

PAKISTAN

Hunza Valley yoga and hiking



MORE ABOUT HUNZA

Pakistan is the ultimate destination for adventure-minded folks looking to connect to some of the most beautiful mountain valleys in the world.

Our hybrid trip combines mindful hiking, connection to nature, and yoga practice deep into the northern reaches of Pakistan for the trip of a lifetime.

This region, hidden away from Western eyes for most of its history, is full of wonderful experiences, soaring peaks, friendly locals, and comfortable accommodation.

Come with us on a real adventure to the Hunza Valley – drive down the legendary Karakoram Highway, hike under some of the highest mountains in the world, stay in a remote mountain village, feast on tasty local cuisine, and become a member of a fun-loving team of intrepid travelers.



Outside of touring the Hunza Valley, we will also visit one of Pakistan's most exciting destinations: Fairy Meadows and Nanga Parbat Base Camp at the foot of the 9th highest mountain on earth.

We've been traveling in Pakistan for the last eight years and we have many great friendships in here. Our unique connections allow us to show you a side of the country few travelers get to see.

This trip is the culmination of years of research and exploration and we are stoked to show you all the things this region has to offer - all in conjunction with world-class yoga instructor and world traveler Peter Bartsch.



ABOUT PETER BARTESCH

Peter is a Bay Area **yoga teacher** and **fitness instructor**. He has made a life of exploring the body in movement, mind and health. For over a decade he has worked as a personal trainer, a Pilates instructor, and a yoga teacher. With a background in extensive international travel, various schools of yoga, a MA in and a philosophy, Peter brings his same unique touch and experience to this Epic adventure as he does his classes and teachings. Epic is stoked to team up with Peter to bring you this one of a kind trip that combines yoga and body work with the raw beauty of the Karakoram in Pakistan.



ABOUT EPIC

Epic is a small, USA-based adventure tour company offering unique, bucket-list adventures in multiple South and Central Asian countries. We believe adventure travel can potentially gift us life-enhancing experiences while directly benefiting the local people we encounter along the way.

Founded in 2018 by American photographer Chris Lininger - Epic is the manifestation of our deep love of making new human connections, raw travel, good food, big mountains, new cultures, and the entire journey along the way. Each adventure we embark on grows our elite Epic community and now that you are here reading this - we hope that one day this will include you too!



TRIP SPECIFICS

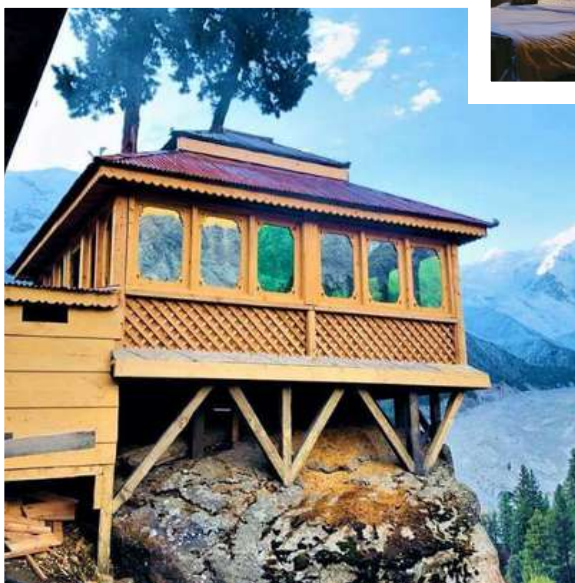
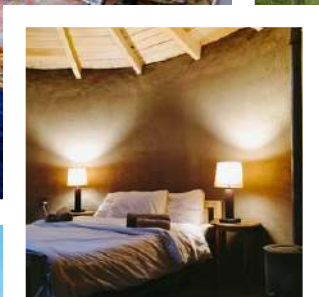
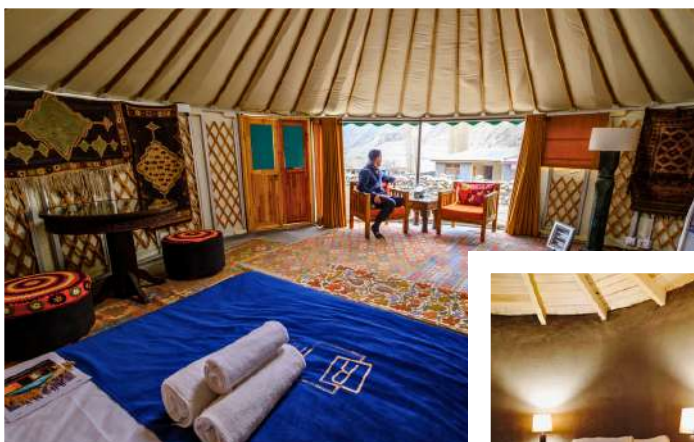
ACCOMMODATION

Islamabad: Comfy, spacious hotel in a trendy part of the city. *Twin sharing rooms.*

Hunza Valley: Semi-luxury Eco Lodge - twin sharing yurt-style cottages with private bathroom and hot water.

Fairy Meadows: High-end lodge with twin-sharing rooms + wood-burning stoves and private bathrooms en suite.

Single room supplement: \$650



MEALS

Pakistan is home to some truly tasty culinary traditions. Food is a big part of this trip and we aim to provide you with a diverse menu featuring local traditional food from the region in addition to the Pakistani take on western classics.

All included breakfasts and dinners are family-style group meals, whereas some lunches are ordered and paid for on your own or when you might have free time.

We can accommodate vegetarians and vegan diets as well. Come with an open mind and the tasty food spreads will not disappoint!



ITINERARY

HERE IS A DETAILED DESCRIPTION OF OUR EPIC ITINERARY

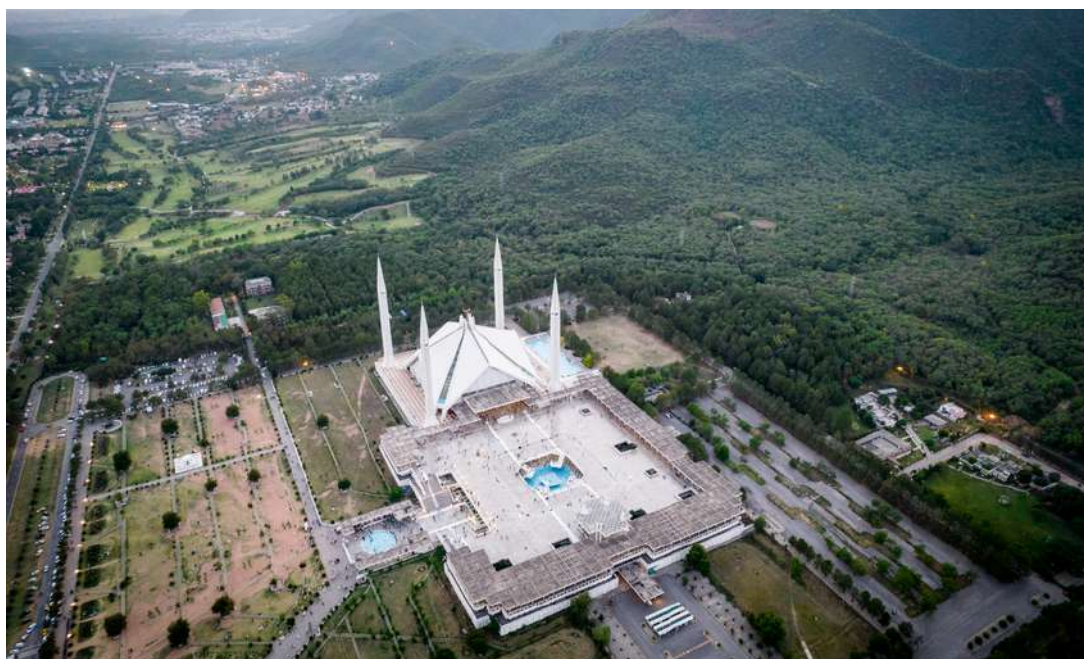
Day
1

Arrival in Islamabad

After our group has assembled on the morning of day 1, we will have our first team meeting and introductions.

The afternoon is spent sightseeing in Islamabad checking out markets, and mosques, and capped off with our first group dinner.

Included: lunch and dinner



Day
2

Flight to Gilgit, Arrival in the Mountains

This morning we will head back to Islamabad International airport. The goal is to catch a flight from Islamabad to the mountain city of Gilgit.

We then have a few hours drive to our special accommodation in Aliabad where we will base for the next few days.

This area is known as lower Hunza and is the gateway to the mountains. Today there is a mix of free time and planned yoga activities in the evening.

Included: breakfast, lunch and dinner



Day

3

Recentering Day in the Mountains

We start the day with a slow morning yoga session followed by a team breakfast.

In the afternoon, we plan to visit one of the oldest settlements in Northern Pakistan and the first village settlement formed along the ancient Silk Road. There will be an *optional* hike and photography session along the Hunza River.

Included: breakfast and dinner



Day
4

Eagles Nest Sunrise - Karimabad Exploration

Very early morning start today (*in the dark*) and short drive to catch the sunrise and do light yoga at a stunning viewpoint. The team will then return to Mountain Story for breakfast before exploring the nearby village of Karimabad.

We will explore the village, and see one of the coolest old forts in Pakistan perched way up on a mountain top, before returning to the hotel for an afternoon yoga session and rest.

Included: breakfast and dinner



Day
5

Bridge to Bridge Hike - Upper Hunza

We start the day off with an optional morning yoga session.

After breakfast, we will shift our base to the upper Hunza Valley, checking in to yet another special hotel.

After lunch, we go for a moderate hike (3h) to visit the epic Passu Suspension bridge. The bridge itself is far less visited than the more famous Hussaini bridge found directly off of the Karakoram Highway.

We return to Gulmit for a chill time in the late afternoon and have dinner as a team.

Included: breakfast and dinner



Day

6

Travel to Fairy Meadows

Leaving Gulmit early (5 am start), we will travel to Raikot Bridge where we will transfer into 4x4 jeeps and traverse the legendary Fairy Meadows jeep track – think sheer drops and impossible hair-pin bends...

In the distance, if the weather is clear, you will catch your first glimpse of Nanga Parbat; the most beautiful mountain in Pakistan, and the ninth-highest mountain in the world. This is the stuff adventure dreams are made of.

Arriving at the end of the jeep track we will then hike for two to three hours (porters available for an additional fee). Arriving at Fairy Meadows, we will spend the next couple of nights in a comfortable mountain lodge.

Fairy Meadows is the perfect place to chill out and unwind; watch the clouds dance past Nanga Parbat, the glacier snaking through the valley below, and explore the forest surrounding our log cabins.

Included: breakfast, lunch and dinner



Day
7

Trek to Nanga Parbat Base Camp

There are several optional treks available here but the real highlight is the hike to Nanga Parbat Basecamp at (6-8 hours return) at 13,000 feet.

Once we return from base camp, we will have an epic bonfire beneath the stars!

Note: the optional hike to Nanga Parbat basecamp requires a moderate level of fitness and takes around 6 – 8 hours round trip (with time to chill out at base camp, eat lunch, etc).

Included: breakfast, lunch and dinner



**Day
8**

Rest and Yoga Day at Fairy Meadows

Today is a day to reflect, ground yourself, and nourish your body after many days of travel and activity.

Peter will lead a morning yoga session and the afternoon is intentional group free time to wander, rest, or just drink tea with a good book in hand.

This is our last day beneath the big mountains so the goal is to soak the vibe in as we recharge the mind.

Included: breakfast, lunch and dinner



**Day
9**

Depart Fairy Meadows - Travel to Gilgit

Leaving The Fairy Meadows behind, we will travel back to Raikot Bridge where we will join our minibus to start the journey back to Gilgit via the Karakoram Highway

Note: 3 / 4 hours to reach Raikot Bridge (combination of hiking and the jeep ride down), 2 hours to reach Gilgit with meal/bathroom stops on the way.

The team will check into our hotel in Gilgit and then chill out in the afternoon.

Included: breakfast, lunch and dinner



Day
10

Flight Back to Islamabad

The goal today is to catch a morning flight back to Islamabad, weather pending.

Depending on our arrival time, in the late afternoon will go to check out a bustling market in the nearby city of Rawalpindi.

We will then spend our final evening taking in the vibe of the city before our final team dinner at one of our favorite local restaurants.

Included: breakfast, dinner

Day
11

Departure Day

We arrange for transfers to the airport for those who are flying out this morning. Check out of the hotel is around 11 am today.

You can choose to stay on at the same hotel if you are not flying home right away, though any additional nights at the hotel are not covered by Epic.



WHAT'S INCLUDED AND WHAT'S NOT

- ✓ All accommodation during the Hunza Valley tour
- ✓ Breakfast, lunch, and dinner for all tour days, except for 4 lunches (when guests may have free time in cities/towns)
- ✓ All transportation whilst on tour
- ✓ A return flight ticket from Islamabad - Gilgit
- ✓ All on-the-ground logistics and planning
- ✓ Western and local guides
- ✓ Letter of Invitation and all supporting visa documents
- ✓ Certified yoga teacher
- ✓ Airport pickup and dropoff
- ✓ Lots of laughs and epic moments
- ✓ Life-changing experiences
- ✓ Bonus surprises along the way
- ✗ International flights to Pakistan
- ✗ Visa application fees
- ✗ Any pre-tour or post-tour accommodation
- ✗ Travel Insurance
- ✗ Tips for staff
- ✗ Porters for your personal belongings to Fairy Meadows (available at a reasonable cost)
- ✗ Alcohol
- ✗ 4 lunches when we are in cities/driving
- ✗ Personal snacks and soft drinks
- ✗ Yoga Equipment (mat, blanket for shavasana, etc.)

MORE HUNZA VALLEY TRIP DETAILS

DATES: October 26 - November 5, 2024

Price: \$3499 USD

We encourage trip participants to arrive in Islamabad at least one day early. This gives you a chance to shake off jet lag and also guarantees you will be on time in case of any luggage or flight delays.

Please note that pre-tour accommodation is not included in the trip price.

We will collect balance payments 3-4 months before the trip start date. Around this same time (August 2024) we will issue you the required visa paperwork and you will apply for the tourist Evisa online.

PAY DEPOSIT

