile alpine ground and wildlife

# Communications & Money

## Connectivity

Phone signal and wifi exist in the towns, but there is no mobile coverage on trek — for the trekking days you are off-grid. We carry a Thuraya satellite phone for safety and logistics; personal calls are possible at cost. GPS tracking lets family follow your progress. Tell people at home about the communications gap before you go.

## Money & tipping

Bring your spending money as cash in USD, EUR or GBP — there are limited ATMs in the towns and none on trek. Tipping the crew is an expected custom: budget a fair amount into a shared group fund, divided among guides, cooks and porters. Keep some small cash for drinks, handicrafts and the bazaar.

# Visa & Permits

## Trekking visa & permits

Pakistan requires a visa for entry; restricted-zone treks additionally need a Trekking & Mountaineering visa — distinct from a standard tourist visa. We advise on the right category and provide an invitation letter and supporting documents.

## Permits & NOC

National-park entry, trekking permits and any No-Objection Certificate for restricted zones are arranged by us and included in your trek price where applicable.

## Passport & insurance

Passport valid 6+ months with blank pages. Travel insurance covering trekking to 4,500 m and helicopter evacuation is mandatory — bring written proof.

# Recommended Reading

## Throne Room of the Mountain Gods

Galen Rowell

A photographer-climber's classic on the Karakoram and its great glaciers.

## The Gilgit Game

John Keay

The history of exploration and intrigue across the Karakoram passes.

## Trekking in the Karakoram & Hindukush

Lonely Planet

The practical route reference for trekking northern Pakistan.

## Where the Indus is Young

Dervla Murphy

A travel classic: a winter journey through Baltistan with her young daughter.

## Karakoram: Mountains of Pakistan

Shiro Shirahata

A landmark photographic survey of the range's great peaks.

## Full Tilt / On a Shoestring to Coorg

Dervla Murphy

More from a writer who travelled this region with rare honesty.

# Pricing & Departures

Per-person price by group size — all-inclusive of the services listed. Private departures on your own dates; fixed group departures run in season. Discounts apply automatically as your group grows.

Solo 1 Person

**\$1,800**

per person

2–3 Persons

**\$1,150**

per person

4–6 Persons

**\$920**

per person

7–10 Persons

**\$750**

best value · per person

## Trek the Karakoram with a local team.

Local hands · Real safety · Fair price

WhatsApp / Call

**+92 312 9921574**

Email

**Info@karakoramventure.com**

Online

**karakoramventure.com**

+92 312 9921574 · Info@karakoramventure.com · karakoramventure.com | Day altitudes are from our route data; timings vary with weather, conditions and group pace. Medicine and insurance notes are general guidance — consult a travel-medicine doctor and your insurer. Prices may change with availability, demand and government travel regulations. Restricted-zone treks require a Trekking & Mountaineering visa and permits. © Karakoram Venture, Skardu.