

Hunza

[Documentary] The Secret of the Fountain of Youth: Hunza Food Culture (Pakistan) - [Documentary] The Secret of the Fountain of Youth: Hunza Food Culture (Pakistan) 31 minutes - Join us on a captivating journey to **Hunza**, Valley, nestled in the breathtaking Karakoram Mountains. Discover the secrets behind ...

Intro

Part I: The Hunza Diet

Part II: The Hunza Apricot

Part III: The mountain herbs of Hunza

Part IV: The magical glaciers' water

Part V: The traditional Hunza way of Life

Part VI: The end of the fountain of youth

Part VII: The renewal of the local cuisine

I've seen HEAVEN on EARTH | North of Pakistan Hunza Valley 2025 ?? - I've seen HEAVEN on EARTH | North of Pakistan Hunza Valley 2025 ?? 43 minutes - pakistan #**hunza**, Our journey to North Pakistan turned out to be a glimpse of Heaven on Earth. From the breathtaking landscapes ...

Intro

Taking flight to Skardu

Checking in at OFFTO resort HUNZA

Getting ready for a Road Trip with NATCO Pakistan

Visiting Attabad lake

Exploring Gulmit village in Gojal| Meeting local students and visiting 700 y.o. Old House

Learning for Gojal women weave carpets

Taking My First Paragliding in Hunza

I was Amazed by villagers in Gulkin, Gojal

We are doing Shopping in Hussain'i bridge

We Crossed one of the most Dangerous bridges Hussaini Suspension bridge

Trying Iconic Yak Grill Burger at PASSU CONES

Having bonfire night with Friends at OFFTO RESORT

Are the most delicious dried apricots from Pakistan? #hunza #hunzavalley #pakistan - Are the most delicious dried apricots from Pakistan? #hunza #hunzavalley #pakistan by Frugal Travellers 3,339 views 2 months ago 17 seconds - play Short - Delicious **Hunza**, Food is readily available in Karimabad and we found some great places! **Hunza**, food is healthy and delicious, ...

Traditional Hunza Food KARIMABAD Gilgit Baltisan - Traditional Hunza Food KARIMABAD Gilgit Baltisan 13 minutes, 39 seconds - Delicious **Hunza**, Food is readily available in Karimabad and we found some great places! **Hunza**, food is healthy and delicious, ...

RARE Pakistani Village Food!! The Mountain People of Hunza!! - RARE Pakistani Village Food!! The Mountain People of Hunza!! 20 minutes - APRICOT KERNEL SEED SOUP: Add water to the pot, smash the apricot kernels and add into the pot with add salt, and stir.

Hunza Homes

Dry Apricot Soup

Gilgit Meaning Brown Lentil and Potato

Buckwheat Pancake

This is how PAKISTANI people TREAT Chinese in Hunza???? - This is how PAKISTANI people TREAT Chinese in Hunza???? 57 minutes - What comes to your mind when you think of Pakistan and China? This is the story of an unforgettable day — a Chinese girl ...

Intro

First Time Hitchhiking

Unique experience

Arrive at Altit Fort

Sheep

Amazing Guide

River Hunza

Paratha

Find a car to Eagle's Nest

Hiking

Luxus Hunza Attabad Lake Resort|Luxury Resort in Hunza, Pakistan|For Bookings–0343-5151913 - Luxus Hunza Attabad Lake Resort|Luxury Resort in Hunza, Pakistan|For Bookings–0343-5151913 3 minutes, 42 seconds - Luxus **Hunza**, Attabad Lake Resort|Luxury Resort in **Hunza**., Pakistan|Booking Now Experiences that leave a lasting impact, ...

LONG LIFE FOOD in Hunza Valley - HEAVEN ON EARTH, Pakistan | Pakistani Food Tour! - LONG LIFE FOOD in Hunza Valley - HEAVEN ON EARTH, Pakistan | Pakistani Food Tour! 31 minutes - The goal of today's food tour was to uncover some of the secrets of the long life food of **Hunza**, Valley. Especially traditionally ...

HIMALAYAS

HINDU KUSH

Chapshoro Point

Hunza Food Pavilion

Daodao soup

The Hunza people live for 120 years without getting sick. These are their secrets. - The Hunza people live for 120 years without getting sick. These are their secrets. 4 minutes, 49 seconds - McCarrison lived near the **Hunza**, Valley for seven years. He concluded that diet was the main factor in the longevity of the people.

World Heritage of Hunza | Ganish Settlements in Hunza | Beautiful places in world vlog | Hunza trip - World Heritage of Hunza | Ganish Settlements in Hunza | Beautiful places in world vlog | Hunza trip 9 minutes, 16 seconds - What are Ganish Settlements? Ganish Settlements are an ancient heritage of **Hunza**, wherein Burushaski speaking people live ...

What it's like exploring HUNZA, PAKISTAN as a solo female traveler ?? - What it's like exploring HUNZA, PAKISTAN as a solo female traveler ?? 18 minutes - It's finally time to head back to Northern Pakistan, and explore the stunning beauty of **Hunza**,. Although this journey was supposed ...

Intro

The beauty of Hunza

Getting to know Hunza Culture

On animal Welfare

Women Empowerment in Hunza

Learning to drive a motorbike

First solo hike

Music Center Hunza

ISLAMABAD TO HUNZA VALLEY 2025: Travel Via Naran Kaghan Babusar Top | Road Condition Latest update - ISLAMABAD TO HUNZA VALLEY 2025: Travel Via Naran Kaghan Babusar Top | Road Condition Latest update 11 minutes, 21 seconds - So if you were still planning to go to **Hunza**, Valley in your own car but had absolutely no idea about Naran to **Hunza**, Valley Road ...

KARIMABAD HUNZA Gilgit-Baltistan | Old Hunza Inn - KARIMABAD HUNZA Gilgit-Baltistan | Old Hunza Inn 11 minutes, 47 seconds - Welcome to KARIMABAD, **HUNZA**, Gilgit-Baltistan After our exciting journeys from Islamabad to Gilgit and then from Gilgit to ...

Mini Europe of Pakistan?| Beautiful HUNZA Valley | Top 10 Best Places in Hunza | Heaven on Earth - Mini Europe of Pakistan?| Beautiful HUNZA Valley | Top 10 Best Places in Hunza | Heaven on Earth 8 minutes, 3 seconds - polishgirl #gilgitbaltistan #hunzavalley #Rakaposhi #mountains #AltitFort #beautifullake #ZiplineAdventure #poland ...

HUNZA VALLEY INCIDENT EXPLAIN: Exploring Khunjerab Pass China border | Road Condition Update Today - HUNZA VALLEY INCIDENT EXPLAIN: Exploring Khunjerab Pass China border | Road

Condition Update Today 10 minutes, 2 seconds - If you're planning to explore **Hunza**, Valley this time in your own car and want to go all the way to Khunjerab Pass China border ...

Hunza Residents on Edge: Melting Ice Could Trigger Devastating Flood | Breaking News - Hunza Residents on Edge: Melting Ice Could Trigger Devastating Flood | Breaking News 1 minute, 46 seconds - HunzaGlacier #MeltingGlacier #GLOFRisk #HunzaFlood #ClimateChangePakistan #ShisperGlacier #GilgitBaltistan ...

Aftermath of a Viral Video: Luxus Hunza Sparks Hotel Crackdown in Gilgit-Baltistan | Nukta - Aftermath of a Viral Video: Luxus Hunza Sparks Hotel Crackdown in Gilgit-Baltistan | Nukta 6 minutes, 6 seconds - It all began when a foreign tourist posted a video alleging that Luxus **Hunza**, Hotel was dumping sewage into Attabad Lake.

Explore Beautiful HUNZA Valley | Top 10 Best Places in Hunza | Heaven on Earth | Beauty of Pakistan - Explore Beautiful HUNZA Valley | Top 10 Best Places in Hunza | Heaven on Earth | Beauty of Pakistan 6 minutes, 46 seconds - polishgirl #gilgitbaltistan #hunzavalley #Rakaposhi #mountains #AltitFort #beautifullake #ZiplineAdventure #poland ...

Passu Cones | Hussaini Bridge | Hunza Valley | Gilgit Baltistan - Passu Cones | Hussaini Bridge | Hunza Valley | Gilgit Baltistan 11 minutes, 48 seconds - Hunza, Valley is home to countless picture-perfect spots that could easily grace your PC screen as a wallpaper or screensaver.

Bazmi Hareep || Traditional Folk Dance || The Hunza State - Bazmi Hareep || Traditional Folk Dance || The Hunza State 2 minutes, 41 seconds - Traditional folk dance on the roof of the world, **Hunza**, Gilgit Baltistan . #hareep #thehunzastate #folkdance #folkmusic ...

I've died and gone to PAKISTAN! ?? - I've died and gone to PAKISTAN! ?? 17 minutes - Travel to the Lower **Hunza**, Valley, Pakistan in 2025 and you'll find UNGODLY amounts of natural beauty and incredible historical ...

LIVE LONGER with Food from Hunza, Pakistan - LIVE LONGER with Food from Hunza, Pakistan 5 minutes, 42 seconds - You'll live longer with this food, but that suspension bridge will end you. (DAY 5) DAY 1: ...

Intro

Fresh Apples

Shalboot

Apricot Noodle Soup

Molida

Eating Shalboot

Eating Apricot Noodle Soup

Eating Pancakes with Mulberry Syrup

Eating Molida

RIP

Outro

#pakistan #beauty #hunza #travel - #pakistan #beauty #hunza #travel by Isaac Elam 42,169 views 1 month ago 18 seconds - play Short

Cooking Entire YAK!! Pakistani Mountain Food in Hunza!! - Cooking Entire YAK!! Pakistani Mountain Food in Hunza!! 20 minutes - CHAPATI \u0026 OMELETTE - - - - - 2. KARIM ABAD, **HUNZA**, VALLEY - GILGIT BOILED YAK MEAT: Boil the ...

SHER CO-HOST

THE MOUNTAIN

KAREEM YAK SHEPHERD

THE VILLAGE

ZAREEN BAG LOCAL TEACHER

CLICK THE LINK IN THE DESCRIPTION

ALI ALI HAMDANI

They seem to KNOW ETERNAL youth in this VALLEY and live up to 120 YEARS | Hunza Valley, Pakistan - They seem to KNOW ETERNAL youth in this VALLEY and live up to 120 YEARS | Hunza Valley, Pakistan 9 minutes, 13 seconds - A valley in Pakistan that not only captivates for its unique beauty but also because the people who live in the **Hunza**, Valley live ...

Hunza Valley Pakistan: A Haven for Nature Lovers \u0026 Adventure Seekers : Travel Video - Hunza Valley Pakistan: A Haven for Nature Lovers \u0026 Adventure Seekers : Travel Video 8 minutes, 11 seconds - Hunza, Valley is a breathtakingly beautiful region located in the northernmost part of Pakistan, nestled amidst the majestic ...

Hunza Valley Pakistan

Baltit Fort

Attabad Lake

Altit Fort

Passu Cones

Nagar Valley

Hussaini Suspension Bridge

Luxus Hotel

Subscribe Travelcations

Hunza, Gilgit-Baltistan, Pakistan [Amazing Places 4K] - Hunza, Gilgit-Baltistan, Pakistan [Amazing Places 4K] 13 minutes, 6 seconds - Hunza, is a district in the northern part of Gilgit-Baltistan, famous for its extraordinary natural beauty. **Hunza**, was a princely state ...

ATTABAD LAKE

HUSSEINI BRIDGE

PASSU GLACIER

GANISH

11 Magical Places in Hunza Valley | Khunjrab Pass | Atabad Lake | Naltar Valley - 11 Magical Places in Hunza Valley | Khunjrab Pass | Atabad Lake | Naltar Valley 8 minutes, 49 seconds - 11 Magical Places in **Hunza**, Valley | Khunjrab Pass | Atabad Lake | Naltar Valley | Hoper Glacier **Hunza**, valley Altit Fort Baltit Fort ...

TRADITIONAL Hunza Wedding | Northern Pakistan - TRADITIONAL Hunza Wedding | Northern Pakistan 9 minutes, 25 seconds - Welcome to a traditional wedding celebration of Ahtisham and Sonya. A man from Gilgit and a woman from **Hunza**., travel across ...

Intro

Tradition of kissing hands

Start of Mehndi

Day 2

Dance with a sword

Cutting the ribbon

Sonya saying goodbye to her family

Conclusion

In the next episode...

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