

ADVENTURE NEWS**1st Quarter of 2011 – January to March**

This quarter was another action packed with numerous activities like climbing, trekking, hiking, riding, photography, archery, competitions, TV shows, visits, trips, training courses and promotional campaigns etc.

Intermediate Climbing Training Course

The Club started the New Year with an Intermediate Climbing Training Course offered to position holders of all categories of climbing competition on International Mountain Day – December 2010. The training was arranged at Jasmine Corner and Saidpur cliffs while the certificates were distributed at the end of the course by Mr. Jens Simons-Jacob, a seasoned climber.

**Wild Boar Hunting Program**

Mr. Sajjad Sheikh, one of our senior club members, organized a hunting program on the banks of River Jhelum and Chenab. It was a very interesting program and the participants enjoyed the skill and knowledge and ethics of Mr. Sajjad about the hunting throughout the Pakistan.

**Advanced Climbing Techniques Workshop**

Always focusing on quality training, the Club organized a workshop inviting Ms. Anne Arran, former British Climbing Champion and present President, Youth Commission – UIAA and Mr. John Arran, renowned climber, trainer and author.



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Ms. Anne Arran's lecture was supported by a presentation of her rock climbing in Karakoram, which was followed by a very interesting and informative questions & answers session. After the lecture, the members shifted to Ibex Club for climbing demonstration and to practice the advance techniques under the supervision of Ms. Anne Arran and Mr. John Arran.

Chenab Rocks - Climbing Competition

The Hiking Department (Majlis-e-Sehat) in collaboration with The Adventure Club, Pakistan organized the above captioned climbing competition on Chenab Rocks. A good number of boys and girls participated from various institutions and clubs. Besides local schools and colleges, students of NUST and Fatima Jinnah Women University participated from Rawalpindi/Islamabad, while the members of Margalla Climbing Club and Eco Adventure Club joined with the members of The Adventure Club, Pakistan. Ms. Nazia Parveen (from Fatima Jinnah Women University / The Adventure Club, Pakistan) made the fastest ascent and climbed the rock wall in only 29 seconds, which was an overall record time among male and female climbing rounds.



Mr. Abdul Jaleel Saidq, President, Majlis-e-Sehat distributed awards and earlier Mir Qamar Suleman Sahib welcomed the guests and made an interesting speech after introducing the event and thanking the guests. Mr. Tahir Imran Khan briefly mentioned the competition details and the names of position holders. He also announced the holding of 5th Pakistan Open Rock Climbing Competition on 5th-8th March 2011 in Islamabad. In the morning, the guests visited a horse farm and enjoyed with riding. Later on they visited Tahir Heart Institute, the most modern heart hospital in Pakistan. They also visited swimming pool and tennis court etc.



ADVENTURE NEWS**5th Pakistan Open Rock Climbing Competition – 2011**

The Adventure Club – Pakistan, with a vibrant history of organizing diversified activities, specializes in rock climbing. A Rock Climbing competition on International Women Day is traditional now and has made a history in adventure sports of Pakistani women since its inception in 2008.



The event was formally inaugurated by Mr. Jens-Jacob Simonsen at the famous climbing site in Saidpur Village, the Beetles Nest. The selected route, Hang Loose category is 5A+ while the length/height of the route is about 50 feet. Mr. Jens-Jacob, the guest of honour for the event was introduced by the participants and afterwards, he addressed briefly and appreciated the girl climbers for their participation in Rock Climbing, a thrilling and challenging sport. The competition started with the formal permission of the Chief Guest and about 100 girls



participated in the competition. Besides local climbers, teams from Peshawar, Nowshera, Kharian, and Wah Cantt, Chenab Nagar and Karachi participated in the competition. There was a very interesting and unique record made by our celebrity climber Ms. Nazia Parveen, winner of last three competitions in 2010 and 2011. She completed her climb in 53.38 seconds, setting a new record of best time to achieve and her timing was not only best in female categories but overall, including male categories as well (she already set this record in February while participating in Chenab Rocks Climbing Competition). For this distinctive feat, the Club appreciates her talent, hardwork and effort and cordially offers complimentary lifetime membership of the Club.

The Award Ceremony was held on March 8th which is International Women Day, for which the dignitaries included Mr. Saad Tariq Siddiqi, former General Secretary of Alpine Club of Pakistan, Dr. Jabbar Bhatti, veteran climber and Vice President of Alpine Club and Mr. Jens-Jacob Simonsen, Deputy Head of Mission, while Col. (R) Manzoor Hussain, President Alpine Club shared the chair with His Excellency, Danish Ambassador to Pakistan, Mr. Uffe Wolffhechel. The ceremony was attended by several

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climbing enthusiasts besides climbing teams, their heads and parents. A complete report with score card is available on www.adventureclub.com.pk & www.rockclimbing.pk

**Wall Climbing Competition**

A wall climbing competition was organized by Multiadventure Club for various age categories. Four girls from The Adventure Club – Pakistan participated in the competition in Open and Under 16 age categories. All three positions in Open category while first position in Under 16 category was won by the Club members. Nazia Parveen, Saadia Sabir and Rushna Zamir got first, second and third positions in open while Hamna Kiran got first position in Under 16 category.

**Paragliding - Elementary Course – Part I**

Dr. Abdul Jabbar Bhatti (Lt. Col. R), T. Bt, Pride of Performance, Vice President, Alpine Club of Pakistan and Managing Director, Pakistan Paragliding School & Club (PPSC) offered a complimentary 3 days basic Paragliding Training Course to position holders in various senior categories of 5th Pakistan Open Rock Climbing Competition.

The course comprised of theoretical and practical training. The participants were taught inflation of the Paraglider, Stabilization, Take off and Deflation procedures.

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Later on, the participants were taken to Mung, the selected site for practical flying or hops. The session went very successful and all the participants performed very well and got appreciation by the instructors.



Considering the enthusiasm and performance of the participants, PPSC offered another two days advanced course to award the participants with Elementary Pilot status. The Adventure Club – Pakistan thanks to PPSC & PAFF to conduct a high quality training course, considering all safety and security measures and to provide the participants the best possible supervision.

**PAKISTAN DAY CLIMBING COMPETITION**

An exclusive competition was organized to celebrate Pakistan Day i.e. 23rd March, for which the awards were sponsored by the famous US brand climbing equipment manufacturer, Mad Rock. The competition was participated by most of the position holders in last few climbing competitions. The competition was based on two categories, first was a top rope speed climbing with qualifying and final round. While a special challenge cup was introduced for a single climb competition. For the Open Rock Climbing Competition, following is the result card, 1. Liaqat Karim, 2. Syed Zaki-ud-Din, 3. Yaseen Ali. Mr. Imran Qamar Junaidi finished his climb in best time, with a handsome

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lead however to encourage other youth, his position was withdrawn. In Open Challenge Cup, another very interesting competition was seen for following positions 1. Imran Qamar Junaidi, 2. Syed Zaki-ud-Din, 3. Usman Tariq.



Ms. Nazia Parveen, the winner of last five competitions was invited for a special award as she achieved best time among female and male categories in last two competitions. It will be interesting to mention that on an exhibition climb, she completed in 00:50:50 seconds, which was once again the minimum time.

ROCK CLIMBING – HIKING (Practice / Training Sessions)

Rock Climbing and day hiking are the most popular activities of the Club and besides competitions there were several climbing and hiking sessions throughout the past quarter.



Music Lounge

Beetle Nest

Chenab Rocks

Shahdarra Cliff

Hidden Rock

Trail – III

Trail – IV

NEW MEMBERSHIPS**AC – 301****Ms. Zohaa Zubair****Islamabad**

Zohaa, participated in IMD 2010 Climbing Competition and got position in her age category. With great interest in outdoors and with good support of her parents, she joined several practice sessions and got the membership of the Club. We expect a lot from her in various activities of the Club.

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

ADVENTURE NEWS**AC – 302 Ms. Esha Iqbal Islamabad**

Esha, a student of NUST is a keen hiker with a great interest in climbing as well. She is a very hardworking and focused adventure enthusiast and her participation will strengthen our female chapter of the Club.

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

AC – 303 Mr. Mohammad Ali Janjua Islamabad

Ali, another student of NUST has a special interest in adventure and outdoor activities. He has become a member of the Club and participating in various programs. We welcome him in the Club and hope that his participation will prove beneficial for the Club.

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

AC – 304 Mr. Saif-ur-Rehman Janjua Islamabad

Saif, younger brother of Ali is new in adventure and has done some rock climbing with good performance. We wish him best of luck and expect his active participation in Club activities.

(Introduced through Mr. Mohammad Ali Janjua, AC 303 – Islamabad)

AC – 305 Syed Zohaib Sajjad Islamabad

Zohaib is a student of Chartered Accountancy and possesses a good interest in hiking, trekking and Rock Climbing. We hope that he will prove himself as an active participant of the Club very soon and welcome him.

(Introduced through www.adventureclub.com.pk)

AC – 306 Mr. Muhammad Ishaq Khan Karachi

Mr. Ishaq is another adventure enthusiast from Finance profession. We appreciate that he has an interest in climbing and trekking as for Karachiites it's quite difficult to join. However, alongwith our other members, we expect that Karachi chapter will be more active in future.

(Introduced through www.adventureclub.com.pk)

AC – 307/H Mr. Saad Tariq Siddiqi Islamabad

Mr. Siddiqi was given the title of Santa Claus of Karakorams. A veteran climber and trainer of Alpine Club of Pakistan for years, Mr. Siddiqi is very active and known among all adventure circles. It's a matter of our pleasure that he has accepted our request as an Honorary Member of the Club and we expect that he will help guide the Club and members for various activities.

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

AC – 308 Mr. Iftikhar Ahmad Jan Islamabad

Dr. Iftikhar Ahmed Jan is a senior post graduate professor but with an interest in cycling and hiking etc. as the Club offers activities for people from various walks of life so his participation is a good sign, and we expect that his experience will help improve the standard of the Club.

(Introduced through www.adventureclub.com.pk)

ADVENTURE NEWS**AC – 309/H Mr. John Arran****UK**

Mr. John, a very experienced and seasoned climber has been working in Pakistan as a consultant with Election Commission of Pakistan. During his stay in Pakistan, he developed several climbing routes in Margalla hills besides his climbing expeditions in Karakorams. A great source of guidance to our members, Mr. John has accepted our request for an honorary membership for which we are grateful and feel honored.

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

AC – 310/H Ms. Anne Arran**UK**

Ms. Anne Arran, Anne Arran, former British Climbing Champion and present President, Youth Commission – UIAA has a good climbing experience in Karakorams. While on a private visit to Pakistan, the Club invited her alongwith her husband, Mr. John Arran for a lecture and climbing workshop. With an extremely beneficial session, we are honored that she accepted our request for an honorary membership of the Club. We believe she will be a good source of guidance in future, especially for our female members.

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

AC – 311 Ms. Anisa Rasheed**Islamabad**

Anisa is consistently participating in climbing competitions, securing position and making best time record also. She has recently won Under 19 category in 5th Pakistan open climbing Competition – 2011 and was invited by ATV for an interview in morning program, alongwith her senior Nazia Parveen. Her joining in Club will prove worthy and we expect her more active participation in the future.

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

AC – 312 Ms. Saadia Sabir**Chitral / Rawalpindi**

Saadia belongs to Buni, a sub division of Chitral and studies in Fatima Jinnah Women University. She has a great interest in Rock Climbing besides hiking and Tennis etc. She has recently won a Silver Medal in a wall climbing competition. We welcome her and expect much more active participation in Club activities.

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

AC – 313 Ms. Iram Nisa**Bhakkar / Rawalpindi**

Iram, another student of Fatima Jinnah Women University is a position holder of IWD – 5th Pakistan Open Climbing Competition – 2011. She has participated in Paragliding training and recently completed Elementary Pilot Course.

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

AC – 314 Ms. Kiran Nisa**Bhakkar / Rawalpindi**

Kiran, the younger sister of Iram Nisa is a good climber and has participated and won position in IWD-5th Pakistan Open Climbing Competition-2011. She has also participated in Paragliding and recently completed Elementary Pilot Course.

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

For latest schedule of activities, newsletters and updates, please visit

www.adventureclub.com.pk & www.rockclimbing.pk