

Contents

INTRODUCTION.....	11				
FACTS ABOUT PAKISTAN.....	13				
History	13	Flora & Fauna.....	33	Arts.....	47
Geography	25	Government & Politics	37	Society & Conduct.....	50
Geology	26	Economy	38	Religion.....	54
Climate	30	Population & People.....	41		
Ecology & Environment	31	Education	41		
FACTS FOR THE VISITOR	59				
Planning	59	Time	75	Public Holidays & Special Events.....	91
Tourist Offices	62	Electricity.....	75	Activities.....	93
Visas & Documents	62	Weights & Measures.....	75	Work.....	94
Embassies	65	Laundry	75	Accommodation.....	94
Customs	65	Health.....	75	Showers.....	96
Money	66	Toilets.....	86	Things to Buy.....	96
Post & Communications	68	Women Travellers.....	87	Food	97
Books	70	Gay & Lesbian Travellers.....	88	Drinks.....	99
Internet Resources	72	Disabled Travellers.....	88	Spectator Sport.....	100
Newspapers & Magazines	72	Useful Organisations	89	Entertainment.....	102
Radio	73	Dangers & Annoyances	89		
Television	73	Emergencies.....	90		
Photography & Video	73	Business Hours	90		
GETTING THERE & AWAY	103				
Air	103	Sea	109	Organised Tours	110
Land	107	Departure Taxes	110		
GETTING AROUND.....	112				
Air	112	Car & Motorcycle	117	Boat	118
Bus	114	Bicycle	118	Local Transport	119
Train	116	Hitching	118		
SIND.....	120				
History	121	Around Karachi	145	Sehwan Sharif & Manchhar	
Climate	123	Moenjodaro	147	Lake	155
Economy	123	Hyderabad	153	Sukkur & Rohri	155
Culture	123	Around Hyderabad	154	Kot Diji	156
Karachi	124	Mirpur Khas & the Tharparkar			
The Interior	145	Desert	154		
BALUCHISTAN.....	157				
History	157	Quetta	163	Quetta to Karachi	177
Geography & Climate	162	Around Quetta	172	Quetta to Dera Ghazi Khan	177
People	162	Bolan Pass & Sibi	173	The Makran	178
Economy	163	Mehrgarh	175		
Government	163	Khojak Pass & Afghan Border	176		
PUNJAB & ISLAMABAD	180				
Bahawalpur	181	Uch Sharif	188	Dera Ghazi Khan	195
Lal Suhagra National Park	185	Panjnad Head	189	Around Dera Ghazi Khan	196
Cholistan	186	Multan	190	Harappa	197

Pakpattan	198	Rohtas Fort.....	224	Wah Gardens.....	241
Lahore	198	Rawalpindi & Islamabad	225	Hasan Abdal	242
Faisalabad	221	Margalla Pass.....	239	Murree & The Galis.....	242
Jhelum & The Salt Range.....	223	Taxila	239		
AZAD JAMMU & KASHMIR.....					248
People	250	Places to Stay.....	250	Jhelum Valley	254
Permits	250	Getting There & Away.....	250	Bagh & Poonch Districts	254
Tourist Information.....	250	Muzaffarabad.....	251		
When to Go	250	Neelam Valley.....	253		
NORTH-WEST FRONTIER PROVINCE					256
History	257	Khwazakhela & Shangla Pass	289	Thandiani	317
People	259	Upper Swat	289	Mansehra.....	318
Language	259	Dir & the Lowari Pass.....	293	Kaghan Valley	320
The Tribal Areas	259	Chakdara	293	To the Babusar Pass	325
Accommodation	260	Timargarha.....	294	Mansehra to Batagram	326
Peshawar, Mardan & Southern NWFP	260	Dir Town	294	Batagram	326
Peshawar.....	260	Lowari Pass.....	295	Indus Kohistan	327
Around Peshawar	271	Chitral	296	Besham.....	327
Kohat	273	Drosh & The Shishi Valley	299	KDB Road Marker.....	328
Bannu.....	275	Chitral Town	300	Alai Valley	329
Dera Ismail Khan (DI Khan) ..	275	The Kalash Valleys	305	Dubair Valley	331
Mardan.....	276	Garam Chashma	309	Pattan.....	331
Around Mardan	277	Upper Chitral	309	Kayal Valley	333
Swat	280	Hazara	312	Dasu & Komila	333
Mingora & Saidu Sharif	284	Haripur	314	Dasu to Shatial	334
Around Mingora & Saidu Sharif	288	Tarbela Dam.....	314	Shatial	334
THE NORTHERN AREAS		Havelian.....	314		
History	335	Abbottabad.....	314		
The KKH & Cross-Border					
Trade	336				
Rural Development	337				
People	337				
Chilas & Astor	338				
Darel & Tangir.....	338	Haramosh Valley.....	355	Aliabad	373
Chilas	338	Punial, Ishkoman, Yasin &		Baltit & Karimabad	373
Chilas to Gilgit	340	Ghizar	355	Altit, Duikar & Melishkar	379
Astor Valley & Nanga Parbat ..	341	Baltistan	358	Ganesh	380
The Gilgit Region	343	The Gilgit to Skardu Road	361	Upper Nagar	380
Gilgit Town	346	Skardu	361	Gulmit	381
Around Gilgit	353	Around Skardu	364	Passu	382
Naltar Valley	353	Deosai Plains	364	Passu to Sost	384
Bagrot Valley	355	Shigar	365	Sost & Afiyatabad	385
		Khapalu	365	Khunjerab Pass	387
		Hushe & Masherbrum Views ..	367	The Road to Kashgar	388
		Hunza, Nagar & Gojal	368	Khunjerab Pass to Tashkurgan ..	388
		Gilgit to Chalt	370	Tashkurgan to Kashgar	389
		Chalt	371	Kashgar	389
		Around Chalt	371		
TREKKING IN NORTHERN PAKISTAN					
Planning a Trek	391				
Trekking Information	395				
Chitral	402				
Kalash Valleys	402	Laspur Valley & Bashqar Gol	406	Naltar & Pakora Valleys	411
Chitral Gol National Park	403	Ghizar	407	Nanga Parbat	413
Shishi Gol & Golen Gol	404	Upper Ghizar River Valley	407	Nanga Parbat Valleys	413
Lutkho Valley	405	Yasin Valley to Yarkhun		Hunza River Valley	415
Turkho Valley	405	Valley	408	Nagar	415
Upper Yarkhun Valley	405	Yasin Valley to Ishkoman		Hunza Proper	417
		Valley	408	Gojal	419
		Gilgit Region	411	Baltistan	423
		Bagrot & Haramosh Valleys ..	411	Basha, Tormik & Stak Valleys ..	423

Deosai Mountains & Plains....	423	Biafo, Hispar & Baltoro Glaciers.....	424	Shyok & Hushe Valleys	430
LANGUAGE.....					433
Urdu	433	Shina.....	438	Balti.....	442
Pashto.....	437	Burushashki.....	439	Kalasha.....	443
Khwar.....	437	Wakhi	441		
GLOSSARY.....					444
INDEX.....					448
Maps	448	Text	449	Boxed Text	456