

ISCA Sport Climbing Competition (01.10.2012)

Islamabad Sport Climbing Association organized a Sport Climbing Competition in collaboration with The Adventure Club Pakistan and Ibex Club. After a tough and interesting competition, especially among the male open category, the awards were distributed by President Pakistan Olympics Association, Gen. (Retd) Arif Hasan.

Neelaan Bhotho – a charming place (14.10.2010)

Islamabad has many attractions inside and outside the town and Neelaan is one of the hidden treasures of Margallas. A scenic small dwelling is just at a distance of few kilometers from Pir Sohawa, where one can find fish in abundance in a shallow stream running through the valley. Had great fun and photography with Amir and Manzar, Neelaan is a place must to visit by all.....

Pak China Spantik Expedition – Presentation in UoL (18.10.2012)

University of Lahore invited Dr. Jabbar Bhatti to share the story of his epic climbing experience of Spantik 7027 alongwith Naveed and Saad and an experienced team of Chinese climbers. The program was well organized and a good number of participants enjoyed his lecture. The expedition was organized to mark Pak China friendship and was funded by the Government of Gilgit Baltistan. Dr. Jabbar Bhatti was the leader of the expedition with Broad Peak and Gasherbrum 2 already in his bag alongwith the Pride of Performance award.

Paya & Makra (30.10.2012)

A trip to Paya plateau in Kaghan Valley was a good experience to camp in cold and snow conditions. A good team consisting of Mehfooz, Usman, Manzar and Raza had a camping and trekking trip to Paya and Makra with lot of interesting photography.





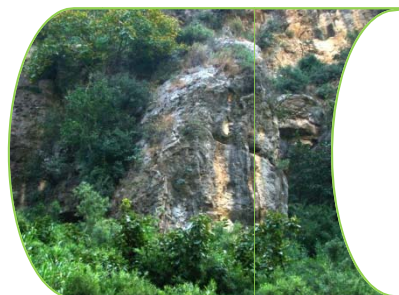
Paragliding - Basic Training Course (03.11.2012)

A basic training course was conducted under the supervision of Dr. Jabbar Bhatti at Mang with prior ground handling in Khanpur.



Rock Recce (11.11.2012)

The Club has explored climbing venues across the country and a local area in the vicinity of visited to explore new climbing cliffs around Islamabad. Mera Bheri site has a series of potential venues for climbing and bouldering as found while reconnaissance by Tanveer and Manzar. Another team will go to establish routes at potential places.



NUST Orientation by Nust Adventure Club (12.11.2012)

The annual orientation program of NUST and introductory session for various adventure and other activities like Rappelling, Camping, Paragliding, Archery and a show of martial arts took place. Dr. Jabbar Bhatti was invited for his Spantik Expedition details. Mr. Sarmad Tariq, a motivational speaker and Mr. Tahir Imran Khan were the other speakers on the event.



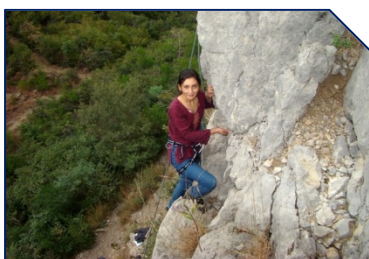
A demo of Rappelling by Ms. Nazia Parveen, Archery practice by Adnan Aslam, inflation of Paraglider by Saad and shadow fight by Mr. Ata Zameer and Akram Khan was appreciated by the students and guests, while Mir Manzar Elahi was the man behind arrangement to set up a camping with display of camping and trekking equipment. Guest speakers were presented by commemorative shield by NAC. Well done NAC for organizing a wonderful event.

**Intermediate Sport Climbing Training Course (15/17.11.2012)**

A three day's course was organized by the Club with sessions at Ibex Club, jasmine Corner and Music Lounge sites. Syed Zaki ud Deen, Dr. Naveed Iqbal and Imran Junaidi were guest speakers to deliver useful lectures.



ADVENTURE NEWS



After the training course, the awarding of certificates was followed by another interesting adventure activity i.e. Rappelling and Jumarring at Salgran bridge. Dr. Amir Jadun, one of our veteran rock climbers distributed the certificates. The course participants were, Mir Manzar Elahi, Mehfooz Ahmed, Akram Khan, Musa Jawad, Juwairia Sultan and Saadia Sabir.



5th. IMD 2012 – Pakistan Open Sport Climbing Competition

The Club is organizing a climbing competition on International Mountain Day since 2008 and for the fifth time, the event was organized by Ibex Club and The Adventure Club – Pakistan under the supervision of Islamabad Sport Climbing Association and under the patronage of Tourism Wing of Capital Development Authority. The event was participated by a good number of local educational institutions and clubs besides a handsome participation from various other cities and widely covered by the print and electronic media. A detailed report of the event is available at www.adventureclub.com.pk & www.rockclimbing.pk.



Family Trip to Changla Gali – Galliat (16.12.2012)

A trip to Changla Gali was quite interesting as the region was covered with early snowfall of this year. Aymen, the infant daughter of Amir Jadun was the youngest to enjoy the trip.

**Paragliding – Intermediate Course (17.12.2012)**

Another course by PAFF was organized by Dr. Jabbar Bhatti with participants from Karachi. This exclusively designed course was full of theoretical knowledge about the activity, its safety measures and proper techniques.

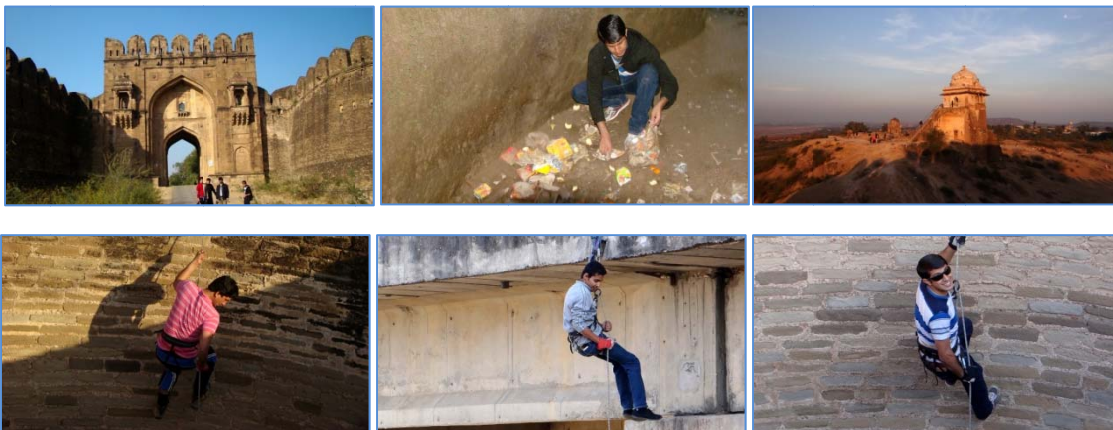
**Intermediate Sport Climbing Training Course (21/23.12.2012)**

A complimentary training course was awarded to the position holders in 5th. IMD Sport Climbing Competition 2012 and with a good response, 12 climbers joined the course. The course with an authentic and quality curriculum was started with a lecture by Dr. Jabbar Bhatti (Pride of Performance) vice president Alpine Club of Pakistan while other instructors included Ms. Nazia Parveen and Mir Manzar Elahi. The sessions were held in Ibox Club, Jasmine Corner and at Shahdarra rocks. The course was conducted under the supervision of ISCA.



Trip Rohtas Fort with Rappelling (25.12.2012)

A memorable program was executed to enjoy rappelling from a high bridge and inside a well (Baoli) with a routine trip to Rohtas, one of the interesting and famous world heritage sites near Jhelum. Tanveer, Manzar and Mehfooz were the key members to do the activity while Afzal took some nice photographs.

**Snow Activity – Gharial Camp (29.12.2012)**

Winter snowfall started earlier this year and an activity at Gharial Camp by Amir, Tanveer, Mehfooz and Manzar was full of fun and learning. A miniature Igloo was erected as a bivouac shelter, though it was just for practice and fun and a comprehensive survival course is being announced in forthcoming schedule of 2013, which will include various techniques and practical implementation of those techniques.

Trekkers Meetup 2012 (30.12.2012)

An interesting and colourful gathering of trekkers from all over the country was held in a local hotel of Islamabad, where trekkers and climbers shared their experience of expeditions. Thumbs up for Umair and his team to arrange such wonderful event, which gave a good opportunity to meet with trekker's fraternity.

ADVENTURE NEWS

AC – 355 Ms. Mehwish Rasheed**Islamabad**

Mehwish, with a knack of travelling, hiking and trekking has joined the Club and we welcome her to participate in various activities. She has a master's degree in computer sciences and working in education sector at present.

(Introduced through Mr. Ali Janjua AC 303)



the last sunset of 2012 is the dawn of 2013

Happy New Year

| 2013 SCHEDULE OF ACTIVITIES | | | | |
|--|-------|------|--------|---------------------------|
| Rock/Wall Climbing – Rafting – Skiing – Paragliding – Trekking – Mountaineering – Competitions – Reconnaissance – Trips – Seminars | | | | |
| ACTIVITY | DATES | DAYS | EXP. | VENUE |
| JANUARY | | | | |
| Rock / Wall Climbing Training Course * | 5-6 | 2 | 2000 | Islamabad |
| Paragliding – Basic Course | 11-13 | 3 | 8500 | Islamabad |
| Skiing – Basic Course | 25-27 | 3 | 5500 | Malam Jabba - Swat |
| FEBRUARY | | | | |
| 3 rd Chenab Rocks Climbing Competition * | 09-10 | 2 | 350 | Chenab Rocks – Chiniot |
| Snow Survival Training Course | 16-21 | 6 | 12000 | Kaghan Valley |
| Skiing – Basic Course | 22-24 | 3 | 5500 | Malam Jabba - Swat |
| MARCH | | | | |
| Rock/Wall Climbing Practice Sessions | 1-3 | 3 | 600 | Margalla Hills / Wall |
| 7 th IVD Pakistan Open Climbing Competition * | 6-8 | 3 | 350 | Islamabad |
| 3 rd Pakistan Day Climbing Competition * | 23 | 1 | 350 | Islamabad |
| 1 st Quarterly Meeting | 31 | 1 | 500 | Islamabad |
| APRIL | | | | |
| Rock / Wall Climbing Training Course * | 05-07 | 3 | 4500 | Islamabad |
| Trip - Neelum Valley | 18-21 | 4 | 8000 | Neelum - AK |
| Elementary Mountaineering Course * | 19-28 | 10 | 25000 | KPK or Gilgit-Baltistan |
| MAY | | | | |
| Trekking – Everest B.C. | 07-26 | 20 | 100000 | Nepal |
| Trip – Kalash & Chitral | 22-26 | 5 | 12000 | Chitral - KPK |
| JUNE | | | | |
| WED – Lecture * | 5 | 1 | 1000 | South Zone |
| Rock / Wall Climbing Training Course * | 07-09 | 3 | 4500 | Islamabad |
| Trekking – Nanga Parbat | 11-16 | 6 | 12000 | Fairy Meadows |
| 2 nd Quarterly Meeting | 30 | 1 | 500 | Islamabad |
| JULY | | | | |
| Great Karakoram Traverse | 01-31 | 31 | 100000 | Ghondogoro La & Hispar La |
| AUGUST | | | | |
| IVD – Lecture * | 12 | 1 | 1000 | South Zone |
| Independence Day, Lecture * | 14 | 1 | 1000 | Islamabad |
| SEPTEMBER | | | | |
| Rafting – Basic Course | 11-15 | 5 | 12000 | Kaghan Valley |
| 2 nd WTD Women Climbing Competition * | 27 | 1 | 350 | Rawalpindi/Islamabad |
| 3 rd Quarterly Meeting | 30 | 1 | 500 | Islamabad |
| OCTOBER | | | | |
| Reconnaissance for New Rock Climbing Sites * | 04-06 | 3 | 6000 | Azad Kashmir |
| Paragliding – Basic Course | 25-27 | 3 | 8500 | Islamabad |
| NOVEMBER | | | | |
| Trip Baltistan – Autumn | 05-10 | 6 | 12000 | Gilgit-Baltistan |
| Rock / Wall Climbing Training Course * | 22-24 | 3 | 4500 | Islamabad |
| DECEMBER | | | | |
| 6 th IMD Climbing Competition | 9-11 | 3 | 350 | Islamabad |
| Trip – Uchail Lake | 15 | 1 | 1500 | Salt / Katra Range |
| 4 th Quarterly Meeting | 31 | 1 | 500 | Islamabad |

- All programs are based on minimum EIGHT (08) participants
- Expenditure is calculated on approximate basis
- Programs are based on public or private transport
- Programs are based on meals while camping/trekking
- No meals included while travelling & staying in hotels
- Advance confirmation for joining a program is mandatory
- The Club members will get priority and possible assistance
- No insurance coverage for any program
- Programs with * are announced at www.rockclimbing.pk also

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