



Dante

ISSUE 1
APRIL-JUNE 2016

HIMALAYA AIRLINES INFLIGHT MAGAZINE

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Dear Passenger,

We are always connected to the global arena thanks to the breakthrough in technology. No more are we isolated from one other in terms of communication and we, here at Himalaya Airlines also seek to help in connecting the rest of the world to Nepal. With a dynamic team inclusive of members from around the world, each with their own expertise, Himalaya Airlines aims to bring the best services for you. As a Nepal-China joint venture airlines, we began our journey in August of 2014. 2 years later, we are all set to take to the skies with our first maiden flight in April of 2016.

The aircraft had welcomed its first new aircraft MSN 6626 Airbus 320-214, on March 20, 2016. In order to for us to operate commercial flights, we did a proving flight on March 30th to Delhi. The aircraft carried the Right Honorable Prime Minister, Mr. K.P. Oli, Madam Radhika Shakya and the delegation on an official visit to Beijing, China on March 20, 2016. Aerial safety and communication has always been our main priority. For which, we did a proving flight on March 30th to Delhi. We look forward to making Himalaya Airlines into one of the most trusted airlines. Currently flying to Doha and Delhi, our future destinations include Lhasa, Beijing and Chengdu (China), which will be scheduled to fly within the next few months. We want to thank our flyers for your faith in us and we hope to receive your support and love in the days to come.

We hope that you enjoy our first issue of Danfe, the inflight magazine. Read

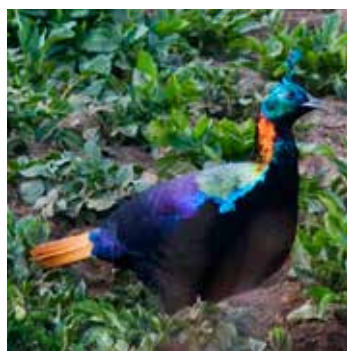


Introduction to Nepal to get a glimpse of what the country has to offer. Find out where the best shopping districts are located around Kathmandu and if you're looking to spend a weekend off, read our story on Dhulikhel to learn more on how to get there and activities you can do.

We wish all our Nepali flyers a very happy New Year 2073. May this year bring peace, good health and happiness to you and your family.

Thank you for flying Himalaya Airlines,

Mr. Cheng Hui
President,
Himalaya Airlines Pvt. Ltd.



Danfe, a bird of vibrant colors

The Impeyan peasant known commonly in Nepali as 'Danfe' is a bird found in the Himalayas. The male of the species is distinct with its bright and colorful feathers; the Danfe is popular in Nepal as its national bird. It is a symbol of the Himalaya's natural diversity. And in the same way, the bird represents everything that Himalaya Airlines and the country stand for, the mountains, a collage of beautiful diversity and robustness, that is how we were inspired to name our inflight magazine after the bird. The Danfe has been listed as an endangered species, and we here at Himalaya Airlines plan to take an initiative towards creating awareness about it and to help conserve.

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Calendar

April - June 2016

1st – 3rd April

6th Nepal Tattoo Convention

Check out Nepal's largest annual tattoo convention with music, art, performances and tattoo enthusiasts coming together from all parts of the world!

For more information
nepaltattooconvention.com

7th April

Ghode Jatra

The Festivals of the Horses, legend has it that a demon, Tundi lives under the meadow of Tundikhel and the clamour of the horses' hooves keeps the demon at bay.

12th April

Bisket Jatra begins

This festival which is celebrated in Bhaktapur marks the beginning of the New Nepali Year.



13th April

Nepali New Year 2073

25th April

The anniversary of the 7.8 Richter scale earthquake that shook Nepal.

3-5th May

Tiji festival

Tiji festival in Lo-Manthang, Upper Mustang – Witness the Tiji festival in Mustang while being surrounded by beautiful mountains and breathtaking scenery.

7th May

Rato Macchindranath Jatra begins.



21st May

Buddha Jayanti

Celebrating the birth of the Shakyamuni Buddha.

29th May

Tenzing Hillary Everest Marathon

To commemorate Tenzing Hillary's first ascent to the Everest in 1957, this marathon has been held annually since 2003.

5th June

World Environment Day

6th June

Ramadan starts



29th June

Ropain festival

The Ropain festival celebrates the rice plantation and the monsoon season. You can find many places where the festival is held around Nepal.



HIMALAYA AIRLINES NEWS

HIMALAYA AIRLINES' FIRST FLIGHT SERVICE TO RT. HONORABLE PRIME MINISTER

Kathmandu, On 20th March 2016



Himalaya Airlines' aircraft MSN 6626, Airbus 320-214, Nepal registration 9N-ALM transported the Right Honorable Prime Minister, Mr. K.P. Oli, Madam Radhika Shakya and the delegation to the Beijing Capital International Airport on an official visit to Beijing. The delegates reached the capital city of the People's Republic of China at 18:16 hours China local time (Nepal standard time 16:01 hours/UTC 1016) today. The aircraft took off from the Tribhuvan International Airport, Kathmandu at 11:00 hours Nepal standard time.

The flight was operated under the approval of Civil Aviation Authority of Nepal and concerned countries' regulatory authorities for landings, take-offs, parking/housing and overflying. The aircraft will be used for all legs of the journey of the official delegation.

Honorable Deputy Prime Minister and Foreign Minister, Mr. Kamal Thapa; Honorable Minister for Commerce, Mr. Deepak Bohara; Honorable Minister for Education, Mr. Giriraj Mani Pokharel, honorable parliamentarians, high government officials, media and business delegates accompanied the Right Honorable Prime Minister on the flight. His Excellency Ambassador, Mr. Wu Chun Tai and Madam Jiang Chun Yan also accompanied the Right Honorable Prime Minister in the journey. Mr. Ang Tshiring Sherpa, Board Chairman (an official business delegate) and Mr. Cheng Hui, President of Himalaya Airlines were also on board the flight. On behalf of Himalaya Airlines, Mr. Vijay Shrestha, Vice President - Administration bid farewell to the Right Honorable Prime Minister and the entourage.

Himalaya Airlines had earlier requested the Government of Nepal to conduct the gratis flights for the official visit of the Right Honorable Prime Minister to the People's Republic of China. The flights have been conducted as kindly consented by the Government of Nepal. Accordingly, all costs of the flights have been borne by

Himalaya Airlines.

Commenting on the event, Mr. Vijay Shrestha, Vice President, Administration said, "We feel privileged that our Right Honorable Prime Minister Mr. K.P. Oli has preferred Himalaya Airlines to travel for this official visit. In joint venture partnership between Nepal and China and under a robust team of management, Himalaya Airlines will operate flight services as per international standards. We are happy that the entire country has welcomed this new airline with warm hearts and enthusiasm. We assure all of incomparable Nepali hospitality on board, high level of flying comfort and safety."

Himalaya Airlines offered best wishes to the Right Honorable and the entire delegation.

HIMALAYA AIRLINES CONDUCTS ITS PROVING FLIGHT TO DELHI

Kathmandu, On 30th March, 2016



Himalaya Airlines, carried out a proving flight on the Kathmandu/Delhi/Kathmandu sector with its first new Airbus 320-214, to demonstrate its preparedness for commercial operations. The new aircraft, with the Nepalese registration number 9N-ALM, demonstrated its competence to operate commercial flights in all aspects of airline operation.

According to CAAN

Air Operator Certificate Requirements, which are as per International Civil Aviation Organization standards, the proving flight was conducted under the inspection of CAAN inspectors. ICAO inspectors also observed the proving flight. Commenting on the event, Mr. Vijay Shrestha, Vice President, Administration said, "With the proving flight successfully conducted today, we will commence commercial operation soon."

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Photo By Hari Maharjan

NEPAL: STILL MAJESTIC

Despite the devastating earthquake in April last year, Nepal has not lost its touch of beauty and mystery.

TEXT BY SHUVECHCHHYA PRADHAN

Located between India to the south and China to the north, the Himalayan country of Nepal is the land of snow covered peaks and rugged mountains, white water rivers and snow leopards, Buddhist monasteries and Hindu temples among others. It has been famous as the destination for people who love adventure, culture, history and even religion. For large number of years since the opening to the outer world, the country has been one of the favorite destinations for hippies. According to the leading travel guides of the world, Rough Guide, the country has moved on to become no 1 travel destination for 2016 despite the massive earthquake of April 25 in 2015.

The month of March to May is spring season in Nepal. Expect the weather to be mildly to moderately warm during the daytime while the morning and the evenings will still be chilly. This is the perfect time to go trekking around the mountainous region of the country from mid-hills to the snow covered peaks. At the same time, if you love flowers then it is also the flower blooming season, including that of Rhododendron. If wandering around the hills is not to your liking, the weather is perfect to explore the urban cities like Kathmandu and Pokhara, with amazing views of the mountains from outskirts like Nagarkot and Dhulikhel (in case you are in Kathmandu).

Some of the must-have things during this season is a wind cheater

According to the leading travel guides of the world, Rough Guide, the country has moved on to become no 1 travel destination for 2016 despite the massive earthquake of April 25 in 2015.

and a sun-screen. It is recommended to carry an umbrella with you since late March is the start of pre-monsoon and a pair of comfortable walking shoes is a must. You can also expect some light storm during evenings.

March to May is also the season of festivals. Starting from Holi, the festival of color falling on the full moon during March to Buddha Jayanti, the birthday of Gautam Buddha that falls

on the full moon of May, the season is filled with various feasts and festivities around Kathmandu Valley. If you are lucky, you can get a chance to be a part of the vibrant celebrations.

From a weekend getaway to months of escape, cultural experiences and adventures filled days, Nepal provides tons of opportunities to explore yourself as you explore the country.

TRAVELLING AROUND DHULIKHEL

Located 30 km east of Kathmandu, Dhulikhel is one of the major tourist hotspots of Nepal. Nestled in the foothills of the Panchkhal valley, it is accessible through the Arniko Highway which joins Kathmandu with Kodari, a Tibetan town. The refreshing greenery, pristine air, rich cultural diversity, spectacular Himalayan backdrops and friendly locals make it the perfect place to relax and unwind.



WHAT TO SEE

Dhulikhel is home to historic temples and time-honored settlements. The traditional Newari architecture and designs carved intricately into the temples have been maintained for centuries and serve as the pride of the town. The main attractions are the Narayan temple, Harisiddhi temple, Bhagwati temple, Gaukhureshwor Mahadev temple and Namo Buddha. Dhulikhel has forests which consist of a large variety of flora and fauna. One of the best feelings in the world is to hike to the highest point South-East of the town just to see the sunrise.



WHERE TO STAY

Dhulikhel has numerous hotels and guest houses which range from luxury lodges to budget-friendly guesthouses. Some of the best hotels include Himalaya Horizon, Dhulikhel Lodge Resort, Dhulikhel Mountain Resort, Dwarika's Dhulikhel Resort and Dhulikhel Village Resort. To experience a truly traditional Dhulikhel way of living, home stays are common and locals will be more than happy to provide guests with a decent accommodation.



Best times to visit

The best times to visit Dhulikhel is August to November (Autumn) and March to April (Spring). Autumn climate provides clear weather as well as sunny days and temperate nights. Hiking, cycling, going on picnics and gatherings are common during this season. Spring days offer bright blue skies and abundant greenery. White-water rafting, trekking and mountain watching are widespread during this time.



HOW TO GET THERE

There are many ways to reach Dhulikhel. It takes approximately 45 minutes to one hour in a taxi or private vehicle. The public buses stationed in Ratna Park, Kathmandu take around 1 to 2 hours to reach Dhulikhel as it passes through Bhaktapur. An hourly bus from Bhaktapur's trolley bus stop can be another alternative too. Cycling is another option too but it will take around 2 to 3 hours to reach the town.

For those hiking or trekking enthusiasts, there is direct route to Dhulikhel which consists of passing through Sundarjal, Chisapani and Nagarkot. It will take you around 6 – 7 hours. During the trek, you will be able to encounter diverse livelihoods, culture, wildlife and Himalayan ranges. Hiking to Dhulikhel is like setting a date with Mother Nature. The main roads are sealed but a few are still gravel and unpaved. The roads are very dusty so it's advisable to wear shades or sunglasses and masks.

TRAVEL TIPS

3 TRAVEL APPS FOR NEPAL

BY BIPLAV SHRESTHA

Although Nepal is small in size, it has no shortage of vibrant people, colorful cultures and scenic locations. The scope of Nepal runs far and wide into the horizon. Hence, it can get really easy for an outsider to loose themselves in the vast cluster of Gallis(alleys), ever winding streets and even languages that seem to vary from person to person. A lot can get lost in translation and transition. But worry not! Here, we suggest you some essential travel apps that will definitely help you get your way around this vibrant country.

nLocate

Probably the most helpful app for anyone to have while in Nepal . nLocate is the go to app if you want to locate anything from an ATM and nearby hotels or restaurants to a landmark or a certain destination. The app uses Google maps to help guide you to your terminus. The latest version also shows you the latest movies being shown in the theatre nearest to you, your zodiac sign forecast and also has a search box where you can find info on anything you want.



Available on Google Play and App Store.



Available on Google Play.

Welcome Nepal

Another helpful app for any tourist to have. Welcome Nepal acts as a catalog for all the important locations, destinations, monuments, etc; that you might want to visit. The app also has information on all the activities that you might want to partake in and all the useful contacts that you might need like the emergency numbers to hospitals, police stations and contacts to Tourism councils.

HoneyGuide App

If you are looking to trek up in the Himalayas, then this app is definitely meant for you. This app includes features that help you to find information on mountains, trekking routes, details on lodges and GPS based safety features to help you stay in track. The apps easy-to-use features and beautiful pictures will definitely make this one of your favourite apps.



Available on Google Play.

HELLO DELHI !

The capital of one of South Asia's biggest countries, Delhi is a diverse mix of people and their heritage.

BY A. JOSHI

The setting sun was telling us that it was now time to leave Delhi, where we'd come a week ago.

Sipping hot chocolate with Dunkin' Donuts, we looked back at the trip, our flight from Nepal's capital to the Indian capital, and the long list of places we visited, some interesting, some not so interesting.

Delhi is an interesting mix of people from all over India, and a city that is becoming modern at a rapid pace, as well as strengthening its attachment with history and heritage.

Dunkin' Donuts is one of the many cafes and restaurants that dot the part of New Delhi called the Connaught Place (or just CP). The area, divided into concentric circles, is where New Delhi (and surrounding towns) goes shopping, dining, and meeting people. You know you are in CP when you see a big (by big I mean huge) Indian tricolor just a few meters ahead of you.

I would say that if you stay here for long enough you would meet everyone in India! It's like Durbarmarg in Kathmandu, but several times bigger.

And there is the Palika Bazaar where you can go shopping. Bargain if you know how to!

CP is part of the new city designed by British Architects Edwin Lutyens

and Herbert Baker. They were roped in the Raj to build a new planned city adjacent to the old one. The old city was where we'd gone a day earlier.

The old city seems to have evaded time, and rested in its own heydays, reluctantly chugging along with modernity. The alley ways, and the shops all remind you of gallis back home in Kathmandu, and how one corner of the street could very well have been in Nepal's capital. The famous Chadni Chowk is also a part of the old city, which definitely deserves a day on the itinerary of tourists.

If the adventure of getting lost in the old city is what you fancy, then the local food and hospitality would come as a bonus.

After CP, it was time for us to leave. The best way to get to Indira Gandhi Airport (and to come to the city from there) is the airport express train. Rush hour traffic in Delhi is what you'd want to avoid whenever possible. A few blocks away from CP is the Shivaji Terminal from where you get a direct comfy train to the airport.

The airport express is part of Delhi's metro system, which has made travelling easier. Although rush hour crowd is a different story, for a Kathmanduite who's only been on toy trains in Bhrikutimandap, it was worth it.

HERE ARE A FEW PLACES THAT COULD FIGURE ON YOUR TO-VISIT LIST.

Akshar Dham

If visiting a Hindu temple is what you want to do while in Delhi, there is no competition to Akshar Dham in Gandhinagar. The temple in eastern Delhi sits on the banks of the Yamuna.

Safdarjung's Tomb:

Safdarjung was prime minister of the Mughal Empire in the 1700s. His tomb housed inside a mausoleum made of sandstone and marble attracts thousands of tourists each year.

Agrasen Ki Baoli:

Agrasen Ki Baoli is a 60-meter long and 15-meter wide historical step well near Connaught Place in New Delhi. It's charm lies in the fact that it is a historical monument right next to CP, seen as a symbol of modernity and sophistication.

Jama Masjid

It is one of the largest

mosques in India. Built by emperor Shah Jahan in the mid 1600s, the mosque has three great gates, four towers and two 40 m high minarets.

Hauz Khas village

Hauz Khas village is the place to go if you fancy visiting a place that offers both rural and urban ambience.

India gate

The India Gate, is a war memorial located on Rajpath, on the eastern edge of the 'ceremonial axis' of New Delhi.

The Red Fort

The Red Fort was the where the Mughal emperor of India lived for nearly 200 years, until 1857. The area has of museums. It was the ceremonial and political centre of Mughal government and the setting for events critically impacting the region. It is also a UNESCO World Heritage site.



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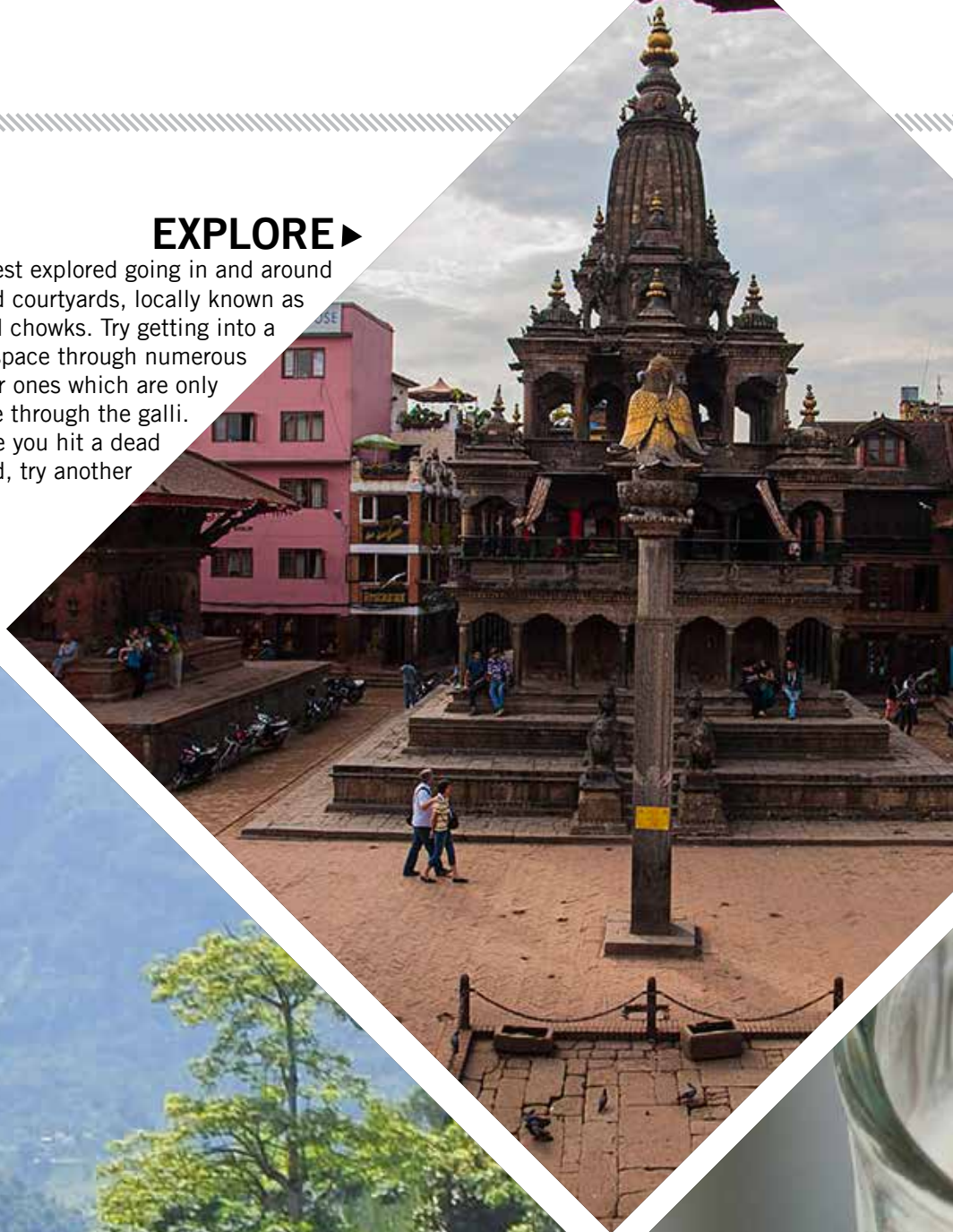
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DO

Explore Fewa Lake differently than others by paddle boarding. Stand Up Paddle is the newest adventure sport that has entered the adventure city of Pokhara. They also offer an instructor course and moonlight paddling during full moon nights to those interested.

EXPLORE ▶

Patan is best explored going in and around alleys and courtyards, locally known as galli and chowks. Try getting into a big open space through numerous smaller ones which are only accessible through the galli. And in case you hit a dead end, try another



LET'S DO IT !

Want to ditch the guide and discover Nepal on your own? Don't worry, we got you covered. Here's what you definitely shouldn't miss trying out.

BY SHUVECHCHHYA PRADHAN

DRINK

Spring and summer is the perfect time to hunt for cool local drinks around Kathmandu. One of them is the famous lassi at Indra Chowk. Lassi is a sweet drink made from yoghurt which is popular in India and Nepal. Lassi at Indra Chowk is served in small and large glasses and in different flavours.

OBSERVE

Bisket Jatra is one of the popular festivals of Kathmandu Valley, celebrated in the ancient city of Bhaktapur during the Nepali New Year. The festival lasts for eight days and while you are at Bhaktapur for the jatra, don't forget to immerse in the culture of the city. Juju dahi or "King's yoghurt" is the must have while you are here. You can also go visit the Nyatapola Temple, which has withstood many earthquakes till now.

SHOP

Are you looking for apparel that will remind you of Nepal wherever you are? Look no further than Juju Wears who's Nepal made t-shirts and other apparels have designs based on traditional motifs and Nepali figures. Juju wears has outlets in Jhamsikhel, Durbar marg and Lazimpat.

SPAIN ON A PLATTER

Enjoy the taste of Spain in Nepal at El Mediterraneo.

Text Akriti Shilpakar



Photos By Hari Maharjan

‘Del comer al saborear’ is a famous Spanish saying, which means “eat to savour”. Known for their long standing love affair with food, the country sees 60 million tourists every year. And most of them come for the gastronomic adventure that the country has to offer. And while all the eats in their cuisine deserves equal appreciation, it is the Tapas that emerges out the hero. The Spanish Tapas is not just food on a plate; it is a way of life. A slow food concept, the Spanish Tapas features bits of good food accompanied by fine wine, and made better with endless conversation. The earlier Spanish saying rings true to this dish. It is about savouring every bite and savouring the moment.

What is Spanish Tapas?

Tapas, is a food culture that is as important to the Spanish as their siestas and fiestas. Featuring an array of bite-size-food, hot and cold, the tapas platter is an age old tradition that has been defined by the Real Academia Espanola as “any portion of solid food that can be eaten with a drink”.

Where to find it?

Any self-respecting bar, restaurant and eatery in Spain has tapas in their menu. Better yet, they have a cabinet full of items to select from. An ideal tapas feature slices of cheese, Spanish sausages, Jamon, meat ball, croquette, and the ubiquitous Spanish omelette or tortilla de patatas. A Spanish restaurant has at least 30 to 40 varieties of tapas dishes every day. While a lot of them, such as the Spanish omelettes are repertoire, the others keep changing daily and depending on the season too. While the recipe for cooked dishes may differ depending on the chef, the inspiration and the concept, the spirit of the tapas is same everywhere.

In Nepal – El Mediterraneo

El Mediterraneo, named after the Spanish name for the Mediterranean Sea, reflects on the food culture of Spain. While the menu revolves around eats from all over Europe, it is the Spanish tapas that this eatery prides itself on. Having founded itself on the Spanish values of delicious and healthy cooking, the proprietor of El Mediterraneo, Bibhushan Raj Joshi firmly believes in delivering quality food, good atmosphere, and ace service. And the place lives up to it.

Located at a sprawling street of Jhamsikhel, El Mediterraneo is a quaint place, spacious but not vacant. The white washed walls are adorned with paintings that are reminiscent of the Spanish countryside and little towns. The

wooden tables and chairs are smartly set for luncheons and dinners, and the humble bar flaunts some tasteful collection of wine and drinks.

A tapas spread has been prepared for us that looks delectable as it makes its way to the table. "We import the sausages, cheese and cured meat from Spain," shares Bibhushan.

REMEMBER TIPS

El Mediterraneo serves Jamon, Cheese and Spanish sausage such as Fuet and Chorizo on request only.

All foods in the eatery are cooked in olive oil; deep-fried included.

All vegetables are washed in iodized water.

The breads are bought from a local baker.

Other famous Spanish dishes – Gazpaccho and Paella are on the menu too.

Rioja wine is the only wine available at the eatery.

Accompany the tapas with a glass of fine wine or any drink of your liking, and long, hearty conversation with friends and family.

During summer, Sangria works amazingly with Tapas.

Use hands to eat the tapas spread.



Tortilla de Patatas: Also known as the Spanish omelette, this ubiquitous dish has an endearing tagline "Bueno, Bonito y Barato", meaning "It is good, pretty and cheap". The pancake like dish made of potatoes and eggs is lightly seasoned and familiar, making it an instant favourite for any nationality.



Ajillo mushroom: Mushrooms are pan-seared on each side and smothered in olive oil, garlic, and parsley. The crunch on the outside and the natural fleshiness of the mushroom create a nice texture. The combination of garlic, olive and parsley is humble but beautiful.



Chicken Pincho: The kebab style dish features humble slices of barbeque chicken that have been seasoned with rosemary. Depending on the chef and the restaurant, the herb could be different.



Pork meat balls: Smothered in Tabasco sauce, the pork meat balls are a mouthful of flavour. The sauce is prominent but not overpowering. The pork meat is moist and juicy, and stands independent in the palate in terms of flavour.



Fuet: Fuet is one of the many varieties of Spanish sausage. The dry cured meat is overall salty, but has an underlying flavour of black pepper and garlic. It is very close to Chorizo, but without the spicy paprika.

Manchego Cheese: Another import from Spain, the cheese has an overpowering aroma and an equally strong taste. Some may not like it on the first try, but we recommend you go back to it a few more times to acquire the taste. Pair it with a slice of bread if you don't like it solo.

Jamon: Pronounced Xa-mon, Jamon is a dry-cured Spanish Ham. The thin slice of ham can either be eaten on its own or can be paired with a slice of bread and tomato puree, to make it a filling dish.



Pattata Bomba: A deep fried ball of seasoned potatoes, with dried fruits in the center.



Chicken Croquette: Crunchy on the outside, soft and succulent on the inside.

The tapas was accompanied by Potato Brava, a side dish that shares close resemblance to French Fries, only here they are deep fried cubes of potatoes, smothered in a perfect marriage between mayonnaise and spicy sauce.

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ULTRABLACK'S

SHOPPER'S PARADISE: KATHMANDU

Kathmandu is rarely known for shopping, however, within the city, you can find several locations that sell all kinds of goods from unique art collections to budget shopping sprees.

BY KRISHA SHAKYA

Whatever your shopping desire demands out of you, Kathmandu will provide you with one of the best shopping experiences. The valley consists of a large assortment of products ranging from garments and traditional metal works to spices and trekking gear. Although the market for international brands is increasing, the most popular and undisputed demands are for local handicrafts and ethnic goods which are manufactured by traditional artisans and craftsmen. Stores and shopping complexes are usually closed on Saturdays but operate 7 days a week during the tourist season or local festival season.

No matter what you buy, always remember to bargain! It is a good idea to haggle

about the price before buying it as the price of the item is usually put 40% above its mark up price. Negotiating proves that you are a wise customer who knows his or her way around the Nepalese marketplace. Good buys are usually more satisfactory when you know that you have literally fought for it. Finding a compromise is hard but talking your way into a reasonable price is a skill that will benefit you tremendously. It is advisable to agree on a fair price before you buy something. Be polite and sensible with the seller or you might not get the item you are looking for! If you're not sure about what you are looking for or where you can find the best items, we have a list of shopping haven for you to choose from.

Thamel

Known as the traveler's paradise, Thamel is the ultimate shopping arena in Kathmandu. Famous for being the hub for mountaineering gear and guest houses, it is the best place to find pashmina items, jewelry and Khukuris (Gorkha knife). Shops are usually open till 10 pm to 12 midnight so there is enough time to walk around and explore. We recommend Deva's Arcade where you can find everything, from hippy 70's clothes to butter tea churns, one can find a variety of items to buy and enjoy.

Thamel is the ideal place to buy woolen and cashmere goods as the quality is excellent and is made out of authentic yak, goat and sheep wool. Both locals and tourists prefer to buy woolen shirts and gloves from North Face due to its high durability and warmth. NPI Collection and Exclusive Textile have an extensive selection of pashmina shawls made out of silk which are more expensive than shawls made out of nylon. A cashmere scarf starts at around Rs. 300. Some products aren't authentic as they seem and fake items are common so it's better to look around and compare both quality and price.

If you get tired of shopping and are hankering for some thin crust pizzas and Italian cuisine, head to Fire and Ice restaurant, one of Thamel's oldest pizza places where the scrumptious food will delight your taste buds.

Durbar Marg

For the brand-conscious, Durbar Marg is a favorite shopping destination providing international items and global dining. Also known as Kings Way, it has outlets of John Players, Zara, Apple, Samsung, Mango and

H&M. Stores like Watch & See, Swiss International and Sulux Center have a constant supply of the latest watches and gadgets. For sports enthusiast, there are branches of Reebok, Addidas and Nike. United Colors of Benetton and Fewa Pashmina have authentic clothes made out of rich and exclusive materials. Although the price is pretty expensive, it constitutes of an ample collection of clothes, electronics, shoes, bags, merchandise etc. Along with shopping malls and complexes, it also encompasses of five star hotels such as Hotel Del' Annapurna and Hotel Yak and Yeti. Decked out with urban interior and an open kitchen, Mezza by Roadhouse is a favorite hangout spot for people of all ages. For the latest in trends and fashion, Durbar Marg is considered the finest shopping arena. Most stores open from 10 am and close at 8 pm.

New Road

The hustle and bustle of New Road brings shopping in Kathmandu to a whole new level. Whatever it is that you are looking for chances are that you will find it in New Road. The area has a mixture of various shops and stores that fulfill the needs and demands of any demography. Bargaining is a norm in New Road. Shops open from 7 am to 8 pm.

New Road boasts of successful malls and plazas such as Civil Mall, Kathmandu Mall, People's Plaza, Pashupati Plaza and Bishal Bazaar. Jewelry stores are rampant and one can find some of the country's premium gemstones as well as readymade gold and silver jewelries. Nepal's top leading jewelry business enterprises include RB Diamond, Tisa Jewelers and Asri Jewelers. If



you are looking for gift items, try Ina Center where you can find the best quality perfumes and other tokens for your loved ones. Additionally, New Road has unique restaurants and stores that sell titauras (sweet pickle) and gudpaks (local sweets made out of flour, sugar, nuts and dried fruits). Taleju is a chic, rooftop restaurant that is a good place for cocktails under the stars. A perfect place to people-watch in the busy streets below while enjoying the skyline. The Basantapur area comprises of block-printed fabrics, brass items, weave items, Thangka paintings and time-honored Nepali clothes. Indra Chowk and Ason are legendary for spices, tea, utensils, incense, pote (glass beads), affordable home appliances, gadgets etc.

Lazimpat

If you are looking for boutiques, bike and car showrooms, musical instruments and ayurvedic skincare products, Lazimpat is your savior. Labeled as the VIP area of the capital, it consists of posh hotels such as Shangri La hotel, Hotel Shanker and Radisson Hotel. Along with foreign embassies and fancy apartments, it is well known for local handicrafts and beauty products. Decorative Rugs has an ample range of carpets in different sizes. They also produce according to the customer's order. You can choose your designs and colors for the carpet. Mahaguthi is a fair trade, non-trade organization which specializes in handicrafts and home furnishings made by local artisans. For the hottest designer labeled pashmina and cashmere products, Tara Oritental is the designer studio that is on everybody's lips. Laavanya Luxury skincare is renowned for ayurvedic skincare products and essential

body oils made from Himalayan Herbs and minerals. Besides stylish clothes and sweet shops, Lazimpat is also illustrious for banks and restaurants. Nepal Bank Limited is the oldest bank of Nepal and is still operating at full swing. Other banks include Standard Chartered, Nepal Investment Bank and Everest Bank. Restaurants such as Bhumi are modern hangout spots for locals and tourists alike that serve continental cuisine and Newari dishes.

Boudhha

Boudha is not just eminent for the Boudhanath Stupa, but also for Tibetan handcraft, gems and Thangka art. While you circumambulate around the stupa, you can buy some of the best scenting incense and candles. Ayurvedic items, beauty products and essential oils can be found in the marketplace. The bazaar for herbal medicine is increasing as people look for nature-friendly alternatives. Metal prayer flags and statues are popular among the locals and tourists alike. Nowadays, Boudha has become the region to buy the hottest fashion and accessories. Bags, footwear, electronics, clothes etc can be found anywhere whether in high-end stores or wholesale markets. Hyatt Regency is a luxury hotel that provides souvenirs such as Nepali music CDs, leather goods and scarves. Flavours café is an oasis situated right in front of the Boudhanath Stupa which is famous for Thai, Spanish and Italian cuisine. While G-Café, famous for its confectionaries and sweets is a perfect setting for family and social gatherings.

NEAR BY



Patan

Patan, also known as the art hub of Kathmandu is the pit stop for Thangka art and traditional handicrafts. Patan is the main headquarter for carpets, prayer wheels, metal and wooden items. You can find several shops located behind the Patan Durbar Square that sells these items. Woodcarvings and sculptures made with stone or metal may be quite costly due to the dedication, time and attention needed to finish it.

Patan is renowned for singing bowls. Producing a high

pitched sound, singing bowls are made out of metal and cause vibrations in the air which are believed to have healing properties. Real antiques can be found but beware of "fake" ones which are not as old as they appear to be. Shops usually open at 9 am and close at 8 pm. For authentic Newari food, Honacha is the family owned eatery that has been dishing out delectable food for several generations. Yala Layeku Kitchen is a multi-cuisine bistro which has unbeatable ambience and friendly staffs



Bhaktapur

Bhaktapur is prominent for pottery, ceramics, dolls and puppets. Hand and string puppets are manufactured using techniques that have been passed down from one generation to another. Made with papier mache, a puppet usually costs from Rs. 400 to 700 depending on the quality.

Home to the Bhaktapur Durbar Square, terracotta merchandise such as flower pots and ashtrays attract tonnes of tourists. As they are made out

of mud and ceramics, they have to be handled with care so hence they are costly. Colorful masks of deities are a common spectacle and are made out of black clay. Most stores open at 9 am and close at 7 pm.

With quick service and a serene patio, Shiva's Café Corner is a superb place to grab a bite while admiring the Durbar Square. Black Olive Restaurant and Bar is a hip place with striking décor and serves the best Newari snacks.



TOP TIPS FOR TREKKING IN NEPAL

Trekking in Nepal is a clarion call to adventure, where challenges arise at every corner; however, there are some things you can do to be better prepared.

Text Amar B Shrestha

First of all, an element of surprise and some unexpected twists and turns are to be expected, and indeed welcomed, when embarking on an experience as exciting as trekking in Nepal. So, no matter how many good tips you get, don't rest assured that everything's going to be a cakewalk, expect the unexpected, and that is what'll make your experience a truly memorable one.

The country has such fantastic climatic diversity, ranging from scorching hot conditions in the south (Terai) to lovely temperate weather in the hills to really chilly stuff at the higher altitudes, all of which means is that you have options about which place in the country to visit, depending on when you come to Nepal. Which means, anytime is a good time to visit Nepal. Nevertheless, you probably know that autumn is when most folks from around the globe with a hankering to see what Nepal is all about, land up in Kathmandu, and out of them, almost 40% go trekking

in the mountains. What this means is that the trails, especially on the more popular treks, become pretty crowded.

No doubt, it's fun to be meeting like-minded souls, making new friendships, and sharing experiences, but sometimes, you might be wondering if there's anything to the 'solitary trails', the 'being-one-with-nature', and such things you've heard about Nepal trekking. Indeed, at any other time, apart from the peak tourist seasons, the trekking trails are every bit as romantic as you've heard; as secluded as you can imagine (for miles and miles); and challenging to the extreme. So, here's a hot tip for you: come when others don't dare; for example, have you ever given a thought about how a visit to the hills, mountains, and Terai would be like during the monsoon?

With that out of the way, and hoping that it's made you more open to the idea of being adventuresome when in Nepal, let's list some things here that should help those planning to trek in Nepal.

Generally, mid-September to mid-December is regarded as one of the best seasons for trekking in the Himalayan region. The climate is agreeable, with not a cloud on the horizon, promising spectacular views of the lofty Himalayan peaks above and the lush green valleys below.

March to May (spring) is the other best season for trekking in Nepal. Again, the weather is most pleasant, with the warm sun a most welcome presence throughout the day. The hills come alive with a profusion of brightly colored flowers, including the lovely red and pink rhododendron (Nepal's national flower). Hiking on the mountain trails is a real joy in spring, and sure to give you an experience you'll remember for the rest of your life.

Trekking in the high Himalayas is strenuous business because of all the climbing you'll be doing. It's certainly no walk in the park, so you got to know your own physical condition before choosing your trek, which are graded according to their difficulty. However, know also that a reasonable state of fitness is good enough to go on most treks. Obviously, if you have health issues, particularly concerning the cardiac and respiratory systems, get your doctor's permission first.



Photo By Hari Maharjan

The easiest trek is graded as 'A', which means trekking for not more than 10 days at a go, and at elevations below 3,000 meters. You'll be walking for not more than 5 hours each day.

Grade B treks last for around 14 days at a time, and you'll be hiking at altitudes between 3,000 and 5,000 meters. Be prepared for regular ups and downs on steep trails, which can be very tiring. Each day's hike will be around 6-7 hours at a go.

Grade C treks will take you above 5,000 m, where there's less oxygen and great risks of altitude sickness, which can be fatal. Naturally, you must not go without expert guides who'll ensure that you are acclimatized adequately during the trek. A higher degree of fitness is of course essential, and those with asthma, high blood pressure, cardiac problems, or other health complications, should not go.

Grade D treks are the extremely strenuous ones, and you got to have good mountaineering skills as well as

knowledge about high altitudes. You'll be trekking between 4,000 to 6,000 meters, and that's really going into dangerous zones. You'll be using your axe quite often, as well as crampons on your boots, to cross the high snow-covered passes you'll be coming across during the trek, which can last from 16 to 28 days.

Just as choosing the right trek is important, so too is choosing the right trekking agency. Go for an experienced one that abides by the principles of responsible trekking.

Limit your numbers to a maximum of 10, because more than that can be troublesome, since you'll probably be camping in tents on some parts of the trail.

As for personal effects, here are the basics you'll need for a 10-day trek: sturdy and comfortable walking shoes, thick woolen shirt, heavy-duty jeans or slacks, woolen

sweater, woolen socks, T-shirts, shorts, gloves, hat, poncho, sleeping bag, roomy rucksack, parka, toilet kit, towel, water bottle, pocket knife, and flashlight. Other necessities such as mattresses, utensils, waterproof tents, etc. are usually provided by the concerned trekking agencies. Avoid bright colors, and go for earthy hues instead; that's more eco-friendly.

Reduce litter by transferring packaged food from metal cans to plastic bags, which you can carry back.

Reduce use of firewood by carrying along a stove and some fuel. Also, make sure that your tent has its own poles, so that you don't need to cut trees.

Well, these are some hot tips for a cool trekking experience. But, as said before, no matter how well prepared you are, you got to be ready to face many unexpected challenges when trekking in the high Himalayan region. And, that's what makes trekking in Nepal such an adventure!

12 BEST TREKS IN NEPAL

While there are numerous trekking routes that one can explore, make sure that you check out these popular routes.

- Everest Base Camp 12/13 Days,
- Annapurna Circuit 13/14 Days
- Poonhill Trek 5-7 Days
- Langtang Trek 7-13 Days
- Manaslu Trek 15 Days
- Gokyo 12 Days
- Upper Mustang 14 Days
- Upper Dolpo 22 Days ,
- Kanchenjunga 20 Days
- Makalu Base Camp 17 Days,
- Dhaulagiri Circuit 12/21 Days,
- Rara Lake Trek 8/14 Days,

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#NOTALLGONE

#notallgone is an attempt to document heritage sites that are still intact after the earthquake of April 25, 2015 and its aftershocks. From public monuments to personal houses, the project aims to learn the story behind these sites and record them for research purposes. Here are some of the sites around Kathmandu Valley that are still standing strong and tall.

BY SHUVECHCHHYA PRADHAN

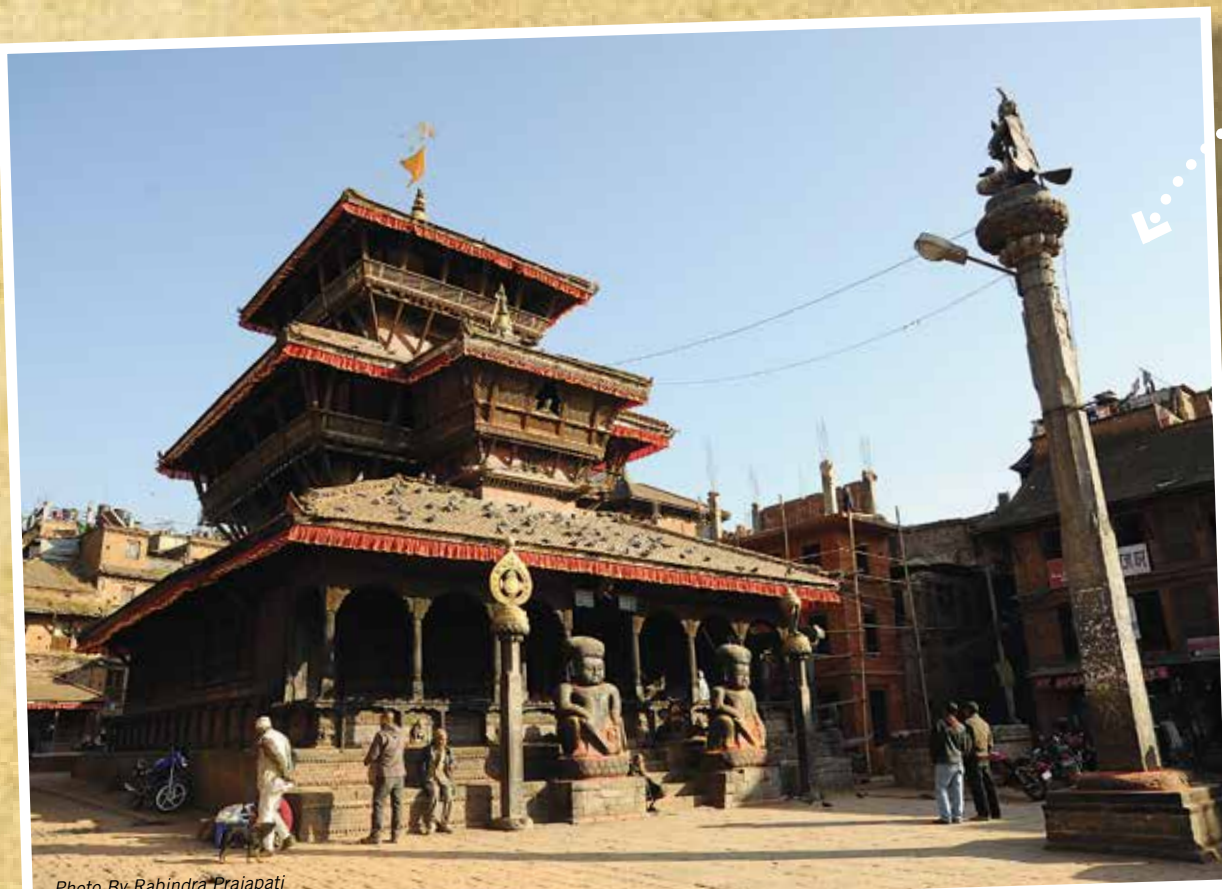


Photo By Rabindra Prajapati

Dattatreya Temple

The large three-tier temple of Dattatreya is one of the main attractions of Bhaktapur. Dedicated to Dattatreya, who is a mix of Lord Brahma, Vishnu and Maheshwor, this temple was built by King Yakshya Malla in 1427 and has withstood many earthquakes and other calamities over hundreds of years.

Mahaboudhha

One of the famous sites of Patan, Mahaboudhha is situated in the southern side of this ancient city. The construction of the temple was started in around 1564 but was only completed in 1610. The temple is also known as "Temple of a thousand Buddhas" and is modelled after Mahabodhi Temple of Bodh Gaya.



Photo By Hari Maharian

Photo By Db Maharjan



Kumari Chhen

One of the popular tourist spots of Kathmandu, Kumari Chhen is home to the living goddess, Kumari in Basantapur. This 250 years old building is built in traditional Newari style with a small courtyard known as chowks in between like a bahal.

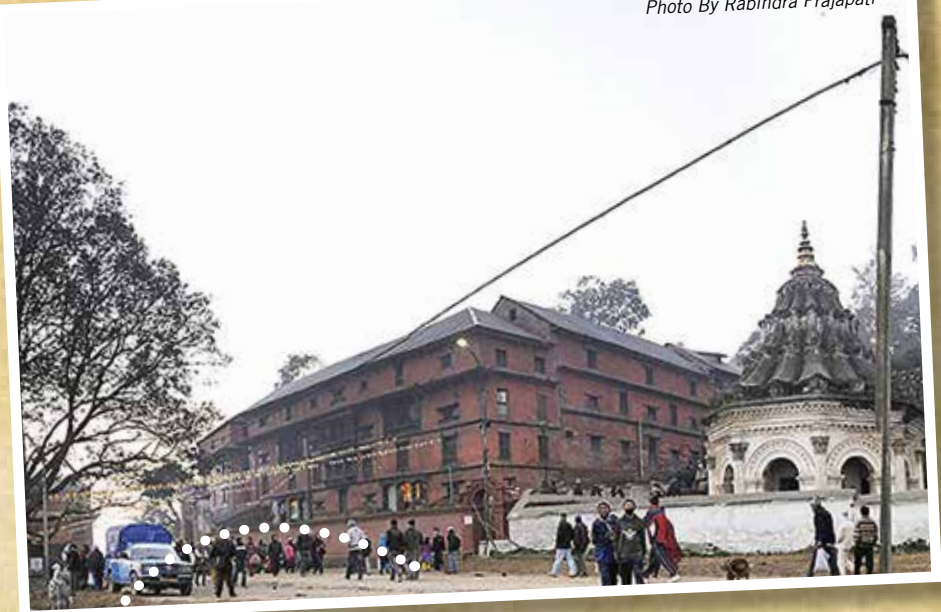


Photo By Hari Maharjan

Dhakhwa House

Dhakhwa house is an almost 100 year old house now restored to welcome guests from around the world as a home stay. Part of the Cosy Nepal group, this home stay today serves as a leading example for community-centric tourism in Patan.

Photo By Rabindra Prajapati



Guheshwori Temple

One of the famous Shakti Piths of the country, Guheshwori Temple is dedicated to Sati Devi, the first wife of Lord Shiva. Built by King Pratap Malla in the 17th Century, the temple stands in the middle of the courtyard and is surrounded by four sattals (resthouses). Although the temple can only be entered by Hindus.

SELECTED HOTELS OF NEPAL

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.

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.

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.

Jungle Safari Lodge



Contact: 01-4444999(Chitwan)

4444998/4444999 (Kathmandu office)

Location: Sauraha, Chitwan

Our well-trained staff is always at your beck and call, ever ready to offer you the best in services and hospitality. We offer you nature walks, briefing about elephants, bathing with them and elephant ride safari.

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.

Soaltee Crowne Plaza



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.

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.

Kasara Resort



Contact: 01- 4437571 (head office),

056-411002 (Chitwan)

Location: Patihani, Chitwan

A blend of simple luxury in a lush and natural jungle environment, Kasara Resort is tranquil and located at the borders of the Chitwan national park.

Hotel Yak & Yeti



Contact: 4240520

Location: Durbar Marg, Kathmandu

Also located in Durbar Marg, 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.

Radisson Hotel



Contact: 4411818

Location: Lazimpat, Kathmandu

The Radisson Hotel is an international standard hotel located at Lazimpat, home to the best stores, spas and restaurants around. It is fully facilitated, complete with a rooftop swimming pool.

Hotel Da Yatra Courtyard



Contact: 4432177

Location: Lakeside, Pokhara

A Luxury deluxe hotel, Hotel Da Yatra Courtyard offers complete services including airport pickup and drop facility as well as tours and travel assistance.

Chitwan Adventure Resort



Contact: 1-4411855 (head office),

56-580040 (Chitwan)

Location: Forest road, Sauraha, Chitwan

If you are looking for full packages that come with jungle safaris, bird watching, elephant baths and everything else included in it, opt for Amadablam Hotel that offers facilities according to your need

WANDERLUST DOHA

A city that perfectly blends the east and the west, Doha has recently emerged as a travel hotspot.

BY MANSHWI GOYAL

Famous as a world city, Doha was recently recognised as one of the New 7 Wonder Cities. With its rich culture, various man made landmarks and scenic beauty, Doha is an ideal destination for a tourist looking forward to indulge in Arabic hospitality. So before you become overwhelmed by its beauty and festivity, here is a list of must see places you shouldn't miss on a trip to Doha.

MUST DO



Desert Safari

The desert safari is one of the most sought after trips to experience the mysterious landscape in the middle of the desert. It is generally undertaken by tourists in an equipped 4 WD vehicles by under the supervision of experienced Qatari guides. A range of services are offered by travel agents like Sand dune bashing which may last for 4 hours, desert safari with lunch or dinner lasting for approximately 7 hours or overnight desert safari. You can even opt for a private desert safari where the car is completely rented by you and you can also spend the night at a camp site. The camp sites are equipped generally with Bedouin – stylish Arabic tents containing basic facilities. A trip to Qatar without undergoing the desert safari is incomplete. You can contact your hotel for desert safari bookings who will connect you to local agents.



DOHA
CAPITAL OF QATAR
Area: 132.1 km²

Souq Waqif

Located centrally in the city, the only traditional Souq (market) remaining in the Gulf is one of the top destinations in Doha. It is famous for selling the best spices, handicrafts, carpets, Arabic perfumes, souvenirs and traditional Qatari dresses. It is also home to numerous restaurants and Shisha lounges. The Souq also houses The Souq Waqif Art Centre and Al Markhiya Gallery which showcase both local and global artist's works. The Souq also has a 15- day spring festival every year which is a riot of shows, circuses, games and activities.

The Corniche

If you are looking for a refreshing walk especially during the evenings, the Corniche is the place to go. The Doha Corniche is a waterfront promenade along the Doha Bay. The seven kilometre stretch is shaped as a horseshoe and is lined with various well maintained parks, museums, library, luxury hotels, clubs and apartments. The Rumeilah Park situated in the north-west side of the Corniche has various attractions for families such as restaurants, children's play area and the Heritage Village where local musicians perform and craftsmen exhibit their art. It is also the place to catch a Dhow (sailing vessels) for Palm Island.

Museum of Islamic Art

Located on the Corniche, the modern museum is spread across sprawling lawns and ornamental trees. Shaped like an urban fortress, the museum houses some of the best Islamic arts spread across three floors. The museum has a wide collection of exquisite textiles, marbles, ceramics, enamel and glass work all centred on the concept of giving the visitor a taste of Islamic art. Designed by I. M. Pie (architect of Louvre pyramid in Paris), the museum is a visual delight and a modern masterpiece for Islamic architecture. One can go for a free 40 minute guided tour of the museum's permanent collection on Thursdays at 2pm and Saturdays at 4pm and for special exhibitions on Wednesdays at 2 pm.

Villagio Shopping Mall

Doha is famous for its numerous state of the art malls and a favourite destination for shopping goers. Amongst the malls, the Villagio mall is the latest mall in the city and also one of the largest. Located between Hyatt Plaza and Sport City on Al Waab Street in the city, it houses various luxury stores, fine dining restaurants, global and local fast food chains and entertainment options. The Venetian styled interiors are captivating and give you a chance to savour the architectural brilliance. The mall also includes an Olympic sized skating ring, the 13 screen luxury cinema, and an indoor themed wonderland for kids called 'Gondolania'.

巴特岗

一个让旅人停下了

每一个喜欢旅游的人，在他们的心中都会有一个让他们停下脚步的地方。而这个可以让我停下脚步的地方就是尼泊尔的巴德岗（Bhaddgan）古城，全称为巴克塔普尔（Bhaktapur），因为这里是尼泊尔中世纪建筑和艺术的发源地。从事文物研究工作的我，刚开始是为了巴特岗古城丰富的世界文化遗产而来。巴特岗古城还有两个哥哥，大哥哥叫加德满都，是尼泊尔的首都，充满现代化和商业气息。二哥叫帕坦，他很有艺术天份，他那有一座南亚最美的博物馆，里面的艺术珍品可以任何一个大国的博物馆藏品相媲美。而巴特岗相对纯朴和宁静，你需要一杯奶茶和一份休情去体会去观察她的美。





我曾探寻过神秘柬埔寨的吴哥窟、埃及的卢克索等历史古城。他们曾经辉煌，但现在只有空空的古城。而巴特岗之所以被学术界称为“中世纪尼泊尔城镇生活的窗口”，因为她是一个活着的古城，这里面仍生活着她的子民。当你踏着这里红砖铺砌的路上，穿梭在古老的大街小巷中，就好像是打开了中国著名的画轴《清明上河图》一样，穿越时光走进中世纪的世界。

在清晨的雾中，城内已响起人们到寺庙祈祷的铃声，古老梵唱诵和乐器敲击声中赞美新的一天开始。在五层塔广场中的中已摆满各种鲜花和蔬菜，人们互相问候和叫卖声混在一起。香料店老板拆下店前的门板准备开门营业，香料香味马上扑面而来，旁边摆放着的古老的天平称仍然是他们的交易工具。茶馆门口不断迎来喝茶的人们，他们或者看报纸或者抽着烟和旁边的人聊天。

到了晚上皎洁月色照亮了整个空旷的黄金门广场，人们早已回家共聚天伦。这时接着上场不是四处流窜的狗，而是广场上的石狮及神像，这些神兽不论风雨已经守护这里千百年之久。因此工匠特意为它们的脚上雕上锁链，怕它有朝一日苏醒祸害人间。在这个屋有多少，庙有多少；人有多少，神有多少的古城里，人与自然，人与神的关系是互相依存。每年我也会回到巴特岗古城住上三、五天，融入这种原生态的生活方式。在你抬头望向精美雕刻的木窗，不经意间与主人那温柔而清澈的眼神接触。就会感觉到这种魅力不仅在你所见到景象之美，而是人们生活在环境的那种平静与祥和的心境之美。



黄盛，广东顺德人。多年研究尼泊尔文化，2013年开始为专业摄影团设计策划摄影路线，并参与多次尼泊尔摄影展筹备工作。





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चैत ८ गते, सोमबार २०६१
यो त्यो बेलाको कुरा हो ।

तिमी आँउला जस्तो लागेकै थिएन किनकी विहान भरी पानी परि रहेको थियो। घाम लागेको बेला पनि आँउछु भनि नआएर धेरै कुरेको छु मैले । तर आज अकस्मात् घामको किरण सँगसँगै तिमी पनि उदाएको देख्दा मेरो घरको आँगनीमा खुसीको सिमा रहेन । धेरै दिन पछि घामको झुल्कोभै देखिएकी तिमी, मेरो जीवनको खुशी मध्यकी एउटी हो । धेरै दिन पछि नौलो अनुभव, मिठो सुवास, तिमी आँउदाको मिठो आभाषले मलाई साँच्चिकै खुशी तुल्यायो । “सन्धै हुनुहुन्छ ?” को औपचारिकता सँग मुसुक्क मुस्कुरायौ तिमी । “तिमी आँउछौ जस्तो लागेको थिएन तर आयौ,

साढै खुशी लाग्यो”, मैले आफ्नो भावना व्यक्त गरे । “किन र ? तपाईंले म सपनीमा देख्न छोड् यो भन्नुभयो त्यसैले आएको नी,” तिमीले सहजै भनी दियो । हरियो कूर्तासुरुवाल, हातमा चुरा, निधारमा सानो टिका, यसै त राम्री तिमी त्यस माथी भन् तिमी श्रृङ्गारिएर आयौ, अफ भन् र म्मी । म वसेको ठाउँमा आएर बस्यौ । थाहा छ तिमीलाई, मलाई कति खुशी लाग्यो ? म शब्दमा व्यक्त गर्न सकिदैन । “मैले धेरै पल्ट आँउछु भनेर आउन पाईन, रिसाउनु भयो नी ? खै के दिएर फकाउँ ? केही छैन मसँग ।”

“किन त्यस्तो भनेको भन त ? तिमी आउनु नै मेरो लागि सबै भन्दा ठूलो उपहार र सबै इच्छाहरुको पूर्ति हुनु हो । मेरो माया ! मलाई के ही दिन पढेन ।” तिमी आयौ मुस्कुरायौ, मलाई फकायौ, तर एउटा काम गर, मलाई यसरी नै फकाउन म कहाँ आइराखन प्रिय ! अरु के ही चाहिँदैन । शिशिर सिधिएर बसन्त आँउदा, फूलको विश्वासमा पालुवा पलाँउदा नयाँ अनुभूती हुन्छ, त्यस्तै तिमी आँउदा पाए मैले ।

तिम्रा ठूला ठूला आँखा, मुसुक्क मुस्कुराउने अदा, दिन प्रतिदिन राम्री, मनै लोभ्याउने, जतिसँगै बसे पनि पुग्दैन मलाई । प्रिय, तर तिमी आज दिनैभरी मसँगै थियौ, मिठा मिठा कुराहरु गरी दिनैभरी मोहनी लगाईरह्यौ ।

जब तिमीले भन्यौ कि मलाई सम्झेर रुन मन लाग्छ, तिमीले पनि मैले जति नै प्रे म गर्दो रहेछौ भन्ने थाहा भयो । तिमी कति मिठो कुरा गर्दै भन्छौ, “म छटपटाउँछु तिमीलाई सम्झी, मलाई गाढो हुन्छ जब तिम्रो याद अत्याधिक आँउछ ।” प्रिय, जति राम्री छौ, त्यति नै मिठा मिठा कुरा गर्छौ । तिमीले कुरा गर्दै थियौ, म सुन्दै थिए, मिठा मिठा सपना देख्दै थिए । तीनवर्ष पहिले भेटदा र अहिले तिमी धेरै फरक भएछौ । तिम्रो परिवर्तन सँगसँगै हाम्रो सम्बन्धको पनि एउटा अनजान नाम भयो । तिमीले आज भन्यौ, “तपाईंले मलाई कहिल्यै छुनु पनि भएको छैन तर पनि यो मुटुभरी तपाईंले छोएकोभन्दा बढी स्पर्श छ ।” म के गर्छु ? एकाएक मेरो शरीरभरी झरी परे जस्तो भयो । मेरी मायालु म तिमीलाई सहृदय प्रेम गर्छु । छुनु भन्दापनि तिमी छौ मेरो अगाडी सबै भन्दा ठूलो यही छ, मेरो लागि । मैले सोचे को पनि थिएन कामको शिलशीलामा भेटेको तिमी प्रेमीका हुन्छौ भनी ।

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हिजो तिमीले भेटेर गयौ । आज दिनभरी म तिम्रै नशामा थिए । दिनभरी आकाश अँध्यारो नै थियो । तिमी थिएनौ, यसैको प्रभाव सायद मेरो आकाशमा पनि पऱ्यो । तर पनि दिनमा दुई, तीन पल्ट टे लिफोनमा कुरा गरी नै रह्यौ । म फोन बनाउने वैज्ञानिकलाई आत्मादेखि धन्यवाद दिदै आँखाको ढकन बन्द गरी तिम्रो कुराहरु सुनि नै रहे । तिमीले हिजो भेट्दाको कुरा सबै फेरी दोहर्‍याई मिठो स् म्भना दिलाई दियो मिठो भाकामा ।

मेरो प्रशंसाको शब्दहरु सुन्दै चिसो दिनहरुमा न्यानो महशुस गर्दै थिए, तिम्रो मिठो आवाजसंग । तिम्रो उपस्थितीको पनि अनुभव गर्दै थिए । तिमी मेरो जीवनको उर्जा जस्तै भइसक्यौ प्रिय । मलाई तिमीबिना बाँच्नै नसक्ने नबनाईदेउ, तर यसै पनि म आफूलाई सम्हाल्न सक्छु हैन त ? तर पनि तिमी सामुहुँदा लाग्छ म आफूले आफूलाई सम्हाल्न नसक्नुलाकी भै लाग्छ । भन न तिमी किन यति धेरै राम्री बहुप्रतिभाशाली छौ ? अनि र म्मी, हेरु हेरु लाग्ने, सबैले तिम्रो प्रशंसा गर्छन् मेरी रानी ! साँच्चै प्रिय म तिमीलाई के भनि सम्बोधन गरु ? तिमीलाई सुहाउने कुनै शब्द, नाम केहि छैन मसँग । तिमी निश्चल, निर्मल, करुणामयी यस्तो राम्री तिमी तिम्रो नाम के हुन सक्छ ? अँ मैले भेटाए, आज देखि तिमी मेरो राधा, म तिम्रो श्याम । मलाई श्याम भन, तिमीलाई राधा भन्छु हुन्न ?

थाहा छ तिमीलाई ? तिमीलाई भेट्ने दिन, पल, क्षण शिशिर याममा घामको किरणलाई मानिसहरुले अधिर भएर प्रतीक्षा गरे भै म तिम्रो प्रतीक्षा गरी रहन्छु । राधा, मेरी प्रिय तिमी कहिल्यै आँउछौ ? यो

दिन किन कट्दैन ? भन न मेरी प्रिय, बाक्लिदै गएको हाम्रो सम्बन्धमा कसैको आँखा नलागोस् । आज भोली डर लागी रहन्छ तिमी टाढा हुन्छौ की भनि । म तिमी भित्रभित्र गहिरिरहेछु । विहान उठेदेखि राती नसुतेसम्म तिम्रै मात्र यादमा छट् पटाई रहन्छु । विहान उठेर मर्निङ वाक जादा पनि साथीहरुसग तिम्रै मात्र कुरा हुन्छ । म बढाई चढाई तिम्रो प्रशंसा गर्छु । साथीहरुले पनि धेरै कुरा गर्छन् अनि भन्छन्, “तिम्रो राधा राम्रो, शुशील अनि बहुप्रतिभाशाली छे” मलाई साढै खुशी लाग्छ । यसै पनि तिम्रो क्षेत्रमा तिमी धेरै माथी छौ । धेरैले चिन्छन् अनि सबैले मनपराउछन् । अनि त्यसमध्य म चाहिँ अलि भाग्यमानी तिम्रो नजिक हुन पाए । हैन त ? राधा मलाई लाग्छ, म धेरै भाग्यमानी छु तिमीलाई पाएर ।

तिमीले शुक्रबार आँउछु भनेर आएनौ । फो न गरेर भन्यौ तिमीलाई सन्धै थिएन त्यसैले आएनौ, तर बाचा गरेकी थियौ फेरी सोमबार आँउछु, तिमीले नै भनेकी थियौ सोमबार हामी दुईको शुभ दिन भनेर । तर त्यस दिन पनि पुरा दिन पर्खीनै रहे । त्यहीपनि तिमी आएनौ प्रिय । के मबाट केही गल्ती भयो ? यदि हो भने मलाई भनन ताकी म फेरी त्यस्तो गल्ती नगर्छु । तर तिमी सहने क्षमता धेरै भएको व्यक्तीभित्र पर्दछौ । मैले दिएको चोटलाई चाहिँ नसही देउ किनकि म तिमीबाट टाढा हुन चाहन्न । कृपया एक फो न कल गरन “प्लिज !” म तिम्रो प्रतीक्षामा छु । आज एक हप्ता भयो प्रिय मेरी राधा, एक हप्ता साँच्चिकै एक जुनी भयो प्रिय । आखिर तिमीलाई के भयो ?

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आज नयाँ वर्ष तिमीलाई फोन गरे, तिमीलाई भेटनु थियो । म मेरो प्रोजेक्टमा पास भएँ । तिमीलाई सबैभन्दा पहिला धन्यवाद दिनु खोजे तर तिमीलाई भेट्नै पाएन । मेरो जीवनको सबैभन्दा ठूलो खुशीको दिन, तिमीले प्रेरणा नदिएको भए सायद म यो खुशी कहिल्यै पाउन सकिदैन थिए ।

तिमी मेरो जीवनमा साँच्चिकै नयाँ वर्ष नयाँ उमंग भएर आएको छौ, मेरो प्रिय । तिमी यति सानो उमेरमा यतिका सफल भएको कारण पनि मलाई थाहा भयो । तिमी साँच्चिकै सुझबुझले काम, कुराको निर्णय गर्दो रहेछौ । मेरो मुटु, मेरो सबै सफलताको निर्णय र श्रेय वन तिमी । मेरो जीवन्तीमा म यहि चाहन्छु । ३ गते बल्ल तिमीसँग सम्पर्क भयो । तिमीले मेरो सफलताको बधाई दियो । म कति खुशी भएँ अनि सोमबार भेट्न आँउछु भन्यौ र आधा दिन जस्तै तिमीलाई कुरेर नै बिताए । प्रिय कति अनौठो हुन्छ यो प्रेम कति रमाईलो, पर्खींदा पनि, तिमी नआँउदा, तिम्रो सम्भनामा आँशु भर्दा, म छटपटाँउदा पनि मलाई आनन्द आँउछ, तिमी भए जस्तै । तिमीले दिएको सबै राम्रो ।

प्रिय सोमबार तिमी २ बजे आयौ । मिठो माया, स्नेह तिमीले दिएको न्यानो आफ्नोपन, यी सबै कुराबाट प्रभावित छु म । मेरी प्रिय, तिमीले दिएको उपहार अनि ईश्वरले दिएको तिमी यी सबै मेरो जीवन, सबैभन्दा महत्वपूर्ण

छ मेरो लागि ।

दिनहरु यसरी नै बित्दै थियो । तिम्रो सामानहरु बन्दै थिए । तर आज यतिका दिन भइसक्यो तिम्रो फोन आएन न त तिमी नै आयौ । हिम्मत गरेर मैले तिम्रो घरमा फोन गरे तर अरुले नै उठायो, मैले कुरा गर्नै सकिन । आज त दश, बाढ दिन भयो । कृपा गरेर एक कल फोन गर “प्लिज !” तर गरेनौ । दिन बित्दै गयो, तिम्रो सामान तयार भएर थन्कियो । १ महिना भयो तर पनि कतै देखिन । तिम्रो घर पनि थाहा थिएन । तिम्रो घरको फोन पनि अरुहरुले उठाउँछ । के गरु ? तिमीले चाहेको भए त सम्पर्कमा आउथ्यौ होला । कस्तो निष्ठुरी रहेछौ जस्तो लाग्यो । यस्तै दिन बित्दै गयो । एक महिना सम्म तिमी कसरी चुपचाप बस्न सक्यौ भन्ने कुराले मुटु पोलिरह्यो । तिमीलाई नसम्झेको दिन अनि रात कुनै समय थिएन । निराश भएको थिए म । धेरै दिन पछि पत्रिका पढ्दै थिए मनलाई-नलाई, एक्कासी एउटा श्रद्धाञ्जलीमा आँखा टक्क रो कीयो । मेरो संसार हल्लीयो । केही बाँकी थिएन । सब सकिएको जस्तो भयो । म कता छु पनि थाहा भएन । तिमी त मलाई र यस संसारलाई छोडेर गएकी रहेछौ । के भएको थियो ? किन खबर नगरी गयो ? यति मिठो माया दिई कसरी यति छिटो गयो ? जानु थियो भने किन आयौ ? अनि किन नसोधियो ?





Photo By Hari Maharian

A SPA DAY OUT

Want a break from a busy schedule to do your body a favor? Get a spa treatment and feel energetic again.

BY ANUTARA SHAKYA

Travelling can put a lot of stress on the mind and body. It can leave you feeling exhausted and jet lagged even after several days of reaching your destination. Of course you don't want that to ruin your trip. One of the guaranteed ways to relieve you from your travel stress is to take a break and give your mind and body some pampering. Head over to a spa to rejuvenate. Tranquility Spa, one of Nepal's first spas began its journey with the aim to take spa services to the next level. It started with a spa academy, The Tranquility International Beauty and Spa Academy where specialists were trained and then once Bhuwan Phaiju, the CEO of Tranquility spa had enough specialists, he knew it was time to spread its services far and wide.

When you're in Tranquility Spa, you can be sure that you are left in good hands. Since its establishment, the spa has opened several individual outlets in Lazimpat, Kupondole and Thamel as well as branches in hotels such as the Radisson Hotel, Shanker Hotel and Shangri-La Hotel. The spa is also available outside the valley in Pokhara, and the Dhulikhel Mountain Resort. Bhuwan Phaiju has also been able to take the renowned spa across borders all the way to Putrajaya Marriott Hotel in Malaysia.

No matter how busy a schedule you have, make some time for yourself and

unwind. But if you are not sure about what services you should get, check out our list below to make sure you answer the right call of your body, mind and spirit.



TYPE OF SPA TREATMENT

Jet Lag

To get rid of a jet lag, pick the Foot massage or Reflexology. It is believed that there are reflex areas on the sole of your feet where, if the right pressure is applied, specific organs in the body respond to it. This massage is perfect for a jet lag because it balances the workings of the internal organs and helps the body to sync with a new sleeping pattern. It also promotes good health by building immunity.

Back pain

Spinal massage or back massage is the way to go. This massage focuses on the spinal cord but it is best taken as a part of a full body massage. The back massage can be done with herbal oils or without as a dry massage. It relieves stress, anxiety and improves posture. One can also opt for hot stone massage that targets specific areas on the back with a heated stone that is placed upon the body part. Smooth black stones retrieved from the Kali Gandaki River up in the Himalayas are used in the process which retains the heat because of its black color.

High Blood Pressure

Deep tissue massage focuses on the deepest layers of muscles and releases the tension in the body through slow strokes and finger pressure on the targeted areas. As it relaxes the muscles, the body begins to unwind and lower pressure in a soothing manner.

Trekkers

Swedish Massage is specially designed to relax and soften muscles by applying pressure on muscles and bones. This technique is comprised of five basic strokes in different variations such as friction, percussion and vibration. It helps the body to relax and improves blood circulation that speeds up healing and reduces swelling from injury. Trekkers will definitely benefit from this after a long hike in the mountains.

Stiffness of muscles

Picu is an effective process that increases blood circulation and the metabolic rate. Strips of cotton that are infused in herbs are placed over certain areas experiencing stiffness of the body. It stimulates the nervous and muscular systems and helps to make the body more flexible and loosens up tight muscles.

H9 SHOOTS



The president of Himalaya Airlines Mr. Cheng Hui is all smiles as he descends from the aircraft.



The flight crew strike a pose during the arrival of the first aircraft.

HIMALAYA AIRLINES

Himalaya Airlines welcomed its first aircraft on 9th March, 2016, in Kathmandu. The aircraft was welcomed in a traditional Nepali custom by playing the Mangal Dhun, a symbol of auspicious beginnings.



The aircraft being welcomed at the Tribhuwan Airport in Kathmandu.

SUDOKU

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

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

EMERGENCY NUMBERS

Police Control Room.....	100
Traffic Police Control Room	103
Fire Fighters	101
Child Missing	104
Tourist Police	4211669, 4211846
Emergency Police Service	4228435
Himalayan Rescue Association	4262746
Nepal Red Cross Society	4270650
Ambulance Service	4104595
Prepaid Taxi Nepal	4474014 / 4499159
Department of Immigration	4429659
	4429660 / 4438862 / 4438868

MOVIES FOR HIMALAYA AIRLINES

CATEGORY	TITLE	LANG	SUBTITLE	START	FINISH
Hollywood New Releases	The Martian	English		1-April-16	30Jun-16
Hollywood New Releases	Pan	English		1-April-16	30Jun-16
Bollywood New Releases	Drishyam	Hindi	English	1-April-16	30Jun-16
Bollywood New Releases	Hero	Hindi	English	1-April-16	30Jun-16
Nepali New releases	Sadanga	Nepali		1-April-16	30Jun-16
Nepali New releases	Hostel Returns	Nepali		1-April-16	30Jun-16
Nepali New releases	Nai Nabhannu La 3	Nepali		1-April-16	30Jun-16

SHOWS FOR HIMALAYA AIRLINES

GENRE	TITLE	SERIES	EP	LANG	START	FINISH
Documentary	The Story of Tea			English	1-April-16	30Jun-16
Comedy	Just For Laughs Gags	14	7	English	1-April-16	30Jun-16
Comedy	Just For Laughs Gags	14	7	English	1-April-16	30Jun-16
Comedy	Just For Laughs Gags	14	5	English	1-April-16	30Jun-16
Travel	Nepal Tourism Board			Nepali	1-April-16	30Jun-16
Comedy	Mundre Ko Ghar Chori			Nepali	1-April-16	30Jun-16
Comedy	Iku Chatpate Jokes			Nepali	1-April-16	30Jun-16
Comedy	Dhurmus as Rajesh Hamal			Nepali	1-April-16	30Jun-16

HIMALAYA AIRLINES CHART TOPPERS

TITLE	ARTIST	ALBUM
Love Yourself	Justin Bieber	Purpose
Something In The Way You Move	Ellie Goulding	Delirium
Over and Over Again	Nathan Sykes	Over and Over Again Single
Dessert	Dawin ft. Silento	Republic Dessert - EP
You're Such A	Hailee Steinfeld	Republic Haiz
Boys Like You	Who Is Fancy	Like You Single
Moments	Tove Lo	Queen of the Clouds
Loner Ghost Town	Fueled By Ramen	Evolution
Marvin Gaye	Charlie Puth ft. Meghan Trainor	Nine Track Mind
Touch and Go	Ed Sheeran	X (Wembley Edition)
Me & The Rhythm	Selena Gomez	Revival
Jet Black Heart	5 Seconds of Summer	Sounds Good Feels Good
Be Right There	Sleepy Tom & Diplo	Be Right There Single
7 Years Lukas Graham	Lukas Grande	7 Years Single
WTF (Where They From)	Missy Elliott ft. Pharrell William	WTF (Where They From)



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