

ADVENTURE NEWS**HEC Mountaineering Championship – 2013**

In the month of April, HEC organized annual Mountaineering Championship, hosted by Islamic University. The contest was organized at Beetle Nest, Saidpur and participated by few universities from other cities apart from Islamabad and most of them were without any experience. Therefore the main competition was amongst the local universities like IIUI, UoL and Nust. A below average event ended up with positions to UoL, IIUI and Nust as 1st, 2nd. and 3rd.

**Rohtas Trip by NUST Media Club (04.07.2013)**

Nust Media Club organized a photography trip to Rohtas Fort. Mir Manzar Elahi, one of the coordinators and being from adventure fraternity included rappelling. The trip was well organized and ended up after lunch and a detailed visit of the Fort.

**Rock Climbing – Shahdarra Session (14.04.2013)**

Shahdarra cliff is an all-time favorite of the Club and all climbers in the vicinity therefore a session was organized with some members and guest climbers.



ADVENTURE NEWS

NUST Olympiad Wall Climbing Competition (19.04.2013)



A wall climbing competition was organized as part of NUST Olympiad. The competition was won by Mir Manzar Elahi of SMME in male's category while Rabia Sakhi got 1st. position followed by Danya Abbasi and Erum Nisa to get 2nd. and 3rd. positions. Mr. Tahir Imran Khan, president The Adventure Club – Pakistan was invited to distribute the awards and as per the tradition of the Club, he announced free membership of the Club to the position holders and a free sport climbing training course.

Families Day Out - Rock Climbing at Jasmine Corner (21.04.2013)

A casual program for climbers and families was organized by the Club at Jasmine Corner where Momina and Bushra families arranged meals for all participants. A large group of about 40 members and guests enjoyed the evening with climbing and camping experience in Margallas.



ADVENTURE NEWS**Rock Climbing Session at Jasmine Corner (27.04.2013)**

A rock climbing session for beginners was organized at Jasmine Corner and the participants enjoyed Rappelling also besides the climbing activity.

**Promotion of Adventure Activities – Rappelling at Salgran Bridge (18.05.2013)**

The Club organized a program in collaboration of K2 TV Channel to promote various adventure activities. Ms. Sadaf, the presenter enthusiastically participated and experienced a thrilling abseil from Salgran bridge on Murre-Kashmir highway. The program was on air and available at their blog Social Mania as well.



ADVENTURE NEWS

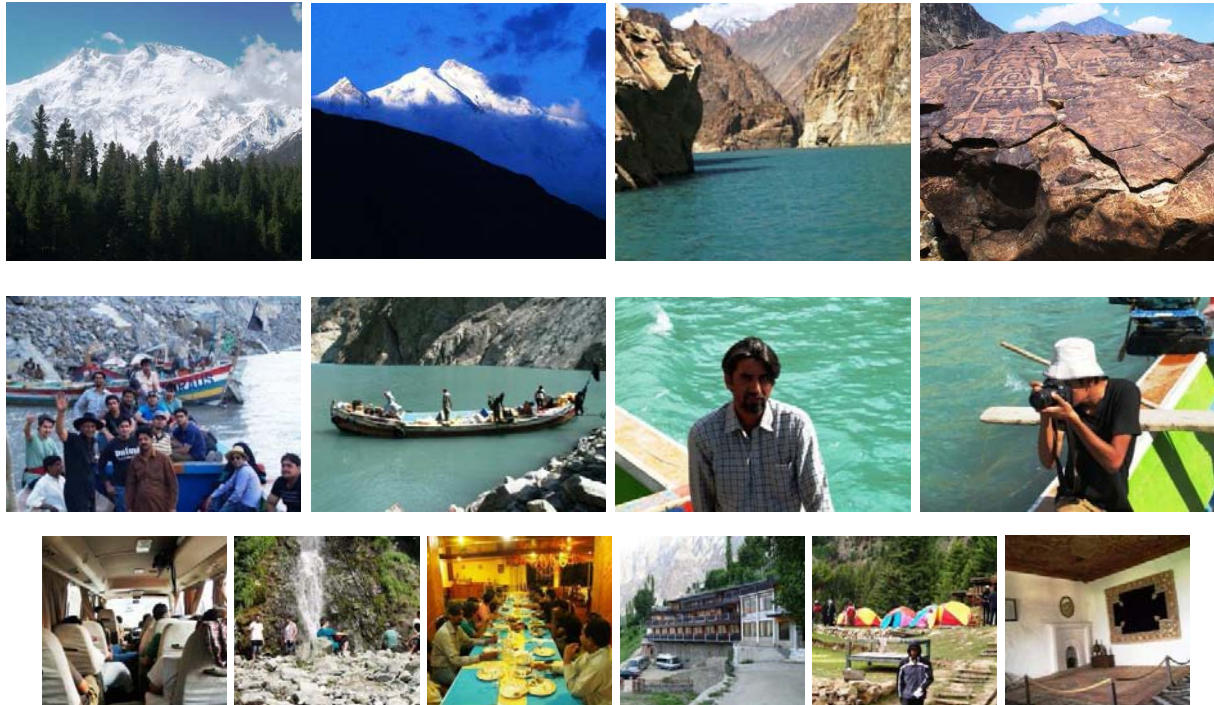
Khanpur Lake – Swimming Session (26.05.2013)

The month of May and June are best to enjoy and to beat the scorching heat so the Club plans several water sports and activities, every year. A small team made the first activity of the season.



Trip - Hunza & Fairy Meadows (June 2013)

A 7 days program was announced by the Club for a trip to Hunza and Fairy Meadows and an 18 member's team participated in the program as per the schedule. The program was based on sightseeing, adventure, area knowledge, history and travelling ethics etc. With a superb team of the adventure lovers, the trip went memorable. The Club is thankful to all participants for their joining and cooperation and to Mir Manzar Elahi for arranging the entire trip.



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Families Day Out – Water Sports at Khanpur Lake (08.06.2013)

A lovely day program at Khanpur was enjoyed by several families and the group of about 45 people had fun in water and while making Bar-B-Q. Thanks to Mr. Ahmed Mehfooz to make arrangements, assisted by Mir Manzar Elahi. And special thanks to K2 TV channel and Ms. Sadaf to cover the activity. The program is available on their blog Social Mania as well.



Sajji Kot – Rappelling (08.06.2013)



ADVENTURE NEWS

Reception – Everest Climber – Samina Khayal Baig (12.06.2013)



Nust Adventure Club took the lead to invite Ms. Samina Khayal Baig, hailing from Shimshal, a remote valley in high Karakorams, who hoisted the national flag on Everest. She became the first Pakistani lady and the youngest Pakistani to climb Mt. Everest and included herself in exclusive club of Everest summiteers to follow, Hasan Sadpara and Nazir Sabir. Mr. Tahir Imran Khan, President, The Adventure Club – Pakistan and Mentor Nust Adventure Club presented the history of Everest climbing, especially Pakistani attempts and victories and appreciate Ms. Samina and her brother Mirza Ali on her historical climb. He also offered honorary membership of the Club to the celebrity climber. He suggested that a series of her presentations and lectures to be organized in institutions to introduce climbing and encourage Pakistani youth to participate in healthy activities. He extended his special thanks to Mr. Saud Khan for organizing a memorable event through NAC and NUST.

Trip Kaghan Valley (June 2013)

A trip of families was organized for Kaghan valley. The team of Mr. Mehfooz participated actively in various activities and enjoyed the brief trip of the valley.



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**Families Day Out – Sajji Kot (23.06.2013)**

Sajji Kot waterfall recently came into limelight through Facebook and getting good attention by nature lovers. The place was suggested long ago by Amir Jadun, who lives next to Sajji Kot, rather at a walking distance from the waterfalls. After the reconnaissance by Siddiq, one of our senior members, a program was designed for families and guests. With proper arrangements and careful supervision of the Club, all the participants had great fun while swimming and alongwith other activities. As most of the local programs of the Club, this was on free participation basis.



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**Sajji Kot - Rappelling Adventure (29.06.2013)**

On demand of members another program was designed for Sajji Kot and during the trip, we had a superb experience of fixing ropes to abseil down the waterfall. All credit goes to Mir Manzar Elahi and Ahmed Mehfooz for this daring challenge, while Amal captured the activity through her professional camera. The activity was liked by all and we hope it would get more popularity in coming days.



ADVENTURE NEWS

Aleeza Sana gets Gold Medal in National Games – 2013



It's a matter of great pleasure and honour that our Club members got selected to participate in various sports. Fazal Wadood participated in Squash from GB while Aleeza Sana (National Champion Under 19 for Sport Climbing) represented Islamabad Basketball team. Basmah Kamran, another brilliant rock climber also played in nationals and the team Islamabad won the final against Punjab to stand on the top of victory stand. We congratulate Basmah and Aleeza on getting Gold Medals in National Games and wish them many more victories in future.

Nursery Training - always priority of the Club



NEW MEMBERSHIPS

AC – 363 Ms. Danya Abbasi

Islamabad

Danya is a future physician and besides her hectic schedule of studies, she takes part in various adventure / outdoor activities. Climbing first time in life, she got 2nd. position in the competition held in NUST Olympiad Wall Climbing Competition – 2103 which was quite remarkable. As per the tradition of the Club, she was offered for honorary membership of the Club for one year. Considering her interest and enthusiasm, we expect her as one of active members of the Club in future.

(Awarded Honorary Membership through Nust Olympiad 2013)

ADVENTURE NEWS**AC – 364 Mr. Kaiwan Anwar****Islamabad**

Mr. Kaiwan has actively participated and experienced various activities and sports. He has recently joined the Club, after participating in Basic paragliding Training Course. He has widely travelled and his adventures include trekking to K2 base camp, certification in Archery, swimming and several other.

We welcome him in the family of adventure and looking forward for his participation in multiple activities.

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

NEW OFFICE ADDRESS**THE ADVENTURE CLUB – PAKISTAN****9 – Capital Plaza (3rd. Floor)****G-11 Markaz – Islamabad (44000)**

CONGRATULATIONS



Samina Hoists Pakistani flag atop the Everest