

PAKISTAN

DETAILED ITINERARY

Sep 03/24



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 Thar.

Pakistan is home to the world's second-highest mountain, K2, and the serene beauty of Skardu and Hunza Valleys, which are renowned for their breathtaking landscapes. The country boasts a wealth of historical and archaeological sites, including the ancient cities of Mohenjo-daro and Harappa, which provide a glimpse into one of the earliest urban civilizations of the Indus Valley.

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 Badshahi Mosque and Lahore Fort.

Islamabad, the capital, is celebrated for its modern design and natural beauty, including

FACTS & HIGHLIGHTS

- 26 land days • Start in Karachi and finish in Islamabad • All meals included • Includes 1 internal flight • Explore the historical wonders of Hyderabad • Cholistan Desert Adventure by camel or jeep • Experience the historic walled city of Lahore • Spectacular scenic drive on the Karakorum Highway • Explore the tranquility of the Swat Valley • Witness the unique landscapes of the Hunza Valley • Journey to the Khunjerab Pass - border of China and Pakistan • Witness an exciting freestyle polo match • Discover Skardu - the Land of the Mountains

DEPARTURE DATES & PRICE

Sep 10 – Oct 5, 2025	-	\$8295 USD
Apr 28 – May 23, 2026	-	\$8595 USD
Sep 12 – Oct 7, 2026	-	\$8595 USD

Activity Level: 3

Comfort Level: Depending on the group size, travel is by minibus or microbus and 4 x 4 jeeps where required. Roads can be curved and narrow.

ACCOMMODATIONS

Comfortable hotels/lodges with private bathrooms. Multiple overnights at deluxe heritage properties. 2 nights spent at altitudes of over 9,000ft.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

Faisal Mosque and Daman-e-Koh. In the northern regions, Swat Valley and Gilgit-Baltistan offer lush greenery, ancient forts, and stunning mountain views, perfect for adventure seekers and nature lovers.

The cultural diversity is reflected in the country's rich traditions, cuisine, and festivals, which bring together various ethnic groups and communities. 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 and endless exploration.



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 Clifton Beach, where we can bask in the sun and take in the stunning views of the Arabian Sea. We'll have the opportunity to savor some delicious local street food as we stroll along the shore.

Next, we'll head 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 region.

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.

To cap off our day, we'll enjoy a delightful dinner at a local restaurant, sampling some of the city's renowned cuisine.

Overnight in Karachi.

DAY 3 JOURNEY TO HYDERABAD: HISTORICAL WONDERS AWAIT

This morning we depart Karachi for Hyderabad with a stop 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.

Next we visit Makli Hill World Heritage necropolis in Thatta 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.

We will arrive at our hotel in Hyderabad in the mid afternoon and have some time to rest before we head out again to explore Hyderabad city.

Overnight in Hyderabad.

DAY 4 JOURNEY TO LARKANA: A SPIRITUAL EXPLORATION OF SUFI SHRINES

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

Next, we visit the shrine of Shah Abdul Latif Bhittai in Bhit Shah. Here, we delve into the life and teachings of this revered Sufi poet and saint, taking time to admire the stunning architecture and the serene surroundings.

Upon arriving in Larkana, we will check in to our hotel and then head out in the late afternoon to explore the city's vibrant streets and attractions.

Overnight in Larkana.

DAY 5 DRIVE TO SUKKUR: A JOURNEY THROUGH HISTORY

We embark on our drive to Sukkur with a captivating exploration of history. Our first stop is the ancient Mohenjo-daro Museum and UNESCO World Heritage Site. Here, we delve into the fascinating artifacts of the Indus Valley Civilization, gaining insights into this remarkable culture and its significance. Mohenjo-daro stands as one of Pakistan's most important archaeological sites, offering a profound glimpse into the ancient past.

As we continue our journey, we discover Sukkur - a city rich in history and culture. This vibrant location provides us with an opportunity to further appreciate the heritage of the Sindh region.

In the evening, we'll venture out to explore the lively and historic city of Sukkur.

Overnight in Sukkur.

DAY 6 JOURNEY TO BAHAWALPUR

We begin with a scenic drive from Sukkur to Bahawalpur, a city renowned for its rich history, cultural heritage, and natural beauty. Once the capital of the former princely state of Bahawalpur, the city is steeped in historical significance.

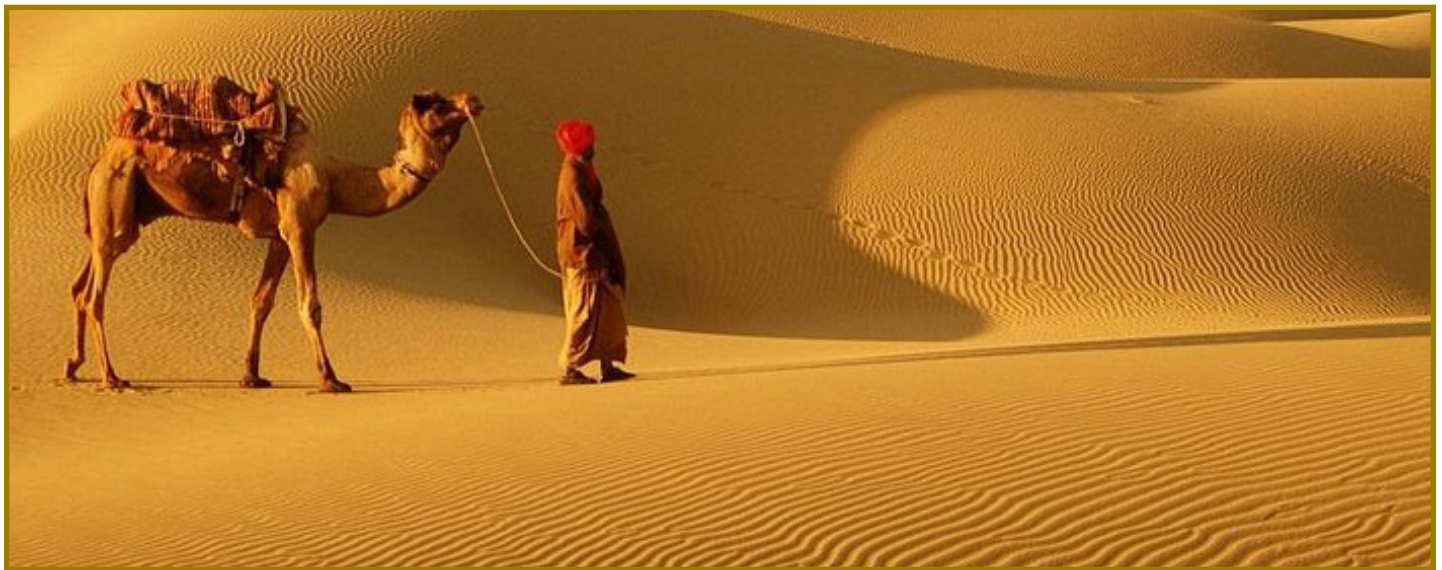
During our journey, we will stop for lunch at a local restaurant, enjoying regional cuisine and taking a brief rest.

Upon arriving in Bahawalpur, we will check in to our hotel and enjoy a bit of downtime before either visiting the nearby Bahawalpur Zoo or taking a leisurely stroll through the surrounding gardens.

Overnight in Bahawalpur.

DAY 7 BAHAWALPUR - CHOLISTAN DESERT ADVENTURE

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.



Our desert safari will include visits to some of Cholistan's most renowned landmarks. We'll explore the historic Derawar Fort, an impressive structure with a rich history, and the Shrine of Bibi Jawindi, an important cultural and historical site.

We'll experience the desert landscape either by camel ride or jeep, providing a unique perspective on this majestic environment. During our safari, we'll enjoy a picnic lunch amidst the serene surroundings.

After a day of exploration, we return to Bahawalpur city in the afternoon and enjoy a delicious meal at a local restaurant.

Overnight in Bahawalpur.

DAY 8 FROM BAHAWALPUR TO MULTAN: A DAY OF EXPLORATION

After breakfast, we check out of the hotel and begin our day with a visit to Noor Mahal, a stunning palace in Bahawalpur. This architectural gem beautifully combines Italian and Islamic styles, offering a glimpse into the grandeur of the former princely state.

Next, we explore Farid Gate, a historic gateway that

provides insights into the city's rich history and heritage.

We'll then have some free time to browse the vibrant local market, where we can immerse ourselves in the local culture and shop for unique souvenirs.

By late afternoon, we arrive in Multan, a city renowned for its Sufi shrines, museums, and cultural heritage. The evening is reserved for rest and relaxation, allowing us to unwind after our travels.

Overnight in Multan.

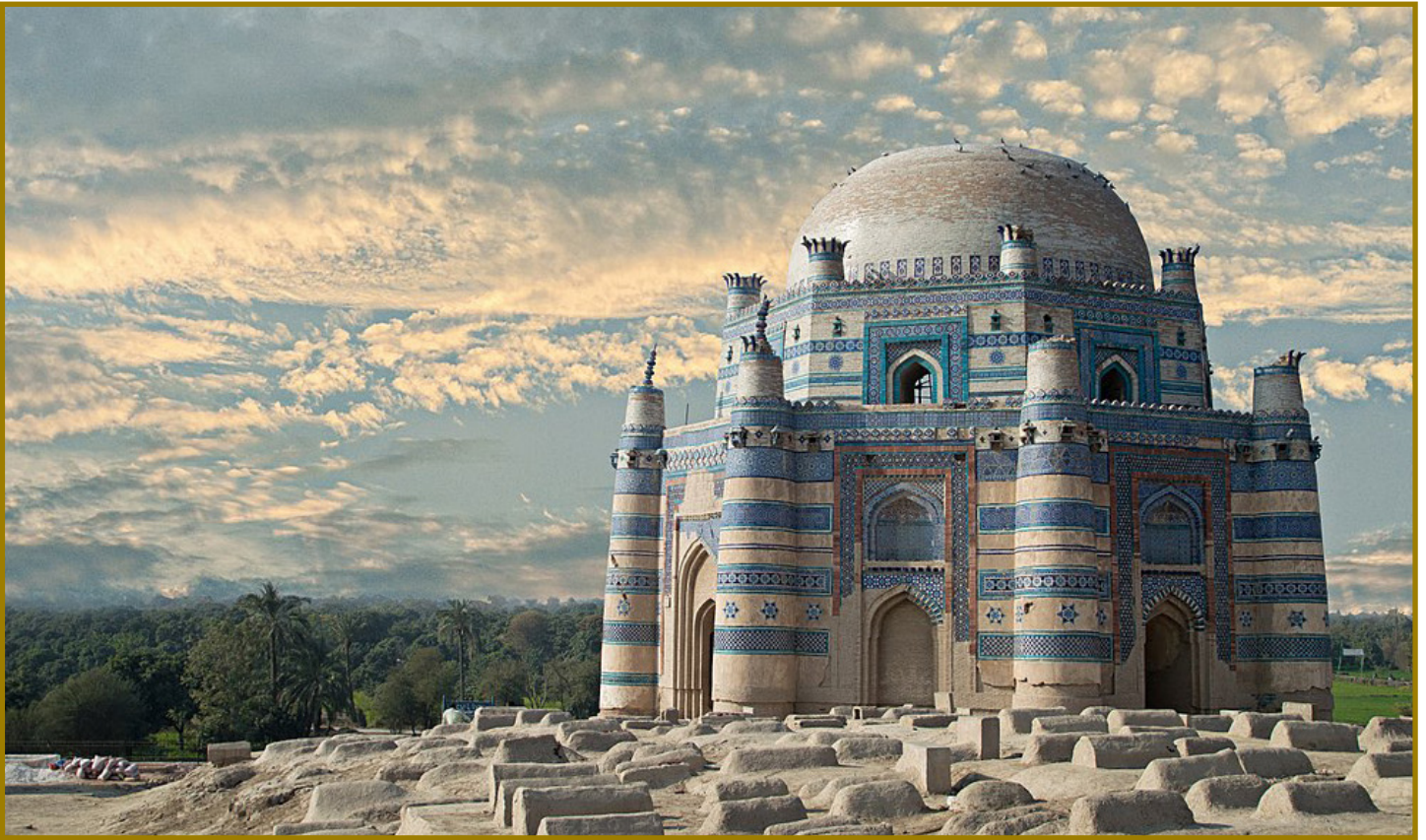
DAY 9 EXPLORING MULTAN'S SPIRITUAL AND CULTURAL HERITAGE

Today's tour offers an immersive experience into Multan's rich spiritual and cultural heritage. We begin with visits to some of the city's most revered Sufi shrines:

Shrine of Shah Rukn-i-Alam: Dedicated to a venerated Sufi saint and poet, this shrine is renowned for its profound spiritual significance and striking architectural beauty.

Shrine of Bahauddin Zakariya: A prominent Sufi saint and philosopher, this shrine is an important







site for pilgrimage and reflection, celebrated for its historical and spiritual depth.

Shrine of Shams Tabraiz: Known for his mystical teachings, this shrine honors the renowned Sufi saint and mystic, reflecting his enduring influence on Sufi thought.

After these inspiring visits, we'll enjoy lunch at a local restaurant, savoring the flavors of the region. In the afternoon, we explore the Multan Museum, which showcases the city's rich history and cultural heritage through a diverse collection of exhibits.

We conclude our day with a visit to the colorful old bazaar of Multan, where we can experience the vibrant atmosphere, shop for unique souvenirs, and sample local delicacies.

Overnight in Multan.

DAY 10 TRAVELING FROM MULTAN TO LAHORE WITH A STOP AT HARAPPA

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. This visit will provide us with a glimpse into the region's rich history and cultural heritage.

En route, we'll enjoy lunch at a local restaurant, experiencing regional flavors.

Upon arrival in Lahore, we check in at our hotel in the early evening and drop off our luggage. We'll then head out for a delightful dinner at a local restaurant, savoring the vibrant cuisine of Lahore.

Overnight in Lahore.

DAY 11 EXPLORING THE WALLED CITY OF LAHORE

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.

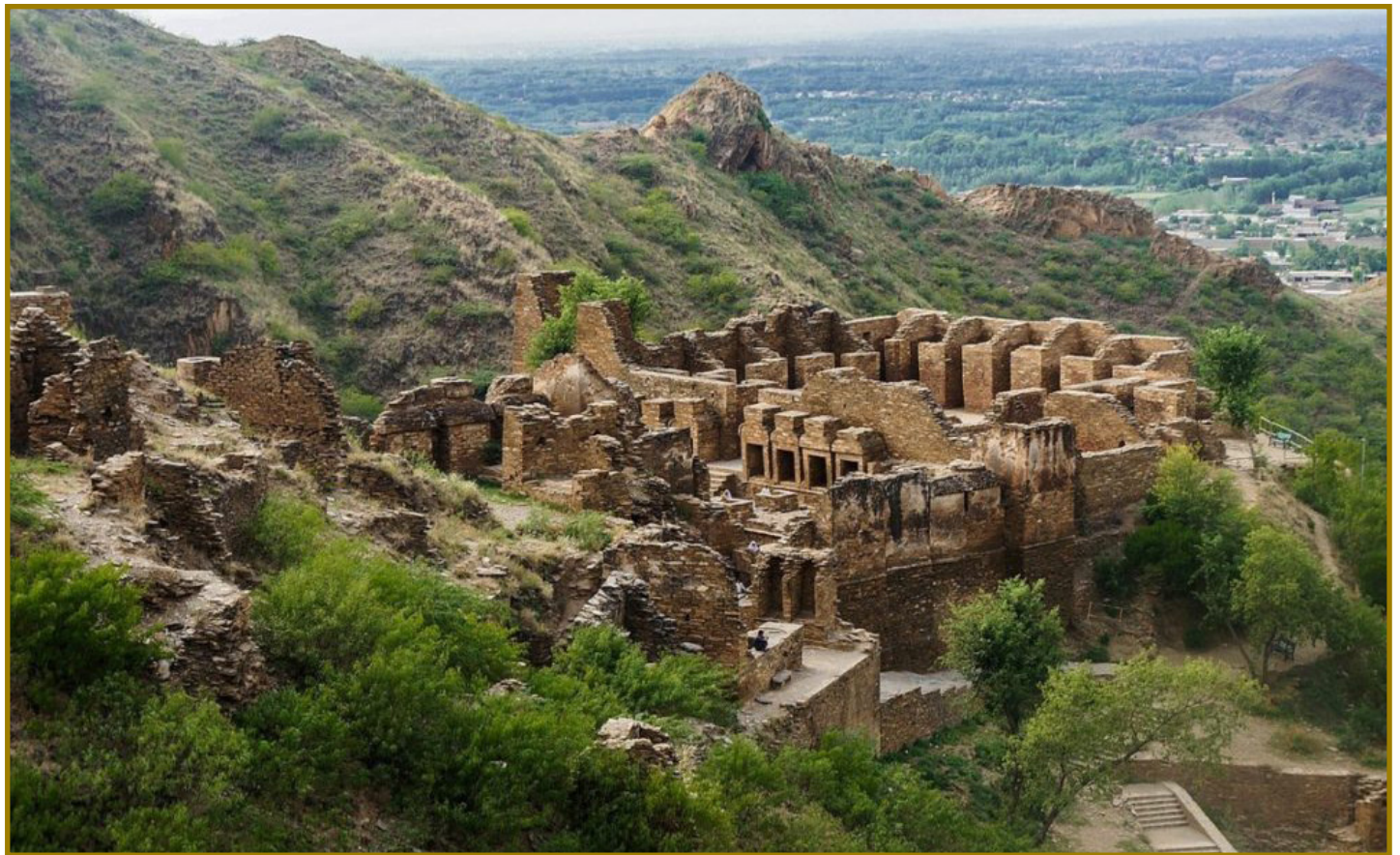
Our exploration begins at Delhi Gate, from where we will navigate the bustling streets of the Walled City, taking in the lively atmosphere. We'll visit the Wazir Khan Mosque, famous for its stunning tile work and historical importance. Following this, we'll hop on a colorful Rangeela Rickshaw for a spirited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

After lunch at a local restaurant, 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.

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 12 EXPLORING LAHORE'S HISTORICAL AND CULTURAL TREASURES

Today, we delve deeper into Lahore's rich history, cultural heritage, and architectural splendor. Our first stop is 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.

Next, we visit 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.

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 ceremony. This dramatic and

ceremonial event features the lowering and raising of the Pakistani and Indian flags, symbolizing both the rivalry and mutual respect between the two nations.

Overnight in Lahore.

DAY 13 JOURNEY FROM LAHORE TO ISLAMABAD

We begin our day with an early departure from Lahore, arriving in Islamabad in the early afternoon.

After lunch our city tour of Islamabad will begin with a visit to the Faisal Mosque, a landmark renowned for its unique blend of modern and traditional Islamic architecture. The mosque is named after Saudi King Faisal bin Abdul Aziz. Its striking design, surrounded by beautifully landscaped gardens and fountains, serves as a prominent symbol of Islamabad's cultural heritage.

We will explore the Pakistan Monument, a national monument that represents the unity and strength of Pakistan's four provinces. The monument also houses a museum that provides a comprehensive view of the country's history, culture, and heritage.



This museum offers insights into Pakistan's struggle for independence, its ancient civilizations, and its contemporary achievements.

We will visit the Lok Versa Museum, also known as the Heritage Museum. This museum showcases the diverse living cultures of Pakistan through a collection of objects, pictures, pottery, music, and textiles spread over 20,000 square feet. Originally established in 1982 and renovated in 2004, the museum presents a vivid representation of Pakistan's rich cultural heritage.

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 14 TO SWAT VIA ANCIENT BUDDHIST SITES

We depart from Islamabad early in the morning, heading towards Swat. Our route includes several fascinating stops that showcase the rich historical and cultural heritage of the region.

Our first stop is Taxila, an important archaeological site known for its Gandharan heritage. We will explore the Dharmarajika Stupa and Monastery, significant for its historical and religious importance. We will also visit Bhir Mound and Sirkap, ancient ruins that offer insights into the early Buddhist settlements in the region.

During our journey, we will have lunch en route before continuing to the ancient Buddhist monastery of Takht Bhai. This site features impressive ruins and offers scenic views of the surrounding hills, providing both a historical and picturesque experience.

We continue our drive to Swat, arriving in the early evening.

Overnight in Swat.

DAY 15 SCENIC DRIVE ON THE KARAKORUM HIGHWAY TO CHILAS

After breakfast, we check-out and embark on a long driving day towards Chilas. Our route takes us through the stunning Shangla Pass, which stands at an elevation of 2,100 meters. At the pass, we'll pause to take in the breathtaking views of the surrounding mountains and valleys, capture some photos, and stretch our legs before continuing our journey.

We then proceed through the picturesque valleys and villages of the Shangla district, immersing ourselves in the scenic beauty of the region. Our journey continues along the Karakoram Highway, offering more stunning landscapes as we make our way to Chilas.

We are expected to arrive in Chilas by the evening, where we will check into our accommodation.

Overnight in Chilas (elevation: 1,265 meters/4,200 feet).

DAY 16 KARAKORUM HIGHWAY - 3 MOUNTAIN RANGES

Today, we depart for Hunza with an exciting itinerary ahead. Our first stop will be at the confluence of the three mighty mountain ranges: Karakoram, Himalaya, and Hindukush. Here, we'll take some time to capture photographs and enjoy the breathtaking views where these grand ranges meet.

We then continue our journey through the scenic valleys and villages of the Nagar district,



heading towards the Rakaposhi View Point. At this viewpoint, we'll be treated to stunning vistas of Rakaposhi Mountain, which rises to 7,788 meters. We will enjoy lunch at this picturesque spot, take a leisurely stroll, and savor the majestic views as we capture some memorable photos.

After our visit to Rakaposhi View Point, we continue our journey to Hunza, arriving in the early afternoon. Upon arrival, we will check in at our hotel and enjoy a relaxing dinner.

Overnight in Hunza (elevation: 2500 meters/8200 feet).

DAY 17 EXPLORING HUNZA

Today, we delve into the rich history and vibrant culture of Hunza with several fascinating visits.

We begin with a visit to Altit Fort, an ancient fortification located in Altit village. Dating back over 1,000 years, Altit Fort has served various roles throughout history, from a palace to a strategic military outpost. Perched atop a rocky cliff, the fort provides breathtaking views of the surrounding valleys and mountains.

Next, we explore the lively Karimabad Bazaar, situated in the heart of Karimabad. This bustling marketplace is a hub of local culture, offering a wide array of traditional handicrafts, souvenirs, and delicious local food, all set against the backdrop of stunning mountain scenery.

Our day continues with a visit to Baltit Fort, an ancient fortified palace built by Balti architects over 600 years ago. Located in Karimabad, the fort once served as the residence of the Mirs of Hunza and showcases a unique blend of Tibetan, Chinese, and Islamic architectural styles.

There will be free time to rest and relax this afternoon before we head to Duikar to witness a stunning sunset view over the mountains and valleys below. The evening's panoramic views will provide a perfect ending to our day of exploration.

Overnight in Hunza (elevation: 2500 meters/8200 feet).

DAY 18 TO GULMIT VIA HOPER VALLEY

Today, we embark on a scenic drive to Hoper Valley, renowned for its breathtaking views. Upon arrival, we'll enjoy stunning vistas of Hoper village and the ancient glacier, which was formed around 10,000 years ago during the last ice age. Surrounded by towering peaks, the glacier offers magnificent views and a fascinating glimpse into the region's geological history.

Continuing our journey, we make a stop at Attabad Lake. Here, we can take in the spectacular scenery, capture some photos, and appreciate the beauty of this picturesque lake.

We then proceed to Gulmit, where you will have the afternoon free to relax and explore. You can stroll around Gulmit village, visit local handicraft centers, and experience the local music school, immersing yourself in the village's cultural and artistic ambiance.

Overnight in Gulmit (elevation 2900 meters/9500 feet).

DAY 19 JOURNEY TO KHUNJERAB PASS

We start our day early with an exciting drive towards Khunjerab Pass, the highest border crossing in the world at 4,600 meters/15,000 ft. 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.

Continuing our journey, we ascend towards Khunjerab Pass. Upon arrival, we will have the chance to take photographs, visit the Pakistan-China border, and explore the nearby attractions.

After our exploration at Khunjerab Pass, we return to Gulmit for the evening.

Overnight in Gulmit (elevation 2900 meters/9500 feet).

DAY 20 GULMIT TO SKARDU

After checking out of our hotel in Gulmit, we head back towards the Karakoram Highway on our way to Skardu. Along the way, we will take a short tea break at Rakaposhi Viewpoint, where we can enjoy the scenic views and stretch our legs.

We continue our journey and arrive in Skardu in the afternoon. Upon arrival, we will check in at our hotel and relax.

Overnight in Skardu (Elevation: 2200 meters/7200 feet).

DAY 21 EXPLORING SKARDU

Today, we embark on an exploration of Skardu, the “Land of Mountains,” known for its breathtaking beauty and rich cultural heritage. Our day begins with an easy hike to Kharphocho Fort, an ancient 14th-century fort perched on a hill overlooking Skardu. We take a leisurely stroll around Skardu Bazaar. The bazaar is the main market of Skardu,

offering a vibrant variety of local products, including traditional Balti clothing, jewelry, handicrafts, fresh produce, and dry fruits. It’s also a great spot to sample local cuisine and interact with the friendly locals.

Later, we head towards the Katpana Desert, also known as the “Cold Desert.” This unique and striking desert is renowned for its majestic sand dunes, stunning vistas, and contrasting landscape amidst the surrounding mountains and valleys.

In the afternoon, we visit Manthal Valley to see the Manthal Buddha Rock. This significant site features a large rock with an 8th-century sculpture of Buddha and is considered one of the most notable relics of Buddhism in the Skardu region, dating back to a time before Islam arrived in Gilgit-Baltistan.

Overnight in Skardu (Elevation: 2200 meters/7200 feet).

DAY 22 JOURNEY TO KHAPLU

This morning, we embark on our journey to Khaplu, a picturesque village nestled on the steep slopes of the mountains. Khaplu is renowned for its lush gardens, where apple and apricot trees thrive, and its historical significance as the former capital of one of the small constitutional kingdoms of Baltistan. The ancient palace, built in Tibetan style, stands high above the village, reflecting the rich heritage of the region.

Upon arrival in Khaplu, we will check into our accommodation - a 300 year-old castle hotel, which offers a unique and historical setting for our stay.

Following check-in, we head out to explore the Saling and Machulu villages. These remote valleys offer a glimpse into traditional village life, and we’ll

have the opportunity to enjoy the stunning views of Masherbrum Peak, which rises to 7,821 meters, making it the 22nd highest mountain in the world and the 9th highest in Pakistan.

We will also visit the Saling Fish Farm, where we can enjoy freshly caught trout fish and experience the local way of life.

We will enjoy dinner in the gardens of our historic hotel.

Overnight in Khaplu (elevation: 2600 meters/8530 feet).

DAY 23 EXPLORING KHAPLU AND JOURNEY TO SHIGAR

We start our day early with an easy hike (1 hour - 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 snow-covered peaks. During our visit, we will also explore the remains of Thoqsi Khar, a historic fort built between 1450 and 1470 AD.

After our hike, we return to the hotel for breakfast (30 minute walk back to the hotel). Later, we will take a leisurely stroll around Khaplu town, visiting

the bazaar and the historic Chaqchan Mosque. The Chaqchan Mosque is an ancient Noorbakshi mosque in Baltistan, dating back several centuries.

In the afternoon, we check out of our hotel and begin our journey to Shigar. Along the way, we make a stop at the Sarafanga Cold Desert (2,500 meters/8202 ft). Here, we can explore the intriguing sand dunes of this cold desert.

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 stay.

Overnight in Shigar (elevation: 2200 meters/7200 feet).

DAY 24 EXPLORING SHIGAR - POLO MATCH

This morning, we begin with a leisurely stroll around Shigar village. We'll explore the small local bazaar, known for its quaint shops and local crafts, and visit the Serpentine shop for a glimpse of traditional craftsmanship.

Our exploration includes a visit to the intricately designed Khanqa-e-Moallah Mosque and the historic



Amburiq Mosque, which dates back to the 14th century. This ancient mosque was built by Amir Kabir Syed Ali Hamdani, the first Islamic preacher in Baltistan, who played a significant role in the conversion of the region's population to Islam.

In the afternoon, you will have some free time to relax or explore at your leisure. Later, we will take a short walk to the Shigar Polo Ground to witness an exciting freestyle polo match.

Overnight in Shigar (elevation: 2200 meters/7200 feet).

DAY 25 FLIGHT FROM SHIGAR TO ISLAMABAD

After breakfast, we check out of our hotel and head to the airport for our flight to Islamabad. Upon

arrival in Islamabad, we will check in to our hotel.

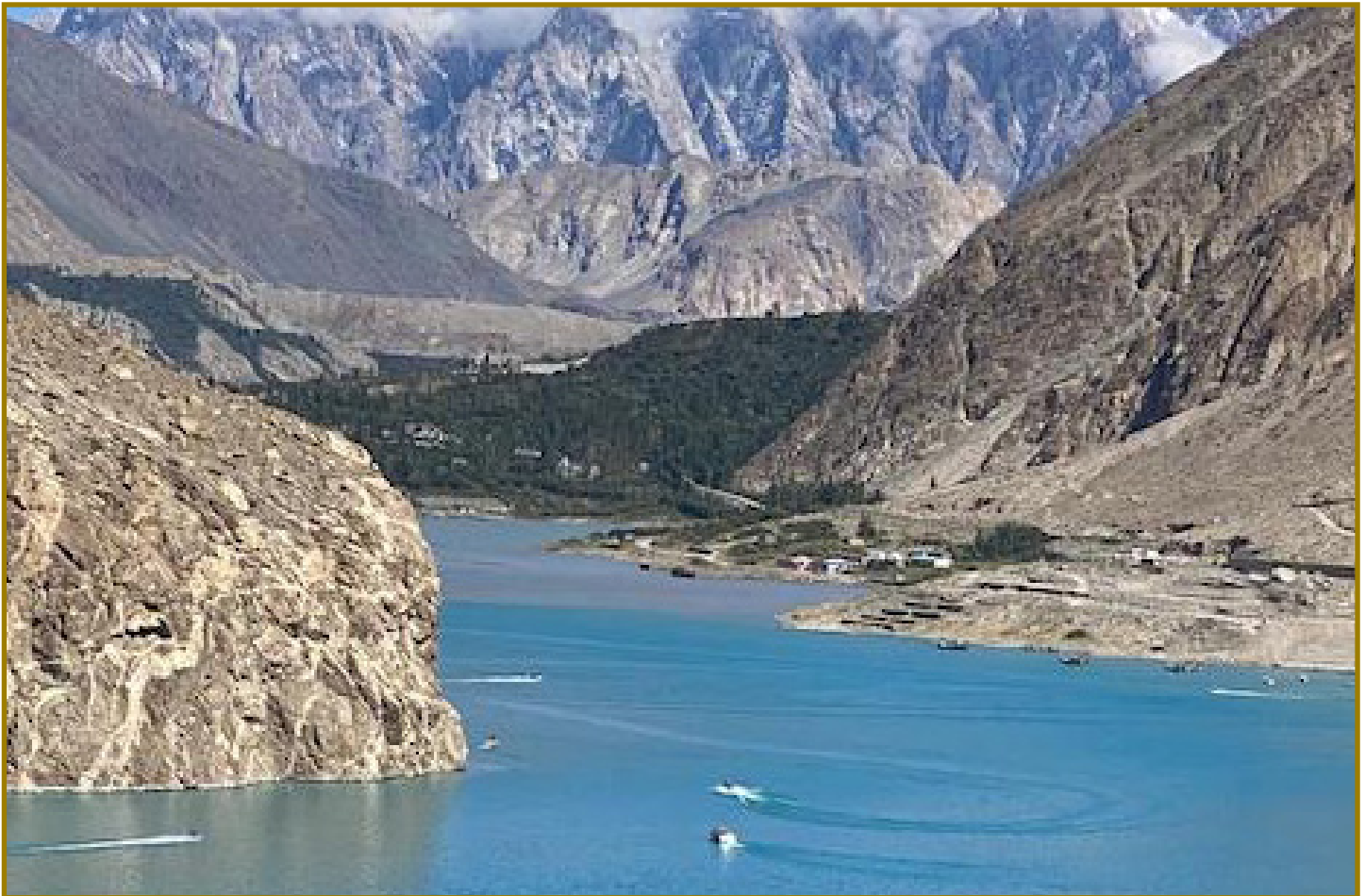
Following lunch, we drive to Rawalpindi to explore the local market. The bustling markets offer a vibrant experience, perfect for last-minute shopping and soaking in the local atmosphere.

In the evening, we will enjoy our farewell dinner at a nearby restaurant, celebrating the end of our journey with a memorable meal.

Overnight in Islamabad.

DAY 26 DEPART ISLAMABAD

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





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, Swat and Chilas experience mild temperatures, with temperatures between 50°F and 70°F (10°C and 21°C), while Hunza Gulmit, Khunjerab Pass, Skardu, Khaplu, and Shigar experience cooler temperatures, ranging from 40°F to 60°F (4°C to 16°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 100 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.



