

Nov- Dec, 2014

Volume 3, Issue 6

STFP Bulletin



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

Newsletter Highlights:

- Day Trip to ANP 1
- Day Trip to Salt Range 2
- Day Trip to Thatta, Makli, and Keenjhar Lakes 3
- Day Trip to Takht-e-Bahi Buddhist Monastery 4
- Mountain Day 2014 5



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 Dongagali to Mushkpuri Top (2817m) and return to Nathiagali after covering about 7 km distance. We will be back in Islamabad on the evening of Sunday.

Date: 10 November

Day: Sunday

Duration: 1 day

Departure Time: 0700 hrs

Base: Islamabad

Per head Fee: Rs. 1,600/-

Booking Deadline: 5 November

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 Range

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 found 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, Ucchali, Jhalar and Namal. These lakes provide an important wintering ground for migratory birds and are core habitat for the endemic Punjab Uril.

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: 230 December

Day: Saturday

Duration: 12 hours

Departure Time: 0730 hrs

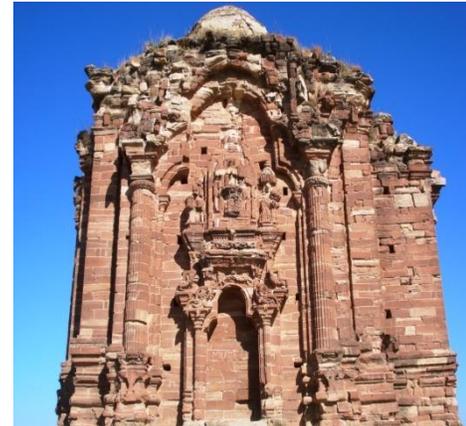
Base: Islamabad

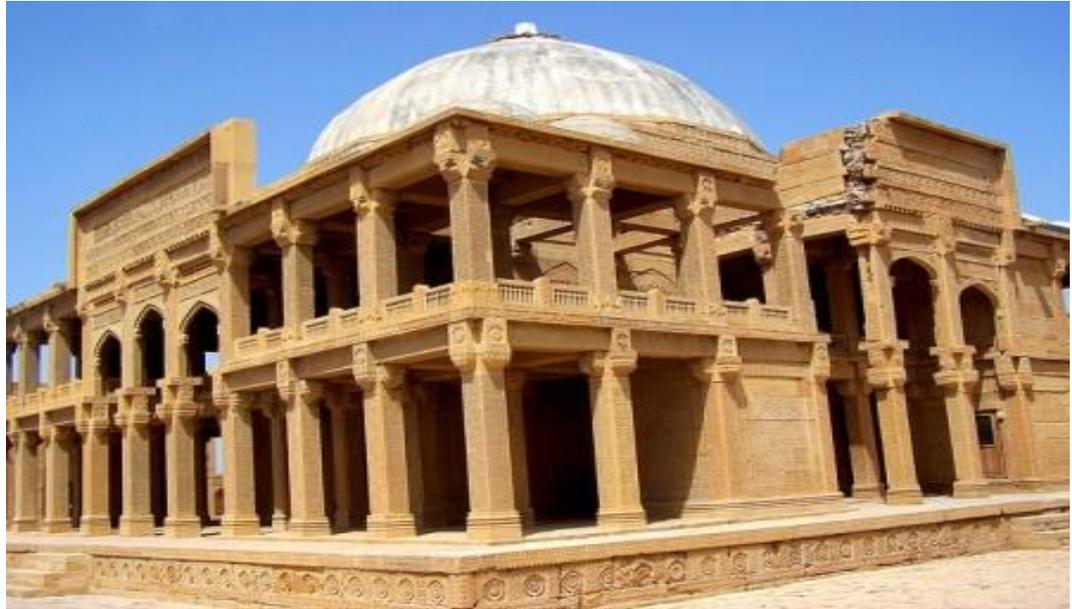
Per head Fee: Rs. 1,900/-

Booking Deadline: 15 December

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 Thatta, Makli, Haleji and Keenjhar Lakes

At a distance of about 102 km to the east of Karachi, on the main highway, lies the ancient town of Thatta. It was, once the capital of Sindh. It is now famous for some of the most picturesque and interesting specimen of indo-Muslim architecture. Makli, the biggest necropolis of the world is also located near Thatta. One can see thousands of old graves, many of them enshrined in magnificent tombs decorated with intricate engraved designs and embroidered with floral patterns and few of them with beautiful glistering blue glazed tiles.

Haleji and Keenjhar are two lakes in this area which attract thousands of migratory birds during the winter months. Many species of birds can be watched here.

Date: 28 December

Day: Sunday

Duration: 12 hours

Departure Time: 0700 hrs

Base: Karachi

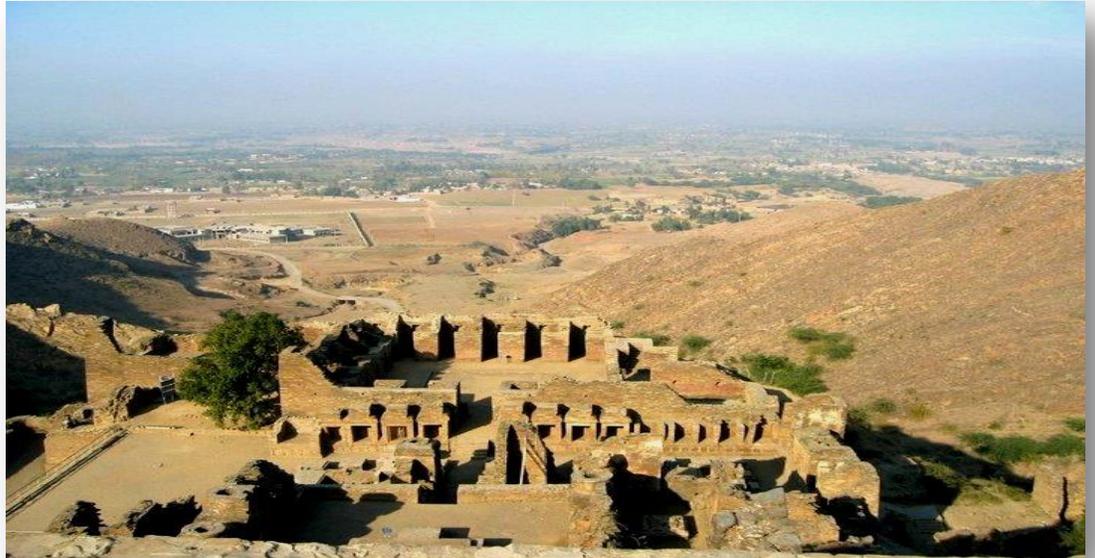
Per head Fee: Rs. 2,000/-

Booking Deadline: 20 December

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

For further information contact: Talib Fatah at 0300-8216787 or Arif Tufail at 0345-8566048





Day Trip To Takht-e-Bahi Buddhist Monastery

Takht-e-Bahi Buddhist monastery is one of the most impressive and well preserved pieces of Gandhara architecture in Pakistan. It is situated 14 km northwest of Mardan on the road to Swat (2 ½ hour drive from Islamabad). The reputation of Takht-e-Bahi, a UNESCO World Heritage Site, is based partially on the extraordinarily good state of preservation and partially on its glorious location. The site itself is located on the northern flanks of a rocky spur rising 150 meters (500 ft) above the plains.



On a clear day you can see across the plains as far as Peshawar on one side, and the Malakand pass and the Swat hills on the other. The monastery and stupas were founded in the 1st. Century AD and abandoned in the 7th century AD. You may also enjoy the famous local cuisine of “chapli kabab” and tandoori nan from one of the famous kabab shops in Takht-e-Bahi bazaar.

We have planned an exploratory day trip in collaboration with TCKP. Booking will be made on first come first served basis so don't wait for the deadline date and immediately call STFP office and book your seat. The trip involve some easy hiking to reach to the view points on the top of the hill so wear good comfortable walking shoes.



Date: 28 December

Day: Sunday

Duration: 12 hrs

Departure Time: 0800 hrs

Base: Islamabad

Per head Fee: Rs. 1,900/-

Booking Deadline: 24 December

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



Sustainable Tourism Foundation Pakistan

Islamabad

House # 9, Street # 11,
Main Road, Banigala
Islamabad
Ph # 051-2612448
Cell # 0345-8566048

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

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

Marva Collins



International Mountain Day - 11 December 2014 Mountain Farming

International Mountain Day is an opportunity to create awareness about the importance of mountains to life, to highlight the opportunities and constraints in mountain development and to build partnerships that will bring positive change to the world's mountains and highlands.

This year, the theme for IMD is Mountain Farming. Here we have an opportunity to raise awareness about how mountain agriculture, which is predominantly family farming, has been a model for sustainable development for centuries.

International Mountain Day 2014 provides an occasion to highlight how family farming in mountain regions is undergoing rapid transformation due to population growth, economic globalization, urbanization and the migration of men and youth to urban areas.

At the same time, these changes can provide opportunities for local development. People who reside in mountain areas can diversify their income by engaging activities such as tourism, high value mountain products and handicrafts. An enabling policy environment that includes tailored investments could improve farmers' access to resources and increase their capacity to generate income.

Upcoming Events

- Day Trip to Rohtas Fort and Rawat Fort (11 January)
- Thar Desert Safari (17-19 January)
- Weekend trip to Explore Historical Sites of Swat (24-25 January)
- Trip to Soan Valley in Salt Range (14-15 February)

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.