



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

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## Weekend Trip to Explore the Wetlands and Historical Sites of Salt Range

The Salt Range comprise of two rows of low lying rugged hills that run east to west between the Soan and Jhelum rivers from the Grand Trunk Road near Jhelum city to the River Indus near Kalabagh. This area is said to record 600 million years of the earth's history. Its name comes from the vast deposits of rock salt exposed and mined at Khewra. The salt was left behind when the sea, which extended over the Indus plains and the Potwar plateau, evaporated 600 million years ago. The region is also known as the "Museum of Geology".

The Salt Range Wetlands Complex comprised of a series of adjacent lakes – Kallar Kahar, Khabbeki, Ucchali, Jhalar and Namal. These lakes provide an important wintering ground for migratory birds and are core habitat for the endemic Punjab Urial. Pakistan Wetlands Programme has launched a comprehensive project for the conservation and protection of these important lakes. Historically this region is also very rich. Alexander the Great passed through the Salt Range on his way to fought battle with Porus on the banks of the Jhelum River in 326 BC. In the 3<sup>rd</sup> century BC, this area became part of Ashoka's Buddhist Empire. Towards the end of the Buddhist period, in the 6<sup>th</sup> century AD, there was a kingdom in the Salt Range called Singhapura, probably centered at Ketas. From 7<sup>th</sup> to 10<sup>th</sup> centuries, the Salt Range was part of powerful Kashmiri Hindu kingdom. Mahmood Ghazni invaded the region in the early 11<sup>th</sup> century. The local tribes were converted to Islam at this time.

Sustainable Tourism Foundation Pakistan in collaboration with WWF Pakistan is arranging this eco-adventure safari trip for those who like to explore natural, historical and culture beauty of the Salt Range.

**Date:** 22-23 December

**Days:** Saturday and Sunday

**Duration:** 2 days

**Departure Time:** 0900 hrs

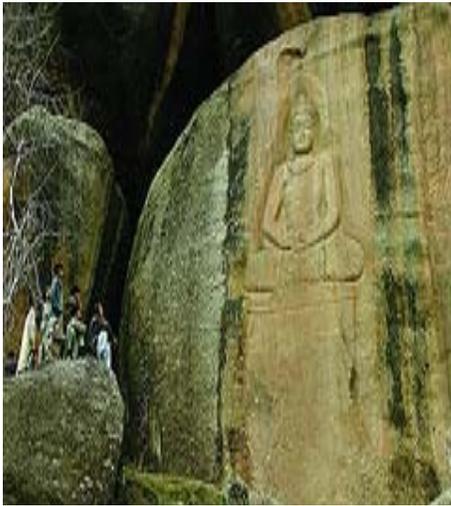
**Base:** Islamabad/Lahore

**Per head Fee:** Rs. 5,900/-

**Booking Deadline:** 17 December

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

For further information contact: Arif Tufail at 051-2612448, 0345- 8566048



## Weekend Trip to Explore Historical Sites of Lower Swat Valley

Lower Swat valley has a rich historical past. It was described as “Udyana” (the garden) in ancient Hindu epics and where in 327 BC, Alexander the Great fought and won some of his major battles before crossing over to the plains of the five rivers. The famous Gandhara Buddhist Civilization later flourished in this valley. There are many remains of Buddhist stupas, monasteries and old settlements in the area of lower Swat. During this two days trip we will visit more than 10 important archeological sites in lower Swat.

**Date:** 15-16 December

**Days:** Saturday and Sunday

**Duration:** two days

**Departure Time:** 0800 hours

**Base:** Islamabad

**Per head Fee:** Rs.7,900/-

**Booking Deadline:** 11th December

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

For further information contact: Arif Tufail at 051-2612448, 0345- 8566048

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

**St. Augustine**

## Day Trip to Takht-e-Bhai and Hund

Takht-e-Bhai is a UNESCO World Heritage Site. The remains of Takht-e-Bhai Buddhist monastery are located atop a 160-meter high hill near the town of Takht-e-Bhai in Mardan district. This site has produced fragmentary sculptures in stone and stucco that indicate the highly developed sculptural sense of their creators, dating back to 2<sup>nd</sup> century AD.

Hund is a historical site located on the west bank of the river Indus near the town of Swabi. It is the place where Alexander the Great crossed the Indus River in 327 BC. Hund is also known for the Ghaznavid invasion in 998 marking the beginning of Islamic era and end of Gandhara period. It also has remains of a Mughal era brick fort dating 16<sup>th</sup> century AD from Akbar's period.

**Date:** 30 December

**Days:** Sunday

**Duration:** 10 hours

**Departure Time:** 0800 hrs

**Base:** Islamabad

**Per head Fee:** Rs. 1,900/-

**Booking Deadline:** 25<sup>th</sup> December

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

For further information contact: Arif Tufail at 051-2612448, 0345- 8566048



*"Travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living".*

**Miriam Beard**



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We're on the Web!

See us at:

**www.stfp.org**

*"Good company in a journey  
makes the way seem  
shorter".*

Izaak Walton



*On 13 December 2012, the one-billionth tourist will arrive somewhere in the world. Through simple actions, from buying locally to using their towels for more than a day, this tourist can make a real difference to the people and places they visit. Now imagine if every one of the one billion tourists did the same. One billion small actions, one very big impact.*

*Join the World Tourism Organization (WTO) campaign and help turn one billion tourists into one billion opportunities. For more information please visit WTO website at [www.unwto.org](http://www.unwto.org)*

## Upcoming Events

- Day trip to Taxila and Khanpur Lake (13 January)
- Day trip to Mangrove forests and turtle watching (20 January)
- Eco-Adventure trip to Cholistan Desert and Indus Dolphin watching at Taunsa Barrage (26-29 January)

**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