

Rush Lake Trek Pakistan

A supported 13-day high-altitude trek through Hoper and Nagar Valley, crossing the Bualtar and Barpu glaciers to Rush Lake at 4,694 metres.

Duration	Highest camp	Grade	Best season
13 days / 12 nights	Rush Lake · 4,694 m	Challenging · 4 of 5	July to September

Departures and indicative price

3 July 2027 | 15 July 2027 | Planned

31 July 2027 | 12 August 2027 | Planned

28 August 2027 | 9 September 2027 | Planned

11 September 2027 | 23 September 2027 | Planned

USD 1,500–2,500 per person, subject to group size and arrangements

Journey overview

Rush Lake, also known as Rush Phari, lies at approximately 4,694 metres above Hoper Valley in Nagar, Gilgit-Baltistan. The Rush Lake trek begins near Hoper village and crosses the debris-covered Bualtar and Barpu glaciers before climbing through a sequence of high camps.

The lake sits beneath Rush Peak in the Hispar Muztagh region of the Karakoram. In clear conditions the route reveals Spantik, Miar Peak, Phuparash, Malubiting, Ultar and the surrounding glacier systems. This itinerary includes acclimatization, two nights near Rush Lake and a carefully staged descent.

Day-by-day itinerary

DAY 1 Arrival in Islamabad

Altitude 540 m · Airport transfer · Easy

Meet your representative at Islamabad International Airport and transfer to the hotel. The briefing covers the Rush Lake route, glacier crossings, porter loads, equipment, altitude procedures and the weather-dependent flight to Gilgit.

DAY 2 Fly to Gilgit and drive to Hoper Valley

Hoper approx. 2,800 m · Flight 1 hr · Drive 3–4 hrs

Take the conditional mountain flight to Gilgit and continue by road through Nagar to Hoper. The village sits above the Bualtar and Barpu glacier systems and provides direct access to the Rush Lake trek. Flight cancellation activates the overland contingency and may alter the program.

DAY 3 Hoper Valley acclimatization

2,800–3,200 m · Walking 3–4 hrs · Moderate

Acclimatize with a measured walk above Hoper, overlooking the debris-covered Bualtar Glacier and the junction with Barpu Glacier. The guide and local crew review current glacier conditions and confirm the crossing route.

DAY 4 Hoper to Shishkin via Bualtar Glacier

Approx. 3,400 m · Trek 5–7 hrs · Challenging

Descend from Hoper to the glacier edge and cross the uneven Bualtar Glacier under close local guidance. Continue along moraine and rising ground to the campsite near Shishkin. Conditions on the active glacier determine the exact line and walking time.

DAY 5 Shishkin to Barpu Giram

Approx. 3,600 m · Trek 5–7 hrs · Challenging

Climb through a stony gully, approach Barpu Glacier and cross the ice and moraine to reach the grazing area at Barpu Giram. Views expand toward Miar Peak and the glacier basin while the pace remains controlled for acclimatization.

DAY 6 Barpu Giram to Chidin Harai

Approx. 4,440 m · Trek 5–7 hrs · Strenuous ascent

Leave the pasture and climb steadily above Barpu and Miar glaciers toward Chidin Harai. The stage gains substantial altitude and is deliberately paced. Camp placement may vary with water, wind and trail conditions.

DAY 7 Chidin Harai to Rush Lake

4,694 m · Trek 4–6 hrs · High altitude

Continue across rocky slopes and high ground to Rush Lake, locally called Rush Phari. Camp is established at a sheltered point near the lake. On a clear evening, the surrounding peaks and changing light across the Karakoram create one of the trek’s defining panoramas.

Day-by-day itinerary

DAY 8 Rush Lake exploration day

4,694 m and above · Walking 3–5 hrs · Flexible

Spend a second day at Rush Lake for acclimatization, photography and a guided walk to a safe viewpoint above the lake. Any optional ascent is assessed separately according to snow, weather, group experience and the guide’s decision; reaching the lake is the primary objective.

DAY 9 Rush Lake to Hamdar

Trek 5–7 hrs · Descent · Challenging

Descend from Rush Phari on the alternate side of the Barpu Glacier system toward Hamdar or another suitable lower camp. The exact route depends on glacier and stream conditions, and the guide may adjust the campsite.

DAY 10 Hamdar to Hoper via Hapakund and Shishkin

Trek 7–9 hrs · Long glacier day · Challenging

Continue through Hapakund and upper Shishkin before descending toward the Bualtar Glacier. Re-cross the glacier on the safest available line and climb back to Hoper village for a guesthouse night and recovery.

DAY 11 Hoper to Gilgit

Drive 3–4 hrs · Recovery day

Leave Nagar Valley and travel to Gilgit. The afternoon is kept light for rest, equipment organization and preparation for the conditional flight to Islamabad.

DAY 12 Gilgit to Islamabad

Conditional flight 1 hr · Contingency day

Fly to Islamabad, subject to weather and operations, and transfer to the hotel. If the flight is cancelled, return overland and adjust the schedule. A separate buffer night remains advisable before international connections.

DAY 13 Islamabad departure

Airport transfer · Easy

Transfer to Islamabad International Airport according to your onward schedule. An Islamabad or Taxila cultural extension can be arranged separately.



Accommodation plan

Islamabad | 2 nights
Hoper Valley | 3 nights
Shishkin camp | 1 night
Barpu Giram camp | 1 night
Chidin Harai camp | 1 night
Rush Lake camp | 2 nights
Hamdar camp | 1 night
Gilgit | 1 night

Trek profile

Reference | EP-010
Grade | Challenging · 4 of 5
Highest camp | Rush Lake · 4,694 m
Longest day | Up to 7–9 hrs
Terrain | Glacier, moraine, pasture and rocky high ground

Included

• 12 nights in twin-sharing hotels, simple guesthouse and shared camping tents
• Private ground transportation and airport transfers
• Experienced guide and specialist Hoper glacier support
• Porters within the stated personal-load allowance
• Camping tents and group camping equipment
• Entrance, conservation and local trekking fees where charged
• Visa-support documentation and applicable service taxes

Not Included

• International and domestic airfare; booking assistance is available
• All meals and beverages
• Sleeping bag, personal trekking equipment and excess porter loads
• Travel, medical and emergency evacuation insurance
• Visa fee, personal expenses and tips
• Disruption, rescue or evacuation costs
• Anything not listed under Services Included

Plan this journey

Share your dates, group size and travel interests. We will confirm arrangements and send a written proposal. Enquire at experiencepak.com/plan-your-journey/