

WILD FRONTIERS



A Wild Walk in the Hindu Kush (Wild Expedition) Pakistan - Darkot Pass

Lying along the eastern edge of the Wakhan Corridor, this stunning trekking adventure takes us into one of the most remote and unspoilt mountain regions in Asia. A classic trek that takes in the towering peaks of Tirich Mir and the central Hindu Kush, this remarkable odyssey takes us from the lush valleys of the Yarkhum River and across the high mountain passes of Darkot (4757m) and Atar (4590m) into the landscapes of the breath-taking Ishkuman Valley. Along the way we will cross glaciers and rivers, pass through the high alpine pastures of the Kho and the Wakhi and enjoy the vast panoramas of the Karakoram Mountains, as we ascend from the Yarkhum Valley up into a captivating world of snow and ice.

'The Darkot trek was my 4th and favourite trip with Wild Frontiers and no one gets you closer to the real people. Our best memories are not just of the rough and tough adventure we had, but also of the astounding hospitality and friendliness of the people we met. This was a trek of shaking hands with everyone we met en route, as is the custom, and we felt well protected amongst the people and mountains of the Hindu Kush.' *Stuart Bailey*

HIGHLIGHTS

- A classic trek through the spectacular landscapes of the Hindu Kush.
- Crossing the high mountain passes of Darkot and Atar with views of Nanga Parbat & others
- A chance to explore the high pasturelands of the Kho and the Wakhi
- Visit the Valleys of the Kalash
- Travel along the famous Karakoram Highway between Gilgit and Chilas.

Duration: 17 Days

Average group size: 5 - 10

Start: Fri 24 Aug 12

Finish: Sun 9 Sep 12



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Why Wild Frontiers?

As a young, innovative company, Wild Frontiers is delighted to have been voted one of the 'Top 10 Tour Operators' by the readers of both Wanderlust and National Geographic Adventure. We are frequently asked what makes us different from other tour operators, and feel that the factors below answer this important question.

The Traveller's Ethos: WF is a company that has been set up by travellers for travellers, and our ethos is to help adventurous souls get to incredible and inaccessible places in safety and as much comfort as local conditions allow. We are firm believers that travelling is all about the experience and it's the details that make the trip - we specialise in drawing on our own extensive local knowledge and array of contacts to give our clients the very best experience possible.

Personal Service: Our London office is manned by experienced expedition leaders and every trip we run stems from their firsthand knowledge - in short, we run the kind of trips that as passionate travellers, we like to do ourselves! When you ring our office, you can be guaranteed to chat to someone that knows the trips and the terrain, and is able to offer sound and practical advice.

Authentic Experiences: Our unique, original itineraries allow our clients to take journeys that venture beneath the surface of the region. Unlike the plethora of 'world specialists' out there who purport to know a hundred destinations, we concentrate on the locations we know and love. We don't subcontract our trips, nor do we run the same tour over and over (thus creating a 'tourist circuit', spoiling an untouched region). Instead, we rarely run any tour more than a couple of times a year and they are on routes we have discovered for ourselves, meaning we are able to give a truly authentic, off-the-beaten-track experience.

Be the First: Our style of travel is all about exploration, and nothing excites us more than opening up new routes to genuine travellers. We keep abreast of new destinations and are often the first to return to places that have vanished from the tourist map. We were the first back into Pakistan after 9/11, the first to return to Kashmir after a decade of tourist isolation, and the first to run a commercial travel trip to Afghanistan for almost 30 years. Since then we have helped bring Colombia, Yemen and Georgia back into the tourist fold, specialising in groundbreaking reconnaissance trips and imaginative expeditions.

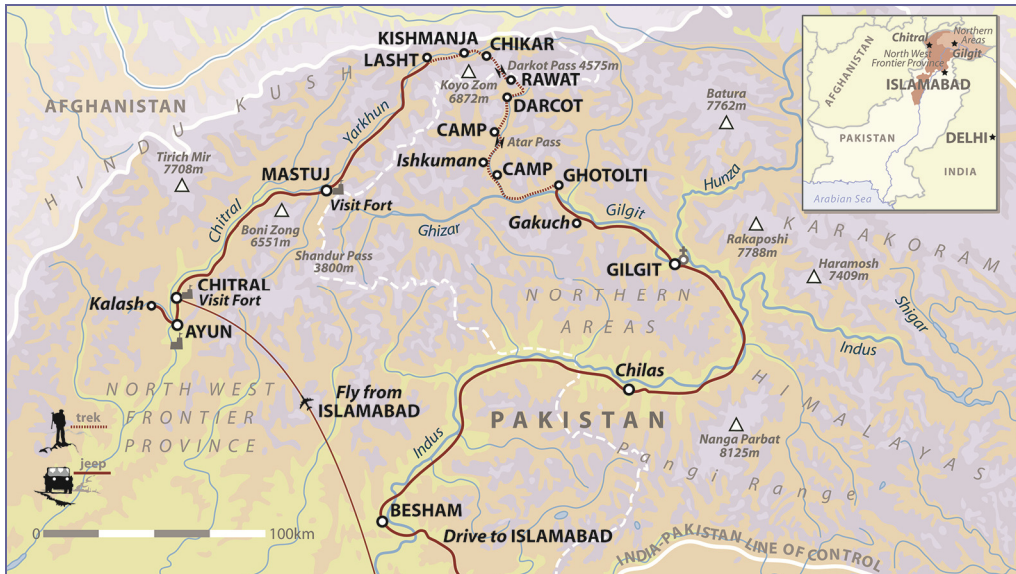
Small Group Size: We believe it is imperative to keep the group sizes small. Most trips are limited to a maximum of 12 travellers, thus giving you more access to fragile cultures, better opportunities to interact with local people, and the knowledge you are making less of an impact while there.

Cost of Tours: We believe in an honest, upfront pricing system so you know exactly what the tour will cost before you book. We avoid local payments, 'optional extras' or forcing our clients to split every meal bill. Our tours are provided on a predominantly full board basis, with mineral water, government permits, entrance fees and transport all included.

Added Value: We aim to give our clients the very best (not the least expensive) experience through whatever facilities are available to us. We always try to provide accommodation that is interesting, characterful and convenient, and transport - another important part of any tour - that is as varied and comfortable as possible.

Our Clients: Your companions can make or break a trip, and it's lucky therefore that our clients are our greatest asset. Travelling to remote regions is not for everyone, and as such we tend to attract open-minded travellers looking for genuine experiences, and a desire to reach those hard to get to places.

Responsible Travel: Awarded 5 star status by AITO (Association of Independent Tour Operators), responsible tourism has always been an integral part of our company ethos and our adventures are designed with the local people, culture and eco-system in mind. For further details please refer to the RT section on this dossier.



Day 1: Tour starts in Islamabad: The tour starts in the morning at our joining hotel and for those who have just come from an international flight; there will be time to freshen up and have a rest. We will then head to Rawalpindi for lunch and take time to explore the bustling markets, before returning to our hotel to freshen up, and taking dinner in the Margalla Hills.

Hotel (L, D)

Day 2: Islamabad - Chitral: Departing Islamabad by plane* we land at Chitral and from here head into the Ayun Valley. Ayun Fort sits some 1370m above the valley floor, affording us some spectacular 360 degree views of the Hindu Kush and the surrounding valleys.

*If the flight is cancelled we'll drive, stopping for lunch at Dir.

Ayun Fort (B,L,D)

Day 3: Ayun - Kalash - Ayun: Today we will pay a visit to the rugged Rumbur Valley, home to fascinating Kalash people. Unique amongst the tribes of the Indo-Aryan people, the Kalash are polytheists, with nature and spiritual mythology playing an important part in their daily lives. While some of the Kalash have converted to Islam, a small minority still retain a strong ethnic identity, maintaining a culture and language that has close connections to Vedic and pre-Zoroastrian traditions. Some Kalash even believe they are descended from the armies of Alexander the Great, although genetic testing has so far proved inconclusive in this respect. The Kalash

are our good friends - as those of you who have read WF's Jonny Bealby's second book - "For a Pagan Song" - will know, and after catching up with Saifoullah and his family, we will return to Ayun Fort for a second night.

Ayun Fort (B, L, D)

Day 4: Chitral - Yarkhun River Valley: An exciting jeep ride today takes us north of Chitral, by way of the historic fort at Mastuj and into the Yarkhun River Valley. Dating back more than 300 years the fort is the oldest of its type in the region, but time has taken a heavy toll on the original structure and its old watchtowers have long fallen prey to the destructive power of a series of earthquakes. Continuing into the river valley we arrive at the small village of Power, where we set up our first night's camp.

Camp (B, L, D)

Day 5: Drive to Lasht: The road is steadily being extended through this most remote of landscapes, but even today, among the high valleys bridges are continually being washed away. We should be able to reach Lasht today, a remote outpost of the famous Chitrali Scouts. One of the country's oldest military units, the Scouts were formed by the occupying British in the early years of the 20th century and today enjoy a reputation comparable with that of the famous Gurkha regiment in neighbouring Nepal.

Camp (B, L, D)

Day 6: Trek to Kishmanja: Setting off on foot this morning, we begin our trek through one of the most remote areas in Pakistan. Heading out of the green and fertile landscapes of the lower valley, we cross a series of rocky spurs into the upper Yarkhun Valley, following the river to our next camp at Kishmanja. For today's trekking we are accompanied along the way by the stunning backdrop of the Koyo Zom ranges, whose high glaciers are the source of the river that winds its way along our route.

Approx 6hrs trekking

Camp (B, L, D)

Day 7: Kishmanja - Chikar: A spectacular morning's trek brings us to our lunch stop opposite the Chatteboi Glacier, from where we will cross over the river and continue following the valley up to our camp close to the village of Chikar. This Kashmiri village lies high among the peaks of the Hindu Kush, close to where the Darkot Glacier meets the Chiyantar River, providing us with some truly breathtaking natural panoramas.

Approx 5-6hrs trekking

Camp (B, L, D)

Day 8: Chikar - Darkot Glacier: After a morning of preparation in camp we head out to trek to another camp higher up on the slopes, besides the Darkot Glacier at around 4000m. The glacier guards the entrance to a deep gorge and from here we are blessed with some spectacular views out towards the Darkot Pass and tomorrow's climb. At the turn of the last century the glacier bridged the waters of the Yarkhun, today those waters are eating away at the icy walls, continually sheering off chunks of ice which are sent crashing into the river below.

Approx 4hrs trekking

Camp (B, L, D)

Day 9: Crossing the Darkot Pass (4757m): An early start sees us trekking up onto the snow-line just below the pass. From here it is then a steady climb to the pass, situated some 4757m above sea level. Straddling the border between Chitral and the Northern Areas, the Darkot Pass lies to the west of the glistening peak of Koyo Zom (at 6872m, the highest mountain in the Ghizer district). To the south is the River Darkot itself, whilst out to the north-east the pass looks out across the Yarkhun River

Valley. From here we make the descent to our next camp, at Rawat.

Approx 9 hrs trekking

Camp (B, L, D)

Day 10: Rawat - Darkot Village: Continuing our descent this morning we head south, crossing a patchwork of irrigated farmland to the village of Darkot, where we set up our next night's camp on a polo pitch that is shaded by a grove of poplar trees. Remote and wild, this region was the final resting place of George Hayward, a little known British explorer of the 19th century who was murdered in Darkot in 1870 whilst attempting to reach the Oxus River and the Pamir Mountains of Central Asia.

Approx 4-5 hrs trekking

Camp (B, L, D)

Day 11: Darkot Village - Atar Pass Camp (4000m): Taking on a new set of porters, we begin the ascent up to our second high mountain pass, that of the little known Atar Pass. Today we will hike up as far as base camp, just below the summit at around 4000m. The journey follows a steep, meandering slope, crossing shale and rock as we head towards a small shepherds hut at the base of the pass.

Approx 5-6 hrs trekking

Camp (B, L, D)

Day 12: Crossing the Atar Pass (4590m): Completing the journey up to the pass this morning, we crest the high ridge and gaze out across a magnificent vista. From here we should be able to see the Hindu Raj peaks and the Karakoram ranges ahead of us. Rakaposhi (7788m) and Nanga Parbat (8126m) rise up in the distance as we cross into Ishkuman and begin the long descent to our camp, close to the beautiful shores of Lake Mathantar. This is the toughest day of the trek

Approx 7-8 hrs trekking

Camp (B, L, D)

Day 13: Crossing Gulistan to Ghotolti Village: Passing through the remote district of Gulistan we head into the heartland of the Chinar people today, continuing on to the village of Ghotolti, where we meet up with our transport. Tonight we make our final camp amongst the mountain landscapes of the Hindu Kush, the final leg of a journey that has taken us through some of the most

breath-taking environments in Central Asia.

*Approx 6hrs trekking
Camp (B, L, D)*

Day 14: Drive to Gilgit: Rejoining our vehicles this morning we begin the long drive towards Gilgit, the capital of the Gilgit-Balistan region of Pakistan and a city that was once an important trading centre along the great Silk Road. The drive passes through Imit and Gakuch, following a spectacular route that takes us into the alpine valleys that lie to the south-west of the Karakorams. Ruled over for centuries by the Trakhan dynasty (from which the rulers of Hunza and Nagar also claimed descent), Gilgit is renowned for the discovery of the Gilgit Manuscripts in 1931, a collection that is considered among the oldest in the world and of immense significance to the evolution of Asian and Sanskrit literature.
Hotel (B, L, D)

Day 15: Gilgit - Chilas - Besham: Continuing along the famous Karakoram Highway (KKH) we head next for the small town of Chilas, lying on the left bank of the River Indus. In the distance Rakaposhi and Nanga Parbat rise up from the valley floor as we pass into a region littered with ancient petroglyphs. The tracks and rocks that surround the town are liberally sprinkled with inscriptions and pictures that depict scenes from the life of Buddha, mystical animals and battle scenes, some of them dating back as far as the 1st century AD. From here we will crack on down the KKH to Besham.
Hotel (B, L, D)

Day 16: Chilas - Islamabad: The last leg of this incredible odyssey follows the Karakoram Highway and the Indus River as they wind their way back towards Islamabad and journey's end.
Hotel (B, L, D)

Day 17: Tour ends in Islamabad: Those booked on the group flights will transfer to the airport for the early morning departure, for everyone else the tour ends after breakfast.
Hotel (B)

Warning!

The British Foreign & Commonwealth Office currently advises against certain parts of this itinerary. Before choosing to join this trip you should first read the relevant sections of their website (www.fco.gov.uk). If travelling from the UK you will also need insurance that is not FCO sensitive. For more information, please contact Wild Frontiers Adventure Travel Limited.

Wild Extensions:

Arrive early to adjust to a new time zone or just to get a feel for the country before your tour starts. Explore the country after your tour on a bespoke Wild Extension or just allow a few days to relax afterwards. Maybe choose all of the above and get cheaper flights mid-week?

- The most obvious extension is to Lahore, to see this famous old Moghul city and the 'Closing of the Gate' ceremony.
- However you might also like to spend more time in the mountains and visit Hunza and Skardu or even head north over the Khunjarab Pass to Kashgar
- Other extensions could be made to Murray, Mohanjadaro or Multan
- If you've not had enough of trekking, this trip can be combined with our visit to K2 and Concordia!

Contact the office for extension specifics.

TOUR DETAILS

Tour Code: WWH/C

Tour price: All our tours are priced on a LAND ONLY basis, giving you maximum flexibility when deciding how to get to and from your tour.

Single Supplements: Due to the nature of tourism in Pakistan, it can be difficult to guarantee single rooms in many locations. Single rooms should be available for all nights of the tour but if for any reason this is not the case, we will reimburse you for any nights when you are required to share.

NB: for those nights when we are camping you will get a single tent if the supplement is paid.

Flights: If you would like us to send you a quote for the suggested tour flight (see GETTING THERE) or on any alternative flight that may suit you better, please let us know.

In all cases, for the latest prices, please refer to our website or contact the office.

Please remember that all Wild Frontiers tour prices mean NO hidden extras, NO local payments or kitty and NO compulsory single supplements.

WHAT IS INCLUDED?

- Full services of a Wild Frontiers Tour Leader with local guides and drivers.
- Meal plan as detailed in the itinerary (B=Breakfast, L=Lunch, D=Dinner) with mineral water as required.
- All transport as outlined in the itinerary.
- All accommodation
- All entrance fees, as per itinerary.

WHAT IS NOT INCLUDED?

- Visas
- Local airport taxes
- Tips to local guides
- Beverages & any costs of a personal nature.
- International Flights
- Airport transfers (unless booking suggested flights through WF office)

GETTING THERE

For this trip our suggested flights (subject to change) are:

23AUG EK2 LHR-DXB 14:15/00:05+1
24AUG EK612 DXB-ISB 03:25/07:30
09SEP EK615 ISB-DXB 03:40/05:50
09SEP EK029 DXB-LHR 09:40/14:20

Key

LHR - London Heathrow

DXB - Dubai

ISB - Islamabad

EK - Emirates

NB If you wish to arrange your own flights you are completely free to do so and in

this case we can arrange any transfers or supplementary accommodation that you may require.

Please note that if you are making your own flight arrangements, we recommend you only purchase flights that are totally flexible and refundable as due to the nature of adventure travel, itineraries can change at any time. For more information, please refer to our booking conditions.

PRACTICALITIES

Accommodation varies hugely from small characterful hotels/guesthouses to tents of courses. Trekking facilities will be good, with WC, dining & kitchen tent. You will also be very well fed! Any accommodation mentioned in the itinerary is subject to availability and if not available substitutes will be of a similar quality.

Transport on tour will be in minibuses and in the wonderful Willis open-top jeeps for the mountain journeys.

Trip Grading:

Adventure Rating ❖❖❖❖❖

Comfort Grade ❖❖❖❖❖

Fitness Level ❖❖❖❖❖

Cultural Interest ❖❖❖❖❖

Please note that this grading is an indication only and should you have any concerns please contact the office.

Wild Expeditions:

As many of you will be aware, Wild Frontiers is a company that has been set up by travellers for travellers and the company ethos has always been to help adventurous souls get to incredible places that would otherwise remain inaccessible. With many members of the WF team cutting their teeth in real adventure travel - as travel writers, polar explorers and expedition leaders - we are keen to return to our roots, to get out there into the wilds of this incredible earth, and take some of you with us. So while we have always prided ourselves on running cutting edge, innovative trips, our Wild Expeditions truly take adventure travel to the next level.

These often-groundbreaking tours, which investigate new destinations and rarely used routes, revert back to the golden age of explorative travel. These trips are unpredictable and conditions are often basic, so participants must be open-minded and prepared for all eventualities - and a sense of adventure (and humour!) is essential. Much more demanding than normal tours, they aren't for everyone and as such we strongly recommend you call the office to discuss the trip before booking.

Fitness...

It is vital to note that this is a pretty demanding trek overall and it's important that you be in good shape. For someone with good fitness the days are typically not more than 6-7 hours of walking, but we have heard of less-fit people having days that extend to 8-9 hours. This is especially important in the first few days, as the heat can be an issue. Clarifying fitness levels for each individual is not easy, but clearly you will need to be able to walk for 6-8 hours in a day (including breaks, lunch etc) on rough terrain. It is advisable to get out for some test runs of up to 10km in length, certainly in the lead up to departure, and if you are close to some rough terrain, even better! If you are working out aerobically at 45+ minutes 3-4 times a week in the months ahead of the trip and able to do some longer walks once a week you ought to be in good shape. Clearly, if you can do more then you will simply enjoy the trek that much more! To summarise, you can be of almost any age, but you need to be in good active shape.

It may sound obvious but...

Wild Frontiers tours are not always for everyone and it is important to us that the tour you choose is the most suitable. Please therefore take time to read the dossier carefully. All our tours are graded to give an overall picture of the trip but these are only guidelines and you should check the daily itinerary. Should you have any concerns about your ability to partake in any aspect of the tour then please contact the office.

Insurance: Insurance that provides cover for emergency repatriation in case of a medical emergency is compulsory for all tours. You should be aware that many

standard insurance policies may not cover you adequately for all aspects of a Wild Frontiers trip and so we strongly recommend that you purchase a suitably designed insurance policy. One such policy is the "Wild Frontiers" policy underwritten by Travel & General Insurance Company plc, which is available to UK and Republic of Ireland residents through our website or via the insurance company direct on 0845 408 0583. Under this policy there are two different levels of cover available and for this trip the minimum requirement would be the Standard* policy.

Cover explained:

Standard policy: a comprehensive travel insurance policy that provides cover for all Wild Frontiers activities, including trekking up to 6,000m. This policy does not provide cover for travel to areas where the FCO is advising against all or all but essential travel.

Elite policy: provides the same comprehensive level of cover as the standard policy. In addition the Elite policy also provides cover for travel to areas where the FCO is advising against all or all but essential travel. The policy will not provide cover for any claims arising from or relating to the reasons why the FCO is advising against travel.

If purchasing the Elite policy you also have the option to **extend the cover** provided by the policy to include cover for claims arising from a terrorist act in an area where the FCO is advising against travel. You can add this cover to your policy when purchasing online or over the telephone.

These policies are only available to those travelling on a Wild Frontiers holiday.

For more information and to purchase your policy online please visit the Insurance section of our website.

The cover is underwritten by the International Insurance Company of Hannover Limited (IICH), who are authorised and regulated by the Financial Services Authority (FSA). Wild Frontiers Limited is an Introducer Appointed Representative of Travel & General Insurance Company plc, details of which

can be found at the FSA's website www.fsa.gov.uk.

If you do decide to purchase alternative insurance, then you must ensure that it covers you for every aspect of this trip. Please pay particular attention to ensuring that you are covered for travel to areas sometimes advised against by the FCO including walking at altitudes of up to 5000m

*Travel & General have confirmed that the Standard insurance policy (see Insurance section above) is sufficient for this trip even though some parts of the trip contravene FCO advice. If you have alternative insurance you should check with your insurer that your cover is adequate.

Visas: Visas are necessary for many of the destinations we travel to and while we aim to provide you with the most up-to-date information, requirements frequently change and as such we advise that you check with the relevant embassies or contact our recommended visa agency, Travcour (020 7223 5295) www.travcour.com for the latest advice.

For this tour, UK passport holders currently require a visa for Pakistan.

Non-UK passport holders should contact the relevant embassies for individual requirements.

Further details will be sent out to you on booking, however ensuring that correct and valid visas are obtained remains the sole responsibility of the client.

Responsible Travel: Responsible travel and sustainable tourism are fundamental ideas that Wild Frontiers has been committed to since our birth. It is our strong belief that these words should not be simply 'tagged on' to dossiers and websites but should be at the very core of each trip, and our adventures are therefore designed with the local people, culture and eco-system in mind. We believe that a successful trip not only delivers a unique and unsurpassable journey for our clients, but that it also benefits the peoples whose lands we are privileged to visit.

The Wild Frontiers Foundation: In order to facilitate an enduring support structure for the communities we visit, and to show a commitment to these values, Wild Frontiers has set up a charitable foundation through which we can channel funds to both existing NGOs and our own development projects. In addition to organising ethically sensitive tours, having our own charitable foundation allows us to raise money - through the cost of our tours, charity trips and fund raising events - which can then be used to fund various projects in education, sanitation, reforestation and a number of other important issues facing developing communities. Wherever possible we are happy for our clients to visit these projects to see for themselves where and how this money is being spent. For a full list of partner NGOs please visit our website. Should you wish to donate to the foundation please contact the office for details.

The Environment: Trying to do our bit for the environment, in 2005 we were among the first UK-based travel companies to automatically offset every client's international flight (if booked with us) with a payment to Carbon Clear to help promote sustainable energy.

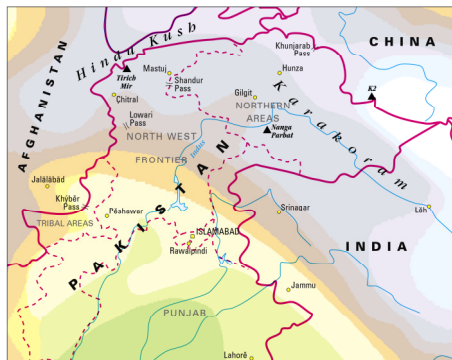
Foreign Commonwealth Office (FCO): The FCO Travel advice highlights potential hazards people might experience when travelling abroad. Given the nature of destinations offered by Wild Frontiers it is inevitable that from time to time some itineraries contravene this advice. Whilst WF takes the safety and security of its clients extremely seriously, we will not necessarily cancel a trip because of the FCO advice. It is recommended therefore that clients check this advice before booking and contact us if they have any queries or concerns. Please see our website for further information.

Climate: The weather conditions can be extremely varied. In the mountains of the Hindu Kush, where you will be travelling at heights in excess of 4,000 metres even in the middle of summer it can turn bitter with the occasional snow flurries falling. At the same time mercury in the thermometers of Islamabad can be nudging 45 degrees. Generally you can expect warm days and some cold nights.

Further information:

When you make a confirmed booking with Wild Frontiers we will send you our confirmation pack with complete pre-departure information giving you details on visas, health and vaccinations, packing lists, suggested reading on the region, insurance, photography and other useful tips to make your trip more enjoyable.

PAKISTAN - THE FACTS



Chitral: Lying in a fertile valley beneath the mighty Tirich Mir - at 7,700m the highest mountain in the Hindu Kush - Chitral Town is a cosy place, inhabited by warm and welcoming people. A lively bazaar, many of the stalls and restaurants run by Afghan refugees, leads through its centre to the small airstrip at one end and the polo field at the other. The old mud fort, scene of the famous British siege, still rest on the banks of the Chitral River next to the imposing Shahi Mosque. From here the hot springs of Garam Chashma, the Kalash Valleys, Mastuj and the Shandor Pass are all accessible. Cut off as it is from the rest of the country by high mountains, Chitral has developed its own particular feel and charm.



The Kalash: Obscured by time, the routes of the Kalash are steeped in myth and legend. Descended, they maintain, from the armies of Alexander the Great, at one time their ancestors ruled all the way

from the Panjshir Valley, north of Kabul, to Swat and Chitral in a land known as Kafiristan - literally, Land of the Unbelievers - and it was here that Rudyard Kipling set his famous short story, *The Man Who Would Be King*. But when Afghanistan's eastern border was finally agreed upon in 1893 - cutting right through Kafiristan - the ruthless Amir of Kabul seized the opportunity to invade the land on his side of the border, convert the infidels and change its name to Nuristan - Land of Light. In what was probably the last forced mass conversion in history, Kafiristan was reduced to the lands of the Kalash.



Worshipping a plethora of ancestral gods, the Kalash hold colourful religious festivals of music and dance, drink wine, sacrifice animals and - though these practices have largely been forgotten - are still known to place effigies over the graves of their dead and judge a man by the size of the parties he gives. Though the men now wear the standard Pakistani *shalwar kameez*, the women still dress in traditional garb; voluminous black dresses held tight round the waist with a thick red belts, flamboyant head-dresses made of wool, decorated with cowry shells, old buttons, beads and bells and, perhaps most striking of all, around their necks great strands of coloured beads.

Practising the ancient agricultural system of *transhumance*, the Kalash divide the summer months between herding their goats in the high pastures and tending their crops of wheat and maize in the valleys. Apricots, mulberries and walnuts are collected and dried for winter while the grapes are made into wine. During the seventies, when local Muslims forced a number of conversions upon the Kalash, their numbers shrank to just two thousand. However, with protection from the government, a decrease in voluntary conversion and a great reduction in the

child mortality rate, the last two decades have seen their numbers double.

Gilgit: Encircled by stark black mountains Gilgit carries the oppressive feeling of a place cut off from the rest of the world. However, since the opening of the Karakoram Highway and the Khunjarab Pass the old trade route between China and the subcontinent has flourished giving rise to a teeming bazaar packed with strange goods, animals and people. It is also a superb place to watch frontier polo - a wild version of the spectacular sport where few, if any, rules apply.



How to book:

In order to confirm your booking we need to have a completed signed booking form for each client together with a £400 deposit per person. You can either return your booking form to us by post or by booking online at www.wildfrontiers.co.uk

You can contact the office by email to info@wildfrontiers.co.uk or we are very happy to take your call on **020 7736 3968**. Wild Frontiers is a fully licensed and bonded tour operator and our ATOL number is 5975. You can book your holiday with Wild Frontiers in complete confidence that all monies you pay to us for your tour are fully protected.

We are also bonded with the Association of Independent Tour Operators (AITO). AITO members comply with the highest standards of consumer protection. Every AITO holiday is backed not only by AITO's Quality Charter but also by full financial protection.

We do recommend that you take out adequate travel insurance at the time of booking in the event that you are no longer able to travel as all deposits are non-refundable - full booking conditions can be found on the booking form and online at our website.