

Nanga Parbat Rupal Face Base Camp

A supported 13-day Himalayan trek through Astore and Tarishing to the meadows and glaciated amphitheatre beneath Nanga Parbat’s immense Rupal Face.

Duration	Trek grade	Highest point	Best season
13 days / 12 nights	Moderate · 3 of 5	Latobah · approx. 3,650 m	July–September

Departures and indicative price

10–22 July 2027 | EP-011 | Registering interest

07–19 August 2027 | EP-011 | Registering interest

04–16 September 2027 | EP-011 | Registering interest

USD 1,500–2,500 per person, twin-sharing basis

Journey overview

Nanga Parbat rises to 8,126 metres and is the world’s ninth-highest mountain. The Rupal Face drops roughly 4,600 metres from summit to valley, making it one of the greatest mountain walls on Earth. This route approaches through the Astore Valley and the village of Tarishing, combining acclimatisation, supported trekking and time beneath the glaciers of the southern massif.

The mountain was first climbed on 3 July 1953 by Austrian climber Hermann Buhl via the Rakhiot side. The Rupal Face entered mountaineering history in 1970 when Reinhold and Günther Messner made its first ascent; Günther died during the descent.

Day-by-day itinerary

DAY 1 Arrival in Islamabad

540 m · Arrival day · Easy

Airport reception and private transfer to the hotel. A short evening briefing covers road conditions, equipment, weather and the trekking plan.

DAY 2 Islamabad to Chilas

Approx. 460 km · 10–12 hours · Mountain highway

Drive north along the Hazara Motorway and Karakoram Highway. The route may operate through Naran and Babusar Pass when seasonally open, or through Besham when conditions require.

DAY 3 Chilas to Astore and Tarishing

Approx. 170 km · 6–8 hours · Paved and mountain road

Follow the Indus before turning into the Astore Valley. Continue by mountain road to Tarishing, the principal gateway to the Rupal side of Nanga Parbat.

DAY 4 Tarishing acclimatisation and Rupal village

2,900 m · 3–4 hours walking · Easy to moderate

A measured acclimatisation day through cultivated terraces and village paths. Local walking provides context on farming, livestock and seasonal life below the mountain.

DAY 5 Tarishing to Herrligkoffer Base Camp

Approx. 3,550 m · 6–7 hours trekking · Moderate

Trek through moraine, pasture and open valley terrain toward the established base-camp area named for German expedition leader Karl Herrligkoffer. Camp beneath the southern Nanga Parbat massif.

DAY 6 Base Camp acclimatisation and glacier viewpoints

3,550–3,650 m · 4–5 hours walking · Moderate

A flexible exploration day for safe acclimatisation, photography and closer views of the Rupal Face, hanging glaciers and the valley’s immense vertical scale.

DAY 7 Day hike toward Latobah

Approx. 3,650 m · 5–6 hours return · Moderate

Continue through alpine meadow toward Latobah for a broader perspective of the face and surrounding ridges. Return to camp; the exact turnaround point depends on weather and trail conditions.

Day-by-day itinerary

DAY 8 Reserve day beneath Nanga Parbat

Flexible walking · Weather contingency

A planned reserve day protects the journey from mountain weather and allows an additional photographic or exploratory walk when conditions are favourable.

DAY 9 Return trek to Tarishing

6–7 hours trekking · Moderate descent

Retrace the valley route to Tarishing, leaving the high camp for village accommodation and a well-earned rest.

DAY 10 Tarishing to Rama and Astore

3–5 hours driving and short walks · Easy

Drive through Astore with time for Rama’s forest and meadow landscapes when road access permits. Overnight in the Astore area.

DAY 11 Astore to Gilgit

Approx. 135 km · 4–5 hours · Mountain road

Return to the Indus corridor and continue to Gilgit. The afternoon is kept light for recovery and preparation for the onward journey.

DAY 12 Gilgit to Islamabad

Flight subject to weather · Road contingency available

Take the scheduled flight to Islamabad when operating. If cancelled, travel by road with the program adjusted for safety and realistic driving hours.

DAY 13 Islamabad departure

Airport transfer · Easy

Private transfer to Islamabad International Airport. An additional post-journey buffer night is recommended before a separately booked international flight.



Accommodation plan

12 nights. Hotels, local lodges and expedition camps as described in the day-by-day plan. Exact properties, rooming and camp arrangements follow the written proposal.

Journey profile

- Activity: See day-by-day activity notes
- Region or style: Pakistan
- Best season: July–September
- Daily detail: Driving, walking and altitude notes appear in the day cards above.

Included

- Private ground transportation with fuel
- Airport transfers in Pakistan
- Accommodation on twin-sharing basis
- Licensed local guide and trekking support team
- Porter support according to the final group plan
- Camping equipment and camp logistics
- Entrance fees, tolls and local coordination
- Visa-supporting documentation

Not included

- All meals and beverages
- International and domestic flights; booking assistance is available
- Pakistan visa fee
- Personal trekking equipment and sleeping bag
- Insurance covering trekking and emergency evacuation
- Tips, laundry, telephone use and personal expenses
- Costs caused by flight cancellation, weather or road closure

Best time and how to get there

Best time: July to September normally offers the most reliable access to Tarishing and the high Rupal Valley. Snow, rainfall and river conditions can still alter the route.

Access: The journey begins in Islamabad and reaches Astore by road through the Indus corridor. Tarishing is approached by local mountain road; the final section to base camp is completed on foot.

Preparation: Regular hill walking, broken-in trekking footwear and insurance covering trekking up to at least 4,000 metres are required.

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/