





K2 Base Camp Trek

TRIP INFORMATION PACKET

 Karakoram
Himalaya, Pakistan

 16,400ft. (5,000m)

 June 22 - July 12,
2026

 USD \$7700



Trip begins in Islamabad, Pakistan at Islamabad International Airport (ISB).

Please follow this 5 step checklist to complete your trip registration:

1. Signed Policies Document
2. Signed Health Questionnaire
3. Signed Release Form

Please fill out these three documents, scan and return them in an email to admin@mtnprofessionals.com.

If you prefer to mail the documents:

Mountain Professionals
PO Box 1468
Boulder, CO
80306

4. Make \$500 u.s. Deposit to secure your spot
5. Final balance of payment due 60 days before trip

Price Includes

- Mountain Professionals Guides/Expedition Leader
- Transfers to and from Airport to our Hotel
- 2 Nights accommodation in Islamabad at Marriott Hotel, one night at beginning and one night at end, based on Double Occupancy. For single room please contact us for additional cost

- Breakfasts in Islamabad
- Welcome Dinner in Islamabad
- Transfers and flights to Skardu via domestic flight
- Accommodation en route and during treks (based on double occupancy)
- All meals on expedition (see day to day schedule for more detail)
- National Park fees
- Trekking Guides and Porters
- All meals during trek
- First Aid Kits, Radios, safety equipment
- Full camp services including dining tent, table, chairs, and cooks and servers with meals during trek
- Access to satellite phone
- Visa Invitation Letter
- Liaison Officer costs
- Porter to base camp and out including a 20 kg. Bag
- Trekking Permit Fee

Price Does Not Include:

- International airfare
- Personal Pakistan Visa fee
- Personal clothing and trekking gear on the equipment list
- Meals in Islamabad outside of Breakfasts and Welcome Dinner
- Alcoholic and bottled beverages during the trip
- Extra Personal Porter optional support (arranged easily if needed)
- Required trip/travel insurance that must have rescue coverage at a minimum of \$30,000 usd
- Guide and Porter tips

Projected Itinerary:

Please see the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch or dinner is included in the cost of your trip.

Day 1: Day 1: Arrive at Islamabad International Airport. You will enter the Check In/Visa area. Please have your passport, extra passport photo, paperwork (which you fill in on the plane or in the lobby. You will then go to baggage claim. Once you have your bags, walk outside and look for the sign with your name. Our staff will meet you outside and transport you to our hotel. You do not need to tip anyone during this process. You are amongst our Pakistani office staff upon pickup. (Welcome Dinner) June 22, 2025 Arrival Date to ISB.

Day 2: Spectacular domestic flight to Skardu, with views of the Karakoram and Nanga Parbat or Drive to Chilas if weather is not able to allow flight. (B,D)

Day 3: Today we will spend in Skardu exploring the area and stay in the Mashabrum Hotel or drive the rest of the way to Skardu with the same program. (B, L, D)

Day 4: Rest and preparation day in Skardu for the trek.

Day 5: Travel by 4 x 4 Jeep to Askole, the last village at the end of the rugged road and the trail that leads all the way to K2. Camping in Askole Village. (B,L,D)

Day 6: Trek to Jolha: Trek along the Braldu River over barren land surrounded by the incredible mountain scenery. Jolha is located on the banks of Dumurdo at an altitude of 3,300 meters and a day walking distance is 6 to 7 hours, overnight in camp. (B,L,D)

Day 7: Trek to Paiju: The trail alternates between the riverbed and terraces above crossing boulder fields and side streams. En route we take in the views of Paiju peak 6,600 meters and the Cathedral Towers 6,017 meters. Paiju is located at 3,425 meters and walking distance is 6 to 7 hours, overnight in camp. (B,L,D)

Day 8: Rest Day in Paju: Paju is like an Oasis in the desert. Here we have one day rest under the shade trees and use the time for acclimatization. From here we will have view of Great Trango Tower. (B,L,D)

Day 9: Trek to Urdukus: It is the longest walk in the whole trek. After a 30 minute walk we will approach the snout of Baltoro Glacier. En route the view of Uli Biaho (6,200 meters), Nameless Tower 6200meters), Lobsang (6000meters), Urdukus (6,800 meters), Urdukus is located at an altitude of 4,050 meters, 8 to 9 hours trek, overnight in camp. (B,L,D)

Day 10: Trek to Goro II: The trail descends and goes out to the glacier middle. En route the view of Masherbrum (7821meters), Gasherbrum-IV (7952 meters) m. Goro II is located at an altitude of 4382 meters. 6 to 7 hours trek, overnight in camp. (B,L,D)

Day 11: Trek to Concordia. Now we are entering the Throne room of Mountains God Concordia at the altitude of 4650 meters where the Godwin-Austen Glacier meets the upper Baltoro glacier. Here we have the Majestic view of K-2 (8,611meters) and Broad peak (8,048meters), Ghogolisa (7,765meters), Gasherbrum-IV (7,952meters), Golden Throne (7,004meters) and countless lofty peaks. 4 to 5 hours trek, overnight in camp. (B,L,D)

Day 12: Trek to K2 Base Camp. 7-8 Hours. Spend the evening at the base of K2 and meet climbers from all over the world attempting to climb the peak. Overnight in tents. (B,L,D)

Day 13: Rest Day in K2 Base Camp. Shower, Photos, enjoy the time. (B,L,D)

Day 14: Trek back to Concordia 8 hours (B,L,D)

Day 15: Trek back to Urdukas camp. (B,L,D)

Day 16: Trek back to Paiju camp. (B,L,D)

Day 17: Trek back to Askole Village. (B,L,D)

Day 18: Drive to Skardu in the 4 x 4 vehicles and overnight in Masherbrum Hotel. (B,L,D)

Day 19: Fly from Skardu to Islamabad. Return to Marriott Hotel.

Day 20: Extra Day for Delays or need to drive from Skardu.

Day 21: Return Flight Home, Airport Transfer.

* Important - Please note that it is possible to experience delays in flying back from Skardu to Islamabad. During this time of year it is not common but can happen. You may choose to book your flight back home one extra day late or have a flexible ticket.

Packing Information:

During the trek into base camp, you will walk with your trekking backpack each day. This pack will be light, as you will only need to carry some clothing layers, food and water, camera etc. for the day.

In addition, each climber can bring 20 kgs./ 45 lbs of personal gear in a duffle bag which will be carried by a porter each day. This duffle bag will arrive at the camp each night for you to have access until the next morning when you will pack it for the porter once again for transport to the next camp or eventually to base camp. We repeat this process each morning during the trek until reaching base camp.

We recommend you bring a storage bag which you can leave in Islamabad at the hotel concierge for storage of clean city clothes and other items not needed on the expedition.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photocopy of your passport page.
- Arrive at the airport with plenty of time to ensure your baggage is within weight limits and is properly checked through all the way to Islamabad.

Food:

All the meals during the trekking portion are included in the cost of the trip. The meals during your time in Islamabad before and after the trek are at your own expense, outside of the welcome dinner and breakfasts which are included at the hotel. Food is generally very inexpensive in Pakistan and there are many excellent places to eat around our hotel.

Meals on the trek will be prepared for you by our cooks along the trek.

Our team will wake up in the morning and have breakfast in the dining tent, pack and trek to the next location. Lunch is often a pack lunch style for easy access along the trail and dinner each time would be again at the new camp site location in the dining tent.

Please have additional small snacks that you really enjoy on hand during the day. Examples are candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. Plan to bring about 15 - 20 servings or bars of assorted snack foods. Many snacks are available for purchase in Islamabad or in Skardu if you prefer to supplement with buying snacks in country.

Bringing Money:

It is a hard suggestion to make, because personal tastes dictate the amount. However a good general suggestion is to bring \$350-\$400 in cash in small U.S. bills. This will be enough to cover your entry visa and guide and porter tip money as well as leaving money for small things along your travels, buying presents, beverages, and some snacks. There are ATM machines in Islamabad and a few machines in Skardu. These will dispense Pakistani Rupees and give a decent exchange rate automatically within your transaction.

Please Note: All expenses that are considered outside or optional while en route to the trek should be paid in cash in Rupees. For example: Cokes, Bottled Water, Alcohol, that you decide to purchase. We provide the meals, hot drinks, etc along your trek, but while in small towns or villages before the trek, the reality is that you *will* want to buy items along the towns. Snacks, coffees or bottled water, wifi access, cokes, the list of options goes on, so people do end up realistically buying things along the way.

Tips:

We ask each team member to tip 2 separate Pakistani Trekking staff. The first is your duffle bag carrier/porter and camp set up crew. It is recommended to contribute a tip for the Porter staff a minimum of \$100 usd for carrying your bag over 16+ days up and down the valley, and of course a more generous tip is greatly appreciated. The second staff member is the Trekking Guide. A general rule would be to tip this guide a minimum of \$100 usd. This trekking guide will be managing all the porter crew, so they work hard for our group early in the morning and late into the evening.

First Aid:

Our guides will be carrying a complete first aid kit which will include high altitude drugs. We ask you to carry a small personal kit, contents could include:

- Any personal prescription medications in their original containers
- Over-the-counter headache tablets such as Ibuprofen or Aspirin

- Over-the-counter stomach meds, such as Pepto Bismal
- If you have a history of severe allergic reactions -you should see your doctor about Epinephrine auto-injector (e.g., EpiPen)

Please note: If for any reason you choose to or must leave the trip earlier than our team's scheduled departure, you will be responsible for any costs incurred. This is why trip insurance is recommended.

Additional Information:

International travel to developing countries is exciting and new to many. Please start taking precautions regarding your health from the moment you step onto the plane for travel. This should include washing hands regularly and drinking only bottled water from this point until you reach your home country. It is recommended that you brush your teeth with bottled water while traveling in Pakistan.

On the trek, you will be able to fill your two 1-liter bottles each morning from boiled thermos containers.

Please bring a small personal bottle of Purell type hand-sanitizer. We will make every effort to have boiled and sanitized water for you in mornings and evenings.

Communications:

While in Islamabad: Plenty of telephones and many internet cafes offer every type of communication. The hotel has Wifi throughout the entire hotel.

While on the trek: There are phones and internet options in Skardu, but this is the last location. We will recommend you get a local SIM card for approximately \$10 usd that will work in several points higher on the trek for calls or sending Data. We will assist you in getting this card in Skardu. We will have a satellite telephone that you can use at a cost of \$2 per minute.

Our team will post dispatches with text and photo descriptions on the Mountain Professionals website under the NEWS tab. Friends and family can follow the adventure there.

Charging:

Please bring spare batteries for electronics. If you need to charge something during the trek. You should think through any cords and chargers you would need as well as a converter for the local plug while in Islamabad and Skardu. Universal kits are available in outdoor/travel stores. Many trekkers now bring a small portable solar battery and lightweight solar panel for personal charging of phones and smaller electronics for the trekking days as there is not a source of power in the dining tent for the trek.

Contact information:

Mountain Professionals Direct Line:

(1) 303.956.9945

admin@mtnprofessionals.com

Main Contact: Ryan Waters, Director

Secondary Emergency Contact While on Expedition:

Dave Elmore, Expeditions Manager

Daveelmore@mtnprofessionals.com

In Islamabad:

Our Pakistani Logistics Office

+92 345 5649298

Main Contact: Anwar Syed, Expedition Manager

Our Hotel In Kathmandu Information:

Marriott Hotel

Agha Khan Rd, F-5/1 F-5

<http://www.marriot.com> - Islamabad

Teléfono: +92 51-2826121

Useful Resources:

Trip Insurance:

At Mountain Professionals, nothing is more important than our clients' health and safety. Although we do everything possible to ensure our clients have a safe experience, an illness or injury before or during your trip could require a medical evacuation or other unforeseen costs. That is why we want to require you to protect yourself with Global Rescue, the leading provider of medical evacuation and response services. Global Rescue - <http://www.globalrescue.com/mtnprofessionals/>

Other General protection for trips can be found at:

Travel Guard - www.travelguard.com

It is important to note that there is no refund on monies paid for the expedition. This includes any injury, illness, including Covid-19 or other communicable illness. We recommend that you protect your trip investment with travel insurance as you see applicable.

Pakistan Entry Visa:

ENTRY / EXIT REQUIREMENTS FOR FOREIGNERS: A valid passport is required to enter Pakistan.

Team Members from countries other than the U.S.A - Please check the entry requirements for Pakistan well before your trip to ensure you are informed.

<https://visa.nadra.gov.pk/mountaineering-trekking/>

U.S. Embassy in Islamabad

Embassy of the United States of America

P4F9+H5Q Ramna 5 Diplomatic Enclave

Tel.: +92 51 2080000

Useful Notes:

Contact us if you prefer a Single Room in Islamabad at an additional charge of \$370 U.S. that covers the 2 nights (1 in the beginning and 1 at end of trip). This fee can be paid in Islamabad or along with your balance.

If you prefer a single tent at the other locations along the trek, please contact us for details.

Mountain Professionals Pakistan History:

Mountain Professionals is in a strategic position to offer over 19 years of experience leading expeditions to the Himalayas. Our senior guides have traveled to Karakoram for many seasons

since 2006. From our very comfortable hotels to the private transports and superb base camp meals, we strive to fine tune each and every detail along the way for a seamless experience.

We look forward to trekking with you in Pakistan. Please do not hesitate to contact us with any additional questions.

admin@mtnpprofessionals.com