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## Pakistan Tourism

www.tourism.gov.pk

Climate:	Ranging from 45° to 61° Celsius
Altitude:	2 million feet above sea level
Population:	906.5 square Kilometres
Area:	Islamabad - The Capital of Pakistan
Location:	Urdu is the national language, but English, Punjabi, Pashto, Balochi, Sindhi and Pahari are also widely spoken in the city.

## GENERAL INFORMATION

# ISLAMABAD TOURIST GUIDE MAP

islam  
pakistan



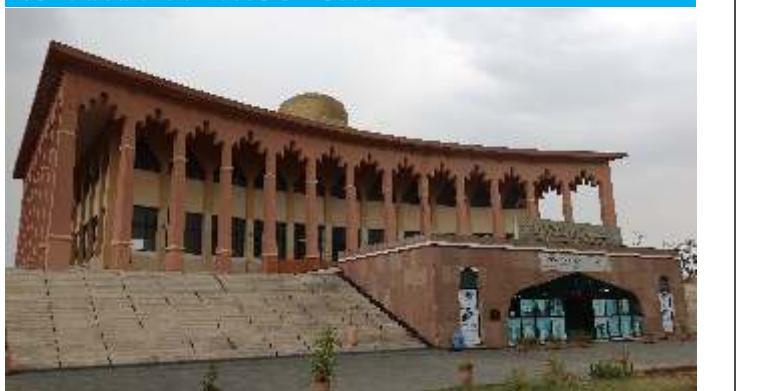
## HISTORY OF ISLAMABAD

The twin cities of Rawalpindi and Islamabad lie against the backdrop of Margalla Hills on the Pothohar Plateau. On the basis of archaeological discoveries, archaeologists believe that a distinct culture flourished on this plateau as far back as 300,000 years. Based upon the stone implements found in Soan Valley, researchers have revealed various aspects of activities of the primitive human being. The earliest tools struck from large pebbles have been named as "Early-Soan". The later tools have been named as "Early-Soan" and "Late-Soan", when better and finer tools were made during Paleolithic period. In the new Stone Age known as Neolithic Culture (10,000 to 5,000 BC), finer and polished stone tools made by early human beings have been discovered near Khanpur and some Neolithic burials of long Homo Sapiens near Rawat. These discoveries are comparable to "Cromerian" tools of Paleolithic period discovered in Europe. Serai Kholo, located 03 Kms southwest of Bhir Mound, is considered as the earliest settlement of Taxila. The discovery of stone celts, chert blades, cores, stone arrow heads, scrapers, terra-cotta animals and female figurines, clay bangles, stone and paste beads, copper pins and wide range of pottery has pushed the history of Taxila from 600 BC to 3000 BC. Three cultural sequences, namely, historic at top, Kot Diji in the middle and late Neolithic at the bottom have been discovered at Serai Kholo.



glorious civilizations of the past to the present day traditions. It is a walk through corridors of history placed in a setting that absorbs the visitor in its splendour. The museum has a large display of embroidered costumes, jewellery, woodwork, metal work, block printing, ivory and bone work. Traditional architectural facade exhibiting such skills as fresco, mirror work, marble inlay, tile mosaic and stucco tracery from different regions of Pakistan. Heritage Museum remains open daily from 09 am to 04 pm with break time from 01 pm to 02 pm. Monday is weekly off. Entry ticket is Rs. 50 for Pakistanis and Rs. 800 for foreigners (Tel: +92-51-9249200). The Heritage Library is equipped with resource data on ethnography, anthropology, folk music, art, crafts and history. Books, video and audio cassettes/CDs containing documentaries on folk culture, folk heritage, folk and classical vocal and instrumental music are available for sale.

## ISLAMABAD MUSEUM



The Islamabad Museum is an institution of the Federal Department of Archaeology and Museums, Ministry of Information, Broadcasting and National Heritage, and is located at Ataturk Avenue, Sector G-5, Islamabad. The Museum opened in September of 2002. The Museum depicts Pakistan's history through artefacts displayed in chronological order, including one of the earliest man-made tools, dating back 2 million years, collected from Soan Valley, nine thousand years old objects from Mehrgarh (Balochistan), artefacts of the world-famous Indus Valley civilization, and statutory of Gandhara Civilization. The antiquity represents the Gandhara Grove Culture, Kot Diji, Bhanbhore, Thatta, and other regional civilizations tell the tale of man's evolution. Through the exhibition of artefacts and works of art, an effort has been made to trace the history of Pakistan's changing cultures and civilizations. (Tel: 051-9221325)

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## SHAH FAISAL MOSQUE ISLAMABAD

This beautiful mosque was designed by renowned Turkish Architect, Vedat Dalokay and named after the late King Faisal of Saudi Arabia. It is spread over 189,705 sq. metres with 88 meters high minarets and 40 meters high main prayer hall. The main prayer hall can accommodate 10,000 persons while the covered porticos and verandahs can take over 24,000 worshippers. The main courtyard has space for 40,000 people.

## GOLRA SHARIF



The shrine of Syed Meher Ali Shah of Golra Sharif is located 18 km from Rawalpindi, in sector E-11 of Islamabad. He was descendant of a Syed family and had links with Syed Abdul Qadir Gilani of Baghdad. Born in 1859, he preached and spread the message of Islam during the turbulent times in South Asia. He wrote beautiful prose and poetry in Persian, Arabic and Punjabi languages, mostly in praise of God and Muhammad (peace be upon him). He died on May 11, 1937. His mausoleum was recently reconstructed comprising of a dome, and a high minaret of marble.

## BARI IMAM

Noorpur Shah, a village situated at the foot of Margalla Hills, near Quaid-e-Azam University, is famous for the mirror-studded shrine of Hazrat Shah Abdul Latif Kazmi, popularly known as Bari Imam. The shrine was originally built on the orders of Mughal Emperor Aurangzeb. The death anniversary (Urs) of Bari Imam is

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extant, due to steep hills. The course will lead you to the viewpoint and is about a 30 - 50 min. track. After the viewpoint you can continue on for another easy-going 45 - 60 minutes trek and reach Pir Sohawa, where you can choose from 2 restaurants for food, The Monal and La Montana. In totality, it is approximately one hour thirty minutes trek.

## Trail No. 4



Trail No. 4 is the link between Trail 3 and 5.

Begins from Margalla Road in sector F-5, people find it easier to climb. The trails 3 and 5 run parallel to some distance, and is connected via trail 4 at certain points. The trail 5 will lead you to the top of Pir Sohawa road. You can switch trail 3 to 5 by walking on extra distance of 1.5 Kms. The estimated time to cover the distance on the trail is about 2.5 - 3.5 hours.

## Trail No. 6

This trail is sparingly used as the entrance is not known to many people. It starts from the back of the Faisal Mosque in Sector E7, near tree planting Project sign is polled. Trails will run you through a valley along a well defined route that guides you to the top terminal of the Pir Sohawa road. The trail has a track for mountain bikes, and a bird watching point.

## DAMAN-E-KOH



Daman-e-Koh and Pir Sohawa offers panoramic view of Islamabad. The place is ideal for afternoon and evening outing with family and friends.

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Simly Dam is an 80 meters (260 ft) high earthen embankment dam on the Soan River, 30 kilometers (19 mi) east of Islamabad and Rawalpindi. It is the largest reservoir of drinking water for people living in Islamabad. The water stored in this dam is fed by the melting snow & natural springs of Murree hills. It was developed by the Capital Development Authority and completed in 1983.

## FATIMA JINNAH PARK



The entire sector of F-9 has been developed as an attractive urban park, which has a profusion of lakes, rock gardens, aquariums, fountains etc. It has been named after Miss Fatima Jinnah, sister of the founder of Pakistan.

## ROSE AND JASMINE GARDEN



This 20,360 sq. meters rose garden is famous for its roses. It has 250 different varieties of roses as well as a dozen types of Jasmines. Flower shows are occasionally held here, particularly during spring.

## JINNAH STADIUM



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The Jinnah Stadium is a multi-purpose stadium in Islamabad. It is currently used mostly for football matches. The stadium built back in 1970s, was renovated and used for SAF games in 2004 has a capacity of 80,000 people.

It hosted South Asian Games 2004, South Asian football Federation Gold Cup's semi-finals, finals and SAFF Women's Championship and Quaid-e-Azam Inter Provincial Youth games in 2016 and 2017.

## ISLAMABAD SPORTS COMPLEX



A Sports Complex comprising Liqquat Gymnasium for indoor games and Jinnah Stadium for outdoor games is located on Shahrah-e-Kashmir near Aabpara. Regular national and international sports events are held in the Complex. For details, please visit Pakistan Sports Board, Islamabad Sports Complex, Shahrah-e-Kashmir, Islamabad. (Website: www.sports.gov.pk).

## PAK-CHINA FRIENDSHIP CENTRE



Pakistan-China Friendship Centre is an art, conference and exhibition centre in Islamabad. It is developed with the help of China. Its construction was started in April 2005 when the Premier of the State Council of the People's Republic of China Wen Jiabao visited Pakistan. It was inaugurated on December 18, 2010. Currently it is running by the Ministry of Culture. It is located at Garden Avenue Shakarpurian Road, Islamabad Capital Territory.

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## JINNAH CONVENTION CENTRE



Jinnah Convention Centre (also known as National Convention Centre) is an exhibition and convention centre based in Islamabad. It is named after Muhammad Ali Jinnah. The convention centre was inaugurated in 1997 at the First Extraordinary Summit of OIC.

## ISLAMABAD INTERNATIONAL AIRPORT



Islamabad International Airport is the main airport serving the Islamabad-Rawalpindi Metropolitan Area and suburbs. It is built 20 km west of the twin cities near Kashmar Highway and Motorway Interchange. It was opened on 1st May 2018 and operated by Pakistan Civil Aviation Authority. It is hub for Pakistan International & domestic air lines. (Website: www.islambadairport.com.pk)

## WHERE TO STAY

Islamabad is a heaven for expatriates and in order to cater for the large community, the city has some of the finest 3-star, 4-star and 5-star hotels in the country. (Website: www.dts.gov.pk)



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## SHOPPING AND DINNING

### CENTAURUS MALL ISLAMABAD

The Centaurus Mall includes a 5-floor hotel, three (23-floored residential and office) towers and a five-story shopping mall. The Centaurus Mall comprises of more than 300 shops. The Centaurus Mall also includes entertainment in the form of a play area for children, known as Fun City, and a movie cinema. Both the play area and the cinema are located on the fourth floor of the mall. The Centaurus food court offers plenty of food options for shoppers, as there is a wide variety of restaurants and fast food chains such as McDonald's, Subway, Tayto, OPTP, Chachaje and others.

### JINNAH SUPER MARKET

Jinnah Super Market situated within the heart of the city, sector F-7, has become the most recognized and iconic shopping areas of Islamabad. It hosts a huge number of shops, restaurants, casual dining areas, and a lot more. There are the trendiest designer shops, cafes, eateries, banks, bookstores, gift & CD shops and service facilities.

### BLUE AREA

The commercial hub of the city, and technically the "Central Business District" of Islamabad, Blue Area stretches across a range of more than 2 kilometers. The area contains shops and businesses of all kinds, from doctor's clinics to laboratories, eateries and novelty electronics items.

### TOURIST FACILITATION CENTER (TFC)

PTDC has two Tourist Facilitation Center (TFC) located at F-6 Super Market in Islamabad and other is located at Islamabad International Airport (IIA). TFC at F-6 Markaz is open from 07:30am to 03:30pm from Monday to Friday. Tel: +92-51-9204027

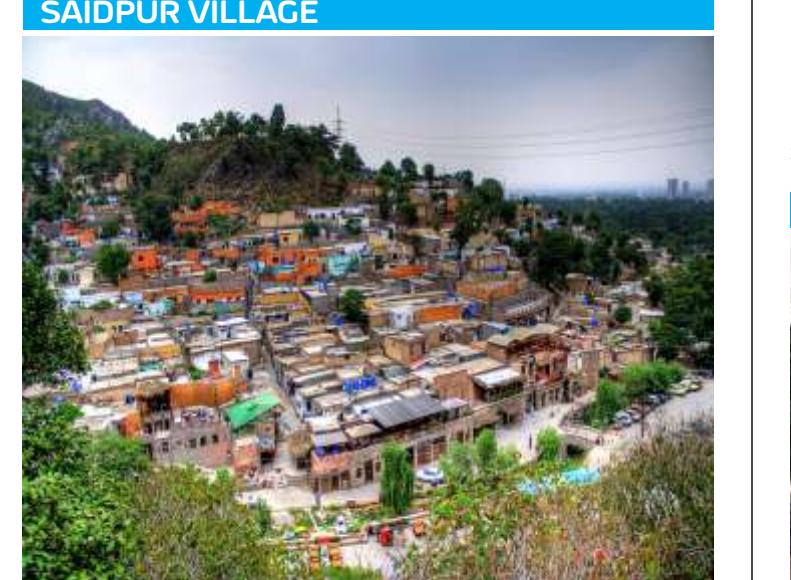
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Mughal Architecture of the Subcontinent. The resultant petal-shaped structure emphasizes the importance of unity & togetherness of the people of Pakistan.



Four Large petals represent each of the four cultures, The Punjabi, The Balochi, The Sindhi & The Pakhtun. The three smaller petals represent: Minorities, Azad Kashmir & The tribal areas. All seven petals, though independent of each other, stand together in Unison to form the Nation of Pakistan.

## SAIDPUR VILLAGE



Saidpur, famous for its pottery, is part of Islamabad today. It is located off the Hill Road to the east of Daman-e-Koh. Sultan Said Khan son of Sultan Sarang Khan founded Saidpur. He gave his daughter in marriage to Mughal Prince Salim who later became Emperor Jehangir. The Village has been preserved as heritage of Islamabad.

## LOK VIRSA HERITAGE MUSEUM

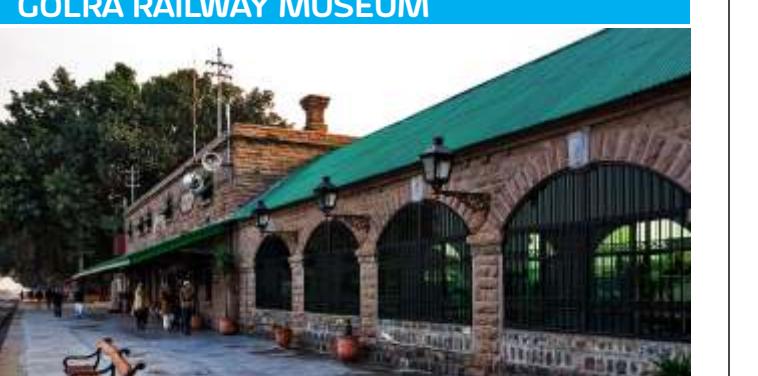
With a covered area of 60,000 sqft, the Lok Virsa Heritage Museum is Pakistan's first museum of ethnology that presents the history and living traditions of the people of Pakistan in a chronological sequence. It offers an enchanting journey through

## PAKISTAN MUSEUM OF NATURAL HISTORY



Pakistan Museum of Natural History (PMNH) is located on Garden Avenue, Shakarpurian, Islamabad and welcomes the visitors to its dynamic exhibits, displays and dioramas. The Museum has four divisions: Botanical Sciences, Earth Sciences, Zoological Sciences and Public Services. The first three divisions are responsible for the collection, preservation, identification, and research of Pakistan's plant, fossil, and mineral resources, respectively, while the latter is in charge of mass education and popularisation of natural history through various displays, exhibits, and dioramas. Museum remain open from Monday to Friday 08:30 AM to 05:30 PM, and timings for Saturday and Sunday are 09:30AM to 05:30PM.

## GOLRA RAILWAY MUSEUM



The Golra Sharif Railway Museum, also known as Pakistan Railways Heritage Museum, is more than simply a museum of trains. It contributes significantly to the gathering, preservation, and understanding of Pakistan's rich railway culture. It enables visitors to observe and analyse authentic bits of history, from the sparkling locomotives to historical print materials (such as passenger tickets and manuals). Although the museum had welcomed visitors since March 2007, the formal inauguration took place in March 2007. The museum is housed in the former waiting area of the Golra Railway Station, which is intact in its original configuration. Items from the past 150 years, spanning over 100 years of the subcontinent, are on exhibit in two adjacent rooms.

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## LAKE VIEW PARK



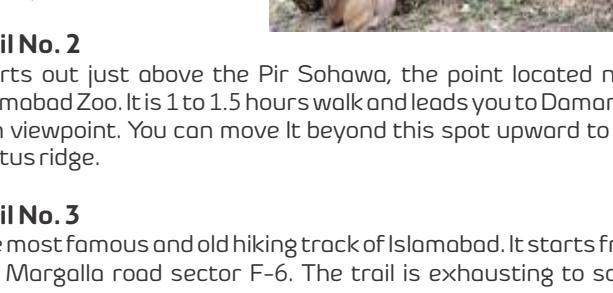
A visit to the Lake View Park in Islamabad is a perfect way to spend a wonderful afternoon with friends and family. The Lake View Park is situated at a distance of about eight kilometers from Zero Point and is a marvelous partnership between man and nature. Lush green lawns, sprawling gardens, beautifully manicured flowerbeds, a shimmering lake, gazebos, botanical gardens and a boating jetty, all are the highly welcoming attractions of the park. It also offers facilities like an amphitheater, skating rink, small food courts and a children area that guarantees hours of enjoyable activities for the whole family.

## MARGALLA HILLS NATIONAL PARK



Trail No. 1  
It will lead you to the top terminal of the Pir Sohawa road, in more or less two hours. Upon extending the walkway, you will reach Monal Restaurant in twenty minutes.

## RAWAL LAKE



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## TRAIL NO. 2

Starts out just above the Pir Sohawa, the point located near Islamabad Zoo. It is 1 to 1.5 hours walk and leads you to Daman-e-Koh viewpoint. You can move it beyond this spot upward to the cactus ridge.

## TRAIL NO. 3

The most famous and old hiking track of Islamabad. It starts

# Islamabad Tourist Guide Map



Pakistan Tourism Development Corporation

[www.tourism.gov.pk](http://www.tourism.gov.pk)

