



Health, Safety & Adventure Travel Information

At **Alis Journeys**, we believe that travelling through Pakistan should be exciting, immersive and memorable.

Many of our journeys are designed to take you beyond the usual tourist routes. This can mean walking through villages, exploring historic sites, hiking in the mountains, travelling on winding roads and visiting remote areas.

Adventure and exploration naturally involve a degree of risk.

Our aim is not to eliminate every risk, which is not possible when travelling, but to **identify, manage and communicate significant risks so that our customers can make informed decisions and enjoy their journey responsibly**.

Please read this information carefully before booking.

This document should be read together with our **Alis Journeys Terms & Conditions** and the specific information provided for your Tour.

1. Important Information Before You Book

Our Tours are not designed to be completely risk-free holidays.

Depending on the itinerary, you may experience:

- Long periods of walking
- Hiking and trekking
- Uneven or rocky ground
- Steep paths
- Steps and inclines
- Mountain terrain
- High or changing altitudes
- Long road journeys
- Winding mountain roads
- Variable weather conditions
- Heat and strong sunlight
- Cold temperatures
- Remote locations
- Limited access to medical facilities
- Changes to plans due to weather or local conditions
- Basic facilities in some remote areas
- Dust, pollution or poor air quality
- Crossing streams or other natural terrain where applicable

Some activities may be physically demanding.

You should therefore consider whether the Tour you are booking is appropriate for your fitness level, health and personal circumstances.

If you are unsure, please contact us before booking so that we can explain the expected conditions for your itinerary.

2. Walking and Hiking

Walking is an important part of many Alis Journeys experiences.

Depending on the Tour, walking may include:

- City walking
- Village walks
- Historic site visits
- Nature walks
- Mountain trails
- Hiking
- Trekking
- Walking on uneven terrain
- Walking at altitude

Walking distances and difficulty will vary between Tours.

Some routes may involve:

- Steep uphill or downhill sections
- Uneven surfaces
- Loose stones
- Rocks
- Mud
- Narrow paths
- Steps
- Natural obstacles
- Limited handrails or barriers
- Exposure to sunlight
- Changing weather conditions

You should wear appropriate footwear and clothing and follow the instructions of your guide.

Do not attempt a route or activity that you believe is beyond your physical ability.

Our guides may change, shorten or stop a walking activity where weather, terrain, safety or other circumstances make continuing inappropriate.

3. Hiking and Trekking

Certain Alis Journeys Tours may involve more strenuous hiking or trekking.

These activities may require a higher level of fitness and preparation.

Before participating, you should consider whether you are comfortable with:

- Extended periods of walking
- Steep climbs
- Descents
- Uneven terrain
- Carrying a daypack
- Walking in changing weather
- Reduced oxygen levels at altitude
- Remote environments
- Longer periods without access to medical facilities

Where a Tour includes a particularly demanding hike or trek, we will provide additional information about the expected difficulty and requirements before you travel.

4. Mountain and Remote Areas

Pakistan contains some of the world's most spectacular mountain landscapes.

These environments can also be unpredictable and challenging.

Mountain areas may involve:

- Steep slopes
- Rockfalls
- Landslides
- Loose surfaces
- Narrow roads
- Rapid weather changes
- Snow or ice
- Extreme temperatures
- Limited communications
- Limited medical facilities
- Long distances from emergency services

Roads and trails may be affected by landslides, flooding, snowfall or other natural events. The Foreign, Commonwealth and Development Office (FCDO) specifically notes that roads in mountainous areas can be of poor quality and that landslides can block or destroy roads.

For these reasons, itineraries in mountainous areas may sometimes need to change at short notice.

5. Altitude

Some Alis Journeys Tours may travel to high-altitude areas, particularly in northern Pakistan and Gilgit-Baltistan.

More serious altitude-related illness can occur.

The FCDO identifies altitude sickness as a potential risk in parts of Pakistan, including Gilgit-Baltistan.

If you develop symptoms that concern you, you should immediately inform your guide or our local team.

Depending on the circumstances, we may recommend reducing activity, descending to a lower altitude or seeking medical assistance.

If you have a medical condition, are taking medication, are pregnant or have previously experienced altitude-related problems, you should obtain appropriate medical advice before travelling.

6. Weather and Natural Conditions

Pakistan experiences a wide range of weather conditions.

Depending on the location and time of year, you may encounter:

- Extreme heat
- Cold temperatures
- Heavy rain
- Snow



- Strong winds
- Flooding
- Landslides
- Dust storms
- Poor visibility
- Extreme sunlight

Weather conditions can change quickly, particularly in mountainous regions.

During periods of heavy rain or monsoon weather, flooding and landslides can affect roads and infrastructure.

For your safety, we may change an itinerary, delay a journey or replace an activity when conditions make the original plan unsuitable.

7. Road Travel

Road travel is an important part of many journeys in Pakistan.

Travel times may be considerably longer than you are accustomed to.

Road conditions can vary significantly, particularly outside major cities.

The FCDO advises that road conditions outside major motorways can be poor and that driving standards can be unpredictable. It also highlights particular risks on mountainous routes.

We use experienced local transport providers and drivers appropriate to the itinerary.

You must remain seated while the vehicle is moving and follow reasonable instructions from the driver or guide.

Seat belts should be worn whenever available.

8. Medical Facilities and Emergency Assistance

Medical facilities vary considerably across Pakistan.

In major cities, private hospitals and medical facilities may be available, while access to healthcare can be significantly more limited in rural, remote and mountainous areas.

Emergency response times can also be longer in remote areas.

For this reason, **comprehensive travel insurance with appropriate medical and emergency evacuation cover is strongly recommended.**

If you become unwell or injured during a Tour, inform your guide or Alis Journeys representative as soon as possible.

Where appropriate, we will assist you in accessing local medical services.

9. Emergency Procedures

Our team will make reasonable efforts to respond appropriately to emergencies affecting our customers.

Depending on the situation, this may include:

- Contacting local emergency services
- Contacting medical facilities
- Arranging transport to medical care
- Contacting your emergency contact
- Assisting with communication
- Coordinating with your travel insurer
- Modifying or suspending an activity
- Changing the itinerary
- Arranging alternative transportation where reasonably possible

In Pakistan, the emergency number for ambulance and other emergency services is **1122**, although response times can vary, particularly in remote areas.

Our guides will provide appropriate instructions during an emergency.

You should always follow instructions from guides, emergency services and local authorities.

10. Travel Insurance

We strongly recommend that every traveller purchases comprehensive travel insurance before travelling.

Your insurance should ideally include:

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| • Emergency medical treatment | • Personal liability |
| • Emergency medical evacuation | • Adventure activities included in your Tour |
| • Repatriation | • Hiking and trekking |
| • Cancellation | • High-altitude activities where applicable |
| • Curtailment | |
| • Lost or delayed baggage | |

Please read your policy carefully.

A standard travel insurance policy may not automatically cover trekking, high-altitude travel or other adventure activities.

It is your responsibility to ensure that your insurance provides adequate cover for your specific Tour.

11. Your Fitness and Ability

You do not need to be an elite athlete to enjoy an Alis Journeys Tour.

However, you should have a reasonable level of fitness appropriate to the Tour you have booked.

Before booking, consider:

- How far you can comfortably walk
- Whether you are comfortable walking uphill
- Whether you can manage stairs
- Whether you are comfortable walking on uneven ground
- Whether you can cope with longer journeys
- Whether you are comfortable with changing weather conditions
- Whether you have previously travelled at altitude, where relevant

If you have concerns about your ability to participate, contact us before booking.

We would rather discuss your requirements in advance than have you struggle during your journey.

12. Existing Medical Conditions

If you have a medical condition that could affect your ability to travel or participate safely, you should seek appropriate medical advice before travelling.

You should also consider any medication you require and ensure that you have sufficient supplies for the duration of your trip.

Do not stop or change prescribed medication because of travel without appropriate medical advice.

13. Allergies and Dietary Requirements

Please tell us about any significant allergies or dietary requirements before your Tour.

We will make reasonable efforts to communicate relevant requirements to accommodation providers, restaurants and other suppliers.

However, food preparation environments can vary and we cannot guarantee that every facility will be completely free from traces of allergens.

If you have a severe or life-threatening allergy, please discuss your requirements with us before booking and carry any medication or emergency treatment prescribed to you.

14. Heat, Sun and Dehydration

Parts of Pakistan can become extremely hot, particularly during the summer months.

Long periods of walking or travelling in hot weather can increase the risk of:

- Dehydration
- Heat exhaustion
- Heatstroke
- Sunburn
- Fatigue

We recommend that you:

- Drink sufficient water
- Carry water during walks
- Use sun protection
- Wear suitable clothing
- Wear a hat where appropriate
- Take breaks
- Follow your guide's instructions
- Inform your guide if you begin to feel unwell

15. Cold Weather and Snow

Mountain destinations can become very cold, particularly at night and during winter.

Depending on the itinerary and season, snow and ice may also be present.

You should bring suitable clothing and footwear for the conditions expected during your Tour.

Where conditions become unsafe, we may modify or cancel an activity.

16. Rivers, Streams and Water

Some itineraries may involve visiting or walking near rivers, streams, lakes or other bodies of water.

Water levels can change quickly, particularly after rainfall or snowmelt.

You must follow instructions from your guide and should never enter fast-moving or visibly unsafe water.

Where crossing water is necessary, the guide will determine whether the crossing is appropriate based on current conditions.

17. Wildlife, Animals and Insects

Pakistan has a diverse range of wildlife and insects.

Depending on the destination, you may encounter:

- Insects
- Stray or working animals
- Livestock
- Dogs



- Other wildlife

Do not approach, feed, touch or attempt to handle wild animals or unfamiliar animals.

Follow your guide's instructions if wildlife is encountered.

18. Remote and Rural Areas

Some of our Tours intentionally visit places away from major cities.

Remote travel can mean:

- Limited mobile-phone coverage
- Limited internet access
- Fewer medical facilities
- Longer emergency response times
- Basic accommodation
- Limited road access
- Fewer shops and services
- Longer travel times

These are part of the nature of travelling beyond the main tourist centres of Pakistan.

We will provide appropriate information about significant limitations before or during the Tour.

19. Cultural Awareness and Local Customs

Pakistan has a rich and diverse cultural heritage.

Customers are expected to respect local customs, religious practices and communities.

Depending on the destination, this may include:

- Dressing appropriately
- Respecting places of worship
- Asking permission before photographing people
- Respecting local privacy
- Following local rules
- Avoiding inappropriate behaviour
- Following the guidance of local guides

We encourage our customers to travel respectfully and responsibly.

20. Photography

We encourage you to capture memories during your journey.

However, please be respectful when photographing:

- Local people
- Children
- Religious sites
- Government buildings
- Security personnel
- Military installations
- Police or checkpoints



Always follow your guide's instructions regarding photography.

Some locations may have restrictions on photography.

21. Security Checkpoints and Restricted Areas

You may encounter security checkpoints during your journey.

Follow instructions from security personnel and your guide.

Do not photograph military installations, security facilities, checkpoints or other restricted locations unless you have been expressly permitted to do so.

Where permits or permissions are required for an Alis Journeys itinerary, we will make reasonable efforts to arrange them where this is our responsibility.

22. Following Your Guide's Instructions

Our guides and trip leaders are there to help you have a safe and enjoyable experience.

You must follow reasonable safety instructions given by your guide or Alis Journeys representative.

This may include instructions to:

- Stay with the group
- Remain on a designated route
- Stop or turn back during a hike
- Change vehicles
- Change accommodation
- Avoid a particular location
- Remain indoors
- Change the day's itinerary

If you choose to ignore reasonable safety instructions, you may increase the risk to yourself and others.

23. When an Activity May Be Stopped

We may stop, shorten, postpone or replace an activity if we reasonably believe that continuing would create an unacceptable or disproportionate risk.

Examples include:

- Severe weather
- Unsafe trail conditions
- Landslide risk
- Dangerous river conditions
- Extreme heat
- Heavy snowfall
- Security concerns
- Serious illness or injury
- Group members being unable to continue safely
- Instructions from local authorities

Where possible, we will provide an alternative.

24. What You Should Bring

Depending on your Tour, we recommend bringing:

Essential

- Comfortable walking shoes
- Suitable outdoor clothing
- Sun protection
- Reusable water bottle
- Personal medication
- Basic personal first-aid supplies
- Travel insurance details
- Passport and travel documents

For Hiking / Trekking Tours

You may also need:

- Hiking boots
- Waterproof jacket
- Warm layers
- Gloves
- Hat
- Headtorch
- Backpack/daypack
- Walking poles where appropriate
- High-SPF sunscreen
- Sunglasses
- Personal medication
- Appropriate altitude equipment where recommended

Your specific packing requirements will be communicated for your Tour.

25. Children and Families

Some Tours may not be suitable for young children because of:

- Long walking distances
- Hiking
- Mountain roads
- Altitude
- Remote locations
- Long travel times
- Adventure activities

If you are travelling with children, please discuss the itinerary with us before booking.

Parents or guardians remain responsible for supervising children throughout the Tour unless otherwise expressly agreed.

26. Travelling With Disabilities or Accessibility Requirements

We want as many people as possible to experience Pakistan with us.

However, some destinations and activities may have limited accessibility infrastructure.

If you have mobility, sensory, medical or other accessibility requirements, please contact us before booking.

We will discuss the itinerary with you and explain any known limitations so that you can make an informed decision.

27. What We Expect from You

For everyone's safety and enjoyment, we ask that you:

- Follow your guide's instructions
- Stay with the group where instructed
- Wear suitable clothing and footwear
- Take responsibility for your own hydration and personal belongings
- Tell us promptly if you feel unwell
- Tell us if you are struggling physically
- Respect local communities
- Respect other travellers
- Follow local laws
- Do not take unnecessary risks
- Do not participate in activities you are not comfortable with

There is no shame in telling your guide that you need a break or cannot continue.

Your safety is more important than completing an itinerary exactly as planned.

28. Our Commitment to Your Safety

At Alis Journeys, we take the safety and wellbeing of our customers seriously.

We aim to:

- Use appropriate and reputable local suppliers
- Work with experienced guides and drivers
- Consider weather and local conditions
- Monitor relevant security information
- Make reasonable adjustments when conditions change



- Communicate significant risks to customers
- Encourage responsible participation
- Prioritise safety when making on-the-ground decisions

Adventure travel requires judgement and flexibility.

We will always aim to balance the planned experience with the conditions we encounter on the ground.

29. Important: No Travel Can Be Guaranteed Completely Safe

Travel always carries some degree of risk.

This is particularly true when travelling in mountainous, remote or developing environments and when participating in walking, hiking or other outdoor activities.

By choosing an Alis Journeys adventure, you acknowledge that some risks are inherent to the nature of the experience.

However, this does **not** mean that Alis Journeys accepts no responsibility for your safety.

We will fulfil our responsibilities in accordance with our Terms & Conditions and applicable law.

Nothing in this document excludes or limits any liability or consumer right that cannot legally be excluded or limited.

30. Before You Travel

We strongly recommend that you:

1. **Obtain comprehensive travel insurance.**
 2. **Check the health requirements for your destination.**
 3. **Speak to a medical professional if you have relevant health concerns.**
 4. **Check your passport and visa requirements.**
 5. **Read your complete itinerary carefully.**
 6. **Make sure you understand the physical requirements of your Tour.**
 7. **Tell us about any important accessibility, dietary or medical requirements before departure.**
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31. Emergency Contact

If you experience an emergency during your Tour, contact your **Alis Journeys guide or designated emergency contact** immediately.

Alis Journeys

Email: info@alisjourneys.com

Telephone / WhatsApp: +44 7761 835499

Pakistan Emergency Services

Rescue / Ambulance / Fire: 1122

Police: 15

Emergency response times can vary significantly depending on your location.

32. Important Disclaimer

This Health & Safety information is intended to help customers understand the general nature of our Tours and the risks that may be associated with travel in Pakistan.

It does not replace:

- professional medical advice;
- travel insurance;
- official government travel advice;
- specific safety instructions provided for your Tour; or
- the terms of your booking.

Risk information can change as conditions change.

Travel Responsibly. Explore Boldly. Stay Safe.

Pakistan is an extraordinary country with incredible landscapes, mountains, cultures, communities and experiences.

Some of the most rewarding experiences require stepping outside your comfort zone.

Our role is to help you do that **responsibly, safely and with the right preparation**.