



Danfe

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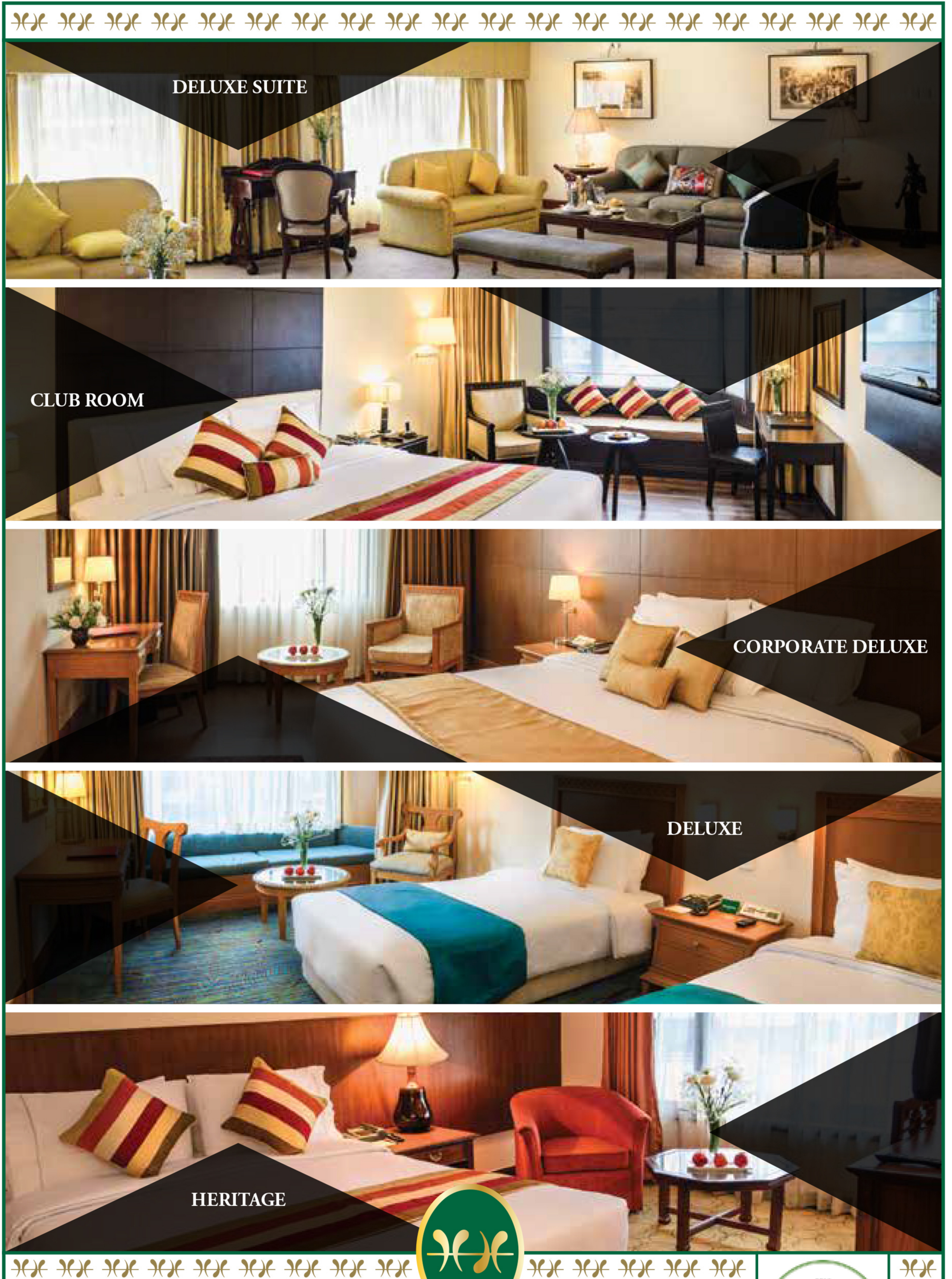
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Following the Buddha in Kathmandu

page
no 36

The Seven must-visit Buddhist sites in Nepal's Capital



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PRESIDENT'S LETTER

Dear Passenger,

Happy New Year! I hope that year 2017 brings you happiness, prosperity and peace. 2016 has been a year of achievements for Himalaya Airlines- we welcomed our first aircraft in March, 2016, had the privilege to carry former Prime Minister Mr. KP Oli to Beijing, China, launched our first destination to Doha in May and our second destination to Sri Lanka in October.

We have an exciting year ahead of us. We are thrilled to welcome our second aircraft A320-214 by end of January, which will help strengthen Nepal's air connectivity to the international network. We are also very pleased to further expand our network by launching two new destinations in February, which will help to meet the rising demand for not just leisure and religious travel but also VFR (visiting friends and relatives) between Nepal and Kuala Lumpur and Yangon. These latest destination launches also emphasize Himalaya Airlines' commitment to connect Nepal directly with Asia Pacific countries and boost tourism, as well as trade opportunities.

In the upcoming months of 2017, Himalaya Airlines plans to connect to Dammam, Delhi, Ahmedabad and Chennai in the first phase and later to Dubai, Hong-kong, Bangkok, Beijing, Lhasa and Chengdu as well.



In this issue of the Danfe, we bring to you engaging and exciting stories from our various destinations—Colombo, Kuala Lumpur, Doha, Yangon and Dammam—so as to give you insights into what offerings they may have that are not accessible in tourist guide books. With in-depth stories of Nepal, this issue also goes off the well-beaten path to explore Nepal and all of its hidden treasures. We hope that it will keep you good company, wherever your next destination may be.

On behalf of the Himalaya Airlines family, we thank you for your ongoing support and look forward to welcoming you on board to our various new destinations in 2017!

With best wishes,

Capt. Zhao GuoQiang
President



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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 splendour the land is famous for. Its namesake, Danfe—the inflight magazine of Himalaya Airlines—echoes the commitment, passion, and excellence the airlines holds true. Himalaya Airlines realises the weight of the name it has borrowed for its inflight magazine. In the same light, like Danfe in the soaring mountainous regions, the airlines will fly high the banner of Nepal in the international aviation sector.



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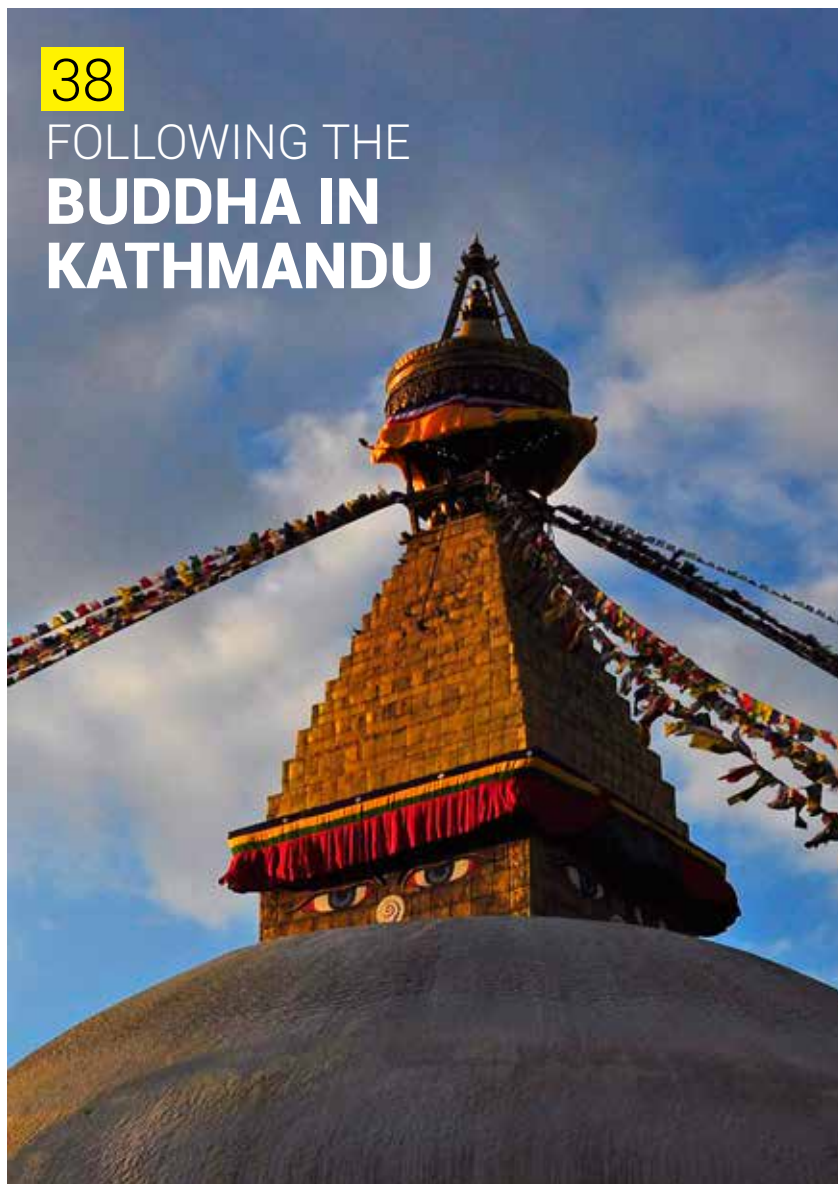
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CALENDAR

The dates to look out for while in Nepal

FEBRUARY-APRIL

14- Maghi Parva

Maghe Sankranti is regarded as marking the beginning of an auspicious phase in Nepalese culture. It is cited as the 'holy phase of transition'. It marks the end of an inauspicious phase which according to the Hindu calendar begins around mid-December. It is believed that any auspicious and sacred ritual can be sanctified in any Nepali family, this day onwards. Scientifically, this day marks the beginning of warmer and longer days compared to the nights. In other words, Sankranti marks the termination of winter season and beginning of a new harvest or spring season.

28- Sonam Loshar

Sonam Losar is observed for a full 15 days, though only the first three days receive excessive attention. It occurs around the same time of year as does Chinese and Mongolian New Year, and it uses the Chinese Calendar as well. In reality, the central area where Sonam Losar is celebrated is Tibet, but certain ethnic groups in Nepal, particularly the Tamang, also keep it. The Tamang constitute eight percent of Nepal's population, are 90 percent Buddhist, and have a distinct language and culture. They traditionally live in the central highlands of Nepal, including in the capital city of Kathmandu. However, Tamang have now relocated to all regions of Nepal, to neighboring areas of northern India, to Bhutan, and to Burma.



8- International Women's Day

12 Holi

Endearingly called the "Festival of Colours," Holi is an unmissable event in Nepal. Like other parts of Asia, cities in Nepal are awash with colours, water guns and balloons and general revelry on this day. Celebrate this joyous festival with the community or seek out the many electronic dance parties that are organised to cater to the younger crowd. Be prepared to trash your colour-splattered clothes after a long day though. You will get wet!



24- Shivarati

The biggest Shivaite festival in the Hindu calendar, Kathmandu is a different planet on the holy day of the Shivarati (The Night of the Shiva). If you are in the Capital city during this day, travel to the Pashupatinath Premises, one of the holiest sites of the Hindu religion, and join the hundreds of thousands of devotees and revelers from Nepal and the Indian Sub-continent. Prayers, music, revelry and intoxicants are the order of the day.



27- Gyalpo Loshar

The marking of the Tibetan New Year, Gyalpo Loshar is observed by the Tibetan, Sherpa, Bhutia and Yolmo communities in Nepal. In the Capital, particularly in the Tibetan quarters of Boudha and Syowombhu, celebrations are at a fever pitch, with Gumpas echoing with chants and the streets lined with fresh eats and drinks from Nepal's northernmost lands and cultures. For communal celebrations, you can head down to the parade ground in Kathmandu for a lively festival.

27 Ghode Jatra

Literally translating into the Horse Festival, the Ghode Jatra is an interesting festival held in Kathmandu. The central parade ground in the Capital plays host to the country's largest annual military parade, where the cavalry unit of the Nepal Army take centre stage. Join the thousands of onlookers as they watch the mounted soldiers perform assorted stunts, gallantry and dances, including the famous Gurkha Khukuri Dance.



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CHASING MYTHS AT **KALINCHOWK**

A well-known but secluded getaway for those on shoestring budgets and tight vacation days.

Text by: **Sanjit Bhakta Pradhananga**

Ever since chancing upon Casper Miller's Faith Healers in the Himalayas in high school, Kalinchowk has occupied a special place in my imagination. In the book, the opening scenes describe a Janai Purnima dawn where shamans and devotees mingle in the morning's first light at the temple perched a dizzying 3800 meters into the sky.

Kalinchowk – one of the sacred Shakti Peeths in the country – is a place of immense reverence for both Hindus and other animistic practices that predate it, and draws pilgrims in the throngs throughout the year despite its relative remoteness. The pilgrimages culminate in an annual mela in lieu with the Janai Purnima (late August/early September) when thousands of pilgrims walk up the narrow, steep trail to the

Kalinchowk Bhagwati's shrine. The day (or the dead of the night) is also considered the most auspicious time for traditional shamans to initiate new novices into their lineage. As a result, this coming together of orthodox Hindus and those with an esoteric bend, as Miller described in his book, can be both surreal and disorienting.

Yet very few people realize that Kalinchowk is a great destination to head to any time of the year, especially if you are on just a few days of borrowed time. If well planned, the journey to the temple from Kathmandu, and back, can be completed in three days. And the range of terrain, both physical and of the mind, which can be covered on this short trip, makes it well worth your time and exertions.



CHARIKOT

Charikot is a bustling town which was once on the historic trade route between Kathmandu and Tibet. Today it serves as Dolakha district's headquarters and is home to a plethora of government offices and a vibrant scene for INGOs and NGOs working in various parts of the district. As a result, the town has boomed (a little too quickly, some argue) and is aflush with modern concrete buildings, a lot of which have been converted into hotels and guest houses for travellers passing through. You can take your pick from the options, which range from very humble economy rooms (starting from about Rs 500), to some surprisingly sophisticated resorts.

Charikot is not a big settlement. It has several charming nooks and corners, some great outlooks for views of verdant vistas that stretch into Ramechhap or the Himalayas in the north, and can be explored in an afternoon. Most hikers prefer to make the brisk walk to Dolakha Bhimsensthan (Bhimeshwar). It is another highly revered temple, which is about a 40-minute walk from Charikot proper. The walk can also be a good way to get your legs stretched for the arduous hike to Kalinchowk that is to come.

The Bhimeshwar temple is located at the heart of an off-shoot settlement called Dolakha Bazar, which is home to Newar migrants from the Kathmandu valley—the descendents of traders who once plied this route (Bhimeshwar is the titular deity for merchants). The Bazar has been built with traditional Newari sensibilities, which make for a stark contrast to Charikot and a pleasant surprise for visitors. The community plays hosts to several jatras throughout the year and is home to the Dolakha Bhimsen Jatra, the only celebration in the country where a chariot is forced to climb steps during its procession. The Bhimeshwar Temple, whose existence

GETTING THERE

To get to Kalinchowk from Kathmandu, you first need to head to Charikot, Dolakha, which is a shade over 130 kilometers from the city. The first bus leaves for the town from the Purano (Old) Bus Park at 6 am. Buses leave at regular intervals throughout the early morning after that. You do have to purchase your tickets at the counters before you embark. If you are a Nepali student, you are eligible for a generous discount, although you will be required to show a student ID and proof of enrolment. Regular tickets cost around Rs 500, the discounted ones 300.

The journey to Charikot itself is quite pleasant and relatively short, if you are in good company. You exit the Valley via the Arniko highway, through Bhaktapur, Kavre and Sindhupalchowk, hugging green ravines and the gurgling Sun Koshi River all along. If you are travelling in a private vehicle or a motorbike and at a leisurely pace, there are several little detours you could

possibly take en route to the town: Keep your options open for some pristine white sand beaches and coves along the river, or the Dobhan at Dolalghat, the confluence of the Sun Koshi and Indrawati rivers.

At Khandichaur, the road to Dolakha forks from the Arniko Highway and you turn right and begin a steep and earnest ascent into the hills. The highway from here on weaves through a narrow (but relatively well maintained) road into Dolakha. The views remain picturesque as you climb into sub-alpine meadows dotted with little highway townships selling quick breakfasts and titbits for the road. All things even, you should be able to make it to Charikot in six hours from Kathmandu—in time for a hearty lunch. If you are travelling privately you can cut down the commute by at least an hour if not more. After disembarking at Charikot, you can either begin the hike up to Kalinchowk straight away or, as is usually recommended, stay overnight in town and head for the shrine at dawn.

can be traced all the way back to the seventh century CE, occupies a prominent space in the Nepali psyche. It is a widely held belief (or a tall grandma tale) that the idol housed in the temple “sweats” as an omen that some terrible fate is about to befall the country. It’s Nepal’s version of the “crying Virgin Mary” phenomenon, and the “sweating” of the idol is aptly followed by a slew of media coverage and muffled prayers.

The Bazar makes for a great spot for a leisurely evening stroll and affords some great views of the mountains on a clear day. You can hop on a local bus back to Charikot once you’ve explored to your heart’s content.

THE HIKE

After a relaxed evening in Charikot, it is recommended that you set out for Kalinchowk at the crack of dawn the following day. The temple lies about 18 kilometers from the town and makes for a strenuous six-hour climb for the average hiker. Though the trail is relatively easy, well worn, and criss-crosses playfully with the seasonal motorable road that snakes up to Kalinchowk, you ascend 2300 meters during your hike, which can take a toll on your legs and your lungs. If you are not a seasoned hiker, be prepared for mild altitude sickness as you make the steep climb. It is always advisable to carry ginger or garlic, which act as blood thinners, as a natural remedy, but should you feel the symptoms of a persistent headache, nausea or shortness of breath, stop immediately, rest and head down to lower altitudes.

The ascent begins immediately as you leave Charikot. For the first hour or so of the hike, you follow the jeep track out of town. An early start should get you to a small village called Deurali as the sun rises clear of the hills in the morning. The village is the last settlement of any note before Kuri, the village at the foot of Kalinchowk, and has several little tea shops and



KATHMANDU TO KALINCHOWK HIKE

Duration: 3 to 4 days

Maximum elevation: 3800m (Kalinchowk)

Difficulty: Moderate

Bus Fare: Rs 500 and upwards

Places of interest: Sukute Beach, Dolalghat, Charikot, Dolakha Bazar, Kuri, Kalinchowk Bhagwati shrine

Distance from Ktm: Charikot (132 km) Kalinchowk (150 km)

Mode of transportation: Buses, 4WDs, motorbike, mountain bike. Road remains closed during monsoon.

Fees or Charges: None

Side trips: If time is not an issue, you can extend your trip by visiting the Gauri Shankar Conservation Area.

ON THE KALINCHOWK TREK

Sleeping

Hotel Tashi Dele and Lodge (049-691241/ Sonam: 9741019730) and Hotel MP (9754201729; 9744000872) have clean rooms, spacious dining rooms, and the coveted indoor bathrooms.

Eating

Thakali Bhancha Ghar & Sekuwa Corner has the best daal-bhaat in Charikot. In Kuri, the owners of Hotel Tashi Dele supplement their simple dishes with wild mushroom and spices collected locally.



stores. You can grab a quick breakfast here and stock up on last minute supplies for the hike.

Past Deurali, you get off the jeep track and head into the forest on a foot trail. The trail is not well defined and sometimes can be confused with smaller trails leading into farms and villages along the way. A general rule of thumb (as the shopkeepers in Deurali will tell you) is to follow the pylons that go up to Kuri. The light gray pylons are distinct and tower over the tree line and, save for a few spots, are always within your line of vision. Hike at a steady pace, resting often. The trail will take you through some pleasant meadows, thick jungle and for a brief while a canyon-like stretch carved onto the hillside by a river.

Even the slowest of hikers can expect to reach Kuri by midday; the industrious should arrive by late morning. Kuri is home to several inns

and restaurants and is a welcome sight after the long, gruelling climb. After grabbing lunch here, the hike to the temple is about an hour upwards. From Kuri, there are well-maintained stone steps that go up the mountainside, and the view gets more splendid with each step. There are several stores along the way that sell religious paraphernalia either for your temple visit or as offerings to carry back home.

The Kalinchowk shrine is located on a hilltop, and the exhilaration of having reached your destination instantly overcomes you. As a fair warning, the shrine is not of any architectural splendour but its energy as a power place is palpable. Through the centuries, thousands of pilgrims have left their mark at the site in the form of tridents, bells and prayer flags, which make a noisy ruckus as frequent winds sweep through the hillside. Needless to say, at 3800 m, the views from the



plateau are absolutely soul-stirring, particularly if you can time it for the sunrises or sunsets. From here, you can indulge in views of sweeping panoramas of the Himalayas and of the verdant valleys playing hide-and-seeks with spontaneously appearing fogs. Make sure you stop for a moment to breathe, even meditate, and draw in from nourishing energy that has been drawing people to this temple through the ages. Even as a non-believer, the sheer remoteness and mystique of the place ought to make you pause, if only momentarily.

Once you've had your fill, the hike back is relatively easy (though a little rough on your knees) and mostly downhill. You can either spend the night at Kuri, which has several basic hotels, or head straight back to Charikot, which makes for a steady four-hour descent. However, if you are a slow walker and don't manage to set out from Kuri before noon, you might

not make it to Charikot in daylight. So it's better to stay the night in Kuri and set out early the next morning.

Gearing up

It does get chilly as you climb higher into Kalinchowk: make sure to pack extra layers regardless of what time of year you are visiting. The weather here can also turn in an instant and having a raincoat or an umbrella as contingency is well advised. Because there are no shops between Deurali and Kuri, it is recommended that you carry plenty of water and fruits and energy bars to nibble on along the way. Needless to say, comfortable hiking boots are a must.

What to bring back

Churpie, the local hard cheese, is a Kuri specialty. Invest in some fresh bars of these chewy delights and maybe take some home as gifts, if you don't end up eating it all by the time you're back in Charikot.

POST-EARTHQUAKE TRAVEL

The epicentre of the 7.3 magnitude earthquake that struck on May 12, 2015 was very close to Dolakha. As a result, the region has seen considerable damage to private property and physical infrastructures. While this should not affect your safety or comfort during the trip, the region is still experiencing occasional, albeit benign, aftershocks. If you are looking to volunteer or help out in the rebuilding efforts in the region, several opportunities should be available upon a quick inquiry, either at Charikot or on the web.

KALINCHOWK ATTRACTIONS

Wildlife

Some of the hills around Kuri are densely forested and are home to leopards, bears, barking deer. The birdlife is rich too. Accompany locals when they go out to collect firewood: it's safer and you won't run the risk of losing your way.

Walks

A fifteen-minute walk northeast of Kuri will bring you to a tranquil zone comprising of huge trees, enrapturing mountain vistas, and a bounty of silence. But don't wander off too far into the woods alone.

Snow

Kalinchowk gets plenty of snow in winter, making it the ideal destination for snow buffs.

Mountain Biking

With its combination of taxing climbs, steep descents and forest trails, Kalinchowk is the ideal destination.

THE MORNING SHOWS THE DAY

The local breakfast items to try while you are in Kathmandu

Text by: **Srizu Bajracharya**

Getting out of bed, especially during your break, can be a challenge. The comfort of a warm blanket in a lazy morning suddenly becomes difficult to let go. Thank god for breakfast though. If it went for these delicious delicacies, the town would start stirring much later on a Saturday. It is a common sight of former locals, who have now moved to the outskirts, flocking the inner streets of Patan and Basantapur to their favorite mari pasals to grab a bite of their favorite grub. The formulaic dal-bhat-tarkari or the ubiquitous mo:mo are Nepali food items that travelers savor and remember. But indulge in these seven must-try local breakfast items and fall in love with Nepal more.

Photo Courtesy: Yogendra Maharjan



Gwaramari

Gwaramari (literally “chubby bread” in Newari) are bite-sized dough deep fried in oil. These once wildly popular delicacies, have now been resigned to obscure and solitary vendors in Kathmandu’s inner streets—making a morning hunt for them an adventure in itself. Wolf down hot gwaramaris with some golbheda ko achar (tomato chutney) to an authentic Newar breakfast experience. Make note that Gwaramaris are literally dripping in oil, so some tea with black pepper mixed in, make for great chasers.



Jeri Swari

Mornings are blissful with this sweet and crunchy delight—a local favorite. Wrap your jeri inside a warm swari and savor it in the morning sun. It is a ritual of sorts for many locals to sip on hot tea as they wait for the shopkeeper to pack some jeri swari to take away. Jeri swari, after all, tastes best when guzzled down with family, swapping stories from your early morning escapades to the galleys of Asan or Mangalbazar.

Malpuwa Sel

Malpuwas have been dubbed “Nepali pancakes” and live up to that billing. Crispy on the rim and soft in the middle, malpuwas make for a great breakfast treat, especially when downed with some homemade cucumber chutney. Sel is another popular Nepali snack central to breakfasts, tea-time and religious ceremonies. Find out for yourself why these deliciously deep fried rice doughnuts have been a mainstay of Nepali culture.



Khapse

Khapse is a Tibetan treat that has found a warm reception here in Kathmandu. Locals love to hound their favorite stores in Boudha or Swayambhu to grab some khapse to go with their morning tea. These sweet treats were traditionally prepared during Lhosar but due to their wild popularity, have become a regular item not only at stores in Tibetan neighborhoods but also commercial department stores.



Puri Tarkari

If you are looking for a heavy breakfast before a hike or a bike ride on a weekend, puri tarkari is the obvious choice. They can be found in any local eatery or tea shop and are a favorite among locals looking for a quick but substantial fix before heading out for the day. Once you get a plate of tarkari with the standard four puris, you might find yourself wolfing down upwards of a dozen.

A young boy in a dark long-sleeved shirt and grey track pants with a blue stripe stands in the doorway of a highly ornate, dark wood temple. The doorway is framed by intricate carvings and a decorative archway. The interior of the temple is visible in the background, showing a person in a blue shirt and a pink cloth hanging from the ceiling.

KATHMANDU: A BUSTLING CITY FROZEN IN TIME

At first glance Kathmandu can seem dusty, chaotic and forever on the brink. But Nepal's Capital and one of its oldest cities has its many easy charms. At every new corner, a new delight awaits you. So when you're in Nepal, submerge yourself in the rich world of traditions and culture flaunted by Kathmandu.

Photos by: Yogendra Maharjan







Holy water and a sea of devotion.



Clad in tradition.



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Kuala Lumpur Calling

So you're in Kuala Lumpur with a day to spare? Here is what you should do

Text by: **Sailu Pyakhurel**

Of all the cities in the world, Kuala Lumpur is probably the one you want to be stuck with, with a day to spare. With its many cultures, traditions, colours and textures, mixed with all the modern

world has to offer, KL undoubtedly is a feast for the senses. Needless to say, a day is never really enough to explore this wonderful city, but if 24 hours is all you have, there is enough you can pack

into it to get a taste of the melting pot that Malaysia really has. So, don't worry if your plans aren't concrete yet, here are the things you could do to relish a day, the Malaysian way.

MORNING

As the sunlight reflects off of the towering Petronas Towers at Kuala Lumpur, the city wakes up to a warm sunny January morning. The consistent temperature all year round helps make planning a trip easy in Kuala Lumpur, especially if the weather decides not to rain on your day-long parade. And it's only fair to start the day with breakfast at one of the many places at the Suria KLCC mall that lies in the vicinity of the Petronas Towers. Following a nice and relaxed breakfast, an ideal way to spend the morning in KL is to head up the Petronas Tower Observation Deck while the rest of the city is still trying to rise, and spend the good portion of the day looking out into



the vast melting pot of the South East Asia. While you're at it, check out the view from the Skybridge on the 41st floor as well. This bridge that connects the two twin towers is the world's highest double-

decker bridge. Before you head back to the hotel for a shower, shop around and collect souvenirs of your trip from the various stores at the towers, and make your morning a memorable one.

AFTERNOON

There are plenty of different activities to choose from in order to fill up your afternoon itinerary in KL. If continuing to shop at the western stores in Petronas or Suria KLCC don't interest you all that much, get some batik prints or authentic Malaysian souvenirs at the Central Market that is conveniently located less than five minutes away in a local taxi, or take a Line 5 train that will take you to the market through the inner city in less than 20 minutes. For any kind of shopping that you like, whether it is local mementos or international luxury brands, the city of Kuala Lumpur will never disappoint you. And even if you're not a shopaholic, there is no reason to fret in this city of mixed culture and tolerance. Travel half an hour north of the city to Batu Caves that



stands symbolic of the generational Hindu community that forms an integral part of modern Malaysia. The limestone caves lets you enjoy a decent hike in the area and offers serene, scenic beauty within a

well maintained religious tourist attraction that is dedicated to Lord Murugan (Kartikeya). A visit to the Batu Caves will easily keep you entertained for most part of the day.

EVENING

As the sun sets for the night and brings your day long stay in Kuala Lumpur to an end, head up the revolving restaurant, Atmosphere 360, at the Menara KL Tower to catch the sunset and enjoy the spectacular 360 degree evening view of the city while you enjoy a Malay dinner buffet or a light appetizer in an elegant setting. A visit to Kuala Lumpur is virtually incomplete without a trip to at least one of the several night markets in the proximity of the city's downtown. Among those many vibrant streets, Alor Street Food Night Market remains a highly popular one. Take a stroll on the street to relish the night lights and be a part of the vivacious Malay culture as you savour the renowned street food. The experience at the night market alone will make your visit in Kuala Lumpur very much worth it. As you bid farewell to the day and to Kuala Lumpur, albeit after a short day trip, take tons of pictures of the night market to remind yourself to come for a longer stay next time.







THE FROZEN LAKE

Text by: **Srizu Bajracharya**

Everything sounds different here. We are in the mountains, and when I shout, I can hear my own voice echoing back. The air is thinning. Far away, a little boy comes hopping down from the other side of the hill. Below us, everything looks like pieces of Legos. The guide tries to keep us motivated: “Gosainkunda is just a few more minutes away. We are almost at a height of 4,380m, so cheer up!” I try to speed up, but the dread of falling from the dizzying heights keeps me going at a snail’s pace. I keep recounting the story of Gosainkunda and Bhairavkunda in my head to keep myself distracted.

A millennium ago, two brothers lived in a nearby village. They were revered as gods, because they possessed superhuman herculean attributes. People adored them, and believed in their supernatural powers. One day, the village got engulfed in internal turmoil, and the brothers decided to leave the village and the ensuing chaos to seek solitude in the mountains above.

In the forest, the two brothers enjoyed the songs of nature, the chirping birds and the wilderness. But, the elder brother wanted to find a better, more tranquil place to help him achieve salvation. Leaving his brother behind in the forest, he journeyed deeper into the mountains.

The younger one, all alone, started worrying about his brother. When he didn’t hear from his brother even after a month, he, too, ventured into the mountains. After walking endlessly amidst the forests, he finally finds his brother meditating under the grandeur of the great Himalayas. His brother had created a pond that stretched from east to west, and named it Bhairavkunda.

Envious of his brother’s act, he declared in wrath, “I will create a bigger pond than you, and show that I can do better without you.” The little brother then trekked a little further to create Gosainkunda, where today, thousands of pilgrims trek to receive blessings by just touching the kunda’s holy water.

But the story doesn’t end there. After a few months, the villagers gathered to search for the two brothers who had gone amiss. To worship and please them, they decided to offer a goat and a chicken as homage. When the little brother came to know about the preparation, he tricked his brother into believing that the villagers were offering them two animals; one with two horns, and the other with nine. The elder brother greedily claimed the nine-horned beast, asking his little brother to accept the two horned animal. To this day, Gosainkunda is offered a goat, and Bhairavkunda, a chicken.

A calm silence envelops me as I look up to see Gosainkunda slowly come into view. The magnificence of the snowcapped Himalayas and a light flurry of snow bless our arrival. The two brothers still live among these mountains, frozen in time. Their story still echoes through these Himalayas. The skyline darkens, and just then, a man from the shadows of houses waves at us, inviting us to come inside.

मलेसियाबाट फर्किएर कुखुरा पालन

दीपेन्द्र अश्रुमाली



मलेसियामा २ वर्ष छ, महिना बसेर स्वदेश आएको अहिले १ वर्ष ९ महिना भयो। सुरुमा मलेसिया गएर कम्तिमा ८, १० लाख रुपैयाँ कमाएर ल्याउँछु भनेर सोचेको थिएँ। र, त्यही सोचाई पूरा गर्न मलेसिया आएको थिएँ। तर, भने जस्तो नेपालमा त हुन्न भने अर्काको देशमा हुने कुरै भएन। मलेसियामा दिनको १५ घन्टा काम गर्दा पनि महिनाको २० हजार रुपैयाँ बचाउन धौधौ हुन्थ्यो।

अर्काको देशमा अरु मान्छेलाई पाईला-पाइला र शब्द-शब्दमा 'ओके बोस' 'ओके बोस' भन्दै काम गर्न बाहेक अरु विकल्प नै हुँदैन थियो। पैसाभने जस्तो नभए पनि। अर्काको देश, अर्काको अर्डर, अर्काको काममा, बसेर काम गर्न नसकेकोले गर्दा म आफ्नो ३ वर्षे कन्ट्र्याक्ट नसकी कम्पनिलाई नेपाली ६० हजार रुपैयाँ तिरेर नेपाल आएँ। नेपालमा नै केही गछु भनेर म नेपाल आउँदा २ वर्ष छ महिना बसेर कमाएर बचेको पैसा ७५ हजार रुपैयाँ थियो। त्यही पैसामा अर्को ३ लाख ऋण गरेर ३ लाख ७५ हजार रुपैयाँमा गिफ्ट पसल खोले।

मैले यो पसल २०७२ सालको असार महिनामा खोलेको थिएँ। सुरुसुरुमा एकदम राम्रो चलेको थियो पसल। तर, पछि भारतले नाकाबन्दी लगाए पछि पसल चल्न सकेन। मान्छेलाई खानलाई ग्यास नभएको बेला गिफ्टको सामान कसले पो किन्थ्यो? नाकाबन्दीले मेरो विदेशबाट नेपालमा नै केही गछु भनेर सोच्ने जोस जाँगर हराएर गयो। पसल नाकाबन्दी पछि राम्रो चल्न सकेन। र, मलाई यस्तो पसल

गरेर घरबेटीलाई धनी बनाउने काम गर्न मन लागेन महिना दिनभरी काम गर्‍यो घरबेटीलाई भाडा तिर्न मै ठिक्क हुने भएकोले मैले पसल बेचें। काठमाडौँकै गोकर्ण भन्ने ठाँउको मास्तिर सुन्ताखानिमा कुखुरा पालन गरें। सुरुमा कुखुरा पालन सम्बन्धि ज्ञान नभएकोले गर्दा निकै घाटा लाग्यो। तर पनि हिम्मत नहारेर त्यही कुखुरा पालन गरें। अर्को पटकमा त्सवाट राम्रो फाईदा भयो।

अहिले पनि म कुखुरा पालन नै गर्दछु। र, दुइचार हजार रुपैयाँको लागि विदेश जानु परेको छैन।

अब मेरो सोच भनेको कृषि क्षेत्रमा विदेश गएर आएको युवाहरु सँग मिलेर नेपालमा नै केही गरेर देखाउने योजना छ। अहिले हामी ४ जना मिलेर कुखुरा पालन गर्दछौं। अब आउने दिनमा आफैले कोल स्टोर खोल्ने, आफैले तरकारी खेती र तरकारी पसल राख्ने योजनामा छौं। नेपालमा किसान एकदम नै पीडित छ। किसानले उत्पादन गरेको सामान दलालीको हातबाट उपभोक्तासम्म नपुग्याएर हामीले सिधै किसानदेखि उपभोक्तासम्म पुग्याउँने चाहना हो। यो काम गर्न सजिलो छैन। तर, असम्भव पनि छैन।

यसमा सरकारले हेर्छ भन्ने कुरा त हामीलाई आशा छैन। किनभने हामी धेरै ठाँउ चहारेर थाकि सकेका छौं। सरकारको आशाबाट। सरकारले ऋण दिने भन्छ तर धितो माग्छ हामीसित धितो दिने केही छैन मात्र आत्मविश्वास र गरेर देखाउने हिम्मतबाहेक, आत्मविश्वास हुने मान्छेलाई र परिश्रम गर्ने

मान्छेले नेपालमा अनुदान पाउने कुरा नै छैन।

हरेक बैकले कृषीमा यति ५ ऋण जसरी पनि दिने भनेर तर त्यो ऋण लिनको लागि धितो बैकले मागे जति दिन सके हामीले ऋण पाउँछौं। नत्र पाउँदैनौं। अब त्यो ऋण धितो राखेर पनि तरकारी खेती पशुपालन गर्ने असल किसानलाई बैकले दिदैन।

ट्याक्टर लगाएत बस्तुलाई मात्र दिन्छ। अब हामीले सरकारको आशा नगरी हामी युवाहरु मिलेर कृषिमानै केही गर्ने योजनाको साथ बोर्डलर पालन गर्न थालेको छौं। अहिले हामीले ५ हजार कुखुरा पाल्ने कुखुराको खोर बनाएर बोर्डलर पाल्दै आएको छौं र, हामी सन्तुष्ट छौं अहिलेसम्म।

Returned Migrant Worker in poultry farming

-Dipendra Ashrumali
I went Malaysia for better earning. But I returned back to Nepal before completion of my contract since the scenario was completely different from expectation. Back in Nepal I started cosmetic shop which did not go well. Later, I started poultry farming at Gokarna. The business is very good and I want to extend my business and start agro business with my own effort.

Rapid Fire with **PUSHPA BASNET** **CNN SUPER HERO**

Pushpa Basnet, who was recently crowned a CNN SuperHero, is an inspiration to all Nepalis, particularly her 'children'. Since establishing her Early Childhood Development Centre, which rescues children who are imprisoned along with their parents out of no fault of their own, Basnet has become a household name in Nepal and a veritable international celebrity abroad. In this rapid quick fire round with Basnet, we asked her about her foundation and her travel habits. Excerpts:



Tell us your feeling in one word as soon as you were announced CNN Super Hero?

Excited

How often do you get to travel?

Every month

How did you feel the first time you were called 'mamu' (mother), by the children under your care?

The sense of responsibility

What is the difference you've felt after you were announced CNN Hero and CNN Super Hero?

I felt more responsibility on my shoulder

What was the most challenging thing when you started your project--

to convince your parents or children's parents?

Both was challenging but it was more challenging to convince children's parents since I was a complete stranger to them

What is the best thing you like to do when you are with the children?

When I get to cook for them

Who is your inspiration?

My mom

Who do love to travel with?

My younger sister-- Purnima Basnet

What do you miss the most when you are busy?

Spending time with my parents

What do you make sure to carry while travelling?

Passport and travel cards

What do you bring for children when you return from travelling?

I bring what they are in need of. I always make sure I bring something or the other for them. My travel bags are full of goodies for my children.

What is the best thing about travelling?

I get to sleep.

What is the best gift you have received ?

Hug from my father after I became CNN Hero

Which is your favourite travel destination?

Rome and Manang

Which is the next destination in your travel list?

Bangalore and Pondicherry

How was your travelling experience with Himalaya Airlines?

Whenever I have flown with Himalaya Airlines I have had a good experience. This is a good initiation by Himalaya Airlines that will only help connect Nepal to the rest of the world. The direct flight from Kathmandu to Sri Lanka is something I would like to try in the future. I would like to thank Himalaya Airlines for starting this new service.

UNDER THE SRI LANKAN SUN

Five beaches you must visit on your next Sri Lanka trip

Text by: **Prapti Shrestha**

The beguiling island nation of Sri Lanka is rightly called the “Island Kissed by the Sea.” Blighted by a decades-long civil war, Sri Lanka is just beginning to re-emerge on travel itineraries and remains one of the most underrated tourism destinations in South Asia. Despite its small size, Sri Lanka packs

quite a punch—offering amazing temples, ruins and old towns, a long, layered history and some of the best sites the entire region has to offer.

But Sri Lanka, after all, is an island nation, and its chief attraction is its many wonderful beaches. From unadulter-

ated stretches of white sand to mesmerising hidden coves, Sri Lanka’s love affair with the Indian Sea that is hard to miss while visiting the nation. But in case you are looking for the beach that is perfect for you and your needs, here is a list of five great beaches the island nation has to offer:



BENTOTA

An hour and half south of Colombo, by a long stretch of soft sandy beach, calm waters of the Indian Ocean welcomes its visitors at the Bentota beach. Popular for water activities such as snorkelling and scuba diving from November to May, this beach also attracts tourists year round for relaxed family vacations. With a wide array of accommodations, visitors can pick from low-cost clean hotels to 5 star country resorts within walking distance of the beach. The shallow water allows perfect opportunity to spot crocodiles, turtles and birds and plenty of fun not too far deep into the ocean.

UNAWATUNA

Unawatuna is one gem of a place that lets you into an adventure of the most delightful towns of Sri Lanka - Galle, as well as lets you enjoy the tranquillity of the ocean. This perfect amalgamation of culture and nature is only 2 hours south of Colombo, and one of the most popular tourist destinations. Galle is an eccentric city that is listed as a UNESCO World Heritage Site, and a visit is a must to experience a glimpse of the Sinhalese culture. The beach of Unawatuna is only a short bus ride from Galle, where between the months of October and May, a swath of tourists are seen relaxing and enjoying the Sri Lankan weather. Some of the popular attractions in the town include lighthouse tour, hiking into the woods by the beach and turtle watching.



ARUGAM BAY

All the way across the country, about 7 and a half hours away from Colombo on the east coast, is a beautiful sea with a gorgeous beach in Arugam Bay. Renowned as the Surfing Capital of Sri Lanka, this beach remains busy with tourists and surf enthusiasts mainly from late April to October. Even if you're not a surfer, this place offers a perfect tropical getaway for families and explorers alike. Apart from relaxing at the picture perfect beach, take a stroll around the neighboring Okanda, or venture into a hiking trip to the Kudumbigala Sanctuary and Kumana National Park only about an hour south of Arugam Bay. The beauty of the beach and forests is bound to keep you mesmerized for the entire length of your stay.



MIRISSA

If you're in for an incredibly fun filled luxury vacation at the beach, add Mirissa to your list of places to explore in Sri Lanka. Only about an hour south from Galle, the beaches in Mirissa welcome you to a perfect seashore wonderland. Ideal for relaxing by the ocean, the beaches in Mirissa offers activities and sights for tourists of any age group ranging from whale watching to just relaxing on a hammock or watching the fishermen making their daily catch. The picture perfect beaches with turquoise waters, soft golden sand and palm trees invite visitors for a relaxed holiday between the months of September and April. With numerous hotels and guest houses by the coastal area and in neighboring villages, finding a perfect accommodation here should be just as easy as finding a sunset viewpoint on the beach.



UPPUVELI

In the less explored northern side of Sri Lanka, on its east coast is the Trincomalee province that houses one of the best beaches the country has to offer - Uppuveli. This beach that lies close to the former civil war zone remains less inundated by the tourists and thus provides a quiet, relaxed atmosphere for the most part of the holiday season that spans from April to October. Uppuveli is also popular as one of the best places to view sunrise by the ocean. Nearby beach of Nilaveli only about 15 minutes drive north of Uppuveli provides an even quieter holiday setting by the coral reef. Nilaveli is also a popular destination for snorkelling and hiking tours in the nearby Pigeon Island. The numerous hotels, resorts and restaurants offer a number of options for great stay and food in Uppuveli.





बर्मा गए कर्म पनि सँगै जान्छ

तस्विर/शब्दहरु: चेतन पन्त

करीब १ सय ७० वर्ष अघिदेखि नेपाल बाट भन्दा ३ हजार किलोमिटर टाढा रहेको पूर्वको सुन्दर देश म्यान्मारमा, “बर्मा गए कर्म पनि सँगै जान्छ” भन्ने उखान सँगै नेपाली मुलकका गोर्खालीहरु बस्दै आएका छन् । हाल १ लाख आसपासको संख्यामा रहेका ति गोर्खालीहरुको पहिलो प्रवेश, सन् १८३५ मा बेलायतीगोर्खा सैनिकका रुपमा रहेको अनुमान छ ।

सन् १८२४ मा बेलायतले बर्मामा शासन जमाएपछि सन् १८३५ मा गोर्खाली सेनाको एक टुकडीलाई म्यानमार पुराएको थियो । त्यस लगत्तै म्यानमार पुगेका गोर्खाली सेनाले नेपालको आफ्नो गाँउ घरमा बर्मा देशको सुन्दरता, उर्वरभूमि र सहज प्रवेश बारे सन्देश पठाउन थाले ।

बेलायतको उपनिवास भएका कारण नेपाली र भारतीयलाई बर्मा पुग्न कुनै प्रवेशाज्ञाको आवश्यकता नपर्ने हुँदा नेपालको पूर्व र पश्चिमका गाँउ गाँउबाट हजारौं नेपाली बर्मा पुग्नथाले ।

ऐरावती नदि किनार नेपालको जस्तै पहाडी भू-बनोट र उब्जाउ भूमी देखेपछि नेपालीहरुको बर्मा आगमन र आकर्षण बढ्न गयो । नेपालीहरु म्यानमारको तमु, म्यान्गण्डले, म्योम्यो, मोगुक, टाउजी, मेथिना, लास्यो यांगुन लगायतका गाँउ शहरमा बस्न थाले ।

घाँस पात सजिलै पाईने, खेती गर्ने जमिन किन्नु नपर्ने अवस्था देखेपछि नेपालीहरु बर्माको बाँझो जमिनलाई उर्वर बनाउँदै गाईबस्तु पाल्ने र खेतीगर्ने काममा तल्लीन हुनपुगे ।

मेहनती, इमानदार र बहादुर गोर्खालीलाई बर्माका नागरिकले पनि आफु जस्तै ठानेर मायालु ब्यवहार गर्न थालेपछि, दोश्रो विश्वयुद्ध अघिनै म्यानमारमा गोर्खाली स्वादका नेपालीहरुको संख्या ३ लाख पुगिसकेको थियो । नेपालीहरु कलकत्ता, कालापानीको रुपमा परिचित अंदमान र मनिपुरको मुरे गाँउहुदै बर्मा पुगेको त्यहाँ बसेका गोर्खालीहरुको भनाई छ ।

म्यानमारका मानिसहरुले मखन र घीउ

बनाउन नेपालीहरुको प्रवेश पछि नै थालनी गरेका हुन् । गोर्खालीहरु त्यहा पुगेपछि मखन र घीउ बनाउने काममा गोर्खालीहरुको अधिपत्य जम्न थाल्यो । खासगरी म्यानमारको पहाडी शहर म्योम्यो मारहेका गोर्खालीहरु जमेर मखन र घीउको कारोबार गर्न थाले ।

यसका लागी दोश्रो विश्वयुद्ध अघि तत्कालिन म्योम्योका महाजन स्व. इन्द्रमणी खरेल, थानेश्वर घिमिरे जस्ता ब्यक्तिको अगुवाईमा म्योमो बटर हाउस स्थापना गरी म्यानमारका गाँउ गाँउबाट दूध, मखन, संकलन गर्न थालियो । गोर्खालीले बनाएको दूध मखन म्यानमारका सर्वसाधारण देखि सैनिक बटालियन सम्म पुग्न थाल्यो । गोर्खालीहरु बिस्तारै शाहु महाजन देखि बर्माका सैनिक र पुलिसमा समेत भर्ति हुनथाले ।

सन् १९४८ मा म्यानमार बेलायती शासनबाट मुक्त भए पछि गोर्खालीहरु बिस्तारै अन्य ब्यापारमा लाग्न थाले । उनिहरु बहुमुल्यपत्थर रुबि र मुगाको रत्न जस्ताको कारोबारमा समेत अग्रसर भए ।

म्यान्मारमा खुबै जमेर व्यवसायीक कारोबार गर्न थालेका गोर्खालीहरु सन् १९६१ मा सेनाले देश कब्जा गरी सन् १९६३ मा सम्पत्ती राष्ट्रियकरण भएलगत्तै अलिकति मन आफ्नो मुलुक नेपाल तिर ढल्कन थाल्यो ।

म्यान्मारमा सैनिक शासन भएपनि त्यस्ताका गोर्खालीहरुलाई कुनै भेदभाव नगर्ने राम्रा राम्रा काम दिने गरेको कुरा १३ वर्ष म्यान्मारमा सैनिकको रुपमा काम गरेर हाल नेपालको रुपन्देही छपिया बस्दै आएका ७० वर्षिय विर बहादुर थापा बताउनु हुन्छ । सेना द्वारा सम्पत्ति राष्ट्रियकरण भएपछि पनि गोर्खालीलाई रोजगारी र अवसरमा कुनै बन्देज लगाईएको थिएन ।



SYNOPSIS

Nepalese- also known as 'Gorkhali', have been living in Myanmar since one hundred and seventy years. Their population in Myanmar now is around one lakh. The first cluster of Gorkha Army were taken to Myanmar in 1824 by British Empire. Since there was no visa required for Nepalese and Indians to enter Burma under the British Empire, thousands of Nepalese reached Burma.

Nepalese turned exhausted soil into fertile fields and got involved in farming. They got engaged in the business of making ghee and butter. Later, traders of Myo Myo including Late Indra Mani Kharel, Thaneshwor Ghimire, Laxmi Prasad Pradhan and Shobhakar Pandey established Myo Myo butter house which gradually reached to the people of Myanmar and army battalion.

Gorkhali spread across the country in various profession from traders to army and police barracks. After Myanmar was freed from the rule of British in 1948, Gorkhali tried trade in expensive gem stones like ruby and corals. However, after nationalization of 1963, even though Gorkhali were offered good work, Nepalese started to return to Nepal.

अन्तरवार्ता

सन् १९६१ मा म्यान्मारमा नेपालका तत्कालिन राजा महेन्द्रको भ्रमणका अवसरमा नेपाली मुलुकका गोर्खालीहरु संग भेटवार्ता भयो । राजातावासमा राजा महेन्द्रबाट मुलुक फर्कन चाहे रोजगारीका अवसर र बासका लागी जग्गा प्रदान गर्ने आह्वान पछि धेरै गोर्खालीहरु म्यान्मारबाट नेपाल फर्कन थाले ।

कसैलाई पनि म्यानमारबाट धपाईएको हैन उनिहरु स्वेच्छाले नेपालको पूर्व मोरंग देखि पश्चिमको भैरहवा र महेन्द्रनगर सम्म फैलिएर बस्न थाले ।

सन् १९२६ मा म्यान्मारको मोचिनामा जन्मिएर हाल रुपन्देहीको छपियामा बस्दै आएका ९० वर्षिय हिमलाल शर्माले राजा महेन्द्रको आदेशमा स्व. ईन्द्रमणी खरेलको अगुवाईमा बिक्रम सम्वत् २०२२ सालमा प्रति परिवार २ बिगाहा भूमी पाएर २ सय परिवार म्यान्मार छाडेर नेपाल बस्न थालेको स्मरण गर्नु हुन्छ ।

त्यसपछि म्यान्मारबाट करीब १ लाख गोर्खाली नेपाल आएर विभिन्न पेशा, रोजगार र व्यवसायमा आवद्ध भए । त्यस्तै ८० हजार गोर्खाली थाईलेण्डमा र २० हजार अन्य देशमा पलायन भए

पछि हाल म्यान्मारमा करीब १ लाख गोर्खाली रहेको अनुमान छ ।

नेपालबाट हजारौ किलोमिटर टाढा भएपनि म्यान्मारका गोर्खालीहरु आफ्नो भाषा, साँस्कृती र चाडपर्वलाई भुलेका छैनन् । चाडपर्व मनाउने देखि नाचगान, भजनकिर्तन सबै कुरा नेपाली भाषामै गर्नु उनिहरुको पुर्खा प्रतिको सम्मानको विषय मान्नु पर्छ ।

घरमा चुल्हाचौका लिप्योत गर्ने, तुलसीको मोठ, गाईको गोठ, बासको लिंगो गाड्ने गोर्खालीहरुको साँस्कृतिक विशेषता हो । मुलुकबाट सयौ वर्ष पहिले टाढा भएर पनि नेपालको मौलिकता र परम्परा जस्ताको तस्तै संरक्षित गर्न मुलुक प्रतिको अगाध श्रद्धा रहेको प्रष्ट हुन्छ ।

म्यान्मारमा जस्तै थाईलेण्डमा रहेका ८० हजार गोर्खाली मुलुका थाईहरुको उस्तै संस्कृती र परम्परा छ । हिन्दु र बौद्ध साँस्कृतिमा आ-आफ्नो देवी देवतालाई पूज्दै एक आपसमा मिलेर बसेका गोर्खालीहरुको ति देशमा पनि उच्च सम्मान छ ।

FOLLOWING THE BUDDHA IN KATHMANDU

The seven must-visit Buddhist sites in Nepal's Capital

Text by: Shuvechhya Pradhan, Photos by: Yogendra Maharjan

Kathmandu Valley has been a hub of two religions, Hinduism and Buddhism, mixing together in harmony for ages. You can never figure out when the Hinduism ends and Buddhism begins or the other way around, especially in the core city areas where a chaitya and a mandir might co-exist together in a

random chowk--the traditional semi private courtyards of the Valley. Being the centre of the ancient trade route between India and Tibet, the Valley also became the centre for practising and teaching Buddhism. The cities of the Valley boast numerous monasteries among which few of them are listed below.







BOUDDHA

Boudha is the most important site in Tibetan buddhism outside of Tibet and is also listed in the seven monuments on the World Heritage Site of Kathmandu Valley. Located on the way to Sankhu which falls on the ancient trade route to Tibet, the monument and its surrounding is a thriving place for Tibetan culture. You can also find many Tibetan monasteries in the area. Don't forget to try Laphing, the famous Tibetan dish while you are here.

SWAYAMBHU

Listed among the seven monuments on the World Heritage Site of Kathmandu Valley, Swayambhu is an important Buddhist site for the Newar Buddhists of the valley. Also known as the Monkey Temple by tourists for being home to many monkeys, the site is said to have been self created according to legends. Besides the main stupa, there are other traditional Gompas both following Newari and Tibetan Buddhism.

ITUM BAHU

Itumbaha is largest courtyard in the old part of the Kathmandu and is one of the oldest and important monasteries of the city. Dating back to almost 11th century, this monastic complex houses the most serene surrounding in the middle of the chaotic Kathmandu. The main shrine of the monastery is a pagoda styled square shaped building behind which the shrine of Akshobhya Buddha, one of the five meditative buddhas who always faces the east. The monastery still remains as one of the hidden gems of Kathmandu.

BHAGWAN BAHAL

Despite being located amidst the tourist hub of Thamel, Bhagwan Bahal is another hidden gem of Kathmandu. It is specially famous among Tibetans and other followers of Tibetan Buddhism for housing the holy script of Pragma Parimita that is supposedly written in gold.



Another interesting fact about the monastery is that the caretakers are from the Pradhan family while the caretakers of rest of the Newar Buddhist Monasteries are either from Shakya or Bajracharya clan. The monastery's main shrine is home to an image of Singha Sartha Bahu who is worshipped as the ancestors of the Pradhans. You will also find a main chaitya worshipped as one of the chief clan deities and smaller chaityas related to Lichhavi period, a agam chhen, a sacred place to worship the secret family deity and other smaller images of both Hindu and Buddhist deities.

GOLDEN TEMPLE

Golden Temple has been one of the must visit site in Patan. Also known as Kwa Bahal in local language and Hiranya Varna Mahavihar as the official name, this Newar monastery gets its name of Golden Temple because of its shimmering golden facade. The main shrine

of the temple houses Akshobhya Buddha, one of the five meditative Buddha's and shares the vicinity with Swayambhu in the middle of the courtyard. One of the important monasteries of Patan, you can find the Buddhist priests, gurus as they are known locally, reading the holy script of Pragna Parimita early in the morning everyday except during Gunla that falls on July. Hidden away but still close to the iconic Patan Durbar Square, the Golden Temple can feel a world away from the hustle and bustle of the main thoroughfares.

SESH NARAYAN TEMPLE

The Shesh (or Sekh) Narayan Temple is a Vishnu shrine surrounded by ponds and statues, located near Pharping in the Southwest of Kathmandu. The main temple was built in the 17th century, but it's believed that the cave to the right, on the southern wall of Rigzin Drubte Ghatshal Monastery, with whom the

temple shares its boundary with has been a place of pilgrimage for far longer. On the low roof of the cave is a gold colored hole. Padmashambhava or Guru Rinpoche, is believed to have created that depression with his head when he sat there in meditation for seven years, seven months and seven days. Thus this area is also one of the important sites for Buddhism in Kathmandu.

MAHABOUDHHA

Also known as temple of thousand Buddhas, Mahaboudha is an architectural masterpiece with carved terracottas of Buddha all over the temple. The temple is said to be modeled after the temple of the same name in Bodhgaya, India, where Buddha is attained enlightenment. Built by the priest Abhaya Raj, the temple is believed to date back to the late 16th century and was completed by his sons after his death.

Savoury Yangon

Yangon is a food lover's paradise. On your next trip to the city, here are seven scrumptious delicacies you dare not miss!

Text by: **Amrit Khadka**



MOHINGA

No list of Burmese food is complete without the ubiquitous Mohinga included in it. The de facto national food of Myanmar is a scrumptious treat that truly is the “Breakfast of Champions.” Served in most restaurants, mohinga is a rice noodle soup served in a thick fish and chick pea soup. Packed with a layered texture of exotic tastes, this cheap and quick noodle soup makes for a great first bite to grab before you head out to explore the chaotically wonderful city of Yangon.

LAPHET THOKE (TEA LEAF SALAD)

A tea leaf salad might not sound very appetising at first, but wait till you try this eccentric Burmese delight. A popular snack that mixes a variety of seemingly mismatched ingredients—pickled green tea leaves (Laphet), crunchy peanuts, toasted sesame seeds, golden fried garlic, dried shrimp and tomatoes—Laphet Thoke whirles them all into a concoction that is truly divine. A dish with great history, Laphet salads are a mainstay of every roadside food stalls. What is more, because it comes with an assortment of toppings, you can customise a salad just to your taste. A win-win if there ever was one!



NANGYI THOKE

Also known as the “Spaghetti of Myanmar,” this delicious treat is a type of dry noodles. Nangyi literally translates into “rice-noodle” and Nangyi Thoke is made by cooking rice noodles simmered in a specially-prepared chicken curry. Then topped with fish flakes, toasted chick pea flour and bean sprouts, Nangyi Thoke makes for a scrumptious treat. If you’re looking to eat what the Burmese are eating, look no further than the delicious Nangyi Thoke.



SKEWERED SAVOURIES

Like other countries in East Asia, Myanmar too has a bustling street food scene that you just shouldn't miss out on while in the country. Offering a variety of meats, including chicken, beef, pork and fish, the bustling street of Yangon is reborn in the evening hours, with vendors in their street food stalls jostling for your attention and money. When in

Yangon, visit the bustling China Town or Anawartha street where you are sure to find something for your palate. Sit-down at one of the many roadside eateries and fill-up on the many varieties of grilled or deep-fried delicacies, as you watch busy shoppers and fellow diners whisk you by. Your stomach and your taste buds will thank you for it.

LOCAL ALCOHOL

What trip to a foreign land is complete without indulging (in moderation!) in the local brews? While Myanmar, as a Buddhist country, frowns upon drinking, it does have its many alcoholic drinks that should not be missed. In Myanmar you'll find the market aflush with all your regular international alcohol brands, but save your liver for the authentic brews instead. Try out the many local brands of beer which will make for great chasers to whatever exotic food you are trying out. If you're feeling more adventurous, hound out some local sugarcane moonshine or the delicious locally-brewed toddy.



SHWE KYI

Dessert, they say, is the most important part of any meal, and Myanmar does not disappoint on that front either. If you are looking to satisfy your sweet tooth, make sure you try the local favourite Shwe Kyi. This sesame-topped semolina cake, mixed in with coconut milk, is a delight for any time of day, but makes for a fantastic afterthought after lunch or dinner. Commonly served during holidays and family gatherings in Myanmar, it is of little surprise that these sweet delights now have become a popular year-round offering.



SHAN-STYLE RICE

The Eastern-most region of Myanmar, bordering China, Shan cuisine too is heavily influenced by the Chinese way of dining. One of the most popular delicacies from the region is the Shan-style rice, also popularly known as Fish Rice or Fish Rice Cake. Available at most eateries in Yangon, Shan-style rice is prepared by cooking rice and potato in turmeric, which is then combined with freshwater fish flakes and garlic oil. Simple but great! If that just doesn't float your boat, ask the restaurant to add from an assortment of toppings, including leek roots, raw garlic and deep-fried pork rind. This is the one dish you just cannot go wrong with.



Q&A WITH ABHILASHA BISTA

Abhilasha Bista is Nepal's emerging tennis star. At the tender age of 14 she already has achieved accolades for her perseverance, her spirit of sportmanship and she aims to gain more in the future. In this rapid fire interview with Neema Ghimire, she talks about her love for tennis and the travelling that it entails.

When did you start playing tennis?

Grade 2

Who is your inspiration?

By brother – Abhishek Bista

What is the most charming thing about tennis?

It motivates me, both physically and mentally

How many hours a day do you spend practicing?

On average, about three hours

Who is your favorite tennis player?

Novak Djokovic

What was your most memorable match?

Under 16--It was the first time I won against a senior player, Anne Mathema

Tell us about your match in Sri Lanka?

It's was a great achievement for me as I won gold medal for the first time in that match

How was your flying experience with Himalaya Airlines?

It was a good experience. I liked the quality of service provided during my flight

Which was the first place you travelled to?

Bangkok

Where next do you want to travel?

Delhi

Who do you love to travel with?

My mom

What is the most exciting thing about travelling?

I get to make new friends and explore a new place. I also sleep a lot while travelling!

One place you didn't want to come back home from?

Malaysia

How do you pass your time while travelling long distance?

I finish my school assignments and then, I sleep!

What do you never forget to carry while travelling?

An exercise kit and a racket

Do you have any good luck charm that you carry while travelling?

My racket

Where do you see yourself in five years from now?

Winning gold medal for Nepal in the South Asian Games



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DOHA'S SHOPPING DELIGHTS

A unique city that fuses Eastern delights with Western opulence, Doha's iconic Souq Waqif and The Villagio Mall offer two distinct but equally enthralling shopping experiences

Text by: **Sumedh Malla**

One of the richest countries in the world, Qatar offers unparalleled experiences for any traveller—whether they are travelling for business or pleasure. Situated on a peninsula extending north into the Persian Gulf, since its independence in 1971, Qatar has seen a meteoric rise both in terms of economic prosperity and cultural hybridity. With year round sunshine and boasting warm summers and mild winters, Qatar offers its visitors plenty of outdoor pleasures, including the world famous Corniche and nearly 600 kilometres of uninterrupted coastline. But as most travellers will attest to, Qatar's best charms might as well be indoors, at least sort of.

Doha, Qatar's capital is its crowning jewel and rightly called the “Pearl of the Middle-East”. Offering a unique amalgamation of Arabic and Islamic culture blended with resplendent Western opulence, Doha is a unique city that offers not just towering, glitzy skyscrapers, but also unique marketplaces that harken back to the days when the tiny country was one of the many settlements peppered across the Arabian Desert. Now one of the most prosperous nations in the region, and indeed the world, Qatar, because of its many riches and luxurious lifestyle, is one of the best shopping destinations in the world. From the best International brands to the Arab world's finest riches, Doha is truly a shopper's paradise. And though, Doha does offer a wide variety and range of shopping options, here are the two destinations you cannot and should not miss out on:



SOUQ WAQIF

If discovering the true essence of Doha and Qatari culture is your goal, then there is no place better than the Souq Waqif. One of the oldest marketplaces in Doha, Souq Waqif—or the ‘Standing Market’—used to be an old trading outpost where Arabs and Bedouins congregated to buy freshly-caught fish and to trade other essentials. Over time, with new western malls opening up in Doha, the legendary Souq fell into disrepair and became a forgotten relic. But in the past decade, with the patronage of the Qatari royalty, this historic trade post has been rebuilt and revitalised into one of the most bustling and iconic venues of the city.

The large sprawling market place is a must visit on any trip to Doha. Here, at every turn, lies a new discovery! From the Falcon Souq that flaunts an assortment of Falcons and

Hawks, prized so highly in the Arab world, to the Animal Souq where you can buy anything from turtles to dyed rabbits; from the spice markets that sell everything from Indian saffron to date candies by the kilo, to a choice of restaurants that boasts cuisines from all over the world, there is something for everyone at the Souq. Whether you are looking to spend an entire day getting lost in its alleyways, buying eccentric souvenirs to take back home or if you just have plans of spending an evening smoking a flavoured Shisha and watching busy shoppers whisk by, Souq Waqif's frenzied energy and easy charms are sure to make you want to keep coming back.

The Souq also offers various musical and cultural performances, including the famous Qatari Sword Dance, during the weekends in the winter.



THE VILLAGIO MALL

On the other end of the spectrum is the spell-binding Villagio Mall that puts on show the best the world has to offer in a splendid way like only Qatar can. Located in the south end of Doha on Al Wahab Street, the sprawling Villagio is as a unique mall as it is opulent. A marriage of Las Vegas' famous Bellagio Hotel and Italy's charming city of Venice, the Villagio is a one-stop mall that sees an average of 50,000 locals and tourists descend to it every day. That stacks up to a staggering 1.5 million people every month!

Designed to look like a quaint traditional Italian hill town, the Villagio Mall is a delightful creation that comes complete with a canal (and Venetian Gondola rides!) and a painted vaulted ceiling that changes its hue

according to the time of day. At Villagio you will not only find over 200 stores to pick from, you also have extensive food courts, an Olympic-sized skating rink, an amusement park and several IMAX theatres. Not to mention the top of the line brands, including Louis Vuitton, Christian Dior, Gucci, Valentino and Dolce and Gabbana.

With its astonishing variety of shopping, recreation and eating out options, Villagio is easily one of Doha's unmissable attractions. Whether you are looking to get some quick shopping done at your favourite branded store or looking to spend the day discovering this iconic mall's many, layered attractions, the Villagio Mall is sure to win you over in its first try!



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Taking Nepal back with you

Souvenirs and handicraft stores are a dime-a-dozen in Nepal, here are some of authentic Nepal-made products that will redefine the gifts that you take back home.

Text by: **By Alisha Sijapati**



As a tourist in Kathmandu, it is natural to gravitate towards the handicraft and curio stores that line the streets of Thamel and Lakeside. And while these gifts reflect aspects of the Nepali culture that are perceived as popular and exotic, because the products are mass produced in factories, they hardly reflect on the new, unique and emerging Nepali culture—a mix of tradition and modernity. If you are looking for a quirky but precious gift to take back to your loved ones from your visit to Nepal, walk a road less travelled by experimenting with new-age products that are now taking the Nepali Market by storm.

A decade back, many people shied away from purchasing made in Nepal products—mainly due to the lack of trust with the quality and dearth of originality. Now, made in Nepal products have really shifted gears and these Nepali brands are here to stay. Previously, products like pashminas, poteys and handicrafts were always on the list of popular gift ideas from Nepal. But in recent years, however, with the rise of art markets, online portals, many start-up Nepali entrepreneurs have received the golden opportunity to sell and promote their brands through various platforms. Aamo, Mheecha, Laali, Bhav, Latido Leathers and others are such made-in-Nepal brands that have contributed to the rise of a new dawn where Nepali products are “hip” and “cool” once more.



Having started out in mid 2016, Mheecha has already gained immense popularity among the youth since its launch. Mheecha is a word derived from Nepal bhasa, which means bag. The brand is inspired by the traditional Mheecha, reflected in its minimal design and durability with products that are stripped down to fundamental elements. According to Nishan Siddhi Bajracharya, co-founder of Mheecha, Nepalis are brand conscious now and if a brand offers international quality—the market will definitely get better and bigger in the years to come. “When we started Mheecha, we knew we wanted to stay close to minimal designs and give the best quality products to our customers,” Bajracharya says. He adds that they wanted to keep an affordable margin for their backpacks. Currently, Mheecha has two products available—Capsule and Boulder backpacks, which are available on Threadpaints and Sasto Deal—online portals. Also, the bags are available at RS Moto outlet. Bajracharya informs that Boulder sack is the top selling product at his company priced at Rs 2,450.

Located in Jawalakhel, Latido Leathers, which started its outlet in 2014, is now a hub for leather jacket lovers. The place which is now managed by Bilal Ahmed Shah was handed over to him by his father looking at the changing pattern and demands of the customers at today's day and age. The product exclusively customises jackets for customers on par with their style and demands. Latido, a brand, which was unheard of two years ago now has witnessed a boom of customers this year. “Latido Leather is now a ‘brand’ due to word of mouth, although, trust

“When I decided to come up with my own brand, I knew I wanted to give Nepali designs because most of the products now are replicas”

has been a challenging factor for us,” says Shah. “We are at such a phase that at times we have to halt orders to deliver our products on time to the other customers,” he adds. According to Shah, the biker jackets at Latido Leather sells like hot cakes. He mentions that in years to come, they plan to take orders for customised leather bags.

Amid the boutique stores on Kupondole street—Dhukuti has maintained its brand name since 1984. Dhukuti, which now is a brand for handicraft made-in-Nepal products used to be popular among tourists but now after almost three decades, the store sees more Nepali customers than they have ever seen before. Dhukuti, which has become a household name for foreigners and Nepalis, has over 20 products at display such as kitchen wares, felt textiles, ceramics, bags, jewelries, toys, paper items, knit wear, copper glass items and much more. Laxmi Pudasaini, who has been working at Dhukuti for two decades says, “The perception of made in Nepal has changed—the pride is growing and the trust customers have given us is on the rise as well.” Having been in this business for the past three decades, Dhukuti is loved for its authentic and quality handicraft products. According to Pudasaini, copper items are the best selling products at Dhukuti, mainly due to its contemporary and authentic feel.

“With the trust we have received from customers, we are confident that our products are better than imported goods,” she informs.

Aayusha Shrestha who stayed all her life away from home returned to Kathmandu for good only after the completing of her education. Shrestha who was already a graphic designer noticed that although, there were a lot of Nepali products, most of them lacked original designs. Before launching her own brand AAMO by Aayusha Shrestha, she researched the market for five years and wanted to give opportunities to skilled Nepali craftsmen who lacked job opportunities and wanted to give something new and fresh to Nepali customers as well. Only after thorough research, she went on to launch the product in 2015. “When I decided to come up with my own brand, I knew I wanted to produce Nepali designs because most of the jewelry now is replicated from Indian designs—we lacked creativity,” says Shrestha. AAMO by Aayusha Shrestha's top selling products are the patriotic ‘Chandra-Surya’ cufflings, cuffs, bracelets and others. The products are made from brass and are finished with golden platings. AAMO by Aayusha Shrestha products are available at Sam's One Tree Shop and Curves Store.

So on your next trip to Nepal, make sure you give these unique products a shout out!

Dammam Dammam!

Unsuspecting Dammam is an undiscovered gem; don't let this charming Saudi city slip under your radar

Text By: **Bishal Thakuri**

The Kingdom of Saudi Arabia has many popular charms including the capital city of Riyadh, the holy sites of Mecca and Medina, and the glistening financial hub of Jeddah. But away from the maddening crowd, the subtle charms of Dammam await you.

Located on the Eastern reaches of

the Kingdom, the sea-side town of Dammam is quietly emerging as a travel hub and an increasingly popular touristy destination. Attracting travellers from all over the Kingdom, neighbouring Bahrain and the Emirates and all over the world, it doesn't look long before Dammam will make its mark as a veritable tourism spot in

the Gulf. For now, however, it still remains a relatively quiet sea-side town, with all the simple charms that it entails. So, if you are looking to travel off the beaten path and discover Saudi Arabia for its salt and bones while you still can, here are five of Dammam's delights that you dare not miss:



KING FAHD INTERNATIONAL AIRPORT

The gargantuan King Fahd International Airport is a hard place to miss while in Dammam, mostly because if you are in the eastern

Saudi city, you probably travelled via the world's largest airport. Spread over a whopping 780 square kilometres (larger than the entire neighbouring country of Bahrain), King Fahd airport is the biggest in the world in terms of size and

includes a mosque and a 250-room Hilton on its premises. The airport also boasts a rich military history; it served as a major base for the American troops during the Gulf War. Dammam Corniche

The Dammam Corniche is the city's central attraction and crowning jewel. A sea-hugging walkway peppered with well manicured parks, a boardwalk, malls and hundreds of stores and eateries, the Corniche is rightly a hub that attracts locals and tourists alike. Take a refreshing jog along the coast, pack a picnic for one of the many verdant gardens, shop away at the Marina Mall or just lounge with a Sheesha as you soak in the sun—the Dammam Corniche is a traveller's paradise.

AL MORJAN ISLAND

Connected to the Dammam Corniche by a resplendent highway is the artificially created island of Al Morjan. A man-made paradise, packed with high-end boutique resorts—including the Mayan-inspired Al Morjan resort, this island is opulence redefined. Spend a lazy afternoon here lounging at its many pristine beaches, luscious parks or eating out at its many Middle-eastern or western themed restaurants. Cap it all off with a glass of wine as you watch the sun set on the Arabian Gulf with the Dammam skyline for company!



AL KHOBAR

While in Dammam, don't just stay pigeoned there. A short hour drive away from both Dammam and Bahrain is the wonderful seaside town of Al Khobar. Like other major cities in Saudi Arabia, Al Khobar too is spoilt for shopping options with its manifold malls and store fronts. But the charming sister city of Dammam also boasts some great beaches and coves if you are looking to get away from it all.

Another of Al Khobar's offerings is the all-terrain vehicle (ATV) rides among its sea-side dunes. Rent out one of these beasts from a choice of vendors and a plethora of price points and spend the day navigating the golden sun-kisses sands of the desert by yourself.



SAND DUNES

The vast, sweltering Arabian Desert and its ever-shifting dunes are an attraction across cities in the Middle-east; and Dammam is no different. Pick from the many tour operators and spend an evening exploring the splendid dunes around the city. Riding on an SUV, criss-crossing across these soft mounds is an unforgettable experience in itself. Part soothing and relaxing, part roller coaster ride, it is easy to see why sand dune safaris have become so ubiquitously popular tourism attractions in the Gulf region. To top it off, pick from a tour that will take you to a traditional Bedouin settlement for an evening well spent among locals, delicious regional food, some flavoured Seesha and maybe even some traditional belly dancing as icing.



SELECTED HOTELS OF NEPAL

Hotel Country Villa



Contact: 01-6680128

Location: Nagarkot, Kathmandu

The hotel area is vastly spacious; it is spread in 2.51 acre land. It is situated at 7,200 feet from the sea level. Here, you can give audience to the drama unfolding the spectacle of the sunrise and the sunset.

Hotel Annapurna



Contact: 01 4221711

Location: Durbar Marg, Kathmandu

Hotel Annapurna is 50 years old and counting. Over 50 years of perfecting our services to make sure you have a stay to remember.

Crowne Plaza Kathmandu Soaltee



Contact: 4273999

Location: Soaltee Mode, Tahachal, Kathmandu

Just 15 minutes away from the airport, this hotel mixes modern and Nepali architecture and has a tranquil garden to stroll around and enjoy the peace.

Gokarna Forest Resort



Contact: 4451212

Location: Thali, Kathmandu

If you wish to get away from the city without travelling too far, opt for this hotel which is located inside the Gokarna Protected Forest. Have nature and comfort right in your backyard.

Ker & Downey Nepal



Contact: 01- 4435686, 01- 4435645

Location: Bhattachan Complex, 2nd Floor, Thirbam Street, Bhatbhateni
Ker & Downey offer lodges located at different trekking trails, it has lodges in 6 prominent trekking areas around Nepal.

Hotel Yak & Yeti



Contact: 4240520

Location: Durbarmarg, Kathmandu

Also located in Durbarmarg, this hotel is built on the premises of an old palace, it still preserves the traditional features. It also includes a travel desk to meet all your travel inquiries.

Yeti Mountain Homes



Contact: 1 4438570 (Kathmandu office)

Location: Everest region Lukla,

Situated on the trekking route in Everest region, Yeti mountain provides indulgent comfort and quality cuisine in the midst of the Himalayas.

Raniban Retreat



Contact: 61-692136

Location: World Peace Pagoda, Pokhara

You can also call this retreat, a Queen's Retreat, located in the secluded hill forest in Pokhara, the boutique hotel offers you an eco friendly environment.

Amadablam Hotel



Contact: 01-4113712

Location: Gaushala

Reasonably priced hotel that is situated conveniently near the airport. It is located centrally with close distance to most of the UNESCO world heritage sites.



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镜头里的另一个尼泊尔

Text & Photo by: Tang Yue Fan

爱上一个地方就如同爱上一个人，那些时光被尼泊尔这把“刻刀”雕刻成一幅幅净化心灵的画面，所有的光影都含着清晨的第一滴露水。多么怀念……

2014年雨季过后，飞机越过喜马拉雅山脉，降落在那个漫天神佛的谷地里。开始了我的惊艳与沉醉之旅。

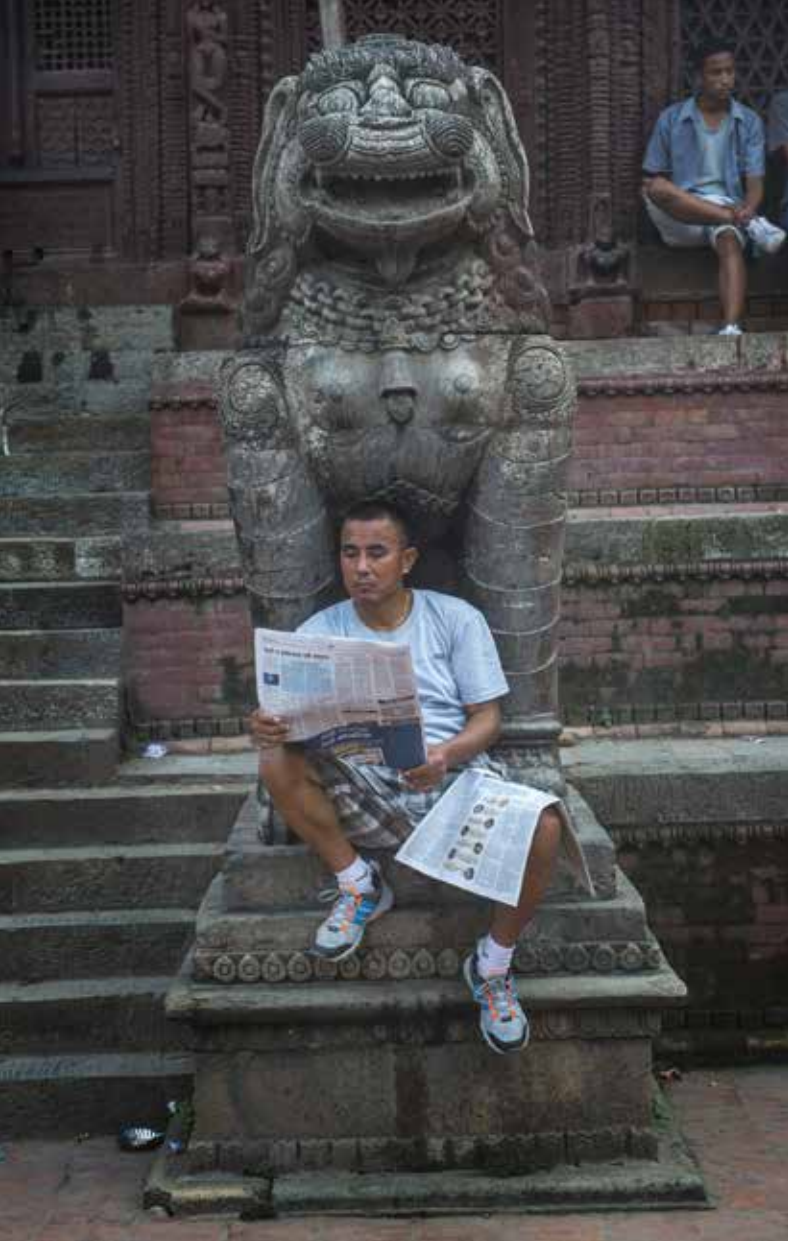
初见尼泊尔，拥挤的小巴，嘈杂的街道，看在多半游人眼中也许会觉得失望，可作为摄影人的我，透过镜头，却被那不一样的生机和不一样的色彩，感动得潸然泪下。在尼泊尔很难见到愁眉苦脸的人，物质上的贫穷并不妨碍他们感受生命的愉悦：男人笑得安逸，女子笑得爽朗，老人笑得睿智，孩子笑得无邪。生活在这里的人们依然如几个世纪前怡然自得：他们坐在古老的墙

根下晒太阳、发呆、聊天，孩子们在寺庙门前的动物石雕上翻上跳下、追逐打闹，穿着校服的孩子，裹着纱丽的妇女，点灯祈福的女人，看报、下棋的男人，精心雕刻的工匠，陶场忙碌的身影，快乐的理发师，慵懒的狗，随处可见的寺庙；以及寺庙里不惧人的猴子，杜巴广场上的鸽群，夜色里一个个大气磅礴，栩栩如生石雕守护神，都让人感受到祥和的气息和宗教的安宁氛围；还有那个以前无数次出现在地理书和梦境中的珠峰，仿佛近在咫尺，神圣又不可侵犯。远处雪山缠绵，日出日落尽在顷刻间，瞬间让人觉得自己是那么的微不足道。

这是一个让和平与爱永存的地方；一个会呼吸的活着的老城；一个温和善良、知足守份的

民族；一个朴实而安静净化心灵的国度。尼泊尔之旅帮我找回了很多遗失在城市的東西。那是一种血液里对生活的热望与激动。一直有一个再去一次的冲动，这次尼泊尔地震，使我寝食难安，那儿精美的古建筑，那些纯真孩子的笑脸一直萦绕着我，挥之不去。我想通过每次的摄影展，再现震前尼泊尔这个让和平与爱永存的地方的美妙建筑，最真诚的人间微笑，原生态的气息和幸福的味道。我要将尼泊尔的美告诉更多的人，这样才不辜负它的赐予。

汤跃范：广东顺德北滘摄影协会会长，尼泊尔摄影作品极具人性张力，引起中国、尼泊尔摄影界对尼泊尔摄影方向的新思维。



SYNOPSIS

Nepal is where love and peace exist. It is a living old town, a gentle and kind nation, a simple and honest country. The trip to Nepal helped me get back something lost in civilization.

The first time I went to Nepal, there were crowded buses and noisy communities. I guess most of the visitors would be disappointed by the surrounding. However, as a cameraman, I could

capture different scenes and things of this country through the lens. In Nepal, it is not likely to find someone who is wearing a sad face. Destitution does not seem to have huge effect on their lives. Men, women, children; they are all smiling without sorrow, anxiety or any concerns. They are happy and contented and they have a leisure life pace like several centuries ago. Men were lying beside the root of walls, chatting, playing

chess; children were playing, chasing for each other; craftsmen working, etc. The temples and living patron saint seem to be peaceful. I could also find Mount Qomolangma; it is so close as if within the reach. The peak covered with snow became a vast expanse of whiteness stretching to infinity. I always think I am trivial in front of such scenes.

Nepal is where love and peace exist. It is a living

old town, a gentle and kind nation, a simple and honest country. The trip to Nepal helped me get back something lost in civilization. It is the passion and love of life. I am always looking forward to coming back to Nepal once again. I felt worried about the earthquake in Nepal. Including the ancient building, people's smiling faces, I could not forget what I had seen and experienced there.

Himalaya Airlines Adds Second Aircraft to its Fleet

Himalaya Airlines welcomed its second brand new Airbus 320-214 into its fleet, at Tribhuvan International Airport, Kathmandu, Nepal on Jan 31st, 2017 at 11:04 am NST.

The aircraft, with the registration number 9N-ALV, was welcomed by a ceremonial water cannon salute after it touched down, arriving from Hamburg, Germany.

Honorable Minister of Ministry of Culture, Tourism and Civil Aviation, Mr. Jiwan Bahadur Shahi, graced the

ceremony of welcoming the aircraft with Mr. Devnanda Upadhaya, General Manager of TIA, along with high level officials from CAAN. The much-anticipated arrival was witnessed by Himalaya Airlines' Vice President-Administration, Vijay Shrestha, Vice President – Operations, Jatinderpal Singh Dhillon, and H9 senior management team.

“With the arrival of the second Airbus 320, Himalaya Airlines team is highly inspired to work harder towards achieving excellence in our services”

remarked, Mr. Vijay Shrestha, Vice President- Administration. He further added “It enables us to bring new opportunities to connect Nepal directly with new destinations and contribute towards the economic development of the country and her people. The arrival of 2nd aircraft within its first year of operation is definitely a milestone for Himalaya Airlines as well as for the Nepalese Aviation industry.” The airline's new A320 aircraft has 158 seats in two class configurations, 8 for Business and 150 for Economy, ensuring high level of flying comfort.







Inaugural flight to Kaula Lumpur

February 10th, 2017

The airlines plans to launch its scheduled flight to KTM/KL/KTM route with a weekly frequency of five flights from Feb 10, 2017. The airlines has appointed Carnival Travel & Tours Sdn Bhd as its General Sales Agents (GSA) for Malaysia.



Inaugural flight to Yangon, Myanmar

February 24th, 2017

The airline plans to launch scheduled flight to KTM/RGN/KTM twice weekly: Monday and Friday. Himalaya Airlines takes pride in connecting directly to Myanmar for the first time.

Fire Fighting Training at Fly Wings Simulator Training Center Gurgaon, Haryana, India



FAM Trip Sri Lankan Tour Operators in Nepal, November 15-19, 2016



Himalaya Airlines in collaboration with Yeti Holidays organized a FAM trip for prominent travel trade agents from Sri Lanka for a 5 day trip which gave them the experience of tourist destinations such as Kathmandu, Bhaktapur, Pokhara and Lumbini.

Cabin Crew Christmas and New Year Party



FAM Trip Nepali Tour Operators in Sri Lanka on November 15-19, 2016



Top 10 travel agents from Nepal visited destinations such as Colombo, Galle, Hikkaduwa and Benetton in Sri Lanka.



H9 ACHIVEMENTS

In less than a year of its establishment, Himalaya Airlines has notable engineering achievements under its belt.

Approved Maintenance Organization (AMO) Approval

First Airline ever in Nepal to get AMO approval before the commencement of regular commercial flight.

CAAN Approval No: NCAR.145.017

Continuing Airworthiness Management Organization (CAMO) Approval

First and the only Airline in Nepal to get the CAMO approval till date.

CAAN Approval No: NCAR.M.001

NCAR Part 66 Aircraft Maintenance License

Himalaya Airlines Engineer Mr. Rajib Deep Dhakal was the first ever engineer to get the Nepalese Civil Airworthiness Requirements (NCAR) Part 66 Aircraft Maintenance License.

CAAN License No: CAAN.66.291

Lumbini World Peace Forum presents token of love to Himalaya Airlines



Monks from Mangal Marga Bihar in Yangon and Lumbini Peace Forum visited Himalaya Airlines Corporate Office to discuss about promotion of Buddhism in Nepal and Myanmar.

In the picture from (R to L) Bhante Yess, Bhante Tessa, Bhante Pragyashree, VP of NRN NCC, Myanmar, Mr. Gyan Bahadur Thapa, Member Artist of Lumbini Peace Forum Bishnu Bishwokarma, Mrs. Ujjwala Dali, Head of Department H9, Mr. Basu Gautam, President of Lumbini Peace Forum, Mr. Anish Man Singh, Country Manager of Myanmar H9.

Initial Aviation Security

H9 Ground Staff in Doha, Qatar, on January 4th & 5th, 2017. The main objective of the training were Aviation Security responsibilities of aircraft operators, preventing security measures, and procedures for dealing with unruly/disruptive passengers.



Cabin Crew 3rd Batch Training



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INFLIGHT HEALTH TIPS



BEFORE YOU FLY

- Remember you will be sitting for a long time so take a walk through the terminal before you board your flight.
- Your skin will get dry on the aircraft so keep your skin feeling fresh by applying moisturizer.
- Try to avoid heavy meals.
- Moderate your intake of alcohol, tea and coffee a day before your flight.
- Wear comfortable clothing. Try avoiding tight fitted outfit.

DURING YOUR FLIGHT

- Keep hydrated. Drink water and juices frequently during your flight.
- Moderate your intake of alcohol, tea and coffee. These drinks act as diuretics, increasing the body's dehydration.
- Eat light. It will be difficult to digest food when the body is inactive.
- Use moisturizer to hydrate the skin.
- Muscles can become tense during flight resulting in backaches and fatigue. Relax your muscles by gentle stretches or walk up and down the aisle.

HOW TO BEAT JET LAG

Jet Lag is caused when traveling to a destination different time zone without giving the body a time to adjust to the new day and night cycle. The most common symptoms of jet lag are sleeplessness, tiredness, loss of appetite, headaches. There is no cure for jet lag but to minimize the effects, here are few recommendations:

- Getting a good night's rest before your flight.
- Eat light meals at the local meal times.
- Try some light exercise; go for a brisk walk, if you can't sleep after your arrival at your destination. It usually takes the body's biological clock approximately one day to adjust per time zone crossed. In some cases, it can be longer depending upon the person and the distance travelled.
- Avoid caffeinated drinks and alcohol before going to bed.

INFLIGHT EXERCISES

No matter how comfortable the airplane seats are, long-haul flights can be tiresome. Your body faces the brunt because of prolonged sitting in one position for hours during flights. However, we have collected a host of inflight exercises that will keep you fresh and healthy throughout. Chances are you won't feel any discomfort in your body by the time the plane lands. Long hours in the plane will be a headache of the past.

Neck Roll

Keep your head straight. Move your neck in a circle with the right ear tilted towards your shoulder followed by the chin facing your chest. Next, roll the neck so that the left ear moves towards the left shoulder. Roll your head back. Follow both the clockwise and anti-clockwise directions.



and another in the anti-clockwise direction. Repeat the movement.

Shoulder Roll

Keep your body straight. Move only your shoulders in a circular motion—forward and backward. It follows the back-up-forward-down direction. Shoulder roll exercise has the appearance of a shrug.

Wrist Rotation

Sideways arm extension in not plausible during flights. So, put your hands forward. Keep them straight. Make a fist on both hands. Now, rotate the wrists—one in

clockwise and another in anti-clockwise directions. Reverse the process.

Tip-Top and Heels

Keep your feet flat on the ground. Put the weight of the legs on the heels and lift your toes up as far as

possible. Now, feet flat on the ground again. This time, lift your heels up as far as possible.

Ankle Circles

Let your feet up in the air. Circulate one foot in the clockwise direction

Arm Stretches

This is for arm flexibility to reduce the stiffness of the muscles. Bring your right arm up and across the left side by holding it with your left arm. Stretch it. Now reverse the process.

Safety and Service Information



CABIN LUGGAGE (carry-on)

Passenger may carry one item of cabin luggage to place in a closed overhead bin. Cabin luggage shouldn't exceed 7kg. 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 7kg weight limit is required to be checked in before boarding.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse of violence towards our staff will be taken seriously. Action will be taken as per the prevailing authorities. We are committed to supporting 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 (such as listed below) at the time of booking and at least 24 hours prior to your flight. Wheelchairs and attendant services Unaccompanied Minors-children aged five to 12 years old



PORTABLE ELECTRONIC DEVICES (PED)

For safety reasons and in line with the Department of Civil Aviation Authority of Nepal guidelines, mobile phones and all PEDs must be switched off and stowed during takeoff, landing and during abnormal of emergency landing. PED such as radio transmitters, walkie-talkies, radio, pagers, electronic toys and any devices with cellular network service must be switched off once the aircraft doors have closed and shall not be used on board during the entire flight.



ENTERTAINMENT

Movies and music are available on all flights.



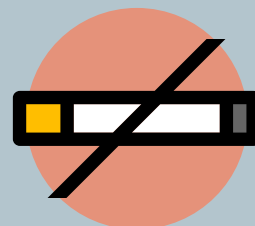
PREGNANT PASSENGER

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



FOOD AND BEVERAGE

We provide vegetarian and non-vegetarian meals. Alcoholic drinks will not be served to passengers aged under 18 years. Consumption of personal alcoholic drink is prohibited. Cabin attendants reserve the right to decline serving alcohol to passengers who appear intoxicated.



NO SMOKING POLICY

Smoking including the use of **Electronic Cigarette** is prohibited on all flights.

Himalaya Airlines MOVIES & TV SHOWS

Movies



Ice Age: Collision Course
Manny, Diego, and Sid join up with Buck to fend off a meteor strike that would destroy the world.



Woda Number 6
Friend's story of 5 friends that gets connected with the Maoists revolution that revolves around a village of Nuwakot

TV Shows



Just for Laugh Gags
Hidden camera hilarity ensue as members of the public are caught out by the Just For Laughs antics.



Dhurmus ko Love Story
Nepali comedy based on characters from serials



Mundre Sanga Traffic
Nepali comedy based on characters from serials





TRAVELERS' INFORMATION

Nepal is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and latitudinal variation. The elevation of the country ranges from 60 m above sea level to the highest point on earth, Mt. Everest at 8,848 m, all within a distance of 150 km resulting into climatic conditions from sub-tropical to Arctic.



Area	: 147,181 sq. km
Location	: Situated between China in the north and India in the south, east and west
Capital	: Kathmandu
Population	: 26.49 million
People	: Nepal has 125 caste/ ethnic groups and 123 spoken languages.
Language	: Nepali is the national language; travel-trade people understand and speak English as well.
Religion	: Nepal is a secular state with a pre-dominance of Hindu and Buddhist population.
Currency	: Nepali Rupee
Political System	: Federal Democratic Republic
Climate	: Nepal has four major seasons (1) Winter: December-February, (2) Spring: March-May, (3) Summer: June-August, (4) Autumn: September-November. Monsoons are from June till mid-September. Nepal can be visited the whole year round.

Place	Summer (May, June, July)			Winter (Dec, Jan, Feb)		
	Max (°C)	Min (°C)	Rain (mm)	Max (°C)	Min (°C)	Rain (mm)
Kathmandu	28.1	19.5	312.9	19.3	3.0	15.4
Pokhara	29.7	21.3	829.7	20.3	7.7	26.3
Chitwan	33.0	25.3	404.0	24.1	8.3	13.8

What to Wear : Light weight clothing is recommended from May through October. Warm garments are required in October-March. An umbrella or a raincoat is a must for the rainy season

ACCESS TO NEPAL

BY AIR

Nepal Airlines is the national flag carrier of Nepal with flights to/ from Delhi, Mumbai, Bangalore, Kuala Lumpur, Bangkok, Doha and Hong Kong. Other international airlines operating from/ to Kathmandu at present are: Air Arabia (Sharjah), Air Asia (Kuala Lumpur), Air China (Lhasa, Chengdu), Bhutan Airlines (Delhi, Paro), Biman Bangladesh (Dhaka), Buddha Air (Varanasi), China Eastern Airlines (Kunming), China Southern Airlines (Guangzhou), Dragon Air (Hong Kong), Druk Air (Delhi, Paro), Etihad Airways (Abu Dhabi), flydubai (Dubai), Air India (Delhi, Kolkata), Indigo Airlines (Delhi), Jet Airways (Delhi, Mumbai), Korean Air (Seoul), Malaysian Airlines (Kuala Lumpur), Malindo Air (Kuala Lumpur), Oman Air (Muscat), Qatar Airways (Doha), Sichuan Airlines (Chengdu-Lhasa), Silk Air (Singapore), Thai Airways (Bangkok), and Turkish Airlines (Istanbul).

BY LAND

All visitors coming to Nepal by land can enter through any of these entry points on the India- Nepal Border: (1) Pani Tanki/Kakarbhitta (2) Raxual/Birgunj (3) Sunauli/Belahiya (4) Rupaidiya/ Nepalgunj (5) Mohana/Dhangadi (6) Banbasa/ Mahendranagar, Gaddachauki and (7) Khasa, Liping/ Tatopani on the Tibet, China-Nepal border respectively. Overland tourists entering the country with their vehicles must possess an international carnet or complete customs formalities.

WHAT ARE NEEDED TO GET A VISA?

A valid passport and one passport size photo with a light background. Visa can be obtained through payment only in the following currency: U.S. Dollar, European Euro, UK Pound Sterling, Swiss Franc, Australian Dollar, Canadian Dollar, Singapore Dollar, Japanese Yen, Chinese Yuan, Saudi Arabian Riyal, Qatari Riyal, Thai Baht, UAE Dirham, Malaysian Ringgit, South Korean Won, Swedish Kroner, Danish Kroner, Hong Kong Dollar, Kuwaiti Dinar and Bahrain Dinar.

International Credit Card are also accepted for payment of Visa Fee.

a. Tourist Visa		
Visa Facility	Duration	Fee
Multiple entry	15 days	US\$25 or equivalent convertible currency
Multiple entry	30 days	US\$40 or equivalent convertible currency
Multiple entry	90 days	US\$100 or equivalent convertible currency

b. Gratis (Free) Visa

- For first visit in one visa year (January to December), gratis visa for 30 days is available only for nationals of South Asian countries like Bangladesh, Bhutan, Maldives, Pakistan and Sri Lanka. However, visa can be extended from the Immigration Department on payment of visa fee as specified above.
- Indian nationals do not require visa to enter into Nepal.
- Chinese tourist are provided gratis visa for Nepal.

However, nationals of the following countries will not get visa on arrival at the immigration entry points of Nepal:- Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan. They need to obtain visa from Nepalese Embassies or Diplomatic Missions in their respective countries prior to their visit to Nepal.

For further information, please, contact Department of Immigration, Kalikasthan, Kathmandu,
Tel: 977 – 1 – 4429659 / 4429660 / 4438862 / 4438868
Email: mail@nepalimmigration.gov.np | Web: www.nepalimmigration.gov.np



FOREIGN EXCHANGE

Foreign currencies must be exchanged only through the banks or authorized foreign exchange dealers. The receipts from such transaction are to be obtained and retained. Visitors can exchange money at the foreign exchange counter at the airport upon arrival also.

CUSTOMS FORMALITIES

All baggage must be declared and cleared through the customs on arrival at the entry. Personal effects are permitted free entry. A tourist may bring in dutiable goods, such as tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotics, arms and ammunition are strictly prohibited (Tel: 01-4470382). Visitors can export souvenirs to their respective

countries. The export of antiques, however, requires special permission from the Department of Archaeology, National Archive Building, Ram Shah Path, Kathmandu (Tel.: 01-4250686/ 4250687/ 4250688).

DOMESTIC AIRLINES

Nepal Airlines has an extensive network of air services to major parts of the country. Besides Nepal Airlines, other domestic airlines (there are more than 18 in operation) provide regular and charter services to popular domestic destinations. Many domestic airlines operate early morning, one-hour mountain flights round the year.

GETTING AROUND

Metered taxis are easily recognizable by the taxi sign and black number plates and

can be hailed off the street. Micro buses and battery-run EV tempos cheaper than taxis are also available. No tip is expected. There are regular bus services within the three cities of the Kathmandu valley operating from old bus terminal Ratna Park. Similarly, scheduled bus services for outside the valley operate from the Gongabu Bus Terminal. It is also possible to hire mountain or motor bikes at nominal rates.

FACILITIES

Nepal has every category of accommodation facility, ranging from international standard star hotels and resorts to budget lodges. To ensure safety and quality service, it is advisable to use the services of Government registered hotels, lodges, travel agencies, licensed

tour guides and hire only authorized trekking guides or porters.

WORLD HERITAGE SITES

There are four UNESCO World Heritage Sites in Nepal. Two are in cultural category and two are in natural category. Lumbini, the birth place of The Buddha, and seven monuments of Kathmandu valley within a radius of 20 km (together counted as one Heritage Site). The World Natural Heritage Sites are Chitwan and Sagarmatha National Parks. Kathmandu valley World Heritage Site comprises of three historical palaces – Kathmandu, Patan and Bhaktapur Durbar Squares; two Buddhist stupas – Swayambhunath and Baudhanath; and two Hindu temples – Pashupatinath and Changu Narayan.

KATHMANDU EMERGENCY NUMBERS

Police Control Room	100
Traffic Police Control Room	103
Fire Fighters	101
Emergency Police Service	4228435
Crime Information	4415748
Child Missing	104
Nepal Electricity Authority	4153164
Blood Bank	4225344
Nepal Red Cross Society	4270650
Tourist Police	4211669, 4211846
Himalayan Rescue Association	4262746
Nepal Red cross Society	4270650
Ambulance Service	4104595
Prepaid Taxi Nepal	4474014/ 4499159
Department of Immigration	4429659/ 4429660

SUDOKU

8			7	1	5			4
		5	3		6	7		
3		6	4		8	9		1
	6			5			4	
			8		7			
	5			4			9	
6		9	5		3	4		2
		4	9		2	5		
5			1	6	4			9

1			3	7	6			4
7								5
6		8	4	5	1	3		9
			7	6	9			
		3		2		8		
			1	3	8			
4		1	6	8	7	5		2
3								6
5			9	1	3			8

HUMOR | SARCASM | LOL

When I see lovers' names carved in a tree, I don't think its cute. I just think it's crazy how many people bring knives on a date.

Husband (watching a video):

Don't do it! I swear you gonna regret it for the rest of your life. You stupid idiot! Don't say yes. No! No! NOOO!! Aw dang, he actually did it! What a dumb! Wife: Honey, why you so mad? What'aya watching? Husband: Our wedding ceremony.

I know 10 facts about you:

Fact 1: You are reading this.

Fact 2: You can't say the letter 'm' without touching your lips.

Fact 3: You just tried it.

Fact 4: You're smiling.

Fact 6: You're smiling or laughing again.

Fact 7: You didn't notice I missed fact 5.

Fact 8: You just checked it.

Fact 9: You're smiling again.

Fact 10: You like this and you're going to smile

Teacher: "Anyone who thinks he's stupid may stand up!"

Nobody stands up

Teacher: "Im sure there are some stupid students over here!!"

Little Johnny stands up

Teacher: "Ohh, Johnny you think you're stupid?"

Little Johnny: "No... i just feel bad that you're standing alone..."

3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, "We have reached your destination". The 1st guy gave him money & the 2nd guy said "Thank you". The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked "What was that for?". The 3rd guy replied, "Control your speed next time, you nearly killed us!"

Teacher: Did you finish you homework?

Kid: Did you finish grading my test?

Teacher: I have other children's tests to grade

Kid: I have other teachers homework to do

69% Percent of people will find something wrong with this sentence.

A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train."

The farmer says, "Sure, go right ahead. And if my bull sees you, you'll even catch the 4:11 one."

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Facebook: Karuna Natural Wears

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Jai Nepal Lane, Durbar Marg
Phone: 01-4427282



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Patan Durbar Square, A UNESCO World Heritage Site



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