

# 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 - How to support the Channel: ...

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

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 - SUBSCRIBE <http://bit.ly/MarkWiensSubscribe> for 2 new videos every week T-shirts and caps: <https://goo.gl/6WdK1l> Thank you to ...

HIMALAYAS

HINDU KUSH

Chapshoro Point

Hunza Food Pavilion

Daodao soup

RARE Pakistani Village Food!! The Mountain People of Hunza!! - RARE Pakistani Village Food!! The Mountain People of Hunza!! 20 minutes - SECOND CHANNEL!! MORE BEFRS » <http://bit.ly/MoreBEFRS> BEFRS MERCH » <https://bit.ly/ShopBEFRS> SUPPORT OUR ...

Hunza Homes

Dry Apricot Soup

Gilgit Meaning Brown Lentil and Potato

Buckwheat Pancake

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

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

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 - Are you 50+? Eat 1 Beetroot Every Day [https://www.youtube.com/watch?v=x4b89VJrW\\_0](https://www.youtube.com/watch?v=x4b89VJrW_0) McCarrison lived near the **Hunza**, Valley ...

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 ...

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

The glory of Gulmit from the top of Ondra Poygah, Upper Hunza #travel - The glory of Gulmit from the top of Ondra Poygah, Upper Hunza #travel by Nature Explorer 1,061 views 1 day ago 17 seconds – play Short - The glory of Gulmit from the top of Ondra Poygah, Upper **Hunza**, ? Experience breathtaking views of Gulmit valley as seen from ...

Medieval Forts Restored as Spectacular Hunza Valley Builds Its Future | National Geographic - Medieval Forts Restored as Spectacular Hunza Valley Builds Its Future | National Geographic 4 minutes, 28 seconds - Two medieval forts tower over Pakistan's **Hunza**, Valley, a region known for its traditional culture, as well as for forward-thinking ...

BENEATH THE RUGGED KARAKORAM MOUNTAINS, SOME OF THE WORLD'S TALLEST ...

WINDS THE HUNZA VALLEY OF PAKISTAN, LINED WITH FIELDS AND ORCHARDS.

ONCE, HUNZA WAS RULED BY A PRINCE, OR MIR...

FIRST FROM THE MEDIEVAL FORT ALTIT

FOUNDED 1,000 YEARS AGO

AND LATER FROM THE NEARBY BALTIT FORT, ALSO CENTURIES OLD.

BOTH FORTS HAVE UNDERGONE MAJOR RESTORATION WORK.

WITH HIGH LITERACY RATES, AND A FOCUS ON EDUCATION FOR GIRLS.

WOMEN IN HUNZA HAVE RECENTLY BEGUN TO PRACTICE CARPENTRY...

TRADITIONALLY A MALE-DOMINATED TRADE.

PROJECTS OF THE NEW GENERATION OF CARPENTERS HAVE INCLUDED REPAIRS...

OF THE WOODWORK-RICH HISTORIC SITES.

IN RECENT YEARS, WOMEN IN HUNZA HAVE ALSO TRAINED AS MOUNTAIN CLIMBING GUIDES.

HUNZA IS A WINE-PRODUCING REGION.

THE TRADITION LONG PREDATES PAKISTAN'S BAN ON ALCOHOL ...

AND IS THOUGHT TO PREDATE THE ARRIVAL OF ISLAM.

THE AUTHORITIES TOLERATE NONCOMMERCIAL WINEMAKING.

THE KARAKORAM HIGHWAY, WHICH LINKS PAKISTAN TO WESTERN CHINA ...

PASSES ALONG THE COURSE OF THE GLACIER-FED HUNZA RIVER.

FOLLOWING AN EARTHQUAKE IN 2010, A NATURAL DAM FORMED IN THE VALLEY...

AND FORMING A NEW LAKE.

A BEAUTIFUL DESTINATION ITSELF...

LAKE ATTABAD ALSO BECAME A FERRY ROUTE ...

TO CONNECT THE TWO STRETCHES OF HIGHWAY

Pakistani Food in HUNZA, Gilgit-Baltistan - AMAZING 200 Year Old Stone Pot Curry!! - Pakistani Food in HUNZA, Gilgit-Baltistan - AMAZING 200 Year Old Stone Pot Curry!! 30 minutes - Rediscover Pakistan with MANAKY! Manaky is your one-stop shop for all your travel resources in Pakistan (curated tours, ...

Intro

Stone Pot Curry

Dessert Bread

Breakfast

Ganesh Fort

Gem Shop

Cafe DeHunza

Dinner

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 ...

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 ...

What's the SECRET to the Hunza People's AMAZING 120 Year Lifespan - What's the SECRET to the Hunza People's AMAZING 120 Year Lifespan 10 minutes, 40 seconds - Become a member of this channel and get benefits: <https://www.youtube.com/channel/UC7lArlQ18UhSjXwO--aykhQ/join>.

Gilgit baltistan flood | #hunza skardu latest update | skardu flood | Shisper glacier golf 2205 - Gilgit baltistan flood | #hunza skardu latest update | skardu flood | Shisper glacier golf 2205 10 minutes, 26 seconds - babusartop #hunzavalley #skardu Kandus or candos village terribly destroyed by flash flood in GB skardu URDU Home National ...

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 ...

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 ...

Gilgit baltistan flood | #hunza skardu latest update | kkh flood | Babusar top hadsa | ??? ???? - Gilgit baltistan flood | #hunza skardu latest update | kkh flood | Babusar top hadsa | ??? ???? 8 minutes, 51 seconds - babusartop #hunzavalley #skardu today 24 July landsliding on Naran Babusar road at jalkhad road closed till clearing operation ...

Glacial Flood Slams Hunza, Damages Karakoram Highway | Climate Change - Glacial Flood Slams Hunza, Damages Karakoram Highway | Climate Change 1 minute, 11 seconds - A glacial lake outburst flood from the Shisper Glacier has surged through **Hunza's**, Hassanabad Nullah, damaging the Karakoram ...

???? ???? : Severe Climate Change Impact | Breaking News - ???? : Severe Climate Change Impact | Breaking News 2 minutes, 36 seconds - Urgent alert: The stunning region of **Hunza**, is facing devastating effects of climate change. Watch Geo News for exclusive ...

Gilgit baltistan flood | #hunza skardu latest update | skardu flood | ghizer flood | ??? ???? - Gilgit baltistan flood | #hunza skardu latest update | skardu flood | ghizer flood | ??? ???? 7 minutes, 18 seconds - babusartop #hunzavalley #skardu #gilgitbaltistan #flood #selab #ghizarflood Friday, Aug 22, 2025 According to officials, the ...

PAKISTAN ?? Hunza Valley - Gulmit \u0026 Hussaini Bridge | 3 Week Adventure - Ep2 - PAKISTAN ?? Hunza Valley - Gulmit \u0026 Hussaini Bridge | 3 Week Adventure - Ep2 40 minutes - This was my first time in Pakistan and we went on a 3 week trip travelling through the spectacular mountains of the Gilgit-Baltistan ...

EXPLORING HUNZA PAKISTAN ?? - EXPLORING HUNZA PAKISTAN ?? 20 minutes - Join me on an unforgettable journey through the breathtaking **Hunza**, Valley in northern Pakistan Today were exploring with ...

I've seen HEAVEN on EARTH | North of Pakistan Hunza Valley 2023 ?? - I've seen HEAVEN on EARTH | North of Pakistan Hunza Valley 2023 ?? 46 minutes - Learn 150+ languages with quality native-speaking teachers on italki . Buy \$10 get \$5 for free for your first lesson using my code ...

Intro

Morning at the Eagle Nest view point

Local market in Karimabad (Hunza Valley)

Visiting famous Baltit Fort

Morning Mountain tea and Walnuts cake

Trying local cuisine

Exploring Attabad Lake, jetski

Nomadic Hotel Yurts in Upper Hunza

Exploring Hussaini Suspension Bridge

First time taking Zipline in Hussaini bridge

Viewing Mountain Football in Hunza

First time trying Yak Burger

Witnessing MILKIWAY in Upper Hunza

Pakistan's SUPERWOMAN Street Food - Organic HUNZA Pakistani Street Food by Lal Shehzadi!! - Pakistan's SUPERWOMAN Street Food - Organic HUNZA Pakistani Street Food by Lal Shehzadi!! 18 minutes - Rediscover Pakistan with MANAKY! Manaky is your one-stop shop for all your travel resources in Pakistan (curated tours, ...

Intro

Breakfast

Lunch

Outro

Incredible Hunza Valley and its Historical Altit \u0026 Baltit Forts S2. EP09 | Pakistan Motorcycle Tour - Incredible Hunza Valley and its Historical Altit \u0026 Baltit Forts S2. EP09 | Pakistan Motorcycle Tour 25 minutes - Music: Artlist: <https://bit.ly/3bsuF3I> (\*\*2 months free if you use this link) Epidemic Sound: <http://bit.ly/396ATGI> (\*\*1 month free if you ...

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

Cooking Entire YAK!! Pakistani Mountain Food in Hunza!! - Cooking Entire YAK!! Pakistani Mountain Food in Hunza!! 20 minutes - SECOND CHANNEL!! MORE BEFRS » <http://bit.ly/MoreBEFRS> BEFRS MERCH » <https://bit.ly/ShopBEFRS> SUPPORT OUR ...

SHER CO-HOST

THE MOUNTAIN

KAREEM YAK SHEPHERD

THE VILLAGE

ZAREEN BAG LOCAL TEACHER

CLICK THE LINK IN THE DESCRIPTION

ALI ALI HAMDANI

Karakoram Highway Reopened in Hunza | Glacier Outburst Update | Pak China Trade Resumed | Vlog - Karakoram Highway Reopened in Hunza | Glacier Outburst Update | Pak China Trade Resumed | Vlog 33 minutes - Good news from **Hunza**, Gilgit Baltistan! After the recent glacier outburst that blocked the Karakoram Highway (KKH), the road ...

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

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