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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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Eco-Adventure Weekend Trip to 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 Saturday. After lunch and some rest, we will go for nature walk on a level pipeline trek (4 km walk), next day we will go on a gentle climb 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.

A quiet weekend to enjoy the arrival of spring in the mountains and enjoy the beautiful views of mountains of Western Himalayas from Mushkpuri Top.

Date: 18-19 May

Days: Saturday and Sunday

Duration: Two days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.4, 500/-

Booking Deadline: 12th May

To register for this trip please send us an email at: stfp.info@gmail.com

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



Day Trip to Visit Historical Sites of Taxila



Taxila was an important city in the Kingdom of Gandhara and its history spans 1,000 years. It was a cultural melting pot, developing the best known university on the subcontinent where Alexander the Great held philosophical discussions in 326 BC. Ashoka, the great Mauryan leader, was Viceroy at Taxila. He became a Buddhist and interred some of the Buddha's ashes at Dharmarajika Stupa. From Taxila Buddhism flourished and spread to Central Asia and on to Tibet, China and Japan. Bactrian Greeks, Parthians, Scythians and Kushans ruled the area in turn, developing a unique art fusing east and west, until the White Huns burned the city and monasteries in 455. We have planned a day trip to visit the Museum of Taxila and four most important archeological sites of Taxila.

Date: 26 May

Day: Sunday

Duration: 8 hours

Departure Time: 0900 hours

Base: Islamabad

Per head Fee: Rs. 950/-

Booking Deadline: 20th May

To register for this trip please send us an email at: stfp.info@gmail.com

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

"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

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.



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 three, morning will be free for rest and recreation in Shogran. After lunch we will leave for Islamabad.

Date: 24-26 May

Days: Friday to Sunday

Duration: Three days

Departure Time: 0800 hours

Base: Islamabad

Per head Fee: Rs.10,800/-

Booking Deadline: 18th May

To register for this trip please send us an email at: stfp.info@gmail.com

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We're on the Web!

See us at:

www.stfp.org

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

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?

Upcoming Events

- Shogran, Makra Top Trekking Expedition (07-09 June)
- Adventure Trip to Fairy Meadows (10-16 June)
- Trekking adventure Thandiani- Nathiagali (28-30 June)

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