VITAPARCOURS: Weekend Health Retreat

LOCATION: KIRAT (KaravanPakistan Institute of Research and Training), Heritage Foundation Base Camp, off Karakoram Highway, Battal/Chattar, Mansehra.

ALTITUDE: above 5000 Ft

INTRODUCTORY EVENT: 18-19th June, 2011

The **Vitaparcours** is a walking or jogging trail integrated with exercises that are balanced for improving your fitness. This is the first **Vitaparcours** in Pakistan, constructed by the Heritage Foundation in collaboration with the Swiss Pakistan Society, and with the special permission of the Vitaparcours Foundation, Switzerland. Situated off the Karakoram Highway, the trail is composed of 15 posts along a 1.5 km track with numerous exercises for developing strength, mobility and endurance (stamina), according to your personal preference. The course begins from the historic Silk Route and winds through mountains amidst tranquil and serene pine forests.

A doctor with a health kit will be in attendance during the exercise course. Armed guard will be stationed at the camp site.

Accommodation and Other Facilities

•   Chinese double-skin Executive Tents for shared accommodation with stone flooring and viewing platform: 2 beds/tent with folding beds, mattresses, clean white bed sheets and pillows, comforters, writing table, chair, luggage rack and bedside table; chairs on terrace.

•   Attached bathrooms with each tent, each with tiled walls, western type W.C., basin and shower; running cold water, hot water in buckets served in the morning.

•   All tents and bathrooms fitted with electrical wiring and lighting.

•   Mobile phone charging, Internet, and Conference Room facilities available.

Regular Weekend Charge inclusive of meals, accommodation and track usage: Rs. 5000/-

SPECIAL INTRODUCTORY OFFER: Rs. 3000 only !

For Registration contact:
info@heritagefoundationpak.org

The Heritage Foundation Base Camp has been developed by Heritage Foundation-Nokia-NokiaSiemens Network as part of the Rehabilitation Programme in Earthquake Affected Areas