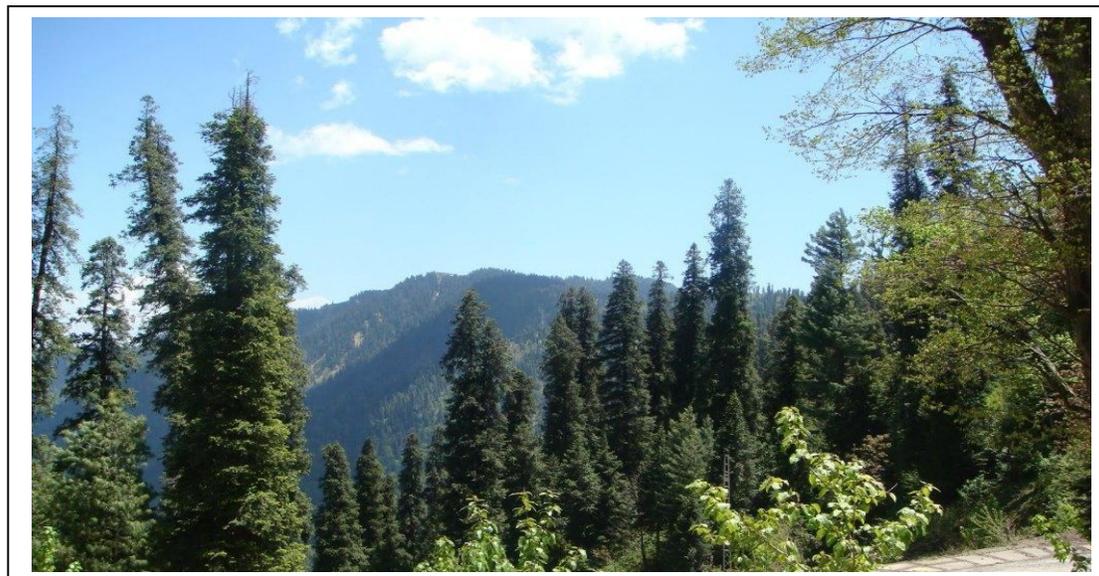




*STFP promotes tourism practices that are environmentally sustainable, economically beneficial to the local communities, and educational experience for tourists.*

## Newsletter Highlights:

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## Eco-Adventure Weekend Trip to Nathiagali

Ayubia National Park is 33sq.km in area on the Murree-Abbottabad road between Changlagali and Nathiagali in the Himalayan moist temperate coniferous zone, at roughly 2,700m elevation. Blue Pine dominates, but the forest is mixed Fir, Spruce, Deodar, Himalayan Poplar, Elm, Walnut, Maple and Oak trees. Troops of rhesus monkeys welcome you, and beg food at many places. Several female still have babies clinging to their backs. Two species of flying Squirrels glide from tree to tree give their good view with a torch light at night. Palm civet and Yellow Throated Martin is a chance sighting. A large population of Koklas Pheasants calls from their roosting trees early in the morning.

We will drive to Nathiagali on the morning of Saturday. After lunch and some rest, we will go for nature walk on a level pipeline trek (4 km walk), next day we will go on a gentle climb from Nathiagali to Mushkpuri Top (2817m) and return to Dongagali after covering about 7 km distance. We will be back in Islamabad on the evening of Sunday.

A quiet weekend to enjoy the arrival of spring in the mountains and enjoy the beautiful views of mountains of Western Himalayas from Mushkpuri Top.

**Date:** 12-13 May

**Days:** Saturday and Sunday

**Duration:** two days

**Departure Time:** 0800 hours

**Base:** Islamabad

**Per head Fee:** Rs.4,000/-

**Booking Deadline:** 8th May

To register for this trip please send us an email at: [stfpak.info@gmail.com](mailto:stfpak.info@gmail.com)

For further information contact: Syed Adnan Amjad at 051-2612448



## Family Camping Trip to Khanpur Lake

The beautiful Khanpur Lake is fed by Haro River and through the water moving down the western side of Margalla Hills. It is located on Taxila-Haripur road at a distance of about 50 km (one hour drive) from Islamabad. In an attempt to provide healthy entertainment and to appease peoples craving for good outing, Tourism Corporation of KPK holds its annual **Khanpur Spring Festival** at this beautiful spot in the month of April.

This three days event provide a range of exciting air and water borne sports such as paragliding, hang gliding, hot air balloons, motor boats as well as fishing competition, cultural performances, handicrafts, traditional food and much more.

We have planned a family camping trip to Khanpur Lake during this festival so that people could enjoy this fun filled event.



Khanpur Camping Site

*"The World is a book,  
and those who do not  
travel read only a page".*

**St. Augustine**

**Date:** 19-20 May

**Days:** Saturday to Sunday

**Duration:** two days

**Departure Time:** 0900 hours

**Base:** Islamabad

**Per head Fee:** Rs. 2,400/- (20% discount for children)

**Booking Deadline:** 15 May

To register for this trip please send us an email at: [stfpak.info@gmail.com](mailto:stfpak.info@gmail.com)

For further information contact: Syed Adnan Amjad at 051-2612448

## PARTICIPATE IN STFP PHOTOGRAPHIC COMPETITION AND WIN A FREE TRIP

Do you have a talent for taking good pictures? Here is your chance to show off your talent through the lens. STFP invites aspiring photographers to capture various places, people, crafts, culture and wildlife of Pakistan and win a free trip with us.

Submit an original photograph which has not been published anywhere before and which has been taken by you. The picture should not be less than 2 MB in size. Last date for submission is 31<sup>st</sup> August 2012. For more details send us an email at [stfpak@gmail.com](mailto:stfpak@gmail.com)

**Field trips are also open for your family members and friends, so you are welcome to invite them on these trips with prior intimation to the concerned staff of STFP at the time of signing up. Minimum group size for each trip is 8 persons.**



## Adventure Weekend in Shogran, Kaghan Valley

Shogran, one of the most beautiful plateaus in Kaghan Valley is situated 219 km from Islamabad. It takes about six hour to reach here via Abbottabad, Mansehra, Balakot and Kawai. Surrounded by thick pine forests and with an altitude of 7747 feet, the early summer climate of Shogran is very mild and pleasant. From here you can have a breathtaking view of Kaghan Valley's snow covered peaks such as Musa Ka Musalla (4419m), Makra (3885m) and Malika Parbat (5290m).

On Friday morning we will drive in a coaster to Shogran with couple of photo/refreshment stops. Shogran will be our base for two trekking excursions. On day one, we will go on a four km easy trekking in the Malakandi Forest after lunch and on day two we will go on a moderate trekking trip to Sari and Paya (5 to 6 hours both ways on slow pace). We will climb 2300 feet through thick pine forest to the top of Paya ridge, a lush green meadow with spectacular view of Malika Parbat and a panoramic view of Kaghan Valley. On day three, morning will be free for rest and recreation in Shogran. After lunch we will leave for Islamabad.

**Date:** 25-27 May

**Days:** Saturday and Sunday

**Duration:** two days

**Departure Time:** 0800 hours

**Base:** Islamabad

**Per head Fee:** Rs.9,800/-

**Booking Deadline:** 21st May

To register for this trip please send us an email at: [stfpak.info@gmail.com](mailto:stfpak.info@gmail.com)

For further information contact: Syed Adnan Amjad at 051-2612448



**Paya**

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*"A journey of a thousand miles must begin with a single step."* Lao Tzu





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We're on the Web!

See us at:

[www.stfp.org](http://www.stfp.org)

## STFP Celebrated Earth Day

Earth Day is an event which is celebrated all over the world on 22<sup>nd</sup> April to increase awareness and appreciation of the Earth's natural environment. The Earth Day movement was started in USA by Senator Gaylord Nelson in 1970 and now billions of people in more than 192 countries participate in various events to mark this day. This day particularly encourage simple individual acts and group initiatives to reduce carbon emission and support sustainability of planet Earth.

On this occasion Sustainable Tourism Foundation Pakistan (STFP) and Tourism Division of Capital Development Authority (CDA) jointly organized a family tree plantation and eco-picnic event at F-9 Park, Islamabad on 22<sup>nd</sup> April 2012. People from all walks of life participated and shared their commitment to improve the environment and sustainable future for our planet by planting more than 150 trees and enjoying an eco-friendly picnic in the beautiful environment of Fatima Jinnah F-9 Park.



## Coming Events

- 7 Days eco-adventure trip to **Nanga Parbat base camp** (09-15 June)
- 6 days trekking trip to **Sapat Valley** of Upper Kaghan (24-29 June)
- 6 days camping and trekking trip to **Shandur Pass**, Chitral (5-10 July)
- 8 Days eco-adventure to Deosai Plains, (14-21 July)
- 4 Days trekking trip to **Saiful Muluk and Ansoo Lake** ( 12-15 July)
- 4 days family camping trip to **Naran, Kaghan Valley** (23-26 August)
- 6 Days trekking trip to **Dudupat Lake** (25 – 30 August)

"Though we travel the world over  
to find the beautiful, we must  
carry it with us or we find it not."

Ralph Waldo Emerson

***Your participation in our trips, expeditions and knowledge sharing events provide support to STFP's mission of increasing awareness through exploration, environmental education, exchange of ideas and research work.***