

ADVENTURE NEWS**Last Quarter of 2010 – October to December**

Here is a brief report of another action packed quarter with numerous activities like climbing, trekking, hiking, riding, photography, archery, competitions, TV shows, visits, trips, training courses and promotional campaigns etc.

Artificial Wall Climbing

Thanks to Ibex Club that an artificial climbing wall was erected in Islamabad, which was a long awaited project. Although the wall is open for general public however the Club organized numerous practice sessions, organized training courses and held climbing competitions. In coming days, its expected that the activity on wall be increased and members will get maximum benefit of it.

**ATV – Rock Climbing Program**

The Club arranged a promotional program with ATV, where our members demonstrated climbing on the rock wall in Shahdarra Valley, a nearby place in Islamabad for climbing with lovely atmosphere. The place is commonly known as Shahdarra Picnic Spot.

**Elections – Alpine Club of Pakistan**

Alpine Club of Pakistan had the elections for new administration. The event was held at Media Center, Sports Complex. Mr. Manzoor Hussain (Retd. Col.) was elected as new president of the Club to replace Mr. Nazir Sabir. We congratulate the new body and expect a very active & productive role of the Club in future.

ADVENTURE NEWS

Trip – Rohtas Fort

A day trip to Rohtas Fort was organized with the idea to explore rock climbing venue. Generally the quality of stone was not good for climbing however an interesting Rappelling was made at Sher Shah Suri Bridge, near the fort.



Ibex – Petzl Climbing Competition

Ibex Club organized a wall climbing competition in collaboration with Petzl, France. The competition was well organized and The Adventure Club – Pakistan got seven positions in various categories.



As per the tradition of the Club, the position holders arranged a tea party while the Club congratulated them on their success.



ADVENTURE NEWS

Rappelling Demonstration at Roots School

As previous, the Club held another introductory demonstration in F8 branch of Roots School. We are grateful to the Principal to invite us for this demo and to provide opportunities for children to participate in healthy adventure activities.



Hike – Trail 5 – Murad Gali

A hike was organized on Trail 5 from base to Murad Gali, while Trail 3 was followed for return walk. The members collected and disposed of some garbage from the trail. We expect that walkers in Margallas will prove more responsible and will avoid throwing litter in the forest to help protect environment.



Horse Riding

It was a wonderful experience to organize a horse riding session as one of the Club members had arranged this program. Interested members may contact for further programs or to join a training course, which Club is going to offer shortly.



ADVENTURE NEWS

Rock Climbing – Chenab Rocks



On Eid, the Club organized two climbing sessions on Chenab Rocks where a good number of climbers participated. Another interesting feature of the program was the visit of some rock carvings, which are related to the era of Jogi Balnath.

Meeting – Lahore Chapter

The Club held a meeting of Lahore members at University of Lahore where a good number of adventure enthusiasts participated. This is expected that Lahore chapter will become more active to plan programs specially for females.



Trip Khwera on Tanveer’s Marriage

Tanveer, one of our talented climbers and hiker, got married in October. We wish him good luck and pray for his successful matrimonial life. Getting some free time, we made a visit to Khewra Salt Mines, which was quite interesting.



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Nust - Open House

The Club was invited to display adventure equipment and to demonstrate some thrilling activities at NUST in their program, Open House. The program went very successful and the Club’s booth and activities were lauded by visitors.



Complimentary Intermediate Climbing Training Course



It’s traditional that the Club offers a 2 days complimentary climbing training course to all position holders. The course was conducted at IbeX Club and in Saidpur. Mr. Jens delivered a lecture and distributed certificates among the participants.

IMD 2010 – Climbing Competition

The Club organizes an Under 19 Rock Climbing Competition on International Mountain Day since 2008. This time a category of 19+ was also included and the competition was held on the artificial wall. Federal Minister for Tourism distributed the awards. Please check the detailed report of the event on website.



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PTV Song on Child Labour

PTV produced a song for ILO on Child Labour for a seminar held in Pakistan National Council of Arts. As per the wording of the song, Hum Panchee hein, Hamein Urnay Dou. The kids were shown flying in the air. This new theme on Pakistani stage was well performed and the Club was invited to organize rope work for this activity. The act was highly appreciated and got full applause and standing ovation.



Intra Nust Wall Climbing Competition

We congratulate NUST to organize first intra Nust climbing competition, which went extremely successful with a participation of climbers in hundreds. The Club announced a complimentary climbing training course to all position holders.



Rock Climbing

Rock Climbing in Islamabad is the most popular activity of the Club and the Club organizes weekly climbing programs for beginners and seasoned climbers in Margallas, Saidpur and Shahdarra.



ADVENTURE NEWS**NEW MEMBERSHIPS**

AC – 290 Ms. Rushna Zamir Rawalpindi
 Rushan, younger sister of Nazia, our star climber, has a good talent of climbing. Besides her busy schedule of studies, she manages to practice for climbing. We welcome her in the club and wish her best.
(Introduced by Ms. Nazia Parveen, AC 283 – Rawalpindi)

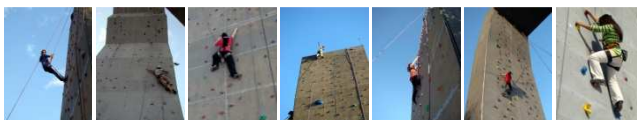
AC – 291 Ms. Palwasha Rodriguez Islamabad
 Palwasha, has developed into a fine climber in a very short span of time and has got positions in two climbing competitions. We expect a lot from her as a climber and hope that she will carry on her passion of climbing in future.
(Introduced through Mr. Tahir Imran Khan, AC 101 – Islamabad)

AC – 292 Ms. Hamna Kiran Islamabad
 Hamna is another find of year 2010 as she has got positions in 4 climbing competitions. We appreciate the support of her family to let her participate in adventure activities and hope to see her on high positions in future.
(Introduced through Mr. Tahir Imran Khan, AC 101 – Islamabad)

AC – 293 Ms. Zakirah Akram Lahore
 Ms. Zakirah has a great interest in outdoor activities, besides her higher studies in English. She is determined to develop herself as a climber, besides her interest in Rafting and Shooting etc. Her two trips from Lahore to Islamabad, only for climbing are appreciable.
(Introduced through www.adventureclub.com.pk)

AC – 294 Malik Qaisar Qadeer Taxila
 Qaisar has joined the club with interest in trekking and travelling. We welcome him and hope that his participation will prove beneficial to the Club and he will put his maximum to fulfill his activities of interest.
(Introduced through www.adventureclub.com.pk)

AC – 295 Mr. Shayan Korrani Islamabad
 Shayan, joined the Club and within a couple of months got positions in two climbing competitions. He is a good footballer also and ready to participate in all challenging outdoor/adventure activities. We expect he will prove an asset of the Club in the future.
(Introduced through Mr. Tahir Imran Khan, AC 101 – Islamabad)



ADVENTURE NEWS**AC – 296 Mr. Yaseen Ali****Swabi**

Yaseen, a young and promising staff at Ibex Club has emerged as a fine climber. After getting positions in competitions, he is ready for more challenges. Considering his interest in climbing and to polish his talent, the Club is pleased to offer him complimentary membership. We wish him good luck for his future.

(Introduced through Mr. Tahir Imran Khan, AC 101 – Islamabad)

AC – 297 Mr. Majid Hussain**Karachi**

Majid Hussain has been in trekking activities and already did visited several places like Nanga Parbat base camp and DeoSai plains etc. He is also associated with All Pakistan Music Conference. We appreciate his dedication about outdoor activities, specially planning from Karachi.

(Introduced through www.adventureclub.com.pk)

AC – 298 Mr. Jawwad Chaudhry**Karachi**

Jawwad is also from Karachi and has a great interest in trekking, mountaineering and photography. A banker by profession, yet Jawwad is keen to participate in outdoor adventures and we welcome him in the Club.

(Introduced through www.adventureclub.com.pk)

AC – 299 Mr. Mohammed Ali**Multan**

Ali is a mechanical engineer by profession and has a special interest in trekking, rock climbing and cycling, besides travelling to places. We expect that after his joining in the Club, the southern part will become more active.

(Introduced through www.adventureclub.com.pk)

AC – 300 Ms. Mehnaz Ghulam**Hunza / Rawalpindi**

Mehnaz, another talented adventure enthusiast is introduced by Ms. Nazia Parveen. She is doing her master's degree in IR from Fatima Jinnah Women University. Belonging to Northern Areas, she is a natural mountaineer and besides winning position in last two climbing competitions, she has also won hiking competition in Margalla Hills.

(Introduced by Ms. Nazia Parveen, AC 283 – Rawalpindi)

HAPPY NEW YEAR

for latest schedule of activities, newsletters and updates, please visit
www.adventureclub.com.pk