

*Magical Lakes
of
Pakistan*



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Directorate of Electronic Media & Publications
Ministry of Information, Broadcasting
& National Heritage
Government of Pakistan.

Introduction of Dr. Nighat Nasim



Dr. Nighat Nasim was born in Sheikhpura, raised in Karachi and is currently residing in Sydney, Australia. She studied at Punjab Medical College in Faisalabad and pursued her academic career in medicine, psychology, psychiatry and Public Health in New South Wales. She is currently serving at Liverpool Hospital in New South Wales. An author of four books she is the editor of online newspaper Aalmi Akhbar and regularly writes about social, psychological and political issues. She is a presenter of famous weekly FM 98.5 Radio 2000 show called 'Dosti' (Sydney). She has hosted a program on DESI TV Show telecast on TVS and also performs for stage. She is interested in nature and is passionate about preserving the beauty of her motherland, Pakistan.

MAGICAL LAKES OF PAKISTAN

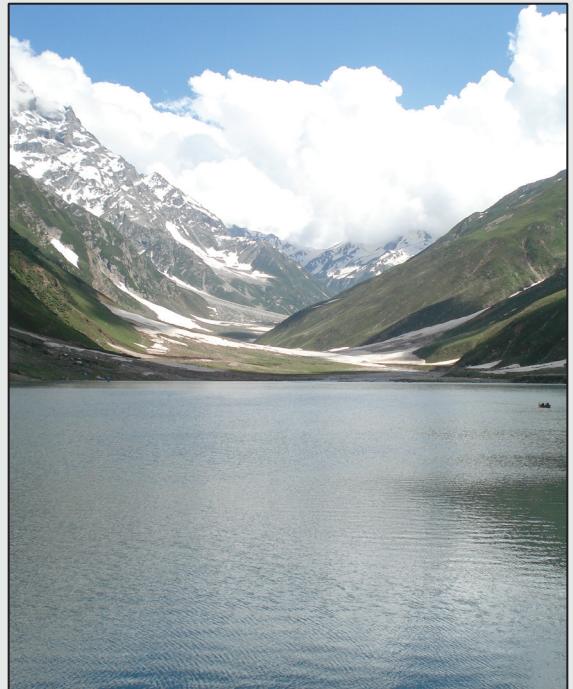
Nature has bestowed multifarious bounties on Pakistan reflected in the mesmerizing scenic beauty spread over its length and breadth that practically knows no bounds. Along with gorgeous

snow-capped mountains in the north, sunny beaches in the south, breathtaking valleys and lush green plains a host of magnificent lakes add to Pakistan's lustre.



SAIF-UL-MULUK LAKE

An epitome of grace and beauty Lake Saif-ul- Muluk is situated in Mansehra near the town of Naran at the northern end of Kaghan Valley at an altitude of 3,224 meters (10,578 feet). The transparent water of the lake comes from the multiple glaciers of Malika Parbat surrounding the upper basin. Its dark blue water reflects the peaks of surrounding mountains on bright days. The raison d'être of the lake mentioned in folklore described in verse by famous bard Mian Mohammad Buksh is that Prince Saif-ul-Mulook of Persia fell in love with fairy princess Badi-ul-Jamal immortalizing the lake as a vantage point for fairies to descend on it in full moon.





LULUSAR LAKE

Lulusar Lake surrounded by snowy mountains is situated 350km away from Mansehra at a height of 3353 Meters. It is the offshoot of mountain peaks and a lake in the Kaghan Valley. The word sar means top or peak in Pashto. The highest peak has a height of 11,200 ft (3,410 meters). It is temporary home for visiting birds from Russia in winters.





AANSOO LAKE

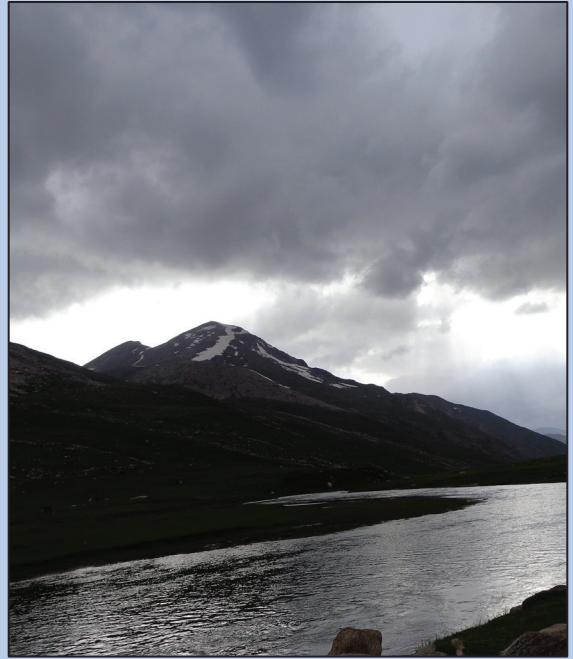
Aansoo Lake located in Kaghan Valley and is uniquely shaped like a tear drop at a height of 16000 feet in the Himalayan Range. At its center it remains frozen looking like a tear dropping from an iris. Considered amongst the world's most beautiful lakes it was discovered in 1993 by Pakistan Air Force pilots who were flying low in the area.





DUDIPATSAR LAKE

A lake set high at the far north of Kaghan Valley is adorned with milk-white water amidst tall snowy beautiful peaks. Located at an elevation of 3,800 meters (12,500 ft) its encircling mountains with snow crumbs in the shady valley average around 4,800 meters (15,700 ft) in elevation. In local language, the name Dudipatsar is a combination of the words dudi meaning white, pat meaning mountains and sar meaning lake.





RUSH LAKE

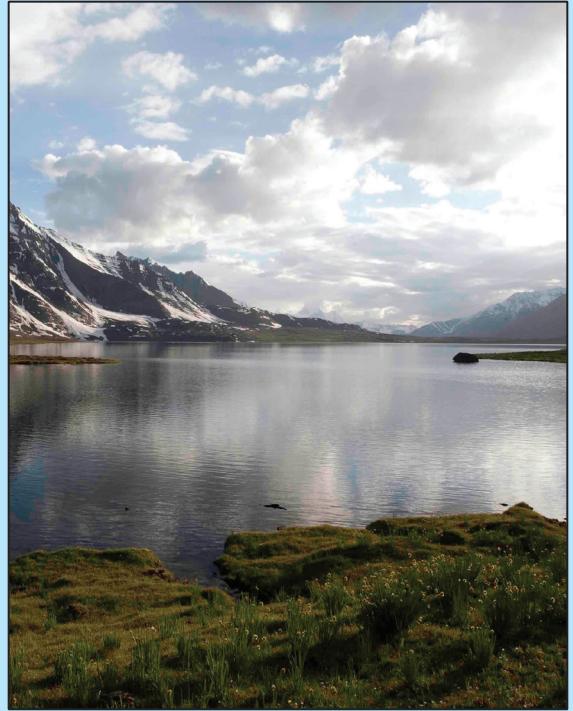
Rush Lake is Pakistan's highest altitude lake located in Gilgit- Baltistan close to Rush Pari Peak standing at 5098 meters (16,726 ft). At 4,694 meters, Rush is positioned as the world's 25th tallest summit and is amongst the utmost alpine lakes in the world. It is located 15 kilometers from Miar Peak and Spantik (Golden Peak) and both are in the Nagar Valley. The trek to Rush Lake provides breathtaking views of peaks such as Spantik, Malubiting, Miar, Phuparash and Ultar Sar.





KARAMBAR LAKE

Karambar is Pakistan's second highest lake and world's 31st highest lake that is considered one of the highly biologically active lakes on earth. Karambar Lake also known as Qurumbar Lake is situated at 14,121 feet (4304 meters) between Khyber Pakhtunkhwa and Gilgit-Baltistan in the Ishkoman Valley and is 250 kilometers from Gilgit. The lake's entire span, 3.9 kilometers long and 2 kilometers wide, falls within the Gilgit-Baltistan border and also flows down Ishkoman. It is the deepest lake in the valley with a maximum of 55 meters and 17.08 meters respectively, stretched over a surface area of 263.44 hectares (2,634,400 m²) whose water clarity level of 13.75 is rated as highest in Pakistan.





HALEJI LAKE

Haleji Lake situated in Thatta is Asia's largest bird haven with 225 species of birds spotted here and is frequented by many migratory birds. Originally a salt-water lake but after the Second World War its salt was drained out and it was extended through a connection with a feeder canal to River Indus. Currently the lake is approximately 22,000 acres and its diameter is 18 kilometers.





KUNDOL LAKE

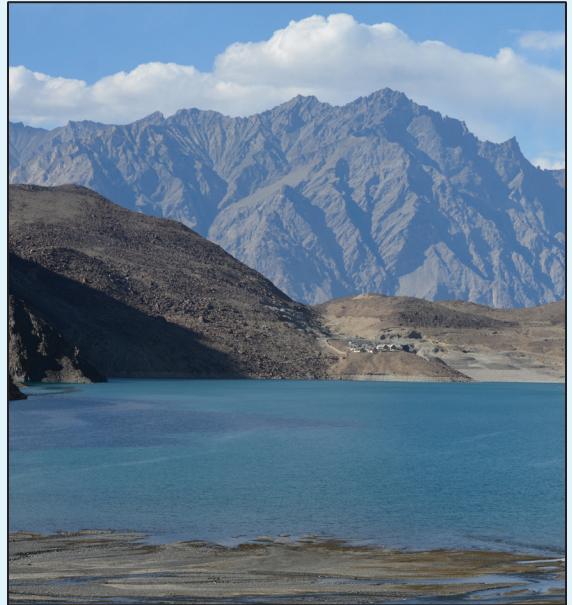
Kundol Lake, also known as Kundol Dand, is round shaped sitting in the Hindu Kush in Swat near Urtor at an elevation of 9950 feet. Legend has it that one night in a month a golden bowl emerges in the hub of the lake gleaming like the moon but it is untouchable.





SATPARA LAKE

Satpara Lake is located in Gilgit-Baltistan near Skardu spread over an area of 2.5 kilometers and is fed by Satpara stream. It is a freshwater lake supplying drinking water to the tune of 3.1 million gallons per day to Skardu city. Perched up at an altitude of 2,636 meters (8,650 feet) above sea level and following the construction of Satpara dam on the downstream side the size of the lake has increased considerably. The dam generates 17.36 MW of hydroelectricity supplying power to almost 30,000 households in the Skardu Valley and hoses 15,536 acres (62.87 kilometers) of land.





UPPER KACHURA LAKE

Kundol Lake, also known as Kundol Dand, is round shaped sitting in the Hindu Kush in Swat near Urtor at an elevation of 9950 feet. Legend has it that one night in a month a golden bowl emerges in the hub of the lake gleaming like the moon but it is untouchable.





LOWER KACHURA LAKE ***(Lake Shangri-La)***

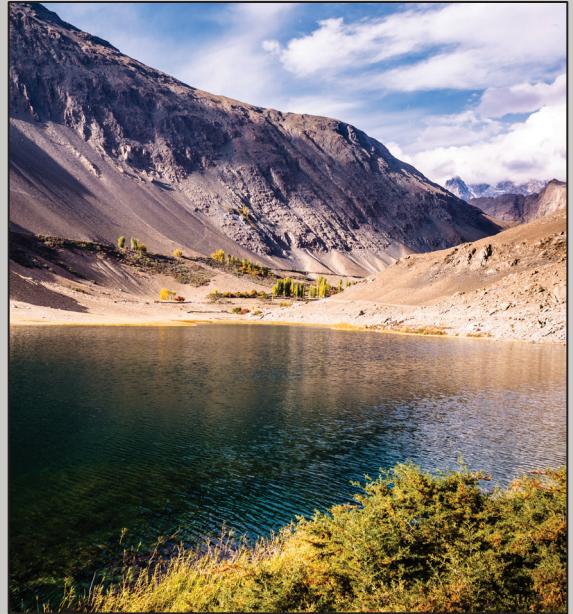
Lower Kachura or Shangri-La Lake is a unique lake, its name originating from the Tibetan language, meaning Heaven on Earth. It is located in Skardu in Karakorum mountain range and in Indus river basin at an elevation of 2500 meters (8200 feet).





BORITH LAKE

Borith Lake is situated in the upper area of the Hunza valley near the village of Hussaini adjacent to Gojal and surrounded by glaciers, mountains and an abundant wild life. It sits at an altitude of about 8500 feet and is of saline water. It can be reached by crossing a glacier in Gilgit that is approximately 3-4 hours walk.





KEENJHAR LAKE

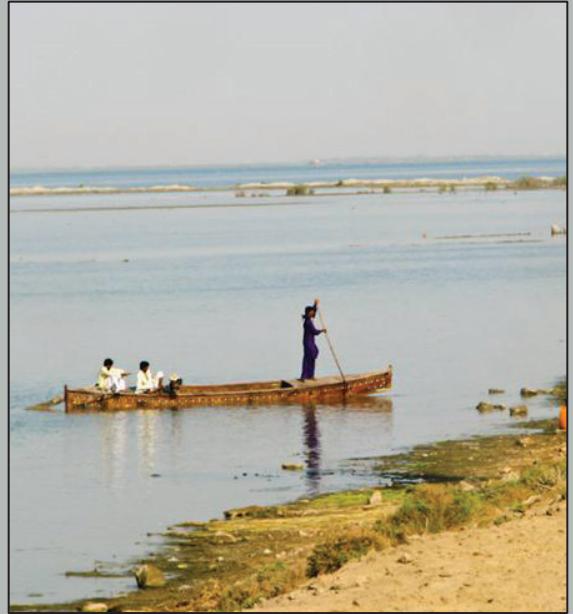
Keenjhar Lake also known as Kalri Lake is situated 18 kilometers from Thatta and is Pakistan's second largest freshwater lake providing clean water to Thatta and Karachi. It is home to many birds as the water is safe for them and birds migrate here from Siberia to spend the winter. It is a declared wildlife sanctuary and houses many migratory birds such as geese, flamingos, ducks, pheasants and herons.





MANCHAR LAKE

Manchar Lake is Pakistan's prime freshwater lake and one of the largest in Asia providing sanctuary to birds and marine life. Situated towards west of the River Sindh in Dadu it was created in 1930 along with construction of Sukkur Barrage and it is fed by two canals; Aral Canal and Danister Canal from the river Indus. The size of the lake varies depending on the time of year and weather, varying between 350km to 520km.





SHEOSAR LAKE

Sheosar Lake, also known as Shausar Lake, is amongst the tallest lakes in the world situated in the Gilgit-Baltistan area in Deosai National Park in the Karakoram-West Tibetan Plateau Alpine Steppe. It is approximately 2.3 kilometers long, 1.8 kilometers wide and 40 meters deep and is at an altitude of 4,142 meters. The name of the lake stems from the Shina language word sheo meaning blind and sar meaning lake.





PAYEE LAKE

Payee Lake is situated in Shograna hill station perched up at an altitude of 7749 feet in the Kaghan Valley in the midst of an immeasurable green field. The height of the lake is approximately 3,000 meters (10,000 feet). It is 34 kilometers from Balakot and is close to Makra Peak, Malika Parbat, Musa Da Mussalah and many mountains of Kashmir.





ATTABAD LAKE

This attractive turquoise lake emerged in 2010 as a result of a gigantic landslide that disrupted life of Gojal valley. The mountains hovering over the valley slid blocking the entire Hunza River and within a short time this new wonder of the world, 21 kilometers long and 100 meters deep, emerged. The lake surface ends in slopes of the mountains so it is unlikely to access it through the valley except through a ship.





RATTI GALI LAKE

Described as a dream lake, Ratti Gali Lake is an alpine glacial lake one can ever dream to visit. Ratti Gali Lake is located in Neelam Valley at an altitude of 3,700 meters (12,130 feet) above the sea level. The lake is accessible from Dowarian base camp and the environs give a magnificent look owing to the luxuriant green grazing land filled with wild alpine grass and flowers.





BANJOSA LAKE

Banjosa Lake is an artificial lakesurrounded by deep pine forest and verdant green mountains. It is situated near the city of Rawalakot at an altitude of 6,499 feet above sea level andis accessible by a 20 kilometers metallic road from Rawalakot.





CHITTA KATHA LAKE

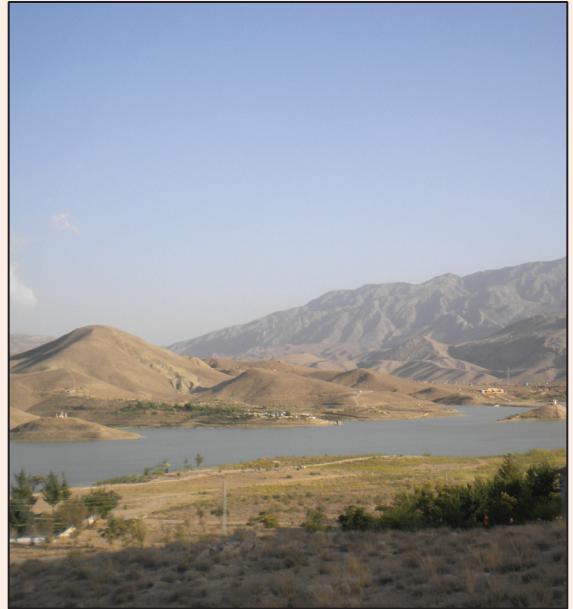
Chitta Katha Lake is a pool of crystal clear water looking like a deep basin-shaped body of water that mostly remains snowbound throughout the year. Chitta Katha Lake is situated in Shonter valley of the Tehsil Sharda of Neelum district based at an altitude of 13,500 feet (4,100 meters). In local language Chittameans white and Katha means water reservoir and appropriately the major attraction of this Lake is its milky white colored water coming down from Hari Parbat, a mountain known as abode of Lord Shiva.





HANNA LAKE

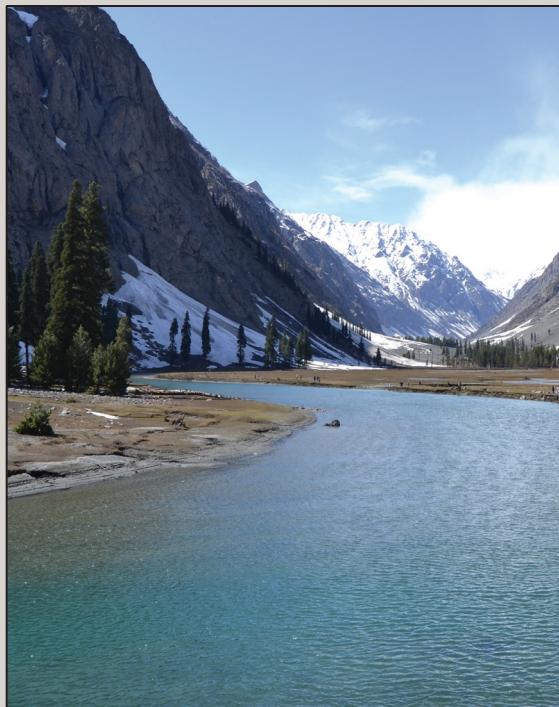
Hanna Lake's turquoise water offers a rich contrast to the sandy brown of the hills in the background. Situated at ten kilometers from Quetta established in 1894 when water was allowed to flow for three years. The lake remained dry till 2010 till it was replenished with ample water to resume its old form. Local legend attributes the drying of the lake to the sudden disappearance (Urak) of an old lady (Hanna).





MAHODAND LAKE

Mahodand Lake is situated in Swat 40 kilometers from Kalaam in a valley named Usho. Surrounded by beautiful snow-tipped mountains, forests and abundant greenery it sits at an elevation of 9400 feet above sea level, is 2 kilometer long and 1.2 kilometer wide. In Pushto Mahodand Lake means Lake of Fishes and it has an abundance of fish particularly trout. Mahodand Lake is fed by the waters of surrounding glaciers and springs from the Hindu Kush Mountains.





SPIN KHWAR LAKE

Spin Khwar Lake is hidden in the lap of mountains towards the north of Kundal Lake and is located in the east of Urtorvalley. Its name translates to white stream aptly describing the aesthetics of the lake. The Lake is accessible through two routes – one via Kundal and the other via Ladu.





RAMA LAKE

Rama Lake is located in Gilgit-Baltistan near Astore and is situated on the top of Astore Valley. The valley in which Rama Lake is situated is called Rama Valley surrounded by enchanting villages such as Chilm, Fina, Chongra and Gorikot. It is forested with pine, cedar, fir and juniper trees of large size.





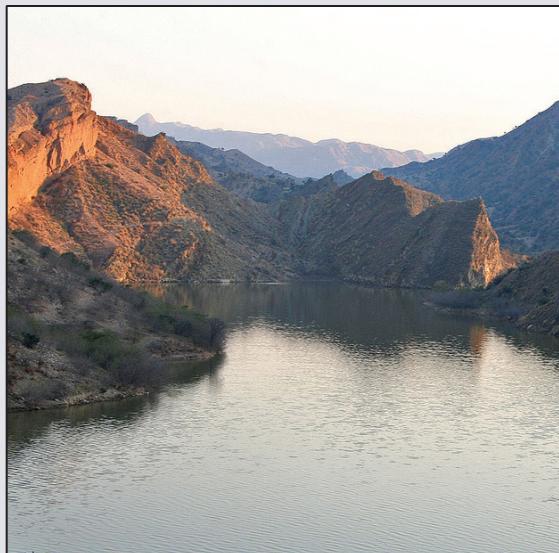
HADERO LAKE

Hadero Lake is a wildlife sanctuary in the Thatta district at a distance of 85 kilometers from Karachi and is ideal for animal lovers. It is set at the edge of a mountainous, stony desert with a surface area of 5 square miles. Due to its brackish water wetland a large variety of waterfowl prefers to spend their time there.



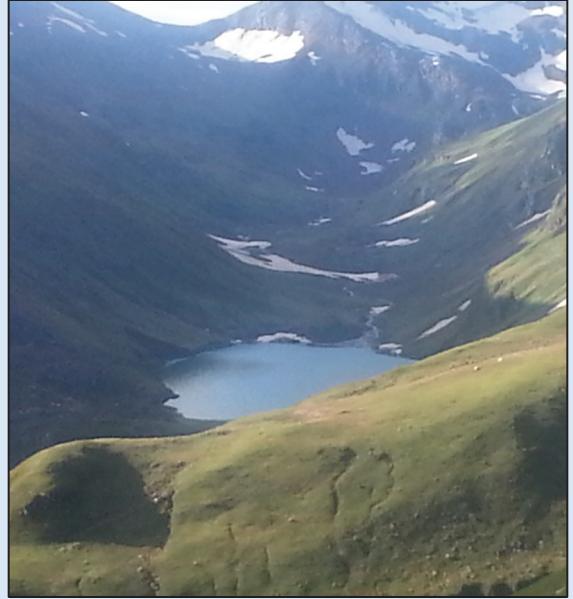
NAMAL LAKE

Namal Lake is a landing point for many migratory birds and also houses many Russian ducks, waterfowl and Siberian cranes. Namal Lake was established after the construction of Namal Dam in 1913. It is a manmade lake located in the village of Rikhi in Namal Valley, spanning 5.5square kilometers at a distance of 32 kilometers from Mianwali.



SARAL LAKE

Saral Lake is located on Saral Gali in Jalkhad Valley in Azad Kashmir at the height of 13600 feet. Surrounded by tall and snowy mountains, breathtaking greenery and flowers it is approached through Muzaffarabad, Sharda, Gumut and Nala. Owing to its difficult location it remains generally inaccessible and has remained largely clean although it could be spotted from Dudipatsar Lake.







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