



MT. NANGA PARBAT EXPEDITION [8125 M.]

It is the ninth-highest mountain in the world and the second-highest in Pakistan after K2.

TRIP FACTS:

PEAK NAME
NANGA PARBAT

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
PAKISTAN

DURATION
50 DAYS

ROUTE
DIAMIR FACE

GRADE
HARD DIFFICULT

RANGE
KARAKORAM

BEST SEASON
SUMMER

MAX ELEVATION
8125 M.

WALKING PER DAY
5-6 HOURS

NATURE
HOTEL + LODGE + TENT

GROUP SIZE
5 PAX MIN.

ARRIVAL IN ISLAMABAD
07 JUNE 2023

DEPARTURE TO CHILAS
09 JUNE 2023

TRIP ENDS
26 JULY 2023



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m. /8000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Nanga Parbat is truly an awesome spectacle. It is the ninth-highest mountain in the world and the second-highest in Pakistan after K2. The south face is the largest in the world extending over four kilometers above the base camp. To date, there have only been five ascents from the south. Nanga Parbat means "Naked Mountain" in Hindi/Urdu and is with reference to the south face's exposed rock buttresses. The north face is equally intimidating. In contrast to the south face's steep rock and ice a broad barrier of seracs that extend the width of the mountain guards the snowy north face. Climbers before the Second World War were convinced that the only way to climb the mountain was from the north via a long arc extending over Rakhiot Peak (7010m), between the two summits of Silberzacken and finally to the summit of Nanga Parbat thereby avoiding a more direct ascent of the north face. The route was dangerously prone to avalanches and exposed to bad weather. 31 people died attempting to climb the mountain leading to it acquiring the infamous name of the "Killer Mountain".

Nowadays it is not such a killer and there are other peaks that could inherit the nickname (eg Ultar or Batura I). Hermann Buhl's summit route has only been repeated once (Slovak, 1971) to this day. His ascent marked only the third 8000m ascent after Annapurna I (1950) and Everest and was the only first summit of all the 8000ers to be done without oxygen and of course solo. Most attempts nowadays are via the Westerly Diamir face, which is generally considered to be the easiest and safest with the Kinshofer Route, the normal route.

The most common way to climb the peak is to attack the western side and all routes here lead to "The Japanese Couloir", which is located on top of the north-west face. The first ascent (1958) was made via Spur Peak and then via the long southeast ridge to the summit.

" We await to serve you our service and share our experience with you "

ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Islamabad & Transfer to the Hotel	07 JUN	BB	Hotel
2	Rest day in Islamabad (585m): Expedition Briefing and Preparation	08 JUN	B/D	Hotel
3	Drive from Islamabad to Chilas (480km - 10 hours approx.) on Karakoram Highway	09 JUN	B/L/D	Lodge
4	Rest Day in Chilas (Packing and Preparation)	10 JUN	B/L/D	Lodge
5	Drive from Chilas to Halale and trek to Kachal (3400m)	11 JUN	B/L/D	Tent
6	Trek from Kachal to Nanga Parbat Basecamp / Diamir Base Camp (4100m)	12 JUN	B/L/D	Tent
7-35	Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]	13 JUN – 11 JUL	FULL BOARD	HIGH CAMP
36-45	Climbing Period: [Base Camp – Nanga Parbat Summit (8,125m) – Base Camp]	12 JUL - 21 JUL	FULL BOARD	HIGH CAMP
46	Cleaning Up Basecamp: Preparation for descending back	22 JUL	B/L/D	Tent
47	Trek from Basecamp to Diamoroi	23 JUL	B/L/D	Tent
48	Trek from Diamoroi to Halale and Drive to Chilas	24 JUL	B/L/D	Lodge
49	Drive from Chilas to Islamabad & Transfer to the Hotel	25 JUL	B/L	Hotel
50	Transfer to the International Airport for final departure	26 JULY	BREAKFAST	

B= Breakfast, L= Lunch and D=Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

1. **ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
2. **HOTEL ACCOMMODATION IN ISLAMABAD:** 3 nights hotel in ISLAMABAD (4-star category) - single room on bed and breakfast plan.
3. **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in ISLAMABAD with Office Staff.
4. **CARGO CLEARANCE:** Assistance for cargo clearance in Pakistan's Customs, clearance cost is subject to a charge.
5. **PERMIT:** Expedition Royalty and a permit fee of the PAKISTAN Government to climb Nanga Parbat, for members and Sherpa.
6. **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
7. **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
8. **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese / Pakistani staff during the trek and expedition.
9. **MAP:** Trekking and climbing map.
10. **DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
11. **MEMBER TRANSPORTATION:**
 - **LAND TRANSPORTATION (MEMBERS):** Drive from Islamabad to Halale via Chilas and while returning from Halale to Islamabad via Chilas, as per itinerary, along with one guide.
12. **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Nepal to Pakistan (by air cargo) – Islamabad to Halale (by truck/jeep) and Base camp (by Porters/mules) – While returning: Base camp to Halale (by porters/mules) and Halale to Islamabad (by Truck/jeep). Based on the condition, different transportation variants may adopt.
13. **MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Mules.
14. **FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge/TENT during the trek and at the Basecamp. Hygienic and green vegetables, meat, fruits, soft drinks, and juice will be served during the entire expedition. Well-managed base camp set up for members & Staff.
15. **CAMPING:** All necessary logistic arrangements for Camping during the trek.
16. **PORTER:** Porters per member up to the basecamp and from the basecamp (both ways).
17. **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
18. **BASE CAMP COOK:** 1 Nepalese and 1 Pakistani well-trained cook for the team.
19. **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
20. **BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.
21. **BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for



Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.

22. **HEATER:** Heater at base camp in each Dining and other necessary camps.
23. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, FOR battery charges, laptop, and other electronic devices.
24. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by a Guide.
25. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
26. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
27. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing
28. **OXYGEN BOTTLE (O2):** Summit Oxygen cylinder: 3 oxygen bottles (4 liters) for each member and 2 oxygen bottles for each high-altitude Sherpa. **
29. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks & regulator for each member and high-altitude Sherpa. **
30. **BACK UP OXYGEN:** Back up Oxygen Cylinder, mask, and regulator (SUBJECT TO A CHARGE).
31. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary

cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, fixed and dynamic rope during the climbing period as required.

32. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
33. **ROPE FIXING TEAM:** The team of experienced Sherpas (including personal Sherpa) will fix the route to the summit of Nanga Parbat (no extra charge will be applied to members).
34. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members (SUBJECT TO A CHARGE).
35. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
36. **PERMITS:** Satellite Phone/walkie-talkie permit for all members and staff.
37. **WEATHER FORECAST:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
38. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
39. **CERTIFICATE:** Nanga Parbat certificate issued by PAKISTANI ALPINE CLUB (after climbing Nanga Parbat successfully).

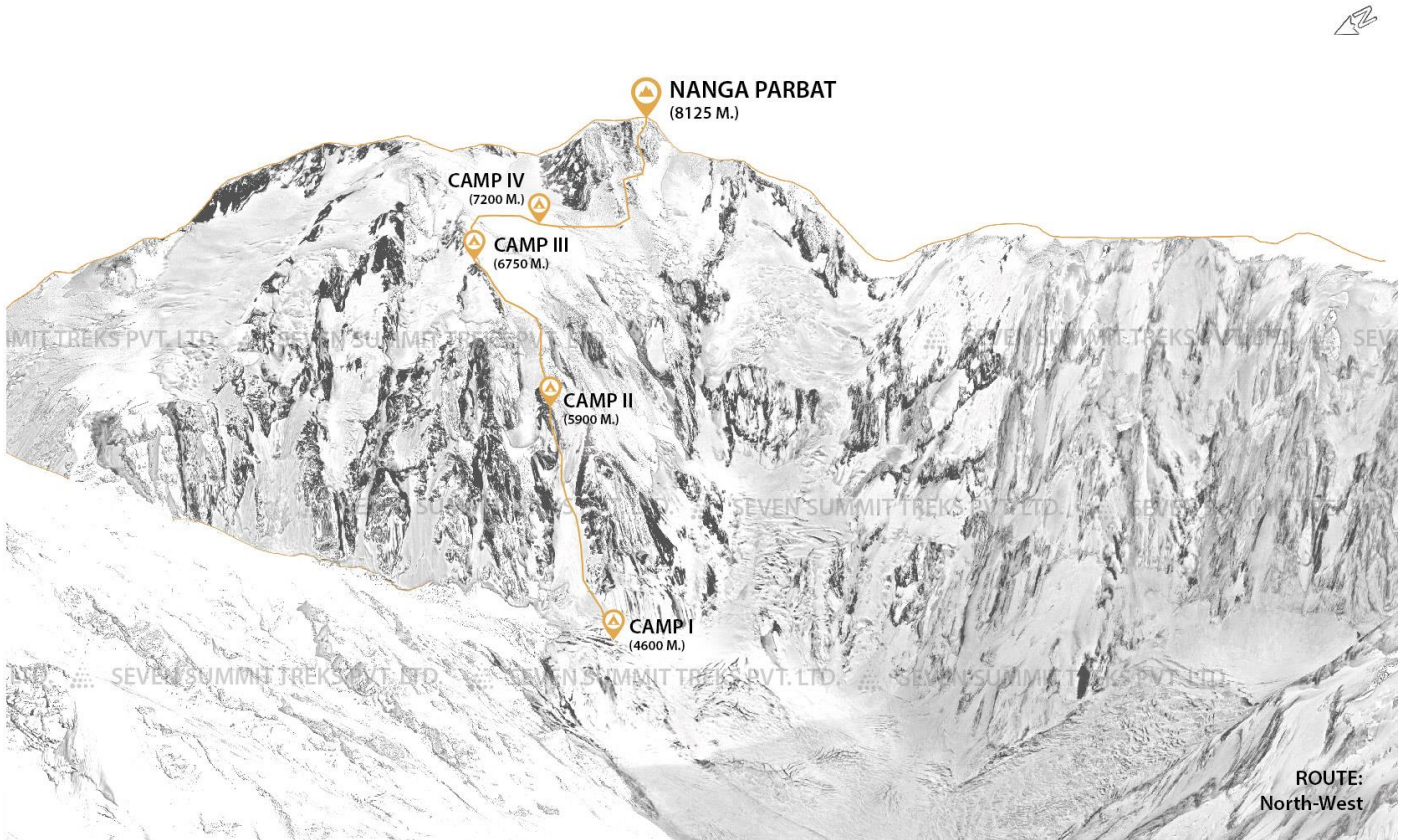
****Note:** All expedition stuffs and equipment have to be returned after the expedition.



COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Islamabad).
 2. **PAKISTAN ENTRY VISA FEE:** PAKISTANI Visa fee for 90 DAYS.
 3. **LUNCH & DINNER:** Lunch & dinner during the stay in Islamabad (also in case of early return from Trekking / Expedition than the scheduled itinerary).
 4. **EXTRA NIGHTS IN ISLAMABAD & CHILAS:** Extra nights' accommodation in Islamabad & Chilas. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
 5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
 6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Islamabad & Skardu but we will have soft drinks for members at base camp).
 7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
 8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
 9. **FILMING:** Special Filming, Camera, and Drone permit fee.
 10. **INTERNET SERVICE:** Not included during the trek.
 11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa- Minimum **2000 USD**.
 12. **TIPS:** Calculate some tips for basecamp and high camp staff – Minimum **400 USD**.
 13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and not listed in the **"Cost Includes"** section.
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ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST [EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND-PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES – 8000 M.

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT – 8000 M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35 L – 50 L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



ADD. SERVICES:

Additional Per Sherpa	\$ 15000.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Extra Oxygen Per Bottle	\$ 600.00	We allocate enough O ₂ bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 3000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Add. + Broad Peak or G-I or G-II Climb	\$ 20000.00	Extra climbing on Nanga Parbat Program, the cost covers Sherpa support, high camp logistics, and extra Oxygen bottles.
Single Tent on Trek	\$ 1000.00	Single Tent (Upgraded) during the entire trekking days (both ways).



INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).

Note: In Pakistan, you have to pay in advance for any kind of rescue Heli flight which is only done by the Pakistan Army, that means you have to pay around USD 24,000 - USD 26,000 for any case beforehand for the flight and you will get a refund if you pay any extra cost. Depending upon the weather, and documentation the rescue process may take up to 2-3 days, but we will make sure that we get the process done as early as possible. So, while purchasing an insurance policy you must see the feasibility of covering rescue and medical for trekking and mountaineering activities in Pakistan.



BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks, you must book a trip 3 and a half months before the trip. Client must submit their name and details of their purpose of visit to the Pakistan government. After review, the government will approve the name for the visa application. This process doesn't cost any charges. A client must confirm a booking at least 2 months before the trip, to secure the booking for the expedition or trekking of their interest.

A client must disburse 30% of the total cost, 2 months before the start of the trip. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 40% of the total charge should be deposited a month before the flight to Pakistan. The remaining 30% of the total charge should be paid up after you arrive in Pakistan, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our expert team. We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[Nanga Parbat Expedition](#)

For all expedition inquiries and bookings

info@sevensummittreks.com

FOLLOW US:

