

Danfe

ISSUE 07
OCT-DEC 2019

A RUSH OF A LIFE TIME | नौलो संसार | AYO AYO LAKHEY AYO

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PRESIDENT'S LETTER



Dear Guest,

Welcome aboard Himalaya Airlines

“Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new height”- Pauline. R. Kezer

On this festive occasion of Dashain-Tihar, from this issue onwards we are delighted to present you with new fresh look of Danfe. We have launched our new brand identity just last month and we are now looking forward to spread our wings to reach new height. This year has been a significant year for H9, we encountered many changes, each of them transmuting us into a progressive entity. On behalf of H9, I would like to express my heartfelt gratitude to all the sectors of the community, most importantly our esteemed passengers who have given a great support to H9's development.

The new brand logo has evolved as the starting point of our transformation and it solidifies our persistence to move forward. The company's

shared value of winning spirit is exactly reflected in the new logo, like the courageous and persistent spirits being possessed by the soaring eagle.

H9 is now transitioning into the new stage of the business with its new shareholders. Under the new structure, H9 is going to play better and more important role in connecting Nepal to China and other Asian countries and beyond. We shall be more committed to the enhancement of the connectivity efficiency between Nepal and other countries to facilitate tourism, trade and business corporations, etc.

Upholding the great mission of building the aerial Silk Road linking Nepal with the world and with the intention to contribute the promising vision of “Prosperous Nepal, Happy Nepali”, we shall soon be adding Beijing, Nanchang, Guiyang, Changsha, Lhasa and other cities of China to our ever evolving network. With our vision for expansion of connectivity with China, I believe Himalaya Airlines would make greater contributions to the Visit Nepal Year 2020 initiative by bringing load of tourists to Nepal and inject new energy and vitality to all the sectors of the economy. Let us all join together for the promotion of VNY 2020 and make it a great success.

This issue of Danfe, we chose to resonate with the festive fair of Dashain-Tihar and have brought forth the essence of what makes Nepal heavenly, a land which is diverse not only in geography but also in culture and people. A traveler is bound to have an experience of a lifetime witnessing the beauty of this nation with a side of great hospitality. Within the pages of this issue, the cover story revolves around the range of adventure activities that are bound to give you a rush of a lifetime. Furthermore, we share insight into the 'Taste of Dhaka' and the secrets to 'Reviving The Festival Taste' of Nepal. This and much more await you in the pages to come.

Thank you again for your consistent support and attention to H9. Wish you all a very happy festive season of Dashain and Tihar with great fortunes!

With best wishes,

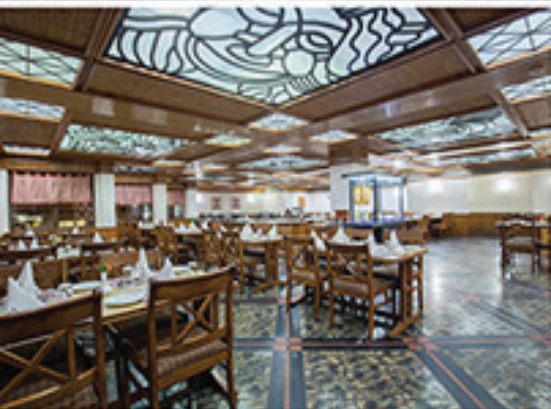
A handwritten signature in black ink, appearing to be the name 'Zhou Enyong' in a stylized cursive script.

ZHOU ENYONG
PRESIDENT



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COVER STORY

A RUSH OF A LIFETIME

Are you tired from the monotony of living in a concrete jungles? Do you love adventure? Then think no further because Nepal has some great outdoor activities to keep you captivated. You will cherish every moment you spend in this beautiful country and we promise you will want to come back again for more.



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TRAVEL INBOUND

TO LOMANGTHANG & BACK!

Mustang opened its doors for tourism only after 1990, yet this region tops the travel wish-list for every Nepali, as well as foreigners planning to visit Nepal. The first trekking groups made their way to Upper Mustang in 1992, the same year it was included inside the Annapurna Conservation area.



AYO AYO LAKHEY AYO !!!

Photographed By: Suraj Patrabansha

Cover Caption: The celebration of Yenya Punhi is an amalgamation of numerous festivities. Among which the dance of Majipa Lakhey, commonly known as the peace-loving Lord Bhairav is a unique dance performed by the Ranjitkar clan of Majipa Tole, Kathmandu.

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FOOD OUTBOUND

TASTE OF DHAKA

The cuisines in Dhaka have largely been influenced by the Mughlai cooking practices left behind by the Persian Rulers. This led Bangladeshi cuisines to include various rich aromatic dishes that require the use of a large array of spices along with extensive amounts of ghee.

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FOOD INBOUND

REVIVING THE FESTIVAL TASTE

It is amusing to learn about this festival from different people who have their own way of celebrating it. Dashain brings life to colors, friendly matches over kites and joyful gatherings with friends, which is apparent on everyone's faces and heart as they share the festive culture and rituals.

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TRAVEL

SEVEN SUMMIT CHALLENGE

The Seven Summits are the highest mountains of each of the seven continents. Undertaking the task of climbing the summit of all of them is called the Seven Summit Challenge. The challenge is seen and noted as a mountaineering and exploration achievement by many.

30

PICTURE PERFECT

AYO AYO LAKHEY AYO!!!

The traditional depictions of the Lakhey state them as demons, who bring forth nothing but evil and terror into the lands. History is riddled with tales and lores of the ferocity of these beasts but among all of the Lakhey's of this Newar Valley.

44

संस्मरण

बौलो संसार

तराँचे मध्य नेपालको लमजुङ्ग जिल्लामा पर्ने एउटा सानो गाउँ हो, जुन गाउँ मर्याङ्दी नदीको देब्रे किनारमा अवस्थित छ। यस गाउँबाट केवल १४ किलोमिटर उत्तरमा मनासलु र हिमालचुलीका डरलाग्दा हिउँ चुचुराहरू देखिन्छन्।

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REFRESHMENT

HOROSCOPE & FLOWERS

It isn't just astral stones that can be associated with Zodiacs, but flowers as well. The Zodiac in relation with its flowers is said to attribute the qualities of the flowers and their level of beauty.



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खुसी ON गरौं !

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FESTIVAL CALENDAR



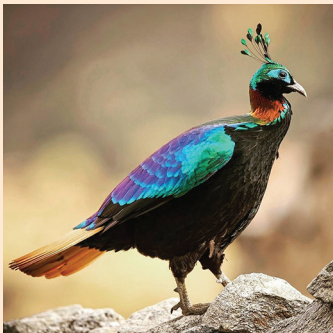
OCT 5-9 DASHAIN

This is the longest Hindu festival in Nepal, traditionally celebrated for two weeks with lots of prayers and offerings to Goddess Durga, the Universal Mother, who was created out of the shakti or energy of all the gods and armed with weapons from each of them. Dashain is a festival that brings with it many family reunions, exchange of gifts and blessings, and elaborated pujas.



OCT 25 TIHAR

The five-day festival also known as the festival of light, honors various deities such as Yama, the God of Death along with Laxmi the Goddess of Wealth. The celebrations begin with the adoration of crows and dogs. They are adorned with garlands and offered various dishes in honor of their love and dedication. Residents and buildings all over the country are decorated with garlands and lights to welcome the Goddess of Wealth into their homes.



ABOUT DANFE

The national bird, Danfe (Lophophorus) is a sight to the sore eyes. Its exquisiteness is unparalleled. Danfe, found in the high altitudinal regions, represents Nepal and reflects the diversity and splendor, the land is famous for. Inspired from the Himalayan Mural, 'Danfe' is the Inflight magazine of Himalaya Airlines which echoes the commitment, passion and excellence the airlines holds true.

Danfe is a quarterly publication which strives to be a guide for all its readers to and from the Himalayan nation. Through its stories and photographs it emphasizes the people and everything that make the country special. The pages of Danfe take you on a journey into the corners of Nepal and other parts of the world. It connects you to the different colors of lifestyle, covering a broad range of issues from culture & tradition to health, education & entertainment.

NOV 2

CHHATH PARVA

Chhath Parva attracts thousands of pilgrims to the holy town of Janakpur in south-eastern Nepal every year. However, it is also celebrated all over Nepal, including Kathmandu, where people especially from Terai region gather along river banks to worship and to achieve purity, both physically and spiritually.

DEC 12

YOMARI PUNHI

Yomari Punhi is a harvest festival celebrated by the Newari community. The festival derives its name from Yomari, a sweet treat made with a shell of rice flour and filled with molasses. On this full-moon day, people from Kathmandu valley worship to Annapurna, the goddess of grains, for the rice harvest of the season. According to legends, Suchandra and Krita, a married couple, were the first individuals to experiment with fresh yield of rice from their field in Panauti during ancient times. What resulted from it is famously known as Yomari today.



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TASTE OF DHAKA

Bangladeshi cuisines, like any other, has been shaped by the nation's diverse history and geography.

SHOBHAN SHRESTHA



DHAKA BEING THE MUGHAL CAPITAL OF THE BENGAL SUBAH (WHICH INCLUDES THE MODERN BANGLADESH AND THE INDIAN STATE OF WEST BENGAL) WAS A MAJOR TRADING CENTER IN SOUTH ASIA.

The cuisines in Dhaka have largely been influenced by the Mughlai cooking practices left behind by the Persian Rulers. This led Bangladeshi cuisines to include various rich aromatic dishes that require the use of a large array of spices along with extensive amounts of ghee. Dhaka, being the Mughal Capital of the Bengal Subah (which includes the modern Bangladesh and the Indian state of West Bengal), was a major trading center in South Asia. Hence, many culinary styles from around the world have also influenced the city's cuisines, allowing even Persian, Turkish and Arabic influenced dishes to become hugely popular.

MISTI DOI (SWEET YOGHURT)

Sweet Yoghurt is a traditional Bangladeshi dessert item locally known as Misti Doi. It is a healthy low-fat dessert and no Bengali meal is considered complete without it. Unlike regular yoghurt, Misti Doi is very thick and dense.

This sweet dish is made with milk and sugar or jaggery. The techniques used in the preparation stage make this yoghurt unique from any other normal yoghurt. It is prepared by boiling milk until it is lightly thickened, then sweetened with sugar or jaggery, and finally allowing the milk to ferment overnight. Earthenware is always used as the container for making Misti Doi because the gradual evaporation of water through its porous walls not only further thickens the yoghurt, but also produces the right temperatures for the growth of the culture. It is normally served in small cups made of pottery.

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▲ **KACHCHI BIRYANI- SPECIAL BANGLADESHI FOOD**

Kachchi Biryani is usually a featured dish for celebrations and special occasions. Layers of meat, rice and potatoes are infused with warm and delectable blends of aromatic spices to prepare this special dish.

The term 'Kachchi' means raw, referring to how its ingredients are combined while raw and in layers instead of first cooking the meat or rice separately. Traditionally, Kachchi Biryani is cooked in a clay oven and the cooking pot is

usually sealed with flour dough to allow the biryani to cook in its own steam. The sealed pot is opened only when the biryani is ready to be served.

A simple salad works really well as a side for the Kachchi Biryani, but if you really want to go traditional, one must serve Shami Kabab and chutney (pickle) alongside it. Also quite popular is to have Borhani with the biryani, which is a traditional yoghurt drink. This biryani is one of the most popular formal dish recommended to be tried at least once while visiting Bangladesh.



▲ **DHOKAR DALNA**

Dhokor Dalna is another signature dish of Bangladeshi cuisine. The dish utilizes lentils to make a fried cake, slightly simmered in a tomato-based gravy and seasoned with spices such as ginger, cumin and coriander.

The dish is then served with steamed rice or with a bread side such as paratha or chapati.

Dhokar Dalna also sometimes utilizes onion and garlic in the preparation, although the traditional method of making the dish excludes these ingredients. If included, however, they combine perfectly with the tomato gravy and spices to result in a super tasty vegetarian-friendly side dish.



▲ **HALEEM**

Haleem is basically a spicy lentil soup which is very popular in Bangladesh. It is made of wheat, barley, meat (usually minced beef or mutton), several types of lentils, spices and sometimes even rice. The dish is slow-cooked for seven to eight hours, resulting in a paste-like consistency that blends together all the flavors of the ingredients.

It is served with coriander leaves, lemon wedges, chopped ginger, green chillies and fried onions. It can also be served with Naan (flatbread made in a tandoor oven) or any other type of bread.



◀ **HILSA/ILISH CURRY**

Hilsa (or ilish) curry, as the name suggests, is made from the Hilsa fish, and is one of the most popular traditional Bangladeshi dishes. Hilsa curry is filling, flavoursome, easy to make and widely available due to the amount of Hilsa fish available in the region, especially during rainy season.

The Hilsa fish is marinated in a turmeric and chili paste, before being slowly fried on low heat and is served with mustard gravy and with rice. The result is a combination of sweet and sour flavours with an incredible spicy kick. Not even the head and the eggs are wasted when devouring this dish because each part has its own unique delicacies.

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A RUSH OF A LIFE TIME



PHOTOGRAPHED BY SURAJ PATRABANSHA

Are you tired from the monotony of living in a concrete jungles? Do you love adventure? Then think no further because Nepal has some great outdoor activities to keep you captivated. You will cherish every moment you spend in this beautiful country and we promise you will want to come back again for more.

DIBESH MANANDHAR

Are you a victim of 9 to 5 jobs and a routine life? Then a break might do you some good. Forget your everyday schedule for once and distract yourself with some time on your own doing the things you like. Go outside and experience the challenges nature throws at you. And if you're looking for the extremity of nature's challenges, trying hands-on adventure activities takes the first place. Take the road that is less travelled, ride down a huge drop on a mountain bike, or paddle your way through river rapids; whatever you choose to do, make sure it is unique, and which has not been done by many. And what better place than Nepal to try out these adventure activities.

A mecca for outdoor aficionados, Nepal is the perfect place for different kinds of adventure sports. There's never a shortage of outdoor activities to do in Nepal and the list is not going to be shorter any time soon. People choose Nepal not only for its outdoor activities, but also to indulge in its unique local culture and traditions. The high mountains along with the many cultural heritages present here make it a really thrilling destination for tourists.

Planning to travel to Nepal will be one of the best decisions you will ever make. There are very few countries in the world that tourists flock into looking for gigantic mountains, rolling hills and plain meadows. Nepal is great in terms of affordability and also for making

new adventure pals along the way. The country is lush with green hills, stunning landscapes, and graceful water-bodies that come tumbling from the Himalayas. Nepal is also home to eight among the ten highest peaks in the world. Taking all of this into consideration, it is the perfect place for daring adventure sports. We list below some of the most sought out outdoor activities in Nepal.

MOUNTAIN BIKING

One of the best ways to connect with nature and escape the hustle and bustle of the city is mountain biking. It requires the core strength of the body, endurance, balance on the bike and self-sustenance capacity. While mountain biking can be an exhilarating sport, it has also been growing popular recreational activity.



PHOTOGRAPHED BY DIBESH MANANDHAR

CLIMBING UP A CLIFF, BOULDER OR EVEN AN INDOOR CLIMBING WALL REQUIRES A LOT OF PHYSICAL STRENGTH AND ENDURANCE. IF YOU'RE REASONABLY FIT, AND PUT ON PROPER GEAR AND EQUIPMENT, YOU CAN EASILY CONQUER ALL THE CHALLENGES OF ROCK CLIMBING.

With various disciplines of its own, one can enjoy free-riding, cross-country and downhill mountain biking on different types of terrain. If you want to cover a lot of ground and make fast ascents in flat terrain, then cross-country biking is for you. But if you want a feeling that you're in the wilderness and wish to ride on rocky, steep terrains, then you might want to try free-riding and downhill mountain biking.

Kathmandu valley's traffic situation is getting more and more hectic and congested to offer a pleasant mountain biking experience. But once you get to the outskirts of the valley, the terrains offer some great trails for biking. Taking a mountain bike to the off-beat paths in the outskirts of valley allow you to discover authentic traditions and culture of the local people. The best short trails around Kathmandu to ride on your mountain bike are the Shivapuri-Sundarijal route, Helipad trail, Kakani-Shivapuri route, Khokana, and Chhampi. But if you have plenty of time on your hands and want to try more challenging and adventurous trails, then taking a multi-day biking trip is the best choice. The Annapurna circuit trek ranks at number one, offering pristine views of the arguably most beautiful mountains. The second being the Mustang area, with truly spectacular landscapes providing mystical vibes. Lower Mustang is convenient to get to and the Lubra Valley, especially, has a reputation for having some of the most beautiful trails in the area. While on the other hand, Upper Mustang is very remote and not as easily accessible, but it is well worth the risk as you get to ride your bike along the ancient city of Lo Manthang.

Nischal Khakurel, an avid mountain biker from Kathmandu, shares, 'I enjoy the feeling of the wind hitting my face and the thrilling experience when riding downhill. You forget all the strenuous climbing and the hit of dopamine you get after your ride is worth it.'

ROCK CLIMBING

If you're looking for fun, fitness, and a healthy dose of adrenaline, then rock climbing is a deserving pursuit. Though it entices some really daring people, rock climbing is also enjoyed by the layman. Rock climbing has its own share of challenges. Climbing up a cliff, boulder or even an indoor climbing wall requires a lot of physical strength and endurance. If you're reasonably fit, and put on proper gear and equipment, you can easily conquer all the challenges of rock climbing.

For indoor climbing, also known as Wall climbing, stop by at Astrek Climbing Wall or the newly opened Kathmandu Sports Climbing Centre which are both in close proximity to Thamel in Kathmandu. Test your skills on their high walls and the multiple bouldering walls before you head up to scale some real rocks. As for outdoor climbing, you need to purchase or rent all of the required equipment, such as a good climbing rope, harness, climbing shoes, helmet, chalk and slings. Also, don't forget to pack a first-aid kit, some munchies and water for your trip. Some notable places for rock climbing are Hattiban, Nagarjun and Bimal Nagar. Hattiban and Nagarjun are around Kathmandu valley whereas Bimal Nagar lies on the Prithvi Highway on the way to Pokhara.

If you decide to go to any of these places, then Astrek could hook you up with good guides and the necessary gear. The technical rocks at Bimal Nagar, Tanahun, is not to be missed out on. You won't regret travelling 140 kilometers from Kathmandu since you will be able view Mt. Manaslu and Marshyangdi river while you climb the 55-meter natural rock. Bijayabar Pradhan, an aspiring photographer from Kathmandu, "rock climbing in Bimal Nagar felt like a real climbing trip in comparison to other climbing sites I've been to. You have to try it to experience the fun and excitement of conquering technical rocks."

PARAGLIDING

Have you ever wanted to soar across the sky like a bird? Paragliding lets you glide in the air using a wide canopy with fabric wings made up of a large number of interconnected cells. Being high up in the air on a glider will be a very different and unique experience.

Paragliding in Nepal started when a British pilot, Adam Hill came to Nepal and saw the prospect of tandem flights in the Lakeside of Pokhara. He is considered to be a pioneer of the paragliding industry here in Nepal. After he started his own company in Pokhara, many other pilots also started their own ventures and paragliding started to grow as a major adventure activity.

Among the different destinations available for paragliding, such as Godawari, Phulchowki, and Bandipur, the most popular and sought after destination is Pokhara. Pokhara is considered to be one of the top



PHOTOGRAPHED BY JULIE THORNTON

commercial paragliding locations in the world in terms of stable thermals, convenient take-off and landings, and some stunning views of the mountains and the Phewa Lake below.

There are a lot of paragliding companies around Lakeside Pokhara where you can sign up for the adventure. They take you in a van to Sarangkot with all the equipment. From Sarangkot, you take off for a paragliding experience that lasts for about 30-35 minutes. First timers might feel a bit dizzy in the beginning, but you get used to it soon enough. You see a bird's eye view of the Phewa

Lake and the surrounding villages. The pilot will take you for a merry-round in the air before landing on the famous landing zone of Pame. The best seasons to paraglide is during autumn or spring. Nevertheless, you could do it in any season if there is no rain and the thermals are active. Also, try and catch the air in the morning as the weather is usually perfect for flying. Jagan Nath Timilsina, an adventurer from Pokhara says, 'being a pilot myself, paragliding gives you pure joy and ecstasy and makes you feel like a bird flying freely in the sky.'

RIVER RAFTING

Whether you're on vacation or simply want to cool off some steam, river rafting is always a fun and invigorating adventure activity. While it is slightly physically demanding, it is still one of the best ways to enjoy the outdoors regardless of the level of your experience or fitness. The adrenaline rush and the excitement you get while paddling and tumbling down the fierce rivers cannot be matched by any other sport. While rafting is all about the thrilling experience, you should keep in mind that it is about working with the river current rather than fighting it. Nepal is known for being one of the best places in the world for rafting with exceptional river trails that involve paddling in steep streams to rowing your boat in gentle brooks. The rivers here are long and surrounded by amazing mountains, hills and jungle landscapes. Beautiful river views, a subtropical climate and sandy beaches all add up to an ideal place for camping as well after your trip.

Some of the most famous rivers for rafting are Trishuli, Bhotekoshi, Seti, Kali Gandaki and Tamur. Trishuli River's rapids are not that fierce, making it ideal for beginners of rafting. Nevertheless,



PHOTOGRAPHED BY SUNRISE PARAGLIDING, POKHARA



PHOTOGRAPHED BY CIPELSTURMS

ICE CLIMBING

Ice climbing is quite similar to rock climbing. Instead of climbing on rocky surfaces, ice climbers use crampons, ropes and other equipment to climb on ice. In fact, ice climbing evolved out of rock climbing and mountaineering activities. Adventure junkies will spend days with their faces facing against a glacier or a frozen waterfall trying to scale its slick, slippery and treacherous surface. In high altitude, the sport is physically demanding but also equally enthralling.

Ice climbing in Nepal has been shockingly underdeveloped and it was only after February of 2019, that Nepal Climbing Team (NCT), led by Vinayak Raj Malla, Bishnu Tamang, Mingma Sherpa, Dhurba Bista, and Sangam KC, with the purpose of promoting adventure sports in Nepal, started the first ice climbing festival in Humde of Manang region. Their plan was to take a jeep to Humde but the snowfall and icy conditions made the road impossible for the vehicle to travel. There were about 20 participants along with a few experienced guides. The climbing route in Manang which they scaled had been surveyed by the members of NCT a few years ago. Vinayak Jaya Malla, the Founder President of NCT said 'the participants had a lot of fun trying out a new sport which was a unique experience for them. We hope to continue every year and hopefully host more participants next year.'

Ice climbing is sure to be established as an extreme sport and an adventure opportunity during winters in Nepal. According to Malla, the event they organized sparked a desire among many individuals and they plan to promote ice climbing for the tourism development in Nepal, also keeping the motto of Visit Nepal 2020 in mind. Other places in Nepal where you can try ice climbing are in Langtang region, Everest region and Rolwaling valley. Furthermore, it can also be added in the to-do-things during the off-seasons in Nepal.



PHOTOGRAPHED BY THE LAST RESORT ADV. PVT. LTD.

the river does have some fluid and bouncy texture to it, making it great for first-time rafting experiences, along with some pretty amazing views of terraced farmlands, local villages and lush green hills. The starting point for Trishuli River rafting is Fishling, which is about 95 km from Kathmandu and is easily accessible by road.

But if you're looking for a more stimulating and thrilling river adventure, then you shouldn't miss out rafting on the Bhotekoshi river. The rapids on this river are bumpier and the raging river will get your heart racing with excitement. Even if you're a newbie to rafting, Bhotekoshi is still accommodating. Anamica Gurung a student of medical science an adventurer shares, 'rafting in Bhotekoshi was quite a roller coaster ride for me and my friends, going sometimes over calm waters, wild stretches and sometimes through passages scattered with high rocks. But it was definitely worth it and I'd recommend it for anyone who enjoys the thrill.'

BUNGEE JUMPING

Nothing comes close to the insanely terrifying and thrilling experience of bungee jumping. Yes, there are other sports which require you to nosedive from deadly heights, but this is the only one which does not require special training and also allows you to jump all by yourself. You need a lot of courage, vigor and the willpower to challenge your common senses.

Bungee jumping in Nepal started in 2001 and has been one of the most desirable sports since. Bungy Nepal is the pioneer of the sport in Nepal. Set on a high cliff-top gorge above the raging Bhotekoshi river and surrounded by dense forests, it is an ideal location to plunge yourself free in mid-air. The location is situated about 100 km northeast of Kathmandu

and takes around 3 hours to get there. The suspension bridge is built at a height of 160 meters and simply looking down will surely give you the chills.

To step off that platform is to win and lose a battle at the same time; you lose your nature of being afraid, but your willpower will be gloriously victorious. You will only be aware of the wind roaring in your ears, the adrenaline rushing through your veins, the obscenity spurting out your mouth and the feeling of nausea. But, surprisingly once you jump off the bridge, all your fears go quelled. Once you're falling, you're pledged to the emotions of the moment. Your decision to jump off becomes irrelevant, as do the consequences of doing so. Abhisek Manandhar an outdoor enthusiast shares his experience of his recent bungee jumping as, 'I had the most thrilling and exciting experience of my life. When I walked towards the edge of the jumping spot, I hesitated to jump at first. But when I finally jumped off the bridge, I felt the adrenaline rush and all my fears simply went away.'

Bungy Nepal accommodates other adventure activities at their vicinity too like the Canyon Swing, which is probably the world's highest swing offering you a gravity-defying adventure. The swing is a free fall from the same suspension bridge people do bungee jumping, 100-meter-high and at a speed of 150 km/hour, all amidst the green hills.

A second famous location for bungee jumping is in Pokhara, and located about 20 minutes from Lakeside. The area offers a mesmerizing view of the majestic Himalayas, the green hills and rivers. Although it is relatively at a lower height, it is nonetheless equally exciting and stimulating.

REVIVING THE FESTIVAL TASTE

Bring your authentic traditions into your own little kitchen.

PRATISARA MANANDHAR

It is amusing to learn about this festival from different people who have their own way of celebrating it. Dashain brings life to colors, friendly matches over kites and joyful gatherings with friends, which is apparent on everyone's faces and heart as they share the festive culture and rituals.

Families come together to celebrate this occasion from around the world. The times have changed, for families are now living across the globe more than before. And it's this time of the year their presence is missed the most. Mr. Santosh Subedi KC at the Hotel Yak and Yeti shares to us similar scenario. While he was staying in Dubai for 13+ years, Dashain for him was spent with his colleagues and room-mates. Working and growing as a chef, the vibe of

the festival brought him joy in the same way he could have in Nepal.

Back in Nepal, the desire to celebrate this festival well is present in everyone. It provides a break from work life, and people finally get to spend moments with their loved ones. Houses are filled with relatives and long tables are laid out with lots of delicacies. But what actually is different during this 10-day festival is mix of ingredients for the same recipe to make a different dish.

Life away from home can be only relatively same. The memory gathered during childhood is different to adulthood, and to live in a completely

new place is always a challenge. Nepal is a highly contextual country and the way festivals are celebrated can be taken as a good example. Food is one of the major components of our festivals. No guest is allowed to leave the house without first having a feast. It remains uniquely consistent in every household.

Nepal grows some of the rarest spices in the world. These spices can be found in most of our Himalayan and Terai region. It is famous for its pungent and addictive flavors. One of the most common and popular spice in parts of Kathmandu and Pokhara is Timur. Timur is a strong black pepper that adds a certain unique kick in taste to different dishes.

Biting directly into it may not be everybody's favorite, but it is





NAMASTE

LAGER BEER





surely a flavor nobody can actually resist. It was made famous in Kathmandu fast-food culture after all the different fast-food establishments and their chains began adding the spice in the food they serve, lightly dusting it over their fried sausages, salamis and fries. Pokhara on the other hand, uses this spice in a very subtle way. If you lunch or dine at a Thakali restaurant, you may as well find the ingredient in its condiments (side dishes).

'Experiencing a true Thakali set is only available at Pokhara,' states Mr. KC. Other than that, if Dashain had to settle in the Terai region, you may have the chance to experience their version of sticky rice. Ghungi, a dish cooked over a Hadi (a clay pot cooked over flames) with Chichar, a sticky rice cooked in traditional way and flavored with spice.

A whole new perspective revealed itself when I realized our chef was a vegetarian. As amusing it was for me, I got to learn the exquisite side of vegetables. The most popular vegetable ever, potatoes, can be made in a variety of ways; wedges, fries, spicy - you name it. We also have mushrooms and paneer that make for great festive dishes. Khalpi ko achar is a best seller, a side dish made out of locally grown Himalayan cucumbers mixed with boiled potatoes, onions, Himalayan plum and a sizzled pouring of mustard oil.

Cooking has no rules. The authenticity and uniqueness comes from different traditions. Not only true for Nepali households, but for people and families everywhere - secrets in recipes is what keeps the culture of families alive.



THE TRADITIONAL WAY

This festival is incomplete without a variety of meat dishes. Each household has their own recipes and secrets of cooking meat. One traditional way of cooking is by drying out all the water/moisture from the meat. A hollow iron pan is used to prepare Pakku. The other method to cook a meat dish for guests is Jhol masu. The merrymaking of this dish lies in mix of spices and the time spent on cooking. Chef Santosh recommends, 'any cooking brings out the best flavors if it's cooked over direct fire and if the proper authentic utensils are used.'

LIFE AWAY FROM HOME CAN BE ONLY RELATIVELY SAME. THE MEMORY GATHERED DURING CHILDHOOD IS DIFFERENT TO ADULTHOOD, AND TO LIVE IN A COMPLETELY NEW PLACE IS ALWAYS A CHALLENGE.

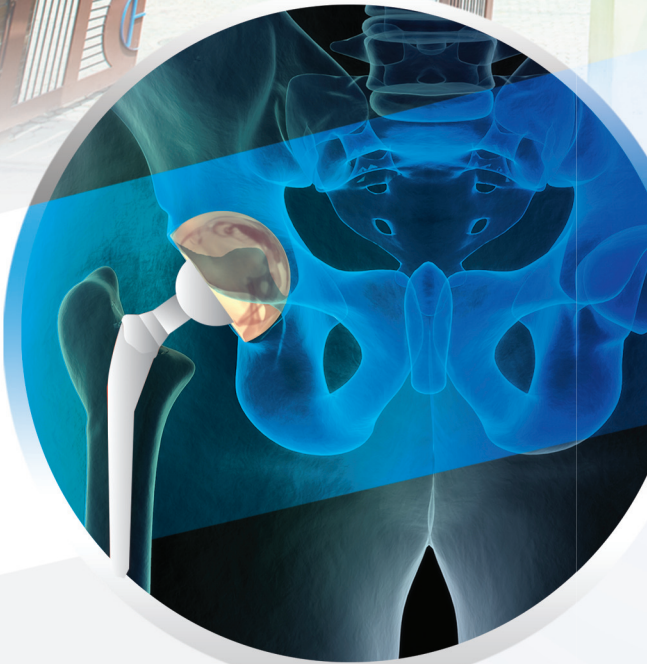
So while you celebrate these festivals away from home, if you could recreate similar cooking and tastes you've gathered from your childhood, you can bring yourself back home no matter where you are.

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Seven Summit Challenge

(AIN'T NO MOUNTAIN HIGH ENOUGH)

The Seven Summits are the highest mountains of each of the seven continents. Undertaking the task of climbing the summit of all of them is called the Seven Summit Challenge. The challenge is seen and noted as a mountaineering and exploration achievement by many.

TEXT BY SAMPANNA SHRESTHA



THE MOMENT WHEN YOU REACHED THE SUMMIT?

It felt like a long moment. For me it was not just about climbing Everest, it was the fruition of a dream of six years. That moment at the summit was extremely beautiful. Especially when arriving at the summit, the colors seemed to be changing and everything seemed so clear as I witnessed the sunrise. It was so beautiful that there is nothing like it that I could describe.

HOW LONG HAS THIS EXPEDITION BEEN IN YOUR BUCKET LIST?

I started this journey in the year 2012, so about six and a half years. During July 2012, I climbed my first mountain. Initially I had planned to finish it by 2014 but I had to pursue my PhD so I had to stop that year until the year 2017. I was able to continue the expedition in 2017 as I had set myself the goal to be at Everest in 2019.

WHAT WAS BEST PART ABOUT THE EXPERIENCE?

For me the best part is the long durations of the expedition and being busy with the daily activities. Even now I miss being there so much that it makes me want to go back. Staying in the mountains for a long time and learning and discovering oneself alongside my team were certainly hard and challenging moments but they have led to wonderful experiences as well.

DID YOU FACE ANY CHALLENGES ALONG THE SIX YEARS OF YOUR PLANNING?

Other than the physical aspects of training it was the procuring of funds and getting sponsors for the expedition. The entire thing was a learning process for me as to how to make others believe in my project or dream. Sometimes going solo at a certain thing in life is possible but there will come a point in time where it isn't

“No single mountain ever came to me...so I always go to them” – Erik Tanghe

Imagine climbing one of the highest known mountains in the world. A test to push one’s own limits. Now imagine climbing each one of the highest mountains in the seven continents; a feat unlike any other. That is the Seven Summit Challenge. A challenge that sets a person towards a unique achievement in mountaineering and exploration.

Recently completing the Seven Summit Challenge, Dr. Joyce Azzam and Mr. Alvedis Kalpaklian both talk about their personal journey

in completion of this challenge, their thoughts on mountaineering in Nepal, and the people of the Khumbu region. Additionally, they also provide some suggestions on Visit Nepal 2020 in the sector of Mountaineering.

DR. JOYCE AZZAM

Dr. Joyce Azzam is from Lebanon who is a Conservational Architect with a PhD in Landscape and Environment. She is the first Lebanese woman to complete the Seven Summit Challenge.

SO YOU COMPLETED YOUR SEVEN SUMMIT EXPEDITION THIS SEASON WHEN YOU CLIMBED MOUNT EVEREST, CAN YOU PUT INTO WORDS

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DR. JOYCE AZZAM IS FROM LEBANON WHO IS A CONSERVATIONAL ARCHITECT WITH A PHD IN LANDSCAPE AND ENVIRONMENT. SHE IS THE FIRST LEBANESE WOMAN TO COMPLETE THE SEVEN SUMMIT CHALLENGE.

ARE THERE ANY FUNNY MOMENTS YOU CAN RECALL FROM ANY OF YOUR EXPEDITIONS?

Once while arriving to base camp, I was quite focused on taking pictures and videos. Suddenly a yak came towards me that startled me and I fell on my face. At that time, I thought to myself 'You climb some of the most dangerous mountains in the world and somehow manage to fall on your face by being surprised by a Yak!' Rather than being funny, I think it is more of an embarrassing story.

IN THE FUTURE WHAT DO YOU THINK THE IMPACT OF CLIMATE CHANGE AND GLOBAL WARMING ARE GOING TO BE IN THE MOUNTAINOUS REGIONS?

It is very obvious that they are affecting not just the area but the world. Global warming and Climate Change is showing its effects everywhere. Even if I haven't done much studies of the regions in Nepal, speaking to the locals who have been monitoring the regions tell me that they have seen many changes. I have seen a glacier melting and reducing in size at Kilimanjaro and I think similar effects are possible in the Himalayas that are significantly larger and more spread out.

WHAT WERE YOUR THOUGHTS ABOUT THE CULTURE OF THE PEOPLE IN THE KHUMBU REGION?

The culture of Nepal is extremely rich and I really got the chance to witness one of the most unique ones. Additionally, the people were quite progressive. Especially the women of the Khumbu region impressed me, because of how strong they are both physically and mentally. It was inspiring and interesting to see women managing and taking care of businesses and their families. It was quite empowering to see as I am someone who continually promotes women empowerment. It was moments such as going to Namche at 3000m and meeting a powerful Sherpa woman who runs a hair salon and knows what she wants in her life, that kept me inspired.

possible to succeed by not making people believe in your dream.

WHAT WAS YOUR FAVORITE MOMENT THROUGHOUT THE SIX-YEAR JOURNEY?

My favorite moment has to be arriving at the summit and coming back to base camp safely. Of course the summit is amazing and beautiful but for me the feeling of safely getting back to the base with my team is beyond words. Our "summit" is coming back to the base safe and sound.

HOW IMPORTANT DO YOU THINK IS SUSTAINABLE INFRASTRUCTURE DEVELOPMENT IN TERMS OF TOURISM?

It is very important. Especially in places such as the rural areas and the mountains as it can negatively impact these areas if they are not implemented properly. People and organizations should put in place proper management plans to better maintain all these assets that is available naturally. With such proper measures in place the landscapes can be preserved and its uniqueness will be available for everyone to experience and for humanity to cherish in the years to come.

WITH VISIT NEPAL 2020 COMING UP, FROM YOUR EXPERIENCE/ KNOWLEDGE/PERSPECTIVE WHAT DO YOU THINK THE GOVERNMENT OF NEPAL AND PEOPLE SHOULD FOCUS ON?

My expertise and experience is more towards the Mountaineering side which I believe needs better management. By managing the number of visitors to Everest and placing proper guidelines can help in proper regulation of the resources in the sector and help with overcrowding. Some of the things I have suggested to related organizations and governing bodies is to put systems in place such as pre-requisites to climb Everest, for example...Having climbed a certain number of peaks about 6000m to be eligible. I have proposed a few ideas and management plans concerning the trash problem in sites such as Everest Base Camp which many national and international organizations are willing to support. Additionally, I think there needs to be regulations and campaigns that educate people associated with mountaineering with cleaning, training and conserving the environment while expeditions take place.



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ALVEDIS KALPAKLIAN

Alvedis Kalpaklian is from Lebanon and of Armenian descent. He climbs mountains and takes people on trekking, and hiking tours as a mountain guide. He actively works towards supporting and promoting the mountaineering sector in Lebanon.

HOW LONG HAS YOUR JOURNEY FOR THE SEVEN SUMMITS BEEN?

I started in 2012, almost 7 years ago. Initially I got into mountaineering after a cycling trip in Switzerland in the year 2009 which included climbing three 4000m mountains in the Swiss Alps. After climbing those something sparked within me to climb and fall in love with mountaineering. In 2010 a friend of mine suggested to do the Seven Summit together. So we assembled 'Team Lebanon' and started the Seven Summit.

WHAT WERE SOME OF THE HIGHLIGHTS OF THE EVEREST EXPEDITION?

The expedition was complicated and very interesting. but full of experience. Since the mountain is huge a lot of time is required. Staying in the region for two months was quite hard to deal with since spending more time means having to deal with lot of emotions and physical issues. Preparing ourselves physically, mentally and emotionally can be quite challenging. All of these can make the Everest expedition hard other than the technicality of the climb.

WITH VISIT NEPAL 2020 COMING UP, FROM YOUR EXPERIENCE/ KNOWLEDGE/PERSPECTIVE WHAT SUGGESTIONS WOULD YOU GIVE FOR THE BETTERMENT OF TOURISM AND MOUNTAINEERING IN NEPAL?

I can see that everyone associated with Visit Nepal 202 is excited for the festival which makes us excited as well. Personally I feel that proper planning

is most important along with the implementation of great ideas that benefit and grow the mountaineering sector. I already see great things being accomplished with events such as Himalayan Travel Mart and look forward to it.

ARE THERE ANY FUNNY MOMENTS YOU CAN RECALL FROM ANY OF YOUR EXPEDITIONS?

At the end of the expedition I had chosen to trek out and most of the people who returned from the summit they went to Kathmandu by helicopter. When I returned, the tents were empty and I felt left out and stranded. I felt like I was stranded alone in an island.

WHAT ELSE DO YOU DO BESIDES MOUNTAINEERING?

Actually I do not do much things besides that. I am into Multi-sports such as cycling, mountain biking, caving, rock climbing, hiking, etc. I tend to combine such activities in the tours that I organize to experience the local cultures as well.

DO YOU SEE ANY POSSIBILITIES FOR ADVENTURE SPORTS IN NEPAL?

Yes, I see the possibilities and they have also been implemented. I have been to rafting, rock climbing and the Jungle Safari as well. I see that the industry is covering a lot of things in this areas and it is steadily being implemented. Although I would love to see some more operations that focus on Mountain biking since there are many great terrains for it in Nepal.

WHAT WERE YOUR THOUGHTS ABOUT THE CULTURE OF THE PEOPLE IN THE KHUMBU REGION?

The people in the Khumbu region are very strong, both physically and mentally. Climbing mountains such as Everest would not have been possible without their help. They facilitated a lot for people who come to such expeditions. They are quite loving people and give a lot in return due to which we become like climbing buddies or in some way families with these amazing people.

DO YOU SEE MORE POSSIBILITIES IN TERMS OF TOURISM IN NEPAL?

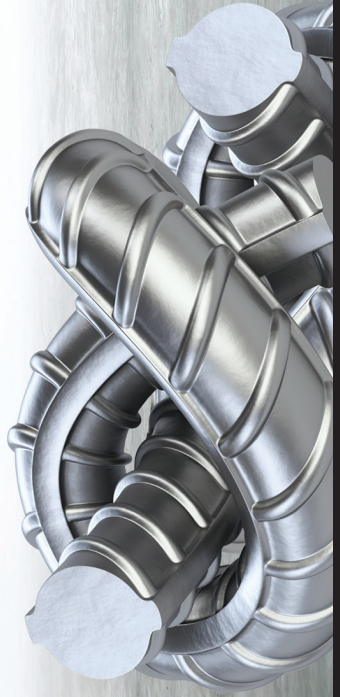
Actually, Everest tends to attract a lot of them and so do many of the Natural and Cultural heritage sites in Nepal. However, there is always a competition for being the well-known travel destination and it is best to not wait for travelers to hear about Nepal from other travelers. It would be best to put in more work towards creating more media campaigns and marketing strategies to attract travelers to visit Nepal since there are a lot of mountains and destinations with something magical in them that can easily attract people.



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PHOTOGRAPHED BY SURAJ PATRABANSHA

AYO AYO LAKHEY AYO!

The traditional depictions of the Lakhey state them as demons, who bring forth nothing but evil and terror into the lands. History is riddled with tales and lores of the ferocity of these beasts but among all of the Lakhey's of this Newar Valley. Among the various Lakhey's in Newari tradition the Lakhey's of Mi Pwa Lakhey of Lalitpur and Majipa Lakey of Kathmandu are two mavericks. They stand to protect their city, the inhabitants and use their ferocity to protect rather than destroy.

TEXT BY SHREYASHKA VIKRAM RAJ MAHARJAN



The Mi Pwa Lakhey which translates to Mi(Fire), Pwa(Ball) is celebrated on the day of Gatha Muga in the city of Lalitpur. The Mi Pwa Lakhey is a protective deity, and the dance of Mi Pwa is believed to rid the evil spirits and demons from the city.



During the celebration, Mi Pwa Lakhey is taken around the various parts of the old and new routes of the city of Lalitpur. Upon reaching the open square, the Lakhey puts forth a fiery display.



One of the main highlights of the celebration of Indra Jatra, the dance of Majipa Lakhey is a feast for all senses. The melody of the traditional instruments and the tantalizing dance of Majipa Lakehy is a majesty to behold.



TO LOMANTHANG & BACK!

‘Beautiful’ is an understatement for this place

TEXT BY: CIRCLE | PHOTOS CREDIT: MUKESH MAHARJAN & PRABIN MAHARJAN

Mustang opened its doors for tourism only after 1990, yet this region tops the travel wish-list for every Nepali, as well as foreigners planning to visit Nepal. The first trekking groups made their way to Upper Mustang in 1992, the same year it was included inside the Annapurna Conservation area. Leisurely sitting at the highest spot of this historic capital of the Kingdom of Lo Manthang, we sat down to take in the chill breezes. A spectacular 360-degree view of the dry rocky desert set right in front of us. Surrounded by mighty hills all around, the mountains rage with grandeur and magnificence. A set color scheme is

present for settlements here; white for royalty, mud-red for monasteries and brownish-grey for citizens. The limited color scheme exuberates vibrancy in its own unique way as it mingled remarkably well with the beauty of the entire place.

We decided on the route from Kathmandu to Beni, then to Chusang and Lomanthang, while also visiting Kagbeni, Muktinath and Pokhara in between on our motorcycles. Our travels began with very high hopes. We were looking forward to eating Yak meat at Mustang and visiting one of those ancient caves in the rocks where

people in the past lived. While the latter was easy to find, we witnessed so many of them as we rode the rocky terrain of Mustang, the yak meat seemed to be quite rare.

The first day was very ordinary; we rode from Kathmandu to Beni. There were several blockades placed for road construction along the highway, having to wait for almost 20 minutes at one point. However, the second day brought with it exactly what we were looking for - some good off-road route experience. Starting with rough gravel, followed by muddy ones and rocky terrains, the entire day was spent along



the beautiful tracks. Only after crossing Kali Gandaki river did we finally begin to feel that the Mustang trip has begun. Our resting stop for the day, Chusang, was surreal in itself. The highway separates into a small stone alley that passes by the rocky houses of the nearby settlements, and which opens back again into a one-way rocky uphill road. Braka Guest House here is one of the best places to dine at, with delicious food, cozy accommodation, running hot water and very hospitable people.

The third day was different, full of steep uphill and downhill rocky roads full of loose gravels and dry mud, making our bike rides quite challenging. At one point along the road, a whole section of a slope was a single flat rock inclined upwards. Gripping wasn't even close to possible and riding by yourself was not an option. But after a few of these

LEISURELY SITTING AT THE HIGHEST SPOT OF THE HISTORIC CAPITAL OF THIS KINGDOM, LOMANTHANG WITH JUST THE CHILL BREEZES, I FEEL THE SPECTACULAR 360 VIEWS OF THE DRY ROCKY DESERT SURROUNDED BY THE MIGHTY HILLS ALL AROUND WITH MOUNTAIN RAGES JUST BEYOND MAKES THIS PLACE WORTH ITS NAME.

demanding steep roads, the incredible views of Mustang slowly began to unveil itself. The roads after that lead us through rocky deserts that went up and down, with some points where our bikes declined to climb up with the terrain. Similarly, downhill became riskier with the mud and sand devouring our front wheels.

Mustang is basically a view of brownish-grey stretch with stripes and patches of mud red in general. As far as your eyes can take you, every direction is pretty much huge rocky deserts.

In between this rocky landscape are typical small village homes in different places, all made of rocks. A patch of agricultural land with some vegetation and a monastery. You see a remarkable big rock on a distance, apparently so gigantic that you still see the same rock even after riding for half an hour straight. But if you're lucky, you might just be greeted by a flock of blue sheep climbing uphill any time.

When we finally reached Lo Manthang, we visited the main monastery dating to 14th century. Its walls and ceiling



were all covered in masterful drawings of gods painted with natural color. The two storied sculpture of Buddha here, also from the same period, is a beautiful installment. We strolled around the hidden kingdom for the following two days talking to local people, watching children play, herds of horses and sheep roam around and watching the uncountable flags of Buddha flutter against the high winds. We simply fell in love with the kingdom. The local people here are very humble, and fashion their own unique dresses and colors.

Shiza Jong Cave at Choser, roughly 30 minutes away, is one of those huge rocks where the ancestors of this place used to once live in. They had dug up a number of practical living and working rooms as high as four stories. This cave is truly an ancient marvel. The temperatures inside are very livable and fresh as opposed to the desert. An hour long hiking trip took us to the ruins of the first royal palace of this place, with the most exceptional

THEY SAY DESERT GETS YOU LOST FOR A REASON, MUSTANG IS BASICALLY BROWNISH GREY WITH STRIPES AND PATCHES OF MUD RED IN GENERAL. AS FAR AS YOUR EYES TAKE YOU IN EVERY DIRECTION IS HUGE ROCKY DESERT.

view we had witnessed up until then. We gazed over a 360-degree view of Mustang from the top amidst the swirling sound of the high pace wind. The growing number of visitors here at Lo Manthang has helped it develop according to present times. It has a number of good hotels and lodges to cater the tourists, are equipped with modern amenities including Wi-Fi connections, and even serve freshly brewed coffee.

The 800-year old royal palace of Tsharang, out of the usual color and terrain of Mustang, popped out as a highlight when we were told that the builder's hands had been cut so that he would not be able to build

for any other king again. We weren't allowed to photograph the hand showcased in the palace but for that palm so preserved naturally, fingers so slender and beautiful; it's a pity. We stopped for the night at Kagbeni, opting against Muktinath on our way back. With Nilgiri standing tall behind this mystically beautiful village and a river running across, we lamented on not being here during the ripening season of apples that it's so highly renowned for.

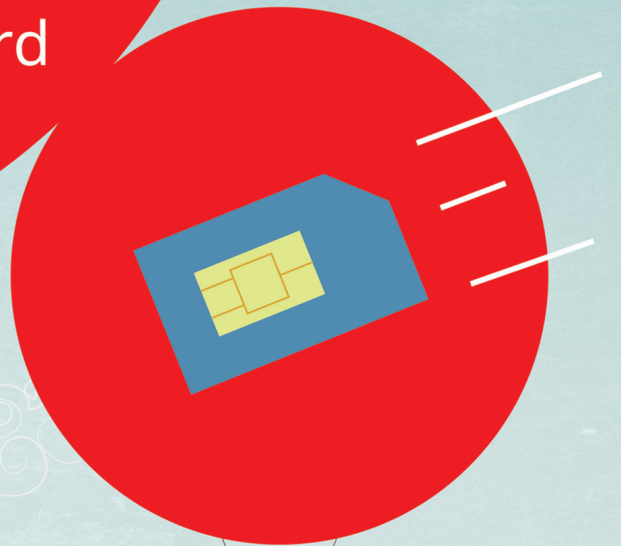
After our early morning visit to Muktinath, we visited Marpha, another beautiful village, just before we drove towards Pokhara the following day.

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फ्लेक्सी पोइन्टबाट निःशुल्क मिनेट र डेटा पाउनु हुने छ ।

ता कर्बू

डोरबहादुर विष्ट

गाउँ मुन्तिरको खोल्सोमा आइपुग्ने वित्तिकै घोडी एक पल्ट हिनहिनायो “हिंहिंहिं ... हिंहिंहिं।” ग्युर्मिले आफ्नो घोडीको स्वर प्रस्टैसँग चिन्यो। भुटेको करुको सातुमा नुनिलो चिया हालेर फिट्दै थियो ऊ।

घोडी हराएको पीरले रन्थिएर स्वास्नीलाई सराप्यै फत्फताउँदै बल्लबल्ल सातु खान बसेको ग्युर्मि हतपत्त फुरो भुइँमा राखेर घरबाट बाहिर निस्क्यो। घरको थारा माथिबाट घाँटी तानेर हेन्यो। घोडी उकालो लाग्दै थियो घरतिर।

ग्युर्मिको मनबाट ठूलो बोझ हट्यो। एक पल्ट बोलायो “आऊ आऊ।” आफ्नो मालिकको स्वर सुनेर घोडीले एक पल्ट मास्तिर हेन्यो। अनि फेरि एक पल्ट हिनहिनायो “हिंहिंहिं ... हिंहिंहिं।”

“ग्याबुकी आमा ! घोडी त आयो।” प्रफुल्लित हुँदै ग्युर्मि घरभित्र पस्यो। “आउँछ त मैले भनेकी थिएँ नि।” ग्याबुकी आमाले विजयी स्वरमा जवाफ दिई। घोडी कहीं गएको छैन फर्केर आउँछ भन्ने उसको अड्कल ठीक निस्क्यो।

हतपत्त गरी चियामा मुखेर डल्लो पारेको सातु खाइसकेर ग्युर्मि तल ओर्ल्यो घोडी स्याहारन। यतिन्जेल उसको घोडी घरमा आइपुगिसकेको थियो – ग्युर्मिले भित्र छिँडीबाट एक अँगालो सुकेको घाँस ल्याएर दियो। अनि मुसान थाल्यो घोडीलाई।

हिउँ जस्तो सेतो र दोहोरो आडको घोडी उसको गाउँभरिमा सबभन्दा राम्रो र फुर्तिलो थियो। गाउँलेहरू त्यसैले डाहा गर्दथे उसको। गाउँमा ग्युर्मिको भन्दा चौरी र भेडा धेरै हुने मानिस दुई-चार जना मात्र थिए।

उनीहरूको घर ठूला थिए। व्यापार बढी थियो। त्यसैले उनीहरूको हैकम सबैको भन्दा ठूलो थियो गाउँभरिमा। यो देखा सुन्दा र

सम्भन्दा ग्युर्मिलाई बराबर हीनताबोध हुन्थ्यो। तर त्यसै बेला उसलाई आफ्नो घोडीको याद आउँथ्यो। हिमालको हिउँ जस्तो सेतो, बराबरको स्याहार र दाना खुवाइले गर्दा चिल्लो र मोटो, अनि जातको असल हुनाले सबैको भन्दा ठूलो र दोहोरो आड भएको उसको घोडी गाउँभरि मात्र होइन त्यो खोलाभरिमा बेजोड थियो।

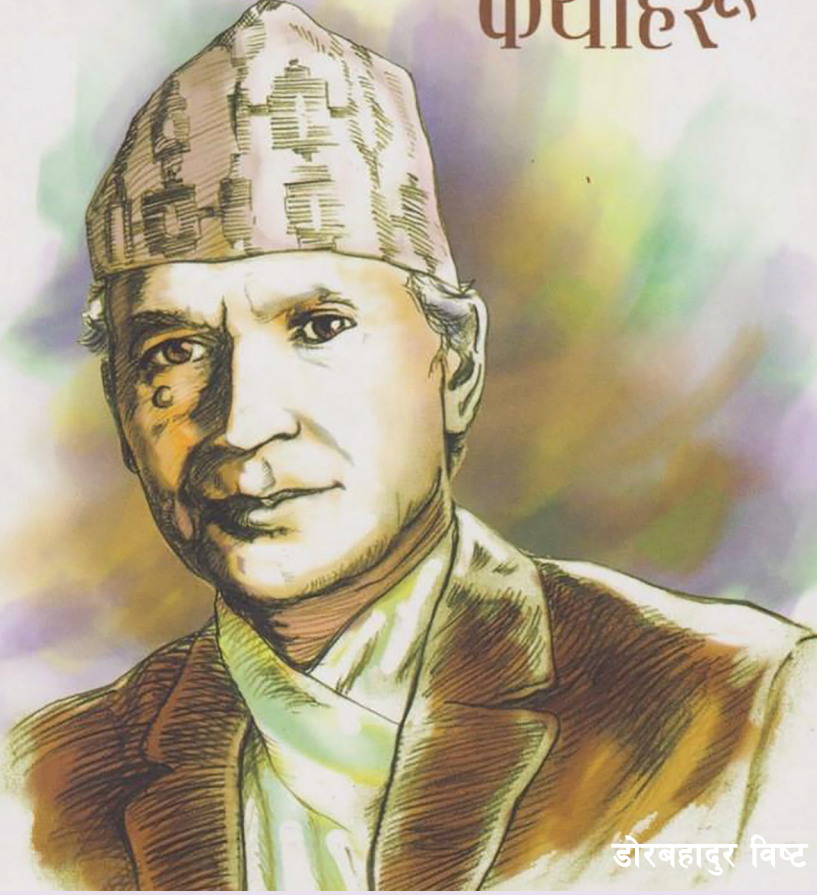
घोडाको बथानसँगै पाखामा चर्न गएको बेला ग्युर्मिको घोडीले दुई ओटा कान स्याप्य पारेर टाउको उठाएर “हिंहिंहिं ... हिंहिंहिं” गरेर हिनहिनाएको आहा ! क्या राम्रो र हेरिँहुँ जस्तो देखिन्थ्यो। टक्क निश्चल भई उभिएर टाउको मात्र अलिअलि चलाएको त्यो घोडीको चित्रले जोसुकैको आँखालाई लोभ्याउँथ्यो। ग्युर्मिको हृदयभित्र त यसको छाप जुगजुगसम्म नमेटिने गरी बसिसकेको थियो। कुनै बेला पनि यसको सम्भना आउँदा उसको छाती फराकिएर यति ठूलो हुन्थ्यो कि सिसै ब्रह्माण्ड त्यसभित्र अटाएको पनि ग्युर्मिलाई पत्तो हुँदैनथ्यो। ऊ आत्म-विस्मृतिको समाधिस्थ अवस्थामा पुग्दथ्यो। आफ्नो औकात, घर, स्वास्नी,

छोराछोरी, दुःखसुख, केहीले पनि छुन नसक्ने गरी उच्चतम स्थानमा ऊ पुगिसकेको हुन्थ्यो।

अरू कसको छ र त्यस्तो घोडी गाउँभरिमा ? कसको तागत उसको अगाडि घोडीबारे फूर्ति गर्न ? अरू कसले गर्छ यसले जति घोडीको स्याहार ? प्रत्येक दिन आफ्नै हातले घाँस र दाना हालिदिएर ग्युर्मि एक पल्ट घोडीको आड सबै मुसाथ्यो। घोडीले पनि त्यो स्नेहलाई राम्ररी बुझिसकेको थियो। कहिले कतै पनि ग्युर्मिको आवाज सुने पनि कान टाठो पारेर सुन्ने र “आऊ आऊ” भनेर बोलाएपछि उसको पछि लागिहाल्ने त्यस्तो अचम्मको बानी भएको घोडी पनि उसकै मात्र थियो गाउँभरिमा। गाउँलेहरूले डाहा किन नगरून् ग्युर्मिको ? कहीं पनि कहिले पनि घोडाबारे को कुनै पनि प्रसंग निस्कँदा ग्युर्मिको घोडीको उल्लेख नभई छाड्दैनथ्यो। अनि एक पल्ट फेरि



डोरबहादुर विष्टका कथाहरू



डोरबहादुर विष्ट

घोडीको मालिक ग्युर्मि चौरी गोठमा गएको हुनाले त्यो घोडी दिन असमर्थता प्रधानपन्चले देखाएको हो ।

ग्युर्मिले आफू र आफ्नो संसारलाई सिंगै निलेर पेटभित्र हाली उसको सेतो घोडीको चित्र मात्र आँखा अगाडि राख्दथ्यो । त्यो चित्र ठूलो र प्रस्ट हुँदाहुँदा ब्रह्माण्ड सिंगै धमिलो भएर विलाउँदै विलाउँदै त्यही घोडीको पछाडि लुप्त भैजाँन्थ्यो । अनि यो संसारमा ग्युर्मिको लागि यथार्थ भन्नु त्यही सेतो घोडी सिवाय अरु केही बाँकी रहन्नथ्यो । त्यो घोडीको प्रभावशाली अस्तित्व नभए अब ग्युर्मिको जीवनको महत्व नै कुनै ठूलो कुरो रहन जान्थ्यो र ।

आफ्नो सम्पूर्ण कुराको वजन र प्रभाव विस्तारै विस्तारै त्यही घोडीलाई अर्पण गरिसकेको कुरा पनि ग्युर्मिलाई होसै थिएन । ऊ घोडीको विघ्ने माया गर्थ्यो त्यो चाहिँ यसलाई राम्रै थाहा थियो । उसले विक्री गर्ने भए प्रशस्त पैसा

दिएर किन्न खोज्ने मानिस धेरै थिए । यो पनि उसलाई थाहा थियो । त्यसो त मौका परेमा त्यसलाई चोरेर भगाउन खाज्ने मानिसहरू छन् भन्ने पनि उसलाई थाहा थियो । त्यसैले कहिले कहीं एकैछिन मात्र उसको घोडी हराए पनि ऊ रन्थिनइहाल्दथ्यो ।

आज पनि चौरी गोठबाट फर्कने बित्तिकै “घोडी कता छ नि ?” भनेर उसले स्वास्नीसँग सोधेकै हो । ग्याबुकी आमाले डराई डराई सबै वृत्तान्त बताइदिएकी थिई । सिमानाका गाउँसम्म कुन्नि के कामले जान आएका प्रहरी चेक पोष्टको थानेदारले बलजपती उसको घोडी लिएर गएको थियो ।

जिल्ला सदरमुकाममा रहेको चेक पोष्टदेखि दुई दिनको बाटोसम्म हिंडेर आएका थानेदारले

घोडा चढ्ने अठोट गरेछन् । गाउँको प्रधानपन्च बोलाएर घोडा एउटा देऊ भनेर मागेछन् । तर गाउँका अरू सबै घोडा चराउन लेकमा पुऱ्याइसकेका हुनाले एउटा मात्र पाइन सक्ने त्यही सेतो घोडी थियो । घोडीको मालिक ग्युर्मि चौरी गोठमा गएको हुनाले त्यो घोडी दिन असमर्थता प्रधानपन्चले देखाएको हो । तर त्यो अनकन्टारको दुर्गम जिल्लाका प्रहरी चेक पोष्टका थानेदारको बलियो इच्छालाई टार्न सक्ने साहस त्यो दुर्गम गाउँका प्रधानपन्चमा कसरी हुन सक्थ्यो र ! थानेदारले ग्युर्मिको सेतो घोडी समातेर आफ्नो काम्लो घोडीको पिठ्यूँमा बाँधेर एउटा बलियो डोरीले थुत्तुनो वरिपरि बेरेर गाँठो पारी त्यसैको छेउलाई लगाम बनाई चढेर हिंडिदियो । जम्मा भएका सबै जना मुखामुख गरी अकर्मकिएर हेर्न थाले ।

ग्याबुकी आमाले दुई हात जोडेर बिन्ती गरी “लोग्नेले मेरो ज्यान लिन्छ हजुर । यो घोडी बच्चा पाउनेछ । यसलाई चढेपछि तुहिन्छ ।” थानेदारले उसको कुराको कुनै भाउ नै गरेन । सुनेको नसुन्थे गरेर बाटो लाग्न थाल्यो । ग्याबुकी आमाले स्वभावजनित सराप सुरु गरी, “मरिहालोस् तँ औलिया । सरकारी मान्छे जति सबै मरून् । गरिबलाई दुःख मात्र दिन आउने यी सरकारी मान्छे जति सबैलाई महारोग होस् ।”

उसलाई र गाउँलेलाई दुःख नदिने कुनै सरकारी कर्मचारी त्यहाँ आजसम्म पुगेको थिएन । थानेदारले प्रधानपन्चलाई भन्यो, “चुप लाग भन्दैऊ यो जिडिनीलाई नत्र म चेकपोष्टमा लगेर थुनिदिउँला ।”

भोटे कुरा पटककै नबुझे हुनाले ग्याबुकी आमाले के के भनिरहेकी थिई उसले थाहा पाएन । गाली गरिरहेकी छ भन्नेसम्म उसले बुझेको थियो । तर प्रहरी सेवामा काम गरि आएको धेरै वर्ष भइसकेको हुनाले यस्ता गालीहरूलाई वास्ता नगरी हिंड्ने बानी बसिसकेको थियो उसको ।

बाटो लागि सकेको थानेदारले प्रधानपन्च छुल्डिमलाई अज्ञायो – “ग्युर्मि आएपछि भनिदिनु म घोडा चाँडै फर्काइदिउँला ।” छुल्डिमले हात जोड्यो “हवस् मालिक” ग्याबुकी आमाले छुल्डिमलाई पनि सरापी –



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“प्रधानपन्च भएर गाउँलेको रक्षा नगर्ने । सरकारी मान्छेसँग मिलेर गरिवलाई दुःख दिने । तँलाई पनि के के भएको देख्न पाउँ, हे कुस्योक रिम्पोछे ।” उसले जुम्ला हात निधारमा पुर्‍याई ।

छुल्डिमले फेरि एक पल्ट थानेदारपट्टि फर्केर हात जोड्यो – “यो मुखाले आइमाईको कुरा नसुन्नुहोस् मालिक, ग्युर्मि आएपछि म सम्झाउँला ।”

अलि पर पुगिसकेको थानेदारलाई फेरि बोलाएर भन्यो, “साहिब यो चौथाले आइमाईले मेरो ज्यान लिन्छे, त्यसैले अर्को गाउँमा पुग्ने बित्तिकै यो घोडा फर्काइदिइवस्सेला, यसलाई ल्याउन मान्छे चाहिँदैन । एक दिनको बाटोसम्म जता लगेर छोडे पनि यो घोडी सुरु सुरु घर फर्केर आउँछ । अन्त कतै जाँदैन ।”

“हुन्छ हुन्छ, फर्काइदिउँला ।” थानेदारले फर्केर जवाफ दियो । ऊ जाँदै थियो । “राम्रोसँग पाल्नुहोस् है ।” छुल्डिमले बानी परेको आवाजले सौजन्य व्यक्त गर्‍यो ।

स्थानीय चलन अनुसार त्यसको जवाफमा “राम्रो बस्नुहोस् है” भनी बाटो लाग्नेले भन्नुपर्थ्यो । त्यसैले एकछिन छुल्डिमले कान थाप्यो । तर आफूलाई बढी शिक्षित र परिष्कृत ठान्ने ती थानेदारले ती असभ्य र अशिक्षित ठहर्‍याइएका हिमाली जनताको चलन, परम्परा र मायालाई स्वीकार गर्ने आवश्यकता देखेको थिएन । त्यसैले वास्ता नगरी आफ्नो बाटो लियो ।

थानेदार परै पुगेपछि छुल्डिमले ग्याबुकी आमालाई सम्झाउने प्रयत्न गर्‍यो – “ऊ पुलिसको हाकिम हो । राजाको मानिस हो । उसलाई गुन लगाई राख्नुपर्छ । मौकामा काम लाग्छ ।”

ग्याबुकी आमाले रिसाएर भनी – “हो तिमी प्रधानपन्च छौ, तिमीलाई यी औलियाको चाकरी गर्नुपर्छ । हाम्रो घोडीको रिस लाग्छ । अनि मरोस्, तुहियोस् भनी ठान्छौ । नोकसान हाम्रो हुन्छ । तिमी इष्ट कमाउँछौ ।” त्यसपछि छुल्डिम पनि चुप लाग्यो । ग्याबुकी आमा धेरै क्रुद्ध भएर घर पसी । विना कारण सानो निहुँमा ग्याबुलाई एक थप्पड लगाई ।

ग्याबु रुन थाल्यो । उसले हप्काई, “अभ्र रुन्छस्, मारिदिउँला भुतुकक पारेर ।” ग्याबु चुप लाग्यो । आधा मात्र खालि भएको पानीको भाँडो उठाएर ग्याबुकी आमाले बाँकी रहेको आधा पानी बारीमा फ्याँकी । अनि धारामा पानी लिन गई । धाराबाट फर्कुन्जेल उसको रिस केही शान्त भइसकेको थियो । उसले अब चियाको पानी बसाली भुजुङ्गभरि । दुई मुठी भोटे चियाको धूलो हाली त्यसमाथि अनि दाउरा ठोसठास पारेर आगो बालेर छोडिदिई । यति गरिसकेपछि अधि नै भुटेर ठीक पारिसकेको उवा जाँतोमा पिँघेर सातु बनाउन थाली ।

एकपछि अर्को धन्दा सट्टामा व्यस्त हुन थालेपछि उसले घोडी बलजपती थानेदारले लगेको कुरा पनि बिसिँदिई । बेलकीपख ग्युर्मि घरभित्र पस्दा पो उसले भ्रस्याङ्ग सम्झी घोडी घरमा छैन । उसलाई एक पल्ट असाध्य डर लाग्यो लोग्नेको । तर एकैछिनमा घोडीको माया र घोडीलाई दुःख दिनेप्रतिको क्रोधले आफ्नो लोग्नेप्रति पलाएको सहानुभूति र समवेदनाले डरलाई पन्छाइदियो । अनि बडो दुःखित भएर बिस्तारै सबै वृत्तान्त लोग्नेलाई सुनाई । ग्युर्मि निश्चल तस्विर भई भएर सुनिरहेको थियो । ग्याबुकी आमाको अभ्यस्त आँखा र अभ्र भित्री हृदयले देख्यो ग्युर्मि ठूलो वेदनाको अनुभव गर्दै छ । त्यस्तैमा केही लोग्नेको र केही आफ्नै वेदना कम पार्न उसले प्रधानपन्च छुल्डिमलाई एक पल्ट सरापी ।

“त्यही मन नसकेको छुल्डिमले त हो नि । त्यो औलियालाई रिभाउन चाकरी गर्न मालिक, मालिक भन्दै घोडी लैजान दिएको । हाम्रो घोडीको कति आरिस गर्छ त्यो छुल्डिम ।”

धेरै बेरपछि भित्र मुटुदेखि निस्सासिँदै ग्युर्मिको मुखबाट केही शब्द बाफिँदै निस्के – “हाम्रो घोडी देखेर त्यसै त्यसै डाहाले भुतुकक हुन्छन्, गाउँलेहरू ।”

अनि एक पटक स्वास्नीमाथि खनियो – “त्यो औलियाले आफ्नो घोडीलाई घिच्याएर लैजाउन्जेल के हेरेर बसेकी तँ ? सकिनस् आफ्नो घोडी खोसेर ल्याउन ?” उसलाई राम्रै थाहा थियो ऊ चाहिँने कुरा गरिरहेको थिएन । उसकी स्वास्नी त के प्रधानपन्चले पनि त्यसो गर्न सक्ने कुरा होइन । तैपनि ऊ आफ्नो चोट लागेको कलेजोमा मलम लगाउँदै थियो कोटचार ।

“यस्तै नामर्द स्वास्नी भएर त मैले दुःख पाएको ।” “के गर्नु यी गोर्खाली औलियाले राजाको धाक लगाएर दुःख दिन कहिले छोड्लान् र आनन्द होला ।” बिस्तारै ग्युर्मिको रिस कम हुँदै गएपछि ग्याबुकी आमाले भनी – “घोडी त चाँडै फर्कला । अर्को गाउँमा पुगेपछि घोडी फर्काइदिनु भनेर त छुल्डिमले पनि भनेको छ ।” त्यसै भरोसामा ग्युर्मिले चित्त बुझायो । स्वास्नीले एउटा ठूलो फुरोमा सातु हाली त्यसमाथि एक डल्लो नौनी हाली अनि दुई डाडु नुन हालेर मथिसकेको चिया हालिँदिई । ग्युर्मि सातु मुख्दै खान बसेको मात्र थियो घोडीको आवाज सुनिहाल्यो ।

“हिँहिँहिँ ... हिँहिँहिँ ।” उसकै घोडीको आवाज थियो । त्यसैले खान ठीक पारेर मुखिसकेको सातु छोडेर ऊ घोडी स्याहारन तल ओर्लेको थियो । घाँसदाना हालिसकेर एक पल्ट आइभरि मुसादै घाँटीमा अँगालो हालेर घोडीको गालामा आफ्नो गाला जोडै ग्युर्मिले बिस्तारै भन्यो “ता कर्बू !” त्यतिन्जेल स्वयम् ग्युर्मिको दुवै आँखा आँसुले डम्म ढाकिसकेका थिए ।

यो कथा हिमाल किताब द्वारा प्रकाशित 'डोरवहादुर विष्टका कथाहरू' नामक पुस्तकबाट साभार गरिएको हो ।



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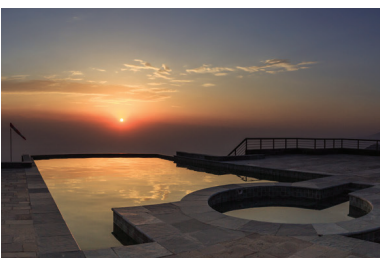


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लौलो संसार

डा. हर्क गुरुङ

तराँचे मध्य नेपालको लमजुङ जिल्लामा पर्ने एउटा सानो गाउँ हो, जुन गाउँ मर्स्याङ्दी नदीको देब्रे किनारमा अवस्थित छ। यस गाउँबाट केवल १४ किलोमिटर उत्तरमा मनासलु र हिमालचुलीका डरलाग्दा हिउँ चुचुराहरू देखिन्छन्। हो, यही तराँचेमा ठूलाको जन्म भएको थियो, जहाँ उसका पिताले लाहुरे भएर कमाएको पैसाले राम्रो बन्दोबस्त गरेका थिए। पहिलो विश्वयुद्धमा बृद्ध फ्रान्स र प्यालेस्टाइन पुगेका थिए र सन् १९१९ को बजिरिस्तानको लडाइँमा बहादुरी देखाएवापत उनको नाम सरकारी पत्रमा समेत उल्लेख गरिएको थियो। ठूलाका दुई जना दाजुहरूले पनि दोस्रो विश्वयुद्धमा बर्मा र बोर्नोका जङ्गलहरूमा लडाइँ गरिसकेका थिए। यसरी परिवारका दुवै पुस्ता लाहुरे भएकाले घरमा युद्धका थुप्रै तस्माहरू जम्मा भएका थिए र ठूला उनीहरूले युद्धमा गरेका बहादुरीका बखान सुन्ने गर्थ्यो। उनीहरूले बयान गरेका टाढाटाढाका अचम्मका ठाउँ र मानिसहरूका कुरा सुनेर ऊ मक्ख पर्थ्यो।

मर्स्याङ्दीको गर्जना, गह्रैगह्रा परेका खेतवारीहरू र हिमरेखासम्म पुगेका वनले ढाकिएका

पहाडहरूबीचको वातावरणमा त्यस बेला ठूला रहन्थ्यो। हिमालचुलीको सेतो टाकुरापछाडि के छ र मर्स्याङ्दीको डरलाग्दो भेल कहिले आउँछ भन्ने कुराको ज्ञान उसलाई धेरै कम थियो। साथीहरूसँग खेलिरहनु र गाउँ वरिपरि गाईवस्तुहरू चराइरहनुमा नै ऊ सन्तुष्ट देखिन्थ्यो। गाउँका केटाहरूमध्ये मानिएको अगुवा थियो ठूला। किनभने ऊ सबैभन्दा टाढा ढुङ्गा हान्न सक्थ्यो। त्यस हूलमा आफ्नो उच्चता कायम राख्न ठूला सबभन्दा अग्लो रूख चढ्दथ्यो, सबभन्दा अग्लो कान्ताबाट हामफाल्दथ्यो र प्रायः उसले लडाइँ पनि खेल्नुपर्ने हुन्थ्यो।

ती केटाहरू स्वच्छन्दतापूर्वक घुमफिर गरिरहन्थे, गाउँका फलफूल चोर्थे र खोलामा माछा र गाँगाहरू मार्ने गर्थे। तिनीहरू युद्ध र सिकार तथा अन्य त्यस्तै खेलहरू खेल्दथे। एकपल्टको कुरो हो चराखेल खेल्दा ठूला निकै ठूलो दुर्घटनामा पर्‍यो। त्यस चराखेलमा ठूला चोर काग र अन्य केटाहरूचाहिँ गुँड बनाउने सानासाना चरा बनेका थिए। केटाहरूले गुँडहरू बनाएर त्यसमा ससाना गोलो बगरे ढुङ्गाका फुलहरू राखी लुक्न गए।

जब ठूला गुँडका फुलहरू चोर्न रूखमा चढ्यो तब ती अन्य केटाहरू चराले भैँ हातका पखेटाहरू हल्लाउँदै चोर काग बनेको ठूलालाई आक्रमण गर्न हुरिएर आए। त्यस मौकामा अत्तालिँदा ठूलाले आफूलाई उड्न सक्ने कागभैँ ठान्यो र रूखबाट एक्कासि हामफाल्यो। तर तल जमिनमा रहेको ठूलो ढुङ्गामा ऊ बेसरी बज्रिन पुग्यो र त्यसबाट उसको निधारमा निकै ठूलो चोट पर्न गयो। त्यो चोट केही महिनापछि निको भए पनि त्यसको दागचाहिँ सधैंका लागि रहिरह्यो।

त्यसो भए पनि ठूलाको चकचकेपना र खेलवाडप्रतिको मोहलाई यस्ता दुर्घटनाहरूले घटाउन सकेनन्। चराचुरुङ्गीहरूलाई पासोमा पार्न ऊ सिपालु भएर निस्क्यो र कोही बेला छिमेकीका कुखुराहरूको सिकार गर्न पनि ऊ हिचकिचाउँदैनथ्यो। वसन्त ऋतुमा साथीहरूसँग चराका गुँडहरू खोज्न जङ्गलतिर जान ऊ खूब मज्जा मान्थ्यो। तिनीहरू चराको गुँडमा तीनहाँगे काठ राखेर त्यसमा घोडाको पुच्छरका पासो थाप्ये र जब चरा गुँडमा बस्न आउँथ्यो त्यस पासोमा फस्दथ्यो। ससाना बचेराहरू भएका गुँड भेटिएमा



सिङ्गै पहाड खाएर पनि मानिसको चित्त बुभ्दैन, सिङ्गै सागर पिएर पनि उसको तिर्खा मेटिँदैन । - तिब्बती उखान

चाहिँ तिनीहरूका माउ चराहरूलाई कहिल्यै पासोमा फसाउँदैनथे र त्यसै छाडेर घर फर्किन्थे । बरु, ती बचेराहरूको प्याँख लागेपछि तिनलाई घरमा पाल्न ल्याउने गर्थे ।

सबभन्दा राम्रो समय शरद ऋतु हुन्थ्यो, जुन बेला गाई, भैंसी, भेडावाखा र घोडाहरू लेकतिरका खर्कहरूबाट भर्छे र गाउँका खेतबारी हुँदो चर्दथे । गाउँ नजिकै गोठहरूमा दूध र नौनी घिउको छेलोखेलो हुन्थ्यो र केटाहरू दौडिरहेका घोडाहरू खेदने, पक्रने र चढ्ने गर्दथे । त्यस समयमा सयपत्री फूलहरू फुलेर गाउँ नै ढकमक्क हुन्थ्यो र यसै बेला दसैं र तिहारभरि

परिवारका सदस्यहरूको पुनर्मिलन हुन्थ्यो । शरद कालमा मृग, भालु र बनेलका सिकार गर्ने जेठापाकाहरूको चलनै थियो । ठूलाको घरमा सिकार खेलेर मारिएका विभिन्न जन्तुका सिङहरू थुप्रै जम्मा भएका थिए । केटाहरू ठूलाबडाले सिकार खेलेको सिको गर्न मन पराउँथे र त्यस्तै सिकारवाजी खेल खेल्दथे । केटाहरूमध्ये एक जना मृगको सिङ टाउकामा बाँधेर भाग्दथ्यो र अन्य केटाहरूचाहिँ सिकारी र कुकुरहरू भएर त्यसलाई खेत, बार तथा जङ्गलैजङ्गल लखेदने गर्दथे ।

ठूला जहिले पनि मृग बन्न रुचाउँथ्यो, उसको अति चाँडो दौडन सक्ने र कठिन बार तथा डिलहरू

नाघ्न सक्ने क्षमताले गर्दा उसलाई समात्न उसका साथीहरूलाई हम्मे पर्दथ्यो । कुनै साथी उसको नजिक आइपुग्यो भने कुनै उपाय नलाग्ने स्थितिमा मृगले सिकारी कुकुरलाई लात्तिले हानेजस्तै गरी उसले पनि त्यस साथीलाई लात्तिले मज्जासँग भर्कुने गर्दथ्यो ।

दाजुहरू सिकार खेल जाँदा आफूलाई पनि लिएर जाने आग्रह ठूला घरिघरि गरिरहन्थ्यो । एक पल्ट माइला दाजुसँग कालिजको सिकारमा उसले जान पायो । कालिजका विष्टा फेला परेको ठाउँमै कालिजहरू बास बस्छन् भन्ने अनुमान लगाएर उनीहरू त्यही ठाउँमा गएका थिए । माइलाले भरुवा बन्दुक र ठूलाले एउटा टर्चलाइट बोकेको थियो । त्यस ठाउँमा पुग्दा प्रायः अँध्यारो भइसकेको थियो । माइलाले ठूलालाई टर्चलाइट रूखतिर बाल्न लगायो टर्चलाइट लगाउँदा रूखका हाँगाहरूमा लहरै कालिजहरू बास बसेका देखिए । टर्चलाइटको प्रकाशमा ती चराहरू छक्क परेर आँखा भिम्काउँदै बसिरहे । माइलाले ताकेर बन्दुक पड्कायो । तर चराहरू खसेनन्, खालि बन्दुकको आवाज मात्र आयो । बन्दुकको घोडीमा बारुद पड्कन गएछ

उपत्यकामा रहेको बादल माथिमाथि हिँड्दा ठूला अति प्रफुल्लित भयो । रिमरिम साँभ पदा उनीहरू गोठमा पुगे जहाँ ठूलाले गन्नै नसक्ने सङ्ख्यामा भेडाबाखाहरू खर्किएका थिए । तीनओटा डरलाग्दा भोटे कुकुरहरूले गोठमा पहरा दिन्थे र तिनीहरू भुक्दा तिनको आवाज पहाडहरूबाट प्रतिध्वनित हुन्थ्यो ।

र माइलाको अनुहार मात्र कालै भयो । भाग्यवश उसलाई नराम्रो चोट लागेन । जब दुवै भाइले थोत्रो बन्दुकलाई सराफ्न थाले तब चराहरू पूर्ण चेतनावस्थामा आएर अँध्यारोमै उडेर गए ।

अर्कोपल्ट, ठूलाका जेठा दाजु भारतीय फौजबाट छुट्टीमा घर आएका बखत ठूलाले फेरि सिकार खेल्न जाने मौका पायो । जेठा दाजुले नयाँ बन्दुक किनेर ल्याएका थिए र त्यस बेला सिकार खेल्ने समय नभए तापनि उनलाई आफ्नो तारो हिकान्त गर्न सक्ने सीप देखाउने उत्सुकता थियो । एक दिन ठूलाले गाउँको नजिकै बारीमा कलिलो मकै खाँदै गरेको लड्गुर बाँदरलाई देखाइदियो । जेठा दाजु अति खुसी भए । ठूलालाई साथमा लिएर जेठो दाजु नयाँ बन्दुक लिई त्यस लड्गुरलाई हिकान्त हिँडे । बन्दुक लिएको मान्छे देखेर त्यो लड्गुर चाँडोचाँडो नजिकैको जङ्गलमा पसी एउटा अग्लो रूखमा चढेर बस्यो । ठूलालाई पछाडि नै बस्न भनेर जेठा दाजु चलाकीपूर्वक त्यस रूखतिर बढ्न थाले ।

आफूतिर त्यस बाँदरको ध्यान आकर्षण गरी राख्न ठूलाचाहिँ उफ्रँदै-नाच्दै र अनुहार विगाडै बस्यो । यो षडयन्त्र काम लाग्यो । ठूलाले ढचाङ्ग आवाजसँगै त्यो बाँदर भुइँमा खसेको मात्र देख्यो । दुई आँखाको बीचमा गोली लागेर बाँदर मरेछ । ठूलाले त्यसलाई त्यसै छाडी राख्न चाहेन र मरेको बाँदरलाई पुच्छरमा समातेर तान्दै गाउँको गल्लीमा ल्यायो । त्यहाँ ल्याएर बाटो छेवैको एउटा ढुङ्गामाथि पछाडिपछिबाट लठ्ठीले अड्याएर त्यस बाँदरलाई बसेको भै बनाइराख्यो । साँभतिर मानिसहरू कामबाट गाईगोरु र भैँसीहरूसँग फर्केर आउँदा पशुहरू तर्सिएर भाग्न लागे र मानिसहरू एककासि भएको त्यस खेलबैलादेखि अत्तालिए । केही बेरपछि मात्र कारण पत्ता लाग्यो र तिनीहरू एकैचोटि आफ्ना कोदाली, हलो र लौराहरूसँगै त्यस

बाँदरमाथि भूमिगत पुगे । तर पहिलो चोटमै त्यो बसिरहेको बाँदर पुकलुकक ढल्दा तिनीहरू भन्नु छक्क परे । डिलमाथि बसेर ठूला मरीमरी हाँसेको देखा मात्रै पो तिनीहरूले आफूलाई मूख तुल्याइएको कुरा चाल पाए र सबै जना गललल हाँसे ।

एक दिन गाउँदेखि सबैभन्दा टाढा बाह्रपोखरी लेकमा पर्ने आफ्नो घरको भेडीगोठसम्म जान ठूलाले आँट गर्‍यो । त्यहाँ पुग्न एक दिन लाग्दथ्यो र आवश्यक सरसामान लिन आएको घरकै गोठालाको साथ लागी ऊ त्यसतर्फ हिँड्यो । गुाँस र खसुको जङ्गल पार गर्दै जान पर्ने बाटो एकनासे उकालो थियो । उपत्यकामा रहेको बादल माथिमाथि हिँड्दा ठूला अति प्रफुल्लित भयो । रिमरिम साँभ पदा उनीहरू गोठमा पुगे जहाँ ठूलाले गन्नै नसक्ने सङ्ख्यामा भेडाबाखाहरू खर्किएका थिए । तीनओटा डरलाग्दा भोटे कुकुरहरूले गोठमा पहरा दिन्थे र तिनीहरू भुक्दा तिनको आवाज पहाडहरूबाट प्रतिध्वनित हुन्थ्यो । गोठमा ठूलाले मनगो ताजा दूध, तर र कुराउनी खायो र आफूलाई न्यानो राख्न भेडाका पाठाहरूसँगै सुत्‍यो ।

बिहान चहकिलो घाम लाग्यो । हिमालचूलीको हिउँ सफा र ताजा देखियो । बिहानको खाना खाएपछि लगत्तै गोठालाहरूले भेडाबाखाहरू चराउन लगेर गोठमा ठूलालाई भेडाका पाठाहरू र एउटा कुकुरसँग छाडिराखे । लेकमा यसरी उसले एकै बस्नुपरेको यो पहिलोपटक थियो । गोठबाहिर घुमी हिँड्न उसलाई आँट आएन र गोठभित्र नै पाठाहरूसँग खलिरथ्यो । उसलाई भालु र चितुवाहरूसँग डर लागेको थिएन । उसलाई ठूलो कुकुरले उसको सुरक्षा गर्छ भन्ने लागेको थियो । वरु, उसलाई त वनभाँकीको डर थियो । किनकि

वनभाँकीले केटाकेटीहरू अपहरण गरेर लाने गर्दछ भन्ने कुरो उसले सुनेको थियो ।

मध्याह्नतिर उपत्यकामाथि बादल उठ्दै आयो र पहाडका टाकुराहरूलाई ढाकँदै लग्यो । भन्नु मध्याह्नपछि त सम्पूर्ण पहाडको भागलाई नै हुस्सुले छोपिदियो । ठूलाले जङ्गली जन्तु र वनभाँकीलाई तर्साएर भगाउन गोठभित्र आगो बालेर प्रशस्त धूँवा निकाल्यो । तैपनि साँभतिर सुसेली बजेको सुन्दा ऊ साँच्चिकै डराउन लाग्यो । कारण वनभाँकीले प्रायः सुसेली बजाउने गर्छ भन्ने कुरा उसलाई बताइएको थियो । ऊ अगेनाको छेवैमा टुकुक बस्यो र आफ्नो सुरक्षाका लागि बलिरहेको एउटा अग्लो हातमा

समातिराख्यो । उसलाई अत्याउने गरी त्यो सुसेलीको आवाज भन्नु छिटछिटो नजिक हुँदै आयो । त्यसपछि कसैले उसको नाम बोलाएको उसले स्पष्टसँग सुन्यो र अन्तमा वस्तुहरूलाई एकत्रित पार्दै ल्याउन गोठालाले त्यो सुसेली बजाएको थाहा पाएर मात्रै ऊ हुक्क भयो । ऊ गोठालाहरू भएतिर दगुँदै गयो र ऊ सँगसँगै पाठाहरू पनि उनीहरूका माउहरू भएतिर दूध खान दगुरे । गोठालाले ठूलालाई वनभाँकीसँग डर मान्नु नपर्ने विश्वास दिलाउँदै के भन्यो भने ऊ जस्तो छिटो कुद्न सक्ने केटोलाई वनभाँकीले पक्रनै सक्तैन । उसलाई के पनि भनियो भने वनभाँकीले लखेट्दा ऊबाट जोगिन ओरालैओरालो भाग्न पर्छ । किनभने लोग्ने वनभाँकी पन्यो भने लामो कपालले उसका आँखालाई ओरालामा छोप्दछ र स्वास्नीचाहिँ हो भने उसका भुन्डिएका लामालामा स्तनले गर्दा ओरालोमा दौड्न उसलाई गाह्रो पर्छ ।

त्यस लेकमा ठूलाले अति रमाइलो समय बिताउन पाए पनि ऊ त्यहाँ धेरै दिन बस्न सकेन । साथीहरूसँग हिँड्नुले गर्ने बानी परेको ठूलालाई लेकको एकान्त जीवन मन परेन । पन्ध्र दिनपछि गाउँमा फर्किँदा उसलाई आनन्द लाग्यो । गोठमा बसेकाले उसका लुगाफाटा धूँवाले पहेंला भएका थिए र उसको शरीर पनि भेडा, धूँवा र नौनी घिउजस्तै गहनाउँथ्यो । ऊ आफ्ना साथीहरूसँग पुनः मिसियो र पहिले खेल्ने खेलहरू खेल्न थाल्यो । यसरी मस्तसँग बिताएका दिनहरूबाहेक गाउँको जीवन सुखसुविधाको थिएन । तराँचे गाउँ दुईओटा खतराको बीचमा रहेको थियो । एउटा माथिबाट पहिरो भन्ने खतरा र अर्को धेरै बर्सात भएको बेला मस्याङ्दीको बाढीले किनारका खेतहरूलाई बगाएर लाने खतरा । यसबाहेक सुक्खा वर्षहरूमा अनिकाल पनि लाग्ने गर्थ्यो । कोही बेला गाउँमा जग्गा,

गाईवस्तु र मजदुरीबारेमा भगडा पर्ने गर्थ्यो अनि मुद्दामामिला गर्नुपर्ने स्थिति उत्पन्न हुन्थ्यो । ठूलाका बाबु गाउँका पाका अगुवा मानिन्थे र गाउँका भैँ-भगडालाई अदालतमा पुग्न नपर्ने गरी गाउँमै मिलाइदिने प्रयास गर्दथे । एकपल्ट दुई गाउँहरूबीच चरन सम्बन्धमा उठेको पुरानो भगडालाई लगातार पाँच दिनसम्म कुराकानी गराई दुवै समूहलाई मिलाएबापत ठूलाका बाबुको नाम यस क्षेत्रमा निकै चलेको थियो । त्यस प्रकारको कार्यनीति अँगाल्दा राम्रै पनि भयो । अन्तिम निर्णय भएपछि दुवै समूहले पाँचओटा भेडा काटी भोज खाई खुसीयाली मनाए । गाउँघरमा भगडा गर्नेहरू ठूलाका बाबुकोमा आई एकअर्कालाई दोषारोपण गर्ने गर्थे । बूढाले सबभन्दा पहिले दुवैथरीलाई हप्काएर चुप बनाउँथे र पालै पालोसँग उनीहरूका कुरा सुन्ने गर्थे । त्यसपछि उनले आफ्नो निर्णय दिन्थे, त्यही निर्णय अन्तिम हुन्थ्यो । यस्तो भगडा मिलाउँदा ठूला गम्भीर भई आफ्ना बाबुको छेउमा चुपचाप बस्ने गर्दथ्यो र आफ्ना बाबुको प्रभावशालीताको प्रशंसा गर्दथ्यो ।

हिउँदमा तराँचे गाउँको बाटो भएर धेरै परदेशीहरू आवतजावत गर्दथे । बाहिरबाट आउने त्यस्ता मानिसहरूका लागि ठूलाका बाबुले आफ्नोबाहेक अरू तीनओटा हुक्काहरू राखेका थिए । जुन हुक्काहरू क्रमशः बाहुन, छेत्री, गुरुडका लागि हुन्थे । ती मानिसहरू टाढाका गाउँहरूबाट अन्न किन्न आएका किसानहरू, तिब्बती लामाहरू र मगन्तेहरू, हिन्दू साधु र तीर्थयात्रीहरू हुन्थे । तिनीहरू ठूलाका पितासँग टाढाटाढाका कुराहरू गर्थे र ठूलाचाहिँ एउटा उत्सुक श्रोताका रूपमा बसिरहन्थ्यो । ठूलाका पिताका छिरिड लामा नाम गरेका एक जना तिब्बती मीत थिए जो प्रत्येक हिउँदमा उनीहरूको घरमा आउने गर्थे । ठूलाले छिरिड लामालाई खूब मन पराउँथ्यो । किनभने एकपल्ट निकै साह्रो विरामी पर्दा उसकी आमालाई तिनले जाती पारेका थिए र ठूलालाई तिनले तिब्बती अक्षरहरू तथा तिब्बती पात्रोका चित्रहरू लेख्न सिकाएका थिए । कहिलेकाहीँ परदेशी बाहुनहरूले उसलाई नेपाली वर्णमालाका केही अक्षरहरू सिकाउँदथे । उसले निगालाको कलम र लाँकुरीका पातहरूबाट मसी बनाउन पनि सिकेको थियो ।

गाउँमा कुनै पाठशाला थिएन । यसो त लमजुङ जिल्लाभरि नै कतै पनि पाठशाला थिएन । एकजना छेत्री बूढा थिए, भारत गएर आएकाे उनलाई सबैले 'देशी बूढा' भन्ने गर्थे । तिनले नै लोकप्रिय धार्मिक श्लोकहरू लय हाली कण्ठस्थ



कोही बेला गाउँमा जग्गा, गाईवस्तु र मजदुरीबारेमा भगडा पर्ने गर्थ्यो अनि मुद्दामामिला गर्नुपर्ने स्थिति उत्पन्न हुन्थ्यो ।

पार्ने तरिकाद्वारा पढाउने गर्दथे । ठूलाले औपचारिक शिक्षा प्राप्त गरेकै थिएन । कारण उसका पिता गाउँघरको व्यवहारले व्यस्त रहन्थे र आमा अशिक्षित थिइन् । पाठशालामा पढ्न जान ठूला अति इच्छुक थियो । दरवार स्कूलमा छोटो समयमा पढ्दाका माइला र साइँला दाजुहरूका राम्राराम्रा पोसाकहरू र चित्रसहितका किताबहरू वाकसमा राखिएका देखा नै उसलाई पाठशाला जाने रुचि भएको थियो । तर काठमाडौँ त राम्ररी हिँड्दा पनि सात दिन टाढा पर्दथ्यो । ठूलाका बाबु वर्षमा एकपल्ट पेन्सन थाप्न काठमाडौँ जाने गर्थे र फर्केर आउँदा नानीहरूका निमित्त मिठाई तथा खेलौनाहरू लिई आउँथे । ठूलाले काठमाडौँ जाने सपना बुन्न थाल्यो । तर यसबारेमा आमाबाबुसित

उसले कहिल्यै कुरा गर्न सकेन । जब ठूला नौ वर्षको भयो काठमाडौँ जानेबारे उसले चाँडै नै निधो गर्ने विचार गर्‍यो । त्यस बखत पेन्सन लिन जाने व्यक्तिहरू बाटामा चोर लाग्छ भन्ने डरले एउटै जमात भई हिँड्ने गर्दथे । हिउँदमा अरू पेन्सनवालाहरू आएर उसका बाबुसँग यात्राबारे कुराकानी गर्दा ठूलाले फरकै नपर्ने गरी सबै कुरा सुन्ने नै भयो । उसले धेरैजसो पेन्सनवालाहरूले साइत निकाली एक शुरुवार गाउँबाट हिँडेर तराँचेबाट दस किलोमिटर दक्षिणतिर बास बस्ने गरेको निर्णय सुन्न पायो । अरू बाँकी व्यक्तिहरूचाहिँ भोलिपल्ट विहान ठूलाका पितासँगै गएर त्यहाँ उनीहरूलाई भेट्न पुग्ने भए । हिँड्ने दिनलाई ठूलाले राम्ररी

सम्भ्रारख्यो र आफ्नोबारे कसैलाई केही भनेन । जाने निर्णय भएको दिनमा उसले मूल बाटो छोडमा एकजोर सुरुवाल लुकाइराख्यो र सधैँभै साथीहरूसित खेलन थाल्यो । केही समयपछि पेन्सनवालाहरूको पहिलो समूह काठमाडौँ जाने बाटो लागेको देखियो । तिनीहरू गाउँबाट नदेखिने गरी ओभेल भइन्जेल ऊ पखिरहयो र त्यसपछि आफ्ना सुरुवाल लिएर तिनीहरूको पछि दौड्यो । उसका साथीहरू छक्कै परे र गाउँदेखि दक्षिणमा पर्ने घट्टेखोलासम्म उसलाई पछ्याउँदै आए । तर ठूला तिनीहरूभन्दा धेरै नै चाँडो दौडन सक्दथ्यो र तिनीहरूले उसलाई भेट्नै सकेनन् ।

आधा घण्टापछि उसले त्यस टोलीलाई भेट्यो । उनीहरूले ठूलालाई फर्काउन अनेक प्रयास गरे । ऊसँग बाटामा खाने कुरा र ओढ्ने-ओछ्याउने नभएकाले उसलाई फर्कने आग्रह गरे । तर ठूलाले के जवाफ दियो भने उसका बुवाका सामलहरू उनीहरूले बोकेका हुनाले उनलाई खुवाउनेपर्ने हुन्छ र सुत्नका लागि त ऊ रूखमुनि नै भए पनि त्यसै पल्टनेछ । यस्तो दृढ सङ्कल्प भएको ठिटोलाई उनीहरूले अन्य प्रश्नहरू गर्न हार माने । त्यस रात त्यो टोली एउटा सिमलको ठूलो रूखमुनि चौरमा बास बस्यो । ठूलालाई खाना खुवाएर आगोकै छोडमा ओछ्याउन लगाइदिए । बुवाले

उसको यो गोप्य र आँटिलो निर्णयप्रति कस्तो प्रतिक्रिया जनाउने हुन् भन्ने कुराको धेरै चिन्ता मनमा खेलाएपछि मात्र ठूलालाई निद्रा लाग्यो ।

भोलिपल्ट बिहान घोडामा चढेर ठूलालाई बाबु बास बसेको त्यस ठाउँमा आइपुगे । बूढा मान्छे रिसाएका देखिएनन् । बरु किन घरबाट भागेको भनेर ठूलालाई सोधे । ठूलाले काठमाडौँमा स्कुलमा भर्ना हुने इच्छा व्यक्त गर्‍यो र उसलाई साथैमा लिएर जाने बिन्ती गर्‍यो । पुरै एक हप्ता हिँड्न सकिन्छ सकिँदैन, अर्को फाल्नु घोडा छैन र अरू व्यक्तिहरूले बोक्न सक्तैनन् भन्ने कुराबारे बाबुले उनलाई सोधपुछ गरे । जवाफमा ठूलाले पूर्ण विश्वासका साथ आफैँ हिँड्न सक्ने कुरा बतायो । बाबुले केही क्षण सोचेर ठूलालाई के सम्झाए भने ऊ काठमाडौँ गएको खण्डमा धेरै वर्षसम्म घर फर्कन पाउनेछैन । तर ठूलाले आफ्नो मन बाँधिसकेको हुनाले त्यस कुराप्रति वास्तै गरेन । अनि बाबुको ऊप्रति दया जागेर नै होला एकपल्ट मुसुकक हाँसे र ठूलालाई काठमाडौँ लिएर जान राजी भए । त्यस बेला ठूलालाई ढुक्क लाग्यो, साँच्चै नै खुसी लागेर आयो ।

तर काठमाडौँ अझै १२८ किलोमिटर पूर्वमा पर्‍थ्यो र ठूलाले पूरै पहाडको बाटो हिँडनुपर्ने थियो । उसका गोडामा घाउहरू निस्किए र गोडा

सुन्निए पनि । तर फर्काइदिने डर र अरूले खिल्ली उडाउला भन्ने डरले उसले केही बताउनै सकेन । भिराला बाटाहरू, खुट्टा विभाउने खोलाका बगरहरू र हल्लिने भुलुङ्गो साँधुहरू हुँदै ऊ हिँड्यो । दिनमा उसले नौला ठाउँहरू देख्न पाउँथ्यो र धेरै जिज्ञासा प्रकट गर्दथ्यो । तर रातमा भने ताराहरूले भरिएको आकाशमुनि आफ्नो घर र साथीहरूलाई सम्झ्दै धेरै वेरसम्म ननिदाई निद्रा नपरी त्यसै ढल्किरहन्थ्यो । अनि आमाको न्याना अँगालो सम्झँदा ऊ चुपचापसित आँसु भार्ने गर्दथ्यो । तर अब त फर्कने कुरै थिएन ।

एक दिन उनीहरू पाँचमाने भन्ज्याड आइपुगे र बुवाले उसलाई छोडमा बोलाएर अगाडि रहेको काठमाडौँ सहरतिर देखाए । पहिले त ठूलालाई आफ्नै आँखाको विश्वास लागेन । किनभने उसले कहिल्यै पनि यति ठूलो समतल भूमि देखेको थिएन र एकै ठाउँमा यति धेरै घर तथा दरवारहरू हुन्छन् भनेर कल्पना पनि उसले गरेको थिएन । काठमाडौँ ठूलालाई लागि एउटा आविष्कार नै भयो । उसका अगाडि एउटा नौलो संसार खुल्ल गएको थियो ।

यो लेख हिमाल किताबद्वारा प्रकाशित 'भैले देखेको नेपाल' नामक पुस्तकबाट साभार गरिएको हो ।

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सो योजना २०१६ जेठ १६ देखि २०१६ असार १५ सम्म लागू हुनेछ ।

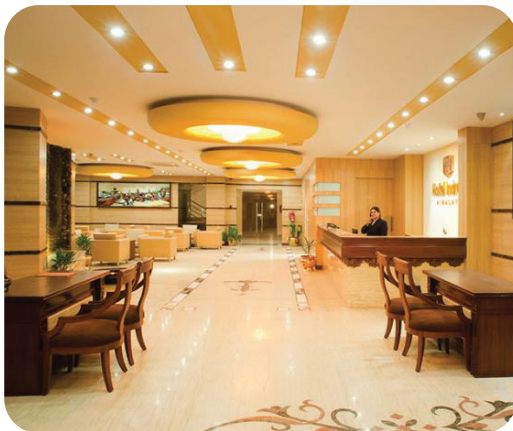
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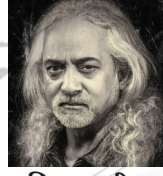


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विप्लव प्रतीक

बहारेको मान्छे

मैदानमा म एकलै छु
र भ्याल थुनेर घरहरूको
च्याइरहेछौ तिमीहरू ।
मलाई मान्छेहरूले तमासा हेरेको मन पर्छ
र मलाई लाग्छ
मान्छेहरू तमासा हेर्ने केवल एक हूल भीड मात्रै हुन्
मलाई गर्व छ
मैदानमा म एकलै छु ।

रुन्छु म, मलाई पनि दुःख छ
चोट, प्रहार अनि विचारको दुःख
तर गौरव छ मलाई
मैदानमा म एकलै छु ।

आँधीसँग सामना गर्ने कुनै युवक
प्रहारसँग सामना गर्ने कुनै युवती भेट्ने रहर छ
आँसुका थोपालाई मोतीका रूपमा सजाएर
रत्नजडित किस्तीमा पेस गर्ने रहर छ ।

तर, मैदानमा म एकलै छु
जून एकली, सूर्य एकलो, पृथ्वी एकली

मैदानमा म एकलै छु ।

यो कविता कविको एकल संग्रह 'बहारेको मान्छे'
कविता संग्रहबाट साभार उतारिएको हो ।



थप जानकारीको लागि नजिकैको शाखामा सम्पर्क राख्नुहुन अनुरोध छ ।



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यात्रा संगै रमाइलो

यात्रा तथ्यहरू

- विश्वको तटीय रेखाको दूरी पृथ्वीबाट चन्द्रमा जतिकै छ ।
- यदि तपाईं पश्चिमबाट पूर्वी तर्फ यात्रा गर्नुहुन्छ भने तपाईंलाई सामान्य भन्दा नराम्रो जेट ल्याग लाग्छ ।
- पापुवा न्यू गिनीमा ८२० भन्दा बढी भाषाहरू बोल्दछन् ।
- इटोभर्ट व्यक्तित्वहरूले छुट्टीको लागि हिमाली स्थानहरू छनौट गर्ने बढी सम्भावना हुन्छ, जबकि एक्सट्रोभर्टहरूले समुद्री किनारलाई प्राथमिकता दिन्छ ।
- महाद्वीपहरू लगभग उही दरमा शिफ्ट हुन्छन् जुन दरमा तपाईंको औंलाका नङ्गहरू बढ्छन् ।

प्रश्नोत्तरी

प्रश्न : १

नेपालका विभिन्न जीवित देवीहरू मध्ये कति जनाको नाम "द रोयल कुमारी" राखिएको छ ?

- ४
- ६
- १
- ३

प्रश्न : २

2019 SAFF U18 फुटबलको उपाधि कसले जित्यो ?

- नेपाल
- माल्दिभ्स
- भारत
- श्रीलंका

प्रश्न : ३

आउँदै गरेको VNY २०२० का लागि नेपाल आउने पर्यटकहरूको लक्ष्य कति राखिएको छ ?

- १० लाख
- ६० लाख
- २० लाख
- १ करोड

प्रश्न : ४

नेपाल संयुक्त राष्ट्र संघको सदस्य कहिले भयो ?

- 1955 AD
- 1960 AD
- 1985 AD
- 1970 AD

प्रश्न : ५

नेपालमा कार निर्माण गर्ने एकमात्र कम्पनी कुन हो?

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हाकु कालेले केटीलाई फोन गर्छ

हाकु: हाई डार्लिङ्ग!

मैचा: हेलो डिएरा!

हाकु: के छ मैया, मलाई टिम्रो निकै याड आइराछ नि होई

मैचा: लौ, अघि भर्खर मात्रै कुरा गरेको हैन भन्या फोनमा त्यत्रो बेरसम्म !

हाकु: का बैमान, फेरि टिम्लाई नै परेछ !

शेरे र चुरोट

डाक्टर: के समस्या छ भन्नुस् ?

शेरे: छाती धेरै दुख्छ

डाक्टर: चुरोट पिउनुहुन्छ?

शेरे: हुन्छ मगाउनुस् न त तर सूर्य है, अरु चैं त्यति मनपर्दैन.

बाजे

एक पण्डित बाजेलाई भडा पखालाले च्यापेछ ।

डाक्टरलाई सोधेछन्: के के कुरामा ध्यान दिन पर्ला डाक्टर साव ?

डाक्टर: जोडले शंख नफुक्नु होला..

हरि र राधा कारमा जादै थिए

राधा: अनि हरि, आज हामी कहाँ जाँदैछौं ?

हरि: लंग् ड्राइभमा नि !

राधा: आहा! हो र, किन अगाडि नै न भनेको त ?

हरि: मैले पनि भर्खरै थाह पाएँ कि कारको ब्रेक फेल रैछ भनेर !

शिवजीको त्रिशुल

भक्त: प्रभु तपाईंको त्रिशुल खोइ त?

महादेव: राजेश हमालले लगेको छ

भक्त: किन र प्रभु?

महादेव: चाउमिन खान चाहियो रे क्या!

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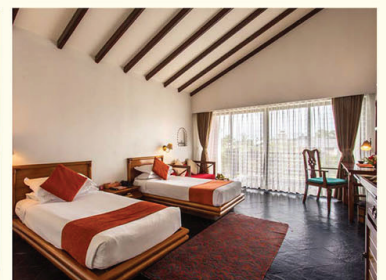
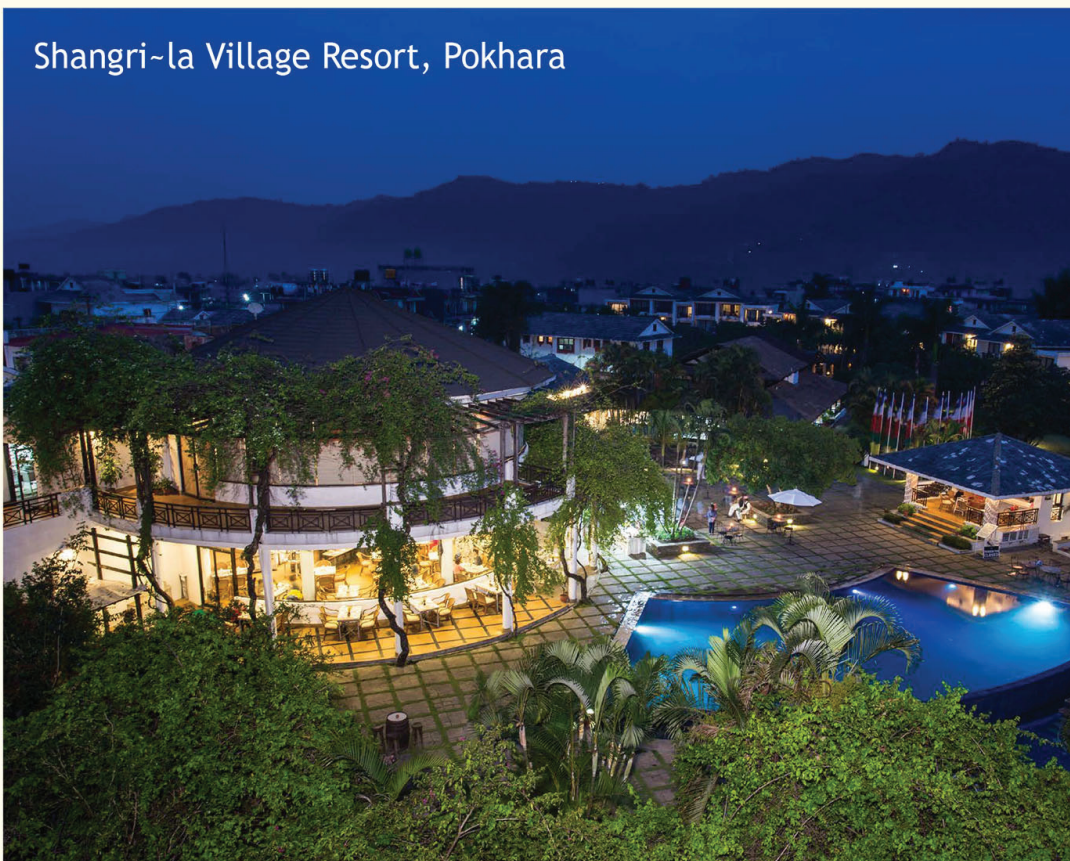
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KARNALI QUEST 2020



“Jobs fill your pockets, but adventures fill your soul” is a beautiful quote by Jaime Lyn Beatty, and Nepal is an adventure of a lifetime for the most discerning traveler.

2020 has been declared Visit Nepal Year in a bid to offer travelers from across the world a taste of true hospitality and undulating adventure. Among the many events planned for 2020, the Karnali Quest 2020 is an adrenaline junkies’ dream come true. The Karnali River is considered to be older than the Himalayas having cut its path over millions of years as the mountains rose. This phenomenon has created many wild and scenic gorges with rich biodiversity along Nepal’s longest river.



THE KARNALI QUEST 2020

The Karnali Quest 2020 is a raft race on the Karnali River that is going to be held at last quarter of 2020 and may create the world record for being the longest white water race. Many international rafters have shown interest to be part of this race which will span 242 kms, beginning from Rakam Karnali, Dailekh and ending in Daulatpur Ghat, Kailali.

Karnali runs across 507 kms in length forming spectacular gorges with its swift current. A paradise for rafters and kayakers, it offers an amazing experience. Along with the flow of the river, the view changes giving glimpses of the magnificent Himalayas, pristine river beaches, dense forests and life along the river. It is also considered as one of the finest stretches of white water in the world.

CONTINUED IN NEXT PAGE



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Janaki temple in Janakpur



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Illustration: Image Art



In Nepal, the Karnali is still largely untouched by development. The river is among the best five World Class Rivers for white water rafting and kayaking adventure and the only free flowing river of Nepal. The river corridor covers the wild scenic section with high terrestrial and aquatic diversity, diversified ethnic settlements and culture. The Karnali is constrained by its canyon walls which give bigger, continuous and serious rapids making the river one of the best rafting destinations in the world as it offers an excellent white water like a thrilling roller coaster ride.

The river also passes through the Bardiya National Wildlife Reserve which is one of the finest wildlife reserves in Nepal where one can enjoy plenty of adventurous activities like elephant safaris, canoeing among the marsh mugger crocodiles, jungle walks and bird watching in the park. Lodges and tented camps are available for stays.

KARNALI RUNS ACROSS 507 KMS IN LENGTH FORMING SPECTACULAR GORGES WITH ITS SWIFT CURRENT. A PARADISE FOR RAFTERS AND KAYAKERS, IT OFFERS AN AMAZING EXPERIENCE. LONG WITH THE FLOW OF THE RIVER, THE VIEW CHANGES GIVING GLIMPSES OF THE MAGNIFICENT HIMALAYAS, PRISTINE RIVER BEACHES, DENSE FORESTS AND LIFE ALONG THE RIVER.

During the five day race, there will be a local cultural show performed by local communities at every campsite. Likewise, the race will be among 20 teams (15 male and 5 mixed teams) with each team consisting of seven members (6 rafters and a kayaker).

The Karnali Bridge is one of the most beautiful bridges of its kind in the world, solely held with the support of cables on all sides. Except for the two pillars at the center, no other pillars exist. It is also one of

the premier fishing points in Nepal. For 180 kilometers there is not even a single sign of the modern world. It's one of the last places in Nepal that you can see old growth forest and have a real chance of seeing Nepal's wildlife. A visit to Karnali is a must! Walking through the longest, widest and one of the most amazing bridges in Nepal in itself an amazing experience.

HOROSCOPE & FLOWERS

TEXT BY ZENANA OJHA



ARIES

March 21st- April 19th
Flower: Honeysuckle

Aries being the first of the zodiac signs, compliments honeysuckle, an early blooming flower of spring, perfectly. As Aries is a zodiac sign associated with spring, the season of rebirth and new experiences, they are known to be assertive and a natural leader. Like honeysuckle, Aries are recognized to be sweet to the senses of others and are acknowledged to be capable of alluring others with their charm and grace. They are strong, determined, and can work their way out of any challenge thrown upon them. Hence, just as bees can't escape the lure of the honeysuckle, people can't resist the energy of an Aries.



CANCER

June 21st- July 22nd
Flower: White Rose

Those born under the zodiac sign of Cancer are known for being highly imaginative and emotional. Although they enjoy adventure from time-to-time, Cancers especially find comfort in sticking to what they know. Like the elegant, subtle, and universally adored white rose, the delicate nature of Cancer is no different. White roses are recognized to have a certain kind of purity associated with them, as do the people who are born under the zodiac sign of Cancer. They are sweet, loving, and extremely nurturing by nature, thus the white coloured rose is an ideal suit for the zodiac sign of Cancer.



TAURUS

April 20th- May 20th
Flower: Poppy

Similar to a poppy flower, people born under the sign of Taurus are known to stand their ground on matters they're passionate about. They are strong, compassionate and are fond of being surrounded by love and natural beauty. Taurus people resemble poppy flower in many ways as they too are vibrant, gorgeous and exude beauty and positivity. In the face of adversity too they are very resilient and are capable of withstanding any storm due to their patience and headstrong nature. Those born under the zodiac sign of poppy love the finer things in life and enjoy security and comfort.



LEO

July 23rd- August 22nd
Flower: Sunflower

Leos are the life of the party, as is their zodiac flower, the sunflower. Similar to the characteristics of the sunflower, Leos are outgoing and enthusiastic. With the cheerful attitude of a Leo which brings a smile to everyone's face, it's only natural their zodiac flower is as equally as "sunny" as them. Those born under the sunflower sign are warm, open and can rise to any occasion with confidence and assurance. They are loving, faithful, and a tenderhearted friend. Hence just like how sunflowers tend to be a beautiful centerpiece, Leos never fail to be outstanding and the center of attention.



GEMINI

May 21st - June 20
Flower: Lavender

Gemini's are known to be highly social and energetic by nature, which allows them to bring in a ray of sunshine wherever they go. Likewise, the lavender isn't any different as it manages to attract the senses through its unique style and delicate fragrance. Both the sign and flower complement each other very well as lavender's lively appearance blends perfectly with a Gemini's energetic nature. Those born under the zodiac sign of lavender also love to share ideas and to get more new insights. They are always able to find their muse and tend to be very creative and active. Thus, just like the beauty of a lavender spreads itself far and wide, a Gemini is bound to be pulled in numerous directions.



VIRGO

August 23rd - September 22nd
Flower: Buttercup

The bright and miniature flower buttercup symbolizes the zodiac sign of Virgo. Just like the subtly beautiful buttercup, Virgos are neat, organized and occasionally enjoy blending into the background. Although being the center of attention may not be of their liking, their fun and loving personality begins to show once you get to know them better and uncover their shyness. They have a natural eye for detail and are very observant, analytical, and thoughtful by nature. Their reflective nature allows them to make things right and tidy. The flower buttercup also denotes a sense of stability and neatness, two qualities that are respectively associated with Virgo.

It isn't just astral stones that can be associated with Zodiacs, but flowers as well. The Zodiac in relation with its flowers is said to attribute the qualities of the flowers and their level of beauty.



LIBRA

September 23rd- October 22nd
Flower: Rose

The rose zodiac flower sign is said to expose the truth in all things. It is a flower renowned for its beauty and just like a classic rose, Libras are adored by everyone they meet. The firm and balanced beauty of the rose is a clear mirror image of a true Libran. As rose is a symbol of peace and love, it compliments a Libra's passion for justice and intolerance towards cruelty perfectly. Being born under the sign of rose, Libras also have a unique ability to see hidden meaning in things and have an eye for classic beauty. Thus they enjoy being surrounded by things appealing to the eye and are especially happy when surrounded by nature.



SCORPIO

October 23rd- November 21st
Flower: Geranium

Like the many petals of geraniums, Scorpios have many layers to them thus never allowing anyone to fully know what they're thinking. As soon as someone thinks they've got a Scorpio identified, they pop out with another blossom of surprises. They're quick to show you another, completely and unexpected side of themselves. They are multi-dimensional and enjoy the element of surprise. Scorpios rarely let their guard down and are known to be mysterious and intelligent. They like clarity and honesty in all things and are the perfect sign to come to in order to clear the air or heal any situation. Thus, dark geraniums are the perfect symbol for the sign of Scorpio.



SAGITTARIUS

November 22nd- December 21st
Flower: Carnation

Just like the flower carnation, those born under the sign of Sagittarius are immensely strong-willed, determined yet very beautiful. They are sharp, highly organized and are always up for any sort of challenge. They are known to have an eye for beauty and are occasionally flirtatious. Sagittarians are also known to be naturally wise, and are often gifted with good luck. Although they may come off as strong they also have a sensitive side to them which they may not expose as much. They are recognized to be direct, trustworthy and honest people hence carnation is a favourable match for the zodiac sign of Sagittarius.



CAPRICORN

December 21st- January 20th
Flower: Pansy

The unique beauty of the pansy flower is known to only get better with time and Capricorns are no different. Often recognized as hardworking and relentless, Capricorns enjoy flaunting the fruits of their efforts. Those born under the pansy flower signs are acknowledged to be very proficient at putting things in order, and organizing. They are driven, determined, and a natural leader with a strong personality. Whilst enjoying some level of security they are also very familiar to the true meaning of hard work and enjoy getting things done in their own way. Hence the rare beauty of a pansy flower symbolizes the zodiac sign of Capricorn exquisitely.



AQUARIUS

January 21st- February 20th
Flower: Orchid

Those born under the strong yet delicate looking flower sign of orchid are known to be curious and inventive. They have a dreamy persona and can attract people with their unique and eccentric ways. Although shy at times, Aquarians are incredibly energetic and lively around those they trust. Being very intelligent they are also diligent problem solvers. They have a different way of viewing the world and are a natural humanitarian who are fond of unraveling mysteries. Likewise, Aquarians and Orchids both are unique and come in multiple shapes and looks. Hence as orchid perfectly symbolizes the wild and quirky nature of an Aquarius, they both are a perfect match for one another.



PISCES

February 19th- March 20th
Flower: Water lily

With water being the element of Pisces and two fishes being its symbol, there's no better pair than a water lily and a Pisces. Those born under the sign of Pisces are intuitive, spiritual, and quite like the water lily which absorbs positivity from its surroundings. With water running mostly through the flower sign of water lily, the intuitive abilities of a Pisces are accentuated even more. They also tend to be very sensitive, emotional, and usually lack the straight forwardness nature which may come easily to others. Those born under the water lily flower signs are wise and deeply psychic. Hence the natural creative abilities of a Pisces compliment the nature of water lily perfectly making the two an excellent pair.

NEW CHAPTER NEW BRAND IDENTITY



Himalaya Airlines remakes its brand identity with a new logo sporting a soaring eagle amidst the Himalayan peaks. This remaking is founded on Himalaya's key guiding principles of Safety, Performance, Customer Service, Winning Spirit, and Proper Practice as well as its ongoing efforts to expand its network in the Asian region. During a press meet held at Hotel Royal Singi on September 29, 2019, the airlines, an international air carrier of Nepal, launched its new Corporate Logo.

The new corporate logo comes after a well-thought out strategic planning. Established in 2014, the Airlines now has strong presence in the Middle East connecting to Abu Dhabi, Dammam and Doha. It launched Kathmandu-Dhaka flights just two months ago, on 22 July 2019 and is intent to consolidate its operation on this route. As a part of the evolution process, it is now changing its corporate logo to a brand new design symbolizing its strength, harmony and peace. The new logo was unveiled by Himalaya Airlines' President, Mr. Zhou Enyong and Vice President - Administration, Mr. Vijay Shrestha in the press meet. The airlines revealed its new logo for which interpretation along with a brief on the airlines' journey was presented by Mrs. Ujjwala Dali – Head of Brand and Service Department.

Mr. Vijay Shrestha, Vice President - Administration, in his welcome speech, shared "Over the past five years, we've built a reputation for safety and reliability. The idea of the brand refresh emerged through some significant changes within the company, leading to evolve our existing logo

Mr. Zhou Enyong, the President of Himalaya Airlines while unveiling the new logo, remarked "We have worked tirelessly to bring new changes and meaningful improvements in the organization to provide the best services to our passengers. We have been continuously giving our best efforts to establish Himalaya Airlines as a leading airline not only in Nepal but also in Asia. As a result of our relentless efforts, we shall soon be adding Lhasa, Beijing and other prominent cities of China to our ever evolving network. We would continue to move forward with the winning spirit to take Himalaya Airlines to greater heights."

giving us a new face. After careful consideration, we have decided to adopt the new logo as an appropriate strategic move for us. While we wanted to accurately reflect our core fundamentals in the new logo, we also wanted to express our strong determination to continuously move forward."

Himalaya Airlines with its new face is all set to follow a new strategic path to expand further and achieve new heights. With the plans to add two A319 in its fleet in the near future, Himalaya Airlines is ready to serve more and diverse passengers in the coming days.



Himalaya Airlines' new logo depicts the soaring eagle, through the composition of three 'A's in "Himalaya". This bird that inhabits in the Himalaya ranges is regarded as a symbol of perseverance and courage and indicates flying higher to reach the skies. The logo

outlines the Himalayan peaks, signifying the name and position of Himalaya Airlines. The combination of blue, white and orange colors represent the "harmonious unity". The blue color represents the sky, which means noble, elegant and trustworthy;

white represents snowy mountains, meaning holy peace, fairness and integrity; orange represents the people and productivity which means auspicious, active and progressive; the combination thus truly reflecting the corporate values of Himalaya Airlines.

Himalaya Airlines entered into the Bangladesh Market with its maiden flight to Dhaka, an economic, political & cultural center of the country, on July 22, 2019. With just an hour's journey, the thrice weekly flight schedule offers a convenient travel option for both business and leisure travelers.

The maiden flight carried high level dignitaries: Mr. Dhan Bahadur Budha, Honourable State Minister for Ministry of Culture, Tourism and Civil Aviation, Her Excellency Ms. Mashfee Binte Shams, Ambassador of Bangladesh to Nepal, Mr. Deepak Raj Joshi, CEO of Nepal Tourism Board along with Mr. Vijay Shrestha, VP-Administration of Himalaya Airlines. Mr. Qi Tengwu, Chairman and Mr. Zhou Enyong, President of Himalaya Airlines were also present on the occasion to see off the dignitaries. Special cake cutting ceremony was held at the Radisson Airport Restaurant during which the Ambassador of Bangladesh, H.E. Ms. Mashfee Binte Shams in her congratulatory address remarked that "The new route of Himalaya Airlines is a welcome sign for the competitive airfares for both Bangladeshi and Nepalese travelers which in turn will help raise the bar for customer service"

While addressing the gathering Mr. Vijay Shrestha, remarked, "We are pleased to bring Dhaka closer to Kathmandu to boost the significant commercial opportunity that exists for business travelers in both

BRINGING DHAKA CLOSER TO KATHMANDU



the nations enhancing trade, manpower, tourism as well as cultural exchange. There is a strong demand from both the markets for a direct operation on the route, and we have responded to this increasing customer requirement. The new route is expected not only to increase the inflow of the leisure travelers but will also cater to a large no. of Nepalese students studying in Bangladesh, especially in the medical field. For the promotion of Visit Nepal Year 2020 and towards achieving the VNY 2020

arrival targets, we intend to open more international routes soon."

Upon arrival of the successful maiden flight, the high level dignitaries were warmly received by the Hazrat Shahjalal International Airport high ranking authorities. The Chairman of Civil Aviation Authority of Bangladesh, Mr. Mofidur Rahman welcomed the Nepalese Delegation and pledged the organization's support and cooperation to the airlines to have smooth

operation of the flights on the new route.

Charge d'affaires of Nepal to Bangladesh, Mr. Dhan Bahadur Oli, in his address, shared "When we talk about connectivity, we don't talk about one-way connectivity, we should emphasize on strengthening connectivity between the two countries on all fronts as there is huge potential to promote Bangladesh-Nepal bilateral relations"



CELEBRATING 2ND ANNIVERSARY OF DAMMAM OPERATIONS

Himalaya Airlines celebrated 2nd Anniversary of Dammam – Kathmandu operations on September 01, 2019. For the first time ever, the airlines launched its connectivity with the Kingdom of Saudi Arabia in 2017 targeting almost over 3,00,000 Nepalese living & working in the country. Himalaya Airlines is the only airline to operate direct flights between both the countries and has served 95,226 passengers in total through 368 flights till date.

The Airlines presented with H9 souvenirs to the passengers travelling on the Anniversary flights through a Lucky Draw at the Check-In counters at both the

airports. The celebration was further shared with the passengers by distributing muffin and special amenity kits on-board and by conducting passenger engagement program which included Social Media Photo Contest “FLY-CLICK-SHARE WITH H9”. The contest will run across Facebook and the winners will be announced on September 19, 2019.

The tickets can be booked at Himalaya Airline’s GSA - First Falcon Aviation Services or through your preferred travel agent. The Free Baggage Allowance for both the routes is 40 Kg for Premium Economy Class and 30 Kg for Economy Class.

JOINING HANDS WITH AOC-N AN EFFORT FOR A BETTER COMMUNITY

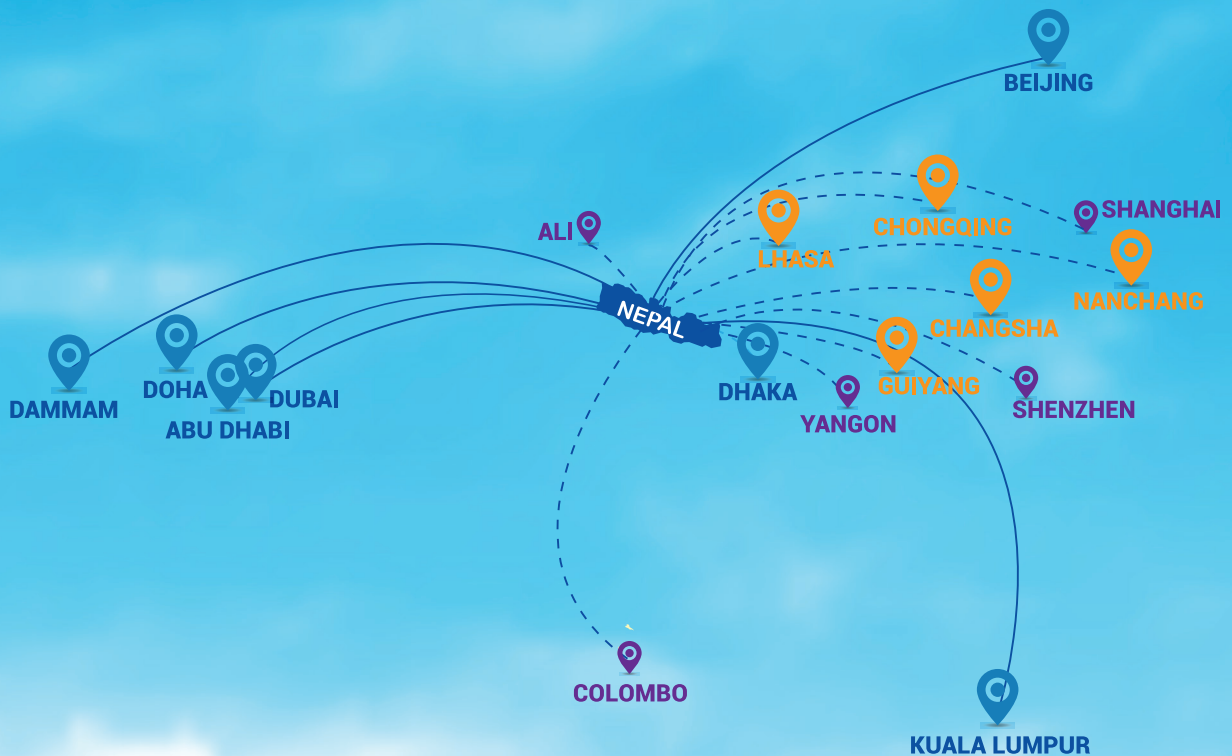
Himalaya Airlines, joined hands with Airlines Operating Committee – Nepal (AOC-N) to fortify its Corporate Social Responsibilities (CSR) initiative of contributing for the betterment of the society. Consortium of Airlines came in together with AOC-N, for their annual welfare activity on September 05, 2019. Under AOC-N’s banner, this year’s welfare activity was carried out to support Matatirtha Bridhashram Samiti located at Matatirtha, Kathmandu.

Acknowledging the need for the extra care, for the health and hygiene of the elderly ladies, Himalaya Airlines’ contribution of the supplies of cleaning materials included: soaps, detergents, toiletries, towels, brooms and the hair trimmers on the special request for the occupants of the old age home.

While handing over the goods to the Samiti Manager - Mr. Ram Thapa, Ms. Ujjwala Dali - Head of Department of Brand & Service Improvement expressed, “Himalaya Airlines appreciates AOC-N’s sincere efforts for this great initiation and is thankful for including us to contribute our share to this Samiti. We are honored to be a part of this solicitous activity as H9 is always keen to join hands for the welfare of the society.” Adding further Mrs. Dali remarked, “Sheltering these mothers and nurturing them at the times they need most, is a very noble task shouldered by Matatirtha Bridhashram Samiti. Himalaya Airlines is determined to further extend the helping hands to the Samiti on a more frequent basis and requests all the other organizations as well as the individuals to join in together to support these mothers. To bring smiles on the faces of these elderly ladies is the earnest act any person can do!”



H9 Network



EMERGENCY CONTACTS FOR H9 DESTINATIONS

ABU DHABI UAE

Police: 999
 Ambulance: 999
 Fire: 997
 Airport Taxi: 600-535353
 Customs: 800-555
 Tourist Information Headquarter:
 800-555
 Hospital: 800 555666
 Embassy of Nepal: +971-2634-4385
 Tourist Police Hotline: 800-3333

DOHA QATAR

Police: 999
 Ambulance: 999
 Fire: 999
 Airport Taxi: +97-4458-8888
 Customs: +97-4444-57457
 Tourist Information Headquarter:
 +97-4401-06666
 Hospital: +97-4401-09222
 Embassy of Nepal:
 +97-444-675681, +97-4446-75680
 Tourist Police Hotline:
 +97-4401-09666

DHAKA BANGLADESH

Police: +88 01713373162
 Ambulance: +88 01711980998
 Fire: +88 028901077
 Airport Taxi: +88 01770412122
 Customs: +88 0289014924
 Tourist Information Headquarter:
 +88 01988224433 / 55
 Hospital: +88 01988224433 / 028901844
 Embassy of Nepal:
 +88 029892490 / 2568
 Tourist Police Hotline:
 +88 01769690740 / 028399230

DAMMAM SAUDI ARABIA

Police: 999
 Ambulance: 997
 Fire: 998
 Airport Taxi: 92-001-0068
 Customs: 13-883-7111
 Tourist Information Headquarter: 19988
 Hospital: 911
 Embassy of Nepal:
 +966-11-4611108, +966-11-4645170
 Tourist Police Hotline: 112

KATHMANDU NEPAL

Police: 100
 Ambulance: +977-1-4228094
 Fire: 101
 Customs: +977-1-4470382
 Tourist Information Headquarter:
 + 977-1-4247041
 Tourist Police Hotline: 1144

KUALA LUMPUR MALAYSIA

Police: 999
 Ambulance: 999
 Fire: 999
 Airport Taxi: +6011-1889-8893
 Customs: +03-8787-2312
 Tourist Information Headquarter:
 03-2693-5188
 Hospital: +6038-9475-555
 Embassy of Nepal: 03-2020-1899
 Tourist Police Hotline: 03-2149-6590

SAFETY AND SERVICE INFORMATION



CABIN LUGGAGE

Passenger/s may carry one item of cabin luggage to place in a closed overhead bin. Cabin luggage shouldn't exceed 7kgs. The overall dimension of such baggage should not exceed 55 x 35 x 25 cm or 21.7 x 13.8 x 9.9 inches. Cabin luggage exceeding the 7kgs weight limit is required to be checked in before boarding.



LIFE VEST

Passenger/s are not allowed to remove the life vest from the aircraft. It is best the passenger/s know the location of them incase of an emergency. Please do know the proper method of inflating the vest.



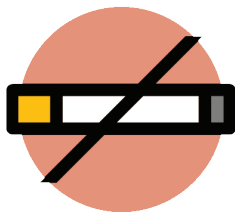
ENTERTAINMENT

Movies and music are available on all flights. Currently we are streaming popular shows such as Dhurmus ko Love Story, Mundre Sanga Traffic and Just for Laugh Gags. Movies available in our flight entertainment are Ice Age: Collision Course and Wada Number 6.



FOOD AND BEVERAGE

We provide vegetarian and non-vegetarian meals. Alcoholic drinks will not be served to the passenger. Consumption of personal alcoholic drink is prohibited. Flight crew reserves the right to either deboard or take necessary actions against the passenger/s who appear intoxicated while boarding or self-consume alcohol during the flight.



NO SMOKING POLICY

Smoking including the use of Electronic Cigarette is prohibited on all flights. Flight crew reserves the right to take necessary actions if passenger/s are found smoking during the flight.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse or violence towards our staff will be taken seriously. Action will be taken as per the prevailing authorities. We are committed to support anyone who has been the victim of an assault.



SPECIAL ASSISTANCE

In order to better serve you, we request that you contact and advise us of your specific needs (listed below) at the time of booking and at least 24 hours prior to your flight.



UNACCOMPANIED MINORS

It can be quite daunting for a child traveling alone, both to the child and the loved ones. We take all the extra measures to take special care of your child right through till your child is reunited with loved ones. You just have to pre-inform us if your 5-12 years child is travelling alone.



MEDICAL AND SPECIAL NEEDS

Attendants and medical attention shall be given to people with special needs such as passengers with Reduced Mobility, Sensory Impairments or any other physical challenges.



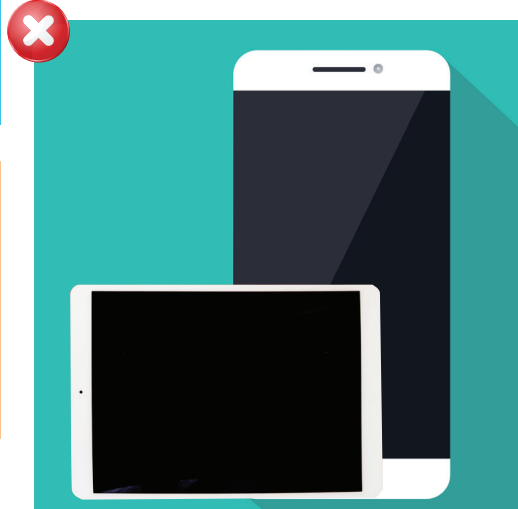
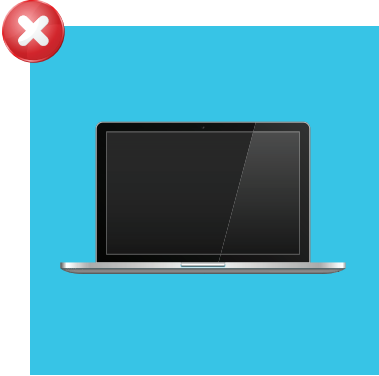
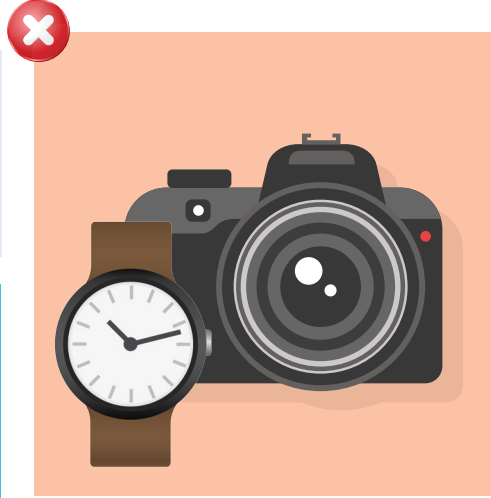
PREGNANT PASSENGER

Expectant mothers are normally not regarded as incapacitated. However certain restrictions apply: No medical certificate or letter is required up to the end of 28th week. When the pregnancy has entered the 29th week, a medical certificate or letter issued by a doctor should be held.

ATTENTION

For safety reasons and in line with the Department of Civil Aviation Authority of Nepal guidelines, passengers are not allowed to carry any laptops, drone batteries, mobiles, lighters, matchboxes, cameras, watches, Ipad/tablets, power banks, radio transmitters, walkie-talkies, electronic toys, extra batteries including **lithium ion batteries** and any devices with cellular network service for portable electronic devices in **CHECKED-IN BAGGAGE**.

यात्रुहरूलाई कुनैपनि ल्यापटप, ड्रोन ब्याट्री, मोबाइल, लाइटर, सलाई, क्यामेरा, घडी, आइ प्याड/ट्याबलेट, पावर बैंक, रेडियो ट्रान्समिटर, वाकी-टकी, इलेक्ट्रोनिक खेलौना, अतिरिक्त ब्याट्रीहरू (**Lithium ion batteries**) अथवा अन्य विद्युतिय उपकरणहरू **चेक ईन बेगेजमा** लैजान निषेध छ ।



DO NOT
put them in your
CHECKED-IN BAGGAGE

यी सामानहरू आफ्नो
चेक ईन बेगेजमा नराख्नु होला ।

Put them with you
in your
CARRY ON BAGGAGE

यी सामानहरू आफ्नो
हाते भोलामा राख्नु होला ।



1. Portable Electronic Devices (PEDs) containing Lithium ion batteries over 100 WH and Lithium metal batteries containing more than 2 grams are forbidden to carry.

१. पोर्टेबल इलेक्ट्रोनिक उपकरण (पीईडी) मा भएको लिथियम ब्याट्रीहरू यदि १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा माथि भएमा कुनै पनि ब्यागेजमा लैजान निषेध गरिएको छ ।

2. Maximum of 20 spare Lithium ion batteries each not exceeding 100 WH and Lithium metal batteries each not exceeding 2 grams may be carried by a passenger in carry-on baggage only.

२. एक व्यक्तिले अधिकतममा २० वटा अतिरिक्त ब्याट्रीहरू हाते भोलामा लैजान पाउने छ तर हरेक ब्याट्री १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा कम हुनु पर्दछ ।



PROVINCE 3

CULTURE AND HERITAGE EXPERIENCE

Province 3 Districts: Kathmandu, Lalitpur, Bhaktapur, Chitwan, Rasuwa, Ramechhap, Kavre, Makwanpur, Dhading, Nuwakot, Sindhupalchowk, Dolakha, Sindhuli

Kathmandu, Nepal's capital, is a city steeped in history and heritage. Every nook and corner of this city is adorned with sacred sites of historical and archeological importance. Known as the city of temples, it has numerous temples and stupas spread across it. Religious and cultural festivities are an integral part of the city's social life.

Covering 13 districts, Province 3 is rich in culture and has numerous heritage sites with historical significance. Main tourism sites in this province are the Kathmandu Valley, Dolakha, Sauraha, Jiri, Ruby Valley, Daman, Sindhuligadi, Bhote Koshi, Nuwakot and Langtang.

Province 3 has a large number of religious sites linked to Hinduism and Buddhism. Key religious sites

in the province are Devghat in Chitwan, Palanchok Bhagwati in Kavre, Kalinchowk Bhagwati and Dolakha Bhimsen in Dolakha, Tripurasundari in Dhading and Gosaikunda in Rasuwa.

Kathmandu Valley: As Nepal's ancient and historic city area, the valley has three cities Kathmandu, Bhaktapur, and Lalitpur. The valley is unique in its history, culture and natural environment, and is home to seven world heritage sites. These sites are Pashupatinath Temple, Changunarayan Temple, Swayambhunath Stupa, Boudhanath Stupa, Basantapur Durbar area, Patan Durbar area, and Bhaktapur Durbar area.

Key attractions around the valley are Dhulikhel, Nagarkot, Chandragiri, Phulchowki, Godavari, Kakani, Shivapuri, Nagarjun. There are hiking trails that link the outskirts of the valley that offer excellent views and authentic experiences.

While Kathmandu, Patan and Bhaktapur are key points of interest in the valley, detours to one or several of these attractions in the valley - like Kirtipur, Taudaha, Chobhar, Panga, Khokana, Sunakothe, Nagdaha, Panauti, Kapan, Budhanilkantha, - will make the Kathmandu experience even more unique.

Sauraha: This place is among Nepal's most famous destinations for domestic tourism as well as international visitors. It's a wonderful place for nature and wildlife enthusiasts. The area is also home to the famous Hindu holy site - Devghat. Key activities in Sauraha are pilgrimage tour, jungle safari, up-close experiences with elephants, boating on the Rapti River and the Tharu cultural experience.

Daman: A beautiful and scenic town in Makwanpur district, Daman is a popular tourist destination along the old Tribhuvan Highway. It stands at a vantage point for views of the

THE VALLEY IS UNIQUE IN ITS HISTORY, CULTURE AND NATURAL ENVIRONMENT, AND IS HOME TO SEVEN WORLD HERITAGE SITES.

Himalayan range from Annapurna in the west to Mt. Everest in the east. It's an ideal place to experience nature and the village life. Other attractions in the vicinity are the rock-filled Kulekhani dam and the villages of Tistung, Chitlang, and Palung.

Dolakha: Considered an abode of Lord Bhimeshwar, here we find a famous Hindu temple with strong affiliations amongst traders who worship it as their will God. Another temple in this district is the famous Kalinchowk Bhagawati, revered as a powerful goddess temple with strong spiritual powers. Situated in the high mountains, at an altitude of 3,842 meters, this temple lies within the Gaurishankar Conservation Area.

Jiri: It carries the history of being the classic gateway route to Mt. Everest and continues to be the trailhead for many treks into Sagarmatha National Park. The town settlement is predominantly inhabited by the indigenous Jirel community. The natural beauty of the lush green alpine forests draw domestic and international visitors every year. Jiri provides scenic views of the Rolwaling section of the Himalayas, of the Gaurishankar's peak, revered as the abode for Lord Shiva and Parvati, and of waterfalls and beautiful birds.

Ruby Valley: A close destination from Kathmandu in Dhading district, Ruby valley is known for its Tamang and Gurung cultures. Famous for its ruby mine and herbs, the valley's settlements are also a unique place to experience Shaman practices. With varying landscapes from flatland to steep elevations, the valley offers an abundance of trails that are perfect for trekking. Key attractions are views of the central part of the Himalayan range, the

Ganga-Jamuna waterfall, hot springs, the Paldor Peak base camp and Netra Lake.

Nuwakot Durbar: Chronicled as the starting point of Nepal's unification, the palace is famed for its seven-story Newari architecture that dates back to 1762. The structures here are on the tentative World Heritage Site list, comprising of the main Nuwakot Palace, as well as the temples and shrines of gods and goddesses around it. The Bhairab temple especially is considered one of the most visited temples here. This is a destination appropriate to visit during both, summer and winter.

Langtang: Famous all over the world as a trekking destination, it attracts large domestic and international visitors every year. Trekking in this region is relatively easy and comparatively less crowded than other popular routes. A haven for bird watchers and wildlife enthusiasts, the Langtang areas have expansive high meadows making it a perfect habitat for musk deers, the rare Red Pandas, snow leopards, and the Himalayan black bears. Main attractions in this region are the views of the Langtang Lirung peak and the Tamang heritage trail full of its cultural and rural life experiences.

Trishuli: Popular for rafting, the Trishuli river's waters originate from Mt. Ganesh Himal and Langtang. The river boasts of impressive gorges, and exciting rapids, that make for a dramatic rafting experience. Easily accessible from Kathmandu and Pokhara, it is popular amongst domestic and international tourists.

Bhote Koshi: A challenging river for rafting and kayaking, famous for its steep gradient per kilometer, the



rapids of Bhote Koshi river range from class 4 to class 5 at high flow locations, and class 3 at lower level locations. One thing the river never fails at delivering, is the intense water adventure sport experience for tourists. Only a few hour's drive from Kathmandu, along this river lies a famous bungee jumping location as well, which draws thousands of enthusiasts every year.

Helambu: A scenic destination in the highlands of Sindhupalchowk, Helambu covers areas from Lauribina La Pass to the Melamchi valley. Known for its apples, it is also a popular trekking destination from different points around Kathmandu, such as Sundarijal, Nagarkot, Kakani, and Sankhu.

KEEPING KIDS BUSY ON A PLANE

Kids, are well, kids. Adorable little bundles of joy who need a lot of love and attention. Keeping them behaving well is always a challenge, especially if it's their first time flying on an airplane. Things are bound to get pretty testing for you. Hence, here are a few tips and tricks to keep your kids busy on a plane.



BRING A TABLET WITH THEIR FAVOURITE SHOWS & GAMES

You can bring a tablet with your children's favorite shows and games downloaded on it, which is bound to keep them hooked until they feel tired. Many might argue that this is too unconventional and the long screen hours is not good for children. But you can always give them snack breaks in between and have them take naps.



GO OLD SCHOOL WITH BOOKS

If the first method is not for your child, then you could always bring books for them. If they are toddlers, then you can be a step ahead by picking the night schedule and reading them a good bed time story. If you can't take the red eye, then carry children books, or even coloring books, and instead of watching a movie, join in with your children.



MOVIE'S TO THE RESCUE

For those extra-long flights, load a couple of your kid's favorite movies or a preschool series like Daniel Tiger's Neighborhood or Sesame Street. Don't forget the headphones!



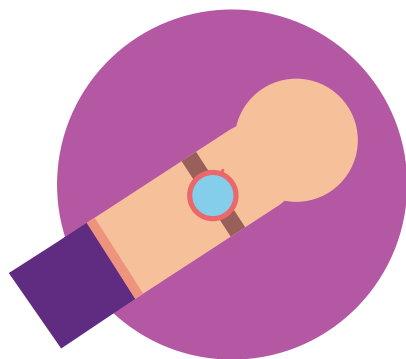
PACK FLIGHT APPROVED TOYS

Kids love toys. One moment they are with you, the next, they are in a different galaxy commanding their starship in the fight against evil robots. Try and pack their favorite toys, but due to airline restrictions, this might not be possible all the time. Check with your airlines first, and bring toys that are permitted so that you can let your children's imagination run free.



NAPS!

Naps really are the best way to keep your children occupied inflight. You can pack comfy headphones with children rhymes, since you never know how loud your neighboring seats are going to be. Have your children board with snug outfits and PJ's so that you can avoid having to change their clothes mid-flight.



MAKE AN EFFECTIVE SCHEDULE

Be one step ahead and plan an effective schedule filled with all of the above activities whilst keeping in mind the flight duration. Devise a good routine that balances pampering, nap times and snack breaks.



BRING OUT THEIR INNER ARTIST

Well you can't bring your children's entire coloring set, but you can bring felt-tip pens and a notebook, and maybe play hangman for a while.

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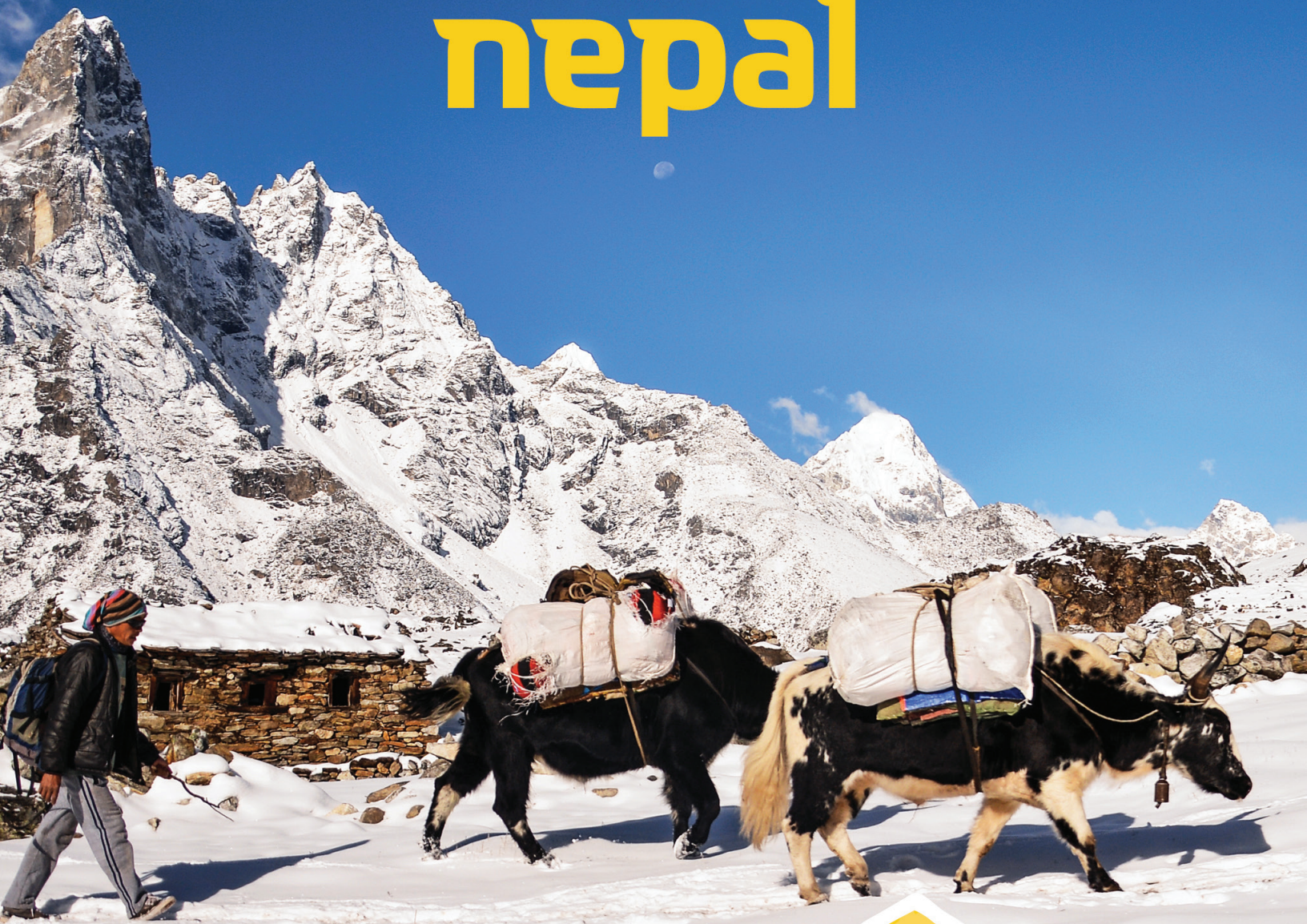


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nepal



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