



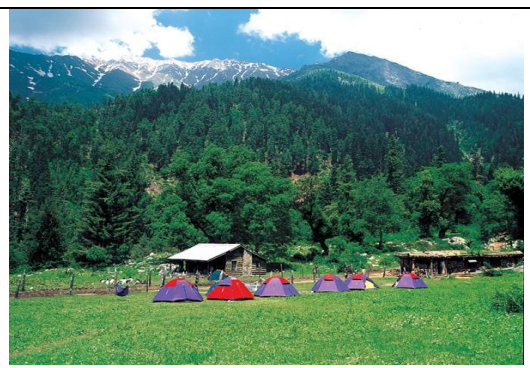
Back to Nature

School Summer Nature Study Camp 2016

Kaghan Valley



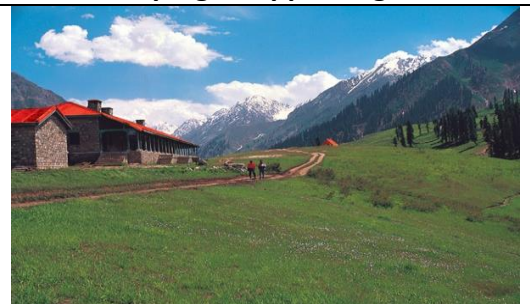
Trekking



Camping in Upper Kaghan



Lake Saiful Muluk



Lalazar Pastures



Our Base Camp at Batakundi



Trip to Jalkhad

Take your students on an inspiring outdoor experience this summer!

We provide exciting and educational adventure outings for young students of all ages, backgrounds, and experience levels. Our “**Back to Nature- School Summer Nature Study Camp**” focuses on providing leadership training and learning opportunities that are not available in the classroom or at home.

We realize that youth today are faced with many challenges in their everyday world, including peer pressure, low self-esteem, and overly busy lives.

Our programmes strive to deal with these challenges by exposing young people with experiences that open their eyes to a larger world around them, and to realize that they are valuable human beings with tremendous potential.

To achieve these goals, we teach students necessary skills and how to work together to successfully complete their journey in the mountains. To enhance the experience, we incorporate group and individual challenges that develop self awareness, spark significant personal growth, and build confidence.

We strongly believe that the experience must be fun to be successful! In this way we make sure to give students the chance to spend quality time in the natural environment, away from their usual lives, and to have a great time!

The benefits of our youth wilderness adventure programme are immeasurable. They have a significant impact not only on the students who participate, but on family and friends as well. We are always inspired by the incredible experiences we share during these journeys, these are the seeds that change lives.

Highlights of Summer Nature Study Camp-2016

- Learn camping and trekking skills
- Learn leadership and teamwork skills
- Learn basic map reading and navigation skills
- Learn about mountain formation
- Learn about water cycle
- Collect information about the moist temperate and dry temperate forest zones
- Tree plantation
- Learn how to become an eco-friendly tourist
- Hiking trip to Saiful Muluk Lake National Park
- Trekking adventure to Lalazar
- Discover the natural and cultural heritage of Naran and Upper Kaghan Valley
- Trip to Jalkhad to study the wild flora of sub-alpine ecosystem
- Enjoy camp fire on the last night

Option-1

4 Days Summer Nature Camp

Day	Date	Programme	Mode of Travel	Travel Time
1		<ul style="list-style-type: none">• Departure from Islamabad to Naran at 0800 hours.• Lunch and refreshments en route.• Arrival and transfer to camp. Session on camping skills.• Dinner and night stay at STFP Camping site at Batakundi.	Coaster	7 hrs
2		<ul style="list-style-type: none">• Breakfast at camping site• Session of trekking skills and wilderness safety• Trek to Lalazar – collect information about the mountain forests.• Return to Batakundi and lunch at camp. Tree plantation.• Training session of map reading and navigation skills.• Free time for camp games.• Dinner and Night stay Camping site.	Walking/ trekking	4 to 5 hrs.
3		<ul style="list-style-type: none">• Breakfast at camping site.• Day Trip to Saiful Muluk Lake• Trekking around Lake and collect information about the impact of tourism on the environment of Saiful Muluk National Park• Lunch at Saiful Muluk.• Visit Naran on the way back and study the lifestyle of mountain people.• Return to Camping site. Tree plantation.• Dinner and Night stay at camping	Jeep Trek Jeep	1-1/2 hr. 2 to 3 hrs 1-1/2 hr
4		<ul style="list-style-type: none">• Breakfast at Camping site• Early departure for Islamabad• Lunch and refreshments en route• Travel via Mansehra, Abbottabad and Hasanabdal• Arrival at Islamabad.• End of Tour.	Coaster	7 to 8 hrs.

Group Size: 24

Cost per head: Rs.12, 500/-

Age Group: 11-14 and 15-17

Departure Dates: Any time from 15th May to 30th September

Option-2

5 Days Summer Nature Camp

Day	Date	Programme	Mode of Travel	Travel Time
1		<ul style="list-style-type: none"> • Departure from Islamabad to Naran at 0800 hours. • Lunch and refreshments en route. • Arrival and transfer to camp. Session on camping skills. • Dinner and night stay at STFP Camping site at Batakundi. 	Coaster	7 hrs
2		<ul style="list-style-type: none"> • Breakfast at camping site • Session on Trekking and wilderness safety. • Trek to Lalazar – collect information about the mountain forests. • Return to Batakundi and lunch at camp. • Training session of map reading and navigation skills. • Free time for camp games. • Dinner and Night stay Camping site. 	Walking/ trekking	4 to 5 hrs.
3		<ul style="list-style-type: none"> • Breakfast at camping site. • Day Trip to Saiful Muluk Lake • Trekking around Lake and collect information about the impact of tourism on the environment of Saiful Muluk National Park • Lunch at Saiful Muluk. • Return to Camping site. Tree plantation. • Dinner and Night stay at camping 	Jeep Trek Jeep	1-1/2 hr. 2 to 3 hrs 1-1/2 hr
4		<ul style="list-style-type: none"> • Breakfast at camping site • Trip to Jalkhad • Trekking in the area of Jalkhad to explore the sub-alpine zone • Lunch • Trip to Naran town- Study the lifestyle of mountain people • Return to camping site. • Camp fire • Dinner and night stay at Camping. 	Coaster Trekking	3 to 4 hrs Both ways 2 to 3
5		<ul style="list-style-type: none"> • Breakfast at Camping site • Early departure for Islamabad • Lunch and refreshments en route • Travel via Mansehra, Abbottabad and Hasanabdal • Arrival at Islamabad. • End of Tour. 	Coaster	7 to 8 hrs.

Group Size: 24

Cost per head: Rs.15, 500/-

Age Group: 11-14 and 15-17

Departure Dates: Any time from 15th May to 30th September

Option-3

6 Days Summer Nature Camp

Day	Date	Programme	Mode of Travel	Travel Time
1		<ul style="list-style-type: none"> • Departure from Islamabad to Naran at 0800 hours. • Lunch and refreshments en route. • Arrival and transfer to camp. Session on camping skills. • Dinner and night stay at STFP Camping site at Batakundi. 	Coaster	7 hrs
2		<ul style="list-style-type: none"> • Breakfast at camping site • Session on Trekking and wilderness safety. • Trek to Lalazar – collect information about the mountain forests. • Return to Batakundi and lunch at camp. • Training session of map reading and navigation skills. • Free time for camp games. • Dinner and Night stay Camping site. 	Walking/ trekking	4 to 5 hrs.
3		<ul style="list-style-type: none"> • Breakfast at camping site. • Day Trip to Saiful Muluk Lake • Trekking around Lake and collect information about the impact of tourism on the environment of Saiful Muluk National Park • Lunch at Saiful Muluk. • Return to Camping site. Tree plantation. • Dinner and Night stay at camping 	Jeep Trek Jeep	1-1/2 hr. 2 to 3 hrs 1-1/2 hr
4		<ul style="list-style-type: none"> • Breakfast at camping site • Trip to Jalkhad • Trekking in the area of Jalkhad to explore the sub-alpine zone • Lunch • Trip to Lulusar Lake and Babubar Pass • Return to camping site. • Camp fire • Dinner and night stay at Camping. 	Coaster Trekking	6 to 7 hrs Both ways 2 to 3
5		<ul style="list-style-type: none"> • Breakfast at camping site • Trip to Naran town- Study the lifestyle of mountain people • Lunch • Return to camping site. • Camp fire • Dinner and night stay at Camping 	Coaster Trekking	1 -1/2 hr Both ways 2 to 3
6		<ul style="list-style-type: none"> • Breakfast at Camping site • Early departure for Islamabad • Lunch and refreshments en route • Travel via Mansehra, Abbottabad and Hasanabdal • Arrival at Islamabad. • End of Tour. 	Coaster	7 to 8 hrs.

Group Size: 24

Cost per head: Rs.18, 600/-

Age Group: 11-14 and 15-17

Departure Dates: Any time from 15th May to 30th September

General Information

- The camp is organized by Sustainable Tourism Foundation Pakistan
- Camp is open to students aged 11 to 14 and 15 to 17 (boys and girls in separate groups)
- Each group will have a maximum 24 students and one teacher from the participating school.

What is covered in the tour cost?

- Air conditioned transport (Toyota coaster)
- Accommodation at STFP camping site at Batakundi as per itinerary
- Accommodation at STFP camping site at Batakundi as per itinerary with all standard meals (first day breakfast and last day dinner is not covered in the given cost)
 - Services of trained Tour Guide and resource person for nature study camp
 - Entry ticket at places of tourist interest and vehicle parking fee etc.
 - Participation certificate from STFP

ZERO-IMPACT ETHICS

From the very beginning, we have been committed to teaching young people about the joys of living in the out of doors without the luxuries we all take for granted. While the spectacular outdoor ecosystems we have visited have been wonderful classrooms, we have always been sensitive toward our potential environmental impact to them and the need to leave these special places better than we found them. We are the pioneer of zero-impact camping ethics in Pakistan and we are proud of this legacy.

SAFETY

All our outings are meticulously planned to ensure a safe and secure travel experience. We send clean, concise and relevant information about tour program, health, climate, food and more. You can be assured of a safe journey in the company of our well experienced Wilderness Tour Guides and group leaders who are also trained in first aid skills.



Sustainable Tourism Foundation Pakistan

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www.stfp.org

Adopt Environment Friendly Touring
Take nothing but photos, Leave nothing but footprints