

### Promotion of Climbing

To promote and introduce Climbing adventure activities among the students of various



Institutions, the Club organized a rappelling demonstration at Beaconhouse School, H8 Campus. The show went very well and appreciated by the honourable principal, staff and the student alike. Our senior climber Ms. Amna Khan alongwith Aleeza Sana and Umama Ijaz ( both from City School ) given the demonstration, while rappelling down the rope from the high building of school.

### Hiking - Trail 5

Trails in Margallas are popular hiking routes in the vicinity of Islamabad. A hike to Murad Gali is a lovely, picturesque and rewarding walk. The members of the Club started early in the morning and completed the walk on the main road then making a loop, walked down to parking at the base of Trail 5.



### Rock Climbing gets popularity

With developing interest in rock climbing, day by day, Multi Adventure Club organized a



climbing competition at Jasmine Corner. We congratulate Mr. Farman Ahmed on

organizing this competition, which will promote the activity and will produce more climbers in future.

### Hiking – Bhurban

A very interesting program with a walk from Dhudhial to Bhurban was organized, which was participated by a small team of the members. On return a visit of old deserted building of Murree Brewery was quite fascinating. This walk was also organized as farewell to Mariam, one of our active members, who transferred to Lahore. We wish her good luck and all success and prosperity in her future and career.



### Cleaning at Trail 3

While walking on Trail 3, we found several bottles, cans, wrappers and garbage items, which are harmful for flora, fauna and environment. Although it's a mammoth job to clean the Margallas ( besides other places ), however while hiking on Trail 3, our members collected some garbage and disposed it off properly.



### Rock Climbing – Saidpur Multipitch

Among several climbing cliffs in Margallas, Multi-pitch (Team Work ) is one of the hardest & most demanding. After a good planning, our team consisting of Naveed, Imran and Usman climbed the route. Their effort, specially leading by Usman is laudable.



**Winter Trip – Kaghan Valley**

A trip to Kaghan Valley in winter was beyond expectations and limits. We drove to Abbottabad with Usman and Imran, while Mashahoon and Ruhi joined from Lahore and we reached Shogran and after a brief rest, resumed our drive to reach Khannian for overnight camp. Few kilometers from Kaghan, the road was completely snow buried and we reached Naran making an overnight stay at Batal. Following pictures will better portray the trip.



**Rock & Wall Climbing Training Course**

The Club invited all position holders for a two day’s free training course at Jasmine Corner, Shahdarra and the Artificial Wall at Ibex. The first course was organized for female climbers and six girls participated and got training and certificates.



**HEC / Comsats organizes Wall Climbing Competition**

Comsats, the host organizer for 2010 HEC Mountaineering Competition, selected the artificial wall of Ibex Club to organize the competition among participating universities. A good quality competition was organized and it is expected that more activity and competitions on wall will held in future.



**Ibex Club+MCCI+The Adventure Club organize Wall Climbing Competition**

First technical grade competition was organized jointly by the Ibex Club, Margalla Climbing Club – Islamabad ( MCCI ) and The Adventure Club – Pakistan following the concept of Mr. Jens Sommerfeldt, Founder/President of MCCI. Our members Usman & Imran reached the highest point securing first and second positions, while Naeema from MCCI stood first in girls contest.



**Training Course by The Adventure Club – Pakistan & MCCI**

A training course was organized under the supervision of Mr. Jens Sommerfeldt. An initial indoor session followed by climbing at Jasmine Corner, Shahdarra and at Wall is completed while an advanced portion will be announced shortly.



**Ibex Club organizes Wall Climbing Competition**

Ibex Club organized another competition, which was won by Imran and the runner up was Usman, while Hamna Kiran won in girls category. The official score card is not announced yet so other positions and records are not available.



### Paragliding Training Course at Khanpur

A basic training course for Paragliding was organized for the students of Beaconhouse School, H-8 Branch by PAFF, under the supervision of Dr. Jabbar Bhatti, the veteran climber and Paragliding trainer.



### PTV Home produces Adventure based Game Show in Kaghan

PTV produced a 13 episodes program with 8 girl contestants for various games and activities in Kaghan Valley. The program was won by Ghazala and runner up was Amal, both our talented rock climbers and adventure enthusiasts. The program will be on air shortly and hope will be a good presentation of PTV.



### NEW MEMBERSHIPS

#### AC – 279 Mr. Mudassar Aziz

Lahore

Mudassar is a writer and adventure enthusiast. Getting introduced through internet, he keenly joined the Club and ready to participate in any adventure. We expect that he will find the Club's activities as per his interest.

( Introduced through [www.adventureclub.com.pk](http://www.adventureclub.com.pk) )

#### AC – 280 Mr. Adnan Zia Khan

Islamabad

Adnan, working in aviation / travel industry has joined the Club and intend to participate in outdoor and adventure as a beginner. We expect his active participation and welcome him in the Club.

( Introduced by Ms. Hina Tariq, AC 260 – Islamabad )

**AC – 281 Mr. Majeedullah Khan Chenab Nagar**

Majeed, a kid with a good climbing practice with the Club is son of a veteran club members, Mr. Anwar Khan, who used to be a regular participant of most of the trekking program. Majeed is ready to take any daring activity in outdoors and we expect him as a brilliant member in the future.

( Introduced by Mr. Anwar Ahmed Khan, AC 116 – Chenab Nagar )

**AC – 282 Ms. Ayesha Yaqoob Rawalpindi**

Ayesha, a student of Fatima Jinnah Women University (FJWU) started her adventure by winning All Pakistan Rock Climbing Competition – 2010. She is a keen climber and hardworker and after the competition, joined in several climbing programs.

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

**AC – 283 Ms. Nazia Parveen Rawalpindi**

Nazia, another student of FJWU has a great interest in Rock Climbing. She is also a very good player of Badminton. Considering her interest in climbing and her quality of climbing, she is the find of the year.

( Introduced by Ms. Ayesha Yaqoob, AC 282 – Rawalpindi )

**AC – 284 Ms. Sundas Masood Rawalpindi**

Sundas is again from FJWU is interested in outdoor activities and adventure sports. With an interest in Cycling, she has started climbing recently and we welcome her in the Club for participation in various activities.

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

**AC – 285 Ms. Amal Rathore Rawalpindi**

Amal is participating in climbing programs since 2008 and has participated in Alpine Mountaineering Course as well. She has recently been selected for a PTV contest, PTV Summer Camp. We wish her good luck and welcome in the Club.

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

**AC – 286 Mr. Majid Parvez Qureshi Multan**

Mobeen, a sweet kid is ready to participate in adventure activities, following his father, who was with us on various expeditions. Mobeen is welcome at Club and we expect he will develop into a good sportsman in future.

( Introduced through [www.adventureclub.com.pk](http://www.adventureclub.com.pk) )

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Thanks to Mr. Saud Khan of PIN for re-designing of the website of the Club. Please visit and comment as your feedback will enable us to make it more informative and user friendly.