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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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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 Saturday 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 to Paprang 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. In the late afternoon we will leave for Islamabad.

Date: 21-22 September

Days: Saturday to Sunday

Duration: Two days

Departure Time: 0700 hours

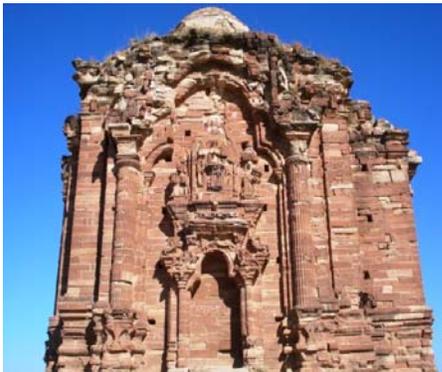
Base: Islamabad

Per head Fee: Rs.6, 800/-

Booking Deadline: 18 September

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 Explore Central Salt Rang

The Salt Range comprise two rows of low lying rugged hills that run east to west between the Soan and Jhelum rivers from the Grand Trunk Road near Jhelum city to the River Indus near Kalabagh. This area is said to record 600 million years of the earth's history. Its name comes from the vast deposits of rock salt exposed and mined at Khewra. The salt was left behind when the sea, which extended over the Indus plains and the Potohar plateau, evaporated 600 million years ago. The rocks and fossils fund around the salt range provide a complete record of the history of the Earth.

The Salt Range Wetlands Complex comprised of a series of adjacent lakes – Kallar Kahar, Khabbeki, Uchali, Jhalar and Namal. These lakes provide an important wintering ground for migratory birds and are core habitat for the endemic Punjab Urial.

Historically this region is also very rich. Alexander the Great passed through the Salt Range on his way to fought battle with Porus on the banks of the Jhelum River in 326 BC. In the 3rd century BC, this area became part of Ashoka's Buddhist Empire. Towards the end of the Buddhist period, in the 6th century AD, there was a kingdom in the Salt Range called Singhapura, probably centered at Ketas. From 7th to 10th centuries, the Salt Range was part of powerful Kashmiri Hindu kingdom. Mahmood Ghazni invaded the region in the early 11th century. The local tribes were converted to Islam at this time.

We have planned a day trip to explore this interesting area. In this trip you will visit historical sites of Malot and Ketas temples, Khewra Salt Mines and Kallar Kahar Lake.

Date: 13 October

Days: Sunday

Duration: 1 day

Departure Time: 0800 hrs

Base: Islamabad/Lahore

Per head Fee: Rs. 1,900/-

Booking Deadline: 9 October

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

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

Danny Kaye



Introductory Paragliding at Khanpur Lake



This introductory paragliding event has been designed for the beginners that do not have any previous paragliding experience. This is a single day activity being organized in collaboration of SAAP (*Shaheen Air Adventures Pakistan*). SAAP is a leading adventure sports club and its Paragliding training team comprises the most experienced and qualified instructors. The module of the course consists of ground training, know-how of the equipment, aerodynamics theory, basic launch and landing techniques and control during the flight.

Each participant will be required to undergo two hours ground training / kiting, followed by one tandem ride and at the end will enjoy three solo flights. All the equipment for the training and transport from Islamabad will be provided by the organizers. *This course will be conducted in the area of Khanpur lake which is about 50 km from Islamabad on the road from Taxila to Haripur.* Due to limited vacancies booking will be made on first come first served basis.

Date: 27 October

Days: Sunday

Duration: 1 day

Departure Time: 0730 hrs

Base: Islamabad

Per head Fee: Rs. 7,000/-

Booking Deadline: 22 October

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





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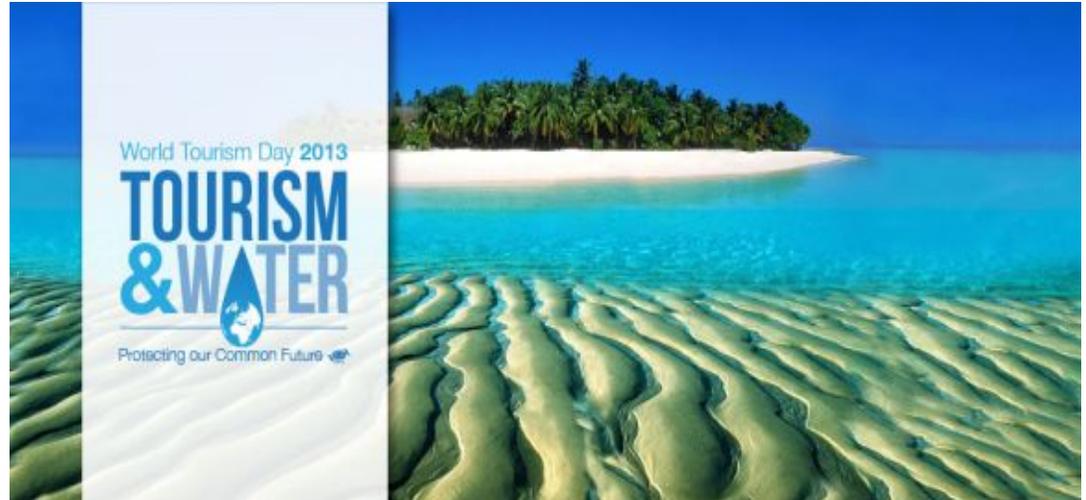
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We're on the Web!

See us at:

www.stfp.org



Celebrated annually on 27 September, World Tourism Day is the biggest event in tourism. Its purpose is to foster awareness among the global community about the importance of the tourism and its social, cultural, political and economic value. In line with the 2013 United Nations International Year of Water Cooperation, the 2013 theme for World Tourism Day is **Tourism and Water: Protecting our Common Future**. As the most widely celebrated global day for tourism, it represents a unique opportunity to raise awareness of tourism's role in water access and shine a spotlight on the sector's contribution to a more sustainable water future.

Tourism has proven to provide environmentally sound solutions, as well as political and financial support, for the conservation and sustainable use of water sources. **But more must be done.** With a record one billion international tourists travelling in a single year in 2012, now is the time to commit to a more sustainable tourism sector in order to protect our common future.

To find more about World Tourism Day 2013 please click on <http://wtd.unwto.org/en/content/aboutwtd2013>

Upcoming Events

- **Weekend Trip to Benjosa Lake** (16-17 Nov)
- **On the Footsteps of Alexander The Great** (23-24 Nov)
- **Sunday Hike in Margallah Hills National Park** (8 Dec)

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.