



SCHEDULE OF CLIMBING & TRAINING ACTIVITIES - 2019

TRAINING COURSES	No.	Activity	Dates	Exp.	Venue	CLIMBING COMPETITIONS & ACTIVITIES
	January					
Rock / Wall Climbing	01-01	Rock/Wall Climbing Training Course	5-6	4000	Islamabad	
	04-01	World Snow Day – Gharial Camp	20	2500	Galliat region	
	February					
1 day introductory session 2 days basic course 3 days intermediate course 4 days advanced course	07-02	Rock/Wall Climbing Training Course	2-3	4000	Islamabad	Observing National & International days of importance
	08-02	Paragliding - Basic Training Course	11-12	8500	Haripur	
	08-02	Skiing – Basic Training Course	9-10	10500	Swat	
	09-02	Snow Survival Training Course	13-17	17500	Kaghan Valley	World Snow Day 20 January
	March					
Rock / Wall Climbing Instructor	11-03	Rock/Wall Climbing Training Course	2-3	4000	Islamabad	
	13-03	13 th . IWD* Sport Climbing Comp	8	500	Islamabad	International Women Day 8 March
	April					
7 days basic course	15-04	Rock/Wall Climbing Training Course	6-7	4000	Islamabad	
	16-04	Paragliding - Basic Training Course	12-13	8500	Haripur	
	18-04	Mountaineering - Elementary Course	20-28	35000	Gilgit-Baltistan	Pakistan Day 23 March
	May					
Mountaineering	19-05	Rock/Wall Climbing Training Course	4-5	4000	Islamabad	
	June					
9 days elementary course	23-06	WED* - Lecture / Activity	5	1000	South Zone	
	July					
Survival 5 days wilderness course	26-07	Rock/Wall Climbing Training Course	6-7	4000	Islamabad	World Environment Day 5 June
	August					
<i>above courses are available on requested dates</i>	29-08	Rock/Wall Climbing Training Course	3-4	4000	Islamabad	
	31-08	Independence Day	14	1000	Islamabad	Independence Day 14 August
	September					
Rock/Wall Climbing Practice Sessions	32-09	Rock/Wall Climbing Session	1	750	Islamabad	
	35-09	9 th . WTD – Open Climbing Comp	27	500	Islamabad	World Tourism Day 27 September
	October					
Friday 1400 – 1630 hrs Saturday 1100 – 1600 hrs Sunday 1400 – 1630 hrs	37-10	Rock/Wall Climbing Training Course	5-6	4000	Islamabad	
	39-10	Paragliding - Basic Training Course	21-22	8500	Haripur	
	November					
	40-11	Rock/Wall Climbing Training Course	2-3	4000	Islamabad	International Mountain Day 11 December
	December					
	43-12	Rock/Wall Climbing Session	1	750	Islamabad	
	44-12	12 th . IMD* Open Rock Climbing Comp	10-11	500	Islamabad	