

# 光单印报









伊斯兰堡 **ISLAMABAD** 

斯卡杜 **SKARDU** 

希格尔 **SHIGAR** 

霍珀纳加尔 阿塔巴德湖 HUNZA HOPPER NAGAR ATTABAD LAKE

帕苏 **PASSU** 

红其拉甫山口 KHUNJERAB PASS

- ARRIVAL

吉尔吉特 **GILGIT** 

纳兰 **NARAN** 

### FLIGHT DETAIL Flight Going

出发日期: Depature Date:

Penang (PEN) - Kuala Lumpur (KUL) 1 hour Kuala Lumpur (KUL) - Islamabab (ISB) 6 hours Flight Return Islamabab (ISB) - Kuala Lumpur (KUL) 6 hours

### DAY 2

DAY 1

#### ISLAMABAD CITY TOUR

night sleep after a long flight.

**DEPARTURE - ISLAMABAD** 

Airport transfer at Islamabad International airport. Check-in at the hotel, relax, and have some good

(B/L/D)

(MOB/D)

- Faisal Mosque
- Damen-e-Koh & Pakistan Monument
- Lake view park
- Free & easy for local bazaar exploration

#### DAY<sub>3</sub>

#### ISLAMABAD 🛪 SKARDU

- Flight comes with a majestic view of several valleys. and mountains including the breathtaking view of Nanga Parbat (the 2nd tallest mountain in Pakistan and 9th in the world). (Include Domestic Flight)
  - Upper Kachura Lake
  - Lower Kachura Lake

#### DAY 4

#### SKARDU - SHIGAR VALLEY

(B/L/D)

- Shigar Fort Residence (Aga Khan Cultural Services Pakistan)
- Walk around Shigar
- Hike to Jarba Xho (optional 1hr walk (one-way) for hikers only)

#### DAY 5

#### SHIGAR VALLEY KHARMANG VALLEY

(B/L/D)

- Kharmang District
- Manthoka Waterfalls

#### DAY 6

#### KHARMANG VALLEY - HUNZA VALLEY

- Road trip to Hunza Valley
- Altit Fort
- Optional immersion into the hundreds of years old Altit civilization

#### DAY 7

#### **UPPER HUNZA**

(B/L/D)

- Road trip to upper Hunza
- Attabad Lake
- Free time for activities like Boating & Jet-Ski at the lake

#### **ISLAMABAD**

The Faisal Mosque is a national mosque of Pakistan, located in capital Islamabad. It is the sixth-largest mosque in the world and the largest within South Asia, located on the foothills of Margalla Hills in Pakistan's capital city of Islamabad.

Kuala Lumpur (KUL) - Penang (PEN)

**Daman-e-Koh** is a viewing point and hill top garden north of Islamabad and located in the middle of the Margalla Hills. Its name is a conjunction of two Persian words, which together means foot hills. It is about 2400 ft from sea level and almost 500 ft from the city

The **Pakistan Monument** is a national monument and heritage museum located on the western Shakarparian Hills in Islamabad, Pakistan. The monument was constructed to symbolize the unity of the Pakistani people. It is dedicated to the people of Pakistan who sacrificed their "today" for a better "tomorrow".

#### **SKARDU**

Nanga Parbat known locally as Diamer, is the ninth-highest mountain on Earth, its summit at 8,126 m (26,660 ft) above sea level.

The Kachura Lakes are three lakes in the Skardu District of Gilgit-Baltistan, northern Pakistan. The lakes, at 2,500 metres in elevation, are Upper Kachura Lake and Lower

Lower Kachura Lake, also known as Shangrila Lake, is a lake located near the city of Skardu in Gilgit-Baltistan, Pakistan. Situated at a height of 2,500 metres, it has had an operational resort on its bank since 1983.

#### **SHIGAR**

Shigar valley, the vintage point of beautiful Pakistan's natural treasure is beyond what words can express. To put it in a nutshell, Shigar is a blend of verdant oasis, glaciers, mountains, lakes, hot springs, Milky Way, and a gazillion stars.

#### **KHARMANG**

The Kharmang Valley, also known as Kartaksho, is one of the five main valleys situated in Gilgit-Baltistan, Pakistan. The area became an individual district in 2015, with its temporary headquarters set at the town of Tolti.

Manthokha Waterfall is a waterfall located in Kharmang Valley, Skardu, Gilgit-Baltistan, the extreme northern region of Pakistan. This waterfall is approx 180 feet high from ground.

#### **HUNZA**

The Hunza Valley is a mountainous valley in the northern part of the Gilgit-Baltistan region of Pakistan, formed by the Hunza River, bordering Ishkoman to the northwest, Shigar to the southeast, Afghanistan's Wakhan Corridor to the north, and the Xinjiang region of China to the northeast.

Altit Fort is an ancient fort in the Altit town in the Hunza valley in Gilgit Baltistan, Pakistan. It was originally home to the hereditary rulers of the Hunza state who carried the title of 'Mir', although they moved to the somewhat younger Baltit fort nearby three centuries later. Altit Fort and in particular the Shikari tower is around 1100 years old, which makes it the oldest monument in the Gilgit–Baltistan. The fort has received the UNESCO Asia Pacific Heritage Award for Cultural Heritage Conservation in 2011.



# 光单印张

**DAY 8 HUNZA - PASSU CONES** 

- Passu Cones
- Hussaini Suspension Bridge
- Ondra Poygah Trek

**HUNZA** DAY 9

PAK-CHINA BORDER

(B/L/D)

Khunjerab Pass

**UPPER HUNZA DAY 10** - HOPER VALLEY

- Hoper Valley
- Hoper Glacier

**DAY 11** KARGAH BUDDHA GILGIT

(B/L/D)

- Buddha Stupa
- Explore old Gilgit Market

**DAY 12 NALTAR VALLEY** 

(B/L/D)

Satrangi Lake

**DAY 13 NALTAR VALLEY - NARAN** 

(B/L/D)

- Road trip to Naran via Babusar Top
- Lulusar Lake

**DAY 14** NARAN - ISLAMABAD

(B/L/D)

We will leave from naran to Islamabad at 9 in the morning. We will easily reach Islamabad by 1 or 2 PM in the afternoon. We will have 12 hours left for the flight. All guests will be tired too after 14 day long trip. So rest & free time before a long flight in a hotel before transfer to airport.

**DAY 15 DEPARTURE - ARRIVAL MALAYSIA** 



#### ATTABAD LAKE

Attabad Lake is a lake located in the Gojal region of Hunza Valley in Gilgit-Baltistan, Pakistan. It was created in January 2010 as the result of a major landslide in Attabad.

#### **GHULKIN**

Passu is a small village located near Gulmit in the Gilgit Baltistan, Pakistan region of Northern Pakistan. Situated along the Karakoram Highway in Upper Hunza, Pakistan, Passu is a popular tourist destination in Pakistan and all over the world because of its easily accessible sweeping landscapes, and vistas of the 7,478 m (24,534 ft) tall Passu Sar mountain, the Passu Glacier, and Tupopdan 6,106m (20,033 ft).

The Hussaini Suspension Bridge is the second most dangerous bridge in the world. The gab between two steps is minimum one foot.

#### **KHUNJERAB PASS**

Khunjerab Pass is a 4,693-meter-high mountain pass in the Karakoram Mountains, in a strategic position on the northern border of Pakistan and on the southwest border of

#### **HOPPER**

The **Hopar Valley** is a scenic portion of the Nagar Valley in Gilgit-Baltistan, in Pakistan. It is about 10 km away from Nagar Khas, the principal city of the Nagar Valley. Hopar Valley is home of the Spantik and Hopar glaciers.

#### **BABUSAR PASS**

Lulusar Lake is a lake at 3,410 m (11,190 ft), and is the primary headwaters of the Kunhar River. It flows southwest through the entire length of Kaghan Valley, passing Jalkhand, Naran, Kaghan, Jared, Paras and Balakot until its confluence with the Jhelum River.











meals and hotel arrangement are subject to change according to different departure date without prior notice. Any changes after booking, will inform accordingly, on local terms. Triple room sharing will based on extra roll in bed basis.

making arrange by local operator upon check in.
larin unless otherwise specified.



## 一种日报

して 15 天 Days

PAKISTAN

伊斯兰堡 斯卡杜 希格尔 **ISLAMABAD SKARDU SHIGAR** 

罕萨 霍珀纳加尔 阿塔巴德湖 HUNZA HOPPER NAGAR ATTABAD LAKE

帕苏 **PASSU** 

第一天

第二天

红其拉甫山口 KHUNJERAB PASS

出发 - 伊斯兰堡 - 抵达

吉尔吉特 **GILGIT** 

纳兰 **NARAN** 

出发日期: Depature Date:

	FLIGHT DETAIL
Flight Going	
1 hour	Penang (PEN) - Kuala Lumpur (KUL)
6 hours	Kuala Lumpur (KUL) - Islamabab (ISB)
Flight Return	
€ 6 hours	Islamabab (ISB) - Kuala Lumpur (KUL)
1 hour	Kuala Lumpur (KUL) - Penang (PEN)

### 伊斯兰堡市区游

费萨尔清真寺

伊斯兰堡国际机场的机场接送。在酒店办理入住手 续后,前往各自的酒店房间休息与缓解长途飞行的

Damen-e-Koh上顶花园 & 巴基斯坦纪念碑 湖景公园

疲劳。

自由活动探索当地集市

#### 伊斯兰堡 🛪 斯卡杜 第三天

(早/午/晚)

- 飞行可以欣赏到几个山谷和山脉的壮丽景色,包括 令人叹为观止的南迦帕尔巴特(巴基斯坦第二高山 和世界第九高山)的壮丽景色。(包含国内飞机)
  - 上卡丘拉湖
  - 下卡丘拉湖

#### 斯卡杜 - 希格尔谷 第四天

(早/午/晚)

- 希格尔堡住宅(阿迦汗文化服务巴基斯坦)
- 漫步希格尔
- 徒步前往 Jarba Xho (可选1小时步行(单程)仅限徒步旅行者)

#### 第五天 希格尔谷 - 卡尔芒谷

(早/午/晚)

- 卡尔芒区
- 曼托卡瀑布

#### 卡尔芒谷 - 罕萨谷 第六天

(早/午/晚)

- 罕萨谷公路旅行
- 阿尔提堡
- 可选择沉浸在数百年的阿尔提特文明

#### 第七天 罕萨(上)

- 罕萨(上)公路之旅
- 阿塔巴德湖
- 自由参加湖上划船和水上摩托艇等活动

#### 伊斯兰堡

费萨尔清真寺位于巴基斯坦首都伊斯兰堡,是巴基斯坦的国家清真寺。它 是巴基斯坦乃至南亚地区最大的清真寺,同时也是世界第六大清真寺。

Daman-e-Koh是伊斯兰堡北部的一个观景点和山顶花园,位于马加拉山的 中部。它的名字是两个波斯语单词的连词,意思是山脚。它距海平面约 2400英尺,距伊斯兰堡市近500英尺。

**巴基斯坦纪念碑**是一座国家纪念碑和遗产博物馆,位于巴基斯坦伊斯兰堡 西部的沙卡帕里安山上。 这座纪念碑的建造是为了象征巴基斯坦人民的团 结。它献给为更好的"明天"而牺牲"今天"的巴基斯坦人民。

#### 斯卡杜

南迦·帕尔巴特峰(Nanga Parbat)海拔8125米,是世界第九高峰。Nanga Parbat在南亚次大陆的乌尔都语、印地语中都是"裸体之山"的意思 (Nanga是光秃秃或者赤裸的意思,Parbat是山峰的意思),这是因为它 附近没有能与它相比的高山存在。此外,nanga一词在梵语中同样是"裸 体"的意思。

卡丘拉湖由位於吉尔吉特-巴尔蒂斯坦 Skardu区的两个湖泊组成。这些湖泊 (Lower Kachura Lake 和 Upper Kachura Lake) 海拔约8,200 英尺。由於地 形崎岖,旅行者很少探索上游的卡丘拉湖。下卡丘拉湖位於斯卡都市附近 的卡丘拉村,1983年在湖畔兴建的度假村後,又被称为香格里拉湖。

#### 希格尔

希格尔山谷是巴基斯坦北部吉尔吉特巴尔蒂斯坦的一个山谷,由希格尔河浇灌,以希格尔镇为中心。希格尔镇是山谷中最大的定居点。尽管希格尔山谷是一个偏远且人迹罕至的地方,但山谷中有几个村庄。

#### 卡尔芒

**希格尔山谷**是巴基斯坦北部吉尔吉特巴尔蒂斯坦的一个山谷, 浇灌,以希格尔镇为中心。希格尔镇是山谷中最大的定居点。 山谷是一个偏远且人迹罕至的地方,但山谷中有几个村庄。

#### 罕萨

罕萨谷是巴基斯坦吉尔吉特-巴尔蒂斯坦地区北部的一个山区山谷,由罕萨 河形成,西北与伊什科曼接壤,东南与希加尔接壤,北接阿富汗的瓦罕走 廊,与中国新疆地区接壤到东北。

阿尔提堡是巴基斯坦吉尔吉特巴尔蒂斯坦罕萨山谷阿尔提镇的一座古老堡 垒。它最初是罕萨邦世袭统治者的家园,他们拥有"米尔"的称号,尽管 三个世纪后他们搬到了附近更年轻的巴尔蒂特堡垒。该堡垒于2011年获得 了联合国教科文组织亚太地区文化遗产保护奖。



## 光单印积

第八天

罕萨 - 帕苏

(早/午/晚)

- 帕苏山谷锥群
- 侯赛尼吊桥
- 翁德拉波伊加跋涉

第九天

罕萨 - 中巴边境

(早/午/晚)

● 红其拉甫山口

第十天

罕萨(上)-霍珀谷

(早/午/晚)

- 電珀谷
- 霍珀冰川

第十一天

卡加佛吉尔吉特

(早/午/晚)

- 卒堵坡佛塔
- 探索旧吉尔吉特市场

第十二天

纳尔塔谷

(早/午/晚)

• 萨特朗伊湖

第十三天

纳尔塔谷 - 纳兰

(早/午/晚)

- 经由巴布瑟尔山口前往纳兰的公路旅行
- 卢鲁萨湖

第十四天

纳兰 - 伊斯兰堡

● 早上9点,我们将从纳兰出发前往伊斯兰堡。我们 将在下午1点或2点轻松到达伊斯兰堡。我们还有 12个小时的飞行时间。经过14天的长途旅行后,所 有客人也会感到疲倦。因此,在长途飞行前在酒店 休息和空闲时间,然后前往机场。

第十五天

离境 - 抵达马来西亚



#### 阿塔巴德湖

阿塔巴德湖位於巴基斯坦吉尔吉特-巴尔蒂斯坦省的罕萨河谷。2010年,大 型的山体滑坡阻塞了河流,经过几个月的蓄水後形成了一个堰塞湖-阿塔巴 德湖,湖泊绵延30公里,有120米深。阿塔巴德湖自此之後成为吉尔吉特-巴尔蒂斯坦最受欢迎的旅游景点之一。

#### 古尔米特

帕苏是位于巴基斯坦北部吉尔吉特巴尔蒂斯坦地区古尔米特附近的-村庄。帕苏位于巴基斯坦上罕萨的喀喇昆仑公路沿线,是巴基斯坦和世界 各地的热门旅游目的地,因为其易于到达的一览无余的景观,以及 7,478 米 (24,534英尺) 高的帕苏萨尔山、帕苏冰川的远景和Tupopdan 6,106m (20,033 英尺)。

侯赛尼吊桥是世界上第二危险的桥梁。两步之间的距离最小为一英尺。

#### 红其拉甫山口

红其拉甫山口是喀喇昆仑山脉海拔4693米的山口,处于巴基斯坦北部边境 和中国西南边境的战略要地。

#### 霍珀谷

霍帕尔谷是巴基斯坦吉尔吉特-巴尔蒂斯坦纳加尔河谷的一个风景区。距纳 加尔河谷的主要城市纳加尔卡斯约10公里。霍帕尔谷是斯潘蒂克冰川和霍 帕尔冰川的所在地。

#### 巴布萨

**卢鲁萨湖**是一个海拔 3,410 米 (11,190 英尺)的湖泊,是昆哈尔河的主要源 头。它向西南流过卡汉河谷的整个长度,经过贾坎德、纳兰、卡汉、贾里 德、帕拉斯和巴拉科特, 直到与杰赫勒姆河汇合。













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