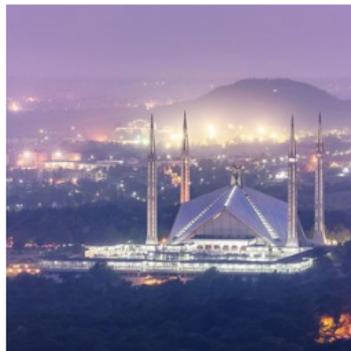


PAKISTAN, HIMALAYA: HUNZA VALLEY, The Valley of Crystals and Living Water

DAILY TRAVEL PROGRAM

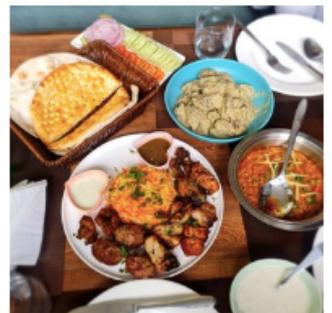
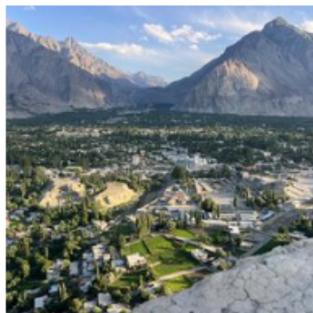
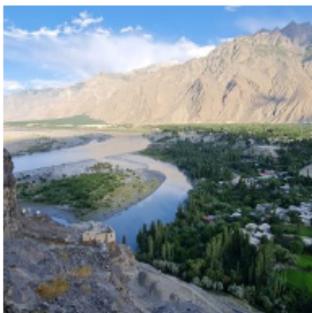
Day 1 – ARRIVAL IN ISLAMABAD

Arrival in Islamabad, welcome, meeting with the guides and the group, introduction and Start Circle with all the guest, explanation of the travel program, visit to the Faisal Mosque in Islamabad, and introduction to Islamic culture, first Pakistani dinner together and overnight stay in the hotel.



Day 2 – LOCAL FLIGHT TO SKARDU

Flight travel with amazing view on the main peaks of Pakistani Himalayan mountains. Arrival at the little Skardu airport, transport and accommodation at our Resort on the river. Introduction to Indus Valley life and culture, sharing and knowledge. Purification rituals, yoga session and meditation to meet the energy of the Indus River Valley. Walking and stargazing at night with Giulia.



Day 3 – SKARDU

Short trek to Upper Kachura Lake and visit to the surrounding village and to Shangrila, Lower Kachura Lake. Trek and visit to Kharpocho Fort "The King of Forts" in Skardu, with amazing view on the valley.



Day 4 – TRAVEL SKARDU > GILGIT

We start a journey from the city of Skardu with off-road vehicles, along a breathtaking road, crossing rugged valleys, mountains overlooking roaring streams, unique views in the world.

We stop along the way to explore some black tourmaline and quartz caves. We reach the city of Gilgit in the early afternoon and visit the archaeological and anthropological museum, with a dinner in the nice restaurant of the museum, with a full view of the valley.



Day 5 – TRAVEL GILGIT > HUNZA VALLEY

We move from Gilgit to enter inside the south part of Hunza valley and reach our mountain hotel, where we have lunch. In the afternoon we visit the Altit Fort (about 2400 m), where we can enjoy a wide view of the Hunza valley and the surrounding mountains. The fort is located at an altitude of over 11,000 feet (3300 meters), so the views are truly breathtaking.



Day 6 – HUNZA AND BALTIT FORT

We reach the main town and walk to the ancient Baltit Fort, where we will have a guided tour of its many rooms and terraces. Founded in the 8th century, it has been on the UNESCO World Heritage List since 2004. The area is surrounded by mountains such as Rakaposhi (7788 m), Diran Peak (7257 m), Golden Peak (7027 m), Ultar (7388 m) and Bubulimoting ('Lady Finger', 6000 m). We explore the back valley towards the glacier, with water transport channels and waterfalls. Finally, we enjoy the nice bazaar of the town, where you will find a local herbs, fabrics, clothes and dry fruits.



Day 7 – ATTABAD LAKE AND UPPER HUNZA VALLEY

We travel to the upper Hunza valley, passing by the majestic blue lake of Attabad, and then reaching the permaculture center in Gulmit, where we will meet the owner our dear friend Mr.Nony, who will guide us to discover the local fruits and nature.



Day 8 – UPPER HUNZA VALLEY

Trekking to the waterways of Hunza, discovering the authentic antioxidant water of the glaciers. Full-day workshop on water, electromagnetism and quantum physics with Giulia.



Day 9 – UPPER HUNZA VALLEY

A magical trek to Borit Lake and towards the Passu and Ghulkin glaciers (or as an alternative option drive to the village of Shimshal - 3100 m) with a visit to Gar-e-Sar (3500 m) for a spectacular view of the Yazghil glacier. Our treks are accessible to everyone, do not require high physical performance, and there is always the option of a ride in an off-road vehicle.



DAY 10 – RETURN TRAVEL HUNZA > GILGIT

Return trip to Gilgit. Stop in front of Rakapushi for a majestic view of the glacier and the river, small shopping in a shop of stones and crystals. Shopping in the city of Gilgit in the shops of colorful local traditional clothes.



Day 11 – SKARDU, SHANGRILA RESORT

Return journey to Skardu and afternoon of complete relaxation with a final yoga session at the tranquil Shangrila Resort, directly overlooking the lower Kachura lake.



Day 12 – SKARDU AIRPORT > RETURN TRIP TO ISLAMABAD

Departure from Skardu airport and return trip to Islamabad. Overnight stay in Islamabad.

Day 13 – ISLAMABAD AIRPORT

Final greetings and departure.

YOGA AND PRANAYAMA PRACTICE, RELIGIONAL INSIGHTS, SACRED TEXTS READINGS AND DAILY

MEDITATION will be fully integrated into our experience every day, with a focus on water purification and breathing practices (pranayama). Stargazing and astrology lessons will be held.

MEALS

Meals will be mainly vegetarian, when possible. For non-vegetarians, in Pakistan the main food consumed is chicken, goat and beef, heavily seasoned and spiced. It is strongly recommended during your stay not to eat raw food and not to drink non-bottled water, unless we advise you to do so at the mountain springs we have selected. We kindly ask you to communicate all your dietary needs (allergies, intolerances, sensitivity to hot spices, intestinal problems) in advance of departure.

WEATHER, TEMPERATURES AND CLOTHING

In summer, the climate in Hunza is warm, mild and pleasant during the day and cool in the evening, like in our Alps. Comfortable clothes for walking are recommended, with long trousers, long skirts and light scarves to cover the head for women, comfortable and closed shoes, a windbreaker and a heavy sweater for the evening. It is also advisable to bring a pair of open slippers for the shower. The city streets in Pakistan are often dirt and dusty, so it is advisable to wear easily washable closed shoes and not to wear clothes that can touch the ground.

ACCOMMODATION

Accommodation will be mainly in good/high quality hotels, generally in shared rooms with private bathroom.

LOCAL CURRENCY

1 euro = 300 Pakistani rupees (at the moment). It is advisable to exchange euros directly in Pakistan for your personal purchases.

VISA: Tourist Visa to Pakistan is very simple and cheap (about 32 euros), and can be done online easily with our travel agency or by your own.

For Bookings: info@voiceofplenty.com

For Italian language please book directly with the website Holiram Viaggi: www.holiram.com/viaggi-holiram/himalaya-pakistan-valle-di-hunza

INDIVIDUAL PARTICIPATION FEE: 2520 € (based on 10 participants)

with accommodation in a double room (including local flights Islamabad-Skardu, and excluding international flights)

Deposit of 800 € to be paid at the time of booking.

The participation fee is calculated on a minimum group of 10 participants. For smaller groups the fee will be recalculated.

Single room supplement: €400 per person (on request).

The participation fees are expressed in Euros and intended per person and are calculated based on the exchange rate: 1 EUR = 1.12 USD

This program is based on timetables, airport taxes, transport fares and ground service costs in effect in November 2024. Hotel prices refer to the hotels indicated, or similar.

A change in transport fares, service costs or the exchange rate indicated that should occur within 20 days of the departure date will determine a revision of the fees.

Reservations for single passengers in combination in a double room are accepted on condition that the passenger is available for accommodation and payment of the supplement in a single room if the combination is not possible due to the lack of another passenger.

NB. The weight limits for baggage during internal flights in Pakistan are: 20 kg for hold baggage and 7 kg for hand baggage (it is possible to purchase availability of greater weight, paying the fee directly to the airline)

The price of the travel includes:

Assistance upon arrival/departure in Pakistan;

Basic health insurance;

All transfers to and from the airport in Pakistan (excluding those in your own Country);

Private vehicle for the group, with driver, where indicated in the program;

All written experiences in the program;

All taxes present;

Accommodation in the hotels mentioned above in a double/triple room with breakfast included;

Internal flight to Skardu.

The service does not include:

Common fund for all meals, drinks, snacks;

Cost of the international flights, with a quotation of 800 euros quoted in November 2024;

"All Risks" insurance (for those who wish, the insurance policy against trip cancellation costs and Covid coverage can be stipulated in the agency);

Expenses of a personal nature such as tips, porters, laundry, massages, etc.;

All additional costs due to unforeseen events not attributable to our organization, such as flight cancellations, fare increases, strikes or other events and natural disasters, emergency evacuations, etc.

See you in Pakistan!