



# K2 AND G2

## RAPID ASCENT™ BASE CAMP TREKKING EXPEDITION

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DURATION: 16 DAYS

LOCATION: PAKISTAN

SKILL LEVEL: INTERMEDIATE

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 ALPENGLOW



## K2 & G2 BASE CAMP TREK

### Expedition Details

**DURATION:** 16 DAYS

**LOCATION:** PAKISTAN

**SKILL LEVEL:** INTERMEDIATE

**SEASON:** SUMMER

**COST:** \$7,950

#### DIFFICULTY LEVEL DESCRIPTION:

Intermediate - Technical climbing and altitude experience are not necessary but this expedition requires good physical fitness, specifically an ability to move in rugged terrain for long days. Alpenglow can happily provide physical and technical training programs to prepare for this introductory expedition.

#### PREREQUISITES:

Previous experience at altitude greater than 5,000m, 16,400'. Prior trekking experience is highly encouraged; no technical climbing skills required.



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# Expedition Introduction

## Why Trek in Pakistan?

*Trek through one of the worlds more impressive mountain ranges: The Karakoram.*

Situated in Northern Pakistan, the Karakoram boasts towering 8,000m peaks and expansive glacial valleys. Hiking through this storied mountain range instills a sense of awe in all who are fortunate enough to witness its remote and wild landscape.

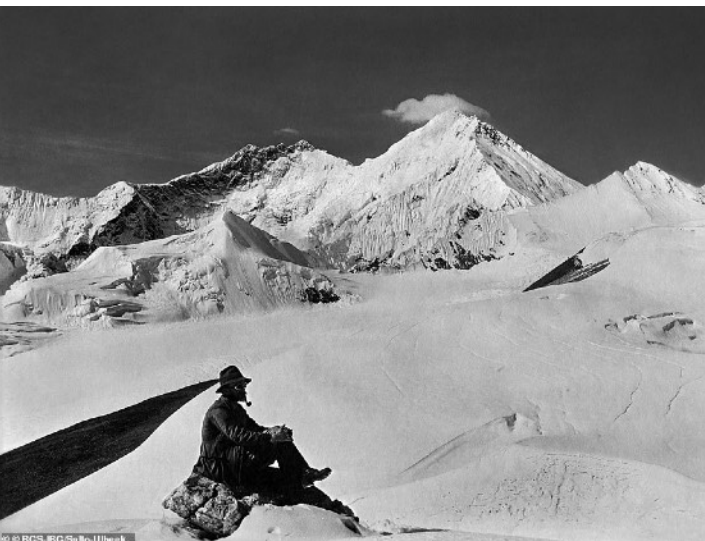
We'll be trekking through this stunning mountain range to the base camps of two of the world's tallest mountains. Rising from the foot of the Baltoro Glacier, K2 (8,611m, 28,251') and Gasherbrum II (8,034m, 26,362') are magnificent mountains that are truly spectacles to behold.

Our local logistics teams and guides have worked extensively in the Karakoram, making our team one of the most experienced teams running trips in the region.



## ROUTE CHOICE

We'll accompany our Gasherbrum II climbing team, taking the same route that winds through the Karakoram until we reach the stunning 8,000m peaks lining the Baltoro Glacier. We'll then split off from the climbing team and head to the base camps of Broad Peak and K2. After exploring the north end of the valley, we'll make our way to the G2 base camp in the southeast.



## HISTORICAL OVERVIEW

K2 was first attempted in 1902, and it would take 52 years until the summit was finally reached by the Italian team of Lino Lacedelli and Achille Compagnoni. It would not be summited again for 23 years.

The summit of K2 is highly coveted and rarely achieved. In 2019, our founder, Adrain Ballinger, reached the summit without use of supplemental oxygen.



Image by Ming Poon

## 16 Day Itinerary

This trek will be fast paced and rigorous, hiking over 60 miles at altitude in nine days. We plan to pre-acclimatize using hypoxic tents before the trip begins, allowing us to get a head start on the high altitude and move quickly in the thin air. By pre-acclimatizing and taking a helicopter from G2 base camp back to Skardu at the end of the trip, we're able to keep a shorter, more efficient itinerary.

*Our goal with a 16-day itinerary is to keep all the necessary acclimatization and training while minimizing the unnecessary waiting and downtime of traditional expeditions.*

By using the best technology available (including weather forecasting and pre-acclimatization in hypoxic tents), we won't have to waste days acclimatizing in country, which means more time spent exploring the mountains and less time away from your family and work.



If you enjoy trekking in beautiful mountain landscapes, the Karakoram is just the tip of the iceberg. We offer treks all around the world, including treks to Everest Base Camp in Nepal, the Cordillera Huayhuash in Peru, and Torres Del Paine in Chile.

See more trips at [ALPENGLLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)





## About Alpenglow Expeditions

*Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.*



### About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

### History of Alpenglow Expeditions

Founded in 2004 by IFMGA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

# About Alpenglow Expeditions

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## Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 10 summits of 8,000 meter peaks (including 6 summits of Mt. Everest).



## Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

## LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.





*After 15 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.*

## The Alpenglow Difference

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*Alpenglow Expeditions' Rapid Ascent™ style is an entirely new way to approach big-mountain expeditions.*

### Rapid Ascent™ Strategy

First developed by Adrian Ballinger, Rapid Ascent™ is a unique approach to climbing big mountains across the world. We've adapted this innovative program to our K2 & G2 base camp trek, reducing the overall expedition time to 16 days.

The hypoxic training at home combined with precise logistics and world class guides will allow us to move quickly through the Karakoram with minimal time spent acclimatizing in-country.

### 1:6 Maximum Guide to Trekker Ratio

All guides are IFMGA qualified or aspirants working towards finishing their certification. We guarantee our guides are the best in the business, drawing upon years spent guiding in the mountains to give you the best experience possible.

We work with a local team of porters who have been making this same trek for years helping climbing expeditions shuttle their equipment to their various base camps. They are incredible and we're lucky to have them on our team.

# The Alpenglow Difference

## PREMIUM LOGISTICS

Working with our local team to organize logistics for the trip, our treks provide a higher level of service above any other. From our porter team and guides, to the helicopter that will pick you up at the end of the trek, our trip logistics are unrivaled and will leave you wishing for nothing.

## EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

## SWISS WEATHER FORECASTS

Having a quality forecast for the Karakoram maximizes both our safety and our trek success. These weather forecasts were originally developed for aircraft traveling at the altitudes that we climb at.

## HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the mountain, ensuring your strength and health throughout the expedition.

## UNLIMITED WIFI INTERNET @ G2 BASE CAMP

We understand the modern need for technology, and this allows you to stay in touch with home and office via email, text message, and phone at no additional expense.







# Alpenglow's Team

## Expedition Leader — Esteban “Topo” Mena

Alpenglow Expeditions' logistics, guiding, Base Camp staff, food, and equipment are of the absolute highest level possible.

The K2/G2 Base Camp Trek is organized and led by IFMGA Guide, Esteban “Topo” Mena

Topo is an extremely talented high-altitude mountain guide, having made ten 8,000m summits. He has summited Everest four times, once without supplemental oxygen, and in 2019 he summited K2 with Alpenglow Expeditions Founder Adrian Ballinger and fellow Alpenglow guide Carla Pérez.

Topo has extensive experience organizing complicated logistics for high altitude teams, and has spent countless hours on the mountain rope-fixing with Sherpa, guiding members, and assisting and organizing rescues.

## Alpenglow's Guides & Expedition Staff

Alpenglow offers an exceptional level of competency, safety, and comfort on our expeditions. Our team will be limited to 12 members, with certified guides and the best Porters and cooks available (*staff we have been working with for more than a decade*).

Our small group size allows us to adapt to changing conditions and weather far more easily than many commercial teams, which have become so large over the last decade that they have become difficult to manage. Our member to guide ratios (**6:1**), the comforts of our Base Camp, our fresh and nutritious food, and our use of are details that add up to a far more enjoyable experience and successful climb.

## Local Logistics Team

For our K2 & G2 Base Camp expedition, Alpenglow has partnered with the premier logistics operator to provide base camp infrastructure, food and base camp staff.

## TEAM MEMBER REQUIREMENTS

While many downplay the difficulty of trekking in the Karakoram, Alpenglow maintains a deep respect for the nature of these mountains and the altitude that they rest at. We require a significant amount of experience from each of our members to ensure that you will feel comfortable on the trek.

**Since this is a Rapid Ascent Expedition, Team Members are required to have been at 5,000m or 16,400' prior to the expedition. We have this requirement to ensure that clients are familiar with how their bodies react to altitude before using the hypoxic tents for pre-acclimatization.**



Image by Ming Poon

## Route Description + Itinerary

The Karakoram is one of the most remote and stunning mountain ranges in the world. Holding the highest concentration of 7,000m+ peaks on the planet, this incredible trek will take us beneath giant peaks and across expansive glaciers. We will trek to the base camps of the second tallest mountain in the world, the mighty K2, and the 13th, Gasherbrum II.

Upon arriving in Pakistan the adventure will start with a long but beautiful journey to reach the trailhead, and after a few days of traveling we will come to the small village of Askoli. From here, we will start our trek up the Braldu Valley moving further into the heart of the Karakoram with each passing day. After five days of trekking, we will find ourselves at Concordia Camp, widely thought to be one of the most beautiful camp sites on the planet.

Nestled at the head of the Baltoro Glacier, Concordia Camp serves as a nucleus for all the base camps of the 8,000m peaks in the area. From here, we will first trek north to the base camps of Broad Peak and K2, spending the day basking in the glory of two of the tallest and most majestic mountains on planet Earth.

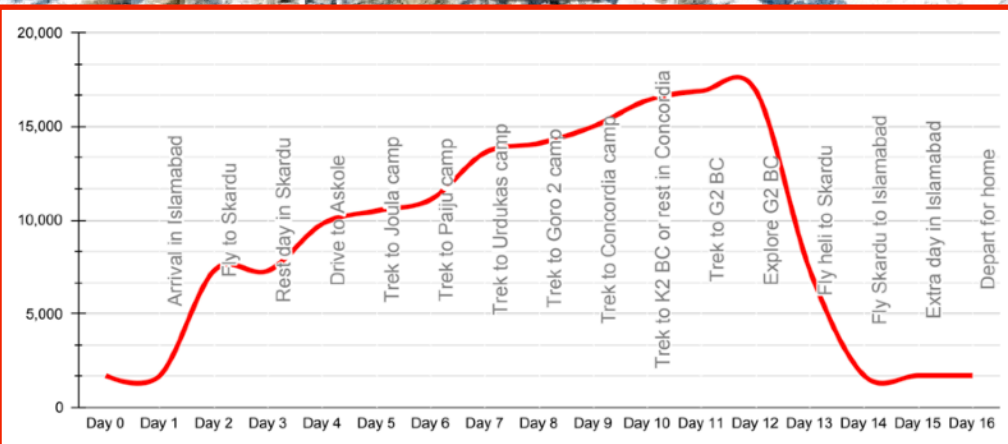
The following day we leave Concordia camp and head the base camp of G2. We'll spend two days in G2 base camp exploring and taking in the view provided by the Gasherbrum group. We might even spot our G2 Rapid Ascent team climbing up on the mountain. After trekking over 60 miles in 9 days, a helicopter will arrive at G2 base camp to pick us up and take us on a beautiful 90 min flight back to the city of Skardu.

A short flight back to Islamabad will mark the end of our trip, and will leave thinking of the grand adventure we just had through one of the most beautiful mountain sceneries in the world.

***“Trekking through the Baltoro means walking below the most majestic mountains on the planet. Every day is filled with views of jagged rock towers and huge snowy peaks. This is combined with challenging walking through lush valleys to begin, then rocky trails and across countless glacial rivers, and finally on the Baltoro glacier itself. The trek to K2 and G2 base camps is the most beautiful and rugged I’ve done anywhere in the world” -  
Alpenglow Expeditions Founder,  
Adrian Ballinger***

We encourage you to call us to further discuss our infrastructure, team, and unique Rapid Ascent approach to trekking in the Karakoram.





## Map Overview







## Daily Itinerary Overview

**DAY 1 —** After arriving in Islamabad, our team will meet you at the airport and transport you to our hotel. We'll get some much needed rest and start to get over our jet lag.

**Activity.** Arrive in Islamabad, Pakistan

**Sleeping Elevation.** 1,770'

**Lodging.** Hotel TBD

**Meals.** None

**DAY 2 —** Today we'll leave Islamabad and take a spectacular hour-long flight to the city of Skardu in the Gilgit-Baltistan region. Our flight will have us looking down upon breathtaking mountains like Nanga Parbat (8,124m) and Rakaposhi (7,788m).

**Activity.** Fly to Skardu or Drive to Chilas

**Moving Time.** 1 hour flying, 8 hours driving

**Elevation Gain.** 5,600'

**Sleeping Elevation.** 7,310'

**Lodging.** Hotel TBD

**Meals.** Breakfast, Lunch, Dinner

If the weather is not in our favor and prevents us from flying, we'll take a luxury van down the Karakoram Highway. This two day journey follows the Indus River along what used to be an ancient Silk Road, and offers incredible views of a region not often explored by western expeditions.

**DAY 3 —** Skardu serves as the Capital of the Skardu region, and is a beautiful city with a rich history. The city has bustling bazaars and rustic stores to explore.

**Activity.** Explore Skardu or continue drive to Skardu

**Moving Hours.** 6-7 hours if driving from Chilas

**Elevation Gain/Loss.** 0

**Sleeping Elevation.** 7,310'

**Lodging.** Hotel in Skardu TBD

**Meals.** Breakfast, Lunch, Dinner

If we are driving from Chilas, we'll have another day of driving filled with beautiful views. We'll pass by Nanga Parbat and Rakaposhi, and get a chance to see where the Karakoram, Hindu Kush, and Himalayan mountain ranges meet.



# Daily Itinerary Overview

**DAY 4** — Heading out from Skardu in jeeps, we'll drive 6-8 hours through the Shigar valley to the village of Askoli. Arriving at the confluence of the Shigar and Braldu valleys, the landscape changes drastically from green farm lands to mountain desert. We'll spend the night at the Aksoli campground alongside other trekkers and mountaineering expeditions and prepare for our first day of trekking the following morning.

**Activity.** Drive to Aksoli  
**Moving Hours.** 6-8 hours  
**Elevation Gain/Loss.** +2,500'  
**Sleeping Elevation.** 9,800'  
**Lodging.** Aksole Campground  
**Meals.** Breakfast, Lunch & Dinner

**DAY 5** — The first day of trekking will see us following the Braldu Valley to where the Braldu and Dumordo Rivers meet. After trekking up the valley, we'll cross the footbridge over the swift waters of the Dumordo River and arrive at Joula camp. Today's trek will take 6-8 hours and cover 10 miles. It will be a great introduction to the dramatic landscape that is the Karakoram.

**Activity.** Trek to Joula Camp  
**Distance Covered.** 10 Miles  
**Moving Time.** 6-8 Hours  
**Elevation Gain.** +700'  
**Sleeping Elevation.** 10,500'  
**Lodging.** Joula Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 6** — We'll start bright and early on the trail that winds along the Braldu River. As we trek, we'll get glimpses of the Masherbrum range to the south. Made up of 7,000m (23,000'+) peaks, the Masherbrum range will give us our first real taste of the magnitude of the mountain range that we are traveling in. Arriving at the end of our trekking for the day and settling down beneath the granite spire of Paiju Peak (6,600m, 21,600'), we'll get our first views of the mighty Baltoro Glacier. The day's trek will be 10 miles and should take us 6-8 hours. The next morning we will start trekking along the Baltoro Glacier, which will eventually lead us all the way to K2 Base Camp.

**Activity.** Trek to Paiju Camp  
**Distance Covered.** 10 Miles  
**Moving Hours.** 7-8 Hours  
**Elevation Gain/Loss.** +600'  
**Sleeping Elevation.** 11,100'  
**Lodging.** Paiju Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 7** — Today will be a long but rewarding day of trekking. Working our way across the Baltoro Glacier, we'll weave our way through the constantly changing glacial moraines to the south side of the glacier and continue along the side of the valley. As we trek, we'll be met with incredible views of the Trango Towers (6,300m, 20,000'), Cathedral Towers (6,000m, 19,700'), and Uli Biaho Tower (6,100m, 21,600').

**Activity.** Trek to Urdukas Camp  
**Distance Covered.** 12 Miles  
**Moving Hours.** 10-11 Hours  
**Elevation Gain/Loss.** +2,500'  
**Sleeping Elevation.** 13,600'  
**Lodging.** Urdukas Camp  
**Meals.** Breakfast, Lunch & Dinner

Continuing our way up-valley, we'll gain nearly 2,500' of elevation and trek more than 12 miles to reach Urdukas Camp. Nestled on terraces that were carved out by the 1909 K2 Expedition led by the Duke of the Abruzzi, this unique campsite will leave us breathless with both beauty and effort.

# Daily Itinerary Overview

**DAY 8** — Making our way once again onto the spine of the Baltoro Glacier, we'll climb and descend the many glacial moraines for 7-8 hours as we head for our camp for the evening, Goro II. Incredible views of Gasherbrum IV (7,900m, 26,001') and Broad Peak will beckon us towards the head of the glacier and the 8,000m peaks that rise above as we work towards camp. Arriving at Goro II, we'll make camp within the ice-field and prepare to head into the heart of Karakoram in the morning.

**Activity.** Trek to Goro II  
**Distance Covered.** 7 Miles  
**Moving Hours.** 6-7 Hours  
**Elevation Gain/Loss.** 500'  
**Sleeping Elevation.** 14,100  
**Lodging.** Goro II Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 9** — Today we'll be trekking into one of the most beautiful and awe inspiring mountain scenes to be found throughout the world. We'll pass under Mitre Peak (6,000m, 19,200') on our way to the famous Concordia camp that rests at the convergence of the Baltoro and Godwin Austen Glaciers.

**Activity.** Trek to Concordia Camp  
**Distance Covered.** 7 miles  
**Moving Hours.** 4-5 hours  
**Elevation Gain/Loss.** +1,100'  
**Sleeping Elevation.** 15,000'  
**Lodging.** Concordia Camp  
**Meals.** Breakfast, Lunch & Dinner

The Karakoram holds the highest concentration of 7,000m+ peaks anywhere in the world, and Concordia serves as the ideal camp for exploring these peaks with glaciers leading from K2, the Gasherbrum, and Chogolisa converging. Concordia is thought of as one of the most amazing campsites in the world, and we'll spend our evening soaking in these spectacular views.

**DAY 10** — Today is going to be an epic day. We'll leave early in the morning and head for the Broad Peak base camp and then onto the main objective for the trek; K2 base camp. Starting the day trekking through the complicated terrain of the Upper Baltoro Glacier, we'll work our way through meltwater rivers and crevasses until reaching the medial moraine of the Godwin Austen Glacier. Finding easier terrain on the medial moraine, we'll make our way to Broad Peak base camp. Broad Peak base camp offers a spectacular view of the Karakoram Range with Broad Peak above, K2 ahead, and the expansive Baltoro behind us.

**Activity.** Trek to K2 Base Camp  
**Distance Covered.** 12 miles  
**Moving Hours.** 10-11 hours  
**Elevation Gain/Loss.** +/- 1,300'  
**Sleeping Elevation.** 15,000'  
**Lodging.** Concordia Camp  
**Meals.** Breakfast, Lunch & Dinner

After taking in the view, we'll start our journey to the base of the world's second tallest mountain. More glaciated terrain and snow-melt stream crossings await us as we approach K2 base camp. After a few more hours of trekking we'll be standing at the foot of K2 and staring up at the nearly two miles of rock and ice to the summit. We'll stop at the Gilkey Memorial that honors all of the climbers who have lost their lives while climbing K2, and then start making our way back to Concordia Camp.



# Daily Itinerary Overview

**DAY 11** — Leaving Concordia and trekking along the eastern side of the Baltoro Glacier, we'll spend the day hiking underneath the Gasherbrum group on our way to G2. Base camp rests at the convergence of the Baltoro and Abruzzi Glaciers, with excellent views of Baltoro Kangri, G2 (8,034m, 26,300'), and G1 (8,080m, 26,300'). We'll settle into G2 camp after trekking 7 miles over 7-8 hours and gaining nearly 1,900'. G2 base camp will be our highest sleeping elevation of the trip at 16,900'.

**Activity.** Trek to G2 Base Camp  
**Distance Covered.** 7 Miles  
**Moving Hours.** 7-8 hours  
**Elevation Gain/Loss.** +1,900'  
**Sleeping Elevation.** 16,900'  
**Lodging.** G2 Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 12** — Today will be an active rest day, giving us the opportunity to explore G2 base camp and rest our tired bodies after seven hard days of trekking. This relaxing day spent at G2 base camp will give you a chance to soak in its stunning views and reflect on our incredible trek through one of the most beautiful mountain ranges in the world. Our last night in the Karakoram will be spent at G2 base camp.

**Activity.** Explore G2 Base Camp  
**Sleeping Elevation.** 16,900'  
**Lodging.** G2 Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 13** — We'll wake up and enjoy the sunrise over G2 before packing up camp and taking a beautiful 90 min helicopter flight through the valley back to Skardu. After landing in Skardu we'll spend the rest of the day celebrating and reminiscing on our trek.

**Activity.** Fly to Skardu  
**Moving Hours.** 90 min  
**Elevation Loss.** -9,600'  
**Sleeping Elevation.** 7,300'  
**Lodging.** Hotel in Skardu  
**Meals.** Breakfast

**DAY 14** — Today we'll wrap up our trip by flying from Skardu to Islamabad. We'll say our goodbyes and prepare to head home from Pakistan. If we are not able to fly from Skardu, we'll start our return journey driving along the Karakoram Highway.

**Activity.** Fly to Islamabad or drive to Chilas  
**Moving Hours.** 1 Hour Flight, 6-7 hours driving  
**Elevation Loss.** -5,600'  
**Sleeping Elevation.** 1,700'  
**Lodging.** Hotel in Islamabad  
**Meals.** Breakfast

**DAY 15** — We've built-in an extra day in Islamabad in case we are not able to fly from Skardu to Islamabad and are taking this day to finish the drive along the Karakoram Highway.

**Activity.** Extra Day in Islamabad or drive to Islamabad  
**Moving Hours.** 8 hours if driving  
**Sleeping Elevation.** 1,700'  
**Lodging.** Hotel in Islamabad  
**Meals.** Breakfast

**DAY 16** — Today we'll depart Islamabad for home

**Activity.** Fly Home

# Travel Details

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## FLIGHTS

Trekkers should schedule flights to land in Islamabad, Pakistan on day 1 of the itinerary. Trekkers will meet their guides and be transported to our hotel. Travel into Skardu will be handled by the Alpenglow logistics team and is included in the pricing. We will be departing from Islamabad on day 16 of the itinerary.

If you do not have a travel agent, we recommend using kayak.com as a primary source for finding low-fare airfares.

## VISAS

Pakistani visas are required and must be arranged in advance. You will need to apply for the Mountaineering and Trekking Visa (3-month single entry). Be sure to apply for the visa with plenty of time in advance, it can take up to 4-weeks for your visa to be processed. The trekking fees will be handled by the Alpenglow logistics team and are included in the pricing.

## GROUND TRANSPORTATION

Alpenglow will handle all of the ground transportation after we arrive in Islamabad. If flights are not available, we will take a private shuttle that will carry our team and gear along the Karakoram Highway to the city of Skardu. From Skardu, we will take jeeps to the small village of Askoli where our trek will begin.



***Please confirm your itinerary with Alpenglow Expeditions before purchasing.***







## Accommodations

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*All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.*

### IN-TOWN

While in Islamabad, we will stay in a luxury hotel and get some much needed rest from our long international flights and recover after our epic trek in the Karakoram. In Skardu, we will stay in the best hotels available to us.

### SINGLE SUPPLEMENT

If you prefer a single room while we are in hotels, or a single tent during the trek, please let us know as soon as possible. There will be an additional cost associated for this.

### TREKKING ACCOMMODATIONS

During the trek, we will have 3 person personal tents for you and another team member. Alpenglow's trekking infrastructure includes a dining tent complete with a lounge area that is made as comfortable as possible with heaters, plush chairs, and cushy rugs.

We use high quality, four-season Eddie Bauer tents that will keep you both warm and comfortable while we're in the Karakoram.



## General Trip Information

### FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Skardu to provide the best options to our team. Our western trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

### MOUNTAIN TRAINING

Long trekking days at altitude can be taxing on the body. Trekkers who are joining our teams should have a deep understanding of what it takes to train for a trek like this, and should train hard for several weeks prior to the trip. For a personalized training schedule, we recommend Lynette at Billy Goat Swift: [lynette@billygoatswift.com](mailto:lynette@billygoatswift.com).

### ACCLIMATIZATION FOR NON-RAPID ASCENT CLIMBERS

While our daily itinerary doesn't change, there is an option for trekkers who wish to acclimatize in-country prior to day 1 of the itinerary. Please contact the office to discuss options.

### MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

### On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.



## INCLUSIONS

The cost of your trip includes your land costs (excluding in-town meals). This includes:

- double occupancy lodging while in Islamabad and Skardu
- meals on the mountain
- group camping equipment
- scheduled transportation while in the countries we are visiting
- qualified guides

## CANCELLATION POLICY

View our cancellation policy online at [alpenglowexpeditions.com](http://alpenglowexpeditions.com).

## INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

## EXCLUSIONS

The cost of your trip does not include:

- flights to/from Islamabad
- airport taxes
- visas
- in-town meals
- immunizations
- tips for guides or local staff
- travel, rescue, or any other type of insurance
- hospitalization or evacuation costs
- single supplement charges
- excess baggage charges
- alcohol
- other personal expenses

*\*\* The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.*



Photo by Ming Poon



## Expedition of a Lifetime

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*Success is only achievable with your hard work and perseverance, and of course the right team of people around you.*

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

**ALPENGLOW**  
expeditions

**ALPENGLowEXPEDITIONS.COM**

### **BOOKING + INQUIRES**

For booking details, questions, or more information please call or email us:

**1 (877) 873-5376**

**info@alpenglowexpeditions.com**





# ALPENGLOW

## Alpenglow Expeditions

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