



Yaks in Shimshal Pamir © all photographs Matthieu Paley



Adventure Land

# SHIMSHAL

Discover the Shimshal Pamir



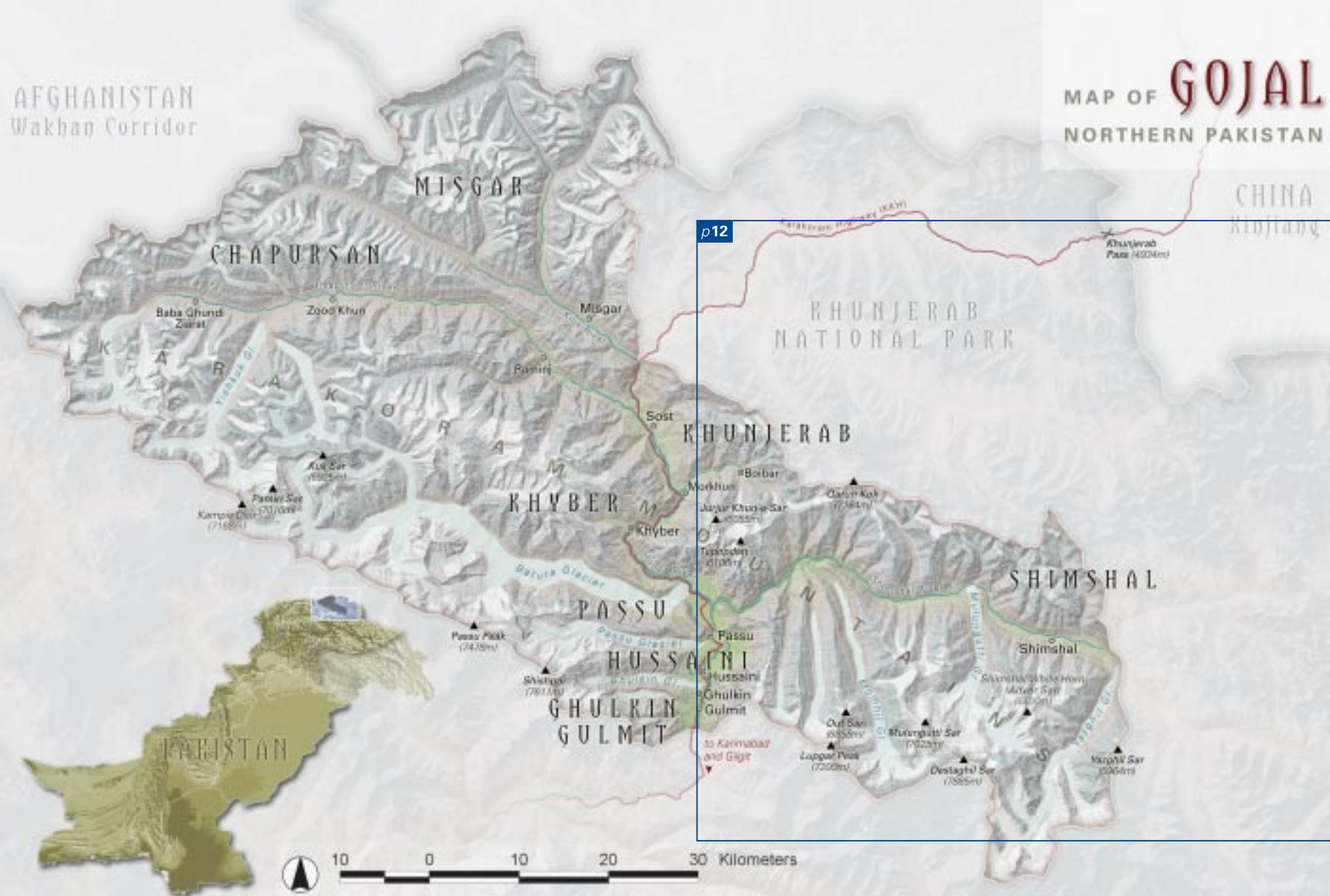
NWFP Wildlife Department  
Government of NWFP

NA Forestry, Parks and Wildlife Department  
NA Administration



AFGHANISTAN  
Wakhan Corridor

# MAP OF GOJAL NORTHERN PAKISTAN



all maps by Mareile Paley. Created with the help of WWF GIS-Lab, ESRI and ERDAS imagine



...BUT IT IS HIGH UP AMONG THE LOFTIEST MOUNTAIN SUMMITS, WHERE ALL IS SHROUDED IN UNSULLIED WHITENESS, WHERE NOTHING POLISHED DARES POLLUTE, THAT THE VERY ESSENCE OF SUBLIMITY MUST BE SOUGHT FOR. IT IS HERE INDEED THAT THE GRAND AND BEAUTIFUL UNITE TO FORM THE SUBLIME.

*Sir Francis Younghusband*



## SHIMSHAL FACTS

**location** Gojal, Upper Hunza, on the Karakoram Highway

**nearest town** Passu, Gojal

**public transport** t1 x daily

**main settlements** Sheghdi, Fermanabad, Aminabad, **Central Shimshal**, Khizarabad, Sholalaksh, Bandesar

**accommodation** Shimshal village (simple family guesthouse, campground)

**supplies** best to buy all your trekking food in Sost, Aliabad or Gilgit

**population** about 1400 people

**indigenous language** Wakhi

**indigenous wildlife** snow leopard, blue sheep, Himalayan ibex, red fox, wolf, Himalayan snow cock, rock partridge

**common plant species** juniper, willow, poplar, wild roses, seabuckthorn



*View on Shimshal village, looking west towards Shimshal Pamir*

# INTRODUCTION

*View of Aminabad village when arriving from Passu. Shimshal village lies just a few kilometres farther up valley.*



Accessible only through a narrow, barren gorge opposite Passu across the Hunza River, one might be surprised to find out that Shimshal covers the largest territory within the Gojal Region of Hunza. From its western reaches bordered by the Hunza River, Shimshal area extends as far as Baltistan to the East and its northern Khunjerab River demarcates the frontier with China.

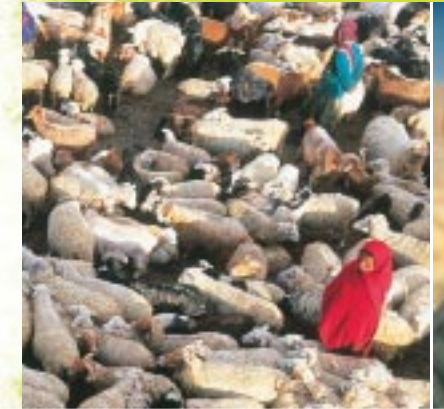
Following the glacial Shimshal River, which separates the Ghuzherav and Hispar Muztagh ranges of the Karakoram mountain system, upward, the rocky valley gradually widens. After what used to be a two days' hike along a treacherous path, a jeep-road now leads over a multitude of remarkable hanging-bridges to the cultivated fields and green terraces of Shimshal village.

Shimshal's friendly farming and herding community is entirely comprised of Wakhi speakers and due to the valley's remoteness and difficult accessibility, much of their traditional Wakhi culture has remained intact. Just as centuries ago, Shimshalis lead a simple life dictated by the seasons and the nature around them. Well adjusted to their high altitude life, with summer pastures lying as high as 4800m, Shimshalis also have a reputation as excellent porters, mountain guides and mountaineers many of whom have scaled 8000m peaks.

The diversity of Shimshal's landscape, including flower-covered meadows, pastures, high passes, glaciers, unclimbed peaks, rocky canyons and barren mountain ranges is a pristine paradise for trekkers and adventurers. Researchers and wildlife enthusiasts can arrange for special treks to observe ibex, blue sheep and other indigenous species in their natural environment. For the culturally interested a trip to the Shimshal Pamir, Shimshal's summer settlement or an invitation to

one of Shimshal's unique traditional festivals, such as the yak race of Woolio can become an unforgettable experience.

The terrain, the altitude and the often-challenging treks might make Shimshal not one of the obvious and easy tourist destinations, but therein lays its uniqueness and charm. To this day, Shimshal remains one of the few unspoiled and genuine trekking destinations in our world. Help us to keep it that way.



*Snow covered Mungalig Sar, a two day's trek from Shimshal village, is a popular and easy-to-access 6000m peak.*



Remnants of the very first houses, the kind Mamu Singh might have built for him and his family, can still be found in Shimshal.



p6

The people of Shimshal have a strong feeling of identity which is rooted in their history and expressed through their lively Wakhi culture. The first settlers to this remote valley are estimated to have arrived some 400 - 500 years ago. At that time Shimshal was under the rule of the Mir of Hunza who sent criminals and society outcasts to Shimshal for punishment. It is also known that he hired the tough Shimshalis to raid caravans arriving from China. The Shimshalis themselves have their own story of their origin...

## THE STORY OF MAMU SINGH

Some four hundred years ago, Mamu Singh was sent to the Wakhan to find a new ruler for Hunza as the last one, Girgiz, had been killed by his brother. Mamu Singh did not find a ruler, but instead fell in love with a girl. After his return to Hunza he begged his father, the Wazir, to let him go back to the Wakhan and marry the girl, but his wish was refused. Finally he could not bear it any longer, returned to the Wakhan and married the girl. The young couple, as they could not go back to Hunza, settled in Avgarch. But the area was not safe and often raided by Kyrgyz, so Mamu Singh decided to look for a better place. One day, he climbed Qarun Pass and from the top looked down and saw a lush valley—Shimshal! Slowly, he and his wife moved up the valley and near today's village of Shimshal, Mamu Singh discovered a spring, an old water channel and a small hut. People have

lived here before, this must be a good place, decided Mamu Singh.

Eventually, the couple was blessed with a son, named Sher. Sher grew to become a strong young man. On a hunting trip, he discovered a flat grassy area—Pamir. However, Kyrgyz had settled in Pamir and claimed it as their land, but Sher saw it as his own property. Sher and the Kyrgyz decided to resolve the conflict with a polo game. Sher had no horse, so he had to play on a yak against the Kyrgyz on their fast horses. Nevertheless, Sher won the polo game, the intruders left and since then, the pastures beyond Shimshal Pass belong to the people of Shimshal.

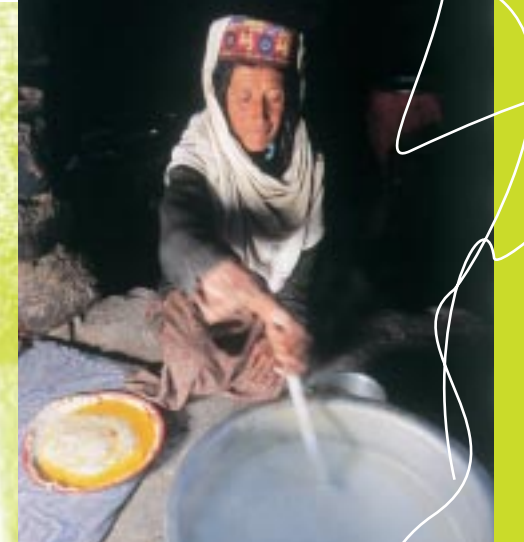
## LIFE ON THE HIGH PASTURES

Shimshalis tend more livestock per capita than any other Hunza community and most of their income comes from the sale of yaks. Shimshal's vast pastures cover about 2,700 square kilometres and provide grazing for 900-1,100 yaks and thousands of sheep and goats. Pastures lie in high altitudes where life is simple and hard.

In Wakhi communities livestock is cared for by the women. This makes Shimshal's high pastures a lively and colorful place to visit and

grazing by young girls and boys. They return for sunset, the time when it gets busy in Pamir. Goats and young yaks are being rounded up for milking, a task for the older women. It is fun to see them fetching the young baby goats to match them with their mothers, while extracting the milk with skillful hands.

It is during those six summer months (May to October) that all the fresh dairy products are prepared.



## Chalpindok

Milking the goats and sheep and making qurut are just a few of the many chores the women have in Shuwerth. Shearing of the wool is a man's job.

On Shimshal's high pastures, there is certainly no day without it: Chalpindok is a local specialty and is usually served on any occasion, at any time of the day.

The recipe is simple and quick to prepare. A chapatti is covered with a sauce of boiled qurut (local cheese), and topped with a good amount of hot, liquid butter. It is then covered with another chapatti and the procedure is repeated (chapatti, qurut sauce, butter...) layer after layer.

You should certainly taste this delicious Shimshali snack, but be aware: For the unaccustomed stomach chalpindok is rather a substantial, filling meal than a snack...!

p7



tourists are welcome to experience the busy summers in Shuwerth, Shimshal's main summer pasture. Every morning, flocks of sheep and goats are driven across the grassy plains for

If you visit Pamir, you will most likely be invited to taste some fresh pai (yogurt), rughan (butter), merek (cream) or qurut, a special mountain cheese. Enjoy!

## Shimshal Festivals (selection)

### FEBRUARY

first week: **Hoshigorm** (Spring Festival)  
People celebrate the beginning of the “warm days” with prayers and shared food. A special celebration takes place in the evening when one boy dresses up as an old man and, followed by all the unmarried men of the village, the group goes from house to house to collect food.

10 days later: **Khut-e-Thit** (Spring Cleaning)

Once a year, the traditional houses, especially the wooden ceilings, are cleaned of the black soot, dust and dirt caused by the smoke of the stoves. This practice is found all over Hunza.

### MARCH

21st: **Shegd-Sol** (New Year)

### APRIL

~1st/3rd: **Tagum** (Sowing Festival)

Villagers celebrate the beginning of the sowing and plowing period with a communal gathering in a field, prayers and blessings of the grains. A special sweet dish, *Semen*, is served and shared.

### MAY

~15th/20th: **Kuch** (Transhumance)

Start of Kuch – see text

### JULY

~25th/30th: **Woolio** (Yak Race)

A festival full of fun and excitement – see text

*As in many cultures, very few of Shimshal’s festivals have fixed dates. The exact date of celebration of many festivals depends on several factors, such as astrology, the weather and the Islamic calendar. The final decision is then announced by the local mukhi (social and religious leader) to the people. This makes it difficult for tour operators and individual tourists to plan ahead. If you are interested to see a particular festival in Shimshal, it will be best to send an inquiry of the exact date to [info@snt.org.pk](mailto:info@snt.org.pk)*

### KUCH - THE SHIMSHAL TRANSHUMANCE

Every year, in May, the communities of Shimshal gather their livestock and load up to 50 sturdy yaks with flour, tea, sugar and other supplies. For the women and children it’s time to say goodbye to their husbands and fathers and to their homes in the village. For several months they will be living high up on the pastures—it is time for *Kuch*!

For the next three days women as old as 70 and little kids barely able to walk will climb up the steep cliffs and follow the narrow paths, which lead to Pamir. Thousands of sheep, goats and the sure-footed yaks will follow them to Shuizherav, the first summer settlement below the Shimshal Pass.

Here, the women will meet the *shpun*, the

tough winter sheperds, who cared for the yaks up on the isolated pastures for six cold months. The *shpun* can now turn over their responsibilities to the women and the reunion is being celebrated with a festival called *Mergichikh*.

After a month in Shuizherav, the women now finally move up to Shuwerth—the domain of women and children, a place of happiness and renewal.

Witnessing the Shimshal *Kuch* will be an unforgettable experience for any tourist!

**Before the race, the women decorate the yaks with colorful bows and polish their massive horns with ghee.**



### WOOLIO – YAK RACING IN THE PAMIR

One of Shimshal’s most interesting and unique festivals is the yearly yak race of Woolio. The festival stems from an old story of a runaway yak having found a place of “eternal happiness” near Woolio, an area not far from Shuwerth. In Woolio stands a big rock, which, according to the legend, drips with ghee. Opinions are split whether one can still extract ghee from the rock or not, but the rock of Woolio is today an *astan*,

yaks by decorating their hair with colorful twine and oiling their horns with ghee. Every household brings some flour, butter or other food to the community kitchen, goats are slaughtered—a big feast is prepared. Everybody is invited.

While the food is being cooked, the brave ones go off for the race. It takes about 30 minutes to reach the finishing line, but winning is not so important. It is the singing and dancing, the



**Anyone who dares can participate in the race. The women send the racers on their way with the typical Wakhi gesture of turning both wrists in a circular motion.**

a holy shrine for the people of Shimshal, and marks, once a year, the finishing point for this unusual race.

The day of the festival is spent preparing the

cheers of the crowd and the happy faces, which really make Woolio an unforgettable experience. If you are around, you will be welcome to join and any donation (towards some meat or for education, etc.) will be greatly appreciated.

## Shimshal Festivals continued

### AUGUST

~1st: **Chinir** (Harvest Festival)

The time to start cutting and harvesting the crops is celebrated with family visits and symbolic offerings of strands of wheat to decorate the houses.

### OCTOBER

~25th/28th: **Kuch** (Transhumance)

Return of Kuch – see text



**Final destination of the race is the astan of Woolio.**

### What to do?

#### IN VILLAGES/ON HIGH PASTURES

- be considerate of the local culture
- wear appropriate clothing. Locals usually love to see foreigners wearing *shalwar kamiz*
- ask permission before taking photographs, especially of women or religious places
- if you want to give a gift or a donation, hand it to a responsible, respected person, such as a schoolteacher or community leader
- when offered local food be humble and thankful. You can share some of your own food in exchange

#### WHILE TREKKING

- dispose properly of all your garbage. Burn paper, collect plastic, flatten tins and carry them out. Hiding garbage under a stone is not an option!
- leave your campsite in the state you found it
- use gas or kerosene for cooking. If you need to use wood, leave a donation for the village
- choose toilet sites at least 50m away from your camp and from any river or water source. Dig a toilet pit for larger groups
- avoid toilet paper if possible. Use water instead
- be an example to your guides and porters by following and explaining these guidelines and their reasons

>>

p10

The term ecotourism has, in recent years, become a popular slogan used by tour operators all over the world. Yet, what exactly is ecotourism? In a nutshell, ecotourism could be defined as ecologically, environmentally and socially responsible tourism. The main aims of ecotourism are to protect and preserve nature and to help provide the means to do so (financial and educational) by directly supporting local communities. Other aspects, such as the sustainability of local culture and history also form part of this low-impact approach to tourism.

Looking at the negative impact mass-tourism can have on native culture and environment, ecotourism is a sensible alternative. Instead of traveling in large groups, consider taking the trip with only a few like-minded people. A simple consideration such as this can already result in a multitude of positive effects. In small villages, the communities can easily accommodate a small group and the need for building large hotels can be limited. A trip for a large group will most likely be organized by an outside tour operator. By taking local guides and porters you will have a chance to get a genuine insight into the life of local people and you will directly contribute to their welfare. Activities, such as wildlife watching are much easier to conduct and have a much better success rate when traveling in a small group.

Those are only a few examples of how ecotourism can be employed and directly benefit the area you are visiting. More guidelines are given on the side bars. It is up to you alone to follow these guidelines to minimize the impact of tourism. As an ecotourist you are not just a visitor; you can play an active role in helping to conserve nature and to form a better understanding between people of different cultures.

### SHIMSHAL NATURE TRUST HEARING NATURE'S ECHO IN DEVELOPMENT

Remote places like Shimshal have, since centuries, developed a natural understanding of their environment and conservation was an innate part of people's everyday life. Greater access to, and interaction with, the outside world, however, threatens to alter this symbiotic relationship with nature. The arrival of tourists has influenced local practices and has put stress on limited resources (e.g. firewood). Villagers studying or working abroad come back with new ideas and perceptions, slowly changing centuries old patterns.

In respect to this and other experiences with modern day development, the people of Shimshal decided it was time for a formalized nature stewardship program, which resulted in the foundation of the Shimshal Nature Trust (SNT) in 1998.

The trust is managed by the community itself and focuses on issues such as environmental education, culture programs, active conservation of flora and fauna or management of tourism. One major accomplishment of SNT was the division of the entire Shimshal area into seven Conservation Management Zones:

- Wilderness Zone (areas not used by the community, primarily visited for trekking and mountaineering)

- Wildlife Core Zone (remote and hard to access, primarily to be left undisturbed)
- Semi-Pasture Zone
- Pasture Zone
- Semi-Agriculture Zone
- Agriculture Zone
- Commercial Zone (to be developed to accommodate hotels, shops, restaurants etc.)

This system will facilitate conservation efforts and also help visitors to understand the natural environment of Shimshal. Especially with the establishment of a Wildlife Core Zone SNT hopes to minimize the impact tourism will have on the area. Only researchers or wildlife watchers should be able to obtain special permits to visit this area for longer period. A few of the regular trekking routes pass through core zones; you should be aware of the fragile ecosystem you are trespassing and eventually pay a small conservation fee.

Shimshalis see themselves as accountable guardians of their natural treasures and hope to attract mostly responsible ecotourists, researchers, climbers and wildlife enthusiasts. For any questions on visiting Shimshal you are welcome to contact SNT ([info@snt.org.pk](mailto:info@snt.org.pk)).



#### GENERAL

- try to travel in small groups
- hire local guides and porters
- support the local community by buying local products and handicrafts directly from the people

### What not to do!

#### IN VILLAGES/ON HIGH PASTURES

- do not wear shorts or tight fitting shirts
- don't hug or kiss in public

#### WHILE TREKKING

- don't disturb wildlife by making unnecessary noise
- don't hunt or kill any animals or pull out any plants
- never leave any garbage (esp. candy wrappers, cigarette butts...) on the trail or at campsites
- don't use wood for cooking. If you need to use wood, collect dry branches from the ground – never break fresh branches!

#### GENERAL

- don't pass out any gifts, such as candy, pens or even money to children. Instead, give your donation to a responsible adult or school
- don't carve or write your name on stones, trees, etc.

p11

# TREKKING in Shimshal

View on Yazghil Glacier from Gar-e-Sar, a view point on the "Shimshal Pamir" route.



## SHORT TREKS

(ask your local guide for many more possibilities)



## Rates and fees

### GENERAL TREKKING FACTS

**guides** are always paid per day for every day they spend with you. This also includes rest days. A guide should have a license and his responsibilities include hiring and supervising of porters, route finding, organizing transport etc.. A guide usually only carries his own equipment.

**porters** are paid per stage. A porter carries up to 25kg not including his own equipment. On treks above 5000m the load should not exceed 20kg.

**wapasi** (return) is paid to porters at half the stage rate. Wapasi is paid when the trek ends in a different place and the porter returns to his point of origin unloaded. If the return is via public transport, the transport cost should be paid, but no wapasi.

### FEES IN SHIMSHAL (as of summer 2003)

**guides** 1-3 clients: 800Rs/day, 4-6 clients: 1000Rp/day, 7 or more: 1100Rs/day

**porters** 300Rs/stage

**yak safari** (for riding) 500Rs/stage

**yak** (for carrying loads) 300Rs/25kg/stage

**ALWAYS DISCUSS FEES & STAGES BEFORE LEAVING ON A TREK!**



**1 MULUNGUTTI GLACIER**  
**1 or 2 days moderate**  
*A relatively easy way to stand on top of a glacier for people with not much time. You can walk, or drive along the road to Fermanabad from where the trail starts.*  
**highlights**

- glacier crossing
- stunning views of Destaghil Sar (7885m)

**2 KHUNJELAKHSH SAR**  
**5 - 7 hours moderate**  
*Spend a day or two exploring the beautiful meadows perched high above Shimshal village.*  
**highlights**

- abundance of wild flowers in summer
- see Adver Sar (6400m), also called White Horn, Shimshal's trademark mountain rising in front of you
- excellent panoramic view of Shimshal valley

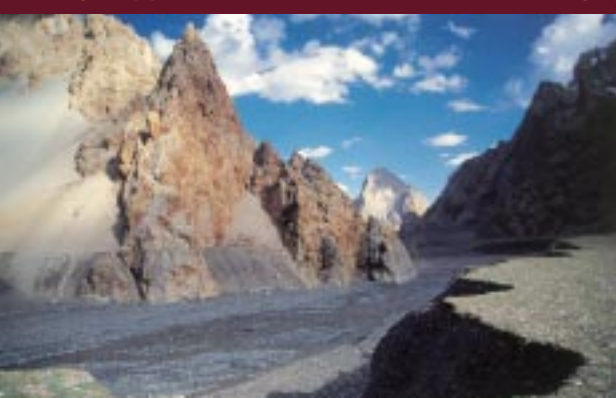
**3 ZARDGARBEN**  
**4 - 5 hours moderate-highlights**  
*A steep ascent into a narrow canyon leads you to one of Shimshal's most beautiful camping sites.*  
**highlights**

- fantastic rock formations, yellow cliffs
- wide, grassy meadow – perfect for a rewarding picnick after the hike
- starting point for many of the longer treks

**4 YARZGIL GLACIER**  
**2 - 3 days moderate**  
*As the first of a series of glaciers, the Yarzgil trek gives ample opportunities for exploration. This 2-day trek can easily be extended into a much longer one.*  
**highlights**

- see Shimshal's closest summer pasture and visit the shepherds
- guide needed for glacier crossing
- see other glaciers, such as Khurdopin and the Virzherav Glaciers and many snow covered peaks.

The grassy plains and surreal rock formations of Zardgarben



## Yak-e-dee-yak

Riding a yak is a rather unusual activity for most people. You might be surprised to find out how comfortable this type of "transportation" can be. Yaks are generally gentle animals, used to being around, and directed by humans. A local will always lead the yak and make sure you are comfortable and safe. There is nothing scary about riding a yak – on the contrary: A yak safari could be the final touch of your adventure in Shimshal!

And if you are daring enough... why not participate in the yearly Shimshali yak race of Woolio (see pg 9)?

# MODERATE TREKS

(this section describes a selection of treks of up to six days)

# LONGER TREKS

Shimshal is a trekkers' paradise and offers ample opportunities for longer, more demanding treks. This is just a small selection.



- 1 SHIMSHAL PAMIR** via Tang Trail  
 Shimshal's main trail to Pamir has some steep sections with vertical drops and might be difficult for people experiencing vertigo.
- 3 days (OW) moderate**
- highlights**
- amazing paths cut into cliffs
  - juniper staircase
  - view of the high passes of Uween Trail

- 3 LUPGAR SAR BASE CAMP**  
 Explore this rarely visited valley, which leads to Shimshal's oldest summer pasture. As the pasture can be reached in less than two days, this trek is a good alternative if you don't have the time to visit Pamir.
- 3 days moderate**

images from left to right:

- Shimshal Pass
- Tang/Uween Trail
- Tang Trail
- Spodeen Pass
- Tang/Uween Trail
- Pamir Mai Dur
- Shimshal Pamir



## Take your time

Trekking up to Shuwerth, Shimshal's main summer pasture, which the locals call Pamir, is not exactly an easy stroll. In fact, many tourists find Shimshal one of the most demanding trekking areas in Gojal.

Nonetheless, arriving at the grassy expanse with its deep blue lakes and friendly Wakhi women could not be more rewarding. A beautiful and peaceful place, Pamir invites to linger, relax and explore its enchanting landscape. You should take the opportunity for a rest before trekking on or back.

Any tourist is welcome to visit Shuwerth, to see the life on the pasture and to enjoy the Shimshali hospitality. However, as a courtesy to the local women, please respect their wish and **do not camp close to the settlement!** You are welcome to camp below Shimshal Pass by the lakes about 30 minutes before Shuwerth.



- 3 SHIMSHAL PAMIR** via Uween Trail  
 Travel the old route to/from Pamir. This way is taken by the villagers during Kuch, as the Tang Trail is unsuitable for yaks. It is more difficult than Tang, taking in two high passes.
- 3 - 4 days (one-way) demanding**
- highlights**
- Shachmirk Pass (4560m)
  - Uween-e-Sar (4650m)

- highlights**
- trailhead near road to Shimshal (at Dut)
  - see shepherds' life (June – October) and camp on grassy pastures
  - stunning views of Lupgar Sar (7200m), Mulungutti Sar (7025m) and Destaghil Sar (7885m)



- 1 SHPODEEN PASS**  
 A great alternative for the motivated to tackle a high and extremely beautiful pass after some acclimatization time in Pamir.
- 7 - 8 days demanding**
- highlights**
- cross a rarely visited, grassy pass above Arbab Purien with good chance of blue sheep sightings
  - spectacular panoramic mountain vistas, as far as Baltistan, from Shpodeen Pass (5350m)
  - refresh yourself with wild rhubarb (shpod) at the bottom of the pass

- 2 BOISUM & CHAFCHINGOL PASSES**  
 This partly technical trek connects Shimshal with the Karakoram Highway. Ropes and mountaineering equipment are required.
- 7 - 8 days demanding**
- highlights**
- several river crossings
  - flower carpeted rolling hills
  - snowcovered Chafchingol Pass (5100m)

- 3 MAI DUR PASS**  
 A challenging and exciting loop trek. Ropes, crampons and mountaineering skills are necessary.
- 8 days extreme**
- highlights**
- visit virtually unknown territory
  - enjoy some of the best views in the Karakoram area from the Mai Dur Pass (5700m)
  - 75m rappel down from the pass

## ...or take it further!

Shimshal's trekking and mountaineering potential is exceptionally vast. Every year locals and trekkers open new passes and scale previously unclimbed mountains. Others come for climbing and even skiing expeditions. Some of these demanding and adventurous possibilities are listed below:

- technical long-haul treks connecting Shimshal with Baltistan or Nagar Valley
- skiing expeditions (cross country or down-hill) are possible in winter and early spring
- several rock climbing possibilities (you will have to bring your own equipment and experience as Shimshal is still relatively unfamiliar with this sport)
- peak possibilities (some easy to access and familiar to local guides, many technical and unclimbed)

If you are interested in undertaking any of these activities, it is essential to take local guides. They can help you plan, organize and examine possible risks. Fees for such special expeditions will have to be discussed on a case-to-case basis.

# FOR MORE INFORMATION

## About MACP

The *Mountain Areas Conservancy Project* (MACP) is a seven-year project funded by GEF/UNDP. Its aims are the protection of biodiversity of the Karakoram, Hindu Kush, and western Himalayan mountain ranges through community-based conservation efforts.

The project believes that the long-term conservation of natural resources is not possible without the active participation of the local communities, who should take on the role of local custodians of their environment. MACP helps organize, educate and empower these communities, creating an in-house capacity at the grass-roots level. The project interventions range from planning, organizing, awareness raising activities to helping communities accessing resources and sustainable use demonstrations. In addition, MACP helps molding government policies for participatory conservation in order to help communities establish conservation endowments as sustainable financial mechanisms. These funds are managed by the communities themselves and are based on profits made from ecotourism activities, such as limited trophy hunting, medicinal plants ex-situ and in-situ conservation, wildlife watching safaris or trekking. This approach enables and motivates the communities to provide better facilities to tourists, for maximum enjoyment. This novel approach has now been replicated in most parts of the mountain valleys in Northern Areas.

MACP operates in four designated areas in northern Pakistan, totaling a zone of 16,300 square kilometres. Two of these areas (the Nanga Parbat and Gojal Conservancies) are in Northern Areas and two (Trichmir and Qashqar Conservancies) are located in NWFP.

For more information on MACP, please refer to the sources on this page.

*There are a number of organizations, professionals and individuals whose help and expertise made this publication possible. We tried to give the most accurate and up-to-date information possible, but please always consider that prices go up and that "The only constant thing in life is change". Help us to make this change as smooth and positive as possible by being a responsible ecotourist.*

## Contacts

### FOR TREKKING INFORMATION, please contact:

The Chairman, Shimshal Nature Trust (SNT)  
Shimshal village  
Post Office of Tehsil Gulmit, Gojal  
NAs, Pakistan  
Email: [info@snt.org.pk](mailto:info@snt.org.pk)

### MACP-Project Management Unit

MACP/IUCN-Pakistan  
H. 38, St. 86, Main Embassy Road  
G-6/3, Islamabad  
Phone: (+92 51) 2270686-87  
Fax: (+92 51) 2270688  
Email: [hasnain.bukhari@isb.iucnp.org](mailto:hasnain.bukhari@isb.iucnp.org)

### MACP-Regional Office Gilgit

Alpine Complex, Main Gilgit Road  
Gilgit, Northern Areas, Pakistan  
Phone: (+92 5811) 55808, 55809, 54589  
Fax: (+92 5811) 55799  
Email: [macp@gl.comsats.net.pk](mailto:macp@gl.comsats.net.pk)  
[www.macp-pk.org](http://www.macp-pk.org)

### PUBLICATION

LAYOUT & DESIGN *Mareile Paley / [design@paleyphoto.com](mailto:design@paleyphoto.com)*

PHOTOGRAPHY *Matthieu Paley / [info@paleyphoto.com](mailto:info@paleyphoto.com)*

TEXT *Mareile Paley*

PRINTING *Colorline Islamabad / [colorline99@yahoo.co.uk](mailto:colorline99@yahoo.co.uk)*

*No part of this brochure may be reproduced in any form without prior permission by MACP, Pakistan.  
© Photography: Matthieu Paley / [www.paleyphoto.com](http://www.paleyphoto.com)*

*Wakhi is the native language of most people in Shimshal and is spoken throughout Gojal. This language section is by no means complete or in depth, but it might help to bridge the gap between you and the people whose home you are visiting. Make an attempt to just learn a few basic words and your efforts will be highly regarded and appreciated.*

### NUMBERS

1	<i>yi</i>	8	<i>hath</i>
2	<i>bui</i>	9	<i>nao</i>
3	<i>troi</i>	10	<i>thas</i>
4	<i>tsabur</i>	11	<i>thas yiu</i>
5	<i>panz</i>	12	<i>thas bui</i>
6	<i>shath</i>	20	<i>wist</i>
7	<i>hub</i>	100	<i>yisad</i>

### USEFUL WAKHI WORDS AND PHRASES

ENGLISH	WAKHI	ENGLISH	WAKHI
How are you?	<i>chizole?</i>	ahead	<i>terperit</i>
I'm fine.	<i>bidurte</i>	behind	<i>tersabas</i>
What's your name?	<i>ti nunge chiz?</i>	in front	<i>perit</i>
My name is ...	<i>zhu nunge ...</i>	near	<i>qarib</i>
Where are you going?	<i>kumeret takhk?</i>	big/small	<i>lup/zaqlai</i>
I need ...	<i>marey ... bokor</i>	a little	<i>safkek</i>
I am thirsty.	<i>weskim vitk</i>	good/bad	<i>baf/shak</i>
I am hungry.	<i>merzim vitk</i>	beautiful	<i>khushrui</i>
Sit down.	<i>nezd/nezdid (pl.)</i>	cold/hot	<i>suur/thin</i>
Drink tea.	<i>choi pev</i>	day/night	<i>ror/naghd</i>
Eat food.	<i>shapik yao</i>	today	<i>woodg</i>
Yes	<i>yan</i>	tomorrow	<i>piga</i>
No	<i>nei</i>	yesterday	<i>yezi</i>
Go!	<i>chow</i>	bridge	<i>skord</i>
How much/many?	<i>tsumr?</i>	cloud	<i>witish</i>
What?	<i>chiz?</i>	fire	<i>rakhnigh</i>
When?	<i>tsogdar?</i>	flower	<i>spregh</i>
Where?	<i>kumr?</i>	house	<i>khun</i>
Who?	<i>kui?</i>	mountain	<i>koh</i>
Why?	<i>chizer?</i>	rain	<i>mor</i>
this/these	<i>yem</i>	stone	<i>gar</i>
here/there	<i>drem/drar</i>	sun	<i>yir</i>
right/left	<i>rost/chap</i>	trail/path	<i>videk</i>
		water	<i>yupk</i>