

EXPEDITION TREK · KARAKORAM

K2 Base Camp & Gondogoro La Trek

Twenty-one days from Askole to Concordia, up the Baltoro under K2 (8,611 m), and out over the technical Gondogoro La (5,585 m) into Hushe.

DURATION

21 Days
20 nights

ON FOOT

15 Days
trekking

MAX ALTITUDE

5,585 m
Gondogoro La

GRADE

Strenuous
mountaineering

FROM

\$2,600
per person

The Trek

This is the great Karakoram circuit — and the finest trek in Pakistan. You follow the Baltoro Glacier deep into a ring of granite and ice, stand at Concordia under four of the world’s fourteen 8,000–metre peaks, walk to the foot of K2 itself, then climb out over the Gondogoro La rather than retracing your steps. It is cold, hard, remote and, done properly, unforgettable.

Unlike the classic out-and-back to K2 Base Camp, the Gondogoro La crossing makes this a true circular route — entering from Askole and exiting into the Hushe Valley. The pass is a genuine mountaineering day on snow and fixed rope, which is why it carries a higher grade and demands proper acclimatisation, a strong team and a real safety plan. That is precisely what we run it with: our own Balti guides, cooks and porters, a satellite phone in camp, a portable altitude chamber, and reserve days built into the schedule.

▲ Concordia — the “Throne Room of the Mountain Gods”

▲ K2 Base Camp & the Gilkey Memorial

▲ Gondogoro La (5,585 m) snow crossing

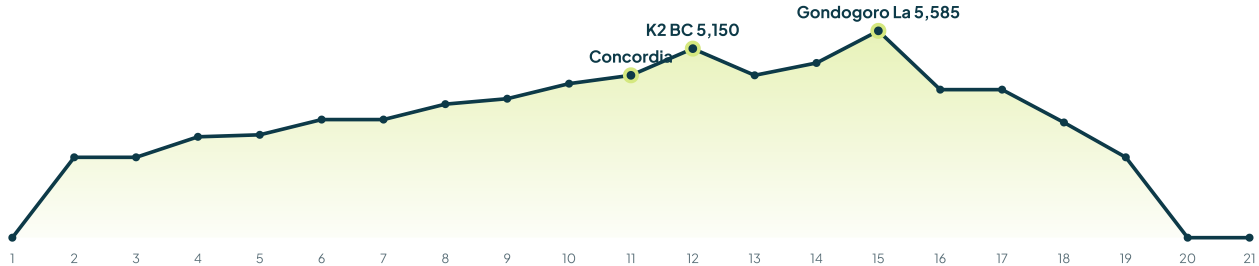
▲ Four 8,000 m peaks in one panorama

▲ Trango Towers, Masherbrum & Broad Peak

▲ Full Baltoro Glacier traverse

Altitude profile

metres above sea level · day 1 → 21



At a Glance

Duration	21 Days · 20 Nights	On foot	15 days on foot
Grade	Strenuous	Max altitude	5,585 m
Group size	1–10 people	Route	Islamabad → Islamabad
Best season	Jun – Sep	Accommodation	Hotel · Motel · Camping
Visa	Trekking & Mountaineering visa	From	\$2,600 pp

Fitness & grade. A strenuous expedition trek. Expect 15 days on foot, repeated days above 4,000 m, and one mountaineering day to 5,585 m on snow and fixed rope. You should be a fit, regular hill-walker, comfortable with long days, basic crampon and harness use, 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 strenuous expedition trek, and your enjoyment depends heavily on arriving fit. You face fifteen days on foot, many of them long, repeated days above 4,000 m, rough glacier underfoot, and one mountaineering day to 5,585 m. None of it is technically hard for a fit hill-walker, but the cumulative load is real. Start preparing months ahead.

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

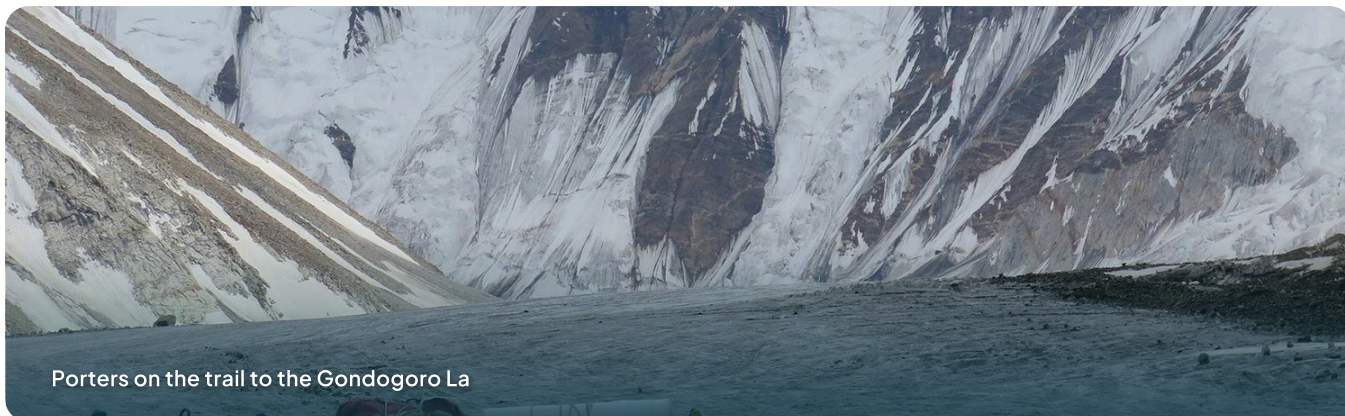
Strengthen

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

Skills & mind

- Break in your boots thoroughly before you fly
- Practise crampons, harness and ascender if you can
- Prepare mentally for cold, camp life and remoteness

Day by Day



Porters on the trail to the Gondogoro La

1
DAY

540 m Arrive

Arrive in Islamabad

Our team meets you at Islamabad airport and transfers you to the hotel. During the day your leader runs the trek briefing, checks your equipment item by item, and talks through the route, the pass and the safety plan over a cup of chai. The rest of the day is free to recover from long international flights, repack your duffel and daypack, and pick up any last supplies. Islamabad is green, modern and low — a gentle place to begin.

Stay Hotel Meals D

2
DAY

2,500 m Flight · 50 min

Fly to Skardu

An early transfer for the spectacular flight to Skardu — fifty minutes over a wall of Karakoram giants, with Nanga Parbat (8,126 m) filling the window. The flight is famously weather-dependent; if it cannot fly we drive the Karakoram Highway instead, which is exactly why the itinerary carries buffer days. Skardu sits at 2,500 m where the Indus and Shigar rivers meet. The afternoon is easy — settle into the motel, stretch your legs, and start acclimatising.

Stay Motel Meals B-L-D

3
DAY

2,500 m Rest

Skardu — preparation day

A full day in Skardu to organise the expedition: porter loads are weighed and balanced, fresh supplies bought in the bazaar, and permits finalised. A short acclimatisation walk up to Kharpocho Fort gives wide views over the Indus and the desert dunes below. Enjoy the last hot showers, wifi and a proper bed — from tomorrow it is camping all the way to Hushe.

Stay Motel Meals B-L-D

4

DAY

3,000 m Jeep · 7–8 h

Jeep to Askole

A dramatic 4x4 day up the Shigar and Braldu gorges to Askole, the last village before the wilderness. The track is rough, narrow and exposed in places, winding above the river past apricot orchards and tiny irrigated fields. We cross the Indus near its confluence with the Shigar and grind slowly up the arid canyon. Askole is where the road ends and the mountains take over — our first night under canvas.

Stay Camp **Meals** B·L·D**5**

DAY

3,050 m Walk · 20 km · 6–7 h

Trek to Jhola

The trek proper begins, following the Braldu river past the snout of the great Biafo Glacier. The valley is hot, dry and dramatic, hemmed by soaring rock walls. We pass Korofong and cross the Dumordo River on a bridge to reach Jhola — named for the old basket-and-cable “jhola” once used to cross here. On a sunny day temperatures push 40 °C; carry at least three litres of water, a sun hat and plenty of sunscreen.

Stay Camp **Meals** B·L·D**6**

DAY

3,420 m Walk · 20 km · 6–7 h

Trek to Paiju

A long, scenic day up the widening valley with the needle of Paiju Peak (6,611 m) drawing closer. We cross several glacier-fed side streams — fast and cold on a hot afternoon — and the trail undulates over sand and rock. Paiju is a green oasis of trees and running water, the last real vegetation before the glacier. From camp you get your first humbling view of the immense, rubble-strewn snout of the Baltoro.

Stay Camp **Meals** B·L·D**7**

DAY

3,420 m Rest

Acclimatisation at Paiju

A built-in rest and acclimatisation day before committing to the glacier. The porters prepare and re-balance loads and bake bread for the days ahead. You can take a short walk up the hillside behind camp to aid adaptation — climb high, sleep low — or simply rest, wash and enjoy the last shade. Pacing the altitude here pays off all the way to Concordia.

Stay Camp **Meals** B·L·D

8
DAY

3,795 m Walk · 12 km · 5–6 h

Onto the Baltoro — Khoburtse

Today you step onto the Baltoro itself, picking a line through a chaos of moraine, melt-pools and bare ice. It is hard, uneven work, but the reward is constant: the Trango Towers and Cathedral spires rear up ahead, among the most spectacular rock walls on earth. We leave the last greenery behind and camp at Khoburtse on the edge of the ice, fully in the high mountains now.

Stay Camp **Meals** B·L·D

9
DAY

3,930 m Walk · 9 km · 4–5 h

Trek to Urdukas

A short but steep haul up onto the grassy terraces of Urdukas, perched on the valley side above the glacier. This is one of the great campsites of the Karakoram — a rare patch of green with a grandstand view across the Baltoro to the Trango and Biale peaks. The afternoon is for resting and acclimatising; the alpine flowers and the light on the spires at sunset are unforgettable.

Stay Camp **Meals** B·L·D

10
DAY

4,295 m Walk · 12 km · 6 h

Trek to Goro II

Now fully on the ice, we weave along the medial moraine, the glacier striped with ribbons of rock and pure white ice. Masherbrum (7,821 m) dominates the southern skyline. Underfoot it is rough and slow, but the scale of everything — the peaks, the glacier, the silence — keeps the spirits high. We camp out on the open glacier at Goro II, surrounded by giants.

Stay Camp **Meals** B·L·D

11
DAY

4,500 m Walk · 11 km · 5–6 h

Trek to Concordia

The walk every trekker dreams of: the approach to Concordia, the great junction where the Baltoro meets the Godwin-Austen Glacier. Step by step, K2 reveals its full, perfect pyramid at the head of the valley. Galen Rowell called this the “Throne Room of the Mountain Gods”, and standing here among Broad Peak, the Gasherbrums and K2, you understand why. We make camp and stay two nights.

Stay Camp **Meals** B·L·D

12
DAY

5,150 m Walk · 15 km · 7–8 h

K2 Base Camp & Gilkey Memorial

The big day. We walk up the Godwin-Austen Glacier, past Broad Peak Base Camp, to K2 Base Camp at 5,150 m, directly beneath the world's second-highest and most feared mountain. Nearby is the Gilkey Memorial, a sombre cairn remembering the climbers lost on K2. The atmosphere here is unlike anywhere else on earth. We return to Concordia for the night, tired and elated.

Stay Camp **Meals** B·L·D

13

DAY

4,500 m Rest

Reserve / rest at Concordia

A contingency and rest day at Concordia, held against weather and used to recover before the crossing. If the day is clear and you are strong, there is the option of a walk towards Broad Peak Base Camp or simply hours of quiet under the greatest mountain panorama in the world. Tonight the team prepares ropes, harnesses and an early start for the Gondogoro La.

Stay Camp **Meals** B·L·D**14**

DAY

4,800 m Walk · 6 km · 4 h

Trek to Ali Camp

A short day up the Vigne Glacier to Ali Camp, tucked beneath the northern side of the Gondogoro La. We arrive early, check climbing gear, and have an early supper — because the alpine start is tonight. Try to sleep through the afternoon and evening; you will be woken around midnight. Anticipation and altitude make for a restless few hours.

Stay Camp **Meals** B·L·D**15**

DAY

5,585 m Mountaineering · 10–11 km · 8–10 h

Cross the Gondogoro La

The crux of the trek. We start around midnight to cross while the snow is frozen and rockfall is at its lowest. Roped up, in crampons and harness, we climb moderate snow slopes to the 5,585 m col, using fixed ropes on the steeper sections. From the top — if the weather holds — four 8,000-metre peaks stand in a single line behind you. The Hushe-side descent is steep and serious, on fixed rope and loose ground, before easing to the green camp at Khuspang. A long, demanding, magnificent day.

Stay Camp **Meals** B·L·D**16**

DAY

4,150 m Walk · 5 h

Khuspang to Dalsampa

Off the snow and ice at last, and into a different world. The trail drops past the slender, beautiful spire of Leila Peak through meadows bright with summer flowers. After days of rock and ice, the colour and the softer air feel like a reward. We camp at Dalsampa, already breathing easier as the altitude falls away.

Stay Camp **Meals** B·L·D**17**

DAY

4,150 m Reserve

Weather buffer day

A spare day deliberately held against weather on the pass — by far the most common cause of delay on this route. If the crossing went to plan and the day is unused, it simply shortens the walk out or gives a welcome extra rest. Building this margin into the schedule is part of running the trek safely rather than gambling on the forecast.

Stay Camp **Meals** B·L·D

18

DAY

3,350 m Walk · 5–6 h

Dalsampa to Saicho

A long, gentle descent down the Hushe valley, following the river through summer pastures grazed by yaks and goats. Villages and irrigated fields reappear, and with them the warmth and life of inhabited country. We camp among trees at the green, sheltered site of Saicho — the hard mountains now behind you.

Stay Camp **Meals** B·L·D**19**

DAY

2,500 m Walk + Jeep · 6–7 h

Hushe village & drive to Skardu

A short walk brings us into Hushe, home village of many of the mountaineers and high-altitude porters of the Karakoram. From here, jeeps and then sealed road carry us down the Shyok and Indus valleys back to Skardu. Hot showers, a real bed and a celebration dinner with the crew mark the end of the trek — a good night.

Stay Motel **Meals** B·L·D**20**

DAY

540 m Flight · 50 min

Fly to Islamabad

The morning flight back to Islamabad, with one last look at the peaks from the air (a road buffer is held if weather closes the airport). The afternoon is free to rest, repack, shop for handicrafts in the bazaars, or simply enjoy a hot shower and a soft chair. In the evening we gather for a final dinner together.

Stay Hotel **Meals** B·D**21**

DAY

540 m Depart

Departure

Transfer to the airport for your onward international flight. You leave with tired legs, a head full of mountains and, we hope, friendships with the Balti team that made it possible. Khuda hafiz — until the next valley.

Stay — **Meals** B

What's Included

Included

- Islamabad ↔ Skardu flights (road transfer held as buffer if cancelled)
- All ground transport, including 4x4 jeeps to Askole and from Hushe
- Twin-share hotel in Islamabad and motel in Skardu
- Full board on trek — cook, kitchen crew, mess, kitchen and toilet tents
- Twin-share trekking tents, mattresses and all camp equipment
- Government licensed Balti trek leader, guides, cooks and porters
- All national-park fees, trekking permits and NOC processing
- Porterage of your 20 kg duffel; fixed rope and crew on the Gondogoro La
- Satellite phone in camp for logistics and emergency coordination
- GPS tracking, weather forecasts and comprehensive group medical kit
- Portable altitude chamber (PAC / Gamow bag) carried with the group

Not Included

- International flights to/from Islamabad
- Pakistan visa fees (Trekking & Mountaineering visa)
- Travel and high-altitude rescue insurance (mandatory)
- Helicopter rescue / evacuation costs (arranged on your behalf, billed to insurance)
- Lunch and dinner in Islamabad
- Personal trekking and climbing equipment (see kit list)
- Tips for the trek crew (budget ~US\$175 into the group fund)
- Personal expenses, satellite calls and anything not listed as included

Where You Stay

Islamabad — Hotel

A comfortable modern hotel close to markets and restaurants, with wifi. Your base on arrival and departure nights.

Skardu — Riverside Motel

A classic Karakoram trekkers' motel overlooking the Indus — the traditional staging post for expeditions, with restaurant and garden.

On Trek — Alpine Camp

Twin-share dome tents with mattresses, plus heated mess, kitchen and toilet tents. Pitched and struck by our crew each day.



Camp at sunset on the Baltoro, beneath the Cathedral spires

A Typical Day on Trek

05:30 • Bed tea

A mug of tea at your tent. Pack your duffel while the crew strikes camp.

06:30 • Breakfast

A hot cooked breakfast in the mess tent; porters set off in the cool.

07:30 • On the trail

A steady, moderate pace with time for photos and the scenery.

12:30 • Lunch

A prepared lunch at a spot on the trail, usually ready as you arrive.

15:00 • Into camp

Tents up, a hot drink and biscuits; afternoon to rest and recover.

18:30 • Dinner & brief

A three-course supper, then the plan and weather for tomorrow.



Trekkers and porters crossing the glacier below K2 and Broad Peak

Safety & Altitude

- **100% local Balti team**

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

- **Satellite phone in camp**

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

- **Real rescue planning**

Established helicopter-rescue contacts for the Baltoro region 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: June – September

Valleys 1,000–3,500 m

+5 °C nights

up to +40 °C days

Glacier 3,500–4,600 m

around 0 °C

+20 °C in sun

High camps 4,600–5,150 m

down to -10 °C

cold, bright days

Gondogoro La 5,585 m

sub-zero, wind

pre-dawn crossing

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 — the only sure treatment.

The Gondogoro La

A genuine mountaineering pass: snow slopes, fixed rope, and a steep, loose descent with rockfall potential. We cross pre-dawn on frozen ground with experienced crew, and we will turn the group back if conditions or weather make it unsafe. No summit, pass or photo is worth a life.

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

The Skardu-Askole jeep track is long, narrow and exposed. We use experienced drivers and well-maintained vehicles and never rush it.

Weather & flights

Skardu flights cancel often; weather can pin a group on either side of the pass. 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 a remote area — 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 or expedition cover.

What your policy must include

Trekking / mountaineering to at least 6,000 m; helicopter search, rescue and evacuation; emergency medical treatment and repatriation; and ideally trip cancellation and curtailment. 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 and the Gondogoro La crossing are included.

Helicopter Rescue Procedure

There is no road and no quick way out of the Baltoro. A serious illness or injury here 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 expedition.

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 (and any required rescue guarantee) 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. High camps near K2 Base Camp sit close to that ceiling, so a casualty 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 with oxygen, the altitude chamber and a trained team 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 (e.g. dexamethasone, nifedipine) 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 mandatory kit for the K2 Base Camp & Gondogoro La trek. Your leader checks gear in Islamabad or Skardu. A porter carries your 20 kg duffel; you carry a 5 kg daypack.

Footwear & feet

- B2-rated mountaineering boots (for the Gondogoro La)
- Broken-in waterproof trekking boots with ankle support
- Trekking + thick mountaineering socks
- Down booties for camp

Climbing kit — Gondogoro La

- Climbing harness
- Two 60 cm slings + four screw-gate carabiners
- Belay/abseil device + 3 m of 5 mm cord
- Mountaineering crampons (B2 compatible)
- Ice axe
- Microspikes for icy descents

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 + insulated mountaineering gloves
- Glacier sunglasses (side protection)
- Head torch + spare batteries

Glacier & trail

- Two trekking poles (mandatory)
- Knee-high gaiters
- 35–45 L daypack (5 kg limit)
- 100–120 L waterproof duffel (20 kg limit)
- 1 L 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

Baltistan & the Balti

You are a guest in Baltistan, a Muslim, Tibetan-descended culture of farmers and mountaineers with their own Balti language. Warmth and hospitality are the norm; meet them with the same 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. On the trail practicality rules, but cover up around settlements and people.

Photography

Always ask before photographing people — and never photograph women without clear permission. A smile and a gesture go a long way; many Balti are happy to be photographed once asked.

Ramadan & prayer

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

Respect the crew

Our porters and cooks are skilled local people, not servants. Treat them as teammates, learn a few words of Balti or Urdu, 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 this trip to put income into Balti hands and keep the Karakoram clean.

People

- Local Balti 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 Islamabad and Skardu, but there is no mobile coverage on trek — for around two weeks 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 Skardu and none on trek. Tipping the crew is an expected custom: budget around US\$175 into a shared group fund, divided fairly among guides, cooks and porters. Keep some small cash for drinks, handicrafts and the bazaar.

Visa & Permits

Trekking & Mountaineering visa

Restricted-zone treks like K2 BC need this specific visa — distinct from a standard tourist visa. We provide an invitation letter and the documents to support your application.

Permits & NOC

National-park entry, trekking permits and any No-Objection Certificate for the Baltoro / Gondogoro zone are arranged by us and included in your trek price.

Passport & insurance

Passport valid 6+ months with blank pages. Travel insurance covering trekking to 6,000 m and helicopter evacuation is mandatory — bring written proof.

Recommended Reading

K2: The Savage Mountain

Charles Houston & Robert Bates

The classic first-hand account of the 1953 American attempt — courage, storm and the bond of a team.

K2: Life and Death on the World's Most Dangerous Mountain

Ed Viesturs

A clear, gripping history of the mountain you will stand beneath.

Savage Summit

Jennifer Jordan

The stories of the women who climbed — and died on — K2.

Throne Room of the Mountain Gods

Galen Rowell

The definitive Baltoro book: a photographer-climber's account of the Karakoram and Concordia.

Buried in the Sky

Peter Zuckerman & Amanda Padoan

The 2008 K2 disaster told through the lives of the local high-altitude porters.

Where the Indus is Young

Dervla Murphy

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

Pricing & Departures

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

Solo (1 person)

\$7,500

per person

2–3 persons

\$5,200

per person

4–6 persons

\$3,800

per person

7–10 persons

\$2,600

best value · per person

Walk the Baltoro with a local team.

Local hands · Real safety · Fair price

WhatsApp / Call

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+92 312 9921574 · Info@karakoramventure.com · karakoramventure.com | Distances and timings are typical for the route and 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. Expeditions require a Trekking & Mountaineering visa and permits. © Karakoram Venture, Skardu.