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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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## Weekend Trip to Banjosa Lake

Banjosa Lake is located in Tehsil Hajjira of District Poonch in Azad Kashmir. It is located at an altitude of 6,499 feet from sea level. The lake is surrounded by dense pine forest and mountains, which make it very charming and romantic. The weather in this area remains cool and pleasant in summer and cold and chilly in winter. Spring is the best time to visit this place when its weather is very pleasant.

Banjosa Lake is accessible by road from Islamabad via Rawalakot. We will drive to Banjosa on the morning of Saturday enjoying beautiful scenery all the way. After lunch and some rest at Rawalakot, we will proceed for Banjosa where we will stay in AJK Tourism Rest house. In the afternoon we will go for a nature walk along the lake to enjoy the charming beauty of this lovely tourist spot. On Sunday we will go for an easy trekking trip to the mountain top behind the lake. After lunch we will start our return travel towards Islamabad and reach there in the late evening.

**Date:** 27-28 April

**Days:** Saturday to Sunday

**Duration:** 2 days

**Departure Time:** 0800 hrs

**Base:** Islamabad

**Per head Fee:** Rs. 6,500/-

**Booking Deadline:** 22 April

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

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



## Adventure Weekend in Shogran, Kaghan Valley

Shogran, one of the most beautiful plateaus in Kaghan Valley is situated 219 km from Islamabad. It takes about six hour to reach here via Abbottabad, Mansehra, Balakot and Kawai. Surrounded by thick pine forests and with an altitude of 7747 feet, the early summer climate of Shogran is very mild and pleasant. From here you can have a breathtaking view of Kaghan Valley's snow covered peaks such as Musa Ka Musalla (4419m), Makra (3885m) and Malika Parbat (5290m).

On Friday morning we will drive in a coaster to Shogran with couple of photo/refreshment stops. Shogran will be our base for two trekking excursions. On day one, we will go on a four km easy trekking in the Malakandi Forest after lunch and on day two we will go on a moderate trekking trip to Sari and Paya (5 to 6 hours both ways on slow pace). We will climb 2300 feet through thick pine forest to the top of Paya ridge, a lush green meadow with spectacular view of Malika Parbat and a panoramic view of Kaghan Valley. On day thee, morning will be free for rest and recreation in Shogran. After lunch we will leave for Islamabad.

**Date:** 19-21 April

**Days:** Friday to Sunday

**Duration:** 3 day

**Departure Time:** 0800 hrs

**Base:** Islamabad

**Per head Fee:** Rs. 8,900/-

**Booking Deadline:** 15 April

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

**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.**



"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

*Mark Twain*



## Day Trip to Ayubia National Park- Nathiagali

Ayubia National Park is 33sq.km in area on the Murree-Abbottabad road between Changlagali and Nathiagali in the Himalayan moist temperate coniferous zone, at roughly 2,700m elevation. Blue Pine dominates, but the forest is mixed Fir, Spruce, Deodar, Himalayan Poplar, Elm, Walnut, Maple and Oak trees. Troops of rhesus monkeys welcome you, and beg food at many places. Several female still have babies clinging to their backs. Two species of flying Squirrels glide from tree to tree give their good view with a torch light at night. Palm civet and Yellow Throated Martin is a chance sighting. A large population of Koklas Pheasants calls from their roosting trees early in the morning.

We will drive to Nathiagali on the morning of Sunday. After some rest on arrival, we will go for nature walk from Nathiagali to Mushkpuri Top (2817m) and return to Dongagali after covering about 7 km distance. We will be back in Islamabad on the evening of Sunday.



**Date:** 28 April

**Days:** Sunday

**Duration:** 1 day

**Departure Time:** 0800 hrs

**Base:** Islamabad

**Per head Fee:** Rs. 1,600/-

**Booking Deadline:** 24 April

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



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We're on the Web!

See us at:

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

"Success doesn't come to  
you, you go to it."

*Marva Collins*



## Let's Celebrate Earth Day

Earth Day is an event which is celebrated all over the world on 22<sup>nd</sup> April to increase awareness and appreciation of the Earth's natural environment. The Earth Day movement was started in USA by Senator Gaylord Nelson in 1970 and now billions of people in more than 192 countries participate in various events to mark this day. This day particularly encourage simple individual acts and group initiatives to reduce carbon emission and support sustainability of planet Earth.

On this occasion Sustainable Tourism Foundation Pakistan urges its members to participate in tree plantation campaign in their respective cities and towns to share their commitment to improve the environment and sustainable future for our planet. Please don't forget to share with us your pictures of tree plantation activity on the face book page of Sustainable Tourism Foundation Pakistan and by email at stfpak@gmail.com.

## Upcoming Events

- Weekend Trip to Swat Valley (11-12 May)
- Makra Top Trekking Expedition (16-18 May)
- Eco-Adventure Thandiani- Nathiagali (25-27 May)

*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