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# STFP Bulletin



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

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**Ketas Raj Temple**

From all of us at STFP, we thank you for your support and active participation in various events during 2011 and wish you a prosperous and happy New Year!

We are excited to share with you our new monthly newsletter "STFP Bulletin". One of the main objectives of STFP is to facilitate the exchange of knowledge, experiences and ideas on sustainable tourism among our members by organizing various field trips, training workshops and discussion forums to create awareness about ecotourism, responsible tourism and sustainable tourism. Every month you will receive the copy of STFP Bulletin by email which will keep you informed about our upcoming events.

## Day trip to Ketas Raj and Malot Temples

This day trip will take you to two very important historical sites of Salt Range - Ketas Raj and Malot Temples. Ketas Raj is a complex of Hindu temples in Chakwal district. According to legends, when Shiva's beloved wife died, his tears created two holy ponds – one at 'Pushkara' of Ajmer and the other at 'Ketaksha'. In Sanskrit, Ketaksha means 'weeping eyes'. It is from this word that Ketas is derived. It was also a Buddhist site associated with Asoka.

The Malot Temples, situated on a spur of the Salt Range, were built in red sandstone in the Hindu Shahi era in the 9<sup>th</sup> -10<sup>th</sup> centuries. At a height of 3000 ft, there is a wonderful view over the Punjab plains from the ridge of the Salt Range.

**Date:** 8 January

**Day:** Sunday

**Duration:** 12 hours

**Departure Time:** 0900 hours

**Base:** Islamabad/Lahore

**Per head Fee:** Rs.1400/- from Islamabad, Rs.1600/- from Lahore

**Booking Deadline:** 4 January

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

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

Rauf Ahmad at 0300-4550435



### One day hiking trip to Margalla Hills National Park

Margalla Hills National Park is an ideal place for short hiking trips in winter. We will visit the MHNP information center and get a briefing about the rich flora and fauna of this national park. After that we will start our hike on the trail-5 which passes through the valley of Dara Jangla. We will continue through the narrow gorge, cross a small stream and a spring, and after about two hours we will reach the Pir Sohawa road. After taking a break for lunch we will walk down to Saidpur using another trail. Walking time is about 4 to 5 hours. The first half of the hike is climb to the top of the ridge and can be strenuous for novices or people who have not hiked before. Wear sturdy shoes and bring water bottle, snacks and lunch pack.

**Date:** 15 January & 29 January

**Day:** Sunday

**Duration:** 08 hours

**Departure Time:** 0900 hours

**Base:** Islamabad

**Per head Fee:** Rs.300/-

**Booking Deadline:** 12 January & 25 January

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

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

### Day Trip to Rohtas Fort and Rawat Fort

Rohtas Fort is a symbol of the determination and strength of its builder, Sher Shah Suri. The fort, 12 km in circumference, is located 98 km from Islamabad in a gorge 16 km North West of Jhelum. The construction of the fort started in 1543 and took over three years to complete. The original intent in building the fort was to block possible entry of the Mughal Emperor Humayun, who after his defeat had fled to Iran. The second objective was to punish and defeat the turbulent Gakkhars who had control of the valley and were allies of the Mughals. The fort could not have been more strategically located – protected as it was by ravines and the river Kahan. However, it lost its importance as a frontier garrison when Akbar built the great fort at Attock on the Indus in the 1581. Himalayan Wildlife Foundation has undertaken conservation and restoration of Rohtas Fort to bring back to this great edifice some of its past glory.

Rawat Fort was built in early 16th century by the Gakhars, a tribe of the Pothohar plateau. It is 17 km east of Rawalpindi on the Grand Trunk Road. The fort was scene of a battle between the Gakhar chief Sultan Sarang Khan and Sher Shah Suri, the builder of Rohtas Fort. The fort is almost in square shape, has two gates and contains a mosque. There are many graves inside including Sultan Sarang Khan and his 16 sons.

**Date:** 22 January

**Day:** Sunday

**Duration:** 08 hours

**Departure Time:** 0900 hours

**Base:** Islamabad

**Per head Fee:** Rs.1700/-

**Booking Deadline:** 18 January

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



Margalla Hills National Park

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*“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



Rohtas Fort



## Weekend Trip to Hingol National Park

At a distance of about 190 km from Karachi, Hingol National Park, located in Lasbela district of Baluchistan along the Makran Coast has one of the most remarkable landscapes in Pakistan. The national park offers an ideal getaway for those who love and appreciate nature. Here, one can enjoy the crystal clear beaches at Kund Malir and Ras Malan, marine life and biodiversity of the Makran coast and Hingol River. The National Park has a history to unfold, with sacred archaeological remains and Hindu temples. Additionally Hingol's naturally carved landscape is not a site to miss. In collaboration with Pakistan Wetland Program of WWF-Pakistan, we have planned a weekend trip to Hingol.

**Date:** 28-29 January

**Day:** Saturday and Sunday

**Duration:** 2 days

**Departure Time:** 0900 hours

**Base:** Karachi

**Per head Fee:** Rs.11,800/-

**Booking Deadline:** 24 January

**Items covered in the fee:** Transport, boarding and lodging and services of tour guide.

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

For further information contact: Talib Fatah at 0300- 8216787 or Syed Adnan Amjad 051-2612448



**A unique rock form  
in HNP**



**Makran Coastal Highway passing through the Hingol National Park**

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We're on the Web!

See us at:

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

*"When we heal the earth,  
we heal ourselves."*

David Orr

## Understanding Ecotourism

Ecotourism, also known as ecological tourism, is a form of tourism which appeals to the ecologically and socially conscious people. Generally speaking, ecotourism focuses on local culture, wilderness adventures, volunteering, personal growth, and learning new ways to travel on the planet with care. It involves travel to destinations where flora, fauna, and cultural heritage are the primary attractions.

Ideally, ecotourism should satisfy several criteria, such as:-

- Local culture, flora and fauna being the main attractions.
- Conservation of biological diversity and cultural diversity, through ecosystem protection.
- Promotion of sustainable use of biodiversity, by providing jobs to local population.
- Sharing of socio-economic benefits with local communities and indigenous people by having their informed consent and participation in the management of ecotourism enterprises.
- Increase of environmental & cultural knowledge.
- Minimization of tourism's own environmental impact.

***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.***

## Upcoming Events

- Wetland Tourism: Awareness Seminar (2<sup>nd</sup> February)
- 2 days bird watching and historical exploration trip to Salt Range Wetlands Complex (4-5 February and 18-19 February)
- Day trip to Hund and Takht-e-Bahi (12 February)
- Day trip to Mangrove forests and turtle watching (19 February)
- Day trip to Thatta, Makli, Haleji and Keenjhar Lakes (26 February)
- Eco-Adventure trip to Cholistan Desert and Indus Dolphin watching at Taunsa Barrage (24-27 February)

***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