info@oasisoverland.co.uk
Tel: +44 (0)203 725 8924

# KARACHI TO ISLAMABAD (17 DAYS) INDUS DOMES, DESERTS & ISLAMABAD



**COUNTRIES VISITED: PAKISTAN**

## HIGHLIGHTS

- Learn about Pakistan's cultural heritage at the National museum in Karachi
- Soak yourself in Manghopir hot sulphur springs
- Boat trip on Manchar Lake with the Mohanas tribe
- A safari by boat to Sukkur Island and to visit Sadu Bela Hindu temple
- Visit Derawar Fort, a standout attraction in the Cholistan desert
- Take in the Shrines of the Mystics, the old walled city and bazaar in Multan
- Experience the flag lowering ceremony at Wagah, the border with India
- Try many culinary dishes on Fort Road, Food Street
- Spend the day sightseeing in Lahore - the cultural hub of Pakistan
- Explore the 16th century fortress - Rohtas Fort

## INCLUDES

- Accommodation - 3 to 5-star hotels & guesthouses
- Karachi city and surroundings tour (1 full day)
- Manghopir Sufi Shrine and hot sulphur springs

- Ajrak factory visit (traditional block printed cloth)
- Boating with the Mohanas tribe on Manchar Lake
- Boat safari to Sukkur island
- Sadu Bela - Hindu Temple
- Derawar Fort
- Multan city tour
- Harappa archaeological site
- Rohtas Fort
- Lahore city tour (2 full days)
- Islamabad city tour
- Taxila museum
- Shan Faisal Mosque
- Letter of Invitation and general visa advice
- Pakistani clothes (Shalwaar Chemise)
- Airport transfers
- Meals - 3 meals per day
- Tea & Coffee morning & afternoon
- All transport
- English speaking guide

## EXCLUDES

- Visas
- Optional Excursions as listed in the Pre-Departure Information
- Flights
- Airport Taxes & Transfers
- Travel insurance (compulsory, get a quote here)
- Drinks
- Tips

## ESSENTIAL INFORMATION

### ARRIVAL & ACCOMMODATION

**Trip Joining Point:** Karachi

**Start Time Day 1:** 08:00

The trip starts in the morning of Day 1 of your trip. You will be advised on specific details on booking.

We stay in basic locally owned hotels, on a twin share basis. Almost all of the rooms are en-suite. Air conditioning is virtually unheard of, but most rooms do have a fan. Standards are very different to the Western World, and you cannot always expect simple things such as regular hot water.

**PRE-TRIP ACCOMMODATION:**

You can pre-book accommodation and airport transfers through us. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 6 weeks prior to departure, after which a late booking fee may apply. If you have booked through a travel agent, please contact them to request pre-trip accommodation and airport transfers.

Additional nights in Karachi before your trip can be arranged, at a cost of £95 per night for a room. A guide is required if you are in Karachi a full day or more before your trip starts, which costs £75 per day. No transport is included.

These can be booked and paid for in advance through your My Oasis Account (see Add Ons). If you would like to book more than one night, please contact us and we will add this to your account for you.

If your flight arrives in the early hours of day one of the trip and you do not wish to book a room, there is a reception area in the hotel with sofas where you can rest before we meet in the morning for the first day's drive.

**AIRPORT TRANSFERS:**

**Airport Transfers are included** in the cost of your adventure (provided you request these via the UK office or your account six weeks before your departure).

On arrival into Karachi airport you will be met by a local representative who will take you to the group joining Hotel. The driver will have your name on a sign with Oasis Overland.

**PRE-DEPARTURE MEETING**

Your tour leader will meet you on the morning of departure; usually around 8am, at the joining hotel where you will be briefed on the day to day running of the trip. There will be a notice in reception advising you of the time of the meeting, and any further information. Your Tour Leader will **collect a photocopy** of your **passport information page**, **insurance policy details** with policy number and confirmation that the duration will cover you for the entire trip and a **24-hour emergency assistance** telephone number.It is essential that you attend this meeting - please let the UK office or your tour leader know if you are unable to do so.

## POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS

Post-trip accommodation will need to be booked and paid for in advance, you can contact the Oasis Office before your trip commences to arrange this, please email info@oasisoverland.co.uk. Airport transfers can be arranged with your tour leader on Day 1 and are included in the trip price.

## FLIGHT INFORMATION

We recommend arriving on Day 1 in your departure city, most flights arrive very early in the morning. Day 1 of your trip will either take you on a city tour if you are booked on the **Domes & Deserts of the Indus** trip **OR** you will head off late morning if you are on the **Karakorum Highlights trip**.

There are many online flight search engines such as **www.skyscanner.net** or **www.ebookers.co.uk** **,** flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

## PASSPORTS

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

Please bring 2 photocopies of your passport details to give to your tour leader.

## VISAS

Your passport expiry date must be at least 6 months after your time in Pakistan finishes. Do not bring a full or almost expired passport. We also recommend you have a machine-readable passport - ff you have an old-style manually issued passport you should replace this with a new machine-readable passport before you travel.

All nationalities will need to arrange their Pakistan tourist visa in advance via the new streamlined process which can be accessed at - Visa Prior to Arrival Website

As of 1st January 2026, the Pakistan Government suspended their free visa on arrival programme which was previously in place for 126 countries, as a result of this change, all tourists now need to apply for their visa prior to arrival in Pakistan, using the following link - Visa Prior to Arrival Website.

We will provide you with a 'Letter of Invitation' (LOI) which will be required during your application. We will require a scanned copy of your passport to issue the invitiation letter.

You should apply for your visa at least one month before you are due to arrive to allow for processing time and possible checks.

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements**.** It is **your responsibility** to ensure you have all the relevant visas you require.

#### VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti- malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at **www.nomadtravel.co.uk**. Alternatively you can check out the **fit for travel website** for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Yellow Fever** - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in many countries we visit, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the World Health organisation **http://www.who.int/ith/ITH_country_list.pdf**

**Rabies** - Vaccinations are regularly recommended for some of the countries that we travel through - especially if time and money are not a deterrent.

**Malaria** - In some of the areas we visit there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market & requirements change. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or GP for advice. For more information visit **www.nomadtravel.co.uk** **or** **www.fitfortravel.scot.nhs.uk**

**Altitude sickness** - This is caused by thin air (due to lack of oxygen) and can affect anyone arriving

at high altitude (above 3000mtrs). The symptoms are headaches, dizziness, shortage of breath and possibly nausea. To avoid this or alleviate the symptoms make a point to acclimatize by arriving into a high altitude destination a few days early and make sure you do not over exert yourself, rest for a few hours, avoid drinking alcohol, smoking, large meals and drink plenty of water.

As we are travelling mostly by land (as opposed to flying into a high altitude location) we should acclimatise gradually, and so avoid 'soroche', mountain sickness.

**Dengue** - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

**Health** - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto **www.nathnac.org/travel/**

#### TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in **My Oasis Account** if you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the

**Travel Insurance** section of our website. You can purchase our insurance by logging into **My Oasis Account** and click 'Buy Insurance' or through the following **link**.

**MONEY, BUDGETS AND LP**

## Spending Money

From past trips and traveller feedback we'd recommend changing US$100 (or GBP) in Islamabad to local currency. This will pay for the odd coffee and soft drink, as well as a few souvenirs. Personal spending habits & budgets differ greatly from person to person, but generally there isn't a lot to spend your money on as most things are included! **If you plan on buying a large item, such as a carpet, then budget for this separately and US dollars would be the better currency.** Budget on optional activities separately (see optional excursions page).

## How to bring your currency?

It is best to bring your money in combination of debit/credit cards and US dollars cash. Many places will NOT accept Visa, Mastercard or credit cards in general, but it is still wise to travel with one as a backup. ATMs are few and far between and can be out of service or cards will not always be accepted and there are usually daily withdrawal limits, so having some cash US dollars will provide a useful back-up. You can easily change GB pounds in Islamabad.

## Changing money

Change your money only at banks, hotels or forex bureaus/cambios. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your guide will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

## Credit and Debit Cards

If using credit or debit cards please note that usually you will be given local currency and NOT US dollars or GB pounds. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked.

## Pre-Paid Travel Currency Cards

These cards are similar to normal credit and debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip, but again do not rely on these as your sole means of funds on a trip. Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision.

## Tipping

Is often expected and relied upon. It is often more than a reward for services well done, but, as wages are extremely low, it is an accepted means of supplementing an income. If you would like to leave a tip for any activity/individual, you could organise this as a group and give a tip at the end. Your guide will be able to advise and normally will tip for your restaurant meals, as part of your trip price.

Because it can be difficult to know what to tip, and because it has such importance in some areas both economically and culturally, there may be times and activities for which your crew will make it clear what level of tipping is 'customary/expected'. This is motivated by the knowledge of how important tipping can be, and the offence or confusion that can be caused when local people are tipped poorly. In the end, tipping remains at the discretion of the individual, but our crew will continue to advise on normal or average rates, and we would ask you to carefully consider the economic or personal impact of being seen as 'under tipping'. We know that many who travel with us are on a tight budget, but ask you to consider that many local people face financial hardship, and also work very hard to try to give you unrivalled service/experiences.

In the past we have been asked by travellers about tipping your guide. If you choose to do this, it would be budgeted separately from the above. Our guys work very hard at making your trip a great travel experience. Working overseas can often be challenging and they are pretty much on call for you 24 hours a day, so it's appreciated as a thank you for hard work and good service, but of course not mandatory or expected. Our suggestion is to budget around US$1 or $2 a day**.**

### CLIMATE

Pakistan has an extreme of weather conditions. The areas we visit in the north are generally only passable during the summer months from June to October. Temperatures can be as high as 40 degrees during the day with a powerful sun at altitude. At night, especially from September, temperatures can drop to sub zero. Flooding is possible and thunderstorms can be heavy during July and August, but this is still most definitely the best time of year to visit!

For the South, we prefer October to April, as it is the drier time and the temperature is a little cooler in the evenings, but do still expect high temperatures and hot, humid days and nights. **View Pakistan Climate Chart**

### WHAT TO TAKE

The less you take the less you have to pack, wash & lug home & you can always pick up extras along the way. Most people make the mistake of bringing too much gear. Clothes, washing or laundry facilities will be available at least once a week. You will be travelling in the heat & temperatures can

drop in the evening, so bring clothes for all climates.

If you are travelling on a September departure, ensure you have pack extra warm clothing as temperatures can be very cold at altitude.

You will be issued with 2 x Shalwaar Chemise, which are worn by the local people. You don't have to wear these, but we find they are very comfortable and you will be appreciated and accepted more freely by the locals. There is room to wear trousers or shorts / T shirts / shirts / blouses underneath when the weather gets cold. Moderate dress is the order of the day wherever we go.

**Women** – will be required to wear head scarves, long sleeves and either loose fitting ankle length skirt or pants.

**Men** – Must be conservatively dressed, and will need long trousers and long sleeved shirts.

Both men and women will need to wear covered shoes in certain areas. Shorts are generally not considered acceptable for males or females throughout Pakistan and we have only included them on the list for use underneath your Shalwaar Chemise.

Make sure that you bring your gear in a traditional soft sided 70 - 90L rucksack or holdall - suitcases are not suitable. **Remember baggage is limited to 20kg per person plus one day bag.**

| **Equipment** | **Toiletries - Most available to buy on trip** |
|---|---|
| • **Small day-pack or small bag to carry daily items**<br>• **Soft rucksack or holdall (NOT rigid suitcase)**<br>• **Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)** | • Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser<br>• Sun block 35 + after sun, hat & sunglasses<br>• Tampons (difficult to find in country)<br>• Contraception |
| **Clothes** | **Personal Effects** |
| • **One pair of trainers or boots**<br>• **Sandals/flip flops/jandals/thongs**<br>• **Underwear/socks**<br>• **T shirts/shirts**<br>• **Shorts/swimwear**<br>• **Jeans/trousers/jog pants/leggings**<br>• **Ankle length skirt or dress**<br>• **Sweat shirt/jumper**<br>• **Jacket/fleece & waterproof jacket** | • Camera with protective case, spare batteries, film/memory card<br>• Torch & spare batteries (head torch is best)<br>• Travel adaptor plug/charger (for cameras & mobile phone batteries)<br>• Money belt<br>• Personal stereo - there is a cassette player in the jeep!<br>• Towel &/or sarong |

| Recommended Medical Kit List | |
|---|---|
| • **Antiseptic ointment/Antihistamine cream & tablets**<br>• **Nurofen or equivalent pain-killer**<br>• **Eye-drops/bath**<br>• **Anti-diarrhoea treatment**<br>• **A couple of bandages (elasticated & triangular)**<br>• **Medication for personal allergies/asthma etc.**<br>• **Insect repellent containing Deet** | • Re-hydration sachets/vitamin tablets<br>• Assorted plasters<br>• 1 Course of malaria treatment<br>• Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery<br>• Malaria Tablets - see Vaccinations & Health section |

It will be your responsibility to carry your kit on excursions and optional activities as some local operators may not have medical kits to hand.

## PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

**Cameras (incl. Digital & Video Cameras) -** An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/internet sites - but don't rely on it.

**Photography -** Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

**Drones -** As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

**Electrical charging & power supply -** It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto**www.whatplug.net**for information regarding the different electrical plugs and voltage used in each country.

## CONTACTING HOME

The internet and WiFi are quite hard to find in many areas that we visit, and the efficiency or speed of connection is never a guarantee! You will usually be able to email once a week or so on average. During periods of the trip where we are wild camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy a local SIM card, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

**RESPONSIBLE TRAVEL**

### Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- Water-to-Go: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. Click here and enter the code OASIS15 to purchase your **Water-to-Go** products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

### While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way- much more environmentally friendly and saves you money.
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: **www.tourismconcern.org.uk**

**Community Projects** - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the **projects we support**.

#### SECURITY

Generally Pakistani people are some of the friendliest on earth, but all major cities have their share of petty crime (just like our cities!) and sensible precautions need to be taken. Wearing expensive looking jewellery, watches and carrying cameras, will draw unnecessary attention to you. Leave valuables such as passports, excess money etc in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discrete than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets.

Single travellers in particular should take extra care and we would suggest that it is safer to remain with your group or with your guide who will be available during the evenings as well as during the touring day.

**FCO Advice -** The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and potential issues in the countries they plan to visit before committing to a trip with us. You can view their website here.

As an adventure tour operator, some of our trips will travel to areas that are rarely-visited and occasionally attract negative publicity. We are not in the business of taking our travellers or indeed staff to regions that we consider dangerous and **the safety of all who travel with us is always our main priority**, but as a discerning customer we understand you will want to be aware of any risks before travelling. We liaise with the FCO on specific regions or areas as necessary, as well as monitoring open media outlets and political risk resources, and speaking to our contacts on the ground.

In some rare cases, our trips may have to travel through areas against which the FCO either 'advise against all but essential travel' or 'advise against all travel'. When our trips travel through these areas we will carry out all due diligence and notify you in advance. This advice can change without notice. In these instances you will need to ensure you have full and comprehensive travel insurance that includes cover for these areas – some policies will exclude them. We are able to provide additional cover, if required, at additional cost. It may also be required that you read and sign a short information sheet confirming you have been advised of the risks and agree to travel contrary to the FCO advice.

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

#### TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip, and  at the very least are insured for all necessary medical & repatriation costs incurred if you need them.

You will be asked to provide the following details on the Traveller Information Form that you send in to us after making your booking. If you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip.  It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

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We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the **Travel Insurance** section of our website. UK residents can purchase the insurance we recommend directly through Campbell Irvine.

#### RESPONSIBLE TRAVEL

### Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- **Water-to-Go**: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. **Click here** and enter the code OASIS25 to purchase your Water-to-Go products at 25% discount.

### While you're travelling

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- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way- much more environmentally friendly and saves you money!
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- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
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- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near, (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: **www.tourismconcern.org.uk**

#### POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS

Post-trip accommodation can be arranged with your tour leader during the trip or directly with the hotel on arrival. The return airport transfer can be arranged through your hotel / hostel and is not included, it is at your own expense. We regret these services cannot be arranged via the Oasis office before departure.

## WHAT TO EXPECT

We travel with a maximum of 3 travellers per vehicle, but we may cross paths with other vehicles and our group size could be up to 16 travellers with several jeeps in convoy. Travellers need to come with an open mind – this is a developing country and things may not go to plan. This trip will be staying in basic accommodation, which means the rooms won't have all your home comforts, just the things you need such as a bathroom and bed. The itinerary is subject to change due to landslides or political situations, but we will always do our best to swap things around and complete everything we can (if safe to do so) or provide alternatives where possible.

## Accommodation & Transport

In Northern Pakistan our transport is mainly by 4x4 jeep with some transfers in either a car or Land Cruiser. In Southern Pakistan we prefer to use a car or 4x4 (Land Cruiser or similar) with air conditioning. On our Karakorum tours we use basic hotels, almost all with en-suite facilities. On our trips through the Indus Valley, we use 3 to 5-star hotels and guesthouses We do offer an upgrade to a single room – please enquire before your departure.

## Altitude

On our Northern Pakistan trip we will be spending a lot of time at an altitude of over 3,000 mtrs and this is therefore defined as a high altitude area. There are different guidelines as exposure to these heights can cause the onset of altitude sickness. This form of sickness, which is the biggest health risk for trekkers, can cause people to experience differing degrees of symptoms, which include, headaches, nausea, dizziness, fatigue and shortness of breath. However our trips are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. If you do suffer though, symptoms will usually decrease in severity during acclimatisation. Throughout the trip it is therefore important to drink plenty of fluids and eat lots of carbohydrate food as well to keep the body properly hydrated and finally and most critically please report any symptoms of altitude sickness immediately to your guide.

## Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance

Our Tour Leaders will always do their best to cater for any dietary requirement or intolerance whenever possible. However we do not cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you. Remember that when eating out in local restaurants & hotels sometimes being vegetarian or food allergies / intolerances are still not widely known about or understood by many local people. i.e. Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

## Ramadan

Ramadan is the holy Islamic month during which Muslims fast during the day and is based on Lunar months. No food or liquid is allowed to pass a person's lips during daylight hours. Tourists are not expected to fast during this time, but are expected to show respect, by not eating on the streets or in public view etc. Be aware some shops and historical sites may adjust opening times, but this should not significantly affect our itinerary.

People in some regions are generally conservative, especially about matters concerning sex and women. Muslim countries simply are not the place to make a feminist statement.  Attitudes range from fairly liberal to fairly conservative in some of the small towns we may pass through. If you are not prepared to fit in with the social code of the area you may be harassed.

## TRIP ITINERARY

### Arrive in Karachi. Afternoon city tour

Welcome in Pakistan at Karachi airport. Transfer to our hotel and take a rest before starting with our city tour.

Our tour begins on a high with a full day's sightseeing in and around Karachi. The National Museum gives us a complete vista of Pakistan’s cultural heritage from Stone Age to the birth of the nation. After visiting the oldest Sufi shrine in Karachi, Mohamad Ali Jinnah Mausoleum, we can unwind at Clifton Beach or maybe take a soak in the Manghopir hot sulphur springs, that many believe to have curative powers (and just a few crocodiles!)

We are sure to enjoy some of the variety of restaurants in around the city.

### To Hyderabad via Chaukundi, Thatta, Makli Hills & Kinjhar Lake

Our destination today is Hyderabad, however we'll have a number of stops en-route to visit Chaukundi, Makli Hills and Thatta.

The Chaukundi Tombs are known for their elaborate and exquisite stone carvings and the style of architecture found here, is unique in that it can be found nowhere else in the Islamic world. Whilst in Thatta we'll visit the Shah Jahan Mosque, famous for its beautiful architecture, which was constructed during in the reign of Mughal Emperor Shah Jahan; better known as the visionary who created the Taj Mahal in Agra, India. Our final visit before heading to Hyderabad will be to the nearby Makli Hills. Makli Necropolis covers an area of around 10 kilometers and is thought to house up to 1 million tombs, built over a period of 400 years, it is perhaps the worlds largest necropolis

Before arriving in Hyderabad, we'll make a captivating stop at Kinjhar Lake, a wildlife haven and internationally recognized Ramsar site. This vast freshwater lake, the largest in Pakistan, teems with life. Lush reedbeds and vibrant underwater plants create a rich ecosystem that attracts a stunning array of birds.

Imagine flocks of ducks, geese, flamingos, and cormorants gracing the waters – a haven for both resident birds and those seeking a winter refuge. Kinjhar Lake is especially important for breeding birds like the Cotton Teal and the striking Pheasant-tailed Jacana.Beyond its ecological significance, the lake supports a thriving fishing community of around 50,000 people, and even provides essential drinking water for Karachi. Since 1977, Keenjhar Lake has been protected as a Wildlife Sanctuary, ensuring this remarkable place remains a vibrant home for both nature and people.

### Learn about local industries in Hyderabad, Hala & Bhit Shah

Today is all about the industries which the region around Hyderbad is famous for. In Hala and Bhit Shah, known as the hub of Sindhi handicrafts, we visit traditional craft workshops which are largely family-owned. Any purchases you choose to make here contribute to the local ecomony, with funds going directly into the hands of local artisans.

Amongst many handicrafts that Hala is known for, glazed ceramic, earthenware and terracotta are the most popular. These pots and tiles are available in various shapes and sizes and are famous for their exquisite hand painted designs. The artists use only signature colours which include: cobalt blue, turquoise, mustard, purple, brown and white; this form of art is known as ‘Kashi Kari’.

After seeing these talented artists at work, you'll have the opportunity to release your inner potter, as we join a pottery workshop, learn time-honored skills, and let your creativity flow as you mold the clay into your own unique masterpiece.

Nearby Bhit Shah is best known for being the home to a shrine dedicated to the Sindhi Sufi Poet, Shah Abdul Latif-Bhittai, who also gave his name to the town. We'll take time to visit the shrine before moving on to learn about Ajrak; a traditional block printed cloth which was a hallmark of the Indus Civilisation.

### The Great Wall of Sindh' - Ranikot Fort. Drive to Sehwan.

A real treat is in store this morning as we visit Ranikot Fort, also known as the Great Wall of Sindh, due to its huge 32km circumference, making it the worlds largest fort. The ramparts of the fort have often been compared to those found along the Great Wall of China and we'll have time to explore and get some great photos of the walls straddling the nearby hillsides. Our day ends in Sehwan, a city famous for the shrine of the 13th century Sufi Saint, Hazrat Lal Shahbaz Qalandar.

### Visit the Mohanas Tribe and incredible Mohenjo Daro

This morning we'll drive to Manchar Lake which is home to the Mohana Tribe who are thought to be descendants of the first inhabitants of the Indus Valley.

The Mohana are a fascinating people who live in houseboats at the heart of Lake Manchar. Their unique way of life centers around fishing, a skill they've honed for generations. They partner with trained cormorants and night herons, who help them catch an abundance of fish – enough to sustain

both the birds and the Mohana families. Sadly, this traditional lifestyle is endangered. The Mohana lost their exclusive fishing rights, facing competition from larger contractors. Water shortages and dams further disrupt their livelihood.

To support the Mohana, we spend time with them, learning about their culture. We hire their boats to explore the lake (when water levels allow). This provides a crucial income source for the fishing community, which in turn helps to preserve their ancestral way of life.

After boating on the lake with the Mohanas, we'll visit their original settlement of Mohenjo Daro, be prepared to be impressed! Mohenjo Daro flourised as the centre of the Indus Civilisation for around 800 years, during the 3rd and 2nd millennia BC. The city was one of the largest in the old world and was the first city in South Asia to demonstrate urbanisation. The site was designated a UNESCO World Heritage site in 1980, the first site in South Asia to be so designated.

### Exploring Larkana and Kot Diji Fort

Larkana is home to the famous Bhutto family, who have held the leadership of the Pakistan Peoples Party (PPP) since it's inception in 1967. Two members of the family have gone on to be Prime Ministers of Pakistan, including Benazir Bhutto, who's widower Asif Ali Zardari also went on to be President of Pakistan from 2008 to 2013. Whilst exploring Larkana we'll make a stop at the Bhutto Family Mausoleum, an impressive building which attracts large crowds on a yearly basis, to commemorate the death of Benazir Bhutto.

As we leave Larkana behind, we'll make our way to Sukkur, with a stop en-route to visit Kot Diji Fort, an important Harappa site (3000–2600 BC), which is situated at the foot of the Rohri Hills where the fort stands majestically above us.

### Sadhu Belo Temple, Visit the Indus Dolphin Conservation Centre

This morning we'll visit the island of Sadhu Belo which is famous for the highly revered Hindu Temples located here, including Teerath Asthan which is the largest Hindu Temple in Pakistan.

After our visit to the island, we'll enjoy a boat ride on the Sukkur River, keep your eyes peeled for sightings of dolphins. A local legend says that the Indus River Dolphin was once a woman who was cursed to be transformed into a dolphin, by a local holy man, who was angry that she forgot to prepare his food one day. The species was once thought to be extinct, however numbers are now on the rise, though they're not yet off of the endangered species list.

By taking our travellers to visit this area, our funds are helping to support the efforts being made by the Indus Dolphin Conservation Centre to:

- Inject funds and awareness to support vital conservation work for habitat protection, research, and anti-poaching efforts.

- Empower local communities by creating economic opportunities that foster a commitment to dolphin and habitat protection.
- Influence policy by highlighting the importance of Indus River dolphins, encouraging stricter regulations to safeguard their environment.

Our final visit of the day takes us to the Masoon Shah Jo Minaro Tower, which was once the highest point in Sukkur, after ascending the 84 steps, you'll be rewarded with views of Sukkur where we'll be spending the night.

### Drive to Bahawalpur via Bhong Mosque

Our route today takes us to the city of Bahawalpur. The city of Bahawalpur was founded in 1748 and was the capital of the former princely state of Bahawalpur, which was ruled by the Abassi family. The state remained independant until the formation of Pakistan in 1947. En-route to Bahawalpur we'll visit the Bhong Mosque. With its unique design, taking stylistic elements from nearby Lahore as well as Iran, Spain and Turkey, the mosque won the Aga Khan award for architecture in 1986 after a construction period of around 50 years.

### Cholistan Desert, Derawar Fort and Tombs of the Nawabs of Bahawalpur

Today we drive into the Cholistan desert, where standing proudly we'll see the Derawar Fort, a famed hallmark of Bahawalpur. The Derawar Fort has around 40 bastions that stand 30 feet high and the walls have a circumference of approximately 1.5km. The Nawab of Bahawalpur, Sadeq Mohammad Khan I, captured the fort in 1733 and had it rebuilt into the design that you see today.

In front of the fort stands the Derawar mosque, which was constructed in 1844 AD. The mosque has three domes and two minarets built in the style of Moti Masjid at the Red Fort in Delhi.

We also visit the tombs of Nawabs of Bahawalpur, the royal graveyard of the Abbasi family. The Abbasi family was the ruling Nawab family of Bahawalpur and all of the previous Nawabs are buried here. The graveyard is still owned and controlled by the surviving family members of the Nawabs.

There is also an option to do camel safari in the Cholistan desert around Derawar Fort. Drive back to Bahawalpur, visiting Bibi Jaiwandi Tomb in Ucch along the way.

### Exploring the former Princely State of Bahawalpur. Drive to Multan

Founded in 1748 by Nawab Bahawal Khan, the former state of Bahawalpur remained independant until the formation of Pakistan in 1947. The Nawabs left behind a wealth of culture and beautiful architecture and today we'll visit Nur Mahal, Bahawalpur Mosque, the Museum and the Bazaar. Later, we'll leave the city behind and make our way to Multan.

### Multan, the city of saints, mystics and shrines

We have a full day of sightseeing ahead of us today, exploring the city of Multan. We'll start by exploring a number of shrines, dedicated to the great mystics Bahauddin Zakaria, Shah Rukn e Alam and Shams Tabrez which are decorated with beautiful glazed blue tiles. Later, we'll explore the old city of Multan, which has a bustling bazaar where you may see artisans making painted camel skin vases and lamp shades. We'll also visit the Eidgah Mosque which dates from the 16th to 17th century. Our evening will be spent in Multan.

### Visit Harappa en-route to Lahore

The archaeological site of Harappa provides us with an interesting stop off, on our way to Lahore. The town flourished as a centre of the Indus Valley Civilization and dates back to 3000 BC. Later in the day, we'll arrive in Lahore where we'll have a free evening to settle in.

### Begin exploring the city of Lahore

We'll begin exploring Lahore today, making our first stop at Lahore Fort, a marvel of Moghul architecture which was constructed between the 11th and 16th centuries. Overlooking the Fort is the Badshahi Mosque (the Royal Mosque). the world’s largest, and our next stop. The mosque was constructed during the reign of Emperor Aurengzeb. Pakistan's most famous poet-philosopher, Dr Mohamad Iqbal, lies buried outside the mosque.

From here we move to Jahangir's Tomb. The Tomb was built by his son Shah Jahan (who is best known for constructed the Taj Mahal) in 1627. After making a stop at the Lahore Museum, we will enjoy the city’s love of food by visiting the ‘food street’ in the old town, where we can find many different dishes and flavours.

### Old Walled City of Lahore and the Wagah Border Ceremony

The Old Walled City is our next stop with its narrow and dimly lit alleys leading from Sarafa Bazaar to Kashmiri Bazaar. Brass inlay work, as well as local handicrafts can be found in abundance here. We visit Shahi Hamam (Royal Bath) and the Wazir Khan Mosque before heading to the Wagah border with India to watch the flag lowering ceremony. Each day there is an elaborate military drill which symbolizes the 2 countries’ rivalry over the last 60 years.

### To Islamabad via the Rohtas Fort & Khewra Salt Mine

Drive to Islamabad, en-route visit the Rohtas Fort and Khewra Salt Mine. Rohtas Fort was built in 1540 by Sher Shah Suri. It is one of the most imposing historical monuments in Pakistan especially attractive for anyone with a taste for castles in the most romantic tradition. Sher Shah Suri built this fort to keep the Ghakkar tribe in check and kept around12000 men here. The fort also guarded his famous Grand Truck Road on which you will travel. Next we'll stop at the Khewra Salt Mine where we'll take a guided train ride into the mine complex. Explore various chambers highlighting different

salt colors and formations. We'll also visit the underground mosque. After arriving in Islamabad you'll have a free evening.

### Tours of Islamabad, Taxila and Rawalpindi

Islamabad is a city of many contrasts with green avenues, splendid views of the surrounding hills and busy city life. We have a full day's guided tour around the major sights, including the old city of Rawalpindi, Daman e Koh view point and the huge structure of Shah Faisal Mosque.

A short drive away is the museum of Taxila and the remains of Jaulian Monastery. We have time to browse in the museum at the artefacts, many dating back over 2000 years.

### Transfer to Islamabad Airport for departure

You'll have some free time in Islamabad today until you are transferred to the airport for departure.

## OPTIONAL EXCURSIONS

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

### PAKISTAN

| Title | From Price |
|---|---|
| Camel trek in the Cholistan Desert | US$65 |

We feel that having optional excursions gives a greater degree of flexibility and independence to our group members; independence to decide how much your spending budget can afford; flexibility to decide when and what time of day or with whom to visit a particular site, rather than for example, with the whole group at a pre-ordained time.

You pay for the optional excursions to the local operator, ensuring the money stays with that operator in the local community and this ensures as well, that you are paying the true price for any optional excursions you want to do. This also applies to accommodation costs before and after the trip. Please note that the prices of optional excursions quoted are approximate as local prices can and do change. Please see the relevant trip page for the Optional excursions you can do on that trip and a list of prices.

***Notes downloaded on:*** *11-11-2026*

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