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| **S.No.**  | **Treks**  | **Recommended** |
| 1.  | Baltoro – Gondokoro-Hushe : Concordia, K-2 B, Gasherbrum B, C & return by the same route, or cross Gondokoro or Vigne Pass, K-7 B.C., Hushe, Skardu or vice versa.  | Restricted Zone |
| 2.  | Baltoro – Masherbrum Pass – Hushe : Skardu, Askole, Concordia, K-2 B.C., Gasherbrum B.C., Masherbrum Pass, K-7 B.C., Hushe, Skardu or Vice Versa.  | Do  |
| 3.  | Panmah Glacier – Sim Pass : Skardu, Panmah Glacier, Chiring Glacier, Drenmang Glacier, Nobande Sobande Glacier, Simgeng Glacier, Chaktoi Glacier, Sim Pass, Simgang Glacier, Snow Lake & down to Askole via Biafo Glacier or to Nagar via Hispar Glacier, or vice versa.  | Restricted Zone  |
| 4.  | Hispar Pass : Skardu, Askole, Biafo Glacier, Snow Lake, Hispar Pass, Hispar Glacier, Nagar,  Gilgit or vice versa.  | Open Zone  |
| 5.  | Lukpo Pass : Skardu, Askole, Biafo Glacier, Snow lake, Simgang Glacier, Lukpo Pass, Braldu Glacier, Shimshal Pass, Shimshal village, pass, Gilgit or vice versa.  | Restricted Zone  |
| 6.  | Sokh Pass : Skardu, Askole, Biafo Glacier, Snow Lake, Sokh  La, Sokh Glacier, Sosbun Glacier, Hikmul Pass, Hoh Lungma Glacier, Arandu, Skardu, or vice versa.  | Open Zone  |
| 7.  | Haramosh Pass : Skardu, Arandu, Chogo Lungma Glacier, Haramosh La, Dache, Sassi, Gilgit or Skardu or vice ve rsa.  | Do  |
| 8.  | Stak Pass : Skardu, Stak, Stak pass, Ganto pass, Arandu, Chogo lungma Glacier, Haramosh Pass, Sassi, Skardu or Gilgit, or vice versa.  | Do  |
| 9.  | Sosbun valley : Skardu, Chakpong, Ho, Sosbun B.C., Sosbun Brakk B.C. Hoh Lungma Glacier, Hikmul Pass, Doko, Skardu or Vice versa  |    |
| 10.  | Skoro Pass : Skardu, Askole, Skoro Pass, Shigar, Skardu or vice versa.  | Do  |
| 11.  | Thalle pass: Skardu, Shigar, Thalle pass, Bukma, Doghani to Hushe or Skardu or vice versa.  | Do  |
| 12.  | Hushe valley : Skardu, Hushe, Masherbrum B.C., Shaicho, Gondokoro B.C. K-7 B.C. Hushe, Skardu, or vice versa  | Restricted Zone  |
| 13.  | Hushe – Aling : Skardu, Hushe, Aling Glacier & back to Hushe via same route  | Open Zone  |
| 14.  | Across Deosai : Skardu, Deosai Plateau, Chillim Astore, Gilgit or vice versa.  | Do  |

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| **Treks in Diamir** |
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| 15.  | Around Nanga Parbat : Gilgit, Astore, Mazeno Pass, either to Chilas via Diamer or Kachal Pass, Fairy Meadows, Raikot or Astore Via Nameless Pass, Chilas or vice versa.  | Open Zone  |
| 16.  | Fairy Meadows : Chilas, Fairy meadows, Nanga Parbat Base Camp, Jillipur Pass, Chilas.  | Do  |
| 17.  | Across Deosai : Gilgit, Astore, Chillim, Deosai plateau, Skardu, or vice versa.  | Do  |

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| **Treks in Gilgit & Hunza** |
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| 18.  | Rakaposhi Base Camp : Gilgit, Jaglot, Shaltar Pass, Milt, Minapin Glacier, Miachar, Toshot, Nagar, Gilgit or vice versa  | Open Zone  |
| 19.  | Batura Glacier : Gilgit, Gulmit, Borit Lake, Patundas, Yashpirit, Shelmin, Lupdor & Retum via left side of the Batura Glacier to Passu,  Gilgit or vice versa.  | Do  |
| 20.  | Gilgit-Hassanabad: Gilgit, Hassanabad, Muchuhar Glacier, Shendar Glacier, back to the Batoqsha Glacier, Shispar Glacier, Hassanabad, Gilgit or vice versa.  | Do  |
| 21.  | Karun Pass : Gilgit, Passu, Dut, Karun Pqass, Boiber, Morkhun, Karakoram Highway & back to Gilgit or vice versa.  | Do  |
| 22.  | Chapursan Batura : Gilgit, Sost, Yashkuk by jeep & then by foot to Khkijerab Glacier & across Lupghar Pass & down to Raminji or cross 5200 meter pass & down to Lupdor & down to the Batura Glacier to Passu or vice versa.  | Restricted Zone |
| 23.  | BarpuBarpu Glacier : Gilgit, Hunza, Hopper, across Bualbar, Glacier up the Barpu Glacier ascend to Rash Lake, Girgindal, Golden Peak base camp, retum by left side of the Barpu Glacier to Hopper & to Gilgit or vice versa.  | Open Zone |
| 24.  | Shimshal Valley : Gilgit, Hunza, Sost, Chillinji pass, Ishkomen, Gilgit or vice versa  | Restricted Zone |
| 25.  | Shimshal Valley :Gilgit Passu, Shimshal, Yazghil, Glacier, Yukshin Gardan Glacier, Khurdopin Glacier, Virjerab Glacier & return to Gilgit by the same route  | Open Zone |
| 26.  | Shimshal – Chapchingal Pass : Gilgit, Passu, Shimshal, Boesam Pir Pass, Mundi Highway, Gilgit or vice versa.  | Restricted Zone |
| 27.  | Shimshal Pass : Gilgit, Passu, Shimshal, Shimshal Pass, Yazghil Glacier, Virjerab Glacier, Shimshal Pass, Shuijerab, Shimshal Village Passu & return to Gilgit  | Open Zone |
| 28.  | Karun Pass : Gilgit Passu, Karum Pass, Beihar, Merkhun, Sest, Gilgit or vice versa.  | Open Zone |
| 29.  | Shimshal – Braldu Glacier – Snow Lake: Gilgit, Passu, Shimshal Village, Shuijerab, Braldu Glacier, Lukpo-La, Snow Lake & to Nagar Via Hispar La & Shspar Glacier or to Askole & Skardu via Biafo Glacier or vice versa.  | Restricted Zone |
| 30.  | Naltar Pass; Gilgit, Cither Nomal, Naltar Pass Naltar Pass or Sher Qila, Naltar, naltar Pass, down to either Chaterkhand or to Pakhera, to lmit, down to Gilgit or vice versa.  | Open Zone |
| 31.  | Dainter Pass : Gilgit, Nemal, Naltar, Dinter Pass, Bar, Kukuar Glacier & Baltar Glacier, Chalt to Gilgit or Chaprot Chaprot Pass, Naltar, Gilgit or Vice Versa.  | Open Zone |
| 32.  | Thui Pass : Gilgit, Yasin, Nialthi, Thui Pass, Gazin, Mastuj, Chitral or vice versa.  | Open Zone |
| 33.  | Nazbar Pass : Gilgit, Yasin, Nazbar Pass, Zagar Pass, Shandur Pass, Mastuj, Chitral or vice versa.  | Do  |
| 34.  | Dadar Ali Pass : Gilgit, Phander, Handrap, Dadarail Pass, Kalam, Swat, or vice versa or same upto Handrap & continue to Swatvia, Bashkaro Pass & Kalam or vice versa.  | Do  |
| 35.  | Asumsar & Ishkoman Passes : Gilgit, Chatorkhand, Asumbar Pass, Sandi, Darkot, Ishkoman Pass, Ishkoman, Gilgit or vice versa.  | do  |
| 36.  | Ishkoman & Darkut Passes : Gilgit, Ishkoman, Ishkoman Pass, Darkot, Darkot pass, Baroghil to Mastuj & back to Gilgit or Chitral  | Restricted Zone |
| 37.  | Nazvar pass: Gilgit, Yasin, Nazbar pass, Zagar pass, Chamarkhan pass, Harchin pass, Harchin & to Chitral or Gilgit or vice versa.  | Open Zone |
| 38.  | Haramosh pass: Gilgit, Jaglot, Sassi, Dassn, Haramosh pass, Arandu, Skardu or vice versa  | Do  |
| 39.  | Haramosh – Rakan pass-Bagrot : Gilgit Sassi, Rakan pass, Farphu, Gilgit or vice versa  | Do  |

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