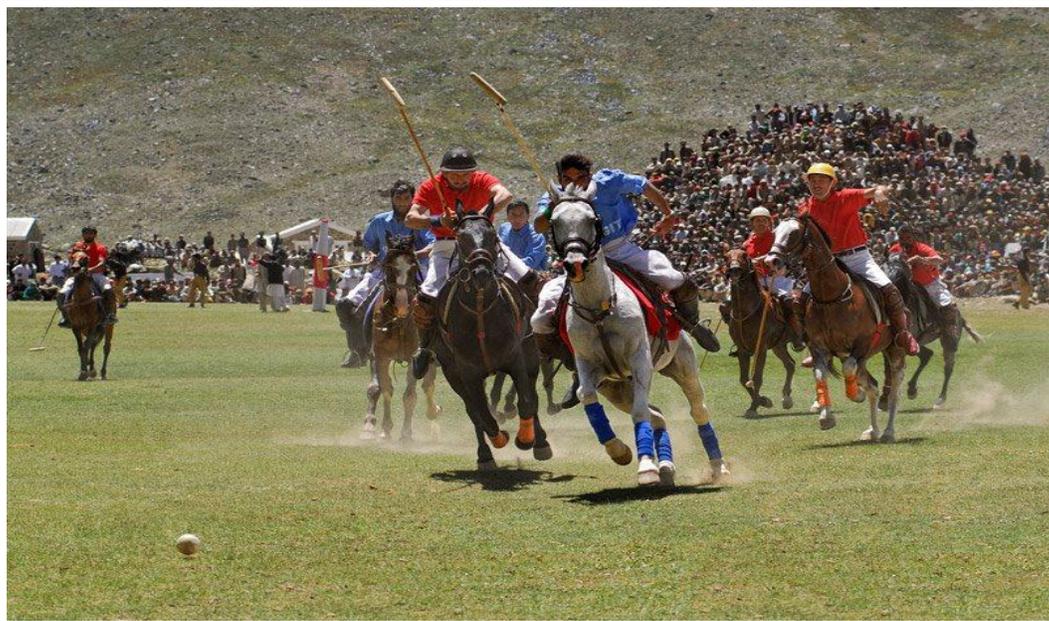




STFP promotes tourism practices that are environmentally sustainable, economically beneficial to the local communities, and educational experience for tourists.

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Shandur Polo Festival Jeep Safari

Passion for Polo will be the highest on the world's highest Polo ground. Every year, Shandur (3,734 meters) invites visitors to experience a traditional polo tournament between the teams of Chitral and Gilgit-Baltistan from 7th to 9th July. The festival also includes folk music, folk dance, traditional sports, paragliding, boating and trout fishing completion and a camping village is set up on the Pass.

Polo is an equestrian sport with its origin embedded in Central Asia dating back to 6th century BC. At first it was a training game for cavalry unites for the king's guards or other elite troops. To the warlike tribesmen who played polo with as many as 100 players to a side. It was a miniature battle. It became a Persian national game in the 6th century AD. From Persia, the game spread to Arabia, then to Tibet, China and Japan.

Various teams of Gilgit-Baltistan and Chitral have always been playing the game of polo closest to its original form. Free styled mountain polo is arguably polo in its purest form. This version of the game played at Shandur-Top has attained legendary status and is of great interest to international and domestic adventure tourists alike. We have planned an 7 days jeep safari trip to Shandur for those who would like to enjoy the thrill of great adventure and to explore the unseen natural beauty of northern Pakistan.

Date: 6-12 July

Days: Friday to Thursday

Duration: 7 days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.29, 900/- (all inclusive)

Booking Deadline: 3th July

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



Saiful Muluk and Ansoo Lake Trekking & Camping Trip

Lake Saiful Muluk is located 10 km to the east of Naran at an altitude of 10,500 feet above sea level. The lake is surrounded by an amphitheatre of snowcapped mountains and crowned by the summit of Malika Parbat (Queen of Mountains) the highest peak in Kaghan Valley. Lake Saiful Muluk is delightful in summer, when the meadows of alpine flowers are in bloom and the valley is colorful. The crystalline water of lake reflecting the surrounding snow-capped mountains is an image that must be seen in person.

The most popular adventure from Lake Saiful Muluk is a trek to Ansoo Lake. The elevation of Ansoo Lake is 4,132m above sea level. The name comes from its tear-like shape as 'Ansoo' means 'Drops of Tear'. The Lake is panoramic and beautiful in the bowl of ice and rocks. It is covered in snow most of the year.

Date: 12-15 July

Days: Thursday to Sunday

Duration: 4 days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.10, 200/- (all inclusive)

Booking Deadline: 9th July

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



Ansoo Lake

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

St. Augustine





Eco-Adventure Expedition to Deosai Plains

Deosai Plains is a plateau situated 32-km south of Skardu. This plateau is the habitat of greatly threatened Himalayan brown bear, at the elevation ranging between 3500 to 4500 m above sea level. Deosai is now a National Park and a protected area for the Himalayan brown bear. In addition variety of wildlife, birds, vegetation and especially wild flowers are major attraction of Deosai Plains.

We have planned a 7-days Jeep safari with camping and trekking programme in collaboration with Himalayan Wildlife Foundation to explore the vast wilderness of Deosai, which is still an unknown ecotourism destination for most Pakistanis and foreigners. It is also the best time to capture the beauty of countless wild flowers which appear on this high altitude plateau for a very short period.

Date: 14-20 July

Days: Saturday to Friday

Duration: 7 days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.28, 900/- (all inclusive)

Booking Deadline: 6th July

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



"A man of ordinary talent will always be ordinary, whether he travels or not; but a man of superior talent will go to pieces if he remains forever in the same place."

Wolfgang Amadeus Mozart

Ratti Gali Lake Trekking Expedition

The Ratti Gali Lake is one of the most beautiful lakes of Pakistan. It is located in the Neelum Valley of AJK along the border of Kaghan Valley at the elevation of 12,100 feet from sea level. The trek to Ratti Gali starts from Burawai in upper Kaghan Valley or one can attempt it from Dawarian in Neelum Valley. We have planned a 7 days trekking expedition to explore the hidden beauty of this beautiful Lake.

Date: 14-20 July

Days: Saturday to Friday

Duration: 7 days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.22, 800/- (all inclusive)

Booking Deadline: 9th July

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





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We're on the Web!

See us at:

www.stfp.org

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

Danny Kaye

Do's and Don'ts While Traveling

Your Travel Choice Makes a Difference

By exploring alternative travel choices, you can have a unique trip and avoid leaving negative marks on cultures, economies, and the environment.

- 1. At the hotel:** Ask about environmental policies and practices. Talk with staff about working conditions. Does the hotel support community projects?
- 2. Language:** Learn a few words of the local language and use them.
- 3. Dress:** Read up on local conventions and dress appropriately. In many mountain areas, modest dress is important.
- 4. Behavior:** Be respectful of local citizens' privacy. Ask permission before entering sacred places, homes, or private land.
- 5. Photos:** Be sensitive to when and where you take photos/video of people. Always ask first.
- 6. Environment:** Respect the natural environment. Never touch or harass animals. Always follow designated trails. Support conservation by paying entrance fees to parks and protected sites.
- 7. Animal products:** *Never* buy crafts or products made from protected or endangered animals.
- 8. Pay the fair price:** Don't engage in overly aggressive bargaining for souvenirs. Don't short-change on tips for services.
- 9. Buy local:** Choose locally-owned lodges, hotels, and guest houses. Use local transport. Eat in local restaurants, shop in local markets, and attend local festivals/events it will help in strengthening local economy.
- 10. Hire local guides:** Enrich your experience and support the local economy.

Coming Events

- 4 days family camping trip to **Naran, Kaghan Valley** (23-26 August)
- 6 Days trekking trip to **Dudupat Lake** (25 – 30 August)
- 7 days **Nanga Parbat** Base Camp Trekking Expedition (25-31 August)

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