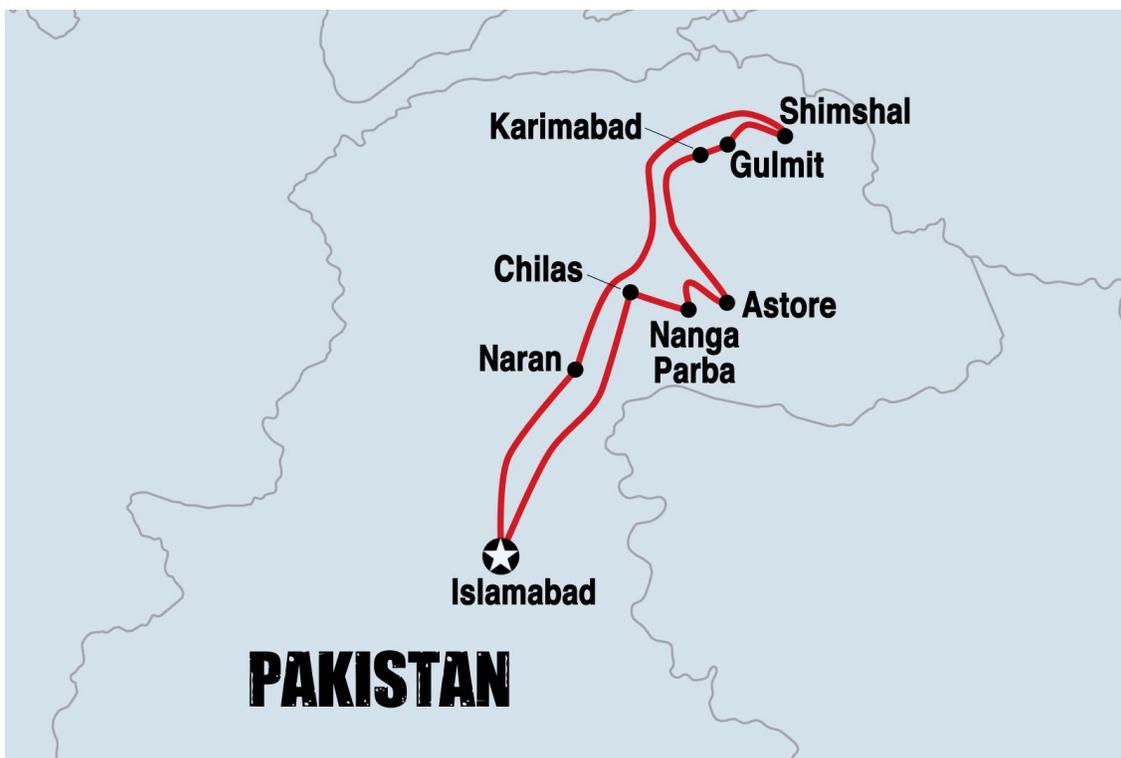


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PAKISTAN SEP 2022



Day 1 / Date: 12th September 2022
Islamabad

Meals included: Lunch, Dinner

Today your arrival day in Islamabad. Check in at the hotel after 2pm.

Make the most of the opportunity to explore Islamabad with your fellow travellers. Your local leader will speak with you about the history of both Islamabad and Pakistan and be able to answer any questions about this oft-misunderstood destination. There will be a chance to shop for local clothes, so keep an eye out for the shalwar kameez – the traditional dress of loose-fitting trousers and a long shirt.

Visit Faisal Mosque, which was the largest mosque in the world upon its completion in 1986 and is said to hold 10,000 worshippers, then head to the ancient site of Taxila. These World Heritage-listed ruins are evidence of over 500 years of cultural evolution influenced by Persia, Greece, and the spread of Buddhism. Enjoy a group meal in the evening at Monal, perhaps Islamabad's most famous restaurant, which is nestled in the hills and has stunning views of the city below.

Arrival Transfer: N/A

Included Activities

- Visit Faisal Mosque
- Visit ancient Buddhist ruins at Taxila
- Visit Taxila museum

Accommodation

Grand Hotel Islamabad - <https://grandislamabadhotel.com/> or similar

Day 2 / Date: 13th September 2022
Chilas

Meals included: Breakfast, Lunch, Dinner

Chilas is part of the Silk Road. The Karakoram Highway is also known as the China-Pakistan Friendship Highway, and one of the highest paved roads in the world. It passes through the Karakoram mountain range and sometimes referred to as the Eighth Wonder of the World.

Babusar top is only accessible between July and October. This route is shorter drive, scenic and in a much better condition. When the pass closes in winters you have to take the other route via KKH.

Included Activities

- Drive to Chilas: 400 km / 10-12 hours or 525 km / 12-14 hours (depending upon road accessibility)

Accommodation

Shangrila Hotel Chilas - <https://www.shangrilahotels.pk/> - or similar

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Day 3 / Date: 14th September 2022

Tarishing

Meals included: Breakfast, Lunch, Dinner

Tarishing is a beautiful village at the foot of Nanga Parbat, 9th highest mountain in the world. The village is located off the beaten pass, and is only visited by serious trekkers and travellers.

Included Activities

- Drive to Tarishing: 150 km / 5-6 hour drive

Optional Activities

- N/A

Accommodation

Nanga Parbat Tourist Cottage - <https://facebook.com/Ranacharaghali111/> - or similar

Day 4/ Date: 15th September 2022

Tarishing

Meals included: Breakfast, Lunch, Dinner

Walk around the village where men and women can be seen working in their potato fields. You will also go on a short hike up a hill for the views of Nanga Parbat and a glacier.

Included Activities

- Hike to Nanga Parbat Viewpoint

Accommodation

Nanga Parbat Tourist Cottage - <https://facebook.com/Ranacharaghali111/> - or similar

Day 5 / Date: 16th September 2022

Tarishing

Meals included: Breakfast, Lunch, Dinner

Trek to Nanga Parbat Base Camp – Rupal Face. The walk is gentle uphill, with only one steep slope of around 1-2 kilometres near the end, and it takes you past several pretty villages. You will get to see beautiful pastures, glaciers, and a stunning view of Nanga Parbat.

Jeeps can also take you through most of this journey. In that case you will just have to trek for the last 1-2 kilometres steep part where the jeep would not be able to go.

You also have the option of staying at the village and exploring if you are not interested in trekking.

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Included Activities

- Trek to Nanga Parbat Base Camp and back to Tarishing: 4 – 5 hour trek one way.

Accommodation

Nanga Parbat Tourist Cottage - <https://facebook.com/Ranacharaghali111/> - or similar

Day 6 / Date: 17th September 2022**Astore**

Meals included: Breakfast, Lunch, Dinner

Drive to Astore from Tarishing. Rama meadows are about one hour jeep ride from Astore town. If you want to walk, the trek will take about 1 hour. If not, you can take a 20-minute jeep ride up to the lake.

Included Activities

- Drive to Astore: 1-2 hours' drive from Tarishing to Astore
- Hike to Rama lake: 2 hours round trip (20 minute by jeep)

Accommodation

Royal Resort Eid Gah - <https://facebook.com/royalresortsastor/> - or similar

Day 7 / Date: 18th September 2022**Gulmit**

Meals included: Breakfast, Lunch, Dinner

Drive to Gulmit. This is an achingly beautiful part of the world and there will be several opportunities to stop and take in views of Nanga Parbat and Rakaposhi, as well as the point where the Karakoram, Hindu Kush and Himalaya mountain ranges all meet. Nanga Parbat is a particularly impressive peak and is sometimes called the 'killer mountain' thanks to the high number of casualties from attempting its summit. You will also have time to visit the markets in Karimabad, the commercial hub and capital of the Hunza region, before arriving in Gulmit.

Included Activities

- Drive to Gulmit: 236 km / 6-7 hour drive

Accommodation

Gulmit Farm House - <https://facebook.com/GulmitFarmHouse/> - or similar

Day 8 / Date: 19th September 2022

Gulmit

Meals included: Breakfast, Lunch, Dinner

Explore Gulmit Village. Gulmit is a small town surrounded by mountains and glaciers. It sits by the famous Karakoram Highway, which is also known as the China-Pakistan Friendship Highway as it connects the two countries. Spend the day soaking up the atmosphere in Gulmit. Take a walk around the remote village and visit a carpet-weaving centre run by the local women, which operates in one of the oldest traditional houses. You'll also trek out to the ruins of Ondra Fort, a walk of approximately three kilometres. The fort sits atop a rocky outcrop above Gulmit and would have commanded views of several strategically important passes in the area. It's believed to have been built in the 16th century by a ruler named Qutlug Baig and, as if the historic ruins weren't enough, there are phenomenal views of both the valley and the surrounding peaks.

Included Activities

- Explore Gulmit village
- Visit Women's Carpet Weaving Centre
- Visit Old House
- Visit women-run café
- Hike to Ondra Fort ruins: 3 km / 1-2 hours

Accommodation

Gulmit Farm House - <https://facebook.com/GulmitFarmHouse/> - or similar

Day 9 / Date: 20th September 2022

Gulmit

Meals included: Breakfast, Lunch, Dinner

Visit the Hussaini Hanging Bridge, described by some as the most dangerous bridge in the world. Though the bridge's condition is questionable its location is enviable, suspended above Hunza River and surrounded by jagged mountains. Spend the afternoon walking to Borith lake, which sits at an elevation of approximately 2,600 metres, and out to the impressive Passu Glacier.

Participants who are not interested in trekking can relax at the lake instead

Included Activities

- Visit Hussaini Suspension Bridge by private vehicle
- Trek to Borith lake (1km / 30-45 minutes)
- Trek to Passu glacier (6km / 1.5-2.5 hours)
- Local Music Performance

Accommodation

Gulmit Farm House - <https://facebook.com/GulmitFarmHouse/> - or similar

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Day 10 / Date: 21st September 2022

Gulmit

Meals included: Breakfast, Lunch, Dinner

Take a drive out to Khunjerab National Park, established in 1975 to protect the region's wildlife. Animals in the park include snow leopards, blue sheep, the Tibetan wolf, Marco Polo sheep, Himalayan ibex, and the Eurasian lynx, to name but a few. The park sits at an altitude of approximately 5200 metres and is close to the Khunjerab Pass – the border crossing from Pakistan to China. This is the highest paved border crossing in the world (approximately 4700 metres) and marks the end of the Karakoram Highway and the start of China's 314 National Road. Fun fact: this is a rare international border where traffic changes from driving on the left (Pakistan) to the right (China) side of the road.

Included Activities

- Drive up to Khunjerab Pass/China border - 4,733m (15,528ft): 288km / 5-6 hours round trip
- Visit Sost

Accommodation

Gulmit Farm House - <https://facebook.com/GulmitFarmHouse/> - or similar

Day 11 / Date: 22nd September 2022

Shimshal

Meals included: Breakfast, Lunch, Dinner

Travel today to the village of Passu, located on the banks of the Hunza River. Take tea at a local house, sample the town's famous apricot cake. There will be plenty of time to relax and you'll also see Passu Sar mountain (7,470 metres) as well as the photogenic Tupopdan (6,106 metres), the latter of which is known as Passu Cones or Passu Cathedral.

Travel by 4WD to the remote town of Shimshal, which was inaccessible by road up until 2003. The road took 18 years to build and was constructed by the local community, who previously had to walk for several days to reach other parts of Hunza. Shimshal is so remote that state prisoners from Hunza were once exiled here as punishment. The locals are resilient and extremely hardworking people. A number of notable Pakistani mountaineers grew up here, which isn't surprising given the rugged, mountainous terrain. The Shimshali are to Pakistan what the Sherpa are to Nepal, and perhaps the most famous Shimshali are Samina and Mirza Ali Baig, a brother-sister climbing duo. Samina is the first and only Pakistani woman to climb Everest (at the age of 21) and the Seven Summits.

Included Activities

- Visit Passu Cones
- Explore Passu Village
- Drive to Shimshal - 3,100 m (10,170ft): 83 km / 3-4 hours

Accommodation

Shimshal Tourist Lodge - <https://facebook.com/shimshaltouristlodge/> - or similar

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Day 12 / Date: 23rd September 2022
Shimshal

Meals included: Breakfast, Lunch, Dinner

Spend the day exploring Shimshal and learn about the challenges that come with living in such an inhospitable environment. Meet the local families and hear their stories and struggles and take a hike for expansive views of the surrounding area. Almost every house in Shimshal is powered by solar electricity, as is the local school, which produces enough electricity to both run an IT lab and supply electricity to 18 classrooms. Enjoy the mountainous surrounds, take some time to relax and acclimatize to the altitude and know that you're experiencing a destination that few will ever get a chance to visit.

Included Activities

- Explore Shimshal
- Meet local families
- Hike up to a viewpoint to get a lovely view of the village

Accommodation

Shimshal Tourist Lodge - <https://facebook.com/shimshaltouristlodge/> - or similar

Day 13 / Date: 24th September 2022
Shimshal

Meals included: Breakfast, Lunch, Dinner

Lace up those hiking boots and spend the day exploring Shimshal's beautiful walking tracks. Remember, the locals once had to walk for days to get to the next town on paths that even yaks could not pass. The exact trek will depend upon the group's interest and the area's accessibility, but you can be sure that there will be views for days and very few tourists, if any. Expect mountains, valleys, glaciers, and some hearty local food to keep you moving up those hills.

You have the option of spending the day exploring the village if not interested in trekking

Included Activities

- Day hike in Shimshal

Accommodation

Shimshal Tourist Lodge - <https://facebook.com/shimshaltouristlodge/> - or similar

Day 14 / Date: 25th September 2022
Karimabad

Meals included: Breakfast, Lunch, Dinner

Drive to Karimabad, Ganish Village, Buddhist rock carvings and Attabad Lake.

There is a sad story lurking below Lake Attabad's shimmering surface. The lake was formed in 2010 after a massive landslide that killed 20 people and displaced many thousands. The landslide essentially dammed the Hunza River for five months, creating a lake that measures some 21 kilometres across. The lake is now a popular tourist destination renowned for its insanely blue water. See it for yourself then explore Ganish, an ancient Silk Road settlement that received a cultural conservation award from UNESCO.

Included Activities

- Drive to Karimabad: 120 km / 4-5 hours
- Visit Ganish Village
- Visit Buddhist rock carvings
- Visit Attabad Lake

Accommodation

Hunza Embassy Hotel - <http://embassyhotels.pk/> - or similar

Day 15 / Date: 26th September 2022
Karimabad

Meals included: Breakfast, Lunch, Dinner

Visit the beautiful Hopar Valley for views of the Hopar Glacier.

Included Activities

- Visit Hopar Glacier
- Visit Hopar Village

Accommodation

Hunza Embassy Hotel - <http://embassyhotels.pk/> - or similar

Day 16 / Date: 27th September 2022
Karimabad

Meals included: Breakfast, Lunch, Dinner

Karimabad is the capital of the Hunza District, a town known for its locally made handicrafts, carpets, and, of course, its next-level views of the surrounding mountains. Today you'll walk to Baltit and Altit forts, which have stood in the region for over 700 years and are a testament to the valley's past strategic importance. These towns were crucial for controlling the ancient Asia trade routes and Baltit Fort holds a particularly commanding position above the village. These well-maintained forts were restored by the Aga

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Khan Foundation, which has also been working on several projects to empower local women's groups. You'll visit one of these groups, learn about their projects, and have lunch at a cafe run by local women. At sunset, walk up to the Eagle's Nest for an unforgettable view of the surrounding mountains including – on a clear day – Rakaposhi, Ultar, the Publomotin, and Spantik.

Included Activities

- Visit Karimabad Market
- Visit Baltit Fort
- Visit women-run café
- Visit Altit Fort
- Visit Duiker at Sunset

Accommodation

Hunza Embassy Hotel - <http://embassyhotels.pk/> - or similar

Day 17 / Date: 28th September 2022

Naran or Besham

Meals included: Breakfast, Lunch, Dinner

Drive to Naran or Besham (depending on when you travel). Babusar top is only accessible between July and October. This route is shorter, drive scenic and road in a much better condition. When the pass closes in winters you have to take the other (Besham) route via Karakoram Highway.

Included Activities

- Drive to Naran or Besham: 420 km / 12-13 hours or 319 km / 9-10 hours (depending on which route you take)

Accommodation

Hotel Demanchi - <http://www.hoteldemanchi.com/> - (If you drive to Naran.) or similar

Or, Besham Hilton Hotel - <https://facebook.com/beshamhiltonhotel/> - (If you drive to Besham.) or similar

Day 18 / Date: 29th September 2022

Islamabad

Meals included: Breakfast, Lunch, Dinner

Drive back to Islamabad. Will have a farewell dinner in the capital of the country, where we started the trip from.

Included Activities

- Drive to Islamabad: 268 km / 6-7 hours or 282 km / 6-7 hours (From Naran or Besham, respectively.)
- Farewell dinner at Islamabad

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ABTA No. Y0766

Accommodation

Grand Hotel Islamabad - <https://grandislamabadhotel.com/> or similar

Day 19 / Date: 30th September 2022

Departure

Meals included: Breakfast

This is the final day at Islamabad. Check out of the hotel before 12 pm.

Departure Transfer:

- N/A

Is this trip right for you?

- This is an expedition trip and is new to our range this year. Despite rigorous planning and research, new itineraries can sometimes throw us some unexpected surprises. More often than not, it'll be a welcome surprise, but every now and again there might be a hiccup. We like to think that's what puts the 'adventure' in 'adventure travel'.
- Part of travelling with Intrepid means respecting local cultures and sensibilities. That way you get the most out of your interactions with local people and environments. Pakistan is a conservative country and travellers of all genders are advised to cover up when in public.
- This trip visits places as high as 5200 metres above sea level and includes one or more overnight stays over 3200 metres (11500 ft) where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. While the vast majority will only feel discomfort, it is not uncommon for a small number of people to need extra care which will be provided by our leaders and local staff. All our trips that spend time at high altitude follow our standard altitude safety measures. A number of medical conditions and medications can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, you must seek medical advice prior to booking. You may also wish to discuss medication such as Diamox that may help aid acclimatisation. Read more about AMS here: <https://www.intrepidtravel.com/altitude-sickness>
- The diversity of the seasons here makes for incredible scenery, but the weather in this region can be unpredictable. It's best to wear layers at all times of the year in case conditions change during the day. At night the temperature can really drop, so bring your warm clothes. Even in the warmer months the temperature can be low in the mountains.
- This trip includes time spent travelling in a private vehicle with your group. Extra space can be tight, and conditions may feel a little cramped. It's all part of the adventure and a great way to get to know your fellow travellers. Please read the itinerary carefully for travel time estimates.
- This trip involves some long travel days, which can be tiresome but offer a quintessential experience of the beautiful landscape and hospitable people of Pakistan
- Passport scans are required at the time of booking for visa invitation letters.

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Trip Cost and What's Included

Trip Cost

£2,499pp

Price based on sharing a twin room with another member of the group.

Single room supplement: £855

Deposit payment is £400

Balance due 4th June 2022

Leader/Guide

Tour Leader

Meals/drinks

18 breakfasts, 18 lunches, 18 dinners.

Accommodation

Hotel 7 nights

Guest House 7 nights

Traditional Guest House 4 nights

Included Activities

As per the itinerary, including entrance fees where applicable.

Transport

Transportation with experienced driver: Private van and jeeps
(2 drivers to divide workload on long driving days)

Assistance

24-hour support from our local office

Exclusions:

- International arrival/departure flights
- International airport departure tax
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance

Essential Trip Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

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We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

Intrepid's Local Operator: +92 320 8700800

Itinerary disclaimer

ITINERARY CHANGES

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, or other factors, further changes may be necessary to your itinerary once in-country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any such changes once on tour.

OPTIONAL ACTIVITIES

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested in the Group Meeting and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Passports, visas and entry requirements

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the name on your passport matches the name on your booking and airline tickets exactly and contact us immediately if there are any errors. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important

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that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate.

COVID-19 REQUIREMENTS

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for the most up to date information.

RETURN TRAVEL

Please ensure you stay up to date with any current testing or quarantine requirements for returning to your home country or transiting through other destinations after the completion of your tour.

PAKISTAN:

You must obtain your Pakistan visa in advance. We recommend applying for an Online Tourist Visa, available for select nationalities including but not limited to the following: Australia, Canada, New Zealand, Germany, UK & USA. Passport holders from these countries can apply for an e-visa by following the instructions at - <https://visa.nadra.gov.pk/>.

We do not recommend applying for a Tourist Visa On Arrival as difficulties with this scheme have been reported.

IMPORTANT:

- E-Tourist Visas are available for Single Entry for visits less than 3 months (first time entry). If you plan to be in Pakistan longer you will need to apply for a visa extension. You must have a valid Pakistani Visa and already be in Pakistan to apply for an extension.
- Tourist visas are available in Single and Multiple Entry. Be sure to check the date you require a visa from and the length of time you will need to cover.

LETTER OF INVITATION FOR PAKISTAN VISA APPLICATION:

You will need a Letter of Invitation to assist you in applying for your visa. This will be issued by our local office in Pakistan and sent to you by Intrepid or your travel agent three to four months before departure. If you do not receive this, email us with your booking number and trip details.

Please note that this information can change at any time. Please always refer to <https://visa.nadra.gov.pk/> for up to date information.

This is the only official visa online site. There are other mirror sites that are run by visa service companies or scammers and may not be reliable.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to

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complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

TESTING & VACCINATION POLICY

From 1st May 2021 we have introduced new safety measures that apply on all of our trips, except for tours in Australia and New Zealand. You will need to show either of the below to your leader at the Group Meeting on Day 1 of your trip:

- Proof of COVID-19 vaccination, or
- Proof of negative COVID-19 test conducted no more than 72 hours before day 1 of your trip, or
- Proof of recovery documentation

In addition, if you're aged 70+ or have an existing health condition that puts you at a higher risk of serious COVID-19 disease, you are also required to provide proof of vaccination before you can join a trip.

This policy is in addition to any specific testing or vaccination requirements for entry to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>

AIR POLLUTION:

During winter months (October-February), air pollution levels in parts of Pakistan can spike to problematic levels. Severe pollution can increase the risk of respiratory problems. Those with pre-existing medical conditions, particularly heart and lung conditions, may be especially affected. Your leader can assist you to obtain a face mask if required.

ALTITUDE SICKNESS:

Travellers to altitudes higher than 2,500m are at risk of altitude sickness, also known as acute mountain sickness (AMS). This can be life threatening and affect anyone, even people who are very physically fit. There is a higher risk for those who have had altitude sickness before, who exercise or drink alcohol before adjusting to the altitude, or who have health problems that affect breathing. If your tour travels to high altitude, see your doctor for advice specific to you and your situation before you depart. It is important to be aware of the normal altitude symptoms that you may encounter BUT NOT worry about:

- Periods of sleeplessness
- Occasional loss of appetite

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- Vivid, wild dreams at around 2500-3800m in altitude
- Unexpected momentary shortness of breath, day and night
- Periodic breathing that wakes you occasionally
- Blocked nose
- Dry cough
- Mild headache

If you are feeling nauseous, dizzy or experience other symptoms, please be sure to let your group leader know immediately so that we can monitor your condition.

Please be aware that should your group leader deem it unsafe for you to continue trekking at any time, they will arrange for you to descend to a lower altitude.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience: <https://www.intrepidtravel.com/altitude-sickness>

MOSQUITO-BORNE ILLNESSES:

Malaria is a risk in parts of Pakistan, including major cities. Cases of dengue fever are reported, especially in the period after the monsoon. Other mosquito-borne diseases (including Japanese encephalitis, chikungunya fever, and filariasis) also occur. Take preventative measures such as wearing long clothing, using repellent and being indoors particularly around dusk and dawn. Consult a medical professional regarding prophylaxis against malaria. For more information, see the World Health Organisation's fact sheets: https://www.who.int/neglected_diseases/vector_ecology/mosquito-borne-dis...

OTHER INFECTIOUS DISEASES:

Water-borne, food-borne, parasitic and other infectious diseases (including meningitis, cholera, polio, typhoid, hepatitis, tuberculosis, diphtheria and rabies) are common in Pakistan. Tap water is not safe to drink. Seek medical attention if you suspect food poisoning, if you have a fever or suffer from diarrhoea.

POLIO VACCINATION:

If you are planning to stay in Pakistan for 4 weeks or more, proof of polio vaccination, given 4 weeks to 12 months before departure from Pakistan, may be required on exit. If you are unable to provide this, you may need to be vaccinated before leaving Pakistan.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company.

Though the food in Pakistan is no doubt delicious, it's not necessarily the 'clean-eating' diet of your dreams. There's a lot of oil, meat and bread, and a fresh Waldorf salad can be rather difficult to come by. Like India, Pakistan's hygiene standards can sometimes be lacking and it's not uncommon for travellers to experience stomach troubles at some point in their journey. This is just a part of travelling in the developing world. Your tour leader will be able to direct you towards restaurants that are known to have better hygiene, especially in tourist areas where they are travelling with our groups regularly.

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If you are a strict vegetarian you may find travelling in Pakistan difficult at times. Meat is a daily staple, and things may be awkward if your host cooks up a feast and is unaware of your diet. Travelling as a vegan is particularly difficult as many dishes will include butter, ghee butter or yoghurt. Furthermore, vegetarian dishes are sometimes cooked with meat stock or in the same pot as meat. It's possible, yes, but it's important to be clear while understanding that veganism just isn't a concept in Pakistan.

Accommodation

Guesthouse (9 nights), Homestay (4 nights), Hotel (3 nights)

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

ACCOMMODATION:

Some of the accommodation along the way is basic or simple, staying in local guesthouses and homestays. Some may have shared bathroom facilities with cold water only. We use a mixture of air-conditioned and non-air-conditioned rooms. Some areas of Pakistan experience daily load shedding. This is where the power may be turned off at certain times of the day and usually occurs for a few hours in early afternoon. Most hotel properties have a restaurant or cafe serving local meals.

SHOWERS:

Showers at some hotels only have hot water at peak times (usually morning and evening). Outside of these times you may need to speak to reception to obtain hot water.

ROOM ISSUES:

If you have any issues with your room, please speak to the hotel and your tour leader right away rather than your travel agent so that the problem can be addressed without delay.

PAKISTAN HOMESTAYS

As a responsible travel company, we believe in facilitating positive and meaningful exchanges between our travellers and locals at the places we visit. Homestays are a great vehicle for us to facilitate this!

What will you do during a homestay? Well...it's hard to tell. As you know a day in a family's life varies from day to day. We don't want this experience to feel forced (on you or on them) so we ask families to simply carry on with their lives and that, if there is anything that you may be interested in being part of, they ask you to join in. As such you may be invited to help cook dinner, or to go to the local market for groceries, or to join a soccer game! While your leader will give you some tools to interact with your family (such as some simple local words/phrases) big smiles and lots of sign language can go a long way!

That said, it's also important that you understand that you are not obliged to participate in these activities. We believe that the more you put in the more you get out of an experience, but we also understand that you may just want to chill out, grab a book or your camera and go for a wander – and that is fine too.

Ultimately, we believe that by simply being there, observing family and friends dynamics is a step forward towards understanding the local way of life.

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In homestays we will sometimes share one common sleeping space, just how local people sleep. Plenty of blankets are provided. Ask for more if you are cold. Layering up with thin thermals and a fleece material will help during very cold nights too.

Lastly, be aware that some homestays in Pakistan have shared drop toilets and no showers. So mind your step and bring your biodegradable wet-wipes!

DAY ROOMS & EARLY CHECK IN:

Please note in some destinations we will provide use of day rooms. These rooms are provided for shared group use before or after overnight train journeys. We have some days where we arrive at our destination before check in time and a day room is not included. If you have booked a Single Supplement for your trip, it will not apply to these day rooms. Your leader may be able to assist you in booking a room for your sole use (depending on availability) until our regular trip rooms become available for an additional charge. Please talk to your leader at the Welcome Meeting if this is a service you would like to request.

Transport

Private vehicle, Plane, Jeep

TRANSPORT IN PAKISTAN:

Main roads in Pakistan are usually very busy with an assortment of vehicles from the biggest trucks (who always have right of way) down to bikes (and animals!). Overtaking on blind corners at speed is common as is the total use of the horn as a form of communication. Our leaders have complete authority to remove groups from local transport if the driver is not driving safely. Drivers of our private vehicles are experienced and well trained. If you are uncomfortable with your driver, please always let your tour leader know immediately. Please ensure you wear your seat belt at all times.

TRAVEL TIMES:

Distances in Pakistan do not reflect the driving time and to cover 100km may take much longer than you would expect at home, even if much of the route is on a highway.

AUTO RICKSHAWS:

On this trip we travel on local style of transport called an auto rickshaw. These small, motorised three wheeled vehicles are a common form of transport in Pakistan and do not have seatbelts.

FLIGHTS:

International airports in Pakistan are becoming more modern (especially in the major and tourist cities). To enter the airport, you must have a copy of your flight ticket and passport. Schedule changes and delays do occur, especially when weather conditions make visibility poor.

INTERNAL FLIGHTS:

Flights between Islamabad and Gilgit are often delayed or canceled due to poor weather. Your local leader will give you the most up to date information regarding delays to flights. If your flight is cancelled we will endeavour to get your group on the next available flight. Failing that, we will follow our contingency plan by road using a private vehicle.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping,

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optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

The official currency of Pakistan is the Pakistan Rupee (PKR). Please note you will not be able to pay for services in any other currency.

CREDIT CARDS, ATMS AND MONEY EXCHANGE:

Credit cards are generally accepted in tourist shops and some restaurants in big cities. Smaller venues take cash only. Foreign currency is easily changed at exchange bureaus and they generally offer the best rates. It is better to exchange currency in Islamabad. Rural areas have limited infrastructure in this regard.

With ATMs being increasingly available in the many major towns and cities, credit or debit cards are a convenient way to access money. However, not all banks accept foreign cards (Islamic banks won't take foreign cards) and ATMs in the mountains have been known to run out of cash. Be aware that your withdrawing limit may vary from country to country (regardless of your limit in your home country) and it can be as low as the equivalent to USD100 per day. Throughout Pakistan, cards with the Visa logo are most readily recognised, although MasterCard is also accepted in most places. A charge is made for each international transaction - please check with your bank how much this fee will be. Check with your bank before leaving home that your card can be used as a debit card in Pakistan. You may also want to notify your bank that you are going overseas as it's not unknown for banks to freeze cards which show sudden transactions in other countries.

DEPARTURE TAX:

The departure tax is Pakistani Rupees 2,800 (approx. USD 20). You will need to have cash for this.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

OPTIONAL TIPPING KITTY

On Day 1 of your trip, your tour leader may discuss with you the idea of operating a group tipping kitty, whereby everybody contributes an equal amount and your tour leader distributes tips for drivers, local guides, hotel staff and other services included on your trip. This excludes restaurant tips for meals not included in your itinerary. The leader will keep a running record of all monies spent which can be checked at any time, and any funds remaining at the end of the tour will be returned to group members. We have found that this is easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty is at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

TIPPING KITTY

Over the years we have found that many of our travellers find the need for tipping local guides and operators to be both tiresome and embarrassing, especially if they don't have the correct small change. To overcome this, your leader might raise the idea of a group tipping kitty. At your group meeting, your tour leader may discuss the idea of running this kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips as you go. The leader will keep a running record of all monies spent (except restaurant tips). The record can be checked at any time and any money remaining at the end of the tour returned to group members. This kitty does not include tips for your leader and crew.

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YOUR TOUR LEADER

You should consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US\$3-4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

LOCAL GUIDES

Throughout your trip you may at times have a local guide in addition to your leader. We suggest around USD 2-4 per person, per day for local guides.

GENERAL

Restaurants: 8 -10% of the total bill amount is appropriate.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the reliability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances or up or down a flight of stairs. Our travellers usually find the smaller their luggage is, the more they enjoy the trip not having to worry about carrying heavy bags! Aim to keep your main luggage under 15kg.

Many travellers carry their luggage in a compact smaller suitcase or backpack with wheels. We recommend your bag has carry straps or handles so it is easy to lift and carry for the times you are unable to wheel it (ie. on rough surfaces or up steps).

If you are taking overnight trains, or primarily using public transport then the smaller your luggage the easier it will be to store under or above bunks. Large suitcases may not be able to be taken on board. A lockable bag or small padlock for your bag will be useful especially when travelling on public transportation as well.

You'll also need a day pack/bag to carry water, camera, and jacket etc. when you're exploring during the day.

Below we have listed the essentials for this trip:

<https://www.intrepidtravel.com/packing-list>

ESSENTIALS:

- Pillow or travel pillow
- Travel towel
- Closed in shoes. We highly recommend that you take a pair of comfortable, closed-in hiking shoes. Closed-in

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shoes will help to protect your feet from cuts and scratches when walking in the mountains, and will also act as a barrier protection in rare cases against bites or stings.

- Lightweight long clothing. You will need to bring a mixture of lightweight clothing, some warm items for the evenings. Women must cover their legs at all times, and no sleeveless tops as Pakistan is a Muslim country. Men can wear shorts however it is very uncommon. Ex-military, camouflage or military style clothing and equipment is NOT recommended.

- Warm fleece and beanie for morning and evening activities.

- Swimwear

- Sun protection - hat, sunscreen, sunglasses

- Insect repellent

RECOMMENDED:

- Optional sleeping bag/sleeping sheet for homestays. Your hosts will be providing mattresses and blankets, so it is based on personal preference. Note, it can get very cold at night in the desert and mountainous regions of Pakistan.

- A good quality, high-beam headlamp or torch.

- Waterproof/windproof jacket is a good idea for wet days, and early morning or evening activities when it can be cool.

- Personal medical kit. Large kits will be on hand at the lodges and from your leader (on trips that have a dedicated trip leader) but we recommend you carry items such as mild pain killers, electrolytes and bandaids.

- Camera with spare battery or power bank.

OPTIONAL:

- Ear plugs to guard against snoring.

- A good book, a journal or smart phone with music player.

LUGGAGE LIMIT:

Please keep your luggage to a minimum. One small soft-sided bag plus a day pack (no more than 15-20kgs in total per person) is essential. We recommend against bringing hard/externally framed suitcases as they are difficult to store and can damage equipment and other travellers' belongings. If your trip is beginning and ending at the same location, excess luggage can usually be stored at your arrival/departure hotel and can be collected after your trip.

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden. We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

BATTERIES/POWER:

Our trips have access to power to recharge batteries for phones and cameras every couple of days. We always recommend that you carry an extra battery or powerbank just in case.

CONSERVATIVE DRESS:

Pakistan is a traditional Islamic nation and modest dress is required. Men can wear shorts but they are not very common and not allowed in religious areas. Loose fitting cotton pants are preferable for the heat. Tank tops should not be worn however short sleeve shirts that cover your shoulders are acceptable for men.

It is necessary for women to wear a headscarf when visiting mosques. It's perfectly acceptable for women to wear a headscarf that shows some of their fringe. We recommend always having a headscarf with you to cover up in religious places or conservative areas to avoid unwanted attention. It's acceptable for women to wear tights

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with loose long linen or cotton shirts, or even long light cardigans. These need to be long enough to cover your bottom. Your group leader will advise you of what attire is appropriate during the welcome meeting. Open-toed sandals are acceptable for both sexes. Slip-on footwear is handy as you have to remove your shoes before entering mosques and homes.

You will be taken to shop for local clothing, headscarfs, salwar kameez (the local pants/top worn by men and women) on Day 2 of the itinerary.

LUGGAGE LIMITS:

Domestic flights in Pakistan have strict weight limits - 20kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

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<https://www.intrepidtravel.com/safety-guidelines>

WOMEN'S SAFETY:

Women should exercise caution when travelling in Pakistan. While the risk of an incident occurring on your trip is very low, below are some things you can do for your safety and peace of mind when travelling:

- Respect local dress codes and customs and dress more conservatively than you do at home. Please see section on conservative dress.
- Avoid isolated areas, including beaches, unlit city streets and village lanes when alone at any time of day.
- Avoid travelling alone on public transport, or in taxis or auto-rickshaws, especially at night.
- If you have to use a taxi get them from hotel taxi ranks and use pre-paid taxis at airports. Try to avoid hailing taxis on the street.
- If you're being collected at the airport by a driver make sure they have properly identified themselves before you set off.

For further information and advice, visit:

<https://www.intrepidtravel.com/au/pakistan/is-it-safe-to-travel-pakistan>

<https://www.gov.uk/government/publications/2010-to-2015-government-polic...>

<https://www.smarttraveller.gov.au/before-you-go/who-you-are/women>

PERSONAL BELONGINGS:

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

FREE TIME:

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. Please use your own good judgement when selecting an activity in your free time. Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair and wearing a money belt will reduce any chance that your valuables should go missing.

SCAMS:

Scams involving ATM and credit cards, train tickets, taxis, temple donations and tourist guides operate throughout Pakistan. If you are the victim of a scam, report it immediately to the nearest police station. Even though they may not be able to get your money or goods back, they can issue you with an official loss report for insurance purposes.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

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Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

ALCOHOL, DRUGS AND CONTRABAND:

Alcohol is restricted in Pakistan. Non-Muslim foreigners are allowed to order alcohol in restaurants and hotels that have liquor licenses, and foreigners can also apply for alcohol permits, however these can be tedious to obtain. The death penalty can and has been imposed for crimes including blasphemy, murder, drug offences, rape and unlawful assembly.

If found, pork products, obscene material (even glossy magazines showing people in immodest poses), and controversial literature will all be confiscated by custom officials. Upon arrival, you as a foreigner will likely be whisked through customs but note that random bag checks do commonly occur.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

This is the beauty of our style of travel: many of our travellers join because they are travelling solo and want to meet and share experiences with like-minded people.

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We pair up solo travellers with another traveller of the same gender as per your passport or the information we have in our booking system, so if you identify differently from the gender marker on your passport, please let us know in advance. We also have a Single Supplement available on most trips for travellers who prefer to have their own room.

Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will on a single room basis.

Some of our itineraries have accommodation booked on an open gender, multi-share basis and where applicable this will be specified in our Essential Trip Information.

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel

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experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

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What Happens Next?

To book or discuss this proposal, please contact me on +44 (0) 203 308 9763 or groupsuk@intrepidtravel.com

We know how difficult it is to find the time to put a trip together. Intrepid are here to make your life as easy as possible. Once we have tailored your ideal itinerary, we will take care of all of your holiday arrangements and you will have the full support of a dedicated private groups' specialist and team.

All we require from you is a non-refundable deposit of £200 per person at the time of trip confirmation. Full balance payment is due 56 days prior to departure.

Intrepid Travel's booking conditions will apply to your reservation. By making payment you are agreeing to our booking conditions:

<http://www.intrepidtravel.com/booking-intrepid/booking-conditions/gb>

Please note, this is a quotation only (valid for 28 days from the date we send it). No bookings are currently held and all services are subject to availability. Everything will be requested at deposit stage and will take a few days to confirm. In the event that any services are unavailable we will offer similar alternatives, and the price may change.

<https://www.intrepidtravel.com/uk/privategroups>

<p>The Intrepid Foundation Empowers travellers to positively impact communities. All donations are matched dollar for dollar Learn more at: intrepidfoundation.org</p>		<p>Our Dedicated Airfares Team</p> <p>The specialists in Air Travel, we are here to support you with:</p> <ul style="list-style-type: none">• Exclusive wholesale prices• Group fares for 10+ passengers• Fare and routing construction <p>Booking your air with us keeps everything in one place, and takes the headache out of fare searching.</p> <p>Simply chat to your consultant for a quote!</p>
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