



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



Family Camping Trip to Khanpur Lake

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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 ballooning, 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.

Date: 21-22 April

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: 18 April

To register for this trip please send us an email at: stfp.info@gmail.com

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



Weekend Angling Trip to Poonch River - Azad Kashmir

The Golden Mahsher, known to science as *Tor putitora* is one of the largest fresh water fishes, and undoubtedly the best sports fish in the world. A specimen caught with rod and reel in 1939 in the Beas River weighed an incredible 63.50 kg and had a body length of 1.69 metres. Several other specimens caught elsewhere in the river system with different means were even larger. Sadly, it's unlikely that we will see such giant fish in South Asia's river systems today as man and Mahseer compete with one another in an uneven environmental match.

The ever increasing human population has effectively destroyed large tracts of Mahsher's home range, poisoned the waters, disturbed breeding grounds and cut migration routes. Once abundant in all the rivers in what is today Balochistan and the North of Pakistan, the Poonch River is one of the few places where this fish still survives in any significant numbers.

A concerted effort is under way by the Azad Jammu and Kashmir Wildlife and Fisheries Department (AJKWFD) and various private sector conservation organizations especially the Himalayan Wildlife Foundation (HWF) to preserve the habitat of Mahseer in the Poonch River. A constructive conservation programme aimed at restoring the Mahseer to its former glory recognizes that although angling is a part of the problem it can also be an effective part of the solution. The HWF maintains that a properly regulated, community based conservation effort (supported by the AKWFD and local administration) can turn the sports anglers into effective conservationists

If you are an ethical nature loving angler who would like to participate in this unique conservation effort, contact us for weekend fishing trip to Poonch River - "Mahseer National Park" this season.

Date: 13-15 April

Days: Friday to Sunday

Duration: two and half days

Departure Time: 0900 hours

Base: Islamabad

Per head Fee: Rs. 9,900/-

Booking Deadline: 10 April

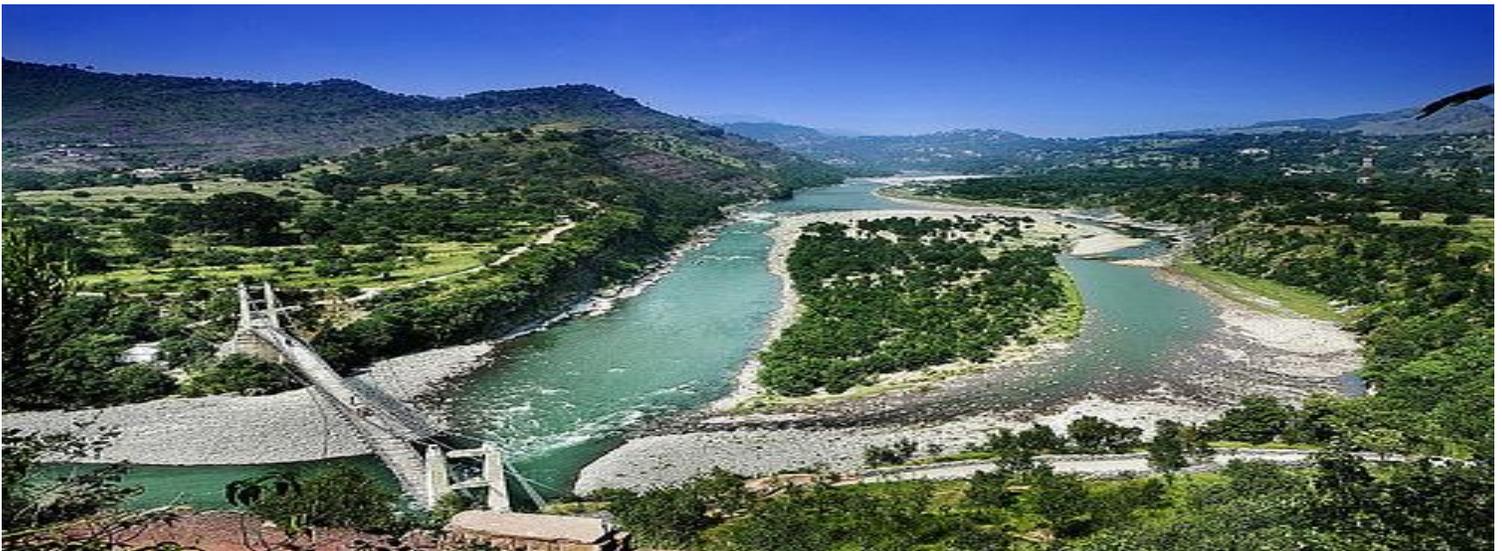
To register for this trip please send us an email at: stfp.info@gmail.com

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"One of the great things about travel is that you find out how many good, kind people there are."

Edith Wharton





Eco-Adventure Weekend Trip to Ayubia National Park, 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: 28-29 April

Days: Saturday and Sunday

Duration: two days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.4,000/-

Booking Deadline: 25th April

To register for this trip please send us an email at: stfp.info@gmail.com

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



"To travel is to take a journey into yourself."

Danny Kaye





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We're on the Web!

See us at:

www.stfp.org

Happy World Water Day from STFP

International World Water Day is held annually on 22nd March in order to focus global attention on the importance of freshwater, particularly in relation to poverty alleviation and sustainable development.



Tourism is a major consumer of water, including in parts of the world where it is becoming increasingly scarce. Climate change is causing rainfall patterns to become unpredictable, while poverty and lack of infrastructure means many communities struggle to access sufficient water for their daily needs. Contrast this to the luxury of tourist hotels and resorts, where water flows on tap in every room, laundry is cleaned almost daily, and swimming pools entice holidaymakers for a relaxing dip.

In many parts of the world, tourism's demand for water has resulted in:

- Appropriation of water supplies to the detriment of local domestic and agricultural needs
- Overexploitation of aquifers and reservoirs
- Lowering of the groundwater table
- Contamination of freshwater by saltwater intrusion
- Pollution and contamination of waterways
- Conflict between local communities and tourism interests

On this International World Water Day, Sustainable Tourism Foundation Pakistan urged the holidaymakers to remain water aware while on holiday. Some tips for a water friendly holiday include:

- Take a shower instead of a bath. This uses about a third of the amount of water.
- Opt in to towel and sheet re-use schemes and report dripping taps
- Turn off the water while lathering the soap, brushing teeth or shaving. A running tap uses 6 liters of water a minute.
- Ask your hotel what it's doing to save water and find out about the water situation in the area where you're staying

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

Lao Tzu

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.

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.

 Please consider the environment before printing