

HIGH-ALTITUDE TREK · KARAKORAM

# K2 Base Camp Trek Light

The K2 Base Camp Trek Light is specifically designed for trekkers attempting their first high-altitude expedition.

DURATION

**14 Days**

13 nights

MAX ALTITUDE

**5,150 m**

high point

GRADE

**Strenuous**

trekking

SEASON

**Jun-Sep**

best months

FROM

**\$1,800**

per person

## The Trek

The K2 Base Camp Trek Light is specifically designed for trekkers attempting their first high-altitude expedition. It follows the same legendary Baltoro Glacier route to Concordia and K2 Base Camp — but builds in 4 additional rest and acclimatisation days, shorter daily walking distances, and a more relaxed pace throughout.



## At a Glance

|               |                       |             |                         |
|---------------|-----------------------|-------------|-------------------------|
| Duration      | 14 Days · 13 Nights   | Grade       | Strenuous               |
| Max altitude  | 5,150 m               | Group size  | Private & small group   |
| Route         | Islamabad → Islamabad | Best season | Jun–Sep                 |
| Accommodation | Hotel · Camping       | Visa        | Trekking visa + permits |
| From          | \$1,800 pp            |             |                         |

**Fitness & grade.** A strenuous trek with a high point of 5,150 m, repeated days at altitude. 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

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This is a serious multi-day trek with repeated days at altitude and a high point well above 4,500 m. 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

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- 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

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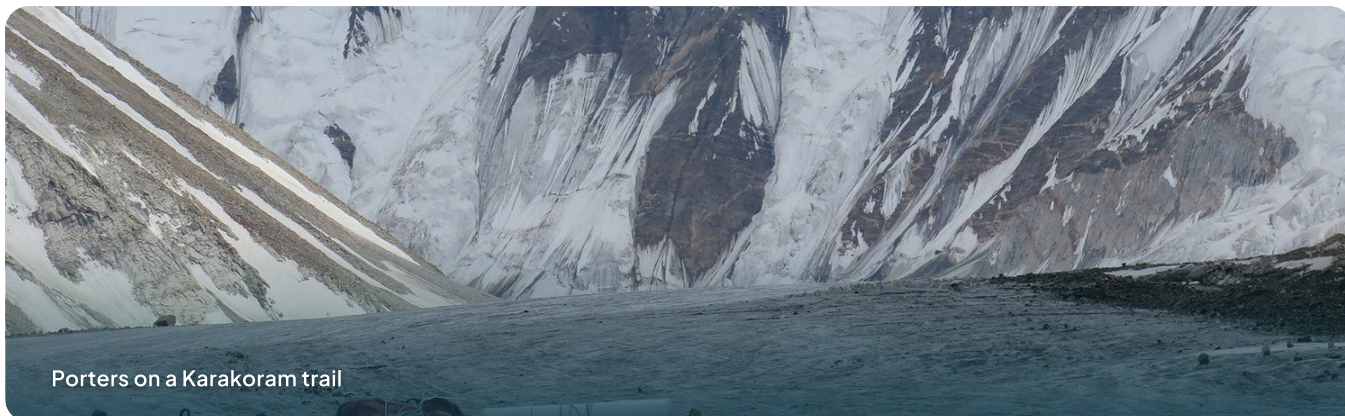
- Legs, core and ankles for rough ground
- Downhill practice — descents are punishing
- Two trekking poles, used in training too

## Skills & mind

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- 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

## Arrive Islamabad

Arrive in Islamabad for the pre-trek briefing.

2  
DAY

2,500 m Flight

## Fly to Skardu

Fly to Skardu (2,500m) for gear checks and permits.

3  
DAY

3,000 m Trek

## Skardu to Askole

4x4 jeep to Askole (3,000m) via Shigar Valley.

4  
DAY

3,420 m Trek

## Askole to Paiju

Start the Baltoro trail, trekking to Paiju (3,420m).

5  
DAY

3,795 m Trek

## Onto the Baltoro

Step onto the Baltoro Glacier and cross to Khoburtse (3,795m).

6  
DAY

3,930 m Trek

## Urdukas

Climb to Urdukas (3,930m) under the Trango Towers.

7  
DAY

4,295 m Trek

## Goro II

A day on the open ice to Goro II (4,295m).

8  
DAY

4,500 m Trek

## Concordia

Reach Concordia (4,500m), the throne room of the mountain gods.

9  
DAY

5,150 m Trek

## K2 Base Camp

Walk to K2 Base Camp (5,150m), the mighty K2 up close.

10  
DAY

4,295 m Trek

## Begin Return

Turn for home, trekking back to Goro II (4,295m).

11  
DAY

3,420 m Trek

## Goro II to Paiju

A fast descent down the Baltoro to Paiju (3,420m).

12  
DAY

3,000 m Trek

## Askole & Skardu

Walk out to Askole - trek complete - then drive to Skardu.

13  
DAY

2,500 m Rest / Acclimatise

## Skardu Rest Day

A rest day in Skardu with a celebration dinner.

14  
DAY

540 m Depart

## Departure

Fly from Skardu to Islamabad for departure.

# What's Included

## Included

- Return domestic flights, all transport, accommodation, all trek meals, licensed Balti guide, porters, cook, and all permits.

## Not Included

- International flights, Pakistan visa fees, personal travel insurance, personal gear, and tips.

# 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 (June – September)

Valleys 2,000–3,500 m

Mid camps 3,500–4,300 m

High camps 4,300–4,950 m

High point 5,150 m

**+5 °C nights**

up to +35 °C days

**around 0 °C**

+18 °C in sun

**down to -8 °C**

cold, bright days

**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 5,500 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

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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

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

## Stomach & gut

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

## Pain & fever

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

## Wounds & skin

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

## Personal

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

## Good to know

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- 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

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

## Footwear & feet

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

## Clothing layers

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

## Head, hands & eyes

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

## Trail & glacier

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- 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

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- 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

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## 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

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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

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

## Place

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- 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 5,500 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.

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

Ed Viesturs

A clear, gripping history of the mountain.

## 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.

## Buried in the Sky

Peter Zuckerman & Amanda Padoan

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

## Where the Indus is Young

Dervla Murphy

A travel classic: a winter journey through Baltistan.

# 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

**\$3,960**

per person

2–3 Persons

**\$2,880**

per person

4–6 Persons

**\$2,250**

per person

7–10 Persons

**\$1,800**

best value · per person

## Trek the Karakoram with a local team.

Local hands · Real safety · Fair price

WhatsApp / Call

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+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.