

## ADVENTURE NEWS

**Sport Climbing Training Course ( 5-6 July 2013 )**

Dr. Jahan Zeb Islam, a young government servant alongwith his friends joined for the training course from various cities of Punjab. The course started as per schedule and covered basic topics alongwith practical climbing on wall and at Shahdarra rocks with a thrilling experience of Rappelling as well. Mir Manzar Elahi and Rizwan Ahmad helped conduct the training course.

**Neelaan Bohotho – a short excursion ( 7 July 2013 )**

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Neelaan is a nearby lovely village in Margallas with some sacred fish in a shallow stream. A casual trip was made with few members to enjoy the serene beauty of the valley. It's a nice half day excursion in the vicinity of Islamabad.



### Thrilling Abseiling activity designed for families ( 8 July 2013 )

A family program was arranged to enjoy Rappelling from a high bridge at Murree Road and interestingly all family members including kids and ladies completed the activity.



### Medical Camp in Kaghan Valley ( 1-3 August 2013 )

A free medical camp was organized in Kaghan Valley under the supervision of Dr. Jabbar Bhatti. Amir Jadun, Tj Hussain and Mir Manzar were great support while famous guide of Kaghan Valley Mr. Mohammad Basheer made local arrangements for the camp. A complete report is published already with thanks to sponsors and supporters.





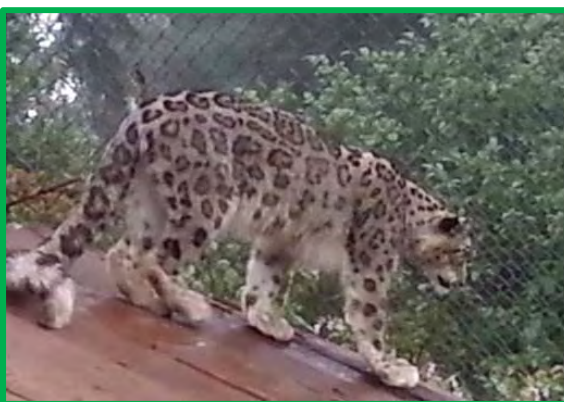
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**Eid Trip to Kaghan Valley ( 9-11 August 2013 )**

Another family trip organized for Kaghan valley on Eid.

**Snow Leopard in Lalazar ( 17 August 2013 )**

It was really a wonderful sight to watch Snow Leopard in Galliat but unfortunately in a small cage however the enclosure for common leopards is fine. Both animals are a treat to watch however some better and environmentally conditions would ease them to live in an artificial environment.

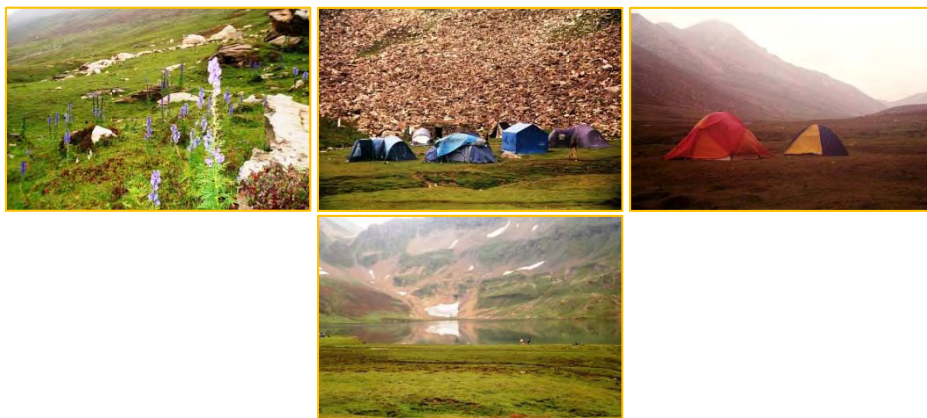
**DoodhiPat Trekking Trip to Kaghan Valley ( 25 – 30 August 2013 )**

Amjad sahib from Karachi and Manzar, the team was quite small however a trip to DoodhiPat lake was amazing. Kaghan being always a lovely place to visit and the lake is one of the most attractive places but this time the main attraction was profusion of flowers making the hills RED..... with one night in tents at Besal and another at Mullan ki Basti, the hike to the lake was comfortable and rewarding. The arrangement at



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DoodhiPat Sarai run by Noor Hussain are quite good while Shafqat with horse to carry our luggage was quite helpful and caring.

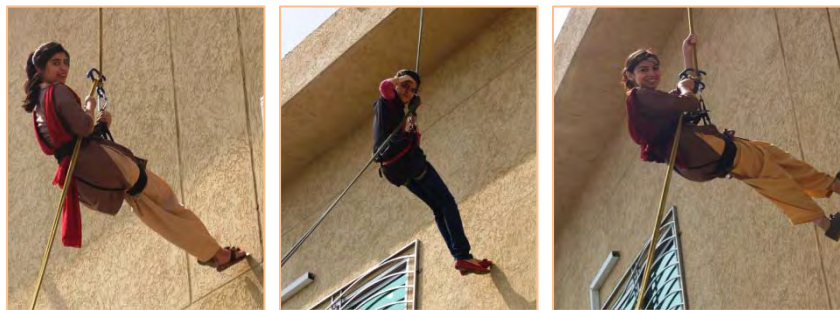
**Promotion of Climbing – Rappelling at Roots Millennium - ( 3 September 2013 )**

The Club always promotes adventure activities and introduces such programs in educational institutions. A Rappelling demo was organized at Roots College to attract students towards the healthy adventure sports.





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**Lalazar - Mukshpuri Hiking Trip - ( 7 September 2013 )**

A families and club member's trip arranged to visit Lalazar with a hiking trip to the top of Mukshpuri. The group included minors to seniors and enjoyed a lovely day in superb weather of Galliat. After spending a good time at Lalazar Wildlife Park and atop the peak, we returned to Islamabad in the evening.

**Kaghan Valley – another family's trip ( 9 – 12 September 2013 )**

An extremely lovely group joined in this trip and we had lot of fun while visiting Kaghan valley and doing various activities.





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Thrilling rather scary jeep ride to Paya from Shogran, finding snow at the banks of Lake Saif ul Muluk even in September, a trip to Sohni falls and Batakundi and Rappelling from Dumduma Bridge with river Kunhar underneath were the highlights of the trip.



### 3<sup>rd</sup>. WTD – Sport Climbing Competition - ( 16 – 27 September 2013 )



The Club celebrates various day of International Importance as per their theme by United Nations and we organized third consecutive on World Tourism Day. The complete report is available at [www.rockclimbing.com.pk](http://www.rockclimbing.com.pk) & [www.rockclimbing.pk](http://www.rockclimbing.pk). The competition was participated by a good number of climbers and widely covered by





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Mr. Junaid Butt is another professional with master's degree in Engineering, who has joined the Club after getting introduced through the website of the Club. He has a good travelling experience of Northern Pakistan and likes mountain climbing, river rafting and scuba diving etc.

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

**AC – 368 Malik Najmus Siraj****Rawalpindi**

Malik Najmus Siraj is a computer engineer and has special interest in indoor and outdoor activities like hiking, chess and cricket etc. We welcome him in Club and expect his participation in various Clubs' programs.

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

**AC – 369 Mr. Asadullah Shah****Islamabad**

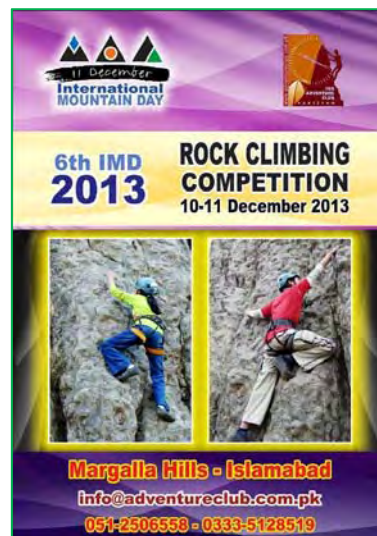
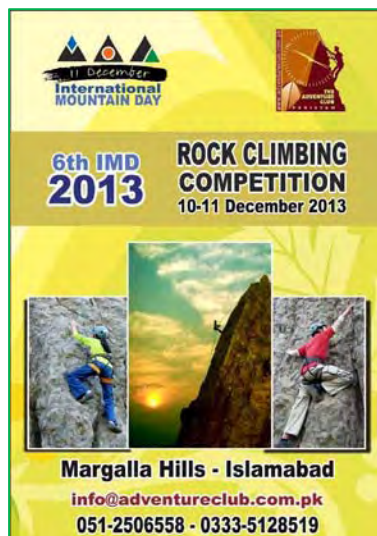
Asad a cheerful and active youth has also participated in few programs of the Club and has got position in recently held climbing competition. With a special interest in hiking, Paragliding and Climbing, we expect his active involvement in Club's activities.

( Introduced through Mr. Ahmad Rizwan - AC 130 )

**AC – 370 Ms. Naazish Mahmood****Islamabad**

Naazish is an under graduate with good debating skills. She has been looking after the programs in her school and college as stage secretary and other key responsibilities. She has been to the Club's programs with special interest in climbing and performed well at various routes in Margalla hills.

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





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