



KHYBER PAKHTUNKHWA

TOURISM CORPORATION

KHYBER PAKHTUNKHWA

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SCAN FOR
DETAILS

KAGHAN:
LAND OF
FAIRY TALES

KAGHAN VALLEY TRAVEL GUIDE

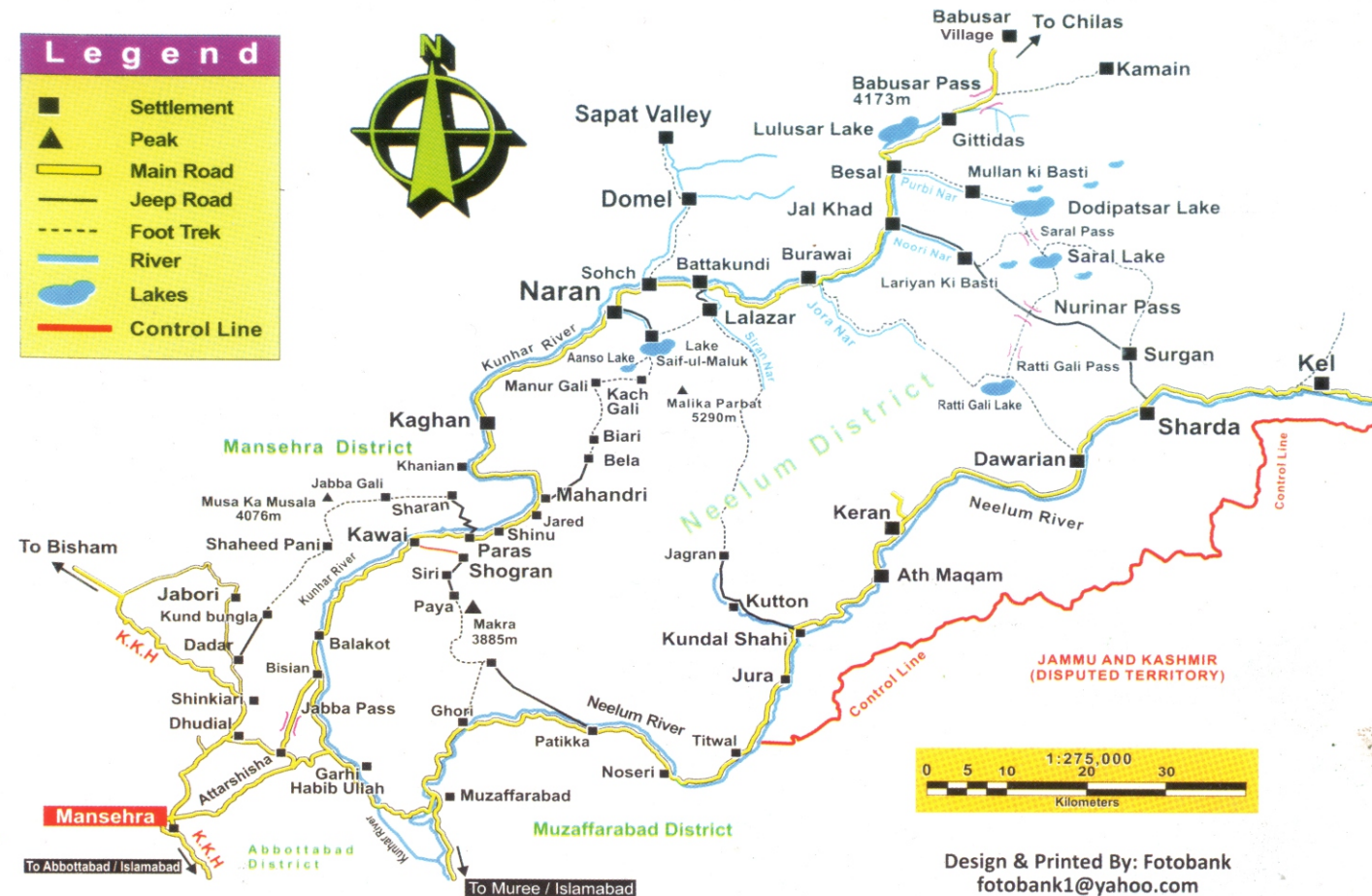
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PHOTO:
Rishi Jadoon



Legend

- Settlement
- ▲ Peak
- Main Road
- - - Jeep Road
- - - Foot Trek
- River
- Lakes
- Control Line



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KAGHAN VALLEY

Kaghan is a jewel among the many beautiful valleys in the Mansehra District of Hazara in the Khyber Pakhtunkhwa Province of Pakistan. This 160 kilometer long valley is most popular summer holiday spot for both Pakistanis as well as foreigners.

The valley features pine forests, alpine meadows, crystal clear lakes and cool mountain streams. Kunhar River, the main feature of the valley, is famous for its trout fish. Nestled along the banks of the river are the towns of Balakot, Paras, Mahandari, Kaghan and Naran. The local people are friendly and simple. Gujar nomads are one of the most interesting features of the Kaghan Valley. They take their herds of cattle to the high pastures of the upper Kaghan Valley in spring and bring them down again in autumn. While going to Kaghan you will find them camped along the road in their traditional tents or moving up and down the valley with their herd of pack animals, sheep and goats.

A VACATION IN KAGHAN VALLEY IS AN
UNFORGETTABLE EXPERIENCE

HOW TO REACH KAGHAN VALLEY

The road beyond Balakot was once fit only for four wheel drive vehicles. Visitors **had** to leave their cars in Balakot and rent jeeps for the onward journey. Today, the road is suitable for all kinds of vehicles up to Naran and Jalkhad, adding a little flavour of the old days. **However**, there are a couple of glaciers that have not yet lost their snowpack in the early tourist season, and are difficult to cross with cars. From mid-June onward the road to Naran is open for regular cars, vans and coaches. **If you are driving, always start early in the morning to safely reach your destination well before dark.**

For those preferring public transport, travel by air conditioned bus service is an option. There are several bus companies with regular direct service to Balakot from Lahore and Rawalpindi. **During summer, Pakistan Tourism Development Corporation** (PTDC) operates daily air conditioned bus service to Naran from Flashman's Hotel in Rawalpindi at 9.00 am. Bookings can be made by calling at 051-9272017 and 9272004. Daewoo Bus Company operates the most comfortable and reliable air conditioned bus services on all major routes in Punjab and Khyber Pakhtunkhwa Province. They have frequent bus service to Abbottabad from where van shuttles depart to Mansehra, the main station for the onward journey to Kaghan Valley. In addition, buses to Mansehra originate from Pir Wadhai bus stand in Rawalpindi. From Mansehra, one can find direct van service for Balakot, Kaghan and Naran.

One can also hire a jeep from Balakot to go anywhere in the Kaghan Valley. There are plenty of private jeeps for hire at Balakot, Kewai, Shogran, Kaghan and Naran to go on various day trips.



WHERE TO STAY

At present, Balakot has only few suitable hotels to stay for overnight as most of the hotels **were** destroyed in the earthquake of 2005. If you are planning to spend your first night in Balakot, it is advised to check the room availability in advance. In other case, one should plan to spend the first night in Abbottabad or Mansehra or the best option is to start early in the morning from Rawalpindi/Islamabad and reach Naran, Kaghan or Shogran for the first night stay.

Visitors reaching Balakot by public transport are advised to schedule their arrival in the first half of the day and proceed onward to Naran, Kaghan or Shogran by regular public transport or hired jeeps on the same day.

The hotels in the upper Kaghan Valley (Kaghan, Naran, and beyond) remained untouched by the earthquake and are open for business. There are more than 100 hotels of different categories at Naran and Kaghan which are fully operational.



For details of operational hotels please consult list of Hotels in Kaghan Valley. Please note that hotel rates given in the list are subject to seasonal fluctuations. Some hotels raise tariffs annually, so there is possibility of plus minus in the rates mentioned in the hotel list.

Items of daily use such as grocery, fresh fruits and vegetables, snacks and drinks etc are all available in the bazaars of Balakot, Kewai, Paras, Mahandari, Kaghan and Naran. Also, there are restaurants and road side tea stalls in these areas, where visitors can stop for lunch, tea and cold drinks.



Lalazar



Manchi

Sharan

WHEN TO GO

Tourist season in the Kaghan Valley begins in mid-May and closes in mid-October. The summer climate (June to September) is ideal, with maximum temperatures of 20 C and minimum temperatures of 5 C.

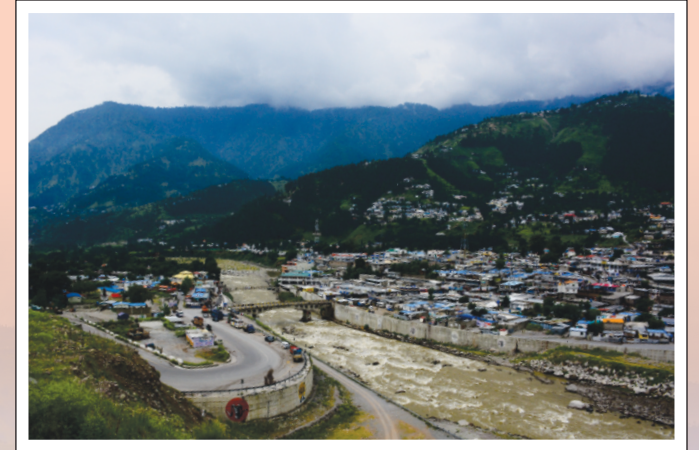
The road beyond Naran is snowbound in winter, yet from late June to late October, it remains open all the way to Babusar Pass. The best time to cross the Babusar Pass is late July or August. Mid July to Mid August is monsoon season and vehicle movement is sometimes restricted due to landslides and rains in the lower Kaghan Valley.

For weather updates, please visit the official website of the Pakistan Metrological Department www.pakmet.com.pk

WHERE TO GO BALAKOT

At a distance of 72 km from Abbottabad, Balakot is the gateway of the Kaghan Valley. It takes about one and half hours to reach Balakot from Abbottabad, passing through the busy town of Mansehra. The journey between Mansehra and Balakot is a charming experience. The black top road winds through beautiful green hills and the thick forest of Batrasi. Views from Batrasi towards Kaghan Valley are spectacular. Balakot is a small town located on the bank of Kunhar River yet has tremendous historical significance. A famous battle was fought here between the Sikh Army and Muslim freedom fighters in 1831.

It is here that Hazrat Syed Ahmed Shaheed and Hazrat Shah Ismail Shaheed sacrificed their lives while fighting for the liberation movement. Balakot has faced a heart wrenching turmoil as well, as it was badly hit by the earthquake of 8th October 2005. Almost all the houses, hotels and shops were destroyed in this devastating tragedy but because of its strategic location, Balakot has once again become a leading **trade** centre in Kaghan Valley. PTDC Motel and few other small hotels are open to provide boarding and lodging facilities throughout the year. For more information on hotels please consult list of hotels in Kaghan Valley.



SHOGRAN

Shogran, one of the most beautiful plateaus in the valley, is situated 34 kilometers from Balakot via Kewai. To reach this quaint place, take a side road on the right after passing through Kewai. From here it is a steep 7 kilometers to Shogran. The road is metalled and normal cars and vans can make the drive.

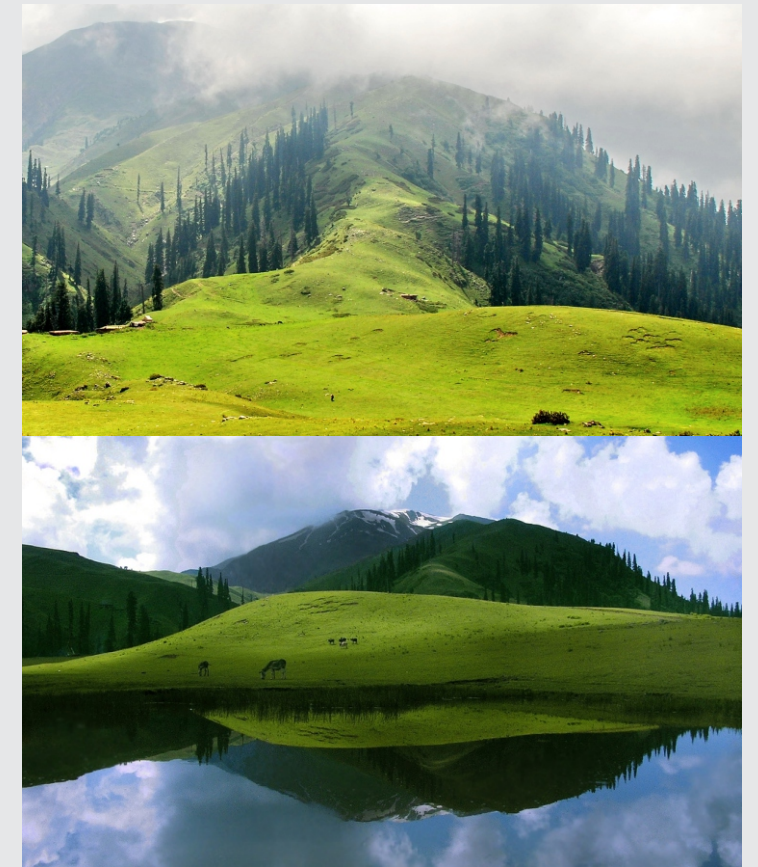
Surrounded by thick pine forests and with an altitude of 7747 feet, the summer climate of Shogran is very mild and pleasant. One of the nicer places to visit is Shogran's Forest Rest House. From the rolling grassy lawns of the rest house, one **can see** breathtaking panoramic views of snow covered mountains. Kaghan Valley's highest peaks, such as Musa Ka Musalla (4419 m), Makra (3885 m) and Malika Parbat (5290 m), are visible from here. For those wishing to stay for the night or have a meal, there are a number of small and medium **sized** hotels in Shogran. For more information on hotels please consult list of hotels.



SIRI PAYA

A wonderful excursion from Shogran is a visit to Siri and Paya. A rugged eight kilometer road climbs 2300 feet through thick pine forest to the top of Paya ridge, a lush green meadow with spectacular view of Malika Parbat. One can also see varieties of wild alpine flowers on the rolling grassy slopes of Paya. Visitors can then hike up Makra (Spider) Mountain, which is 12743 feet from sea level. From Paya, trekkers must climb around 2000 feet to reach the top of Makra, on the border **between** Kaghan Valley and Azad Kashmir's Neelum Valley. This mountain climb is recommended only for those who have previous experience in high altitude hiking, are familiar with the mountain wilderness safety rules and are properly equipped.

Siri is a small lake on the way to Paya. One can stop here for a while for rest and refreshment. This place also has a small forest rest house and some tea stalls. Travelers enjoy sipping hot tea from one of the stalls while soaking in the majestic views of snow covered mountains reflected in the lake.



PARAS

Back on the main road to Naran, 6 kilometers further north of Kewai is the small town of Paras. The main bazaar consists of some shops and road side restaurants and is worth stopping **at**, to have a cup of tea or simple lunch. Public transport usually makes a tea stop here while going to Naran. There are also orchards of apple and apricot in the nearby village.

SHARAN

Paras is the starting point for a detour to Sharan which is at a distance of 16 kilometers from Paras and is accessible only by jeeps. This place is famous for its lush green meadows and thick pine forest. This area is not on the main tourist route but is ideal for nature and adventure lovers. From here, one can go on an exciting two to three days trekking and camping trip to the top of Musa Ka Musala and onward to the Siran Valley.

There is a forest rest house and a Youth Hostel with a capacity of 20 beds at Sharan to provide accommodation facilities to the adventure travelers. To stay at these facilities you need booking in advance from **their** respective departments. This place is also ideal for camping.



Musa Ka Musalla-4076m

Musa Ka Musalla (Prayer Mat of Moses) is situated between Kaghan and Siran Valleys. This peak is visible from several places in Kaghan Valley. It is a trekking peak and has an approach from both Valleys. On a trek between Kund and Sharan via Shaddal Gali one can climb this flat top mountain.

SHINU

A little ahead of Paras, Shinu is a place which has a trout hatchery. This is one of the oldest hatcheries of Khyber Pakhtunkhwa Province Fisheries Department. It is from this hatchery that brown trout and rainbow trout are stocked in the upper Kunhar River, Lake Saiful Muluk, Lulusar, and Dudipat Sar. If you want to have a closer look at this beautiful fish you can make a short stop at Shinu hatchery which is located right on the road along the river bank.

JARED AND MAHANDARI

The next two settlements on the main road to Naran are Jared and Mahandari. Jared used to be famous because of its furniture and handicrafts of walnut wood. The Khyber Pakhtunkhwa government operates a handicrafts development center here. Some private shops also sell traditional style carved furniture and handmade decoration items.

Mahandri is 46 kilometers from Balakot. The Manoer Nala joins river Kunhar at this place. It is a starting point for trekking route to Kuch Gali and Manoor Peak. (See trekking section for more details). Mahandari has a small bazaar with shops selling items of daily use, in addition to some restaurants and two budget hotels.



KHANIAN

Khanian is a small but attractive and peaceful village on the right bank of the Kunhar River. It is the starting point for a trip to Kamal Ban Forest and Dana Meadows. A ten kilometer jeep track winds up the hillside to picturesque Dana Meadows which is located at an altitude of 10,000 feet with a view of a number of snow covered peaks over 15,000 feet. It takes an hour to reach here by jeep, and about three hours on foot. Another jeep track to the south from Khanian climbs up the ridge to the Kamal Ban Forest. The forest rest house at Kamal Ban is at an altitude of 6500 feet and was built in 1924, being one of the oldest in the area. It also offers a beautiful view of surrounding mountains. The Pine Park Hotel operates a small but comfortable hotel at Khanian. Two other budget hotels are also located on the main road.



KAGHAN

Kaghan is the town which gives the valley its name. It is a permanent settlement and is located about 61 kilometers from Balakot. Kaghan has a hospital, post office, police station and a small bazaar where items of daily use are available in the shops.

There are a few budget hotels and restaurants which provide accommodation and meals to visitors passing through, on their way to Naran. Especially, during the early tourist season, when reaching Naran on normal vehicles is not possible, visitors leave their cars in Kaghan and hire jeeps for the onward journey to Naran. Local hotels offer parking facility to tourists. There is also a hydro power station and a potato research station. Kaghan offers several short hikes for those who have some time to spend here.



SPECIAL 'TOURIST POLICE' LAUNCHED IN NATHIAGALI

In a bid to make tourists feel safer while visiting scenic valleys along the Kunhar River, the Abbottabad police have launched a special Tourist Police and have set up a Tourist Facilitation Centre in the Nathiagali area.

The Centre and the Police arm would facilitate tourists who are visiting the scenic Nathiagali, Dongagali and Ayubia. These policemen have been trained by the Police Department as well as by the Tourism Department. They have been trained to handle traffic accidents, theft or any ordinary crime related to tourists. The 40 cops have been provided with around 20 motorbikes. This force's work is different from the regular policing. The Tourist Police would help tourists in the case of any emergency, criminal incident, for lost items, traffic management at key hotspots, accidents and for guiding tourists.



NARAN

At 7,888 feet above sea level, Naran is the main center of tourism in the Kaghan Valley. It is located 85 kilometers from Balakot. The town is situated on the bank of Kunhar River at a point where the valley widens. The river is also quite smooth here and ideal for trout fishing and easy grade river rafting.

With more than 100 hotels of different categories and a 60 beds capacity Youth **Hostel**, Naran is without doubt the main base for most tourists. There is one central bazaar where all the shops, restaurants and hotels are situated. Naran becomes alive only in summer starting in late May, when the snow melts and the road to Naran become passable. In winter, majority of the population descends to warmer climates of Balakot and Mansehra. Most visitors stay in Naran for a few days while enjoying the various day excursions to Lake Saiful Muluk, Lalazar, Lake Lulusar and Babusar Pass. There are also several short walks and treks around Naran.

LAKE SAIF UL MULUK

No trip to Kaghan Valley is complete without a visit to the legendary Lake Saiful Muluk. The lake is named after Prince Saif-ul-Muluk, who fell in love with a fairy from the mountains.

At 10,500 feet, Lake Saif-ul-Muluk is surrounded by impressive snow clad mountains and crowned by the summit of Malika Parbat (Queen of the Mountains). The highest peak in Kaghan Valley, the majestic Malika Parbat has a height of 5291 meters. Words cannot describe the beauty and serenity of the setting and picture postcards do no justice. The crystalline waters of

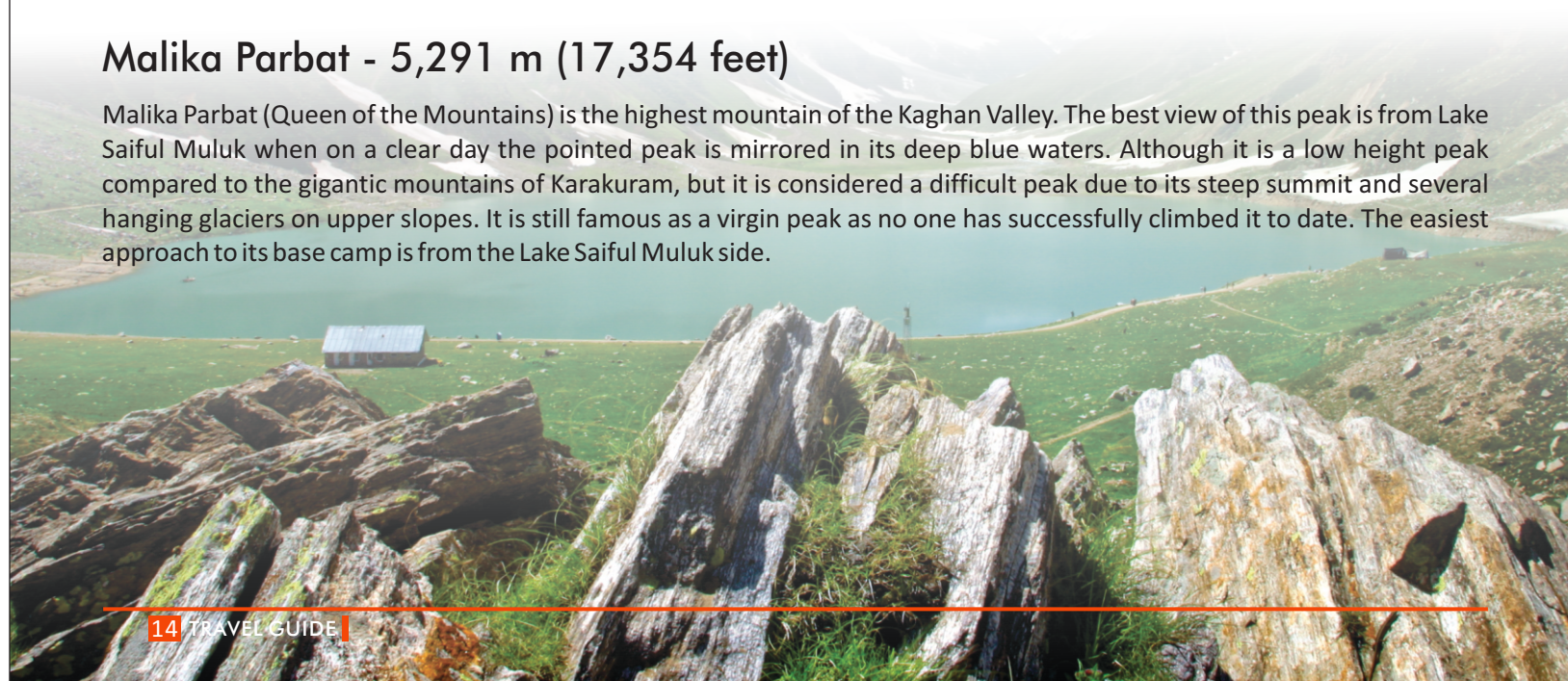


Lake Saiful Muluk reflecting the surrounding snow covered mountains is an image that must be seen in person.

There are several ways to reach the lake. Along the side of the valley to the east of Naran, a 10 kilometer track leads through a picturesque valley. A jeep can be rented in the bazaar and driven up in one hour, or the more adventurous can walk to a small glacier about 3 km up and hire a pony for the trip. Walking the entire way is also an option, and takes about three hours for the 8 km trek. This option is only for those who are fit enough to climb about 3000 feet in eight kilometers. There are several good trekking opportunities from Lake Saiful Muluk. See trekking section for more details.

Malika Parbat - 5,291 m (17,354 feet)

Malika Parbat (Queen of the Mountains) is the highest mountain of the Kaghan Valley. The best view of this peak is from Lake Saiful Muluk when on a clear day the pointed peak is mirrored in its deep blue waters. Although it is a low height peak compared to the gigantic mountains of Karakoram, but it is considered a difficult peak due to its steep summit and several hanging glaciers on upper slopes. It is still famous as a virgin peak as no one has successfully climbed it to date. The easiest approach to its base camp is from the Lake Saiful Muluk side.



LALAZAR

Lalazar is an extremely picturesque pasture at an elevation of 3200m. it is linked to Naran by a 21 kilometers jeep track via Batakundi. Lalazar is a scenic spot with thick forests of pine and fir. The grassy mountain slopes are full of wild flowers. A rest house and two small hotels provide food and drinks to day visitors from Naran. Limited accommodation facilities are also available here. Adventurers may prefer to camp at Lalazar as a base to ready themselves for the **trek** to Lake Saiful-Muluk via Hans Gali.





ANSOO LAKE

The Ansoo Lake is one of the panoramic & beautiful lakes of Pakistan. It is located near Malika Parbat in the Himalayan range in Kaghan Valley. The name “Ansoo” comes from its tear-like shape (the Urdu word Ansoo means teardrop). The lake is said to have been discovered in 1993 by Pakistan Air Force pilots who were flying at a relatively low altitude over the area. Earlier, the lake was not even known to the locals. It can be reached by a difficult trek from Saif-ul-Muluk Lake, Naran.



SUPAT VALLEY- “HIDDEN HEAVEN”

There are many side valleys in Kohistan, which are excellent for hikers, trekkers, mountain bikers, fishing enthusiasts, photographers and nature lovers. One such area is the Supat Valley which lies in the Himalayan Mountain series, parallel to Kaghan Valley in Hazara Kohistan with its boundaries touching both Kaghan and Babusar Top. Tourism Corporation Khyber Pakhtunkhwa is taking initiatives to open up Supat Valley under Eco-Tourism Project for the promotion of Adventure Tourism in Khyber Pakhtunkhwa.

After the town of Naran a track turns to the left across the Kunhar River taking you to the village of Sohch (8400 ft) which is the starting point to Supat. From Sohch, a 5 to 6 hour trek takes you to Domel (9900 ft) and then on to Supat. On the way and in Supat you will see glaciers, waterfalls, lakes, wildlife, fields of wild flowers, cultivated land and dense forests. The area is also well known for its gemstones, especially Peridot. There are two beautiful lakes in Supat, the Srikatha and the Maheen Lakes. In September 2008, Trout Fish were introduced into the Maheen Lake.

Maheen Lake

NARAN TO BABUSAR PASS

For the thrilling experience of Babusar Pass, one must wait until mid July, when the road from Jalkhad onward become accessible. With a height of 13,687 feet (4,173 meters) Babusar Pass creates the border between the Kaghan Valley and Distt. Chilas of Gilgit Baltistan. **From** the top of Babusar Pass one may behold a panoramic view of snow-covered peaks and sweeping **valleys**.

The British built a pony track across the Babusar in 1892 to give access to Gilgit. Before this, the only route to Gilgit was from Srinagar across the Burzil Pass. **Until** the building of Karakoram Highway, the track was the main route to Chilas and Gilgit.

The first village on the road to Babusar Pass **is** Batakundi, 16 kilometers beyond Naran. Nestled at the confluence of Siran Nala and Kunhar River. At Batakundi Tourism Department / TCKP recently built a big youth hostel and a complex of cottages to accommodate visiting tourist families & youth from all over Pakistan. Batakundi is a fertile area and is famous for the cultivation of good quality seeds of potato and peas which are distributed across Pakistan. A 5 km jeep track from here leads right up to the Lalazar pasture.

Continuing on the main road, one will reach Burawai after another 8 km situated at the confluence of Joar Nala and the River Kunhar. At the confluence of Noori Nala and River Kunhar, Jalkhad is the next stop after covering another 11 km. Few years ago, a jeep road **was** constructed to link Kaghan Valley with Neelum Valley in Azad Kashmir via Noori Pass.

Besal, a nomad settlement, is 23 km from Jalkhad, where road side restaurant offers a variety of foods to travelers. From Besal, one can deviate 15 km east to another beautiful area, Lake Dudipat Sar, famous for its lush green surroundings and good trout fishing. This lake is accessible by foot or hired pony. For those interested in the main source of Kunhar River and a pleasant spot **for a** picnic, a three kilometer journey beyond Besal will take you to the beautiful deep blue Lake Lulusar. The largest of the Kaghan Valley lakes, Lulusar is surrounded in colour by many varieties of wild flowers. A sense of culture can also be observed through the summer encampments of the Gujar nomads.

Passing through the last summer settlement of Kaghan Valley at Gittidas (12km from Besal), Babusar Pass is the end of Kaghan Valley. Along the way, Gujar nomads spend the summer months on this high pasture with their herds of sheep and goats. The last 7 kilometers to the top is a steep climb. A stone cairn marks the highest point of the pass **many** take the time to enjoy the gorgeous vistas surroundings Kaghan and Babusar valleys and the white topped snow mountains in the backdrop. Chilas town is 50 kilometers from here. From Chilas, one can go towards Gilgit, Hunza, Skardu and other valleys of Gilgit-Baltistan.

CAMPING PARADISE

For the provision of good, clean and not too expensive facilities for families, students and holiday makers, Tourism Corporation Khyber Pakhtunkhwa (TCKP) has made a unique camping sites at Bishigram (near Madyan, Swat), Sharan in Kaghan and Thandiani (near Abbottabad) at Yakhtangi (Shangla) and Sheikh Badin (Lakki Marwat).



Trekking and Hill Walking

Kaghan is an excellent destination for trekking and hill walking. There are a number of trekking routes all along the valley. Brief descriptions of some famous trekking routes are given in **the** trekking section. Naran, Shogran and Sharan are ideal base camps for one to three days outings. There are also good opportunities for those interested in more leisurely day treks, hill walking or nature study walks.



Jeep Safari

In addition to short duration jeep rides to Siri Paya, Saiful Muluk, Lalazar and Sharan, Kaghan Valley is also ideal for thrilling jeep rides from Naran to Babusar Pass and Noori Top. All these places are unique in landscape and their details are given in the Introduction section. While going on a longer duration jeep ride, **make** sure you have selected a good local driver and jeep for a safe journey on the rough roads.



Pony Riding

Pony riding is a favorite activity for families during their trip to Kaghan Valley. Ponies are easily available for rent at Naran, Saiful Muluk, Lalazar and Paya. A ride around Lake Saiful Muluk can be a most enjoyable experience. For the more adventurous, a longer ride of two to three days in the upper Kaghan Valley can be a momentous journey. One of the most thrilling trips **is** from Besal to Lake Dudipat Sar or Babusar Top.



Fishing

Trout fishing is a popular activity in the Kaghan Valley. Fishing for brown and rainbow trout in the crystal clear **waters** of the valley lakes and in the Kunhar River is the favorite pastime for many. A fishing permit can be obtained from the Fisheries Department at Shinu or at Naran. Bringing your own angling gear is optional as you can rent equipment from shopkeepers in Naran Bazaar. Please remember that the use of fishing nets and explosive materials for fishing in rivers and lakes are illegal as they are harmful for the healthy growth of trout fish and other wildlife.



Climbing

Kaghan is an exhilarating place for amateur climbers to learn the basic skills of mountaineering. Malika Parbat (5291 m), Musa Ka Musalla (4076m) and Makra Top (3885m) are the main peaks of the Kaghan Valley. Malika Parbat might be less in height, but it is quite technical to climb and a true challenge. Information about the approach routes to these mountains is given in the Trekking section. Adventure Edge (Cell: 0300-9116727)



Mountain Biking

Since last several years, Kaghan Valley has become the venue for one of the most challenging mountain bike races in Asia. Amateur cycling enthusiasts and adventure tourists can enjoy mountain biking on the main route of Kaghan Valley. Especially, a trip up to Babusar Top passing through the stunning landscape and settlements of friendly Gujars is without doubt a rewarding experience. Tourism Promotion Association of Kaghan offers short distance cycling trips from Naran during summer season.



River Rafting

River Rafting is a new adventure sport currently under development along the Kunhar River. As the lifeline of Kaghan Valley, Kunhar River is excellent for rafting. Some sections between Naran are quite technical and suitable only for experienced white water paddlers. Other sections of the river above Naran and below Balakot, are fun for beginners and are of relatively easy grade. Adventure Edge offers basic and advanced training courses in river **rafting** during October and April. During summer season, short distance rafting trips are available from Naran. For more information, please call 0300-9116727.



Siri Paye - Shogran



TREKKING ROUTES IN KAGHAN VALLEY

Kaghan Valley is an excellent place for trekking and camping. Following are some of the main trekking routes:

Dadar to Sharan via Musa ka Musalla

Duration	5 days
Standard	Moderate
Best Season	June to October
Starting Point	Dadar/Kund (Siran Valley)
Finishing Point	Sharan/Paras
Route ;	Mansehra to Dadar and Kund by jeep (2500m)
	Trek to Shaheed Pani (2896m)
	Trek to Jabba (2896m) with climb to Musa Ka Musalla (4076m)
	Trek to Sharan (2592m) and return to Paras by Jeep (1500m)

Shogran to Kohari via Makra

Duration	3 days
Standard	Moderate
Best Season	June to October
Starting Point	Shogran/Paya
Finishing Point	Kohari
Route ;	Shogran to Paya by Jeep (3097m).
	Trek to Ziarat (2896m) via Makra Top (3885m).
	Trek to Patika (854m) and return to Muzaffarabad by jeep/van (671m).

Shogran to Makra Top and back to Shogran

Duration	3 days
Standard	Moderate
Best Season	June to October
Starting Point	Shogran
Finishing Point	Shogran
Route ;	Trek to Paya (3079m) via Sari,
	Trek to Makra Top (3885m) and return to Paya
	Trek Back to Shogran (2362m) and return to Balakot by Jeep/van (884m)

Mahandari to Naran via Kuch Gali and Saif-ul-Muluk

Duration	4 days
Standard	Moderate
Best Season	June to October
Starting Point	Mahandari
Finishing Point	Naran
Route ;	Mahandari to Bela (1925m) by jeep,
	Trek to Manoor Rest House (2600m)
	Trek to Saif ul Maluk (3200m) via Kuch Gali (4100m), Trek to Naran (2405m).



Saif-ul-Muluk to Lalazar via Hans Gali

Duration	2 days
Standard	Moderate
Best Season	June to September
Starting Point	Saif ul Muluk
Finishing Point	Batakundi/Naran
Route ;	Naran to Saif ul Maluk by jeep (3200m),
	Trek to Lalazar (3200m) via Hans Gali (3994m).
	Trek to Batakundi (2713m), return to Naran (2405m) by jeep.

Naran to Saif-ul-Muluk via Chura Gali

Duration	2 days
Standard	Easy
Best Season	June to September
Starting Point	Naran Forest Rest House
Finishing Point	Naran/Saif ul Muluk
Route ;	Trek to Chura Gali (3962m) via Dana,
	Trek down to Saif ul Muluk (3200m)
	Trek to Naran or return to Naran (2405m) by jeep.

Saif-ul-Muluk to Batakundi via Siran Gali

Duration	3 days
Standard	Moderate
Best Season	June to September
Starting Point	Naran/Saif ul Muluk
Finishing Point	Batakundi/Naran
Route ;	Naran to Saif ul Maluk by jeep (3200m),
	Trek to Upper Kuch (3962m) via Malika Parbat base camp,
	Trek to Batakundi (2713m) via Siran Gali (459m), return to Naran (2405m) by jeep.

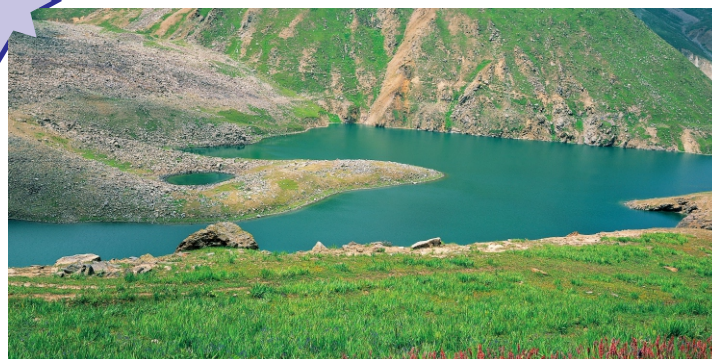
Besal to Dudipat Sar Lake and Saral Gali

Duration	4 days
Standard	Moderate
Best Season	June to September
Starting Point	Besal (Upper Kaghan)
Finishing Point	Besal
Route ;	Naran to Besal (2804m) by jeep,
	Trek to Mullan di Basti (2800m) Trek to Dudipat Sar Lake (3902m),
	Trek to Saral Lake (3633m) Trek down to Dawarian (3119m) return to Muzaffarabad (671m) by Bus/Van or. Stay few days in Neelum valley.



Burawai to Dawarian via Ratti Gali

Duration	5 days
Standard	Moderate
Best Season	June to September
Starting Point	Burawai (Upper Kaghan)
Finishing Point	Dawarian (Neelum Valley)
Route ;	Naran to Burwai (2926m) by jeep, Trek to Bhukwal(3100m) Trek to Dharian Lake (3119m) Trek to Domali (3119m) Trek down to Dawarian (3119m) return to Muzzaffarabad (671m) by Bus/Van or. Stay few days in Neelum valley.



CHECKLIST FOR TREKKING AND CAMPING TRIP TO KAGHAN

A check list given below will help you to better prepare
for Kaghan Valley:-

1. Large size rucksack to carry all required trekking gear.
2. Day Pack to carry camera, snack pack and rain jacket etc.
3. Sleeping Bag of good quality to afford cold temperature at night.
4. Closed Cell foam mattress.
5. Trekking boots, well broken and durable with strong rubber sole.
6. Camp sandals to use while in camp and walking around.
7. Water/Wind proof jacket and trousers.
8. Two to three pairs of extra clothing (preferably full length trousers and full sleeve shirts).
9. Three to four pairs of socks (woolen and nylon stuff).
10. Sun Hat for shade and to avoid sunburn.
11. Woolen Cap to keep head warm during cold days and nights.
12. Pair of Gloves (woolen and water proof).
13. Sun Glasses to protect eyes from snow blindness.
14. Walking Sticks.
15. Water Bottle.

16. Head lamp or Torch with extra battery cells.
17. Pocket knife.
18. Toilet kit including sun block cream.
19. Bottled water

COMMUNAL USE ITEMS FOR WHOLE GROUP

1. Two or three person lightweight water proof tent.
2. Small Stove with fuel.
3. Plastic Can for water storage.
4. Medical Kit (First Aid and basic medicines).
5. Cooking utensils (as per size of group).
6. Food stuff (according to the menu and number of persons and duration of trip). "
7. Washing Kit (soap and detergents for kitchen and toilet use)
8. Match boxes. (In airtight bag).
9. Map and Compass.
10. Binoculars or spotting scope.
11. Camera with long life batteries and extra films.
12. AM/FM Radio

DISTANCE CHART OF TOURIST SPOTS IN THE SIDE VALLEYS

Place	Altitude	Distance In Kilometer	Travel Time
	In Meters		
KEWAI TO SHOGRAN	2362	7	30 Min
SHOGRAN TO PAYA	3079	8	40 Min
PARAS TO SHARAN	2591	16	1 Hrs 20 Min
NARAN TO SAIF UL MULUK	3200	9	1 Hrs
NARAN TO LALAZAR	3200	21	1 Hrs 30 Min

HOTELS IN KAGHAN VALLEY

S. No	Hotel Name	Contact #	Location
1	PTDC Motel	0997-500208	Balakot
2	Valley Gateway Hotel + Family Cottages	0997-500282	Balakot
3	Paradise Hotel	0997-501061	Balakot
4	Moonlight Hotel	0346-5373951	Balakot
5	Serenity Hotel	0347-9179539	Balakot
6	Pine Hill Hotel	0312-9939072	Balakot

7	Pamir Hotel	0334-9647637	Balakot
8	Pine Park Hotel	0997-430045	Naran
9	Royal Hotel	0997-430133-4	Naran
10	New Cecal Hotel	0997-430130	Naran
11	Perhana Cottage	0997-204580/202003	Naran
		0346-9570580	
12	Kunhar View Hotel	0997-430124/430104	Naran
		0346-5666729	
13	Gateway Hotel	0997-430077/430177	Naran
14	Himalaya Inn Hotel	0997-430199	Naran
15	Edan Hotel	0997-430350	Naran
		0300-5648549	
16	River View Hotel	0997-430100	Naran
17	PTDC Motel	0997-430002	Naran

18	Farhan Hotel	0997-430184-6	Naran
19	The Trout Land Hotel	0997-430088-9	Naran
20	TCKP Hotel	0997-430183/430311	Naran
21	Lalazar Hotel	0997-430001/430211	Naran
22	Demanchi Hotel	0997-430301-2	Naran
23	Silver Gleam Hotel	0997-430214/430314 0346-9659502	Naran
24	Green Hotel	0997-430119	Naran
25	Burj Naran Hotel	0997-430119	Naran
26	Balakot Hotel	0997-430029	Naran
27	Hotel Snow Land	0997-430068	Naran
28	Mount View Hotel	0997-430030	Naran

29	Errum Hotel	0997-430028	Naran
30	Summer Land Hotel	0997-430142	Naran
31	Punjab Hotel	0997-430016	Naran
32	Sarhad Hotel	0997-430013	Naran
33	Frontier Hotel	0997-430151	Naran
34	Park Hotel	0997-430060	Naran
35	Sun Rise Hotel	0997-430122	Naran
36	Islamabad Tourism Motel	0997-430120	Naran
37	Green Park Hotel	0997-430075	Naran
38	Pine View Guest House	0997-430313	Naran
39	ZamZam Hotel	0997-430025	Naran

40	Dream Land Hotel	0997-430019	Naran
41	Shalimar Hotel	0997-430004	Naran
42	Lahore Hotel	0997-430101	Naran
43	Gedar Hotel	0997-430219	Naran
44	Naran Hotel	0997-430008	Naran
45	Pakistan Hotel	0997-430040	Naran
46	Snow View Hotel	0997-430031	Naran
47	Paradise hotel	0997-430209	Naran
48	Palace Hotel	0997-430107	Naran
49	Koh-e- Toor Hotel	0997-430241	Naran
50	Cloudway Hotel	0997-430235	Naran
		0341-9455893	

51	Sayyam Heights	0997-430256-7	Naran
		0322-9800047	
52	Sayyam Cottages (3-4 Bedrooms Cottages)	0997-430256-7	Naran
		0322-9800047	
53	Centurion Hotel	0345-4426795	Naran
54	Pine Park Hotel & Resort+ Villas/ Cottages	0997-432295/432333	Shogran
		/432222	
		0333-6116777	
55	Afaq Hotel & Cottages	0997-432337-8	Shogran
		0346-9897105	
56	Faisal Hotel	0997-432014	Shogran
57	Serenity Hotel	0997-432282/ 432182	Shogran
58	Lahore Hotel	0997-432147	Shogran
59	Mansehra Breeze Hotel	0997-432074	Shogran

60	Punjab Hotel	0997-432326	Shogran
61	Green Pine Park Hotel	0997-430274-5	Shogran
62	Heaven Rose Hotel	0997-432140	Shogran
63	Tourist Inn Hotel	0346-9608720	Shogran
64	Country Lodges	051-5400177/8	Shogran
65	Arcadian	051-8436971/2	Shogran
66	Fairy Meadow	0997-430137/40	Shogran
67	Ligrand	0997-430135	Shogran

For further information: www.dts.gkp.pk

***Peak Season Months = June, July & August**
***Off Season Months = Months Other than June, July & August**



LIST OF IMPORTANT NUMBERS IN KAGHAN VALLEY

S. No	Important Areas	Contact #
1	Telephone Enquiry Number Naran	0997-430000
2	Basic Health Unit Naran	0997-430018
3	Police Station/ Post Naran	0997-430075
4	Post Office Naran	0997-430017
5	PTDC TIC	0992-501558
6	Assistant Commissioner Office Balakot	0997-501008
7	FWO Exchange Naran	0997-430156
8	T-Pak Tourist Facilitation Centre, Balakot	0997-501061
9	KDA	0997-303930



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E-mail: info@kptourism.com Web: www.kptourism.com

Tourist Information - Faciliation Center, at Peshawar Museum, Peshawar Cantt.

Tourist Information - Faciliation Center, Allama Iqbal Road Jalal Baba Auditorium Abbottabad Cantt.

Tourist Information - Faciliation Center, Dunga Gali Main Chowk, Murree Road.

Tourist Information - Faciliation Center, Near Mountain Inn Hotel, Chitral.

Tourist Information - Faciliation Center, SIDB Plaza, Opp: Hill View Jinah Super Market, F 7/4 Islamabad

Ph: +92 91 9213762

Ph: +92 992 335876

Ph: +92 992 355173

Ph: +92 943 413540

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