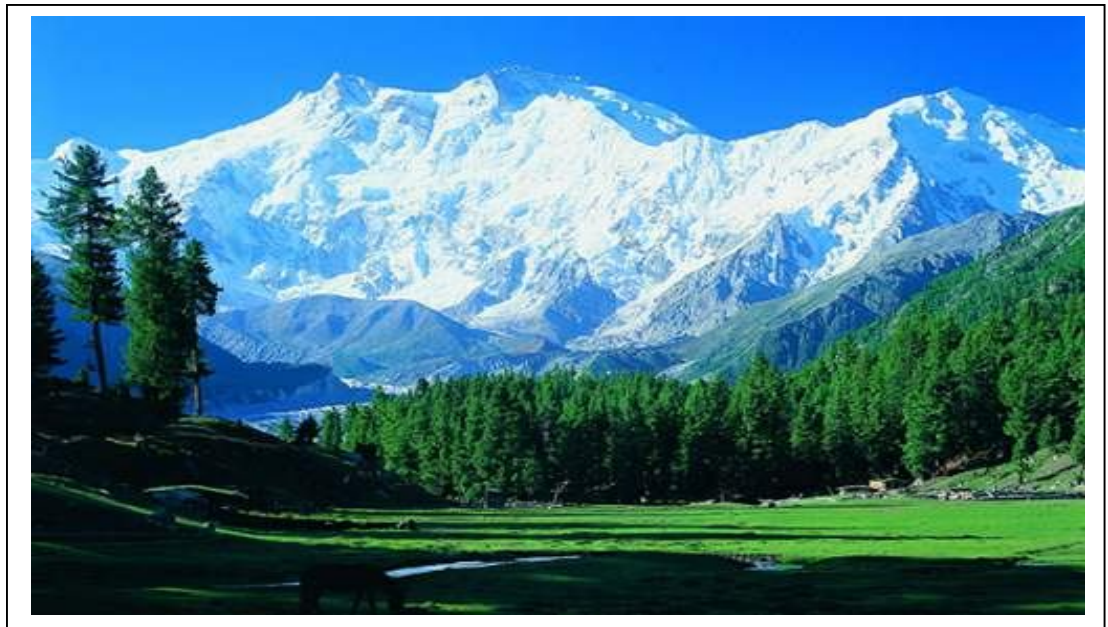




STFP promotes tourism practices that are environmentally sustainable, economically beneficial to the local communities, and educational experience for tourists.

Newsletter Highlights:

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ECO-ADVENTURE TREKKING EXPEDITION TO THE BASE CAMP OF NANGA PARBAT

Nanga Parbat (8126m) is the second highest mountain peak of Pakistan and its base camp is one the most assessable base camps of any 8000-meter peak in Pakistan. On this 6 days adventure trip we will take you to the Fairy Meadows side of Nanga Parbat. This area offers excellent trekking opportunities with lush green meadows, pine covered slopes and superb views of Nanga Parbat and other high peaks. On this trail porters carry the camping equipment and heavy luggage while you hike carrying your day pack to a series of camps located at 3000 to 4500 meters from sea level. A unique opportunity for adventure and nature lovers.

Date: 16-21 June

Days: Saturday to Thursday

Duration: Six days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.18,900/- (all inclusive)

Booking Deadline: 8th June

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



EXPLORE THE LAKES OF KAGHAN VALLEY

Kaghan is a jewel among the many beautiful valleys in the Mansehra District of Hazara. This 160 kilometer long valley is most popular summer holiday spot for both Pakistanis as well as foreigners.

The valley features pine forests, alpine meadows, crystal clear lakes and cool mountain streams. Kunhar River is the main feature of the valley. It is famous for its trout. Nestled along the banks of the river are the towns of Balakot, Paras, Mahandari, Kaghan and Naran. The local people are friendly and simple.

This soft adventure vacation in Kaghan Valley will be an unforgettable experience for adventure and nature lovers. We have planned a 4 days family adventure trip to Kaghan Valley. Participants will visit Naran, Shogran, Lake Saiful Muluk and Lake Lulusar while staying at the most beautiful location of Kaghan Valley.



Lulusar Lake

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

Date: 22-25 June

Days: Friday to Monday

Duration: Four days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.13,900/- (all inclusive)

Booking Deadline: 15th June

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





TREKKING EXPEDITION TO SAPAT VALLEY

There are many side valleys in Kaghan which are excellent sites for adventure and nature tourism but due to lack of any boarding and lodging facilities interested tourists are unable to visit these beautiful places. One of such place in upper Kaghan Valley is Sapat Valley. About 7 km from Naran, the small settlement of Soach is located on the bank of River Kunhar. At 8,400 feet above sea level, Soach is a charming village with fields of peas and potatoes around. Soach is the starting point to enter and explore the Sapat Valley towards north.

Sapat Valley lies between Upper Kaghan Valley and Jalkot Valley along the Indus Kohistan. It is one of the most unknown regions in the area but is renowned for its natural beauty. From Soach a 5 to 6 hours trek takes you to Domail at 9,900 feet. This route remains busy in summer because this is the passing route between Kaghan Valley and Indus Kohistan for locals. Many local people can be seen traveling on the way. It takes three days from Soach to Dassu, a town on the Karakorum Highway. In the alpine pastures of this valley there are beautiful lakes which are just unexplored.



Manusar Lake

Date: 23-30 June

Days: Saturday to Saturday

Duration: Eight days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.19,500/- (all inclusive)

Booking Deadline: 15th June

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



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.



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We're on the Web!

See us at:

www.stfp.org

Become an Eco-Tourist

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.

Do's and Don'ts While Traveling

- 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 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 buses and car/jeep rental agencies. Eat in local restaurants, shop in local markets, and attend local festivals/events.
- 10. Hire local guides:** Enrich your experience and support the local economy. Ask guides if they live locally. Are they recommended by tour operators?

Coming Events

- 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)

"The whole object of travel is not to set foot on foreign land; it is at last to set foot on one's own country as a foreign land."

G. K. Chesterton

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.