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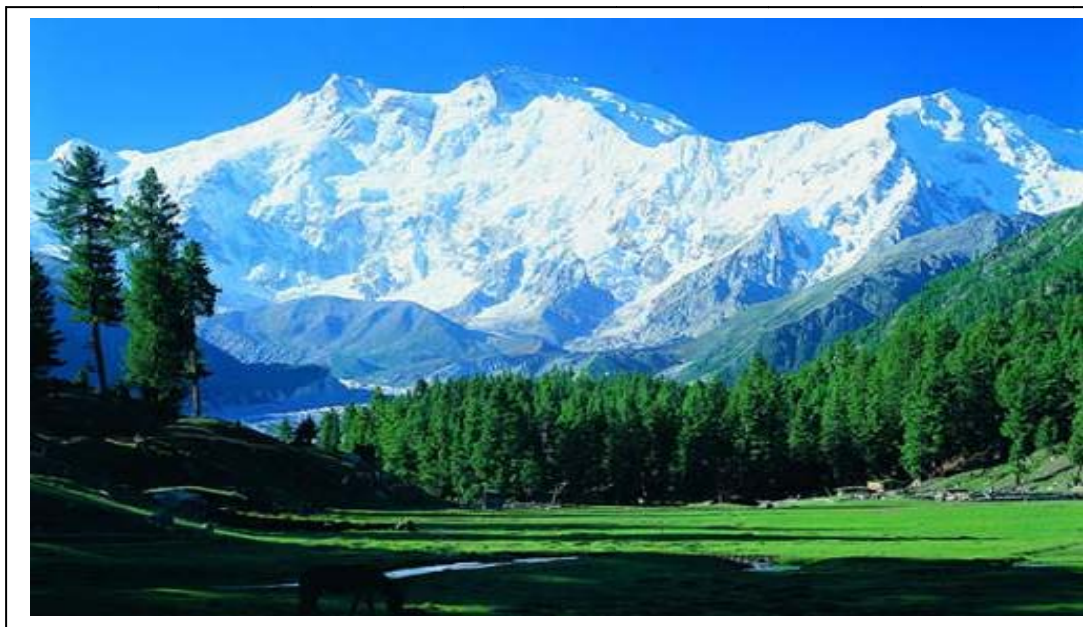
# STFP Bulletin



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

## Newsletter Highlights:

- Eco-Adventure  
Trekking expedition  
to the Nanga Parbat  
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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 7 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:** 14-20 June

**Days:** Friday to Thursday

**Duration:** Seven days

**Departure Time:** 0600 hours

**Base:** Islamabad

**Per head Fee:** Rs.18,850/- (all inclusive)

**Booking Deadline:** 09th June

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 0345-8566048 Tel: 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 spots for both Pakistanis as well as foreigners.

The valley features pine forests, alpine meadows, crystal clear lakes and cool mountain streams. Kunhar River, the main feature of the valley, 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 lovers. We have planned a 4 days family adventure trip to Kaghan Valley. Participants will visit Naran, Shogran, Lake Saiful Muluk, Lake Lulusar and Lalazar while staying at the most beautiful location of Kaghan Valley.



**Ansoo Lake**

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

**St. Augustine**

**Date:** 21-24 June

Days: Friday to Monday

**Duration:** Four days

**Departure Time:** 0800 hours

**Base:** Islamabad

**Per head Fee:** Rs.13,500/- (all inclusive)

**Booking Deadline:** 17th June





## SHANDUR POLO FESTIVAL ADVENTURE SAFARI

Passion for Polo will be at its 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. 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 6<sup>th</sup> century BC. At first it was a training game for cavalry units 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 6<sup>th</sup> 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 a 8 days adventure trip to Shandur for those who would like to enjoy the thrill of great adventure and explore the unseen natural beauty of northern Pakistan.

**Date:** 29 June - 06 July

**Days:** Saturday to Saturday

**Duration:** 8 days

**Departure Time:** 0600 hours

**Base:** Islamabad

**Per head Fee:** Rs.34, 900/- (all inclusive)

**Booking Deadline:** 20 June

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 0345-8566048 at 051-2612448

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

**Danny Kaye**

**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.**



## Sustainable Tourism Foundation Pakistan

### Islamabad

House # 5, Street # 11,  
Main Road, Banigala  
Islamabad  
Ph # 051-2612448  
Cell # 0315-5192701

### Karachi

House 53/3, Maqbool,  
C.H.S,  
Alamgir Road,  
Karachi.  
Ph # 0300-8216787

### E-MAIL:

stfp.info@gmail.com

We're on the Web!

See us at:

[www.stfp.org](http://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 countries, 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 are licensed and live locally. Are they recommended by tour operators?

## Coming Events

- 4 Days trekking trip to **Saiful Muluk and Ansoo Lake** ( 04-07 July)
- 4 days family camping trip to **Naran, Kaghan Valley** (12-15 August)
- 7 Days trekking trip to **Sapat Valley** (16 – 22 August)
- 8 Days eco-adventure to **Deosai Plains** (24-31 August)

*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.*