

PAKISTAN

DETAILED ITINERARY

Aug 15/25



Altit Fort Hunza

Pakistan is a diverse and captivating country located in South Asia, rich in history, culture, and natural beauty. Its landscape ranges from the towering peaks of the Himalayas and Karakoram ranges to the sprawling deserts of Cholistan and Sarafanga.

Pakistan is home to the world's second and ninth-highest mountain, K2 and Nanga Parbat as well as Rakaposhi, the highest unbroken slope on earth at almost 6 km of vertical. Enjoy the serene beauty of Skardu, Khaplu, Shigar, Nagar, Hunza, and Naltar Valleys, which are renowned for their breathtaking landscapes.

The country boasts a wealth of historical and archaeological sites, including the Buddhist sites and ancient cities of Mohenjo-daro (UNESCO), Harappa, Taxila (UNESCO), Takht-I-Bahi (UNESCO), Kargah Buddha rock carving and Dewawar fort (UNESCO), Shalimar Gardens (UNESCO) and Makli Necropolis (UNESCO) all which provide a glimpse into Pakistan's past, from one of the earliest urban civilizations of the Indus Valley to the Mughal era. We also explore the mystic branch of Islam, visiting several Sufi shrines and mosques.

FACTS & HIGHLIGHTS

- 26 land days • Start in Karachi and finish in Islamabad • All meals included • Includes 2 internal flights • Witness the unique landscapes & ancient Silk Road forts of the Hunza Valley • Explore the historic walled city of Lahore Hyderabad, Sukkur, Bahawalpur & Multan • Spectacular scenic drive on the Karakoram Highway • Journey to the Khunjerab Pass - border of China and Pakistan • Explore Skardu, Khaplu, and Shigar - Land of the Mountains • Enjoy a scenic flight over the Himalayas and Karakoram ranges • Witness the Flag Ceremony at Wagah Border (Pakistan - India border) • Visit 6 UNESCO World Heritage Sites including ancient Buddhist Sites

DEPARTURE DATES & PRICE

Apr 27 – May 22, 2027 - **\$9995 USD**
Oct 02 – Oct 27, 2027 - **\$9995 USD**

Activity Level: 3

Comfort Level: Depending on the group size, travel is by minibus, microbus, coaster and 4 x 4 jeeps where required. Roads vary between smooth, paved highways to curvy switchback in the mountains, 'sometimes' bumpy, dusty and narrow.

ACCOMMODATIONS

Comfortable hotels/lodges with private bathrooms. Multiple overnights at deluxe heritage properties. 5 nights spent at altitudes of over 9,000ft.

ELDER TREKS

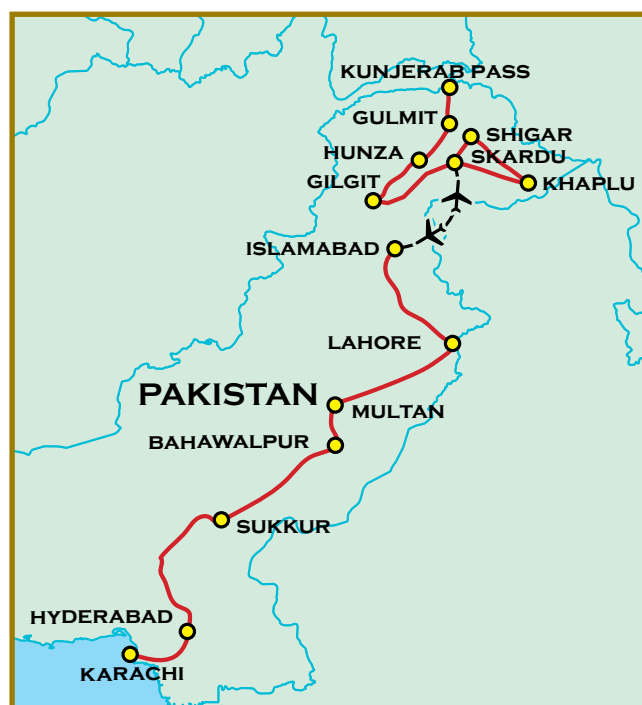


SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

The bustling metropolis of Karachi, with its vibrant culture and historical landmarks like Clifton Beach, contrasts with the majestic, historical city of Lahore, known for its Mughal architecture, including the impressive Badshahi Mosque and Lahore Fort.

The northern regions of Gilgit-Baltistan offer lush greenery, ancient forts, and stunning mountain views, perfect for adventure seekers and nature lovers.

Pakistan's warm hospitality, vibrant bazaars, and historical depth make it a unique destination for travelers seeking both adventure and cultural immersion. From its bustling cities and historical treasures to its serene landscapes and mountain ranges, Pakistan is a country of profound contrasts, endless exploration and is arguably one of the world's best-kept travel secrets!



DAY 1 ARRIVE IN KARACHI

Upon arrival a transfer will be waiting for you at the airport. Day is free to rest or explore on your own. In the evening, meet your tour leader and fellow travelers for a welcome dinner and orientation. Overnight in Karachi.

DAY 2 KARACHI SIGHTS

We start our day with a visit to the National Museum of Pakistan. Here, we'll explore a fascinating collection of art, archaeology, and cultural heritage that offers deep insights into the rich history of the country. Next we visit Empress Market and the British-built Frere Hall.

In the afternoon, we'll pay a visit to the Ali Jinnah Mausoleum. This is a perfect opportunity to honor the founder of Pakistan while admiring the mausoleum's impressive architecture and tranquil



gardens. Next, we visit Clifton Beach, where we can bask in the sun and take in the stunning views as we stroll along the shore. Here we will enjoy dinner overlooking the Arabian Sea.

Overnight in Karachi.

DAY 3 TO HYDERABAD; UNESCO SITES OF THATTA

This morning we depart Karachi for Hyderabad with several stops enroute. Our first is the unique and beautiful tombs at Chaukundi. Next we stop explore the ruins of Bhambor mosque and the site of the original port of Karachi.

We visit Makli Hill necropolis in Thatta (UNESCO) which is one of the largest necropolises in the world, offering stunning views and insights into the region's history. We explore the ancient graves and tombs and learn about the history and cultural significance of the site.

Our final stop is at Shah Jahan Mosque in Thatta. The mosque is a beautiful example of Mughal architecture and a significant historical site in the region. Admire the beautiful architecture and history of the mosque. Learn about the Mughal era and its significance in the region.

Overnight in Hyderabad.

DAY 4 TO SUKKAR; SUFI SHRINE AND ANCIENT MOHENJO-DARO (UNESCO)

We set out for Sukkar, immersing ourselves in the spiritual essence of Pakistan. Our first stop is the Sufi shrine of Lal Shahbaz Qalandar, where we pay our respects and appreciate the remarkable architecture of the site.

We continue to the ancient Mohenjo-daro Museum and UNESCO World Heritage Site. Here, we delve into the fascinating artifacts of this Indus Valley Civilization, gaining insights into this remarkable culture and its historical significance. Mohenjo-daro stands as one of Pakistan's most important archaeological sites, offering a profound glimpse into the ancient past.

Overnight in Sukkur.

DAY 5 SUKKUR SITES; UCH SHARIF AND BIBI JAWINDI SHRINE; TO BAHAWALPUR

This morning, we explore some of the sites in Sukkur before departing for Bahawalpur, including the British bridge (Barrage), Indus viewpoint and the Seven Sisters Tombs.

Tomb of Shah Rukn-e-Alam



Before reaching Bahawalpur, we stop in Uch Sharif, to visit the 3 shrines, including the impressive Bibi Jawindi shrine. These shrines have been partially destroyed yet are intact enough to create a magical presence that can still be enjoyed and appreciated today.

Overnight in Bahawalpur.

DAY 6 CHOLISTAN DESERT & DERAWAR FORT (UNESCO); NOOR MAHAL PALACE

Today, we venture into the Cholistan Desert, a region in southern Pakistan that spans approximately 26,000 square kilometers. Known for its harsh climate, unique wildlife, and traditional tribes, the desert offers a fascinating glimpse into the region's rich history and cultural significance. We'll explore the historic Derawar Fort, an impressive structure with a rich history.

We'll experience the desert landscape either by foot or by riding camels, providing a unique perspective on this majestic yet harsh environment.

After lunch, we visit the beautiful architecture and elegant interior of Noor Mahal Palace. This

architectural gem beautifully combines Italian and Islamic styles, offering a glimpse into the grandeur of the former princely state.

Overnight in Bahawalpur.

DAY 7 TO MULTAN; SUFI SHRINE OF SHAH RUKN-E-ALAM

Today we depart Bahawalpur and drive to Multan with its many Sufi shrines. We visit the most impressive shrine visiting Shah Rukn-e-Alam. Enjoy the beautiful architecture and the greetings from the friendly pilgrims and worshippers visiting the site.

Overnight in Multan.

DAY 8 ANCIENT HARAPPA; TO LAHORE

Today, we depart from Multan and head towards Lahore, with a fascinating stopover at Harappa along the way. Harappa, an ancient city from the Bronze Age dating back to 2600 BC, is a significant archaeological site that offers valuable insights into the Indus Valley Civilization. We now continue to Lahore, the cultural and historical capital of Pakistan.

Overnight in Lahore.



Mohenjo Daro archaeological site



Abandoned Katas Raj Hindu Temple Complex



DAY 9 EXPLORING THE WALLED CITY OF LAHORE; WAZIR KHAN MOSQUE, LAHORE FORT, BADSHAHI MOSQUE (UNESCO)

Today, we embark on an immersive journey through the historic Walled City of Lahore, a vibrant area surrounded by a wall with 13 gates that dates back to the 11th century. This neighborhood has been shaped by various empires, including the Mughal and Sikh, and is renowned for its rich cultural heritage, traditional cuisine, and architectural wonders.

Our exploration begins at Delhi Gate, from where we will navigate the bustling streets of the Walled City, taking in the lively atmosphere. We'll visit the Wazir Khan Mosque, famous for its stunning tile work and historical importance. We'll stroll through the vibrant spice market before we hop on a colorful Rangeela Rickshaw for a spirited ride towards the Shahi Hammam, an ancient royal bathhouse.

In the afternoon, we will continue our tour with a thorough visit to the Lahore Fort, an impressive fortress that showcases Mughal architectural brilliance and historical significance. Next, we'll marvel at the grandeur of the Badshahi Mosque, one of the largest and most magnificent mosques in the world!

Overnight in Lahore

DAY 10 LAHORE: SHALIMAR GARDENS (UNESCO), LAHORE MUSEUM, JAHANGIR'S TOMB; WAGAH (PAKISTAN-INDIA) BORDER FOR FLAG LOWERING

Today, we delve deeper into Lahore's impressive history, heritage, and architectural splendor.

Our first stop is the Lahore Museum, which houses an extensive collection of art and historical artifacts. The museum's exhibits include remarkable pieces of Gandhara art and exquisite Mughal paintings, offering a comprehensive look at the region's artistic and cultural evolution.

Next, we visit the Shalimar Gardens, a breathtaking example of Mughal-era landscaping, featuring intricate water channels, beautifully designed marble pavilions, and lush greenery that exemplify the grandeur of Mughal garden design. We then proceed to Jahangir's Tomb, a majestic mausoleum built for the Mughal Emperor Jahangir. The tomb is renowned for its intricate marble work and elaborate calligraphy, reflecting the opulence of the Mughal era.

Our day concludes with a visit to the Wagah border to witness the daily flag-lowering ceremony. This dramatic and ceremonial event features the lowering of the Pakistani and Indian flags, symbolizing both



Badshahi Mosque, Lahore



Shrine of Shah Abdul Latif Bhittai



the rivalry and mutual respect between the two nations. The energy, rivalry and showmanship of both countries is comparable to a major sporting event!

To conclude our day, we'll enjoy dinner at a local restaurant with splendid views of both the Badshahi Mosque and Lahore Fort, providing a memorable end to our exploration of Lahore's historic heart.

Overnight in Lahore.

DAY 11 KATAS RAJ HINDU TEMPLES; ISLAMABAD SITES

We begin our day with an early departure from Lahore with our final destination being the country's capital city of Islamabad. Enroute, we will drive to Katas Raj Hindu Temples Complex. The temple complex was abandoned by Hindus when they migrated to East Punjab in 1947. This complex consists of several Hindu temples connected by walkways. The temple complex surrounds a pond named Katas which is regarded as sacred by Hindus and is believed to have been created from the teardrops of Shiva, after he wandered the Earth inconsolable after the death of his wife Sati.

Upon arrival in Islamabad, we will visit the Faisal Mosque, and the Pakistan Monument, a national monument that represents the unity and strength of Pakistan's four provinces. Enroute to our hotel we will drive past the Parliament buildings, Prime Minister's house and the Supreme Court.

Overnight in Islamabad.

DAY 12 FLY TO SKARDU (2,200 METERS/ 7200 FEET)

Today we fly to the mountainous region of Skardu. Our 1 hour flight provides us (weather-permitting) with stunning views of the majestic peaks of the Himalayan and Karakoram mountain ranges. K2 can be seen far off in the distance but one can have

stunning up close views of Nanga Parbat, the world's 9th highest mountain.

Upon arrival in Skardu, we have a short stop at Manthal Buddha Rock (8th century) with it's many Buddha images carved into the rock.

We continue our journey to Khaplu (2,700 meters/ 8,200 feet) stopping for lunch at a local restaurant overlooking the Indus River. We will make several stops at old suspension bridges and viewpoints as we make our way to Khaplu. Our home for the next 3 nights is at the Serena Khaplu Palace, a boutique, heritage lodge which offers the opportunity to experience the restored, original architecture of a 19th century Raja Palace, while enjoying the modern amenities of a comfortable, luxury hotel.

Overnight in Khaplu (elevation 2,700 meters/ 8,200 feet)

DAY 13 KHAPLU PALACE; POLO MATCH

After breakfast, we visit the Palace (and Fort) of Khaplu which is actually part of our lodge. We can enjoy tea or chai served in the sitting, viewing area on the top floor of the palace. We have some time to enjoy the property before lunch at our historic lodge.

After lunch, enjoy a local polo match, including the musical ceremony and the parade of horses right on our property before taking the short walk to the Polo grounds for the exciting freestyle polo match. One of our group members will have the honor of throwing out the ball to start the polo match. After the match, we will have a small trophy presentation for the winner.

Please note: We have purposely made our first 2 days at a higher elevation a little more relaxed to let everyone acclimatize a bit before doing any hikes.

Overnight in Khaplu (elevation 2,700 meters/ 8,200 feet).



Amburiq Mosque Shigar



Altit Fort Hunza



DAY 14 EXPLORING KHAPLU; STUNNING VIEWPOINTS; MACHULU VILLAGE

Today, all of our driving will be in 4 x 4 jeeps. We start the day with an option for hikers and non-hikers:

For Hikers: We start our day early with a 1 – 2 hour hike (some hilly and rough terrain) to a lush green plateau above Khaplu. From this vantage point, we will enjoy a panoramic bird's-eye view of Khaplu and its surrounding villages, along with the majestic peaks. Continue to the top to explore the remains of Thoqsi Khar, a historic fort built between 1450 and 1470 AD. Upon our return down from the plateau, visit the historic Chaqchan Mosque, an ancient Noorbakshi mosque in Baltistan, dating back several centuries.

For Non-hikers: Drive out of town through farm fields and stone houses. Ascend along steep switch backs and along sometimes dusty and bumpy roads until the road ends (approx. 20 minutes). From here, enjoy stunning views of the mountains, valley and Indus River.

This afternoon, both groups will meet up for lunch at the village of Saling, at a restaurant with several trout ponds. You can even catch your own fish if

you want. Enjoy the relaxing environment. After lunch, we drive to the scenic and friendly village of Machulu with several beautiful viewpoints including snow-capped Masherbrum Peak.

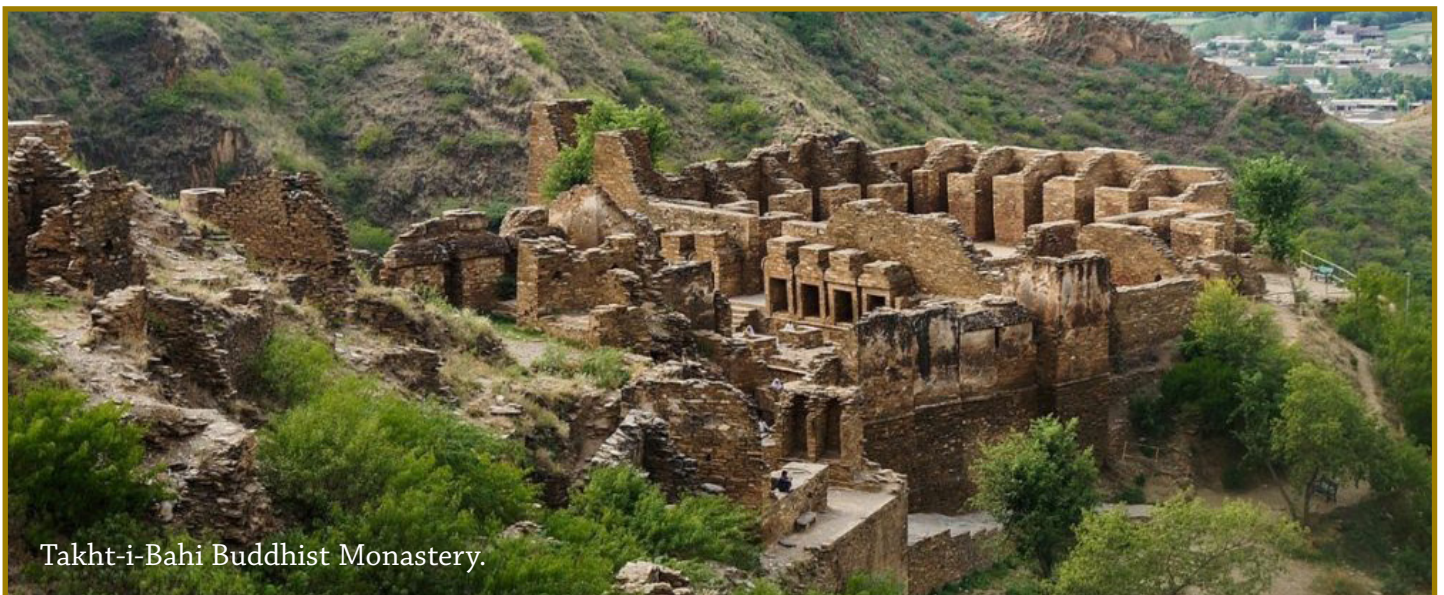
Overnight in Khaplu (elevation 2,700 meters/ 8,200 feet)

DAY 15 TO SHIGAR; SHIGAR FORT, AMBURIQ MOSQUE

Today, we check out of our hotel and begin our journey to Shigar. Along the way, we make a brief stop at the Sarafanga Cold Desert (2,500 meters/8,202 feet).

We arrive in Shigar late in the afternoon and check into our unique accommodation - a 350 year-old fort situated on the banks of the Shigar stream. The fort, built upon a massive rock, has been beautifully renovated, offering a historic and comfortable stay. Despite being part of our lodge, this historic fort is also a museum which we will visit.

There are 3 old mosques worth visiting including Khanqah-e-Mualla Mosque, the historic Amburiq Mosque and a small old mosque along the river near our hotel. You can also see the daily life of the

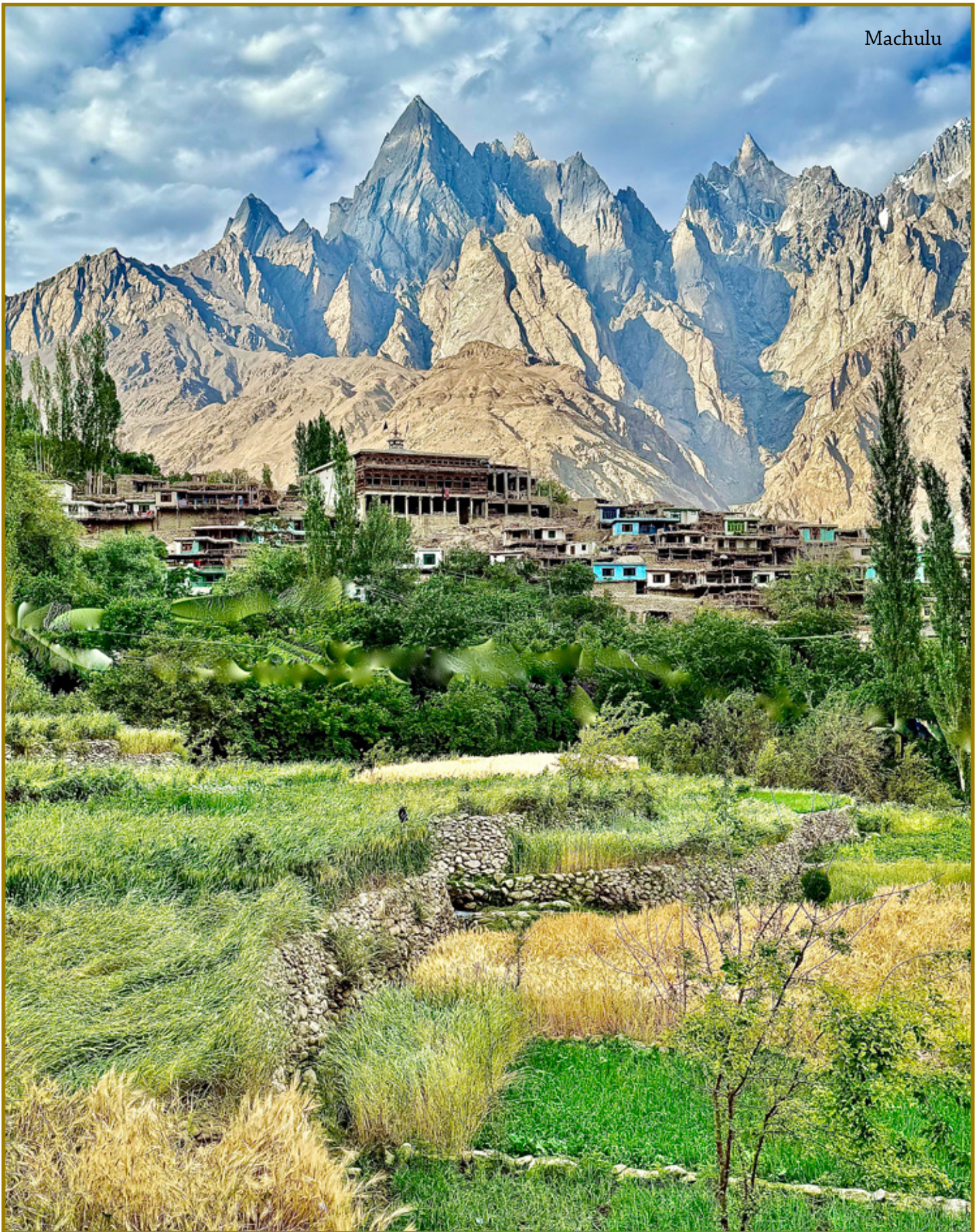


Takht-i-Bahi Buddhist Monastery.

Passu Cones



Machulu



villagers working along the river.

Overnight in Shigar (elevation 2,200 meters/7,200 feet).

DAY 16 TO GILGIT

Just like every day in the north, our journey takes us through breathtaking scenery of majestic peaks, serene, peaceful valleys and villages with raging rivers as their lifeblood. Today is no different as we slowly descend during our journey to Gilgit.

Enroute, we make several stops including a waterfall, several bridges, a viewpoint to see gem mining (on extremely steep mountain slopes) and Nanga Parbat, also known as the 'Killer Mountain' towering at 8,126 meters or 26,660 feet. Nanga Parbat is the 9th highest mountain on earth.

Overnight in Gilgit (elevation 1,500 meters/ 4,900 feet).

DAY 17 KARGAH BUDDHA ROCK CARVING; RAKAPOSHI VIEWPOINT; TO HUNZA VALLEY

Today our journey takes us along the Karakoram highway to the Hunza Valley. With it's 2 forts (Altit and Baltit), towering peaks and expansive stunning valley, it is not hard to conjure up images of medieval caravans traversing the fabled 'Silk Route.'

As we traverse the Karakoram traveling north, we make some wonderful stops including Kargah Buddha, (a 50 ft, 7th century rock carving) on the side of a mountain as well as old remnants of the ancient Silk Route and a lunch stop at the Rakaposhi viewpoint.

Our views of Rakaposhi are nothing short of magnificent! From here, we can see the peak (weather permitting of course), the gleaming Ghulmet glacier and almost 6km (4mi) from summit

to base. This view gives you the highest unbroken slope on earth!

Finally we continue to our hotel sitting at the top of Eagle's Nest at 2,850 meters or 9,350 feet. The location of our comfortable hotel is no accident. The views from here are superb as we can see several Karakoram giants including Rakaposhi.

Overnight in Karimabad, Hunza (elevation 2,600 meters/ 8,200 feet).

DAY 18 ANCIENT SILK ROAD FORTS OF HUNZA

We start off our day with a visit to Baltit Fort. We learn about strategic and historical importance of this fort. We have a short but steep walk to get to the fort before our tour inside. Not shockingly, the views from the fort are splendid!

Next, we can visit the bazaar which is one of the better places for anyone interest in picking up any souvenirs.

Our last stop of the day is Altit Fort. It was built strategically lower to see any caravans or even possible invaders. We will have lunch beside the fort before our tour of Altit.

Finally we will ascend back to our hotel for tea or a cup of Chai as the sun sets offering magnificent views of the Hunza Valley.

Overnight in Karimabad, Hunza (elevation 2,600 meters/ 8,200 feet).

DAY 19 JEEP ADVENTURE TO HOPER GLACIER

Today we will once again have jeeps for our journey to the Hoper Glacier. Our first stop however is Ganish Fort with 5 mosques and a Caravanserai located just just below Karimabad.



We continue to Hoper Glacier where we will also have lunch. As well as viewing the glacier we will also visit Hoper Village. Returning to our hotel, we will stop at a viewpoint where we can see Capel peak (6,000 m/19,700ft.) and Golden peak and Malbiting peak (6,000 m/19,700ft.)

If it's open, we will also visit a women's co-op weaving center.

Overnight in Karimabad, Hunza (elevation 2,600 meters/ 8,200 feet).

DAY 20 JOURNEY TO KHUNJERAB PASS; HUSSAINI BRIDGE & PASSU CONES MOUNTAINS

We start our day early with an exciting drive towards Khunjerab Pass, the highest border crossing in the world at 4,700 meters/15,400 feet. Our route will take us through picturesque valleys and charming villages of the Hunza district, providing stunning views along the way.

Our first stop is the Hussaini Bridge, a suspension bridge spanning the Hunza River. This bridge offers a unique opportunity to take photos and appreciate the remarkable engineering against the backdrop of the river and the surreal Passu Cones mountain range.

Continuing our journey, we ascend towards Khunjerab Pass. Upon arrival, we will have the chance to take photographs and visit the Pakistan - China border. After our journey to the Khunjerab Pass, we return to Gulmit and check into our hotel.

Overnight in Gulmit (elevation 2,900 metres /9,500 feet)

DAY 21 PASSU GLACIER HIKE

After breakfast, we head out on a hike to Passu Glacier. This is an easy 2 hour hike as there is

nothing steep and it is mostly a flat hike but over mixed terrain including stones, grass, mud and sand. We can have several turning back points so that everyone can enjoy this no matter your fitness level. This is easily one of the most visually stunning days... and that is saying a lot! In one direction, we can see several peaks and Passu Glacier. If we turn around, we can see Passu Cones mountain, a mountain with countless peaks. When the sun hits this mountain, it is magical! At the end of our hike, we can enjoy a lunch at the Yak Grill, famous for it's delicious Yak burgers (other options are also available).

In the afternoon, we will visit a women's carpet weaving coop which is a great place to buy a carpet and support local women. Just next door, we visit an 800 year old home, complete with carpets on the floor, beautifully carved wooden beams and household goods.

This evening we will have a BBQ & bonfire at our hotel with local music.

Overnight in Gulmit (elevation 2,900 metres /9,500 feet).

DAY 22 TO NALTAR VALLEY AND GILGIT

Today, we return along the Karakoram highway back to Gilgit but with a detour to the beautiful Naltar Valley. This valley is typically a little more lush and green. Part way, we will switch to jeeps to get to our final lunch spot with incredible views!

After lunch, we continue to Gilgit.

Overnight in Gilgit (elevation 1,500 meters/ 4,900 feet).



Rakaposhi with it's impressive 5 km of vertical elevation



Nanga Parbat – world's 8th highest peak

DAY 23 TO SKARDU

We depart Gilgit and drive east to Skardu where we will overnight to catch our flight back to Islamabad the next day.

We have one last drive through the mountains and valleys of northern Pakistan. Upon our afternoon arrival in Skardu, we will visit a local school.

Overnight in Skardu (elevation 2,200 meters/7,300 feet).

DAY 24 FLY TO ISLAMABAD

Today we fly back to Islamabad as we get to say farewell to the magical peaks of northern Pakistan one last time. In Islamabad, we return once more to our lovely Serena Islamabad hotel, regarding by some as the best hotel in Pakistan.

Our evening will be spent dining at a restaurant situated in the lush Margalla Hills, where we can enjoy dinner with panoramic views of Islamabad City.

Overnight in Islamabad.

DAY 25 ANCIENT BUDDHIST SITES OF TAKHT-I-BHAI (UNESCO) & TAXILA (UNESCO); FAREWELL DINNER

Today we set out for our last adventure to the ancient Buddhist site of Takht-i-Bhai, which is a UNESCO World Heritage Site. This monastery complex was founded in the 1st century AD and was originally Zoroastrian and later converted into a Buddhist monastic complex in the ancient kingdom of Gandhara.

We also visit a second ancient Buddhist site today, the UNESCO site of Taxila. We will visit the splendid museum and 3 of the more impressive sites of Taxila.

Later in the day we return to our hotel in Islamabad to prepare for our departure the next day. We can reminisce about our unforgettable adventure in Pakistan during our farewell dinner!

Overnight in Islamabad.

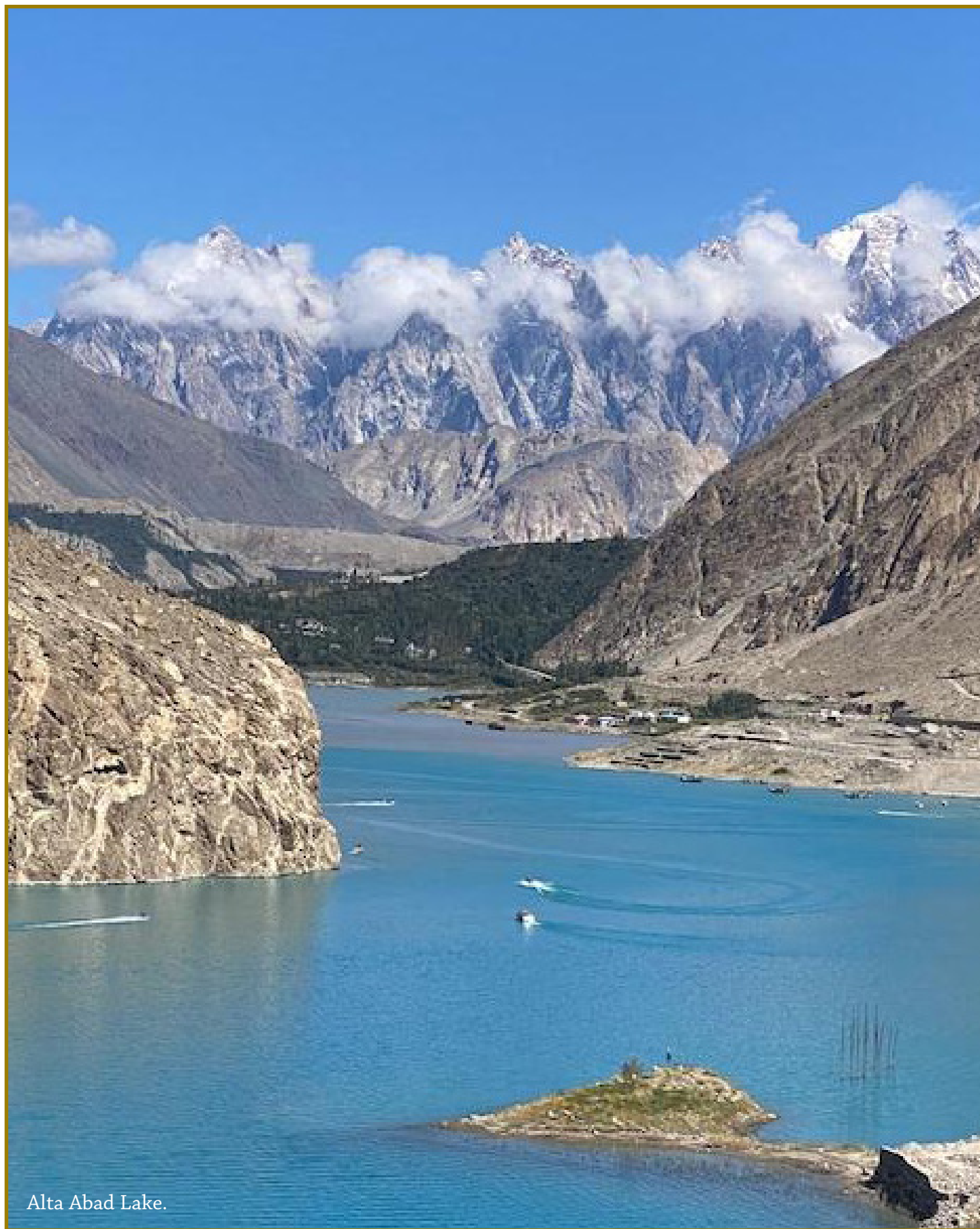
DAY 26 DEPART ISLAMABAD

We say a fond farewell to Pakistan with a transfer to the airport for our departure flights.

Shah Jahan Mosque Thatta







Alta Abad Lake.



Passu Glacier



Mashabrum Peak

QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (portage), restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, national guide bus driver, alcoholic drinks, visa's and travel insurance.

4. ARE THESE "EDUCATIONAL" TOURS?

Yes, in the broadest sense of the word, "educational". We visit many temples and historical sites, and develop an overview of Pakistani history and culture. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few local words. Sometimes the most "educational" moments are spent sipping a cold drink in a street market.

5. HOW DO WE TRAVEL DURING THE TOUR?

Trip includes 1 internal flight. All local transportation is included in the land price of the trip. Most of the transportation is in minivans or bus, although we also travel by 4x4 jeeps. Of course, we also explore on foot.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

Comfortable well located accommodation with private bathrooms throughout.

7. WHAT ABOUT THE WEATHER?

During spring (March to May) and autumn (September to November), Pakistan's cities experience a range of pleasant climates. In the south, Karachi, Hyderabad, Larkana, Sukkur, Bahawalpur and Multan enjoy warm temperatures, ranging from 75°F to 90°F (24°C to 32°C), ideal for outdoor activities. Gradually moving further towards north, Lahore experience mild temperatures, with temperatures between 64°F and 82°F (18°C

and 28°C). Islamabad, nestled in the foothills, enjoys a more moderate climate, with temperatures ranging from 57°F to 75°F (14°C to 24°C). In the north, Hunza Gulmit, Khunjerab Pass, Skardu, Khaplu, and Shigar experience cooler temperatures, ranging from 40°F to 70°F (4°C to 20°C). Overall, spring and autumn bring comfortable temperatures, making it an ideal time to explore Pakistan's diverse regions.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the "Terms & Conditions" section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed "What to Take" list in our Trip Kit, which we will send to you after receiving your booking deposit for the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1 and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings. In many cases, we simply order a number of dishes and share, allowing you to sample new foods and decide what you enjoy best.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office or your travel agent for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked on the tour.



