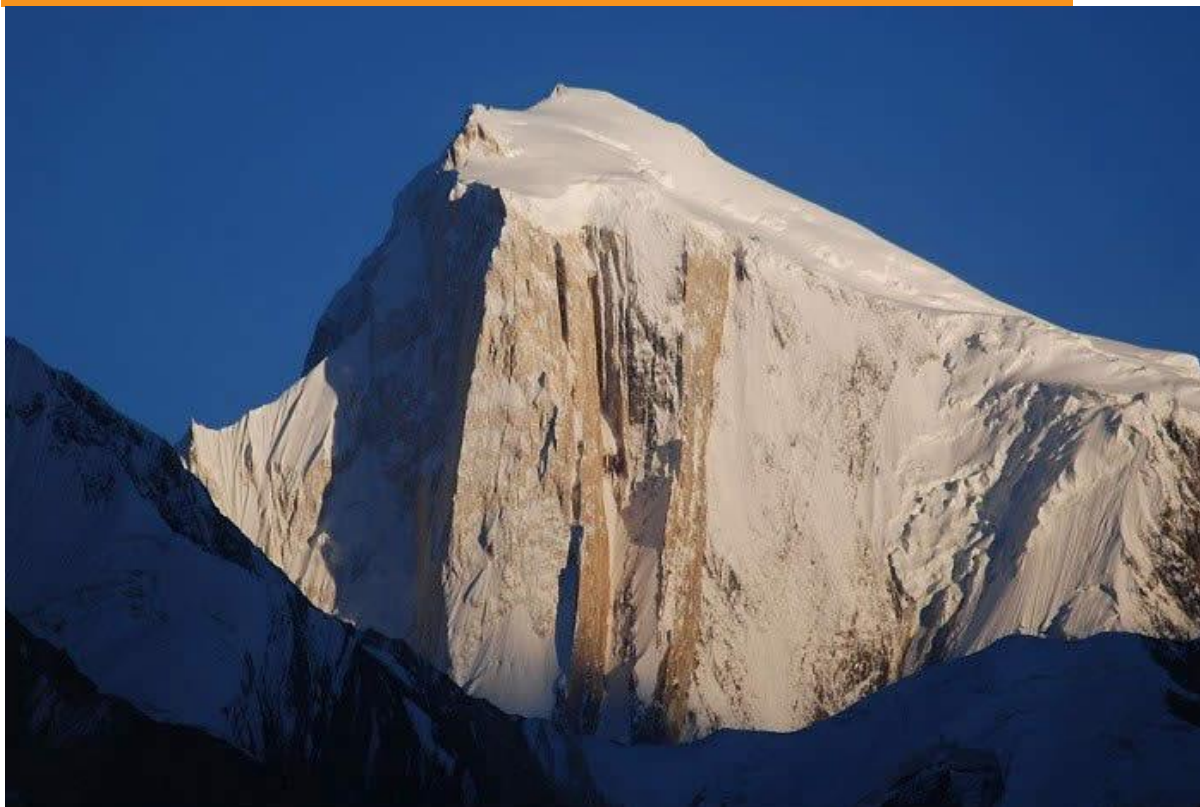


RUSH PEAK AND HUNZA VALLEY



Altitude 5,098m (15,540ft) / 16 Days / Grade T2



View of Spantik's famous 'Golden Pillar'.

INTRODUCTION

This two week itinerary enables adventurous trekkers to experience some of the best mountain scenery in Pakistan's dramatic Karakoram Range.

The valleys of Hunza are renowned for their friendly people and breathtaking landscape. Snow covered peaks and precipitous rock spires rise above the irrigation channels and fertile terraced fields. Our trekking route starts from the small farming settlement of Hopar, passes through flower filled meadows in ablation valleys and involves five glacier crossings as it circumnavigates the Barpu Glacier.

The first part of the trek visits the basecamp of Golden Peak (Spantik), located directly below its stunning 'golden pillar'. The second part of the trek ascends the straightforward non-technical Rush Peak, which rises above Rush Phari Lake on a ridge separating the Hispar and Barpu glaciers. This 5098m viewpoint offers one of best mountain panoramas in the Karakoram. Hunza's high peaks, including Rakaposhi, Diran and Ultar, are visible close by. Baintha Brak (The Ogre) and the Hispar La (pass) are visible in the middle distance. On clear days the Baltoro 8000m peaks (K2, Broad Peak, Gasherbrum) can just be seen far to the east.

This is an unforgettable trekking journey showing the best of the Karakoram.

INTRODUCTION

If you wish to discuss any aspect of the trek or your suitability for it, please contact us by telephone:

+44 (0) 114 276 3322

Alternatively, please email us via our website:

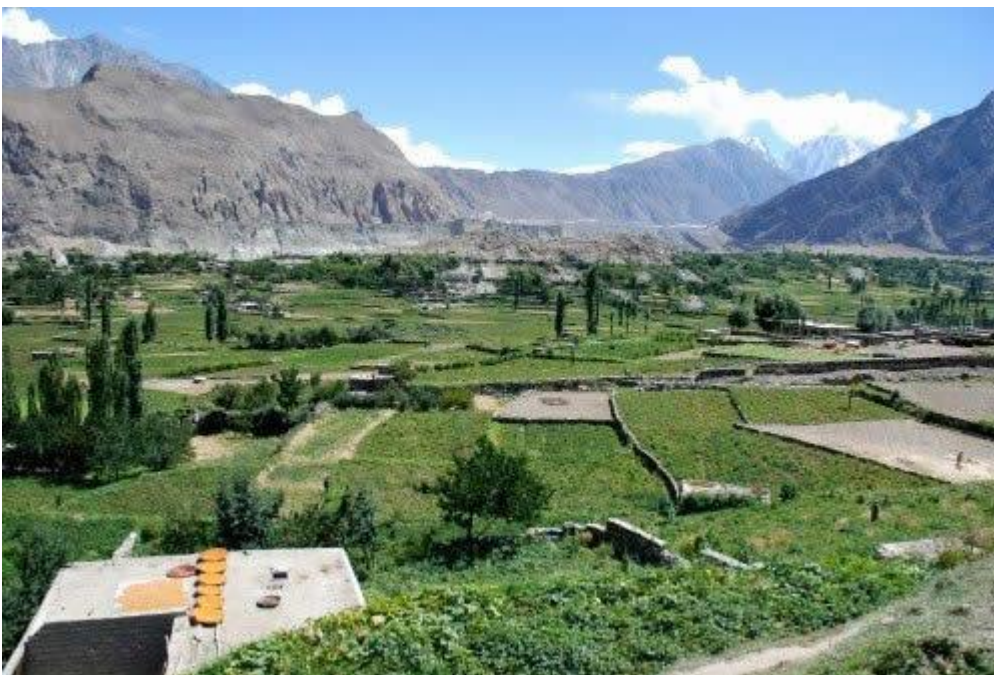
www.jagged-globe.co.uk



TREK OVERVIEW



Our preferred international flights depart from the UK during the day and following a late night stopover in one of the Gulf states arrive into Islamabad in the early morning. A few hours later we take the spectacular internal flight to Skardu. In clear conditions this gives excellent views of Nanga Parbat (8,126m). On arrival at Skardu it is a short drive from the airport to our hotel overlooking the Indus river. It is possible to relax in the hotel garden during the afternoon and recover from the long journey from home. Those with more energy may wish to visit the bustling centre of Skardu or trek to Kharpocho Fort located above the town for views over the surrounding landscape. The following morning we leave Skardu by minibus and drive to Karimabad. The route takes us west through the steep sided gorge of the Indus river passing a few scattered farming settlements. A little over halfway through the journey we reach the junction of the Indus and Gilgit rivers and turn northwards onto the Karakoram Highway (KKH). This wider and more populous valley leads to the administrative centre of Gilgit. Beyond Gilgit the KKH climbs deeper into the mountains on its way to the Khunjerab Pass (4,693m) and the Chinese frontier.



The district of Hunza lies on the Karakoram Highway (KKH) midway between Gilgit and the Chinese frontier. The valley is known worldwide for the high quality apricots produced and for tales of the legendary longevity of its inhabitants. Hunza was an isolated independent kingdom sandwiched between China and India for more than 600 years until the creation of Pakistan in 1947. The Hunza people have embraced tourism and now greet visitors with a warm and friendly welcome. The valley enjoys an idyllic setting with the snowy summit of Ultar providing a dramatic backdrop to the settlements that look out over the terraced fields to the huge peak of Rakaposhi beyond. Several high quality hotels have been built in the village of Karimabad nestling on a hillside beneath the 600 year old Baltit fort. We have half a day to look around the town before making the short jeep drive on mountain roads to reach the village of Hopar. Here we can see people farming their small terraced fields of wheat and barley using techniques that have not changed for generations. We spend the night at the Hopar Hilton Hotel, a small simple mountain lodge where the owner has little fear of being sued by the large international hotel chain of the same name.



The trekking covers an incredible variety of terrain. 40% is on 'good' paths (albeit sometimes narrow), 40% is on poor paths, and 20% is on loose stones or glacial ice. The trek starts fairly gently and the more difficult sections are not encountered until the final days. The walking for the first few days is fairly straightforward with generally good paths to follow across grassy hillsides. These paths are used by local shepherds and cattle herders to take their animals to far flung pastures. On the whole the route contours high above the Barpu glacier with great views out across the shining white ice. However on each of the first 4 days there is a short section of glacier to cross of about 40-60 minutes duration. Each of these involves a mixture of dry rocks and rubble to get on/off the glacier, rocks scattered over ice on the glacier itself, and short sections of visible white ice. None of these crossings involves any major hazards, however people need to walk carefully to avoid slips and falls.



From Girgindil up to Spantik Base Camp and back to Bericho Kor (days 7 – 10) the route enters a seldom visited landscape. Semi wild yaks are left to graze in this area and their paths sometimes show the best route to follow. In the autumn colours the undergrowth of small bushes looks very pretty but can be difficult to walk through if you get off the

'path'. From Shuja Basa up to Spantik Base Camp is an open landscape of rolling grass slopes and despite this being one of the higher altitude sections of the trek the terrain underfoot gives the easiest walking. There are a few stone shelters at Base camp and these are the only evidence of the small number of expeditions that have visited this remote spot in recent decades. From this site the north face of Spantik rises dramatically on the other side of the glacier, a vertical rock and ice wall of almost 2,500m.



The second half of the trek travels down the more frequently visited East side of the Barpu glacier. Several fast flowing rivers have cut deep gullies through the ablation valley and these provide the only difficulties to trekking on the way to the summer settlement at Chukutans. This is a lovely spot with a large area of grass fed by a meltwater stream and surrounded by pine and tamarisk trees. The trail to Bericho Kor from here alternately passes meadows, dried out lake beds and areas of rock from ancient landslides. The air becomes warmer as we drop rapidly in altitude and the shade of the trees along the trail is most welcome. From Bericho Kor the nature of the trek changes dramatically. The climb up to the next campsite is dry, dusty and unrelenting. In mid summer it can be very hot, but by late August the fierce heat of midsummer should be past. However an early start is a good idea to enable this climb to be completed by mid morning. Ascending the slope gives a good view back over most of the ground that has been covered in the earlier in the trek. On reaching the crest of the ridge there are good views over the other side to the Hispar valley and the ground eases considerably for the remaining climb to the campsite at Chidin Harai.

ASCENT OF RUSH PEAK

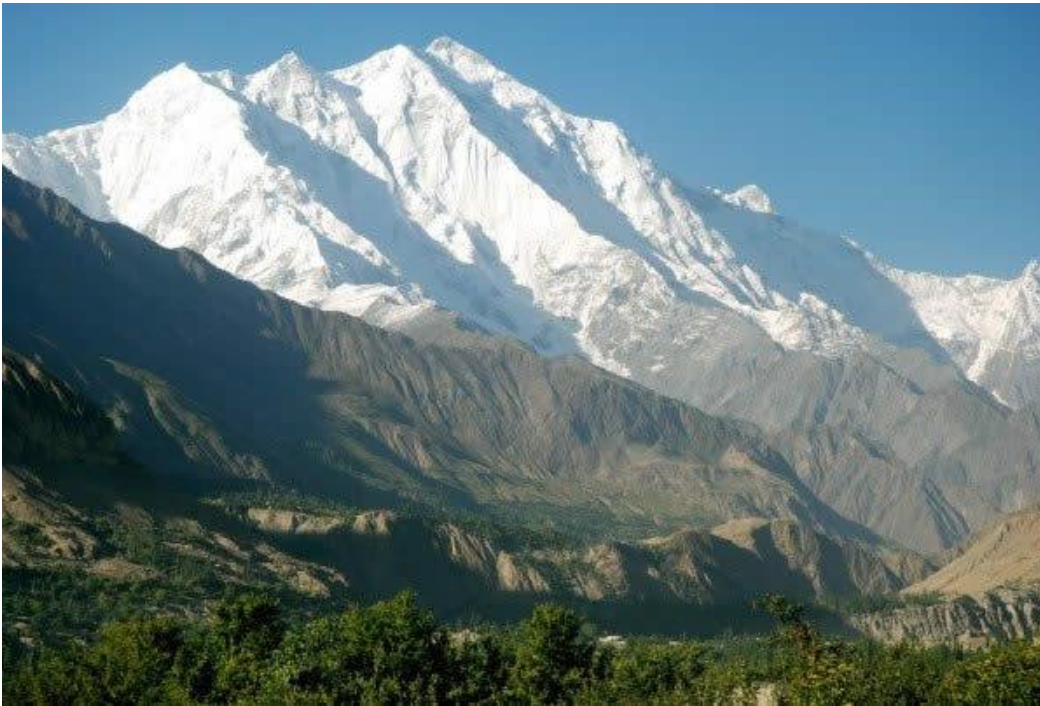
Rush Peak is one of the very few high vantage points in the Karakoram Himalaya that can be reached without the need for a long and difficult climb. It stands at the centre of a range of high peaks whose steep rock walls and ice faces present formidable challenges to the world's leading mountaineers. Yet Rush Peak itself is a highpoint on a broad ridge that can be reached with relative ease. This ridge is almost 20km long and separates the glaciated valley of the Barpu from the steep sided Hispar Valley. It starts close to the town of Nagar and rises gently South Eastwards to culminate in a series of very steep unclimbed 6000m peaks. Rush Lake and Rush Peak lie about half way along this ridge where the crest changes from a broad feature to an impregnable series of crumbing rock pinnacles.

Our campsite at Chidin Harai sits in a sheltered depression in the ridge beside a few abandoned shepherds' huts at 4,370m. From here the trail climbs fairly steeply for a few hundred meters over rocks to join a large level grass plateau. At the Eastern end of this plateau sits Rush Lake (4,660m) a clear blue lake surrounded by an incredible

panorama of high snow covered mountains. Several species of migrating birds can be seen at this lake and their presence supports a few predatory eagles that nest in the nearby cliffs. From the lake the trail climbs moderately angled slopes where grass tussocks are interspersed with large patches of rocks and boulders. In cold mornings after recent rainfall these can be icy. The trail regains the crest of the ridge about 150 below the rocky summit. From here there are dramatic views down the cliffs to the north that lead down to the narrow Hispar valley more than 2000m below.



The final slope leading to the summit of Rush Peak is steep and rocky. Faint sections of 'path' are visible on some short sections but the climb is mainly on large blocks of rock. Most of these rocks are fairly stable but this section of the climb requires care. Under a covering of light snow the rocks can be slippery.



View of Rakaposhi

From the summit there is an incredible 360-degree mountain panorama. All the high peaks of Hunza can be seen, from Ultar (7,388m) standing above Karimabad to Diran (7,266m) and Rakaposhi (7,788m) towering above the Karakoram Highway. A great north-facing wall of icy peaks dominates the southern skyline. Of these only Spantik (7,027m) is a well known name with its prominent 'Golden Pillar' seen face on. From here the wall sweeps west to the Polan La (pass) and the complex summit of Malubiting (7,458m), before continuing to Diran (7,266m) via the little known summits of Pruparash (6,574 m) and Miar (6,824). The high peaks rising between the Hispar and Shimshal valleys fill the horizon to the North. No fewer than seven major mountains over 7,000m are grouped together in the area known as the Hispar Muztagh including Trivor (7,720), Distaghil Sar (7,885m) and Kunyang Chish (7,852m). There is a direct line of sight along the full 60km length of the Hispar Glacier to the Hispar Pass (5,151m) that leads to the Biafo glacier and the peaks of Baltistan. In very clear conditions the distant giant peaks of the Baltoro, including K2 (8611m), Broad Peak (8,047m) and Gasherbrum IV (7,925m) can be seen beyond the Hispar Pass.

HOMeward JOURNEY

On completion of the trek we return to the hotel in Karimabad for our final night in the Hunza valley. We make an early start the next morning to begin the two day journey on the Karakoram Highway to Islamabad. For the first few hours we retrace the route taken to reach Hunza as far as the junction of the Indus and Gilgit rivers. Then we continue south, stopping at the Nanga Parbat viewpoint, before continuing to Chilas. Here we leave the KKH and take the shorter and more scenic route to the lowlands via the

Babusar pass and the Kaghan valley. The road climbs steeply to the summit of the Babusar pass (4,173m) before the scenic descent passing Lulusar lake on the way to Naran where we spend the night. The journey on the second day is a little shorter and takes us through the forested foothills of the karakoram passing several small tourist towns in the lower Kaghan valley. The final section of the journey is on a modern toll motorway with little traffic. This comes as quite a contrast to the narrow mountain roads that have been a major feature throughout the trip.



CLIMATE AND TERRAIN

The months of July and August are the most popular times for trekking in the Karakoram, and this when most of the higher altitude treks (between 3,000 and 5,000m) take place. At lower altitudes conditions can be very hot and dusty in mid summer. Most of this trek is between 3,000m and 4,000m and temperatures should be pleasant, comparable to summer in the European Alps. The weather is usually quite settled at this time of year. Sunshine and clear blue skies can be expected on 60-70% of days. The temperature during the day should be pleasant for walking at altitudes between 3,000 and 4,000m. Below 3,000m it can be quite hot during the day, while night temperatures above 4,000m can dip below 0°C. A few days of precipitation can be expected. At lower altitudes this will take the form of mist or rain. Higher up this could fall as snow. During the trek there are a variety of conditions underfoot. On several days we will be walking on good paths. Some days will involve crossing sections of glacial moraine and scree. There are adequate paths for much of the way, although on some sections paths are very poor or non-existent. Each of the glacier crossings is on 'dry' sections of ice with no danger from crevasses. The glaciers will usually be covered with stones although short sections of bare ice will be encountered. About half of the trekking trail is on regularly used paths, and half passes through infrequently visited terrain where there is no distinct path. The path on day 11 from Bericho Kor to Chidin Harai climbs steeply for 700m with little opportunity for comfortable rest stops, followed by 300m of gentler climbing to the campsite. This path is dry, dusty and unrelentingly steep. The ascent of Rush Peak is very straightforward except for the 150m below the summit. This final section is made up of loose blocks of rock that are reasonably stable in 'dry' conditions but can be tricky if covered in fresh snow.

Jagged Globe has many years experience organising expeditions in the Karakoram Himalaya. We have organized several successful climbing expeditions to Gasherbrum I (8068m), Gasherbrum II (8,035m) and Broad Peak (8047m) in the Baltoro area, and also to Spantik (7,027m), Cathedral Peak (6,247m) and Khosar Gang (6,046m). We have used the expertise gained on these expeditions to operate numerous treks to K2 Base Camp in recent years. As principally a mountaineering company, Jagged Globe is well placed to offer innovative and challenging treks in the Karakoram. We first took a reconnaissance trek to Rush Peak in 2007, most recently completing the trek in 2023.

TIMESCALE



Some people will ask 'Is 2 weeks really long enough to enjoy a significant trek in the Karakoram?' We believe that this carefully researched itinerary means that we can answer this question with a resounding 'Yes'. Over the years Jagged Globe have built an enviable reputation organising expeditions to many of the world's highest and most remote peaks. Climbing at altitudes above 6,000m, 7,000m and 8,000m requires that a suitable time be allowed for proper acclimatisation and all our itineraries to high peaks are designed with this in mind, often lasting for a month or more. Increasingly in recent years we have been asked if it possible to provide exciting trekking and climbing expeditions of shorter duration. We have responded to this by greatly increasing the range and scope of our Alpine Courses and introducing more short duration programmes in other mountain ranges. We have selected the Hunza valley in the Karakoram Mountains as being the best area for a '2 week' big mountain trek. Access is reasonably easy and this enables us to offer a full 9 days of trekking in the itinerary. The travel section of the programme is very interesting in its own right and the drive on the world famous Karakoram Highway will be remembered as one of the highlights of the trip. The trek starts at a height of 2850m and does not reach 4,000m until Day 8. This gives plenty of time for gradual acclimatization to the increasing altitude. Yet the route travels through dramatic mountain and glacier scenery from the first day as the glaciers in Hunza reach down to lower altitudes than anywhere else in the Himalayas. For the first half of the trek the distances covered are fairly short and on most days the journey from one camp to the next can be completed in a half day of walking. This will leave people free to rest in the afternoons or explore the areas near to camp. This gentle start to the trek should ensure that everyone is well-acclimatised and feeling fit for the few longer days that occur in the later stages of the trek. In order to maximize the time available for trekking some of the travel days may be long. We have done our best to minimize the travel time required but a combination of unstable landscapes and poor weather can disrupt both road and air transport leading to longer journey times.

ITINERARY



Day 1	Fly to Islamabad International flight from the UK to Islamabad.
Day 2	Arrive Islamabad, fly to Skardu (2,250m) After an early morning arrival you will have a few hours at Islamabad Airport before flying to Skardu. Afternoon sightseeing in Skardu or resting in the garden of the hotel. Overnight in Hotel. <i>Those joining on a 'land only' basis should arrange their international flight to arrive no later than 04.00hrs today. Alternatively, you should arrive in Pakistan on 'Day 1' and we can book you an additional hotel night – please contact us for prices and booking details.</i>
Day 3	Drive to Karimabad (2,300m) We drive west on the recently upgraded Indus Highway to the junction of the Indus and Gilgit rivers at Jaglot. Here we turn north onto the Karakoram Highway (KKH) through an arid landscape to the regional capital, Gilgit. Continuing north we reach the green and fertile fields of Hunza dominated by the icy bulk of Rakaposhi. Overnight Hotel. (7-8 hrs). Altitude gain: 50m
Day 4	Sightseeing in Karaimabad (morning) Drive to Hepar (afternoon) (2,850m) We spend the morning walking around the picturesque streets of the village and visit the historic old fort. After lunch an exciting jeep journey takes us through the fields of the Hunza and Nagir Valleys before the road narrows to a mountain track leading to the roadhead at Hepar where we stay in a simple lodge on the outskirts of the village. Overnight Lodge (90 min drive). Altitude gain: 550m
Day 5	Trek to Hamdar Camp (3,340m) Porters are assembled to carry our luggage during the trek. Leaving Hepar we cross the Bualter Glacier and trek South East on the grassy hillside high above the Barpu Glacier. After 4 hours we reach the small shepherd's settlement of Hapukun and one hour later reach Hamdar. (5 hrs). Altitude gain: 490m
Day 6	Trek to Sumayer Bar Camp (3,595m) The trail crosses an exposed cliff by a cleverly made path and drops down to the edge of the Miar Glacier that takes less than an hour to cross. On the far side we climb into the heavily forested ablation valley and follow this for two hours to reach a lovely campsite surrounded by trees. (5 hrs). Altitude gain: 255m
Day 7	Trek to Girgindil Camp (3,810m) A short day of trekking over some more difficult ground to reach Girgindil. We follow the wooded Sumayer Bar ablation valley as far as possible before the trail moves onto the Barpu glacier. We cross this by the shortest route to reach the Eastern side and climb up a loose moraine slope to reach the pleasant campsite at Girgindil. (3-4hrs). Altitude gain: 215m

Day 8**Trek to Shuja Basa Camp (4,200m)**

The first hour is the most difficult as we negotiate a bulge in the glacier before regaining the ablation valley at Makphon Pari less than a kilometer from Girgindil. From here the trail follows an ascending line (steep in places) over slopes covered in small bushes and trees. It is easy to lose the best line and sometimes the bushes hide the trail. The white ice pinnacles of the Barpu glacier are always visible below and the wall of ice cliffs stretching from Spantik to Malubiting grows larger as we approach it. The campsite of Shuja Basa is located on a level site where two glaciers join and has great views in all directions. (4-5 hrs). Altitude gain: 390m.

**Day 9****Rest Day / optional trek to Spantik Base Camp (4,600m)**

The start of the route to Spantik base camp is not obvious. A narrow track crosses a very steep hillside for 200m and then a large 'hidden' valley opens out giving some of the most pleasant and enjoyable trekking of the whole trip. This undulating terrain leads gently upwards to the campsite used by the small number of expeditions that have attempted Spantik's Golden Pillar. This remote site is a beautiful spot and is seldom visited by trekkers. (3-5 hr round trip). Altitude gain: 0m (option to walk 400m higher).

Day 10**Trek to Bericho Kor Camp (3,300m)**

The longest trekking day of the trip. At the outset it appears to be mostly downhill starting at 4,600m and dropping to 3,300m, but there is quite a lot of up and down involved and it feels like a long day. Several fast flowing streams cut across the path and these have eroded deep gullies that can be tricky to cross. It is also necessary to climb down to the edge of the glacier at a few places, followed by the inevitable climb back up to the ablation valley. The shepherd's settlement at Chukutans is a great place for a lunch stop and marks the start of a much improved path that runs all the way to Bericho Kor. (7-8 hrs). Altitude loss: 900m

Day 11**Trek to Chidin Harai Camp (4,370m)**

If Day 10 is the longest there is no doubt that Day 11 is the steepest. The trail rises in a series of zigzags directly behind camp gaining 700m up a dry and dusty path with few places to stop and rest. The trail leads directly to the crest of the ridge that separates the valley of the Barpu Glacier from the Hispar to the North. The trail turns Southwards and follows the broad crest of this ridge over less steep ground for a further 350m to reach the campsite at Chidin Harai (4-5hrs). Altitude gain: 1070m.

Day 12**Ascent of Rush Peak (5,098m)**

An early start is required to get a good chance of clear skies and the best views of the more distant peaks. We start walking at about 06.00hrs and should reach the top about 3 hours later. The trail is easy for most of the way, ascending grass covered slopes and passing along the shores of Rush lake (4,660m). The final 150m of the climb is the only section with any difficulties. The summit cone is composed of large blocks of stone that need to be climbed with care (4-6hrs round trip). Altitude gain: 0m (option to walk 728m higher).

Day 13**Trek to Hoper 2777m (morning) Drive to Karimabad (afternoon)**



The descent to Bericho Kor follows the same path that was climbed on Day 11. The ground is steep and dusty as the path is very 'direct' dropping 700m in a very short distance. The route then follows the ablation valley on the East side of the Barpu glacier passing several large flat areas of grassland surrounded by trees. After 2 more hours walking we reach Tagaphari and strike out across the Barpu glacier for the last time. This crossing only takes 30mins and is followed soon after by a crossing of similar length over the Bualter glacier. A final steep climb up a moraine slope leads to the village of Hoper where we have lunch. (5-6 hrs trekking). Altitude loss: 1593m.

We then climb aboard waiting jeeps for the short drive to Karimabad. Overnight hotel.

Day 14

Drive to Naran

We drive south on the KKH leaving the Hunza valley towards Gilgit. At Jaglot we reach the junction of the Indus and Gilgit rivers. Soon after there are good views of Nanga Parbat (8,126m). The road continues southwards through the rocky barren landscape of Indus Khoistan to reach the town of Chilas. Here we leave the KKH and climb a mountain road to cross the Babusar Pass (4,173m) and descend into the beautiful landscape of the upper Kaghan valley. A few hours later we reach the tourist town of Naran where we spend the night. (9-10 hrs) Overnight Hotel.

Day 15

Drive to Islamabad

The road continues to descend through the forested foothills of the Karakoram to Mansehra where we join the recently constructed motorway for the final stage of the journey to Islamabad (7-8 hrs). Overnight Hotel.

Day 16

Depart Islamabad

Transfer to Islamabad airport for international flight.

PLEASE NOTE: Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns, internal flight delays, the availability of porters and the health of trekkers can all contribute to changes. The Trek Leader and our local agent will try to ensure that the trip runs according to plan, but an easy going nature will be an asset!

TRAVEL SUMMARY



International travel – 2 days UK to Pakistan (overnight flight on outward leg / day flight on return leg)

Internal Travel - 4 days PIA flight from Islamabad to Skardu on outward journey. Skardu to Hunza in private minibus.

Hunza to Islamabad by road in private minibus on homeward journey.

Mountain Travel - 2 x half days Hunza to Hopar - Jeep travel along unmade mountain roads.

Trekking Programme - 9 days

Hotel Accommodation - 5 nights^[1]_{SEP}

Lodge Accommodation – 1 night

Camping – 8 nights

WHAT THE PRICE INCLUDES

- » Economy class return airfares from the UK (unless Land Only).
- » UK airline taxes.
- » Group airport transfers (unless Land Only).
- » One in-country flight between Islamabad and Skardu by scheduled, fixed-wing aircraft (in the event of bad weather, road transport will be provided).
- » 1 nights' bed and breakfast accommodation in Islamabad on a twin-sharing basis.
- » 1 nights' full-board accommodation in a lodge on a twin-sharing basis.
- » 4 nights' full-board accommodation in local hotels on a twin-sharing basis.
- » 8 nights' full board accommodation in tents on a twin-sharing basis.
- » Porterage of group equipment.
- » Porterage of team members' personal clothing and equipment (maximum 12Kg).
- » All road transport by private vehicles.
- » All costs for a Jagged Globe leader, local guide, cook staff and porters.
- » Jagged Globe kitbag or lightweight fleece.

WHAT THE PRICE DOES NOT INCLUDE

- » Visa fees.
- » Overseas airports taxes not paid in advance through the international airline ticket.
- » Airport transfers for those joining on a 'Land Only' basis.
- » Bar bills and laundry.
- » Travel insurance.
- » Lunch and evening meals in Islamabad.
- » Optional trips and sightseeing tours.
- » Tips.

AM I FINANCIALLY PROTECTED?



Jagged Globe (CLIMB TREK SKI) Ltd is a fully licensed and bonded tour operator. Our ATOL number is 10241. All the flights and flight-inclusive holidays on this website are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to

www.atol.org.uk/ATOLCertificate »



The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under The Package Travel and Linked Travel Arrangements Regulations 2018 for Jagged Globe (CLIMB TREK SKI) Ltd (ABTOT Member 5174), and in the event of their insolvency, protection is

provided for the following:

1. non-flight packages and
2. flight inclusive packages that commence outside of the EEA, which are sold to customers outside of the EEA.

ABTOT cover provides for a refund in the event you have not yet travelled or repatriation if you are abroad. Please note that bookings made outside the EEA are only protected by ABTOT when purchased directly with Jagged Globe (CLIMB TREK SKI) Ltd.

In the unlikely event that you require assistance whilst abroad due to our financial failure, please call our 24/7 helpline on 01702 811397 and advise you are a customer of an ABTOT protected travel company.

You can access The Package Travel and Linked Travel Arrangements Regulations 2018 <https://www.legislation.gov.uk/ukxi/2018/634/contents/made>

Our membership of these organisations means that you can book with Jagged Globe (CLIMB TREK SKI) Ltd in complete confidence that all monies paid to us for trips (not for insurance premiums) are protected.

SINGLE-ROOM SUPPLEMENT

If you would like to have a single room in Islamabad, a single room supplement is payable (please see website for price). Otherwise, you will share a twin room with someone of the same sex. Please note that the single room supplement does not apply to the hotel in Skardu, as the availability of single rooms in Skardu cannot be guaranteed.

TRAVEL INSURANCE

It is a requirement of our booking conditions that you have travel insurance that covers the activities you will undertake on this trek.

Due to their relationship with Askari Aviation, who are the only providers of helicopter evacuation in the Karakoram, we recommend that you take out Global Rescue Membership + their Signature Travel Insurance add-on:

<https://partner.globalrescue.com/jaggedglobe/index.html>

You are welcome to take out a suitable policy with another travel insurer, for example BMC or Snowcard. However, if you require helicopter evacuation it may take more time to arrange this.

LEADERSHIP & THE TREK TEAM



This expedition will be led by David Hamilton who has more than 30 years' experience organising and leading treks and expeditions in the Karakoram. He has trekked to Rush Peak twice before and used the knowledge gained on these trips to provide the detailed information contained in these notes.

David will be supported by a team of experienced local staff including guide, porter sirdar, cook and kitchen assistant(s). All equipment (team members' personal bags, plus communal camp equipment) will be carried by porters throughout the trek.

» **12 places are available on the trek**

WHAT TO EXPECT

Trekking in the Karakoram is a more challenging experience than trekking in the popular regions of Nepal. Trekking in the Karakoram takes place in the high mountain environment beyond the last human settlements. Vegetation is often sparse, the terrain rugged and the trails can be rocky and difficult underfoot. This is more than compensated for by the spectacular scenery, but the walking can rarely be described as 'easy'. Trekkers should be physically fit and able to walk comfortably over considerable distances on loose unstable scree slopes and boulder fields. Helicopter evacuation is rarely possible and clients must be aware that even a simple accident in a remote location could lead to a long, difficult and painful journey to the nearest medical facility. The infrastructure of Northern Pakistan has improved greatly in recent years: existing roads have been widened and improved, the road network has expanded further into previously remote valleys and new bridges have replaced old ones. However smaller numbers of tourists than in more popular parts of the Himalayas means that there are less resources available for foreigners in the event of accident or illness in the mountains.

This trek is suitable for people with a good standard of fitness who enjoy regular hillwalking or other aerobic exercise. Experience of trekking at altitudes over 4,000m is recommended. The daily programme usually requires 3-5 hours walking and is designed to allow gradual acclimatisation to the increasing altitude. While few individual days can

be described as 'difficult', the cumulative effects of trekking at high altitudes through a harsh mountain environment, for many days, should not be underestimated. Many people who have never traveled outside Europe join this type of trek and have a great time. However, people with more experience of high altitude environments, multi day treks, hot climates, third world travel, multi-day camping trips, will be better prepared for the challenges of this trek.



EXPERIENCE REQUIRED

To join the Jagged Globe Rush Peak and Hunza Valley trek you need:

- » A good standard of fitness gained from regular mountain walking.
- » To be able to walk 6 hours per day on rough terrain carrying an 8Kg pack.
- » Experience of trekking at altitudes over 4,000m is recommended, but not essential.

FOOD

We have decided to stop providing "fresh" meat on our treks and expeditions in the Karakoram (other than the first two days, when we can use frozen chicken). This is for reasons of animal welfare, hygiene and changing preferences. Instead, we will provide tinned meat, tinned fish and some dehydrated or freeze-dried items so you have a reasonably balanced diet, accepting the difficulties and remoteness of the region you will be visiting.

PRE-EXPEDITION WEEKEND



Jagged Globe offers pre-trip Come to the pre-trip weekend! We want to make sure you know everything about your trip and that you are as well-equipped and prepared as possible for your journey to the mountains. Specific aims for the weekend are:

- » To meet your fellow team members and to chat with them over dinner and whilst walking in the Peak District.
- » To meet Jagged Globe staff members who have organised your trip so they can answer any questions/issues you may have.
- » To learn about Altitude Illness: how to prevent it, to spot it early and to treat it effectively.
- » To familiarise you with your trip and what you will be doing each day you are away.
- » To make sure you know what clothing and equipment you should take with you.
- » To introduce you to the technical skills you may need.
- » To talk about health, hygiene and physical preparation so you have a good time whilst in the mountains.
- » To collect hire equipment (if available) and receive your kit bag or fleece.
- » To browse our 'expedition specific' shop.

We do not charge for the weekend: you pay for your travel, accommodation and for any meals. We meet the cost of the talks, presentations and instructional sessions including walks in the Peak District.

Programme

Day	Time	Activity
Saturday	9.30am	Meet at Jagged Globe (tea/coffee on arrival). After a quick introduction, we will cover: • Illustrated talk about your trip. • Clothing and Equipment. • Altitude Illness. • Health, hygiene and physical preparation.
	12.30pm	Lunch.
	1pm	Drive to the Peak District for a short walk and to socialise with other expedition team members.
	4pm	Return to Jagged Globe in Sheffield.
	7pm	Dinner.

Sunday	9am	Meet at a designated car park in the Peak District. This is mainly a social day to talk to your team members and expedition leaders.
	4pm	Practical session finishes.



Sunday is a practical day that will be focused on your trip. Depending on your expedition or trek, you will need normal UK hill-walking equipment including packed-lunch, boots, waterproofs and warm layers. Some options for the day may include:

Trekking Trips (Everest Base Camp, Huayhuash Circuit etc)

Hathersage to Higgarr Tor via Stanage Edge. 500m ascent and descent. 8km walk over heather moorland, stony footpaths and wooded trails.

Non-Technical Peak (Kilimanjaro, Aconcagua etc) Kinder Scout from Edale. 750m of ascent and descent. 10km walk over paths and rough moorland and rocky paths.

Technical Trekking Peak (Mera Peak, Island Peak etc) Either a hill walk taking in steep and rocky paths or a technical rope session including abseiling and using fixed lines.

Technical Expedition (Alpamayo, Ama Dablam, 8000m peaks etc) Rock-climbing, looking at movement skills, abseiling, using fixed lines and crevasse rescue.

GETTING HERE

Set S3 8EN into your GPS/phone.

Jagged Globe is located close to Sheffield city centre at: 45 Mowbray Street, Sheffield, S3 8EN. We are around 15 -20 mins walk from Sheffield train and coach stations. You can find us next to The Foundry Climbing Centre in the Kelham Island area of the city. There is free car parking within the Foundry Climbing Centre car park and nearby on-street parking.

ACCOMMODATION

Hotels within walking distance of Jagged Globe include:

- **Holiday Inn.** 4 Star, Victoria Station Rd, Sheffield, S4 7YE.
- **Hampton by Hilton.** 3 Star, West Bar Green, Sheffield, S1 2DA.
- **Easy Hotel.** 2 star, 71 High Street, Sheffield, S1 2GD.

EQUIPMENT

A complete list of suggested clothing and equipment is included is sent to you on receipt of your booking for the trip. All tents, camping equipment and 'group' equipment will be supplied by Jagged Globe. Members need to bring their own personal clothing items and a sleeping bag / sleeping mat.

If you have a booking with Jagged Globe, you are eligible for 15% off RRP prices at leading specialist outdoor retailer, Outside <https://www.outside.co.uk/>

Jagged Globe trekkers also get a 15% discount off RRP from Mountain Equipment.



TAILOR-MADE OPTION

We can organise this trek on a 'tailor-made' private basis for groups such as families, clubs or charities. Depending on your trekking experience, you might require a Jagged Globe leader or prefer to go 'self-led' with assistance from a local guide. The cost of going private can be surprisingly reasonable, particularly self-led options. Please contact us to discuss the itinerary and preferred dates. We will put together a no-obligation quote.

BOOKING

If you would like to book a place on this trek, you can do so securely on our website, over the phone or by sending in a booking form by post. A deposit secures a place on your chosen departure. You will initially receive an automated email acknowledging that your booking has been received. We will then confirm your booking in writing and send you a receipt for the deposit, an invoice for the final balance, ATOL certificate and equipment list. You will be given an account on a secure area of the Jagged Globe website, where you can complete other essential administration relating to the trip.

Book Now:

<http://www.jagged-globe.co.uk/trek/i/rush+peak+hunza+karakoram+trek.html>