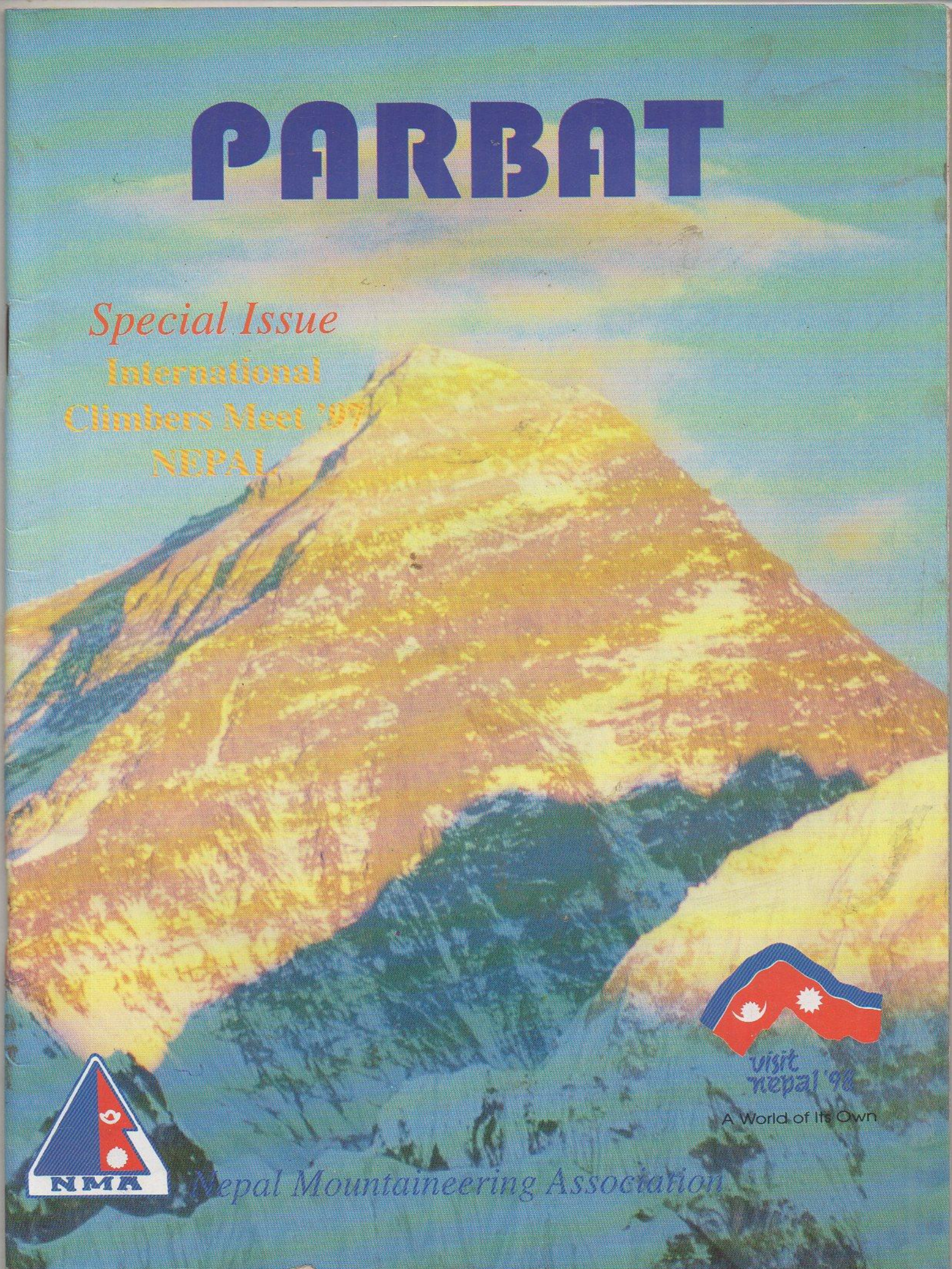
PARBAT

Special Issue

International Climbers Meet '97 NEPAL



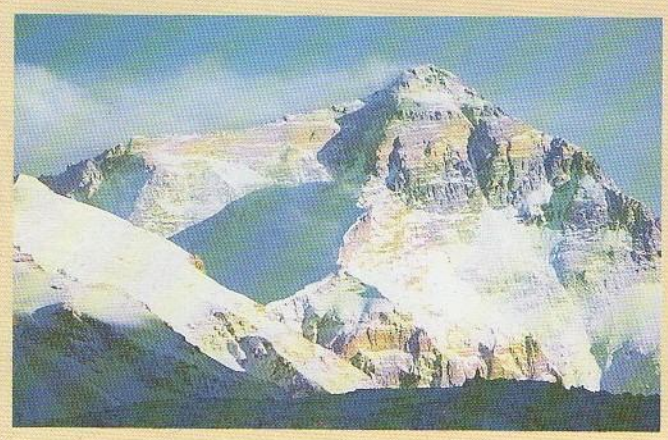
visit nepal '98

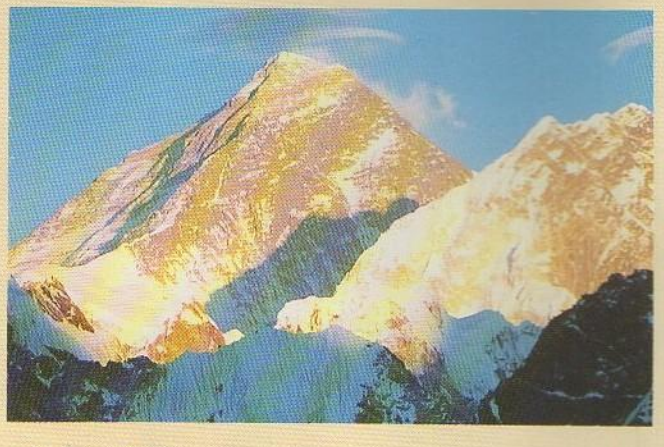
A World of Its Own

NMA

Nepal Mountaineering Association

What You see are two Faces of Mt. Everest





Do you want to follow the route made by Mallory and Irvine via the North Col in Tibet ?
Or do you want to check out the Geneva spur and Hillary step via the South Col: the route used by
Sir Edmund Hillary and Tenzing Norgay Sherpa
on their historic ascent of Mount Everest ?
Or maybe you are looking for a direct route
or
even an unclimbed one ?

The choice is yours.

We will take you there.

Our 14 years of experience enables us to participate in all aspects of your Himalayan adventure to help make your dream a reality.

Tashi Jangbu Sherpa
Executive Director

everest trekking

GPO Box 1676
Kamaladi, Kathmandu, Nepal
Tel: 977-1-226358
977-1-247091
Fax: 977-1-224031
Telex: NP 2286 SABHAIN
Email: ettashi@mos.com.np

ICM' 97 Souvenir

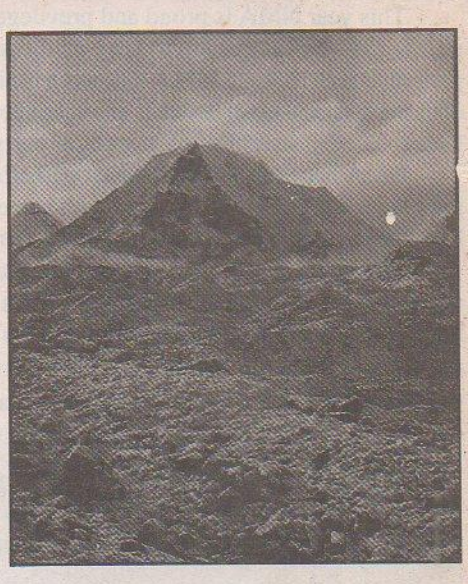
PARBAT

Nepal Mountaineering Association Journal

May-June 1997

Contents

- Tourism Asset or A Problem
- Himalayan Tourism
- Everest is still there
- Medical problems in Himalayan Porters
- The Climb of ever lasting friendship
- NMA Profile
- An Attempt on Kagmara





- Training Nepalese Mountaineers at Manang
- Mountaineering Report of Spring 1997
- Protected Area Management in Nepal Himalayas
- NMA Climbing Rules
- Mountaineering Code of Conduct
- Gifts to the Earth
- Sustainability of Mountain Tourism in Nepal
- Trans Himalayan Expedition
- Interview- Appa Sherpa
- International Mountain Museum



PARBAT

Quarterly Journal
Nepal Mountaineering Association

Editorial Board

Bhumi Lama
(Coordinator)
Ramesh Tiwari
Vijaya B. Shrestha
Hari P. Shrestha
Dorjee Jangbu Lama

Edited by

Ramesh Tiwari
Sony Rana

Computer Design

Indra Shrestha
Madhu Basnet

Publisher

Nepal Mountaineering Association
Publication & Publicity Committee
PO.Box: 1435, Nagpokhari, Naxal
Kathmandu, Nepal
Tel: 411525
Fax: 977-1-416278
E-mail: peaks@nma.wlink.com.np

Cover Photo

Mt. Everest
(By Tashi Jangbu Sherpa)

Views expressed in this journal by the contributors are of their own and do not necessarily agree with those of publisher of this magazine

Editorial

Nepal has become a destination for trekkers and climbers since 1949. Nepal Mountaineering Assoicaition was established in 1976 with the aim of upgrading mountain tourism in this Himalayan Kingdom. NMA has come a long way since then. It has hosted many meetings, mountain climbing activities to name few. It has hosted UIAA council/general meeting in 1982 and the outcome was historical Kathmandu Declaration; General Assembly of UAAA in 1995 and the outcome was Kathmandu APPEAL and UIAA's Mountain Protection Commission Meeting and Expedition Commission meeting was also held in 1992 & 1994 respectively.

Mountain Tourism is one of the revenue source of Nepal. But in the past years it has left negative effect on hill and mountain environment. Large number of tourists intrude into uninhabited areas and litter the place with garbage. Government and private sector should take some action now or it may be too late. NMA's mountain cleaning program was a success.

This year NMA is proud and previleged to host another historic conference INTERNATIONAL CLIMBER'S MEET (ICM) 1997 in Kathmandu to keep up the past glorious precedence. This meeting will provide a forum for national/international participants to discuss on the following topics: future of high altitude climbing, wide gap in royalty payable to respective host countries; relationship between mountaineers and environment; rescue problems and disaster control measures adopted by the host country; possibilites of mountain tourism etc.

NMA believes that this august gathering of mountaineers of international fame, coming from 15 different countries around the globe, will certainly come up with some concrete suggestions. It will assist future mountaineers and also improve the quality, highlight mountain mourism of Nepal around the world.

We the Editorial Board responsible for this publication take this opportunity to extend our gratitude to all the contributors of this souvenir, distinguished personalities and association for their articles/messages and advertisement. We appreciate the best hotels of Kathmandu and Pokhara, Airlines which generously provided accomodation and heavily discount domestic tickets respectively. We also highly appreciate the encouragement given by NMA president to publish this souvenir. We extend our thanks to executive collegues and all the staffs of NMA. Without their cooperation this ICM'97 would not have been possible.

Executive Committee Nepal Mountaineering Association

1. Dawa Norbu Sherpa	President
2. Sonam Gyaljen Sherpa	1st Vice President
3. Mingma Dorjee Sherpa	2nd vice President
4. Ang Karma Sherpa	Secretary
5. Pemba Tsiring Sherpa	Joint Secretary
6. Narhari Bhandari	Treasurer
7. Jhalak Thapa	Member
8. Bhumi Lal Lama	Member
9. Ang J.P. Lama	Member
10. Pertemba Sherpa	Member
11. Ang Tshering Sherpa	Member
12. Lhakpa Dorjee Sherpa	Member
13. Ang Phuri Sherpa	Member
14. Pasang Sherpa	Member
15. Rt. Hon'ble Mr. Lama Pasang Sherpa	Member
16. Mrs. Yankila Sherpa	Member
17. Sushil Ghimire	Representative *(Ministry of Tourism & Civil Aviation, Mountaineering Section)*

COMMITTEES

Mountaineering Training Committee

1. Mr. Ang Phuri Sherpa	Convenor
2. Mr. Lhakpa Dorjee Sherpa	Member
3. Mr. Pasang Sherpa	Member
4. Mr. Lhakpa Norbu Sherpa	Member
5. Mr. Prem Kumar Shrestha	Member

Welfare Committee

1. Mr. Pertemba Sherpa	Convenor
2. Mr. Ang Rita Sherpa	Member
3. Mr. Ngwang Yonden Sherpa	Member
4. Mrs. Ngimi Sherpa	Member
5. Mr. Pemba Dorji Sherpa	Member

Environment Conservation Committee

1. Mr. Ang J.P.Lama	Convenor
2. Mr. Ang Jangbu Sherpa	Member
3. Mr. Ang Phurba Sherpa	Member
4. Mr. Hari Sharan Shrestha	Member
5. Dr. Shankar Raj Pant	Member

Publication & Publicity Committee

1. Mr. Bhumi Lal Lama	Convernor
2. Mr. Ramesh Tiwari	Member
3. Mr. Hari Prasad Shrestha	Member
4. Mr. Vijay Bahadur Shrestha	Member
5. Mr. Dorji Jangbu Lama	Member

Foreign Relation & Visit Nepal Year- 1998 Committee

1. Mr. Ang Tshering Sherpa	Convenor
2. Mr. Basanta Thapa	Member
3. Mr. Santa Kumar Subba	Member
4. Mr. Bikram Panday	Member
5. Mr. R.P.Pant	Member

International Mountain Museum Committee

1. Mr. Jhalak Thapa	Convenor
2. Major Purna Bahadur Gurung	Member
3. Mr. Dinesh Gurung	Member
4. Mr. Girdhari Sharma	Member
5. Mr. Jal Krishna Shrestha	Member

UNION INTERNATIONALE DES ASSOCIATIONS D'ALPINISME

INTERNATIONALER VEREIN DER ALPINISTEN VERBÄNDE

THE INTERNATIONAL UNION OF ALPINIST ASSOCIATIONS

UNIONE INTERNAZIONALE DELLE ASSOCIAZIONI ALPINISTICHE

UNION INTERNACIONAL DE ASOCIACIONES DE ALPINISMO

Dawa Norbu Sherpa,
Nepal Mountaineering Association,
Nagpokhari Naxal,
Nepal.

Dear Mr. President,

I believe that the International Climbers Meet in Kathmandu on 'Everest Day' 29th May 1997 is most timely. Mountaineers today are facing more problems than ever, particularly in high mountains where the future of high altitude climbing is not clear. The problems faced by expeditions range from high cost, particularly for small expeditions going to relatively low mountains, to heavy unnecessary bureaucracy, from environmental problems for which mountaineers get an unfair proportion of the blame to closed access to many climbing areas, from overcrowding in popular area s to poor support facilities, and there are many other problems.

Yet the mountains that we all love are still there and they will always represent a challenge and a fascination for young mountaineers on their first visit and for hardened veterans returning to their favourite places. I am very pleased that I have been invited to attend this meeting and look forward to hearing the issues discussed in an open and friendly way by mountaineers from many countries.

Kindest regards,

Ian McNaught-Davis
President, UIAA.
80 Abingdon Road,
London W86QT.

FOUNDED IN 1905

The Japanese Alpine Club

5-4 YONBANCHO CHIYODA-KU
TOKYO 102 JAPAN

President
Dawa Norbu Sherpa
Nepal Mountaineering Association
Nagpokhari Naxal
Kathmandu, Nepal

Dear Sirs;

I would like to offer my heartful congratulations on the celebration of the Everest day on the 29th of May this year. It is my very regret that I will not be able to attend this historical commemoration due to my business. Mr. T.Kanzaki will take part in the meeting as an Official Delegate on behalf of the Club.

I surely regret that I miss the precious occasion to hear the wonderful keynote address by Mr. M.Herzog who opened the door to golden age of Himalayan Climbing.

We the Japanese Alpine Club have been enjoying Himalayan Climbing for more 40 years through the Expeditions to Manasulu, Everest, Makalu and Kanchenjunga. The Club and members appreciate the sincere support extended by many of the people concerning mountaineering activities in Himalayan range and government authorities in your country.

We know that your honorable organaization are doing many kinds of significant activities in favour of development and preservation of the beautiful Himalayan ranges. As the latest topic, we have heard you started to construct the Mountain Museum in Pokhara. All members of the Club join me in hoping good success of this historical project with all our heart.

Yours Sincerely,

Junjiro Muraki

Junjiro Muraki
President
The Japanese Alpine Club

ROYAL GEOGRAPHICAL SOCIETY

(WITH THE INSTITUTE OF BRITISH GEOGRAPHERS)

1 Kensington Gore. London SW7 2AR
Tel: 071-591-3000 Fa: 0171-591 3001 Email: info@rgs.org

President The Rt. Hon the EARL JELLICOE KBE DSOMCFRS
Director and Seretary DR. RITA GARDNER

I send my greetings to all the mountaineering friends, and other climbers of a younger generation, who are gathered for the International Climbers' Meet 1997 under the auspices of the Nepal Mountaineering Association.

I recall with pleasure the previous gatherings of distinguished mountaineers which I have attended; in 1973 at Darjeeling to mark the twentieth anniversary of the first ascent of Everest in 1953; and in 1982 to celebrate the fiftieth anniversary of the Union Internationale des Associations d'Alpinisme (UIAA) at Kathmandu.

Mountaineering is an activity which is "sans frontieres". We are all united in our response to the challenges which mountains present, in our love of and respect for the mountain environment, and in our friendship for one another.

May you all enjoy a memorable occasion.

John Hunt,
Past President, Royal Geographic Society and the Alpine Club

This message is sent on behalf of Lord Hunt by George Band using his e-mail address 01642. 2153@compuserve.com

PLANINSKA ZVEZA SLOVENIJE
ALPINE ASSOCIATION OF SLOVENIA
Dvorzakova 9 1000 Ljubljana, Slovenija

EXPEDITION COMMISSION
COMMITTEE FOR SCHOOL OF NMA GUIDES

Greetings to all the participants of the ICM '97

Planinska Zveza Slovenije (PZS) has a Committee for School of NMA Guides and I am its chairman. I was born under the Slovenian mountains, the Kamnik Alps. The mountains have always been an integral part of my life, something to admire, respect and fear but also to love. When I came closer to them in the twenty-third year of my life, my love deepened and I discovered the inner power, satisfaction, silence, and peace which the mountains gave it to me. The mountains were also one of the reason for me to visit Nepal.

I have climbed first Kangbachen, Makalu (South face, first ascent) and Sagarmatha (entire West ridge, first ascent) for expeditions and then Manang, Langtang (four times) for educating and teaching. In Nepal I feel comfortable I could even say that it is one part of my home. When I go from Nepal back to Slovenia, a part of me always stays in Nepal. I am sure that all of you, who have visited Nepal and experienced its mountains feel similarly about it.

Though we differ in many ways, language, culture, religion etc, still I'm sure, that we are quite similar in our relation to the mountains. We want to preserve the natural life styles and the mountains, look for challenges in the mountains, especially in the highest mountains of the world, and find satisfaction, self-confirmation, and, finally, ourselves.

When we visit and go mountaineering in these mountains, we should never forget people who live there. We can teach them, help them with knowledge and equipment so that they can also achieve a greater safety during their stay in the mountains. Then, perhaps, their life on this wonderful part of the Earth can be a bit easier.

Best wishes for all your mountineering enterprises.

Sincerely yours

Bojan POLLAK
The chairman of CSGNMA

Nepal Mountaineering Association

When man looked up and saw the mountains for the first time, probably the first thought was to go and climb it! I am sure that there were no 'buts' or 'what if' or even 'how.' All these would come much later, and in the process man would learn that climbing a peak was not simply putting one foot in front of the other. Explorations had to be carried out, approach routes planned, climbing routes explored, equipment designed and re-designed many times, and above all, always enthusiasm, determination and cooperation had to be shared.

We are on the threshold of the 21st Century - a threshold of amazing discoveries and adventure. While cybernetics and cyber space is being explored at a rapid pace, and there are amazing and wonderful discoveries and inventions almost every day, the most amazing and the most wonderful will always be the discovery of oneís self! Whether it is climbing up the world's highest summit or whether it is only aspiring to have climbed a mountain. As long as there are mountains and hills there will always be challenges to be faced and overcome.

George Mallory is credited with responding to the question 'Why Climb Mt. Everest?' with the simple response 'Because it is there.' In 1924, wearing tweed coats and with only rudimentary climbing gear, Mallory and partner Andrew Irvine were seen climbing upward into the clouds at approximately 28,500 feet on Mount Everest — only about 500 feet from the summit. They were never seen again. There has been some speculation that they actually made the summit and perished on the descent - some 30 years before Tenzing Norgay and Edmund Hillary made the now famous 'first' ascent of the worldís highest mountain.

There will always be our personal Everest to climb. And there will always be a Mallory, a Tenzing Norgay, or a Hillary among us. We have learnt over the years that mountaineering does not tolerate selfishness. We have also learnt of the importance to preserve our mountaineering environment and to share our knowledge and experiences with our future generations so that they too may find a direction to lead a more full life.

Considering the number of mountaineers and mountaineering enthusiasts all over the world today, the International Climbers Meet 97 in Kathmandu could be termed a 'small' gathering. A small but very important gathering which, hopefully, will encourage similar gatherings every year in different parts of the world.

Whether it is climbing a mountain, fighting a corporate battle, or simply living each day to its fullest, we need strength and foresight. The guiding spirit of mountaineering can help us in our struggles and in overcoming challenges. This guiding spirit has been aptly expressed in various ways :

'Man alone, of all the creatures of earth, can change his own pattern. Man alone is the architect of his destiny. The greatest revolution in our generation is the discovery that human beings, by changing the inner aspects of their minds, can change the outer aspects of their lives.' William James

If you cannot understand that there is something in us which responds to the challenge of this mountain and goes out to meet it, that the struggle is the struggle of life itself - upward and forever upward - then you wonít see why we go. What we get from this adventure is just sheer joy. And joy is, after all, the end of life. We do not live and eat to make money. We eat and make money to be able to enjoy life. That is what life means and what life is for - George Leigh Mallory.

'You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. The danger lies in refusing to face the fear, in not daring to come to grips with it. You must make yourself succeed every time. You must make yourself do the thing you think you cannot do.' - Eleanor Roosevelt

To the participants of the International Climbers Meet 97 we wish good fortune and success - to you and your families and to all our friends.

Namaste !

Dawa Norbu Sherpa,
President NMA

ECOLE NATIONALE DE SKI ET D'ALPINISME

The Manager and the teachers of the National School of Ski & Alpinism send their warmest congratlations to the Nepal Mountaineering Association for organising the International Climbing Meeting and wish the Association a full success for this outstanding event as for any other project.

The Manager of ENSA

Jean-Bennard PAILLISSER

35, route du Bouchet
B.P. 24
74401 CHAMONIX CEDEX

Tourism Asset or A problem

Maurice Herzog

In my eyes, asset from tourists of a country depends in a interest the traveler finds, be he a visitor, come without any particular knowledge, to discover the country; more informed, with more experience, a true connaisseur; a trekker or a Himalayan.

All the regions of the world cannot pride themselves in possessing such exceptional and high mountain ranges as Nepal, with a long history, rich in events, specific culture, all of which attract the traveller. The geographic sites in the world are not all of equal quality.

But it is not fobidden to show them off to theirbest advanlages in order to make the public aware of their beauties. The professional know who enhance the sites they are in charge of and increase their prestige.

In fact, for one who really observes, it is difficult to find a totally unttractive region, without natural beauty, cultural or historic aspects. However, and this is one of the main concerns of this meeting and for professionals of tourism, these regions have to be "presenlabte".

Respect of environment is one of the main aspect of tourism. One should never forget it. Sites polluted by rubbish dumps, undrinkable water, sick forests, refuse strewn everywhere, smelly villages, all these jeopardizes tourists value. The professionals in tourism must be the first to exert strict discipline in order to save the splendor of nature, which is the biggest asset of many developing countries. Many do not yet understand or accept this. The longer it takes to grasp this situation, the more it will cost them. Another criteria, just as important, is cultural heritage palaces, temples, monuments, these are deteriorated, and if statues disappear, the charm will never be the same.

Many villages and even towns lack sewers, collection of domestic waste or waste treatment, city cleaning. It seems probable that tourists who are our clients, and come from countries where cleanliness, hygiene, systematic disinfection are the daily rule, will leave our historic, sacred or cultural cities, throughly disgusted.

The above comments pertain to the inhabited zones, the plains, plateau, hills and valleys, But how does the situation stand in the most beautiful area of all: the mountain. And what of mountains this kingdom, the Himalayas, known similarly under different names in other countries it is rare to find an absolutely flat country in South East Asia. Whatever their origin, language, ethnic, religion, men have deep respect for many high summits. Be it the Kailash in Tibet, the Fujiyama in Japan, and many others, pilgrimages are regularly organized to visit them. It is also a form of tourism to honour Shiva, Brahma, Buddha, Confucius and others. Let us suppose that again these sacred places were spoilt, environment aggressed, would this not be an encouragement not to set foot in these sites ?

Trekking is also a source of problems: each village, each lodge seems to be a good reason to pile up waste, spoil immediate environment and damage the quality of water. Where a small number of trekkers used to follow the existing itineraries a few years ago, there are now thousands and thousands, all through the splendid countrysides of the Pacific and South East Asia. We now measure the consequences.

High mountains, and the highest summits of the Himalayas in particular, suffer from specific forms of degradation. Mountaineers must be fully aware of their moral obligations. When looking at the terrible state in which the South Col, covered with plastic bags, tins, ironing tubing and oxygen tubing, one can but be revolted. Base camp sometimes hosts as many as 500 mountaineers at a time. Not many of them have real concern for ecology. After this analysis, the core question is How should professionals of travel, tourism and adventure define their de ontology ? Do tour operators, travel agents, feel that it is their duty to fight the general deterioration of the environment, which jeopardizes their activities ? I may be criticized in saying so, but I feel that this should be the case. It is in their greatest interest.

In fact, good examples can be quoted from such a job: King Mahendra Trust For Nature Conservation, that H.H. Prince Gyanendra founded in Nepal eleven years ago. The other is the Himalayan Environmental Trust founded by my Indian friend Capt. M.S. Kohli. These two associations remain very famous and highly appreciated in the world.

In my opinion, actions or reactions of individual/business organisations (who are involved in tourism) should be with the government, administrators and professionals of tourism. They must insure



that firm actions will be taken to deliquents by taking fines or other more severs legal measures. People involved in these professional activities should feel deeply concerned and solidarity. Each person can exert perssure, with his own particular mean, on local level and national authorities.

But one should not forget ones own direct action on visitors, and in particular those in charge of groups; the organizers and the accompanying staff. They must become true teachers, to instruct the foreigners who have the honour of being warmly greeted and considered as VIPs in these countries. They must learn to respect the host country.

The accompanying staff for trekking expeditions must similarly be responsible regarding the authorities. Otherwise the onerned authorities might show their displeasure by refusing visas or by asking for money to be consigned as warranty. Why not set up portable incinerators in certain places ? Why not set up some supervised waste deposits ?

As for mountaineers, I can only think of one solution, which has had positive impacts where adopted: in the most strategic places, which are often visited, it is high time that supervised high mountain lodges and cabins be built, as in the West. In these lodges one finds basic food products, drinkable water, waste disposal, against a payment. The access fees to the summits could cover the construction costs. Let us say regarding the beauty of our sites and their interest for tourism: no professional, no leader, government should commit the supreme crime: kill the goose which lay golden eggs !

(Excerpts from the keynote address by Mr. Maurice Herzog to the 8th PATA Adventure Travel & Ecotourism Conference & Mart 13-15 January, 1996)

Himalayan Tourism

Mohan S. Kohli

Standing in the midst of leading Adventure Tour Operators from all over the world, I can not help re-calling with pride and deep sense of satisfaction that I was destined to play a major role in starting, promoting and developing a brand new concept of Himalayan Tourism during the past 25 years. Air India, soon after my joining this dynamic Airline in February 1971, decided to accept my suggestion to introduce the new concept of Himalayan Tourism. Within 3 months of my joining, I produced the first book on Himalayan Trekking and an Audo-visual presentation using my slides of three expeditions to Mr. Everest in 1960-62 and 1965, and the historic climb of Annapurana-III. In 1961 when we were looted by the local Mongbhotias, His Majesty had to order Nepalese platoon to rush to our Base Camp.

I vividly recall my visit to Kathmandu, 25 years ago, to launch Himalayan Tourism, persuading leading Nepalese Travel Agents to include Trekking Tours in their programmes.

I feel happy that to-day Adventure Tours have become an important segment of tourism providing employment, additional business, and even effecting the economics of the people living in the Himalayas. In the pioneering years of its promotion when I covered several countries every month, the thrust was n Nepal and Air India which flew groups to Kathmandu via New Delhi. Air India's additional revenue from Trekking Tours was over 100 million dollars during the first decade.

While Adventure Tourism is a rewarding experience anywhere in the world, it must be admitted that it has a special significance in the Himalayas which provide some of the greatest scenic views in the world, a rich treasure of flora and fauna, and most important the beautiful, noble, and friendly people of the Himalayas. Adventure Tourism today, specially in the Himalayas, has become a way of life. In recent years, it is also becoming a vital source of Professional Development Programmes for the Executives. In today's scenario, top executives are spending their week-ends and short Holidays on Adventure-cum-Recreation Programmes.

Adventure Tourism, by self participation in the adventure activities, has added altogether a new dimension



to World Tourism. Because of immense satisfaction felt by the participants it has the largest percentage of Repeat-Travel. 1996 can be termed as a "Silver Jubilee Year of Himalayan Tourism." Going down the MEMORY LANE, I recall in 1972 when I attended the PATA Board Meeting at Mauvi in Hawaii, the Board Members were so fascinated with the emergence of Himalayan Tourism that they decided to organise a major publicity campaign in USA to which I was invited in 1972. In New York I appeared in one of the most popular T.V. Programme "To Tell the Truth". This programme was a great hit that it was repeated for several months on various T.V. networks. A press interview organised by PATA with the New York Times was also carried out by several other newspapers throughout the Northern America. PATA support during the pioneering days had a tremendous impact.

In 1973 I initiated the Himalayan Mountaineering and Tourism Meet in Darjeeling which was the biggest gathering of world mountaineers along with a sprinkling of Adventure Tour Operators. The Indian Mountaineering Foundation had several such meets subsequently but unfortunately it has been stopped now. I am glad that PATA has filled this void when some eight years ago it took the important decision to hold annual Adventure Marts. The very first PATA Adventure Mart was held in Kathmandu at which I had the pleasure of giving a Key-note address.

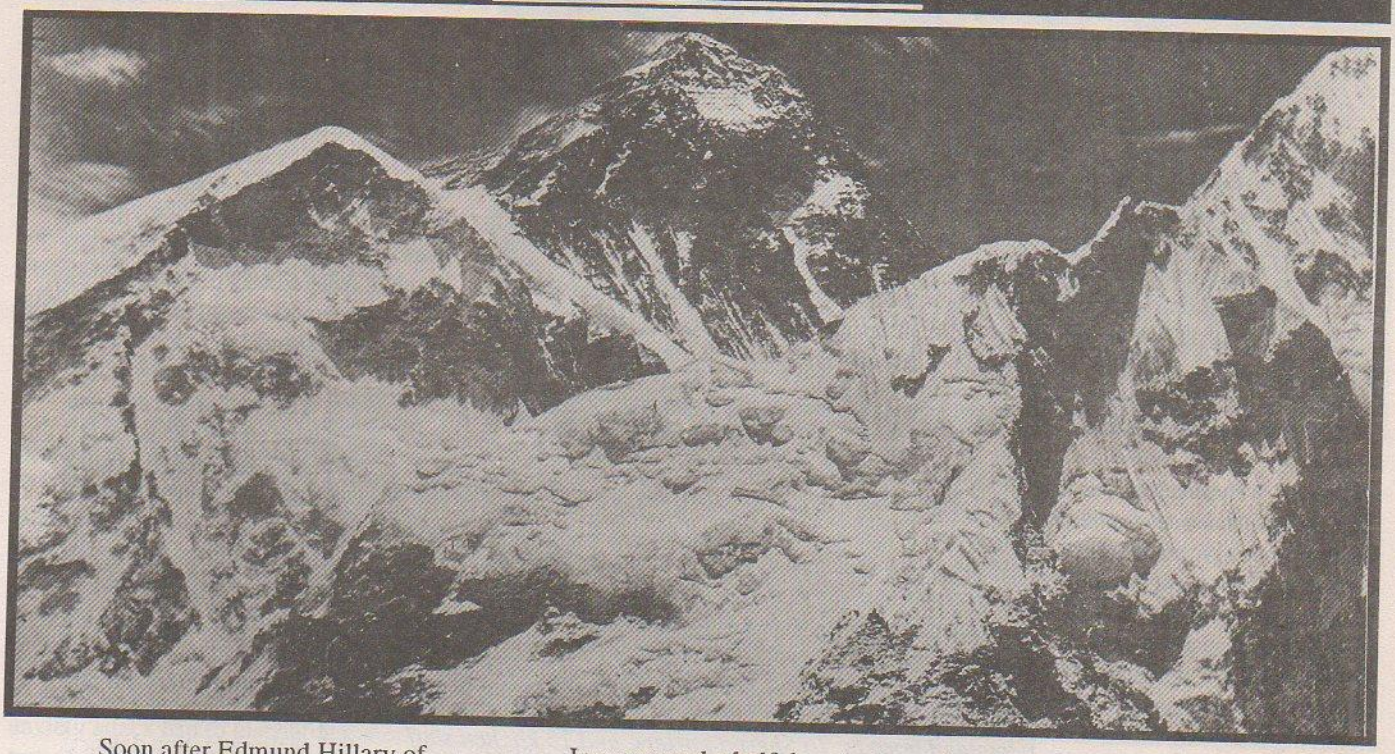
Now let me come to the negative aspect of Himalayan Tourism. Though on one hand it is a matter of delight that more and more people from all over the world are enjoying the beauty and charm of the Himalayas, on the other hand, this great popularity has also resulted in denuding the Himalayan region of its forest cover, and piling rubbish all-round. Just before my retirement from Air India, in December 1989, in consultation with Sir Edmund Hillary, and the other eminent climbers decided to launch the Himalayan Environment Trust. Mauric Herzog, also graced us with his participation. During the past 6 years we have had several international conferences spreading awareness about the growing problems of pollution in the Himalayas. We have also devised a Code of Conduct for all visitors to the Himalayas. I am glad to say that this Code has now been universally accepted.

During the last meeting of the Board of Trustees of the Himalayan Environment Trust held in Los Angeles on the 7th September 1995, it decided to seek the support of Adventure Tour Operators from all over the world.

This is indeed a great opportunity for me to request you presonally to support us by joining the Himalayan Environment Trust as Associate Members. Your support will be most valuable to ensure that bulk of the visitors to the Himalayas, who go through your hands, will follow certain basic rules mentioned in the code of Conduct to avoid polluting these beautiful Himalayas which we would like to preserve for future generations.

Everest is still There

By Elizabeth Hawley



Soon after Edmund Hillary of New Zealand and Tenzing Norgay Sherpa from Nepal had made the first ascent of Mount Everest 44 years ago following three decades of unsuccessful attempts from its northern and southern sides, a prominent British climber commented with apparent relief that at last the mountaineering world could now forget about Everest and get on with other great challenges elsewhere.

How wrong he was. The world simply refuses to forget Everest because there it still, is the highest mountain on earth. This spring 1997 season, there have been about 25 teams striving to send their own people to the top of the world. The first few items of mountaineering news announced by Nepal's Ministry of Tourism this season included three concerning Everest: the decision by a Japanese team to abandon their attempt because of very uncertain weather conditions; the tragic death in his tent at base camp of the British leader of a commercial expedition that he had organised; and the success of the first Southeast Asian men ever to reach the top.

In seven and a half decades in which mountaineers have attempted to scale Everest, several thousand people in approximately 400 teams have made the effort, and about 640 men and 40 women have actually succeeded. There was one man, Reinhold Messner from Italy, alone; several married couples together; a father and son together; two brothers together. On a single day in May 1993, a total of 40 people reached the top via the South Col route, and in that one month, altogether 90 men and women summited, 81 of them via the South Col.

The summitters have ranged in age from 16 to 60 years of age; the youngest was Nepal's Shambu Tamang and the oldest a Spaniard named Ramon Blanco. They have come from 43 nations including Peru, Turkey, Hong Kong, Norway, The Irish Republic, Taiwan, Romania and Israel, as well as from Nepal (135 summiters before this spring's climbing began), the United States (103) and Japan (46). A year ago, an Italian climber, Hans Kammerlander, made a complete ascent in just 16 hours and 45 minutes from 6,400 meters at the foot of the mountain on the north side to 8,848 meters- high top of the world.

At least 90 people have made more than one ascent. The famous Ang Rita Sherpa has succeeded ten times - or perhaps 11 times, if his bid to do so this spring had been successful. Of these repeaters, about two-thirds have been Nepalese; only one, Miss SantoshYadav of India, has been a woman. One man, Babu Tshering Sherpa, made two complete ascents in the same month, May 1995, via the North Col route.

But there has been a substantial death toll amongst all those who strove to summit Mount Everest. Nearly 150 men (only four women) have died on expeditions to this great mountain. About one third of them were killed by avalanche or other objective dangers, and one quarter fell to their deaths. The cause of the demise of fifteen percent is unknown; many of them simply disappeared.

❑

Medical Problems in Himalayan Porters in the Trekking Business

Dr. Buddha Basnet

ABSTRACT

Objective- To ascertain medical problems in the Himalayan porter
Design-Retrospective study done in three separate treks (March 93; April'94, Nov. 95.)
Setting- The treks circled Manasalu, the eighth highest mountain in the world. The route stretched over 177km encompassing altitudes between 487 m. and 5182 m.
Subjects- Altogether 133 porters (102 heavy load carrying lowland porters, 16 Sherpa porters, and 15 kitchen staff porters together with 22 Western clients) were observed for medical problems for a total of 66 days.
Main Outcome measures- Percentage of various medical problems, history and physical examination, Lake Louise scoring system for altitude sickness.
Results- There was a predominance of medical problems in the heavy load carrying porters. Dry, hacking cough (the "Khumbu Cough") and altitude sickness were the commonest problems followed by gastroenteritis, solar keratitis, and presumed typhoid fever. 7(6.8%) of the heavy load carrying porters and to discontinue the trek due to medical reasons. Altitude sickness was not any less in the porters as compared to the tourists (P=0.631). The tourists had significantly more gastroenteritis than the porters (P=0.012). Surprisingly no orthopedic problems were enountered, despite the slippery trail and heavy loads.
Conclusion: Although trekking has been a popular sport in the Himalayas, in the past, few observations (mostly in lay journals) have been made about the medical problems in the porter population. Because the Himalayan porters have a very limited access to medical resources, especially in emergencies, awareness of medical problems in this group is important for the trip doctor, the trip leader, and the compassionate traveller.

Introduction

Travel literature relating to Nepal abounds in discussions of medical problems about the Western trekker/ traveller[1-4] but is almost silent about illnesses in the local, Himalayan trekking support staff, even though in the organised treks in Nepal, the ratio of porters to clients is 4:1[5]

Even definitive textbooks[6,7] in mountain medicine barely mention the problem of Himalayan lowland porter medical problems. The purpose of this study was to ascertain porter medical problems in 3 separate trips (March-April 93; April-May 94; Nov.-Dec. 95) around the eighth highest peak, Manasalu in the Kingdom of Nepal. The treks around Manasalu were chosen because no yaks are used for load carrying purposes along this trek; so larger numbers of porters were available for observation of medical problems. (For load carrying purposes, yaks are used much more commonly in the Everest trekking region, another popular trekking destination in Nepal). In addition Manasalu was representative of the Nepali terrain and altitude along which porters walk: from lush green areas in Gorkha at 487 m. where the Manasalu trek starts to craggy, windswept villages to a snow covered Larkya Pass at 5100 m.

Awareness of porter medical problems needs to be created in order to be better prepared to help the porters effectively specially because they have very limited resources in the event of a medical emergency. Medical problems in the Western trekker during the treks are also presented for comparison.

MATERIAL AND METHODS:

The 133 porters were divided into 3 categories the heavy load carrying porters, the Sherpa porters, and the kitchen staff porters. Because the medical problems were predominantly in the heavy load carrying porters, the percent rates are calculated with this group reference. Only four persons on this trek did the trek twice in this study: one was a Sherpa porter, two were kitchen staff, and was a heavy load carrying porter. The job description, residence altitude, and ethnic backgrounds are as shown on the table.

The tourists were all Caucasians who had bought a package tour in the West. Unlike the porters, who did not even carry a water bottle, the tourists drank at least 4 liters of fluids per day. They were more receptive to appropriate health suggestions than the porters as the trekking company in the West had prepared them with travel and latitude medicine related reading material even before they left home. A regular trek day consisted of walking about 5 to 7 hours per day with acclimatization days after every 2nd or 3rd day after 3000 m. Porters did not carry loads on the acclimatization days.

Each trek was 22 days long and followed the same route with the same number of acclimatization days. The trek ascended from lowland Hindu villages to Buddhist villages near the Tibetan border. No special mountain climbing gear was required.

For all the three treks the same medical practitioner (author) with special interest in mountain medicine and fluent in Nepali made "rounds" morning and evening. During the rounds the doctor asked the health of each individual. The porters were more reticent about their milder complaints (unless it involved colorful cough medicines or band aid) as they were afraid of having to drop out of the trek and lose potential income. At times they had to be persuaded to give details about the severity of their illness.

The "field" criteria for the "Khumbu Cough" (named after the

region where Everest is situated) and other illnesses is as shown on table 1. Acute exacerbation of coughing superimposed on a history of chronic bronchitis was also considered as the Khumbu Cough.

The porters cooked and ate in open fireplace areas; the tourists ate in a non-smoky dining tent. High altitude cerebral edema (HACE) was defined as ataxia, vomiting with possible mental changes at altitude[8] above 2700 m.

The proportion test was applied to compare gastroenteritis and altitude sickness rates between porters and tourists.

Results:

The results are as outlined on table 1.

As is evidenced from the table medical problems in other porters besides the heavy load carrying porters was confined to 3 kitchen staff porters with "Khumbu Cough" and one kitchen staff porter with altitude illness.

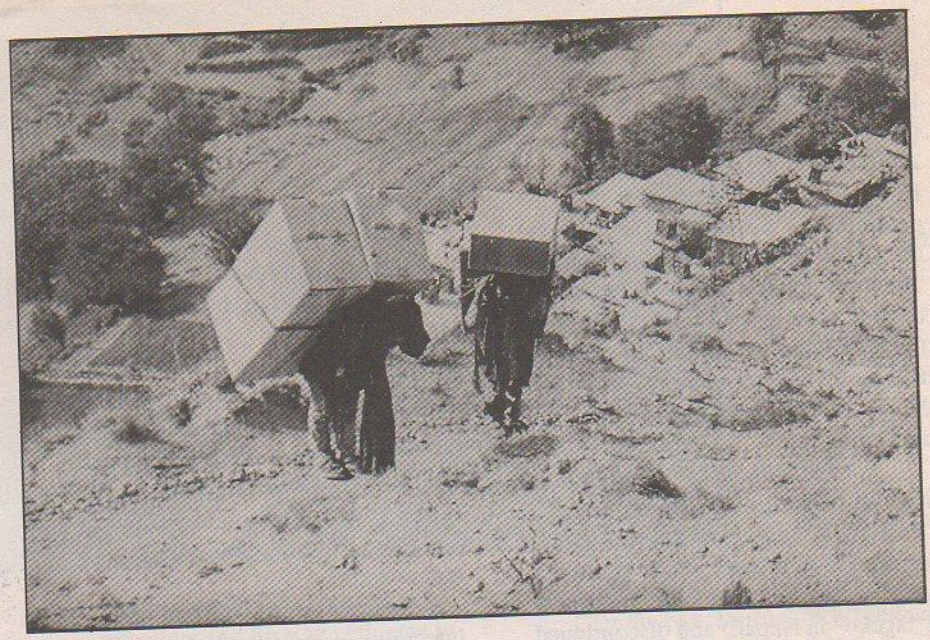
Three porters with fever (Presumed typhoid), a porter with cellulitis septicemia, one with high altitude cerebral edema and two with acute anxiety attack had to discontinue the trek (6.8%). All of them were heavy load-carrying porters.

All three tourist (13.6%) with AMS (acute mountain sickness) had a lake Louise[8] score <5

They were treated with increased fluids and acetazolamide 250 mg bid for 2 to 3days and all 3 improved. One (4.5%) newly married woman tourist felt very anxious on the day of the pass: hyperventilating, screaming, chest pains and a reluctance to walk were noted on and off for 4 to 5 hours period, but promptly recovered at campsite. All the altitude sick porters had AMS scores less than 7, except for one who had (HACE) and a score of 9.

Altitude sickness appeared as common in the porters as the tourist (Z=0.480; P=0.631), but gasroenteriis was significantly more common in the tourist (z=2.509; p= 0.012).

Eight heavy load carrying porters (7.8%) had altitude sickness with the Lake Louises core >2 which was used as a arbitrary cut-off[1314]. The carbon monoxide[15] from the wood smoke in open fireplaces where porters cook food and hypoxia from high altitude may actually be addictive[12] in predisposing porters to acute mountain sickness.



No Sherpa porter sufferd from altitude sickness. Because Sherpas are of Tibetan ancestry, high altitude Sherpa dwellers may actually have a altitude protective mechanism as evidenced by normal, sea level pulmonary artery pressures in Tibetans in Lasha at 3800m[16].

In addition increased ventilation during exercise and increased capillary to muscle fiber ratio could also favour better adaptation at high altitude for Sherpa porters versus the lowland heavy load-carrying porters[17-18].

None of the porters, however, were as gravely ill with altitude-related illness (in stupor or coma) as is encountered in porters at Pheriche aid post run by the Himalayan Rescue Association in the Everest region (Himalaya Rescue Association, Unpublished reports 1992, 1993). Only one porter with altitude sickness had to discontinue the trek and go down due to severe headache and vomiting. The reason for the relative safety during this trek for the porter may have been the measured pace of the trek and the fact that in these treks the porters/tourists were ecouraged to discuss problems relating to altitude and therefore a heightened awareness of the problem existed.

All porters were males except for four kitchen staff porters. The age ranged from 17 to 45 with the average being 23.75 (standard deviation 8.26).

DISCUSSION:

Apart from the diseases encountered, traumatic orthopaedic injuries and acute back injuries were conspicuous by their absence. Because of years of carrying loads in difficult hilly terrain, these people were clearly sure footed. The "Khumbu Cough" was seen in 12 heavy load carrying porters (13.6%), all of whom were smokers and none of whom smoked more than 10 cigarettes/day, probably due to financial limitations[9]. Smoking combined with the domestic smoke pollution, which the porters were exposed to, and the cold mountain air set the stage forthe Khumbu cough. However this usually dry, hacking cough was also present in 3 non smoking tourist (13.6%) and the mechanism postulated for the latters cough is the probable irritation of the upper respiratory airways secondary to breathing cold air through the mouth and bypassing the nasal passage, which is a natural humidifier[12]. Lung TB, which is endemic in Nepal, could not be ruled out as a cause of cough in the porter population, although not entirely impossible in Nepal, it would be hard to envisage someone with a systemic disease like TB carrying such heavy loads for days. Bacterial infections of the skin due to poor hygiene conditions are one of the most common reason why villagers seek medical help in Nepal from itinerant trekkers.

4 porters (3.9%) suffered from snow blindness, a disease entity that is completely preventable by wearing snow goggles. The problem disappeared in two days without sequale.

Conjuctivitis which responded satisfactorily to antibiotic cream was the other eye problem encountered.

Acute fever of over 101 C for 3 days in Nepal has a significant likelihood of being typhoid fever (Personal Communications: Mark Zimmerman, MD, Patan Mission Hospital, Kathmandu, Nepal). It is possible they were incubating the disease when they enrolled as porters. The three patients with presumed typhoid were given empirical treatment (ciproflaxacin) and were told to go to the nearest district hospital for further tests. None of the porters had a typhoid innoculation.

For some porters trekking up to high altitude may have been just as "foreign" as for the traveller as evidenced by anxiety attack in three porters. Two felt they were possessed ("lageko" in Nepali) and discontinued the trek.

Alcoholism is frequently encountered in Nepal, but what was amazing was that all 3 of the porters who had almost drunk themselves to a comatosed state the previous night were up and ready the next day to carry their heavy loads and walk along the undulating trail. In addition compared to the Khumbu treks to the Base Camp of Mount Everest, less time is actually spent in the high altitude region (over 2500m) in the Manasalu trek: 14 days versus 8 days.

Even the tourist in this study had less incidence of acute mountain sickness (13.6%) in comparison to Acute Mountain Sickness (AMS) in tourists in the Everest region[19] (47%). This milestone study in the Everest region was done 2 decades ago when it is postulated there was less awareness of AMS in general than in this group of trekkers and porters. In this study the heavy load carrying porters had as much altitude sickness as the tourists, so the non-Sherpa Nepalese are in general unlikely to be immune from this[14] as is sometimes perceived by trekking agencies in Nepal.

It was surprising that gastroenteritis was only prevalent in 4 porters (3.9%) given that this is an endemic problem in Nepal and porters drank contaminated river or wayside water. It is possible milder forms of gastroenteritis was perceived to be too unimportant to be mentioned.

Four porters (3.9%) had skin infections (carbuncle) that responded to hot soaks, and/or cephalexin. One patient who developed cellulitis and was being treated with only hot soaks developed septicemia and had to drop out of the trek to receive medical attention in a district hospital. Scabies could be explained on the basis of the overcrowding conditions that porters slept in; overcrowding is often done of purpose to keep warmer at night. Scabies was treated with benzyl benzoate with good results.

Laceration were seen on the feet as porters wore loose, flimsy sandals which broke or when they banged their feet on a sharp rock edge. Not unexpectedly the gastroenteritis rate in the tourist was impressive (22.7%) which was easily treated with fluids, electrolytes and ciprofloxacin as bacterial gastroenteritis is by far the commonest[4] cause of diarrhoea among travellers to Nepal. None of the porters required ciprofloxacin for the treatment of gastroenterities.

In the spring of 93, 4 porters (different trekking group, not in the study) perished to death due to altitude illness and hypothermia (as they were not properly clothed) at the 5100m. Larkya Pass. There is no registry kept for porter fatality. Tourist deaths are usually well documented by embassies and consulates.[1]

Carrying a lighter pack at the start of his illness may have clearly made a difference for the porter with HACE, who had to turn back: Excessive exertion could precipitate acute mountain sickness and its 'end stage' (HACE)[12]. Possibly proper rehydration may have also prevented HACE or at the lease effectively dealt with dehydration which mimics the signs and symptoms of acute mountain sickness[20]. As mentioned no porter drank adequately or even carried drinking water bottles.

It is possible that the porter with cellulitis (leading to septicemia) would have ben better off had he been treated with broad spectrum antibiotics at the outset.

If these seven porters who had to discontinue the trek were insured trekkers (which most are), all of them would be strongly considered for a helicopter rescue operation.

The predominance of medical problems in heavy load carrying porters could possibly be related to a relative



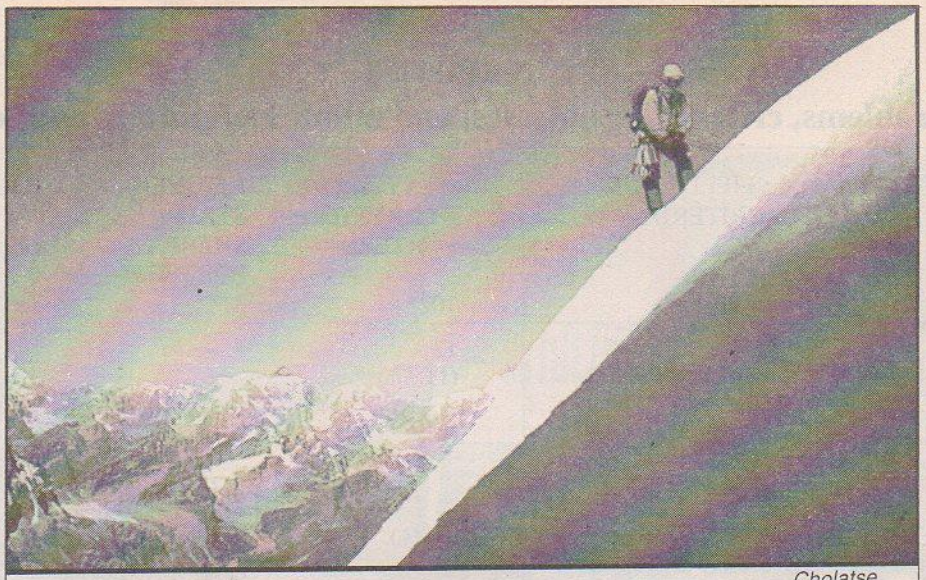
An exclusive Hotel located at the secluded part of Thamel which offers unique views of Kathmandu valley from the terrace garden blended with comfortable rooms with a traditional service by our experienced staff, not to miss the fine dinning at Palace Restaurant with traditional Nepalese Culture Programme every Monday and Thursday. Khukuri Bar offers you the varieties of cocktails from our experienced bartender, 24 hours room-service and a fine, spontaneous snacks at Lumbini Garden Coffee Shop.

HOTEL MARSHYANGDI

PAKNAJOL, THAMEL, KATHMANDU, NEPAL. P.O.BOX 5206
TEL: 414105, FAX: 977-1-410008, CABLE: MARSHYANGDI

lack of education and hygiene in this group versus the other 2 porter groups. The regular use of soap could also prevent some of the problems listed.

In the initial days of the trek while trekking through the narrow gorge of the Budhi Gandaki River at around 915 m. with temperatures (mid day) around 32 c, it was surprising that none of the porters, who were carrying heavy loads and not drinking enough fluids, came down with heat related illness as the "set up" was certainly there. (Personal Communications: Dr. John Dickinson, British Gurkhas).



Cholatse

Conclusion:

Nepal is trying to project itself as a trekker friendly country. In order to promote tourism, safety for the trekker as well as the lowest person in a trekking party hierarchy (ie the porter) has to be emphasized so that medical problems are down to a minimum for the enjoyment of everyone involved.

Further more the poverty stricken porter has no recourse to a helicopter ride to a better medical facility in Kathmandu in the event of a life threatening injury or illness. Hence prevention and awareness of medical problems in the porter assumes a high priority, something not to be taken for granted by the compassionate traveller.

REFERENCES:

1. Shlim Dr. Houston R. Helicopter rescues and deaths among trekkers in Nepal. JAMA 1989; 261: 1017-1019.
2. Forelicher VF, West JB. Trekking in Nepal: safety after coronary artery bypass. JAMA 1988; 259: 3184.
3. Heckett PH, Rennie ID. Rales, peripheral edema, retinal haemorrhage and acute mountain sickness. AM J Med 1979; 67: 214-218.
4. Taylor DN, Houston R, Shlim DR, Bhaibulaya M, Ungar, BC, Etiology of diarrhoea among travellers and foreign residents in Nepal. JAMA, 1988; 260:1245-1248.
5. Himal (Himalayan Magazine). The porters' burden Nov/Dec. 1995, Vol 8, No.6, 33-38.
6. Ward MP, Milledge JS, West JB. High altitude medicine and physiology, 2nd edition, Chapman and Hall, 1995.
7. Aurebach PS. Wilderness Medicine. Management of Wilderness and Environmental Emergencies, 3rd edition, Mosby, 1995.
8. Roach RC, Bartsch P, Hackett PH, Oelz O. Lake Louise AMS Scoring Consensus Committee. The Lake Louise acute mountain sickness scoring system. In: Sutton JR, Houston CS, Coates G. eds. Hypoxia and Molecular Medicine. Burlington, Vt: Queen City Printers, 1993:272-4.
9. Pandey MR, Basnyat B, Neupane RP. Chronic bronchitis and cor pulmonale in Nepal: A Scientific epidemiological study, Migendra Medical Trust, Kathmandu, Nepal, 1988.
10. Pandey MR. Prevalence of chronic bronchitis in a rural community of the hill region of Nepal. Throax 1984; 39: 331-336.
11. Pandey MR. Domestic smoke pollution and chronic bronchitis in a rural community of the hill region of Nepal. Thorax 1984; 39: 337-339.
12. Hackett PH, Roach RC. High altitude medicine. In: Auerbach PS editor: Wilderness Medicine, management of wilderness and environmental emergencies, 3rd edition, Mosby, 1995.
13. Robertson JA, Shlim DR. Treatment of moderate acute mountain sickness with pressurization in a portable hyperbaric Gamow bag. Journal of Wildernes Medicine 1991; 2: 268-273.
14. Basnyat B, Acute Mountain Sickness in local pilgrims to a high altitude lake (4154m) in Nepal. Journal of Wilderness Medicine 1993; 4: 286-292.
15. Cogo A, Basnyat B, Cosma P, Fasano V, Legnani D. Indoor exhaled carbon monoxide at high altitude. The Ninth International Hypoxia Symposium Feb 14-18, 1995 Lake Louise, Alberta, Canada.
16. Groves BM, Reeves JT, Sutton JR. Minimal Hypoxic pulmonary hypertension in normal Tibetans at 3658 m. J. Appl. Physiol., 1993; 74: 312-8.
17. Kayser B, Marconi C, Amatya T, Basnyat B, Colombini A, Boers et al. 1994. The metabolic and ventilatory response to exercise in Tibetans born at low altitude. Respiration physiology 1994; 98:15-26.
18. Kayser B, Hoppeler H, Classen H, Cassetelli P. Muscle Structure and performance capacity of Himalayan Sherpas. J. Appl. Physiol. 1991; 70(5): 1938-1942.
19. Hackett PH, Rennie ID, Levine HD: The incidence, importance and prophylaxis of acute mountain sickness, Lancet 1976;2 (7995): 1149-1154.
20. Hultgren HN, Ivy JL, Roberts G, Bezruchka S, Rennie D Water intake at high altitude. Journal of Wilderness Medicine 1993; 4: 224-227.

TABLE-1

Medical problems, criteria for illnesses, and number of porters and tourists affected

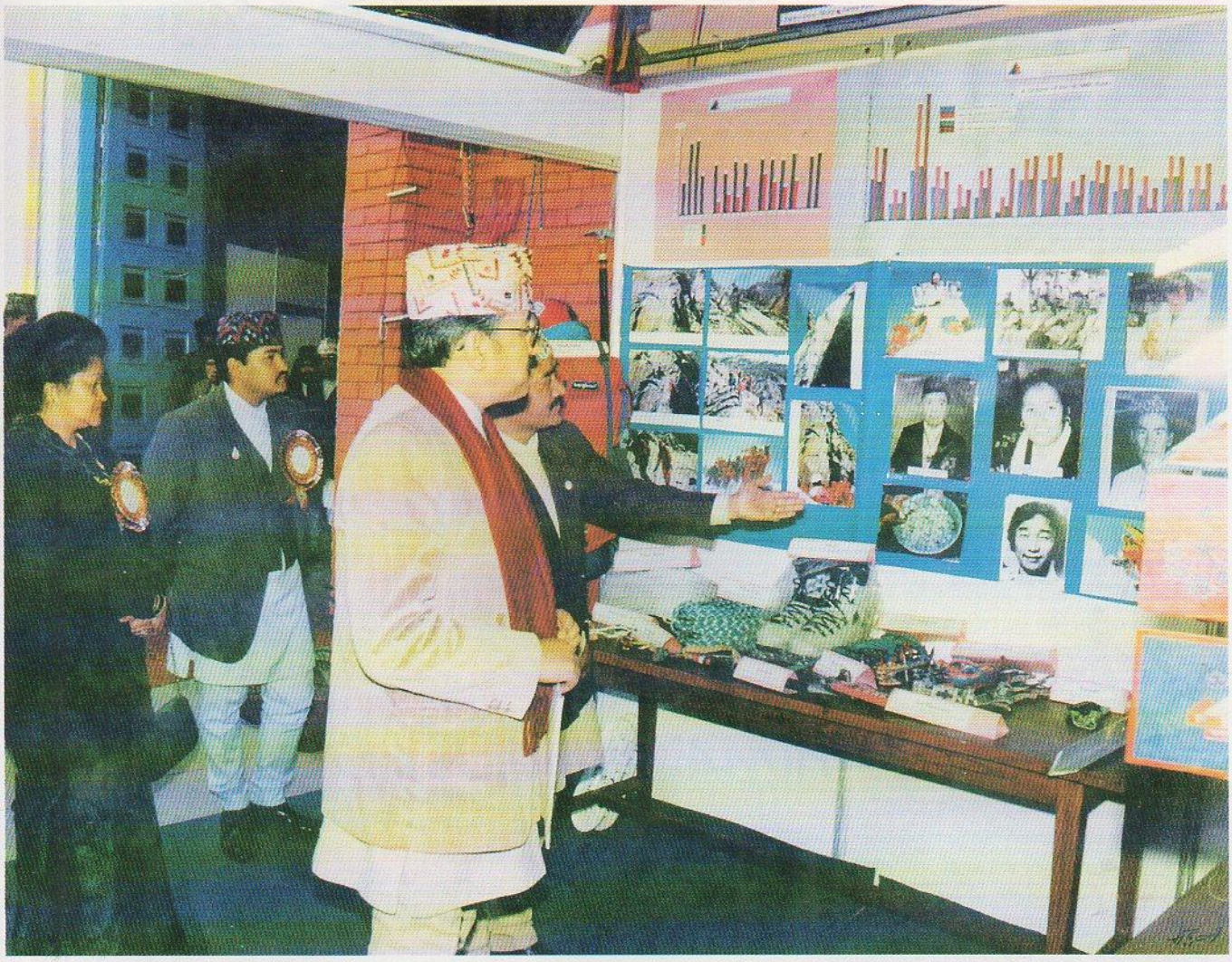
	PROBLEMS	'FIELD' CRITERIA	HEAVY LOAD CARRYING PORTERS 102*	KITCHEN STAFF+ SHERPA PORTERS 31*	TOURISTS 22*
1.	Khumbu Cough	Exacerbation of coughing and/or new onset dry backing cough, with no fever, at altitude >3000m, > 3 days	12 (11.7%)**	3	3 (13.6%)
2.	Altitude Sickness:	Lake Louise score (2 or more)	8 (7.8%)	1	3 (13.6%)
3.	Gastroen teritis:	Runny diarrhoea, sometimes fever for 2 days or more	4 (3.9%)		5 (22.7%)
4.	Snow Blindness	History of walking on snow with no dark glasses, redness "grit in eye", recovery in 48hrs.	4 (3.9%)		
5.	Scabies:	Popular lesions, excoriations, intense itching, specially at night	4 (3.9%)		
6.	Carbuncles/ Cellulitis:	Tenderness, Swelling redness with abscess formation	4 (3.9%)		
7.	Laceration:	Cuts requiring stitches	3 (2.9%)		
8.	Conjunct-ivitis:	Redness, thick yellow discharge from eyes	3 (2.9%)		
9.	Fever:	Continual fever >101 F for 2 more days otherwise normal exam.	3 (2.9%)		
10.	Anxiety Attack:	Huperventilating, terrified-look, at times saying they have been possessed (no headache, fever or vomiting) for a minimum of 4 hrs.	3 (2.9%)		1
11.	Acute Alcohol Intoxication:	Drunk and disoriented to person, time or place, comatosed	3 (2.9%)		
12.	Haemorrhoids diagnosis	Blood in stool, rectal exam revealed	2 (1.9%)		
13.	Discontinuance of trek due to above medical problem		7 (6.8%)		

** Total number for the category*

*** All percentage in porters derived from only the heavy loadcarrying porters.*

The contents of this article have been accepted for publication in Journal of Wilderness and Environmental Medicine (Chapman and Hall)

Buddha Basnet MD. M.Sc., FACP, Medical Director: Nepal International Clinic and Himalayan Rescue Association, Medical Consultant: Patan Hospital.



Felicitation to His Majesty the King

His Majesty The King Birendra Bir Bikram Shah Dev inaugurated the Industrial and Development exhibition on 20th Magh 2053 on the occasion of his Silver Jubilee accession to the throne. On the occasion His Majesty the King & Queen, His Highness Crown Prince and other Royal family members were also present. His Majesty the King and Queen also visited the stall of Nepal Mountaineering Association and looked at the displayed mountaineering equipments. NMA President Mr. Dawa Norbu Sherpa and Secretary Mr. Angkarma Sherpa welcomed their Majesties and gave brief introduction of mountaineering activities in the country.

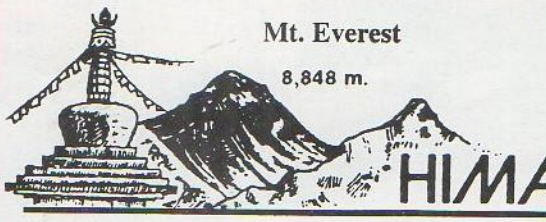
GUIDED EXPEDITIONS TO MT. EVEREST- NORTH COL & SOUTH COL

ANNAPURNA DHAULAGIRI KANGCHENJUNGA LHOTSE MAKALU MANASLU

GAURISHANKAR BARUNTSE LANGTANG NUPTSE JANNU PUNMORI API SAIPAL TILICHO

AMA DABLAM & MORE PEAKS ... ... IN NEPAL

TIBET: CHO OYU LHAKPA RI & SHISHA PANGMA ... ... PLUS CULTURAL EXPEDITIONS



HIMALAYA EXpeditions, Inc.

NEPAL'S ADVENTURE EXPEDITION COMPANY

TREKS & CLIMBS: MERA PEAK CHULUS ISLAND PEAK PACHERMO SHERPANI COL RAMDUNG - GO

MT. KAILASH DOLPO MUSTANG KANCHENJUNGA ANNAPURNA EVEREST BASE CAMP ROLWALING & LANGTANG

CULTURE & WILDLIFE TOUR: PAGODAS & PALACES OF KATHMANDU NATIONAL PARKS & EXOTIC HIGH VALLEYS LUMBINI

RAFTING: TRISHULI KALIGANDAKI MARSHYANGDI & SUNKOSI RIVERS

SAARC Secretariat Corner, Kantipath, adjacent to Grindlays Bank,

P.O.Box 105, Kathmandu Nepal Tel: 22 66 22, 247 999

Fax: (-977-1) 22 88 90 & 52 65 75

E-mail: himalaya@mos.com.np Web Site: Http://www.south-asia.com/himalaya.html

The Climb of Eternal and Everlasting Friendship

Kumar Khadga Bikram Shah
General Leader of the Nepalese Expedition
Tri-National Friendship 1998
Qomolangma-Sagarmatha Climbing Expedition

1988 was a year that will shine in our history. On May 5, in cooperation with our esteemed Chinese and Japanese friends, we succeeded in a climb of the world's highest mountain Sagarmatha/ Qomolangma that will become a symbol of our age. China and Nepal, both the proud possessors of shining histories, are maintaining normal relations under the wise leaders of both countries. China's economic aid to Nepal in many fields is contributing greatly to Nepal's modernization policy. And of course it is common knowledge that Japan has been unsparing in using its high degree of industrialization to assist Nepal's development.

Nepal, under the leadership of King Birendra, has pursued a nonaligned foreign policy aimed at promoting international cooperation and relaxation of tension. China and Japan have shown the greatest understanding for this policy. The climb of Sagarmatha/ Qomolangma symbolizes this understanding. Therefore, I want to express great pride that we were able to plan and carry out this climb together with the two Asian Countries which are most friendly toward Nepal, China and Japan.

This China-Japan-Nepal trinational joint expedition accomplished objectives which had not even been attempted in the past. First, the three countries participated as full equals. Second, a criss-cross traverse of the world's highest summit was carried out, from the Tibet Autonomous Region of China to Nepal and from Nepal to China. In addition this was carried out



on May 5, Japan's 'Children's day', and the live telecast brought dreams of exploration and adventure to children all over the world. Accomplishing any one of these objectives is difficult. In the past, there were no examples of successful international climbing expeditions on Sagarmatha / Qomolangma. This shows how difficult it is for people different language, cultural and religious backgrounds to cooperate. However, this trinational cooperative expedition succeeded brilliantly in this climb on the basis of true friendship and mutual understanding. This will go down in history as the success of a great experiment of humanity.

The simultaneous criss-cross traverse required the solution not only of problems in mountaineering technique, but also of political problems. I want to express my deep thanks to the leaders of China and Japan for their understanding. In our country, great understanding was shown by His Majesty King Birendra, various government agencies, and the Royal Nepal Army. They contributed greatly to carry out our plan. The telecast, which was carried out in Nepal with support from the Yomiuri Group, boosted the self-confidence of the Nepalese people and spread understanding of the significance of mountaineering among the mass of people. In addition, I am very proud that this plan was carried out in the spirit of the UIAA Kathmandu Declaration, which stresses the importance of world peace and preservation of the natural environment.

It gives me great pleasure to report that the Nepal Mountaineering Association contributed greatly to this expedition, in order to contribute to Asian and world peace. And we also had the cooperation of other people too numerous to mention here. Above all, it was His Mejesty King Birendra who bestowed the Gurkha Medal on people associated with this expedition. Prime Minister also honored all members of the Nepal expedition team. The king and queen, and Prince Gyanendra, attended the celebration and thanked all of the Chinese, Japanese and Nepalese expedition members for their efforts. All of these expressions of support were unusual. This expedition taught the Nepalese people the significance of mountaineering. As President of the Nepal Mountaineering Association, there is no greater pleasure for me.

I would like for this Sagarmatha / Qomolangma climbing expedition to become a symbol of cooperation and solidarity among the three nations that will become as everlasting as the Himalayan snows.

The Real Significance of The Expedition's success

By Ryutoro Hashimoto

Hon. General Leader of the Japanese Expedition

(Present Prime Minister of Japan)

May 5, 1988 was a day I will not forget for the rest of my life. That was the day that the trinational Chinese-Japanese-Nepalese joint Qomolangma / Sagarmatha climbing expedition was telecast live from the summit of the world's highest mountain. I had just visited both the northern and southern Base Camps and returned to Japan convinced that the expedition would succeed. I returned home deeply impressed by the close teamwork under the difficult condition of low oxygen, and the ability of expedition members from three countries having different languages, cultures and religions to concentrate on combining their efforts toward a common mountaineering goal. As I watched the successful telecast, also all, I hoped that the success would have pleased Hidetaka Mizukoshi, a friend since the Gauri Shanker expedition, who died an untimely death in Base Camp. A number of thoughts passed through my mind as I savored the pleasure of having been able to participate in the expedition.

The idea for this heretofore inconceivable expedition camp up sort of naturally on the way back from the successful Chinese- Japanese Namunanifen expedition. That expedition taught us how wonderful international friendship mountaineering can be. In August 1985, I received an official request for cooperation in this plan from Chairman Shi Zhanhun of the Chinese Mountaineering Association who was in Japan for a party to clebrate the success of the Namunanifen expedition. Together with the Chairman I paid a courtesy call on then Prime Minister Nakasone, we mentioned the plan to him and received his encouragement to proceed



with it. At the request of Chairman Shi Zhanjun I immediately sent simultaneous letters to Chinese Sports Minister Li Men Hua and to a closed friend, Nepalese Mountaineering Association Chairman Kumar Khadga. In November of that year a working level session was held in Hong Kong. Then on February 25, 1986, in the presence of the tourism Minister, the Foreign Minister and Japanese ambassador Kazuo Kaneko, I exchanged official memoranda of understanding with the chairman of the Nepalese Mountaineering Association, so that the plan could proceed through discussions among the three nations. Three years after that, the plan was ably promoted with the strong support of the Yomiuri Group, the understanding of Japanese financial circles and the superb leadership of Japanese Alpine Club President Toshio Imanishi, who served as Senior Leader, and JAC Vice President Hiroyioshi Otsuka, who served as Chairman of the expedition's Executive Committee.

Their efforts led to the success on May 5. This expedition would also have been impossible without understanding of government organizations in China and Nepal and full cooperation of our Chinese and Nepalese friends, above all of Chinese governmental leaders and King Birendra of Nepal. Together with the expedition members, I am happy and proud that we were able to reward these people for their kind cooperation with a successful expedition. In particular, I am proudest that the true friendship and mutual understanding of expedition members from these three Asian nations brought about the success of this expedition on Qomolangma / Sagarmatha, a mountain on which previous international expeditions had been unsuccessful. I want to emphasize that the success of this expedition transcended mere mountain climbing.

After the expedition was completed, celebration parties were held in Kathmandu, Beijing and Tokyo. My experience at the celebration in Kathmandu confirmed my belief in this broader significance of the expedition. It was treated as an affair of state, with presentation of official honors by King Birendra and Queen. In addition, the enthusiastic welcome by the general populace of Kathmandu defied the imagination. People who caught a distant glimpse of their national hero Sundare Sherpa, who renewed his own record by climbing Sagarmatha for the fifth time, went wild as they repeated his name in unison. 'Climbing' was a genuine success in the true sense. There has never been a national project in the past that gave the people of Nepal such self confidence and pride.

Finally, I wish to express my thanks to the climbers of the three nations who shared the hardships of the expedition and to all of the people who cooperated to bring the plan to reality.

(Courtesy: Qomolangma- Sagarmatha 1988, Book Published by Yomiuri Shimbun SHA)



General Assembly Meeting

Nepal Mountaineering Association (NMA) Profile

NMA was established on November 1, 1973, with the aim of:

* Develop climbing skills, establish mountaineering training school and facilities;
* Conduct climbing training, establish training center and train in rescue work.
* Organize seminars, conferences and meeting on mountaineering and mountain tourism so as to make climbing and trekking in Nepal a popular destination.
* Create interest in general public about mountaineering and promote Himalayan peaks of Nepal in foreign countries.
* Contribute in the work and welfare that benefit people working in mountaineering profession.
* Work on the preservation of natural beauty of mountain environment and peaks;
* Encourage as many foreign climbing teams as possible to come to Nepal for climbing.
* Organise mountaineering expedition and assist concerned agencies for preservation and development of mountaineering.
* Establish international mountaineering museum and data center.
* Cooperation and develop linkage and network with international organization on mountaineering or Himalayan environment.

Climbing Permit: According to the 1978 Cabinet decision, NMA have been given charge to collect climbing fees on 18 Trekking peaks.

NMA Office Building: NMA bought its own office building in 1992 at Nagpokhari, Naxal, Kathmandu.

Activities of the Association:

International Mountain Museum:

Out of 14 highest mountain peaks in the world there are 8 mountain peaks including Mt. Everest in Nepal. To preserve history of mountaineering about 10 years ago the concept of Mountain Museum was born. To fulfill the necessity NMA bought 100 ropanis land at Ratopaira in Pokhara with the cooperation of Ministry for Tourism. At present NMA is busy with the construction of International Mountain Museum. Minister for Tourism and Civil Aviation, led the foundation on December 1, 1995.

Mountaineering training

To improve the skill of participant who have taken basic training) of Mountaineering one week rock climbing training was organized in Kathmandh.

Welfare Committee: From the very beginning NMA, has always thought of its responsibility towards welfare and right of the professional Nepalese mountaineers. NMA have been giving financial support to the family of famous mountaineer who are in dire need. Here is a list of some of its contribution.

Saving Bank Account of Rs. 100,000/- has been opened in the name of the wife of late Mr. Sungdare Sherpa.

- Rs. 15,000/- has been given as a financial assistance to the wife of Late Mr. Chotare Sherpa.
- Mr. Ang Rita Sherpa,(then 9th time Everest Summitter without oxygen) Field Director with the salary of Rs. 7000/- per month.
- NMA has been providing interest on the fixed deposit of Rs. 150,000/ - to the wife of Late Mr. Sonam Tshering Sherpa. Fixed deposit account is in her name.
- Rs. 700,000 has been contributed to construct a statue of Late Mrs. Pasang Lamhu Sherpa, first Nepali woman summiter of Mt. Everest.

NMA has opened an account in the name of Mountaineering Welfare Account at Lumbini Finance and Leasing Company with the fund of Rs. 3,00,000. Fund re ceived from membership fee, registration and renuwal fee will be deposit in the some account. The fund will be used for the welfure of mountaineering teams, Besides that it will deposit Rs. 300,000 every year from the income of other activities of the organization.

Conservaton and Preservation Committee: To protect natural beauty and prevent pollution on mountain and its environment NMA has been organising meetings and seminars. On August 10, 1995 on the occasion of Janai Purnima (Gosain Kunda Mela) NMA constructed a temporary shelter for porters, kitchen and toilet facilities for the trekkers in Langtang national park. On the same occasion programme to clean Gosaikunda area was successfully carried out.

Environment preservation

- In association with His Majesty's, Tourism and Civil Aviation Ministry, NMA decided to implement clean Mt. Everest program and also clean 5 trekking peaks of Khumbu in association with Sagarmatha Pollution Control Committee.

- In January 2 and 3, 1997, a two day Eco Trekking workshop was organized with cooperation from TAAN. The workshop helped the paiticipants to be aware of Mohuntain and they were from Humla, Annapurna, Rasuwa, Taplejung, Solukhumbu, Dolpa, Manaslu and Dolkha VDC.

- For the cleaning program of Mt. Everest, Tourism and Civil Aviation Ministry will provide 21 million rupees and UNESCO will also provide financial support.

Publicity and Publication Committee: It has been covering news and articles on mountaineering activities through its newsletter and journal 'Parbat' published in Nepali and English language.

National and International Meetings and Seminars:

- NMA has been taking part in international meeting and seminar, representing Nepal.
- On October 10, 1982 UIAA 50th meeting was successfully held in Kathmandu. On February 23/24 NMA organised meeting of UIAA Mountain Protection Commission and Kathmandu Protection of Himalayan Environment.
- In May 1988 NMA took active participation in the first ever Tri-national Everest Expedition.
- Colloquium on "Clean Himalaya" was organised on November 29, 1991.
- NMA hosted UIAA Mountain Protection Commission meeting in Kathmandu from May 8th to 10, 1992.
- NMA and Mongolia Mountain Expedition jointly climbed Mt. Ganjala in Langtang in November 1994.
- NMA hosted UIAA Expedition Commission meeting in Pokhara in December 1994:
- NMA hosted 2nd general meeting of newly founded UAAA (Asian version of UIAA) in Kathmandu from December 8 to 10th,. 1995.

- 29th May will be celebrated as Sagarmatha Day in Kathmandu, Mountaineers from foreign will also participate in International Climbers Meet and problems will be discussed.

- 15 participants from Asia, Europe and America will visit Nepal for a week. The visit is oganized to develop linkage.

- Invitation will be given to China Tibet Mountaineering Assocaiton (CTMA) to visit Nepal, 5 menbers of CTMA will visit Nepal.

- NMA will also attend meetigs of UIAA/UAAA

- NMA will organize special program to visitors of International organization when they visit Nepal.

- NMA will build linkage with new Alpine clubs of the world.



Cleaning Campaign in Gosain Kunda area



Everest cleaning project in Khumbu region

Names of honorary members of Nepal Mountaineering Association:

	Names	Nationality
1.	Mr. Ryutaro Hashimoto	Japanese
2.	Sir. Edmund Hillary	New Zealand
3.	Mrs. Junko Tabei	Japanese
4.	Mr. Reinhold Messner	Italian
5.	Prof. Michio Yuasa	Japanese
6.	Mr. Kabuo	Japanese
7.	Mr. Kentaro Takaji	Japanese
9.	Ms. Elizebeth Hawley	British
8.	Late Mr. Mike Cheney	British
10.	Mr. James Robert	American
11.	Late. Mr. Tenjing Norge Sherpa	Nepalese
12.	Late. Mr Sundare Sherpa	Nepalese
13.	Mr. Ang Dorje Sherpa	Nepalese
14.	Mr. Ang Tshering Lama	Nepalese
15.	Mr. Mingma Sherpa	Nepalese

Mr. Tadao Kambara, a Japanese, is life long member of NMA.

Associated Member: 254 trekking agents are associate member of NMA.

General Member: There are 421 general members of the association until the date of this publication.

Institutional Member:

- Pasang Lamhu Mountaineering Foundation
- Trekking Agents Association of Nepal (TAAN)
- Himalaya Rescue Association
- Nepal Himalaya Guide Association

According to the data compiled by NMA the professional workers involve in mountaineering that are registered with NMA are as follows;

Sirdar	445
High Altitude Porter (Support Climber A)	1251
Low Altitude Porter (Support Climber B)	1615
Kitchen Boy	716
Cook	277
Mail Runner	272

Training and Mountaineering Committee: Under the leadership of this committee many activities have been completed which are as follows:

Mountaineering Training Center was established at Bragha, Humre in the Manang District with the financial and technical assistance of the then East Yugoslavia and Slovenia in 1979. From 1979 to 1995 14 basic training programmes have been conducted at the center training school and Langtang area.

Course	Trainere
Basic Mountaineering Training	442
High Altitude Mountaineering Training	111
Junior Basic Mountaineering Training	17
Trek Tour Leader Training	30
	Total 600



Participants of Rock Climbing, NMA Feb. 1997

So far 600 workers have received training through NMA.

Year	Basic Training	Advance Training	Junior Basic Training	Trek Tour Leader
1979	20	–	–	–
1980	45	-	-	-
1981	46	-	-	-
1982	24	-	-	-
1983	-	-	-	-
1984	30	7	-	-
1985	24	11	-	-
1986	31	9	-	-
1987	30	15	-	-
1988	-	-	-	-
1989	31	22	-	-
1990	30	17	17	-
1991	29	13	-	-
1992	33	-	-	-
1993	-	-	-	-
1994	30	-	-	-
1995	39	-	-	-
Total	442	111	17	30

NMA Distributed Medals and Letter of Appreciation to the Mountaineers

Ex Prime Minister Mr. Manmohan Adhikari distributed medals and certificates to the mountaineers who had climbed 8000 meter peaks. A special ceremony was organised on NMA day on May 29, 1995. By organizing such programme NMA hopes to encourage mountaineers who are already in mountaineering profession as well as to the newcomers. Gold medals were



Yet another feather on the cap of Pokhara

Under the roofs of artistically designed STONE-HOUSES, we have reborn at a new location for where you can, with least obstruction, enjoy the splendid scenery of Pokhara's enchanting mountains- a prime attraction for which this gifted valley is famous for. To be worthy of your expectations, we have, painstakingly, given an entirely new look to everything that concerns you.

BE WITH US TO HAVE THE FEEL OF NEW KANTIPUR !

Your cherished destination ...

HOTEL THE KANTIPUR (P) LTD.

Kathmandu Reservation: Lal-Durbar, Kamaladi, P.O.Box: 4636, Kathmandu, Tel: 419838, 423232, Fax: 423232
Head Office: Hotel The Kantipur, Lake Side, Pokhara, Nepal. P.O.Box: 124 Tel: 061-20886/87, Fax: 061-24704

posthumously awarded to Late Phoo Dorje Sherpa and Late Mrs. Pasang Lamhu Sherpa. Gold medal was presented to Mr. Ang Rita Sherpa, the 10th time Everest Summiter and Mr. Shambu Tamang, the Youngest Mt. Everest summiter. Eighty three mountaineers who climbed Mt. Everest and 36 mountaineers who succeeded to reach 8000 meter were also given silver medals.

Running Competition

Since 1993, NMA has been participating in 'Cross Country Mountain District Running' an international race held in Hiroshima organised by Hiroshima Mountaineering Association (Prefecture). NMA has been selecting candidates by organising running competition among staffs from its associate members. Participation in such competition helped Nepalese and international participants to develop better relation. In the last running competition in October 1995 Mrs. Aang Damu Sherpa secured 10th position.

Cross Cultural Clean Mountain Youth Project:

Japanese Alpine Club (JAC) has been conducting 'Cross Cultural Clean Mountain Youth Project' every year since 1994. The objective is to clean hills and mountains by involving local students and create awareness on environment. This programme was held in Japan in 1994; China in 1995 and Nepal in 1996.

NMA has decided to implement following activities to celebrate Visit Nepal Year 1998.



- Rock climbing training to twenty students of Higher Secondary Schools on 10-15 March 1998.
- Twenty students from different campuses participated in Basic Rock Climbing course on 16-21 March 1998.
- 30 March- 10 June 1998: Mt. Everest cleaning program will be implemented in which foreign and Nepalese mountaineers will participate. A team will climb Mt. Everest on 29th May 1998 and put the banner " Let's keep the Mountains clean".
- Inaugurate Mountaineers Memorial Park on 1st July 1998.
- Basic Mountaineering training will be given to participants (15 students) of SAARC and other countries on 15 July-30 August 1998 at NMA's Mountaineers Training Centre, Manang.
- Climbing wall will be constructed at Mountainers Memorial Park, Kakani.
- Two members of Japanese Alpine Club & Kathmandu Club will climb 18 peaks which are under NMA's supervision. Profile and photographs of 18 peaks will be prepared and profile of these peak will be recorded in Home Page of Internet.
- NMA has requested Ministry of Tourism and Civil Aviation to give approval to purchase 4 radio sets and 100 WalkieTalkie sets. The radio sets will operate in Everest, Makalu region I, Kanchanjanga I, Dhaulagiri Annapurna I and one will operate from NMA's Kathmandu office. Walkie Talkies will be given to trekkers and mountaineering teams and few will remain at the office.



GPO Box 655, Lazimpat, Kathmandu, Nepal.
Tel: 412999, Telex: 2276 HOSANG NP, Facsimile 977-1-414184

It's just a little more different than staying at home.

At the Shangri-La, you are looked after by warm polite and friendly people.
Though there may be butterflies on your tea cup, there'll be lots of smiles all over the place-and if the laughter is too loud, don't expect any apologies.
It's theone place you'll never be another room number.

SHANGRI-LA
KATHMANDU
NEPAL
Your private paradise

An Attempt on Kagmara

Dr. Harka Gurung

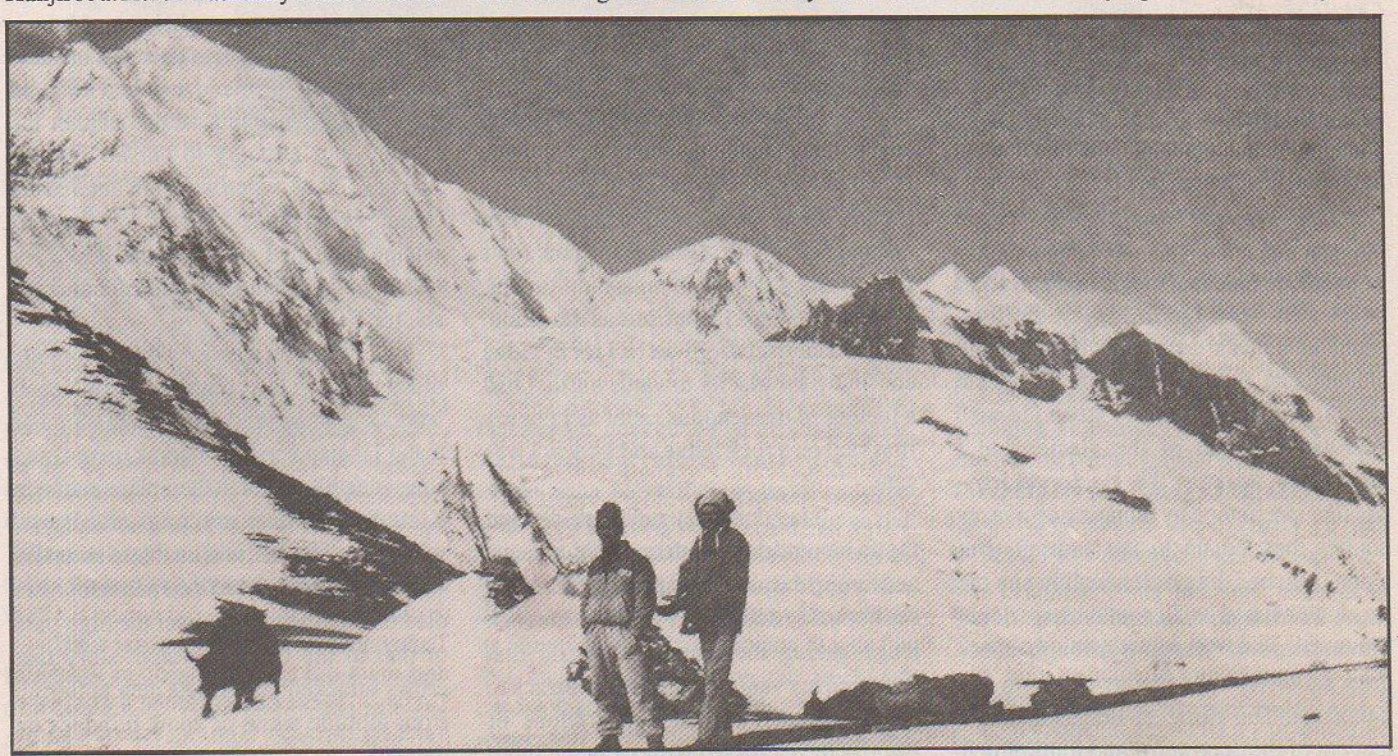
The Himalayan range west of Dhaulagiri is not an emphatic high mountain but rather a maze of ridges in diverse alignment. The watershed between the Bheri river and Mugu Karnali therefore is represented by a mountain complex consisting of Kanjiroba (22,580 ft), Sisne Himal (21,729 ft), Patrasi Himal (21,742 ft), Jagdula Lekh (21,010 ft) and Kagmara Lekh (21,190 ft). Kagmara Lekh is the most southerly spur of the group with a dominating south peak (19560 ft) overlooking the Bheri valley at Tibrikot.

The first glimpse I had of Kagmara was from Salyan as a fine pyramid. It presented a massive facade from the top of Chakhure pass (13,500 ft) and when I arrived Kaigaon on my way to Phoksundo Tal, I could resist the mountain no more. The main route to Phoksundo passes across the Balangra Pass (12,590) to Tibrikot and then up the Suli Gad to the famous lake. I settled for a more northerly route which approached the southern Kagmara peak within two miles. From Kaigaon I moved to the village of Hurikot (8,500 ft) on the right bank of Jagdula Khola which drains the southern slope of Kanjiroba. Here I was lucky to meet Dawa Lama from Ringmo (village on the bank of Phoksundo) who agreed to accompany me as a guide and porter through the mountain trail.

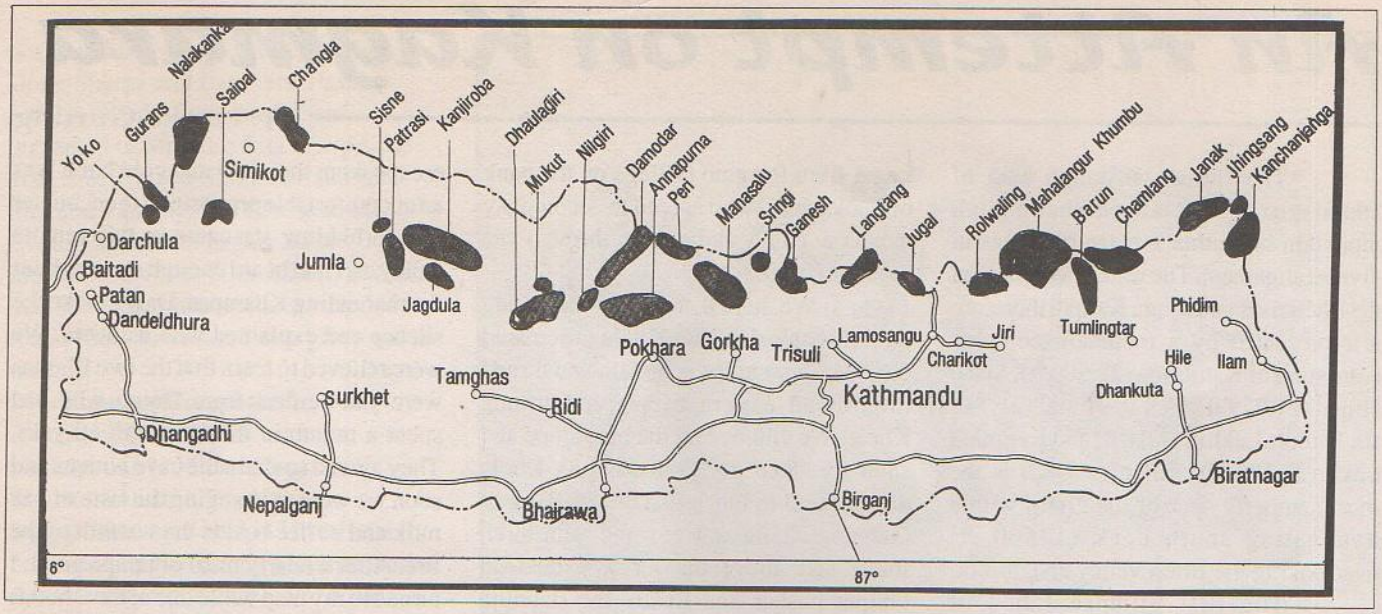
We started from Hurikot along the right bank of Jagdula Khola and crossed the river three miles upstream and turned towards an eastern tributary, Garpung Khola. We climbed up the bare slope and soon the deep gorge of Jagdula Khola disappeared to our left. The left flank of Garpung Khola was covered with birch forest and above the forest extendedd juniper bushes and finally the statellite peaks of Kagmara. The trek climbed for 3,000 feet and we then crossed the stream by a birch log. After an ascent of a 500 feet of the steep ridge, we looked upstream into a broad valley with the wide meanders of Garpung Khola.

The sky was over-cast and it started to snow. We quickened our pace to the head of the valley where Dawa told me we could find a cave to spend the night. It was almost drak when we approached the cave but to my consternation we were met by two hefty fellows complete with pigtails and daggers dangling down their side. I was looking forward to a cozy cave to escape from the snow and cold but it was an uncomfortable proposition to encounter two forbidding strangers in this remote valley, as I had heard enough stories about the marauding Khampas. Dawa broke the silence and explained who we were. We were relieved to learn that the two Bhotias were yak-herders from Dolpo who had spent a month in the area with 60 yaks. They agreed to share the cave with us and soon we were exchanging the taste of yak milk and coffee beside the warmth of the fire. After a hearty meal of tampa gruel, I turned to my map while one of the Bhotias began playing his *dhamyan* (Tibetan guitar) late into the night.

Our route to Kagmara pass (16,780 ft) would take us close to the Kagmara Peak but the ridge connecting the pass and peak was a sharp divide difficult to negotiate. I planned to divert half way up the route to the pass and traverse a small glacier to reach the summit and retrace the track to the pass which I guessed would take about six hours. I was not well equipped for a serious assault but one thrives on optimism. I assembled a few cigarettes, sweets, coins in a tin box with a note saying "Harka Gurung was



Trekkers on Kagmara Pass



here on 15 June 1966" which I proposed to leave on the summit.

Next morning, we were up early and were on the move by 4 A.M. We followed the forzen stream for two miles and at the spot-height 13,657 feet turned to the right to begin the climb. The early dawn lent a peculiar radiant effect on the fresh snow. The air was still and the peaks of Lha Shmma (21,035 ft) and Kagmara and its northern ridge came into sharper focus as we gained in height. Half-way to the pass, I pointed Dawa the fine summit above our right shoulders and asked if he would accompany thither. Dawa declined adding that he had his family waiting in Ringmo. We understood each other and agreed to go our own way. I would make a solo attempt while Dawa would wait for me on the pass. It was 6.30 A.M. and I gave him six hours time for my return.

While Dawa laboured uphill bidding me good-luck on my mission, I diverted myself to a ridge to the right. I negotiated the ridge following the foot-prints of a musk deer and came to small glacier that descended down the north side of Kagmara Peak. A steep ice-wall guarded the head of the glacier and I planned to walk-up the glacier and by-pass the steep stope by climbing up a snow coulier that led up to the summit. But when I reached the glacier, walking up the snow field was easier said than done. Three hours of slogging through knee-deep snow brought me no closer to the mountain. The ritual of dragging one's feet out of the deep snow and thumping it back into the unknown became a laborious exercise. The sun was up and the whole mountain side dazzled. I plodded on with utmost effort yet the summit seemed as remote as ever. I was still struggling hard on the upper shelf of the glacier when I heard a peculiar sound under me, the sound of a falling boulder.

The sounds became more frequent and I realised with panic that boulders underneath the glacier were on the move owing to insolation and heat. I had no rope or companion to retrieve me if I were to encounter a crevasse on the glacier. The futility of my rash adventure dawned on me and now I could appreciate Dawa's native wisdom. I turned a sad glance on Kagmara still 1,200 feet above and away.

I turned back just below 17,500 feet and my urgent problem was to leave the rumbling glacier as fast as possible to the sanctuary of solid rock surface. But one cannot run on a glacier if one knows that a false step would sink one forever. The retreat was a labourious as the climb. I made a careful short-cut to a rocky ridge confining the glacier towards north. I had a feeling of tremendous relief as I put my first step on a rock ledge and I knew I was safe.

I lay down my rucksack, opened the tin box and devoured the edible contents and tore up the piece of paper that embodied my hope. I rested quite a while on the rock ledge gazing the elusive Kagmara that shattered my vanity. I followed the track to the Kagmara Pass that generations of Bhotias have crossed without being lured by the peak. I was now content gazing at the profusion of peaks surrounding me. On the Pass, I found Dawa reclining beside a cairn and complaining of terrible head-ache and pain in the eye. We had no time to reflect on the eastern vista from the pass as I had to bring down Dawa to the lower elevation as fast as we could manage. The eastern side of the pass was very steep and at places, we literally slid down the snow slopes. We decended down nearly 2,000 feet in an hour and rested at the source of Julung Khola which drains into Pungmi river. Dawa felt better after a meal of tampa and a doze of arak. We continued our descent along the right bank of Julung Khola through alternate stretches of snow and slush. We surprized two flocks of wild sheep on the way but we had neither the strength nor armoury to pursue them. It was past 7 P.M. when we at last entered the 'kani' (welcome) chorten of Pungmi village. We had been on the move for nearly 14 hours since we had left our cave-shelter.

Finally, a note on the etymology of Kagmara. It is a combination of Nepali words kag (crow) and mara (death). Similar to the Tibetan version of gorak (raven) and shep (death) of Gorakshep place-name in Khumbu. However, my companion Dawa, who spoke Tibetan, was unable to ascertain whether the pass was named because crows died during their flight over the high pass or due to the other prevalent story that crows attacked and killed men suffering from altitude sikne or snow blindnes on the pass.

Training Nepalese Mountaineers at Manang

Jean Coudray

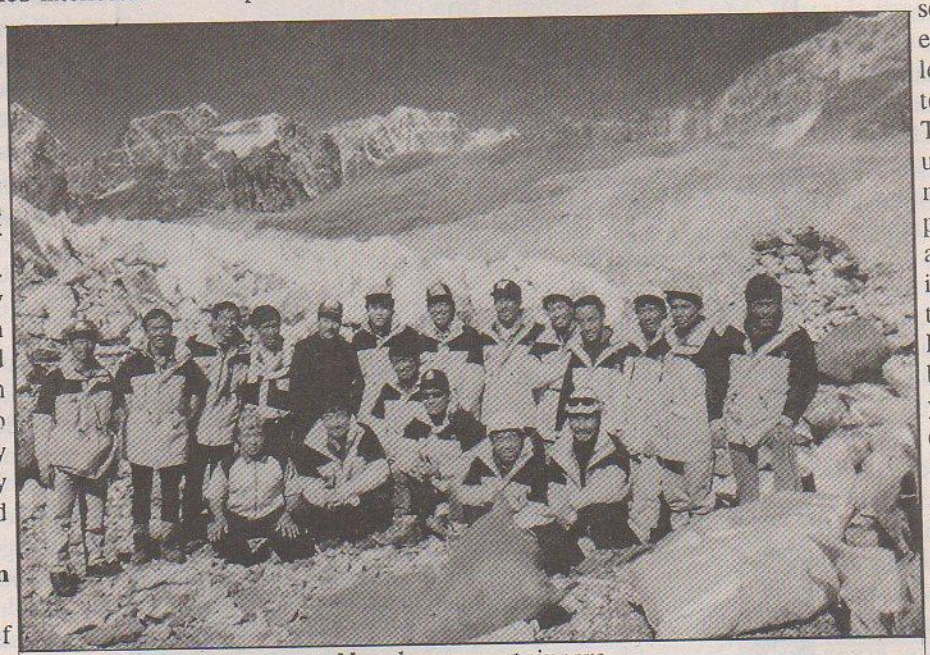
Since 1979 Yugoslav instructors of the Mountaineering Association of Slovenia and French instructors of the Ecole Nationale des Ski et d' Alpinisme have shared the staffing of the training courses which take place each year in the Nepal Himalayas.

Theses courses, organized by the Nepal Mountaineering Association, are designed for young people who want to become involved in mountain activities. These youngsters of different ethnic and social origins, of varied intellectual and technical abilities, all have the same hope to be able to match themselves one day with those for whom they have sacrificed themselves and with their forbears for many generations. This is a very legitimate aspiration which alone would justify the task which the NMA strove to implement for many years. A task worthy of being supported and encouraged.

Balance Sheet of ten years of training

If the idea of training Nepalese mountain guides is not new relative to Himalayan mountaineering in this country, it had to wait until the end of the seventies before it matured and the concept took shape, little by little. It was in the context of private expeditions and because of the convictions and initiative of the people of this region of the world that a system of training began to take solid form. The French Dhaulagiri expeditions of 1978 and 1980 were, through the hard work of Yves Pollet-Villard, examples of the far from negligible role which expeditions could play in this field.

But it was only after the NMA official Nepalese organization for the development of mountain activities and in this role an affiliate of UIAA had been created in 1976 that an official training scheme was instituted. The UIAA was no stranger to this development and assisted actively in the setting up of these courses. The building of the school at Manang between Pisang and Braga. completed in 1978, was mainly designed and financed by the Yugoslav Alpine Federation through the Slovenian Mountaineering Association. It was there that were staged the first courses-basic course- for which the SMA (under the leadership of the late Ales Kunaver and with the collaboration of the UIAA) provided the training staff who were soon joined by several Nepali instructor chosen from amongst the best students who completes courses at Manang. These "basic" courses, regarded as the first stage of training, received each year some thirty students, mostly Sherpas, many of whom already possessed good high altitude experience backed by solid techniques acquired during several previous expeditions. Nevertheless, training at this stage though complete and adapted to the students could not exceed certain limits as much technical as intellectual. There was therefore a logical necessity for further training for the better students. It was for this 2nd stage of training the advanced course that instructors from ENSA were requested. The choice of ENSa by the oficials of the NMA was made firstly- the international reputation of ENSA in the field of alpine training and secondly, the experience of high altitude expeditions and the knowledge of the countries of the Himalayan are possessed by a number of these instructors. Recruitment for these two types of course was through the trekking agencies and through the only mountaineering club in Nepal the Himalayan Club of the Tribhuwan University at Kathmandu. All the expenses of accommodation for all participants were met by the NMA: To perfect this training scheme it now seemed essential that third level should be added to the existing two. This third stage is still undefined and for the moment nothing is planned officially, although some private initiatives have been taken in this direction. E.g. French initiative brought the best three youngsters who had completed the advanced course in 1982 to ENSA the following summer. They were invited by an association who aimed to have them involved for several months in the framework of the guide and aspirant guide training courses.



Nepalese mountaineers

The Development of the Courses

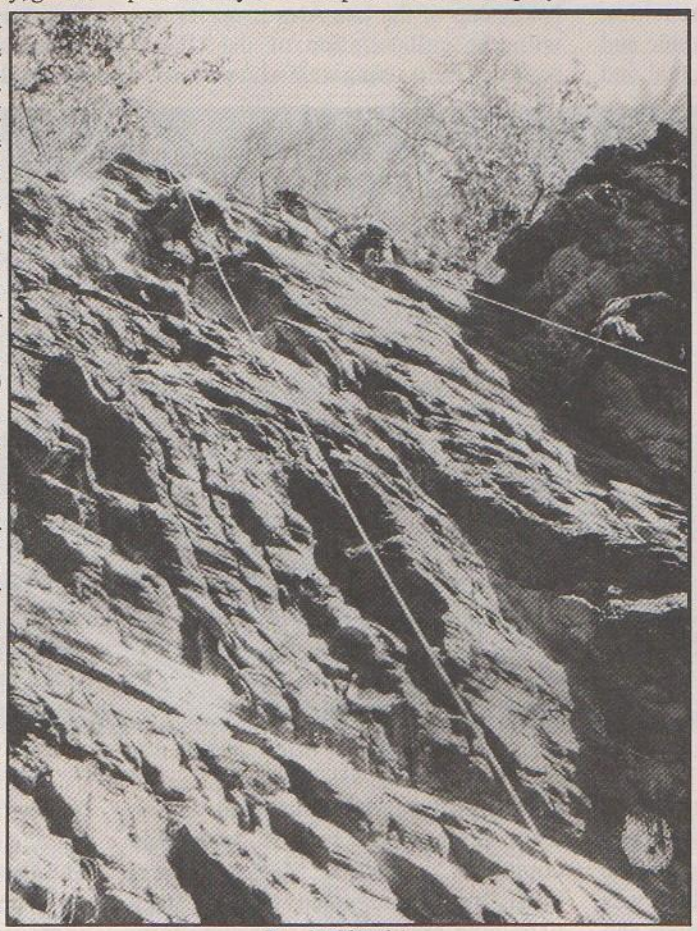
The two courses have the same characteristics and same type of organization. However on the second course a bigger role is given to technical activities and ascents, and students are also trained to take greater responsibilities. Teaching by the foreign instructors is in English, of which the majority of the students have a working knowledge. But for some, translation into Nepali is necessary, and sometimes into Tibetan. To succeed, it is imperative that instructors take into account the geographical and sociological context in which they operate. In this country where the idea of efficiency does not exist adaptation to day-to-day

life is obligatory; fixed schemes and preconceived ideas have to be abandoned. Only instruction has a chance of success and of enriching both partics the teachers and the students. The dates of the courses are fixed. September for the basic courses. October or June for the advanced. The students make their own way to the Manang valley or to the Langtang valley. scene of the practical and technical training as well as some of the theoretical. These activities lasting four weeks take place altenately in the school in the valley and in the high camps. The theoretical courses and the basic technical training first aid, eartography, history and geography, guide - client relations, organizing a course, roping-up and safety. rope management, rock-climbing school, crampon school, crag rescue all take place at or near the school. At Altitude starting from the base camps, one or two days march from the school, the techniques learnt at the school are practised. Most important is the training in techniques of movement of all types of terrain, culminating in the ascent of 6000 m peaks by quite difficult routes. These periods at altitude are the most important part of the courses, both in duration and achievements. They vary, of course, according to conditions in the mountains, the standard of the course and the varying resources placed at the disposal of the group by the NMA.

Finally, at the end of the course, diplomas are given (objectively, and not indulgently) to those who deserve them. These awards, of which they are proud, make it possible for them to make the most of their capabilities within the framework of their professional activities and can serve as an entry point for further training.

Reflections on the Training Scheme

A number of question come to mind about the training. Is it essential ? How will it evolve ? What results can we hope for ? Are sufficint resources being applied ? Although it still has uncertainties and imperfections, the scheme has the merit of existing and it is justified because it is necessary for the country and because it meets not just an economic need, but a profound aspiration of the people concerned, notably those of the mountain valleys. The training, wherever it is, whetever it is like, whomsoever it serves, is a tangible right which should, in the long term serve the interests of those who receive it and in consequence, through tourism, improve the quality of the hospitality they offer. Unfortunately demand is heavy and few have the chance to profit. For these Nepalese, habituated to interminable journeys, the road to travel is still long until the training which is provided becomes truly efficacious. To be sure talent and motivation are not lacking. We have only to study the expedition statistics of recent years to realize how these people, particularly the Sherpas, continue to play a leading role. Why then are there so many difficulties in establishing the structure of a coherent training scheme, able to supply, at its final stage, at its highest level, Himalayan Guides worthy of the name, and comparable with those of the IAMB ?



Rock Climbing

The reason is above all economic. Nepal one of the world's poorest countries has known in the last thirty years an extremely rapid transformation thanks to or owing to ? Tourism. Through lack of preparedness the nepalese who are involved in mountain activities are concerned solely and, very naturally in profiting from this manna contenting themselves at best with the role of servant. This role, which has been their lot ever since the first expedition to Nepal, has been maintained by the paternalism of the pioneers, followed often by more disdainful attitudes of today's Climbers. The consequences of the insensitivity of Himalayan climbers are serious, particularly of the climbers of the golden age of conquest - the fifties who in the pride of their resounding successes did not then realize the necessity of starting and developing training. At this moment is it not already a little late ? Do the Nepalese authorities really understand the urgency of this training ? It seems so. But are they giving all the resources needed for success ? It seems doubtful that certain deficiencies will be remedied, in spite of repeated and insistent recommendations from French and Yugoslav instructors. But these are not the only worries. The mountaineering organizations of countries sending climbers and trekkers also have their responsibilities in this matter. For this training cannot reach its goal unless there is an understanding amongst visitors, amongst expeditioners, and most particularly amongst the most competent of them, the Mountain guides of the UIAGM. It will be in part thanks to them that the young Nepalese mountaineers will be persuaded of the need to get trained, and more important, that they will be able to find on expeditions the opportunity to develop their abilities and at the same time complete their training. Expeditions should be much more than money-making oportunities for the Nepalese participants, they should become truly a field in which to apply the training they have started on the present courses. This will necessitate a change of mentality on the part of expeditioneers. To reach this goal which will take time - the UIAA and its associations have a crucial role to play not only through their members who take part in expeditions, but also through taking responsibility for the achievement of concrete tasks whose initiation rests in their hands.

The White Mountain was Watching US

By Jean Coudray

On 14th June, 1975, at 2 pm, two faltering silhouettes were standing at 7820 meters on the summit of Nanda Devi. The two men discovered the other side of the mountain on reaching the top. As far as their eyes could see in that bright turquoise blue sky, a new world was stretching out vast and mysterious -Tibet. Far away, emerging from no where, standing on its own, as if floating in the air of that wide undulating and desert region, a white mass seemed to watch us. Despite the wind and cold we (Raymond Renand and I) were both standing still for guite a while, unable to move our eyes away from the unreal scenary.

Later, but first to my expedition companions, I often told them about the intensity I felt at the summit and described the White Mountain we saw on the Tibetan Plateau. It was just like telling a dream, but one which never faded.

On 12th October, 1995, after 8 days walk in the North West of Nepal, I had the pleasure to step on the Tibetan ground for the frist time. This project had been a dream since my frist expedition in 1972, and had nearly changed into an obession. I had a great feeling of achievement because I got there while I was walking around Kailash, the holy mountain of Buddhism and Hinduism. These religion believe that this holy place is the centre of the universe.

When we reached Gurla La, a 4590 m pass, we could see the peak for the first time, standing above the wide holy lakes (Rakshas Tal and Manosarovar). I Immediately realised that I had seen it before and its shape looked familiar.

During the past twenty years, I had kept this image alive in the catalogue of my most precious memories. But sometimes I do wonder, whether it happened in another life.

Another event occured a bit later to increase confusing pleasure of seeing the 'White Mountain' again. We were in Darchen, at the foot of Kailash, starting point of 'Kora' (the name is always given by Buddhist and Hindu pilgrims to the tour of Kailash), when a small group of westerners arrived. I was very surprised to see Raymond Renand my friend among them.

I hope he will be able to make many climbs and expeditions- the friend who stood with me on the Nandu Devi Summit.

High mountain climber guide Nationality FRENCH Age: 54

Ski instructor (Expert level) and Ski patrole instructor. Professor at the French National School of Ski and Alpinism.

- Instructor for several times at the mountain training course of NMA (Advance course) in Nepal.

- Hany climbing expeditions in Himalaya since 1972 (Nepal India, Pakistan) Several first climbing in the Alps (summer or winter)

- Co-author of books on the mountain climbing technicals.

Author of several articles about mountain activities.

- Director of some movies on climbing expeditions and Ski mountain tour.

With Seven World Heritage sites in Kathmandu at our doorstep and a heritage of hospitality inside



To us a heritage of hospitality means:

428 well-trained staff pampering you day and night with innate Nepali hospitality. Seven restaurants and bars with prompt and discreet service-four of them on the roof-top where the views vie with the scintilating menus. And a casino where luck begins with champagne and continues with the pleasure of gambling around the clock: The largest rooms, the biggest beds and instant room service.
Welcoming you back again and again and again.

Come to the Everest. We look after you better

The Everest Hotel

New Baneswor, P.O.Box: 659, Kathmandu, Nepal
Tel: 220567, Tlx: 2546 EVEREST NP. Fax: 977-1-226088
Reservations: BOMBAY: 91-22-2011742, CALCUTTA: 91-33-2407808. DELHI: 91-11-6479099 or UTELL INTERNATIONAL Worldwide or your travel agent.

Mountaineering- Spring 1997

Umesh Singh

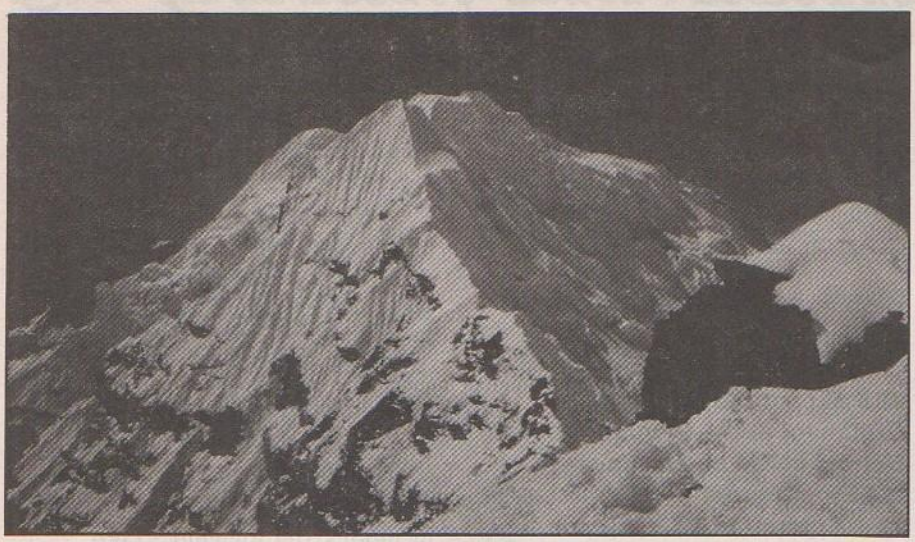


Photo: Lhakpa Dorjee Sherpa

Island Peak north face

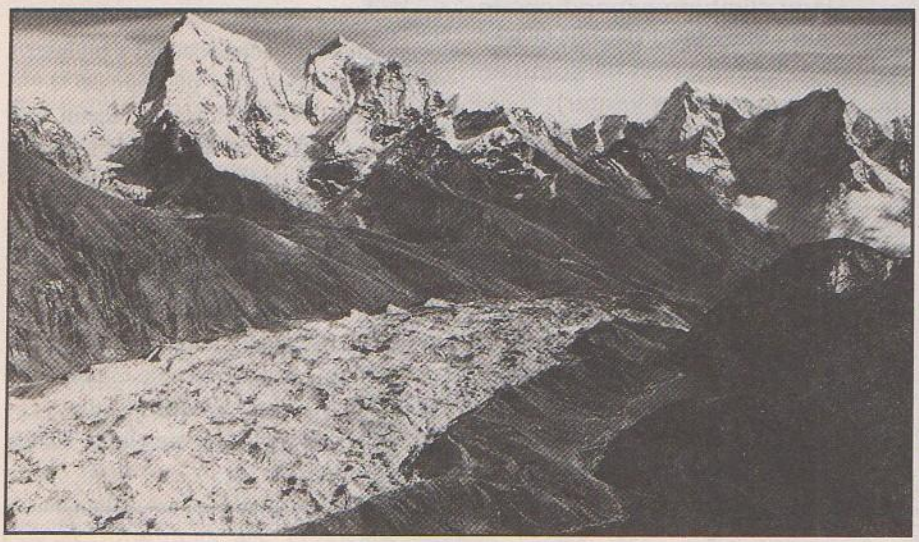
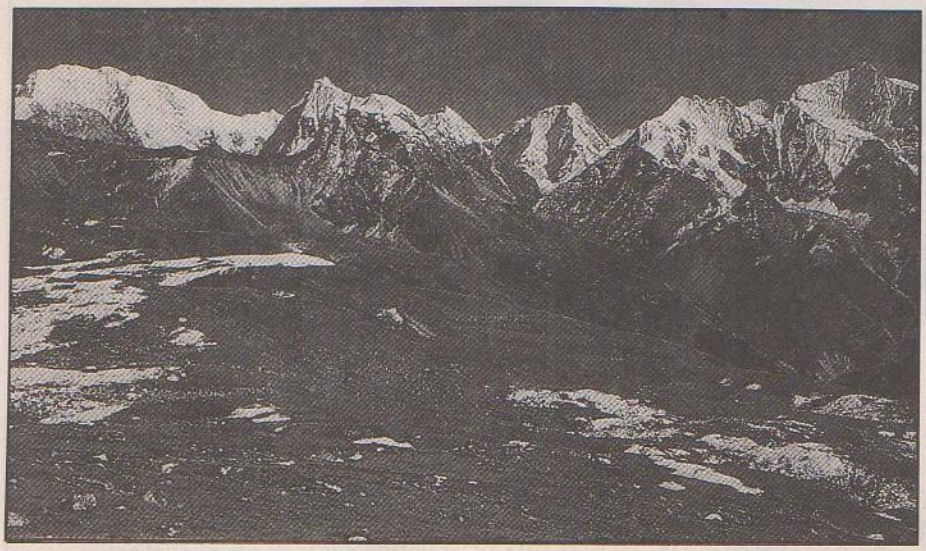


Photo: Devendra Basnet

Gokyo Lake, Khumbu Himal and Nozumba glaciar



From left: Pemthang Kapori, Lenpogang (6874 m.), Dorje Lakpa and Gang Chenpo

In Nepal, permission for mountaineering are given in the following months of the seasons - Spring (1 March to 31 May), Summer (1 June to 15 August), Autumn (1 September to 15 November) and Winter (1 December to 15 February). Most of the mountaineering teams climb in Autumn, followed by Spring, Winter and Summer. Sagarmatha (Mount Everest) the highest peak in the world, gets more teams in Spring than any other peaks.

Since 1993 Autumn Nepal Government adopted one team, one route, one season policy, for Sagarmatha. However this policy was amended in Spring 1996, and since then, more than one team will be permitted to climb one route in one season. As a result, in the Spring of 1996 11 teams got permission to climb Sagarmatha and in 1997 Spring 13 teams got permission but three teams cancelled their expeditions due to their personal problems. There is one Nepalese team, with all Nepalese members in Sagarmatha this time.

A total of 143 Himalayan peaks are opened for mountaineering in Nepal and permission is given by Ministry of Tourism and Civil Aviation of His Majesty's Government of Nepal for 125 peaks and NMA for 18 smaller peaks. In this year's Spring season total 56 teams got permission to climb 18 different Himalayan peaks by Nepal Government, 13 teams got permission for Sagarmatha (8848 M.), 7 for Dhaulagiri (8167 M), 7 for Kenchunjunga (8586 M.), 6 for Lhotse (8516 M.), 4 for Amadablam (6812M.), 3 for Baruntse (7129 M.), 3 for Makalu (8463 M.), 2 for Pumori (7161 M.), 2 for Tukuche (6920 M.), 1 each for Lhotse sar (8400 M.) Patrasi (6450 M), Annapurna I (8091 M), Gemmigela (7350 M.), Himlung (7126 M.), Pathibhara (7125 M.) Shantishikhar (7591 M.), Numbur (6957 M.) and Nuptse (7855 M.), a detail chart of the permitted teams is given at the end of this article.

Interesting events of Spring 1997

For the first time a mountaineering team from Venezuela is trying to scale a Himalayan peak in Nepal.

Some of the teams are desirous of

establishing a record to climb 2 or 3 eight thousanders in the same season. Mr. Hirohumi Konishi from Japan, has got permission to climb Dhaulagiri and Lhotse in this season. Whereas Mr. Alan Hinkes of U.K. has got permission to climb Lhotse, Makalu and Kanchenjunga in this season, he has planed to go by helicopter from one base camp to another for climbing 3 eight thousanders.

Similarly, Russian team led by Mr. Vladimir Bakhirov is planning to traverse to the top of Lhotsesar from top of Lhotse, without coming down. Till now, Lhotsesar was climbed from south face route, if the Russians succeed in traversing to Lhotsesar from top of Lhotse, then it will be a new record.

Mr. Appa Sherpa (37) a resident of Thame Village of Solukhumbu, Nepal climbed Sagarmatha for the eighth time on 26th April' 97. He had accompanied the Indonesian Everest Expedition team as Sirdar. Now Mr. Appa Sherpa is the second man after Mr. Ang Rita Sherpa to have greatest number of Sagarmatha ascent to his credit.

This year's Spring saw tragic deaths of two very experienced mountaineers, Mr. Ngati Sherpa (30), the Sirdar of' 97 Korean Annapurna I Expedition team, died when he accidentally fell into the crevasse while going up from base camp to camp I on 23rd March. He had successfully climbed 6 eight thousanders in Nepal, as well as Sisapangma in Tibet and Broad Peak in Pakistan.

Mr. Malcolm Duff (44) an experienced climber from Scotland, who was team leader of "Team Ascent Everest Expeditions" died while sleeping in his tent at the Everest base camp at the night of 22nd April. He had successfully climbed Sagarmatha and Chooyou in Nepal and Sishapangma in Tibet in past years.

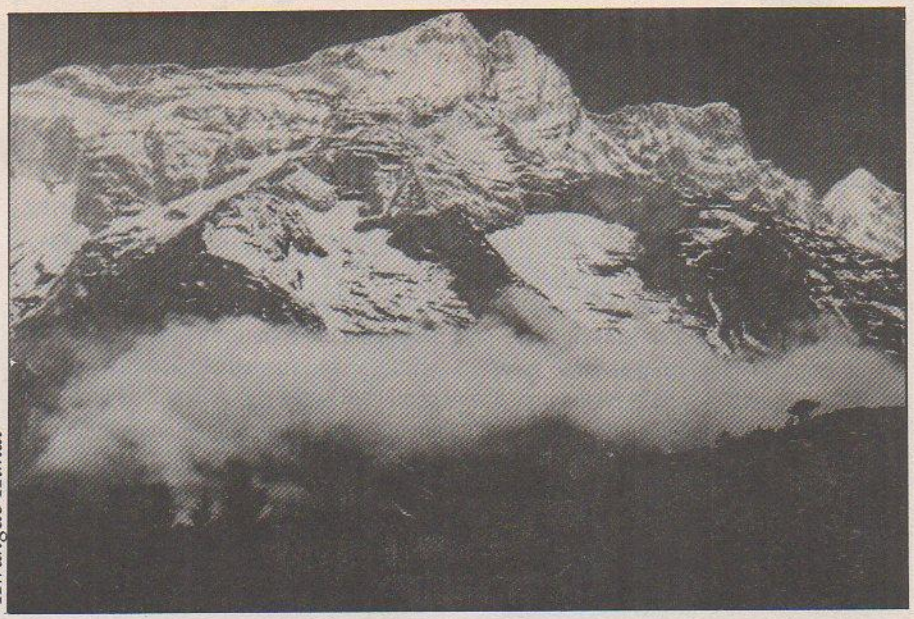
List of permitted Mountaineering teams for Spring 1997

S.No	Name of Team	Name of Leader	Country	No of Members	Permitted Route
	Baruntse (7129 M.)				
1	Italian Himalayan Exp. 97	Mr. Paaolo Giachini	Italy	5	South East Ridge
2	Austrian Baruntse Exp.	Mr. Alexander Mayot	Austria	4	South East Ridge
3	Baruntse Team	Mr. Christophe Hoelster	Germany	6	South East Ridge
	Dhaulagiri (8167 M.)				
1	Arabako Espedizada	Mr. Luis Carlos Glez	Spain	7	North East Ridge
2	Hellenic Federation of Mountaineering Expedition	Mr. Lonnis Katrivonos	Greece	12	North East Ridge
3	Australian Army Alpine Association Dhaulagiri Exp 97	Mr. Zac Zaharias	Australia	9	North East Ridge
4	Dhaulagiri Spring Exp 1997	Mr. Kobi Reichen	Switzerland	2	North East Ridge
5	Japan Dhaulagiri Exp 97	Mr. Hirohumi Konoshi	Japan	4	,,
6	Dhaulagiri I Exp.	Mr. Park Young Sook	Korea	5	North East ridge
7	Venezuela Dhaulagiri Exp.	Mr. Marcos Tobes	Venezuela	7	,,
	Sagarmatha (Everest, 8848 M)				
1	Noevier Everest Exp'97	Mr. Hiroshi Okura	Japan	12	South East ridge
2	1997 Canadian Mt. Everest Exp.	Mr. Steven William Motores	Canada	5	South East ridge
3	Himalayan Kongdom's Everest Exp. Spring'97	Mr. Simon Lowe	UK	12	South East ridge
4	1997 American Mt. Everest Exp.	Mr. Randy Todd Burleson	U.S.A.	7	South East ridge
5	Indian Independence Golden Jubiliee Everest Exp.	Mr. Hrishikesh N. Yadav	India	5	South East ridge
6	Indonesia Everest Exp. 97	Mr. Setivan	Indonesia	12	South East ridge
7	Audio Everest Exp.' 97	Mr. Peta Watts	U.K.	12	South East ridge
8	Adventure Consultants Everest Exp' 97	Mr. Guy Cotter	Newzealand	7	South East ridge
9	Mountaineering Assoiation of Malaysia	Mr. Nur Ramile Sulaiman	Malaysia	5	South East ridge
10	British Everest Exp'97	Mr. Jonathan Tinker	U.K.	12	South East ridge
11.	Youth Team DNYF Nepal	Mr. Bhakta Bahadur Thakuri	Nepal	5	South East ridge
12	Team Ascent Everest	M. Malcolm Duff	U.K.	8	South East ridge
13	Terra Virgen Exp.	Mr. Roberto Linsker	Brazil	3	South East ridge
	Gemmigela (7350 M.)				
1	The British Gemmigela Exp.	Mr. P.H. Parsons	U.K.	12	South West Ridge
	Himlung (7126 m.)				
1	Himlung Himal' 97	Mr. Jean Paul Bouquier	France	7	North West Face

	Kenchenjunga (8586 M.)				
1	Slovak Yaksteam Himalaya Club Kenchunjunga' 97	Mr. Joronier Stejskol	Slovenia	11	North Face
2	Swiss Kantshe Exp'97	Mr. Norbert Joss	Switszerland	8	South West Ridge
3	Spanish Kenchenjunga	Mr. Ignacioad Oliza	Spain	6	North Face
4	97' Kenchenjunga exp.	Mr. Johathan Partt	U.K.	7	North Face
5.	97' Korean Kenchenjunga	Mt. Tse Sun Kang	Korea	7	North Face
6	Challenge 8000	Mr. Phil Coates	U.K.	3	North Face
7	United Kenchenjunga Exp.	Mr. Chrufophe Sheer	U.S.A.	7	North Face
	Lhotse (8516 M.)				
1.	Lhotse' 97	Mr. Agostino Dapolenza	Italy	11	South Col Route
2	Team Ascent Lhotse	Mr. Malcolm Duff	U.K.	12	South Col Route
3	Lhotse'97	Mr. Clauel Arnold	Italy	7	South Col Route
4	Japan Lhotse Exp'97	Mr. Hirohumi Konishi	Japan	4	South Col Route
5	Russian Lhotse Exp.	Mr. Vladimir Bakhirov	Russia	11	South Col Route
6	H.G. Lhotse Exp.	Mr. Henri Todd	U.K.	11	South Col Route
	Lhotse Sar (8400 M.)				
1	Kuzbas Lhotse Sar Exp.'97	Mr. Vladimir Bakhirov	Russia	6	South Col Route
	Makalu (8463 M.)				
1	Russian Makalu Exp.	Mr. Serguei Efimov	Russia	10	West face Route
2	International Makalu Exp.	Mr. Andregearge	Switzerland	4	West Face
3	Challenge 8000	Mr. Phil Coats	UK	3	West Face
	Patrasi (6450 M.)				
1	Osaka Alpine Club Patrasi HimalExp'97 Spring	Mr. Sadao Yoshinaga	Japan	6	North Face
	Annapurna I (8091 M.)				
1	97 Korean Annapurna Exp.	Mr. Tae Son Kang	Korea	7	North Face
	Tukuche (6920 M.)				
1	Kubuz Tukuche Peak	Mr. Aode Buijkendiff	Holland	2	North West Ridge
2	Australian Army Alpine Exp.	Mr. Alax Vas Raj	Australia	10	North West Ridge
	Amadablam (6812 M.)				
1.	97 Amadablam Int'l	Mr. Daniel Mazur	U.K.	11	South West
2	Amadablam Exp. 97	Mr. Schartelfarry	Australia	11	South West
3	Expedition to Amadablam	Mr. Enrico Rosso	Italy	4	South West
4	Amadablam Exp'97	Mr. James O'Leary	Newzealand	5	South West
	Pathibhara (7125 M.)				
1	British Exp.	Mr. P.H. Parson	U.K.	12	West Ridge
	Shantishikhar (7591 M.)				
1	Russian Shantishikhar Exp.	Mt. Takuvenko Alexander	Russia	6	South Face
	Numbur (6957 M.)				
1	Amerian (5150) Numbur 1997	Mr. Charles Mark Armatys	U.S.A.	6	South West Ridge
	Pumori (7161 M.)				
1	Pumori Exp.	Mr. Franz Schort	Australia	11	South Face
2	Pumori Exp'97	Mr. James O'Leary	Newzealand	11	South Face
	Nuptse (7855 M.)				
1	Russian Nuptse Exp.	Mr. Victor Kozlov	Russia	5	North Ridge

Protected Area Management in Nepal Himalayas

Batu Uprety



Kwangde Himal

Nepal's ecological setting contains different life forms and land forms. Ecologically, it is broadly divided into the Mountains Hills and Terai in view of its altitudinal differences. Present category considers mountains to areas lying at an altitude varying from 4870m to 8848 m. This region comprises one third area of the country where about 8 percent population reside and depend on the agriculture production and only about two percent of the total land is suitable for cultivation. People in the mountains are poor due to lack of a system of sustainable use of natural resources is yet to be promoted to the extent possible and intended in order to alleviate poverty.

Mountainous areas are geologically fragile. This area has shown clear indication of land degradation and depletion in agricultural and natural resources production. The resource production is also limited due to terrain and climatic factors. This problem is further compounded from unwanted human intervention. The scale and dimension of such degradation is accelerated by its ecological sensitiveness, and other natural disturbances. Land degradation in the mountains have and would continue to have multi-fold adverse impacts on the people living in the plains, indicating intense highland-lowland interaction, unless extensive resource conservation and sustainable models are not tuned.

Mountains are not only source of firewood, fodder, timber and non-timber forest products to the increased population but also source of water for the downstream people. Some people are also involved in collecting and selling firewood, charcoal and non-timber products. Forest degradation is and previously was, inter alia, attributed to inadequate effective management system due to lack of alternatives for forest products.

In response to all these realities, His Majesty's Government of Nepal introduced resource conservation and management system in the mountains. One of the form is the establishment and management of National Parks and other forms of protected areas. The following section briefly discusses on the importance of protected area management with due consideration on land improvement and poverty alleviation.

Protected Areas development: *In situ* conservation of the biological resources and other land forms in Nepal it received momentum after the initiation of establishing protected areas network. With the aim of protecting representative samples of natural ecosystems and various important life forms, 14 protected areas of different categories are established covering some 14 percent of the country's area. This area would inrease to some 20 percent after the declaration of Kanchunjunga Conservation Area. At present, there are 8 national parks, 4 wildlife reserves, 2 conservation areas, and one hunting reserve. As Nepal lies at the meeting point of Udvardy's Palearctic and Indo-Malayan biogeographic realms, the protected area network is well representing, both the realms in term of habitat and species diversity. However, their concentration is either in Terai or in Mountains. It means, the middle Hill of Nepal has had comparatively low number of protected areas. In the mountain, protected areas cover sub-tropical to alpine climatic zones and the life forms (plant and animals) also differ in different altitudinal and physiographic areas.

A total of 118 types of ecosystems have been identified in Nepal. Of which 38 types of ecosystems are represented in the Highlands, and the mountain protected areas alone represent some 30 types of ecosystems. This also indicates the richness and diversity of forest ecosystems and in turn, species and genetic diversity.

In terms of its area, it is safe to say that Nepal is rich in biological species due to ecological variability. Estimates indicate that there are about 6,500 species of flowering plants, including 380 species of ferns and fern allies; of which about 250 species are endemic to Nepal which are concentrated in between upper temperate and alpine belts, and over 700 plant species are known to have medicinal properties. Similarly, 28 species of gymnosperms, over 460 species of mosses, 465 species of lichens and 685 species of algae, and about 1500 species of fungi are already

explored in Nepal. With regard to faunal group, about 181 species of mammals, 844 species of birds, 100 species of reptiles, 43 species of amphibians, 185 species of fishes, 635 species of butterflies, and 144 species of spiders are already reported and are in different habitats. Nepal has about 0.1 percent of the world's land and shares about 2 percent of the World's flowering plants. Limited exploration activities in the mountains also indicate that these areas are rich in diversity of life forms and land forms.

increase both in the Terai and mountain protected areas.

Conflict Resolution: Despite the impressive coverage of the protected areas system in Nepal, there are recognized conflict between areas and the local people, particularly in sharing of benefits of the protection of forests for wildlife. This conflict emanated from increasing agriculture and livestock depredation from the protected wildlife, and inadequate supply of protected areas resources to the local people. It may also have been increased

local inhabitants as a part and parcel of the conservation

effort, the gevernment indrodued the concept of conservation Area. The conservation and community development activities, as a package,introduced in the Annapurna Conservation Area, managed by a national NGO- the King Mahendra Trust of Nature Conservation (KMTNC), has proven that there are lots of entry points to get the support and participation of the local people in the conservation of all life forms. It

Physiographic Representation and Management Category

Physiographic Zone	Protected Areas
Terai	Royal Chitwan NP, Royal Bardiya NP, Koshi Tappu WR, Parsa WR, Suklaphanta WR
Siwaliks	Royal Chitwan NP, Royal Bardiya NP, Parsa WR
Midhills	Shiwapuri WR, Khaptad NP, Makalu Barun CA, Annapurna CA
High Mountains	Makalu Barun NP and CA, Sagarmatha NP, Langtang NP, Dhorpatan HR, Rara NP, Khaptad NP, Shey Phoksundo NP, Annapurna CA
High Himalaya	Makalu Barun NP and CA, Sagarmatha NP, Langtang NP, Annapurna CA

Management Category	Protected Areas
National Parks (NP)	Royal Chitwan, Royal Bardiya, Khaptad, Makalu Barun, Sagarmatha, Langtang, Rara, Shey Phoksundo
Wildlife Reserve (WR)	Koshi Tappu, Parsa, Suklaphanta, Shiwapuri
Conservation Area (CA)	Annapurna
Hunting Reserve (HR)	Dhorpatan

The land forms and life forms are protected in the mountains by establishing various national parks and conservation areas. Most of the national parks are located in the mountains in addition to two conservation areas where conservation for development model has been introduced and the model is found well adaptable and replicable in similar ecological areas.

At present, 26 species of mammals, 9 species of birds and 3 species of reptiles are protected under the current legal regime based on the National Parks and Wildlife Conservation Act, 1973. This effort has significantly increased the wildlife population. So far, rhino count in Royal Chitwan National Park has demonstrated that the untiring efforts of HMG with its conservation partners have increased the population of one horned Asian giant rhinoceros from about 80 in the late 1960s to about 500 in the mid 1990s. Similarly, population of other protected wildlife species are also expected to

from inadequate activities to involve the people for the management of the protected area system.

In order to address this issue, the National Parks and Wildlife Conservation Act, 1973 (amendment 1993) has a provision for declaring a buffer zone in order to ensure the supply of forest products to the local people at regular basis. The local people, in the form of use group(s), will be mobilized for sustainable buffer zone development and management. It shall be enhanced from the legal provision of sharing 30 to 50 percent of the revenue generated in the park and reserves for community development activities. To translate this legislative provision into action, a Buffer Zone Management Rules 1996 is already in place. After the enforcement of this legal provision, there is a hope to demonstrate on how the protected areas could be managed through benefit sharing and people's effective participation.

In a process for considering the

demonstrated a successful model of people's involvement in conservation and sustainable use of biological resources. It also demonstrated the launching of environment-friendly tourism development in the Conservation Area.

Similar type of model has also been introduced in the Makalu-Barun area, under the joint- administration of HMG and an international NGO- the Mountain Institute (previously called as Woodland Mountain Institute). It has adopted people-centered conservation approach without damaging the ecosystem. These conservation areas have adopted policies such as people for conservation and vice versa, management based on people's participation and NGO's involvement in program formulation, implementation and monitoring right from the planning stage. This model has proven that the conservation efforts while accommodated with local people's aspiration do work even in difficult

terrain and heterogeneous society.

The lesson learned from introducing conflict resolution programs in the form of conservation area development and management in the mountains sufficiently indicate that there are lots of opportunities if resource conservation activities are launched with need identification and local people are involved in different stages of project management.

As mountain dwellers are economically poor but resource-rich, it is high time to introduce resource use concept in practice. For this, both consumptive and non-consumptive resource use models could be initiated with due consideration on its ecological sensitiveness. In view of its remoteness and geological fragility, non-consumptive use of resources could be substantially promoted. For this, promotion of tourism sector would be one of the viable and most convincing alternative for the mountains. Countries like Nepal would be in a position to attain the goals of sustainable development through effectively introducing sustainable tourism development models. However, this will require, as a pre requisite, to use the natural and cultural resource base for sustainability, reduce over consumption and wastes, involve local communities



in activities that improve their living standards by supporting local economies, and marketing tourism responsibly.

No doubt, Himalayas are the assets of Nepal. But it is also a heritage of all mankind. One could see the process of its development and degradation and could decide to be self motivated to actions. Hence, it should be realized as the moral responsibility of the world community to ensure and contribute for its conservation and management of this unique world heritage.

The Himalayas are demanding to regulate our activities in order to replenish themselves. It is upto us to conserve this heritage not only for the present generation but also to the future generation, or to perish the Himalayan civilization. For maintaining its sanctity and tranquillity, however it would be important to respect this resource with the commitment of improving the living standards of the mountain dwellers in order to ensure the management of the Himalayan protected areas.

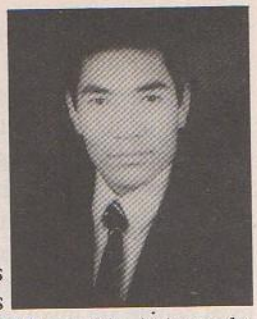
Protected Areas in Nepal Himalayas

Management Category	Area (KM2)	Year Gazetted	Altitude (m)	Biogeographic Realms*	IUCN MC	Remark
National Parks						
Sagarmatha	1148	1976	2845-8848	Palearctic	II,X	World heritage site, 1979
Makalu-Barun	1500	1991	435-8463	Indo-Malayan to Palearctic	II	and highest mountain Snow leopard
Langtang	1710	1976	720-7245	Indo Malayan to Palearctic	II	High plant diversity within short aerial distance
Shey Phoksundo	3555	1984	2000-6883	Palearctic	II	Highest waterfall in Nepal
Rara	106	1976	2800-4048	Palearctic	II	Rara- The largest lake
Khaptad	225	1984	2800-3300	Meeting Point	II	
Conservation Areas						
Makalu-Barun	830	1991	435-8463	Indo-Malayan to Palearctic	II, VI	High biodiversity
Annapurna	7000	1992	1150-8091	Indo-Malayan to Palearctic	VI	Presence of World's deepest gorges, the Kali Gandaki
Hunting Reserve						
Dhorpatan	1325 (0.90)	1987	2850-5500	Meeting Point		Significant population of blue sheep
Nepal's total Area	147181					
Total Protected Area (13.9%)	**20,454**					

Note: MC= Management Category

In memory of

lopsang Jangbu Sherpa



Lopsang Jangbu Sherpa, the Sherpa who figured heroically in last spring's Everest epic, was dead, killed in a September 21 avalanche. Lopsang was attached to a German expedition attempting the west face of Lhotse, and, along with Sherpa Dawa and Frenchman Yves Bouchon, was swept away by an avalanche while approaching the South Col separating Everest from Lhotse.

Some people enter your life like a divine light, giving inspiration, hope, and faith. Lopsang was one of those rare individuals. His giggly, gold-toothed laughter, his caring eyes, sweet voice, and gentle way with my children- I can't replace any of that. Lopsang was all that was good in people: truthful, heroic, generous, comical, gentle, and outrageous. I felt safe next to him, ready to take on the world. Now he's gone.

Lopsang was 23 and had already summitted Everest for times, three without supplemental oxygen. Given that he had only been climbing three years, his Himalayan exploits were extraordinary. Besides Everest, he had been on 10 major expeditions and climbed Broad Peak, Cho Oyu, and a peak he considered his most dangerous summit, Lang Dong Lidu. Had Lopsang been a white man he would have been marketed by the press as one of the top Himalayan Climbers of all time. But, since he was a Sherpa, we only know of him because of his struggle to save Scott Fischer on Everest.

Because of Lopsang's outstanding work habits, abilities at altitude, and willingness to help others, Fischer valued Lopsang immeasurably. Tragically, the public's memory of him will be the slanderous versions in Outside and on the ABC and NBC specials. As it stands, no one got the facts straight. Never was it mentioned that on the day prior to the summit bid Lopsang had hauled 80 pounds of gear to Camp Four, and that 40 of those pounds were Sandy Pittman's satellite telephone and personal gear. Nor was it mentioned that he had given his personal oxygen bottle (which he packed in case of trouble) to Pittman so that she could continue to the summit. It was Lopsang who fixed his ice axe and a length of rope at a dangerous section on the descent and waited until all members had descended his line. And when Fischer fell ill on the descent, it was Lopsang who dragged and carried his friend until he was stopped by an insurmountable rock band. All this for $ 1650.

Like any 23-year-old super athlete, Lopsang was competitive and wanted to be famous. His goal was to climb Everest 11 times without oxygen. In Nepal, he was a national star, honored by the king and queen. He was Buddhist, an only child, and didn't drink or smoke. As I struggle with the loss of Lopsang, it becomes clear that the exploitation of the Sherpas has reached a limit. Paid peanuts to perform the most dangerous work on earth, they are also held responsible for our mistakes. May be Lopsang's death will unleash the voice of his proud people and cause us to appreciate them for the work they really do. ***– Keith Mark Johnson***

NGO with a Purpose

Sagarmatha Pollution Control Committee (SPCC) is a locally formed NGO based at Namche bazaar at the heart of Mt. Everest. SPCC was set up with the financial and technical support from the World Wildlife Fund Nepal Program in 1991. It was established with the aim to conserve the natural and cultural heritage of the Khumbu while encouraging ecologically friendly tourism.

SPCC was successful in clearing the expedition left litter from the Everest base camp. It soon became popular for its widely expanded clean up activities in close association with the local people and Sagarmatha National Park.

The organization started with the foreseeable idea of Rinpoche of Tengboche monsatery and supported by Mr. Mingma Norbu Sherpa, country director of WWF Nepal and Bhutan Program. SPCC is now running on the sixth year since started working. It is managed by a small number of local Sherpa administrators and ten field staff who are responsible for sorting out litter in the appropriately designated sites. SPCC's working area covers Chaurikharka, Namche and Khumjung Village Development Committees (VDCs). SPCC has come to the present situation tackling problems and difficulties.

Its activities expanded into environmental protection, tourism development, culture conservation and community services when the government of Nepal, Ministry of Tourism and Civil Aviation started to fund SPCC in 1993. No matter how big the amount of the fund was, appreciation goes to the policy and decision of the government to plow back the mountaineering peaks revenue to the same area where it was generated from.

In order to reduce the negative impacts of tourism in the local environment, culture, and socio-economics, SPCC has taken various initiatives at local levels. Establishment of tourist information centers, rescue post, kerosene depot, agro-forestry nurseries, plantation programs, of clean up campaigns, building of toilets, environmental education training for teachers and students, support of kinds and cash to monasteries are some of the SPCC activities.

The nature conservation and tourism management efforts initiated by the SPCC have been widely recognized in national and international levels. Its grassroot level action has been highly appreciated by a wide range of communities. It can be for replicated in other parts of the kingdom where there are intense pressure of tourism.

SPCC's achievement goes to the local people, organizations and the government for their generous support through critical or kind suggestions. Furthermore, cooperation of various organizations such as NMA, TAAN, HRA, KEEP, Himalayan Trust, and many others have shaped up SPCC for its success.

The future success of SPCC entirely depends upon the partnership between the local communities, NGOs, particularly tourism, environment and conservation oriented organizations and the government.

Nepal Mountaineering Association

Climbing Rules

(Effective From August 6, 1981)

1. In exercise of the powers conferred by His Majesty's Government, Nepal Mountaineering Association has made the following rules to be observed for the climbing of the peaks of Nepal Himalaya listed in Appendix "1"

2. These rules will come into force at once.

3. Definition: Where applicable definitions for these rules will be the same as those for His Majesty's Government Mountaineering Expedition Regulation 1979 and its first Ammendment 1984.

4. Permission:

(I) Any person or Mountaineering team desirous of climbing the peak listed in Appendix "1" must receive permission from Nepal Mountaineering Association. Aplication to climb the peak must be made in the form as prescribed in Appendix "2"

(ii) Permission to climb the peaks will be granted for a period of one month only.

(iii) Permission may be extended, if necessary, for another period of two weeks.

(iv) The period of permission granted relates to time spent for climbing above the base camp. The trek to and from the base camp is not included.

(v) Aplication for climbing permit may be made at any time by the concerned Mountaineering team. Permit will be granted on a first come first serve basis.

(vi) Each climbing party will be given a permit as perscribed in Appendix "3" . The right to give permission to another party for climbing the same peak during the same period is reserved by Nepal Mountaineering Association.

(vii) Nepal Mountaineering Association well recommend to Immigration Office of His Majesty's Government for obtaining trekking permit of the area to the team members.

5. Payment of Fee:

A climbing fee of US $ 300.00 will be charged for peaks mentioned under Group A and US $ 150.00 for peaks mentioned under Group B in Appendix "I". The permission issued will be for a period of one month upto the group of ten person. An additional amount of US $ 7.50 per person will be charged if the group exceeds more than ten persons.

** For extending the permission, and additional 25% charge of the total amount of the initial fee will be made for each extra week.

** The leader or climbing member of the team must collect the permit in person from Nepal Mountaineering Association.

6. Refund: In the event of cancellation of the permission by NMA or the failure of the expedition to materialize due to some others reason the fees already paid will not be refunded.

7. Every individual or party granted a climbing permit shall be accompanied by a Sirdar/Guide, who must be registered with NMA.

Functions and Duties of the Sirdar/Guide

a) To Assist the climbing party with recruitment of porters and other staff, control of porters, local purchase of food, etc. and to solve any problem that may arise to the best of his ability.

b) To report to Nepal Mountaineering Association in case the party spends more than the prescribed time limit in the Mountain.

c) To ensure that the climbers comply with the terms of their permit.

d) To ensure that the climbers, (trekkers) follow the specified route.

e) To ensure proper disposal of waste materials.

f) To report to NMA any infringement of the climbing rules.

g) To report any serious incidents to the nearest police post.

The Sirdar/Guide shall be employed from the day the climbing party begins the trek until the trek is finished.

The Sirdar/Guide will be provided with the following facilities:-

1) Minimum daily allowance to be paid as per the rules of His Majesty's Government, Ministry of Tourism, and civil Aviation.

2) Food and tent accomodation.

3) Climbing equipment and necessary clothing if required to go above base camp.

8. Insurance: All employees going above base camp must be insured for personal accident to the value of Rs. 75,000.-

9. Nomination of Representative in Kathmandu:

Each party granted climbing permit will nominate representative in Kathmandu to act as liaison between NMA and the climbing party. The representative may be an individual or an organization registered with NMA. The nominated representative will be reponsible for making necessary arrangements for the climbing party in case of accidents or any other unforeseen circumstances.

10. Submission of report: On the conclusion of the climb and on return to Kathmandu the party will submit a report to NMA in the form prescribed in Appendix "4"

11. Power to cancel the permit: NMA may cancel or withdraw the climbing permit any time with or without showing any particular reason.

12. Non-compliance of the regulation: Where any trekking party acts in contravention to the climbing permit or indulges in acts of unsocial or outrageous behaviour contrary to the customs and culture of the people of Nepal, NMA may recommend to the HMG to take necessary measures in accordance with the article 37 of Mountaineering Regulation 1979.

13. Protection of Environment: Base camp and other camps will be left perfectly clean at the conclusion of the climb. No foreign materials such as fix rope, pitions, etc. shall be left on the mountain. All rubbish and waste material must be burnt or otherwise disposed off.

14. Revision of the Regulation: Any article of this regulation may be revised or ammended by NMA with prior permission of HMG/Nepal.

APPENDIX "I"

Group A.

Name of the Peak	Height	Region
1. Hiunchuli	6441m.	Annapurna Himal, Gandaki
2. Singu Chuli (Fluted peak)	6501m.	,,
3. Mera Peak	6654m.	Khumbu Himal, Sagarmatha
4. Kusum Kangru	6367m.	,,
5. Kwangde	6011m.	,,
6. Chulu West	6419m.	Manang District Gandaki
7. Chulu East	6584m.	,,
8. Imaja Tse (Island Peak)	6160m.	Khumbu Himal, Sagarmatha
9. Parchemuche	6187m.	Rolwaling Himal, Janakpur
10. Lobuje	6119m.	Khumbu Himal, Sagarmatha
11. Ramdung	5925m.	Rolwaling Himal, Janakpur
12. Pisang Peak	6091m.	Manang District, Gandaki

Group B.

1. Tharpu Chuli (Tent Peak)	5663m.	Annapurna Himal, Gandaki
2. Khongma Tse (Mehra Peak)	5849m.	Khumbu Himal, Sagarmatha
3. Ganja La Chuli (Nayakanga)	5844m.	Langtang Himal, Bagmati
4. Pokhalde	5806m.	Khumbu Himal, Sagarmatha
5. Mardi Himal	5587m.	Annapurna Himal, Gandaki
6. Paldor Peak	5896m.	Langtang Himal, Bagmati

APPENDIX "2"

Appliation for Climbing Permit

The General Secretary,
Nepal Mountaineering Association
Post Box No. 1435,
Kathmandu.

1. Name of the Peak ..... Height.....
2. Period of which permit is desired:- .....
3. Trekking Route:- .....
4. Climbing Route:-.....
5. Name, Nationality and address of the Leader of the team:-
   Full Name:-.....
   Nationality:-.....
   Passport No:-.....
   Home Address:-.....
   Local Address in Kathmandu:-.....
6. Name, Nationality and Passport No. of other members in the team:
   Name:.....Nationality.....P/P/No.....
   (List may be attached)
7. Appointed Representative in Kathmandu: .....
8. Name and organization or address of Sirdar/Guide to be employed.
   Name:..... Book No.....
   Address:
   Organization:
9. Fee: Climbing permit fee of US $..... is attached
   Number of persons....

I understand the rules of Nepal Mountaineering Association and agree to comply with the rules. Nepal Mountaineering Association will not be responsible for any loss of life, accident or damage to the team members during the course of the expedition. I have the necessary trekking permit issued by the Immigration Dept. for this trip.

Date: .....

Signature of the leader of the Climbing group.

APPENDIX "3"

Nepal Mountaineering Association

Permit No. Date:

Climbing - Permit for Trekking Peaks

1. Name of the Peak:..... Height.....
2. Climbing Period: From To
3. Trekking Route:
4. Climbing route:
5. Name, Nationality and Passport Number of the Leader of the team granted permit:
   Nationality... Passport No
6. Name, Nationality and Passport Number of the team members: (List may be attached)
   Name Nationality Passport No
7. Name of the representative in Kathmandu...
8. Name of the Sirdar/Guide:- Identity Card No
9. Office of Sirdar/Guide
10. Permission granted for..... persons.

Signed
Secretary
Nepal Mountaineering Association

Note: *1. Please take your trekking permit from the Central immigration office for this expedition.*

Note: *2. We would like to request you to send us a detailed report together with photographs of the peak you climbed. This will help us in publishing a guide book in future.*

APPENDIX "4"

Nepal Mountaineering Association

Climbing Permit Report

The Secretary,
Nepal Mountaineering Association
Post Box No. 1435.
Kathmandu.

Dear Sir,

In accordance with the terms of my climbing permit No.....dated..... I submit the following report,

Peak Climbed:..... On;...

Duration of climbing period:-....

Result:..... (If not successful, why ?)

Accident or any unusual occurance:– .....

Brief report on the service of the Sirdar/Guide:- .....

Suggestions:- .....

Description of the trek route or trail (100 words) .....

Name and address:-

The Kathmandu Declaration on Mountain Activities

Preamble

The International Union of Alpinist Association UIAA met in Kathmandu from the 10th October to 16th October, 1982 for its 44th General Assembly and celebrated the 50th Anniversary of its founding.

It was for the first time in the history of UIAA that such an important meeting was held in Asia-most appropriately in the lap of the mighty Himalayas.

Hundred and thirty five delegates from twenty-six countries exchanged ideas and experiences on various problems related with mountaineering activities.

On evaluating the problems pertaining to the mountains, a new consensus has emerged in the conference. The UIAA General Assembly has resolved to adopt the following principles and guidelines as a programme for concrete action to be henceforth called the Kathmandu Declaration on Mountain Activities.

Articles of the Declaration:

1. There is urgent need for effective protection of the mountain environment and landscape.
2. The flora, fauna and natural resources of all kinds need immediate attention 'care and concern.'
3. Actions designed to reduce the negative impact of man's activities on mountains should be encouraged.
4. The cultural heritage and the dignity of the local population are inviolable.
5. All activities designed to restore and rehabilitate the mountain world need to be encouraged.
6. Contacts between mountaineers of different regions and countries should be increasingly encouraged in the spirit of friendship, mutual respect, and peace.
7. Information and education for improving the relationship between man and his enviornment should be available for wide sections of society.
8. The use of appropriate technology for energy needs and proper disposal of waste in the mountain areas are matters of immediate concern.
9. The need for more international support-governmental as well as non-governmental to the developing mountain countries, for instance, in matters of ecological conservation.
10. The need for widening access to mountain areas in order to promote their appreciation and study should be unfettered by political considerations.

The Himalayan Code of Conduct

Adopted by Union International Des Associations D' Alpinisme (U.I.A.A.)
By following these simple guidelines, you can help preserve the unique environment and ancient cultures of the Himalayas

** **Camp Site:** Remember that another party will be using the same camp site after you have vacated it. Therefore, leave the camp site cleaner than you found it.*

** **Limit Deforestation:** Make no open fires and discourage others from doing so on your behalf. Where water is heated by scarce firewood, use as little as possible. When possible, choose accommodation that uses kerosene or fuel-efficient firewood stoves. You will help the cause greatly by taking with you some saplings and planting these on your trail.*

** **In a safe place burn dry paper & packets:** Bury other waste paper and biodegradable material including food. Carry back all non-biodegradable litter. If you come across other people's rubbish, remove their rubbish as well.*

** **Keep local water clean and avoid using pollutatnts such as detergents in streams or spring:** If no toilet facilities are available, make sure you are at least 30 metres away from water sources, and bury or cover wastes.*

** **Plants should be left to flourish in their natural environment:** Taking cuttings, seeds and roots is illegal in many part of the Himalayas.*

** **Help your guides and porters to follow conservation measures:** Do not allow the cooks or porters to throw garbage in the nearby stream or river.*

** **When taking photographs, respect privacy:** Ask permission and use restraint.*

** **Respect holy places:** Preserve what you have come to see, never touch or remove religious objects. Remove shoes when visiting temples and shrines.*

** **Refrain from giving money to children since it will encourage begging:** A donation to a project, health centre or schools is a more constructive way to help.*

** **Respect for local etiquette earns you respect:** Loose, light clothes are preferable to revealing shorts, skimpy tops and tight fitting action wear. Hand holding or kissing in public are disapproved by local people.*

The Himalayas may change you, please do not change them

NMA Code of Conduct

INTRODUCTION

Because there is no immediate and direct threat to life, it is sdifficult to appreciate or to see the gradual diminution in the quality of life caused by the innumerable acts of environmental degradation.

Contamination of our Himalayan environment, together with an alternation in vegetation, drainage and runoff patterns, has increased at an unprecedented rate.

The management of our kingdom's ecology in a way that allows our valued trekkers and climbers to still fulfill their aethetic, cultural and challenge needs, requires a committed sharing of responsibility.

The Nepal Mountaineering Association has developed this booklet for you as one step towards making this partnership of caring for our mountains a reality. The contents suggest proven ways to protect our environment and to stop the extinction of Nepal's "endangered spaces."

1. TREK PREPARATION

A. Who Organises ?

1. If you decide to book through an agency, ensure it is a reputable firm that provides proof of its knowledge of the area you wish to visit, as well as of an environmental code of practice.

B. Destination:

2. Select less travelled routes to reduce impact on popular trails; or
3. Select or ask to be guided on less frequented alternative trails along the main route.

C. Group size:

4. Limit your party to about 10 if tenting; larger groups place more strain on tent sites.

D. clothing and equipment:

5. If concerned about being conspicuous, dark or earthtone coloured clothes, backpacks and tents blend in better with the natural surroundings.
6. Carry a small stove and fuel for cooking to save on firewood.
7. Take along a couple of garbage bags to pack your litter.
8. Use a tent with poles and waterproof floor to make it unnecessary to cut trees for tent poles or to dig a ditch for rainwater,
9. Attach earphones to your (indispensible ?) radio or cassette player, so as not to disturb others at a campsite or on the trail.

E. Food:

10. Repackage foods from aluminium foil, cans and bottles into plastic bags to reduce weight, space and litter. If it cannot be repackaged, consider leaving it at home.
11. **Path - ology**

F. Respect for people:

11. Keep discreet by not shouting or loudly playing a radio or cassette player.

G. Respect for Wildlife:

12. Help wild animals remain undisturbed by using only telephoto lens or binoculars for closeups.
13. Leave wild animals to their natural diet by not feeding them.
14. Do not carve on trees: you may scar them for life.

H. Respect for "things" ? Yes !

15. Leave alone stone, wood and metal statues, carvings and shrines; never touch painted religiouss symbols, figures and frescoes or other cultural historical or archaelogical sites and artifacts. You can admire and photograph these, but also let future trekkers enjoy discovering them and, more importantly, respect the local peoples' use of the above.
16. Never disturb moraine, glacier or ridgetop cairns; they may be essential navigation aids for traders, herders, and other travellers.

I. Trail Hints:

17. Stay off paths closed by logs or rocks; local people sometimes close certain paths that have been replaced by safer or better routes.
18. Do not shortcut obvious switchbacks; if others follow you, it will lead to erosion.
19. Spread out when walking off the path in flower meadows and avoid trampling some plants.

III. COOKING

J. Lodges:

20. If stopping to eat in a lodge, remember that local meals are usually prepared betweel 9 and 11 a.m.; outside of those hours, extra firewood will be needed to prepare something for you. In the evening, too, try to eat when others do.

K. Stoves:

21. If camping out, use stoves whenever possible; stoves are mandatory in National Parks.
22. Portable stove cooking is fast and efficient and saves cutting firewood.
23. Stoves are much safer when dryness, dense vegetation or winds may create a fire hazard.
24. Always use stoves above the treeline to preserve sparse vegetation and to discourage the use of scarce firewood brought from lower elevations.

L. Fires:

25. Build a fire as a last resort; use if only for cooking and keep it small.
26. Build, where possible, on inorganic soil such as beaches, dry washes or sand, or else on snow, rock, ice or gravel.
27. Ringing with rocks does not prevent a fire from spreading, so leave stones where they lie.
28. Build in existing fireplaces in high use areas; douse with water when finished.
29. If you must build on a previously unused site, then douse with water, scatter ash and "naturalize" the site when finished.
30. If you are near a river or lake, build below the high water line so that seasonal washes will clear the site.
31. Collect firewood some distance from camp and from several locations so as not to deplete any one area.
32. Collect only firewood which is dead, lying on the ground and breakable with your hands; alternatively, purchase a load of firewood from a nearby farmer.

IV. Litter- Acy

M. Hygiene:

33. Most items, clothing and even bodies may be adequately cleaned without soap; if you do need soap, use a biodegradable type to minimize contamination of water and vegetation.

N. Human Waste:

34. Urinate on rocks instead of on vegetation in order to keep away saltcraving wildlife.
35. If urinating in snow, kick some over your urination to cover the colour.
36. Minimize health risks to others by defecating at least 30 metres away from trails, water, houses, campsites and high water line by rivers and lakes.
37. If you have diarrhoea and/or the distance from the trail is limited by the terrain (e.g. steep slope above and below), then at least ensure that your faces are exposed to the sun and unlikely to be walked on; this way decomposition will be quicker.
38. Learn to clean yourself from a "lota" (jug) of waster, but if toilet paper is necessary, burn it after use.
39. Groups should use temporary latrines dug at least 20 cm. deep and covered after each usage with soil; when pit is full or site is abandoned, cover latrine with a combination of soil, pine needles, cones, twigs and small stones.
40. In snow, a concentration of waste will not decompose, so defecate in individual small holes that you cover with snow after use. Ideally, if you find an isolated spot which has little chance of being seen by someone else then defecate on the surface to expose your feces to the sun.
41. Use toilets wherever they are available.

O. Plain Garbage:

42. Prepare to rinse and pack out what cannot be eaten or burned; only paper, tampons and food scraps should be burned.
43. Dumping juices out of cans may increase the number of bothersome and disease-carrying insects and other vertebrates; so drink it all or dilute it in waste water.
44. Widely scatter waste water as well as animal and fish viscera on land. Pouring liquid cooking waster in one spot contaminates the area with bad smells and attracts possibly hazardous insects, birds and other animals.
45. Use designated "refuse pits" where existing, for any metal, glass or plastic garbage you trulyare unable to carry out.
46. keep wrappers from chewing gum, candies, biscuits, medicine or film in your pocket until you arrive at a village where disposal is possible; if inside a private house, ask permission before throwing anything into a fire.
47. Imporper garbage disposal increases the population of vertebrates which, in high densities, become sickly.
48. Trash facts; an aluminum of drink or beer can will last for about 495 years; steel items for 95 years; ordinary plastic for 220 years; glass could last 1 million years. So don't be a refuse-nik; pick up other people's litter too !

V. GET AR-RESTED

P. campsite selecton:

49. In popular areas with established campsites (such as terrain adjacent to a lodge, school grounds, other obviously demarcated land), set up your tents on one of the established fields to reduce the spread of impact.
50. In remoter, less frequented areas select a previously unused campsite to avoid creating sites that will be repeatedly used.
51. By rivers and lakes, camp below the high water line so that seasonal washes will clean the site.
52. Do not overload your campsite with too many people.
53. Flat sites without vegetation and with good drainage are preferable.
54. Do not rearrange a farmer's field ! Leave undisturbed large field stones, fence stones, fence posts, scarecrows, soil, vegetation and crops.
55. At high altitudes, vegetation needs the shelter of rocks, so moving them creates a permanent barren feature no matter how small.
56. Spend just a few nights at any one tenting site.
57. "Naturalise" the spot before leaving it.

WITH BEST WISHES

to

NEPAL MOUNTAINEERING ASSOCIATION

FOR A SUCCESSFUL ICM '97

Where The Smiling Faces Await you !

THE GARDEN HOTEL KATHMANDU

P.O.Box: 5954, NAYA BAZAR THAMEL, KATHMANDU, NEPAL

TEL: 411951, 411131, CABLE: GARDEN, FAX: 977-1-418072

Peak Permit issued by NMA (1991-1996)

Name of Peak	Permit Mid July	Climbers 1991-92	Permits Mid-July	Climbers 1992-93	Permits Mid-July	Climbers 1993-94	Permits Mid-July	Climbers 1994-95	Permits Mid-July	Climbers 1995-96
Island peak	146	810	193	997	176	896	171	991	213	1050
Mera	63	377	68	405	79	419	90	562	89	553
Ramdung	41	262	29	201	38	207	44	243	49	270
Pharcharmo	33	185	28	120	49	302	45	234	45	243
Pisang	22	124	25	126	30	162	26	159	37	149
Lobuche	30	177	18	59	28	105	36	207	29	151
Pokhalde	11	78	15	95	9	55	16	114	24	166
GanjaLa	20	83	29	138	24	97	37	169	22	126
Tharpu Chuli	24	140	19	78	21	79	20	107	21	86
Chulu East	14	57	14	71	11	78	9	40	2	17
Singu chuli	8	41	10	65	12	58	8	37	10	55
Paldor	5	24	10	65	12	58	8	37	10	55
Kwangde	10	33	1	9	5	28	7	38	8	21
Kusum Kanguru	11	32	2	11	7	16	8	35	8	27
Kongmatse	4	15	7	37	3	19	3	12	6	14
Hiunchuli	3	9	2	7	6	28	4	16	4	28
Chulu West	9	41	4	18	6	20	9	40	2	17
Mardi	2	17	5	7	4	19	2	5	2	5
total	456	2505	479	2509	520	2646	543	3046	581	3033

Peak Permit issued by NMA (1991-1996)

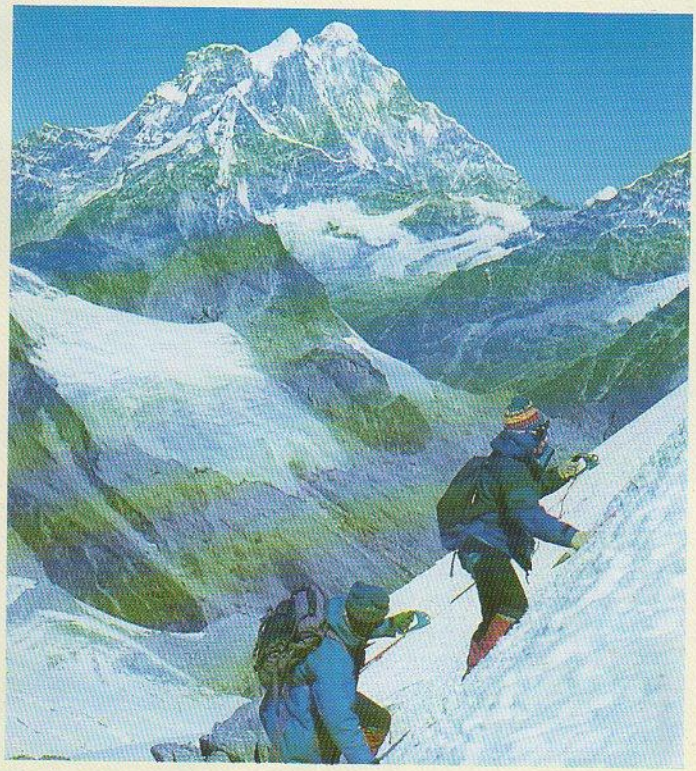
Name of Peak	Permit Mid July	Climbers 1991-92	Permits Mid-July	Climbers 1992-93	Permits Mid-July	Climbers 1993-94	Permits Mid-July	Climbers 1994-95	Permits Mid-July	Climbers 1995-96
Island peak	146	810	193	997	176	896	171	991	213	1050
Mera	63	377	68	405	79	419	90	562	89	553
Ramdung	41	262	29	201	38	207	44	243	49	270
Pharcharmo	33	185	28	120	49	302	45	234	45	243
Pisang	22	124	25	126	30	162	26	159	37	149
Lobuche	30	177	18	59	28	105	36	207	29	151
Pokhalde	11	78	15	95	9	55	16	114	24	166
GanjaLa	20	83	29	138	24	97	37	169	22	126
Tharpu Chuli	24	140	19	78	21	79	20	107	21	86
Chulu East	14	57	14	71	11	78	9	40	2	17
Singu chuli	8	41	10	65	12	58	8	37	10	55
Paldor	5	24	10	65	12	58	8	37	10	55
Kwangde	10	33	1	9	5	28	7	38	8	21
Kusum Kanguru	11	32	2	11	7	16	8	35	8	27
Kongmatse	4	15	7	37	3	19	3	12	6	14
Hiunchuli	3	9	2	7	6	28	4	16	4	28
Chulu West	9	41	4	18	6	20	9	40	2	17
Mardi	2	17	5	7	4	19	2	5	2	5
total	456	2505	479	2509	520	2646	543	3046	581	3033

Peak Permit issued by NMA (1991-1996)

Name of Peak	Permit Mid July	Climbers 1991-92	Permits Mid-July	Climbers 1992-93	Permits Mid-July	Climbers 1993-94	Permits Mid-July	Climbers 1994-95	Permits Mid-July	Climbers 1995-96
Island peak	146	810	193	997	176	896	171	991	213	1050
Mera	63	377	68	405	79	419	90	562	89	553
Ramdung	41	262	29	201	38	207	44	243	49	270
Pharcharmo	33	185	28	120	49	302	45	234	45	243
Pisang	22	124	25	126	30	162	26	159	37	149
Lobuche	30	177	18	59	28	105	36	207	29	151
Pokhalde	11	78	15	95	9	55	16	114	24	166
GanjaLa	20	83	29	138	24	97	37	169	22	126
Tharpu Chuli	24	140	19	78	21	79	20	107	21	86
Chulu East	14	57	14	71	11	78	9	40	2	17
Singu chuli	8	41	10	65	12	58	8	37	10	55
Paldor	5	24	10	65	12	58	8	37	10	55
Kwangde	10	33	1	9	5	28	7	38	8	21
Kusum Kanguru	11	32	2	11	7	16	8	35	8	27
Kongmatse	4	15	7	37	3	19	3	12	6	14
Hiunchuli	3	9	2	7	6	28	4	16	4	28
Chulu West	9	41	4	18	6	20	9	40	2	17
Mardi	2	17	5	7	4	19	2	5	2	5
total	456	2505	479	2509	520	2646	543	3046	581	3033

WILDERNESS EXPERIENCE PVT. LTD.

(Treks & Expeditions Outfitter)



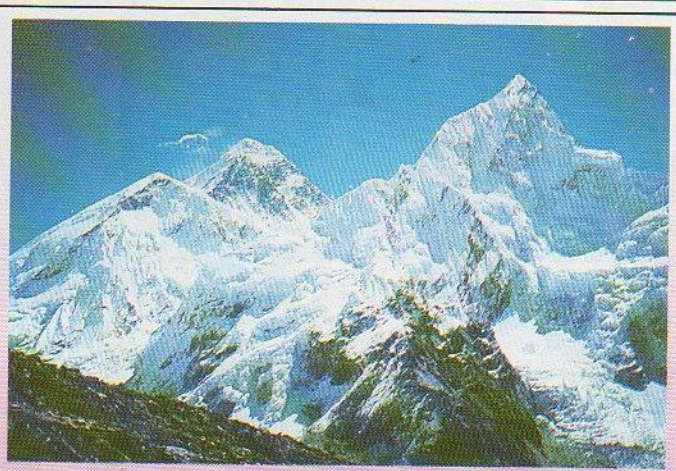
WILDERNESS EXPERIENCE, one of Nepal's leading adventure companies, welcome you for the experience of lifetime and for enjoying magnificent views of the most of the highest snowy peaks in the world ... ...

We organize all kinds of camping, trekking and climbing expeditions in Nepal, Tibet (PRC), Sikkim (India) and Bhutan.

Experience makes the difference !!

For detailed information please contact us at:

P.O.Box: 4065, Gyaneshor, Kathmandu, Nepal.
Tel: 417832, 410518, Fax: 222026 (WILDEX)
e-mail: trekking@wildex.mos.com.nep



FREEDOM IS THE HILLS OF NEPAL

MADAN GURUNG & PURNA LAMA

organize

Total Trek, Tour & Expedition Service for

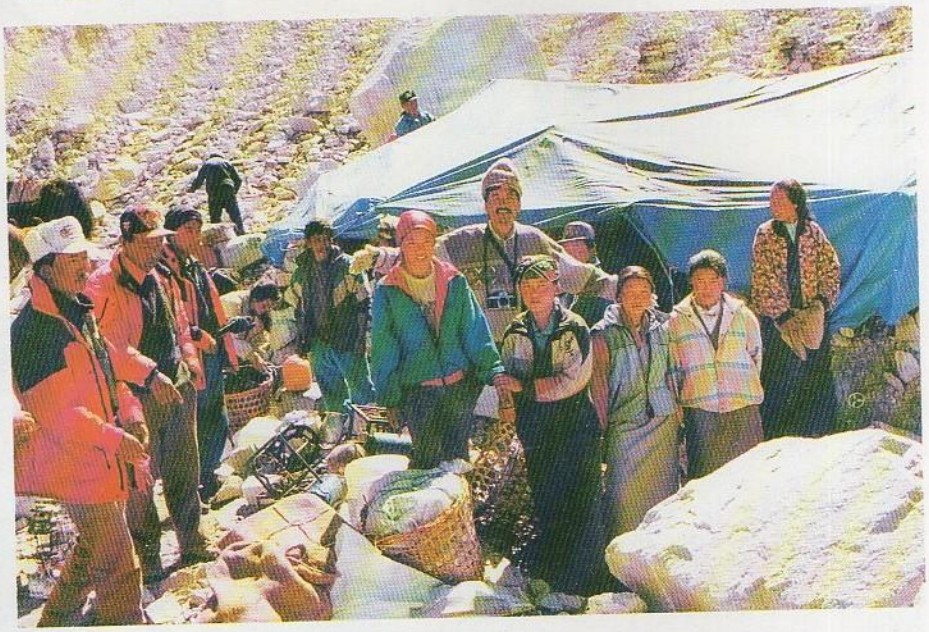
NEPAL

ROVER TREKS & EXPEDITION (P) LTD.

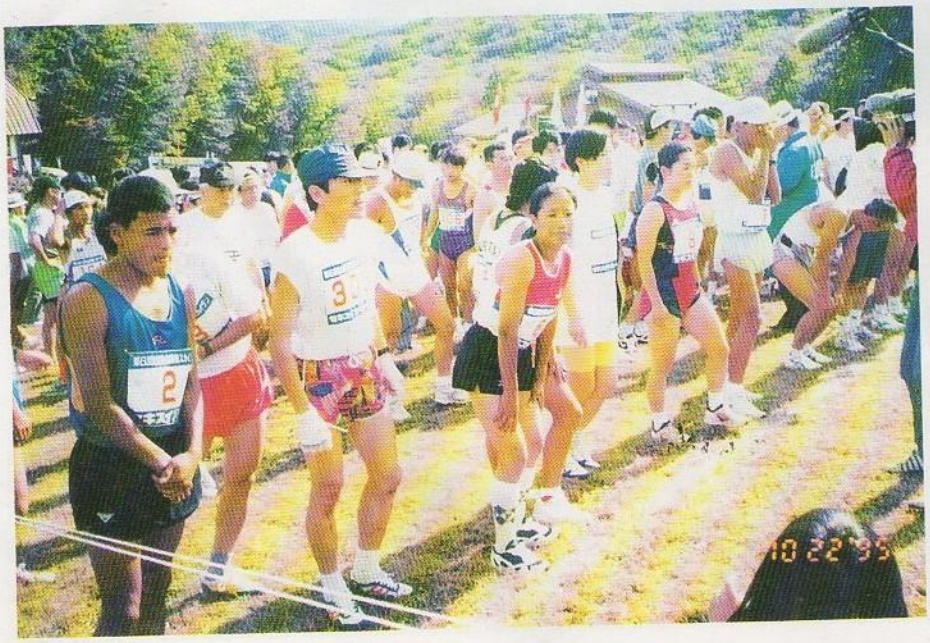
Naxal, Bhagwati Gahal, P.O.Box: 1081, Kathmandu, Nepal
Tel: 412667, 416817, CABLE: ROVERTREKS
Fax: 977-1-422865, E-mail: rover@mos.com.np



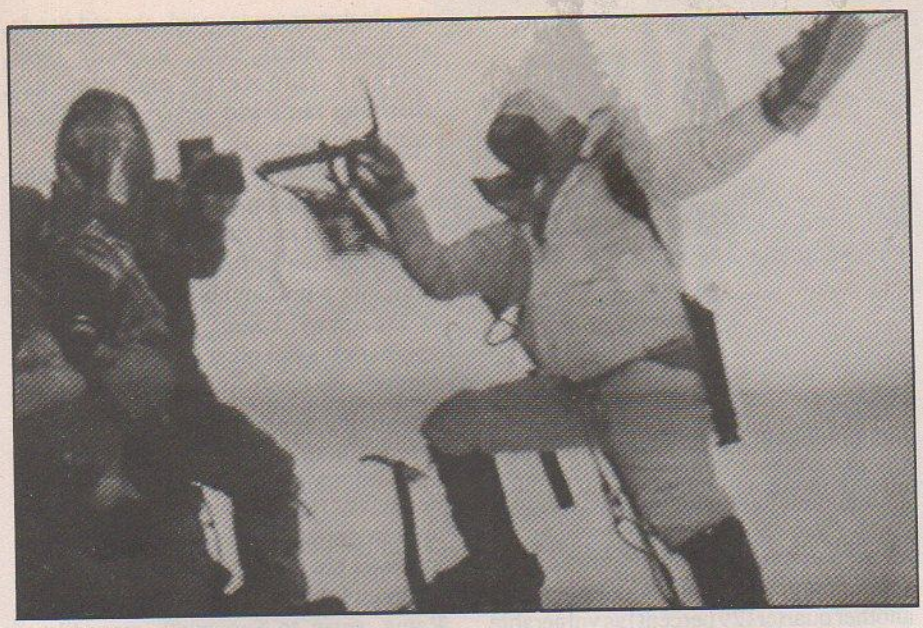
NMA Procession on the occasion of Silver Jubilee of His Majesty's Accession to the throne.



NMA Everest Cleaning Campaign Group at the Mount Everest base camp (May 1996)



Nepalese mountaineers participating in the Cross Country International Mountain Race-1995 Hiroshima, Japan



Before the NMA's Fifteenth Basic Course In Mountaineering

Bojan Pollak

The slovenians came to Himalaya relatively late, No sooner than in 1960 the first and at the time Yugoslav expedition (all the members were Slovene as in most of next expeditions) went to the Indian Himalaya, Trisul. One of the later expedition team, formally also Yugoslav, Sumit Annapurna II, and after two unsuccessful expeditions came several very successful ones- Kangbachen 1974, Makalu 1975, and Sagarmatha 1979 when the entire famous West ridge was climbed.

During these expedition the members enjoyed the hospitality of the Nepali members and admired their good fitness and work. But they also observed their bad technical knowledge. This became especially obvious during the Everest expedition in spring 1979. When descending from the top the sirdar Ang Phu slid and if he had had the basic technical knowledge and experience how to use the ice axe, he could have stopped himself, as one of the members did two days before.

This accident restated the need of giving the Nepali members of expeditions some basic technical mountaineering knowledge. This was also an idea of Ales Kunaver. He took all the necessary steps to give the Nepalese knowledge. Because of his initiative and hard work then still the common state Yugoslavia, (which after 1991 did not exist any longer), gave the money to build a school building in the Manang region, near Spache Khola and also for implementation of several courses. Before the school building was completed, the first basic course took place in fall 1979 with four Slovenian and two Nepali instructors and 20 Nepali trainees.

After the first course, 13 further basic courses were conducted, one of them also in Langtang. That means that the idea of education is more important than the idea of having a school building only. After Yugoslavia's disintegration, only Slovenia continued the implementation of the courses, since up to that time the Slovenians led all basic courses.

The school was established for educating for guiding on light tours, as well as for the high altitude porters, and for self-relaint climbing. The number and the contents of the topics presented on the basic courses was developed according to climbing and general development. In the beginning only topics for mountaineering were given, but now topics are lectured and practised which are to give enough knowledge to achieve some of the standards for UIAA voluntary leaders.

The topics which are dealt with now on the basic course are: history of mountaineering; geology and geography of mountains; weather; fauna and flora of Nepal; environment protection; guide and client - act as guide-sirdar; preparation for ascent, organisation of expedition, trekking; camping and bivouacking; dangers in mountains; mountain navigation (orientation); equipment (personal and technical); ropes and knots; mountain walking and climbing techniques (in rock, snow and ice); mountaineering terminology; description and evaluation of a climbing ascent; comunication and radio communication; nutrition in the mountains; human body; hygiene; first aid; high altitude illness; tiredness; psychology of guiding; rescue technique; Nepali state and NMA organisation. All of these topics, except for the last two, also appear in the **Handbook for Guides of the Nepal Mountaineering Association.** For the next course, supplements of topics existing and new topics the **river crossing** and **How to teach,** are being prepared.

With such as practice and knowledge acquired during the basic course, the trainees are able to withstand many troubles and dangers in the mountains, they can offer better service, and guide the clients safely on easy tours. Therefore we can name the graduates of this course as guides, too, although these guides are not yet quite comparable with the professional guides in Europe and elsewhere. And, what is also important, with the certificate from this course, they can get a job more easily.

During the 14 courses 429 trainees were educated and some of them afterwares attended the advanced course organised by the French. 31 different Slovenian, 6 Croatian, 18 Nepali, and 7 instructors from other countries and 10 doctors attended the basic course as well.

With regard to the previously good cooperation and agreement between NMA and PZS, education of the Nepali through the basic mountaineering course will continue also in the next years for, as the proverb goes; "If you give a man a fish, you help him for a day. If you teach him how to fish, you help him for all his life."

Gifts To The Earth

By Ukesh Raj Bhuju

"Nature is a divine gift to human beings. The closer you are to nature, the deeper you heavenly experience." This is what the Nepalese believe by their tradition and culture. That is why holy sites in Nepal are mostly located in natural settings. Whether the confluence of rivers like Barahkshetra or Devghat, a river bank like Pashupatinath or Sankhamul, glacier lake of Gosainkunda or rain-fed lake of Phewa, all are holy shrines with great cultural significance.

The eternal lamp of natural gas in Muktinath and the fossil stones called Shaligrams are considered manifestations of God. The Sagramatha, the Khumbiala or the Gauri Shanker are more than just the highest peaks in the Himalaya. In fact, for Nepalese society every mountain peak or patch of forests is more than just natural landscape or resource.

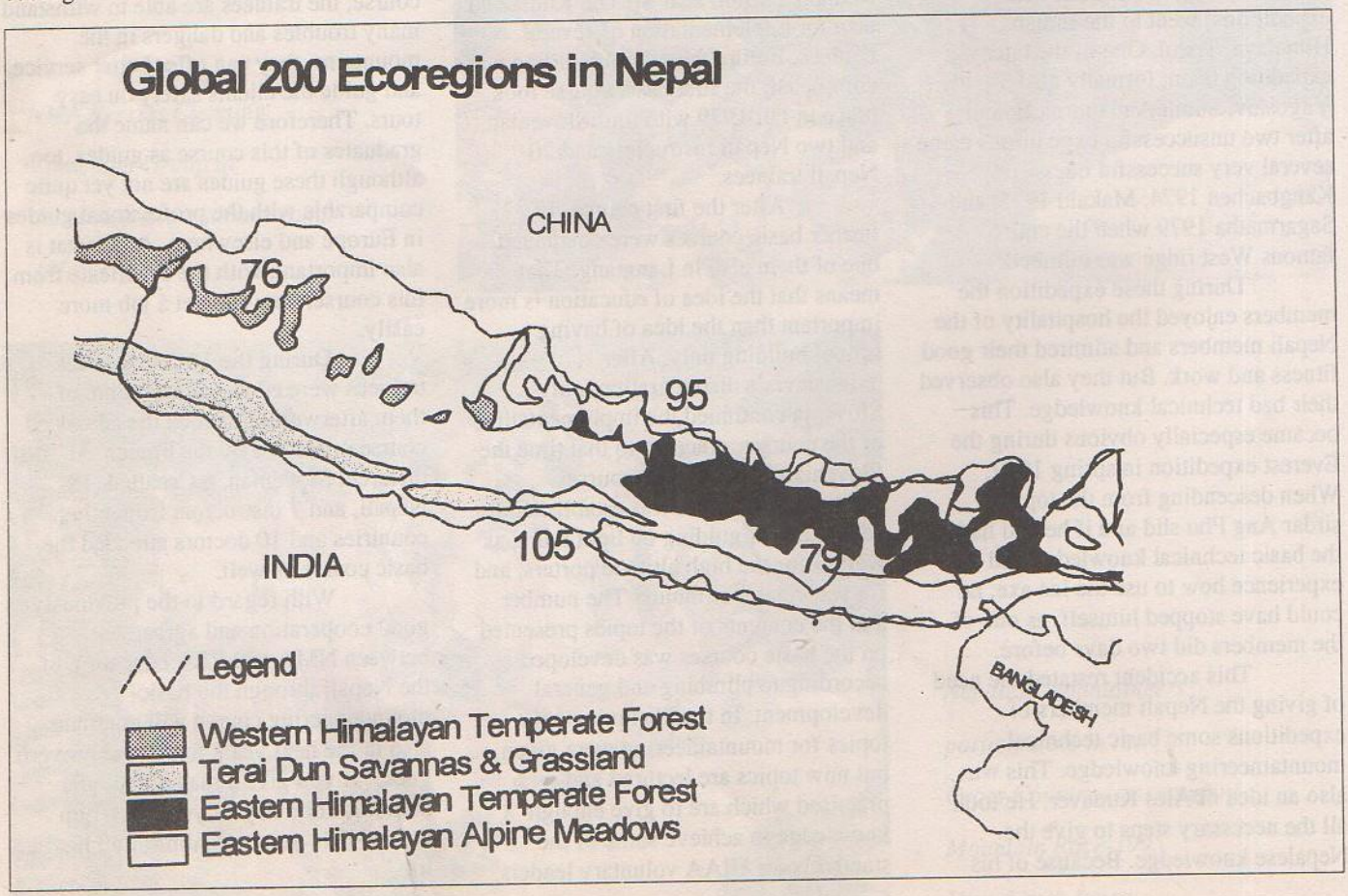
At the doorsteps to the 21st century, which will be greatly influenced by development and the growth of human beings, the cultural significance of environment will increase. Despite the strategic approach of conservation efforts this century, conservationists' voice will become not just louder but also alarming.

WWF's Global 200 map depicts nearly half (47 percent) of the terrestrial ecoregions as critical or endangered, another quarter (29 percent) as vulnerable, and only one quarter (24 percent) as relatively stable or intact. Of the 232 ecoregions identified in the Global 200, four are in Nepal, all off them critical or endangered.

The four such ecoregions of Nepal are alpine meadows in the high mountains, western and eastern temperate forests in the mountains, and aluvial grasslands of th lowland Terai. These ecoregions provide home for hundreds of animals including the elusive snow leopard, shy red panda, aromatic musk deer, majestic tiger, relaxing rhinoceros and elephant, charming birds and sneaky crocodile or deadly cobra.

Nepalese culture gives special value to plants and animals. Every plant has sits own cultural and ritual importance along with medicinal or food value. Every grain of rice or wheat symbolizes the Goddess of Prosperity, Laxmi. Seedlings of corn and barley symbolize Goddess Durga in Dashain festival. Shiva reflects on the trees of bel and rudraksa; Vishnu on tulsi herb and pipal tree; and Ganesh on Sissoo tree. Similarly, animals, both wild and domestic, in one way or another have attachment with gods or goddesses. Lion and tiger are attached to Durga Bhawani, elephant to Indra, horse to sun, monkeys to Rama, swan to Saraswoti, crocodile to Ganga, and dog to Natraj.

However, cultural sentiments alone will not be adequate in the next century, which will bring waves of science and technology generated impact in Nepal. Nepal will not just have to promote its cultural heritage to conserve nature, but will also have to adopt effective conservation strategies in the field. Forests will not remain intact with the feeling of Ban Devi, when there will be a demand



and presssure for firewood, fodder timber. Moreover, with the influence of alien cultures, the indigenous systems may not fully resist change.

WWF's Gifts to the Earth program aims at promoting environment-friendly practices in all sectors of human society. At the peoples' level, each individual or group is asked to give a Gift to the Earth by doing something that helps further the goal of conservation.

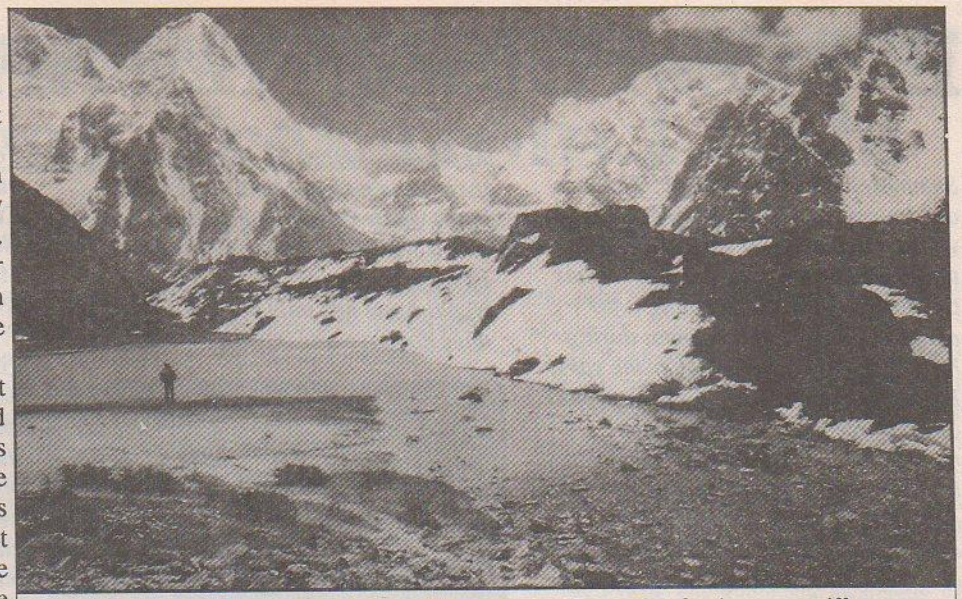
At the national or global level, Gift to the Earth is to protect endangered species. The high-income governments scould devise specific financial assistance programs that would help other countries achieve the minimum 10 percent target for forest protected areas. To be more specific, WWF has requested all the governments in the world to commit themselves to the achievement of the minimum 10 percent forest cover in the protected areas and to adopt a policy of sustainable management of the remaining forests.

Since the October 1, 1996 launching of the WWF 2000 the Living Planet Campaign, dozens of global-level Gifts to the Earth have been made. The Republic of Sakha (also known as Yakutia) pledge to protect an area of its territory nearly five times the size of Nepal (70 million hectares) by the year 2000. The Komi Republic in Russia has offered to support WWF's conservation activities in the unique, pristine forests of Pechora-Ilych Biosphere State Natural Reserve.

The Hungarian Ministry of Environment declared 6 new Ramsar sites (wetland protection) in Hungary as a gift to the Eart. In the United States, the state of Florida adopted a management plan that secures protection of the coral reef that runs along the Florida Keys in a natural marine sancturay that covers roughly one million hecters. Mongolia pledged to put an area totalling 49 million hectares, which is 30 percent of the territory of Mongolia, under special protection as a Gift to the Earth. Georgia, a small Black Sea country, joined WWF 2000 the Living Planet Campaign by pledging to protect areas in various categories which make up over 20 percent (more than 1.4 million hectares) of its area.

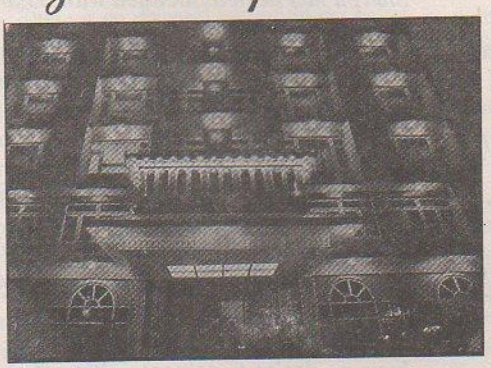
Gifts to the Earth also include implementation of scientific action plans to protect endangered animal species such as the rhino and tiger. They also include reinforcement of anti-poaching operations and control of illegal trade in wildlife and their products.

The recent announcement by the Minister of Forest and Soil Conservation, Mr Rameshwor Raya Yadav, to protect the Kanchenjunga region as a **Gift to the Earth** in suport of the WWF 2000 campaign is timely for Neal while entering into the 21st century. The area chosen for the gift is strategically located in the crossroads off the Paleartic and Indomalayalam biogeographical realms. It now paves a road for a trinational peace park in the Himalaya. Thus, Nepal has again demonstrated its leading role in conservation by becoming the first country to offer the Gift to the Earth in the Himalayan region.



Ramze- Tseram area showing Kabru Peak of South Kanchenjunga massiff
Photo: Devendra Amatya

"An Ancient Hospitality at your doorstep ....!"



DISCOVER THE WORLD OF MANANG ...

The Manang Hotel .... an address in Thamel, you will always remember ... ! With 55 standard, deluxe rooms & suites of international standard and a 360° magnificent view of the Himalayas for you to experience from our Rooftop Sundeck Terrace. Terrace for your sun bath, it's an address of your choice !

Come to the Best. Come to the Manang.

- 24 hours room service
- Mini bar Facility
- IDD/STD call facilities from room itself.
- Come to the taste of Lotus Cafe & Jewels of Manang Bar with Ghazals and Karoake ..
- Enjoy your happy hour in Swayambhu Garden Terrace

For further details contact:

HOTEL MANANG (P.) LTD.

Paknajol, Thamel, P.O.Box: 5608, Kathmandu, Nepal, Tel: 410993, 419247, 414957
Fax: 00977-1-415821 (Cable: MANANG) e-mail: htlmnang@vishnu.ccsl.com.np

EVEREST SUMMITTER APPA SHERPA

The Eighth Time Mt. Everest Summitter Mr. Appa Sherpa, 37 years old couragious youth, has scaled the world's highest peak Mt. Everest 8 times within a span of 7 years. He has the intense desire of climbing it for another four five times. Appa, during his chilhood had looked after the yaks. He had never imaginged that he would one day become a world famous mountaineer. While scaling Mt. Everest, the first three times he used oxygen and did not used oxygen for the later expeditions. Recently, on April 26, 1997 at 2 P.M., he scaled Mt. Everest for the eighth time while participating in an Indonesian expedition consisting of 2 Indonesians, 2 Russian and 2 Nepalese members.

For the first time, Apa had tried to climb Mt. Annapurna I (8091 m.) but he could not succeed. Next he attempted to scale Mr. Dhawalagiri (8167 m.) but that also could not be successful. Finally, in the spring of 1990, he successfully scaled Cho Oyo (8201 m.). He successfully reached the Summit of Everest an May 10, 1990. when he was a member of a New Zealand Expedition team.

Appa Sherpa is fully satisfied at being a momtaineer because he feels that he does not have the ability to take up any other profession. He says, "I am satisfied in this career because I realised that I must do something worthwhile to enhance my country's prestige," But he does not want his children to follow his steps. "As I could'nt have access to education, I want my children to get the best of education. But my financial condition doesn't allow me to educate them in Kathmandu" Appa says.

He has two sisters and is the second among four brothers. He is married with two sons and two daughters. His femily lives in Thame village of Namche VDC, his birth place, while Apa lives in a small apartment in Jyatha Tole of Kathmandu.

"My wife always tells me to leave mountaineering as many people have died while going on expeditions, but I am continuing in this profession for the sake of my country's name as well as for my family's livlihood," Appa says smiling. On Nepal's identity abroad, Appa says, "Once, in Japan, when I told them I came from Nepal, they didin't know where it was. But when I told them that it was the country of Mount Everest, they understood," Outside Nepal Appa has only been to Japan. He does not have any intention of settling



down and working abroad though on invitation he would like to go on a foreign trip for a month or two.

On the experience of having scaled Mt. Everest eight times, this year's expedition was the longest and difficult. "Normally, it takes 8-9 hours from the forth camp to reach the summit, but this time it took about 13 hours. In this seeson I was the first to have climbed Everest through the South Col route. We started at 12.15. We had to clear the way to make progress and it was only 2 P.M. the next day that I reached the summit, the other expedition members arrived at 3.30 P.M. Because of the adverse weather, the descent was also difficult. Generaly, descending is harder than the ascent.

Appa and his friends had seen three or four dead bodies arisging from the tragic event while going on last year's Everest expedition. He says, Forth Camp in the most highly polluted, but the path now is cleaner than before. Even the foreigners are careful. The cleaning campaign conducted by Nepal Mountaineering Association in quite commendable."

Appa Sherpa has shown his extreme courage and skill in the field of mountaineering. He has not received any medal (nepalese or foreign) other than the one awarded by Nepal Mountaineering Associatian (NMA awarded to all mauntaineers who had clirmbed peaks of more than 8000 meters) in 1995. The award was given on the occassion of 40th annivesary of conquest of Mount Everest.

He complains, "In other courtries, people are greatly honoured for scaling Mt. Everest even once, but here even eight times does not arouse any interest. The radio announces the news of reaching the summit, that's all. I feel that the government and related agencies ought to do something in this regard." Ever-smiling Appa becomes somewhat serious after this comment.

Appa, who receives about total 80 to 90 thausand rupees for every Everest expedition, says,"But if the expedition is successful, the foreigners gladly give 10-15 thousands extra. Not much money is saved because I have to arrange for the necessary clothes and other things on my own. I take great care of my clothes otherwise it would be diffic ult to save money."

He says that after returning from an expedition till the next one, he has to stay idle. For the past one year, Appa Sherpa has been associated with Asian Trekking (P) Ltd.

On Visit Nepal Year 1998, Apa says, "I have heard about it, but I don't know much about it."

"Recently one daily newspaper had quoted that that I would break Ang Rita's record, but that is not correct because I hadn't said anything about it. They should have published what I had said. I have good relations with Ang Rita, we belong to the same village. I have no desire to compete. It's not good to spread baseless rumours," Appa says concluding his remarks.

- By Hari P. Shrestha

Mera Peak Trek from Lukla

Observations and Recommendations

Governmental, non-governmental and private organisations in Nepal are involved in protection of environment. In particular, Nepal Mountaineering Association has in support of His Majesty's Government/Ministry of Tourism, has accomplished several conservation projects over the past years. One of such activities is Everest Clean up Program carried out in May-June 1996. Tourism related organisations including Trekking Agents Association of Nepal (TAAN) have been active in contributing towards the preservation of mountain environment. ACAP, KEEP, Himalayan Trust, SPCC and several other organiations are also playing a conducive role towards achieving the end. More areas should be covered by these organisations ensuring participation of all concerned. - Editors note

Three American Peak Corps volunteers (Shane Capron, Brian Green and David Laflamme) trekked in the remote Hinku Valley in October of 1996., to assess the environmental condition of the area and to climb Mera Peak. This remote route led from Lukla, over the Chatra La, up the Hinku Valley to Tagnag, Khare, the Mera La, and eventually the summit. What we saw collaborated earlier observations of environmental impacts to the area..

Garbage

At every camping site garbage was found throughout the area. The worst areas were Khare and the high camp of the Hunku Ledges. In Khare a large amount of trash was scattered throughout the basin, and in the center a stone wall was created around a boulder to house an overflowing dump of bottles and cans. The camp at the Hunku Ledges was also littered with a large amount of trash, consisting of everything from batteries to plastic wrappers. Some garbage was being burned and some buried, but both was being done randomly in various spots at each camping site.

Human waste

There is no disposal system in the valley for human waste. Trekking agencies often erect a small tent and bury their waste in a shallow pit. This is satisfactory except for the fact that they often place these pits next to a stream or in high use areas, such as Khare, these pits can become quite numerous. Smaller groups and porters must defecate wherever possible. This leads to fecal matter being scattered throughout the entire area. In camps, such as Khare it is possible to walk anywhere without finding human waste on the ground.

Lodges

Present regulations in Makalu-Barun National Park prohibit the building of permanent lodges within park boundaries, yet in Tagnag 5 permanent lodges have been erected and have been functioning for about 3 yeas. In Khare two smaller goat type lodges have been built as well.

Firewood

Deforestation is one of the major problems that we saw in the Hinku Valley. Wood is being used for cooking from the first camp at Chutan all the way to the glacier and Base Camp All along the trail deforestation is obvious from the recent cutting of trees. In Tagnag the local dwarf pine species are devastated by trekking groups and local lodges. At each lodge huge piles of firewood are burned in the stove, porters can be seen out daily chopping always the pines, and a short walk along the hillside reveals this story of deforestation. Each trekking group before heading up to the higher camps of Khare and Base Camp get their fill of wood from the Tagnag area. Most of the porters gear loads are toped with wood as they travel up towards Khare.

These observations have been noted by a number of other expeditions over the last few years. Trips reports sent to the NMA include notes on lack of sanitation, garbage problem, rapid deforestation, and lack of facilities for the porters. Many groups have requested that something be done about these problems.

Recommendations for the future

Spring clean up

Our first recommendation is that there should be a spring clean-up campaign for Mera Peak and the Hinku Valley area. This would be a collaboration of Makalu-Barun Conservation Area (TMI), the SPCC, KEEP, a Lukla conservation committee consisting of lodge owners and those with special interest in the route area, and Peace Corps. It could also include volunteers from around the world in promotion of environmental awareness and education. Aspects of the clean-up should be as follows:

1) Properly dispose all trash at each camping site up to and including the Hunku Ledge camp at 19,000ft. Carry out to Lukla what cannot be burned or disposed properly in a pit.

2) Construct at least one pit latrine at each major camping site using locally available materials.

3) Create environmental awareness by including a conservation committee from the Lukla area. Teach eco-tourism management practices while doing something practical and positive in the field. In this way, the project can be more sustainable. With this committee formed we can plan for future activities such as dealing with the fueled problem, lodge construction and management, permanent charpi construction, etc.

A specific plan needs to be discussed among all organisations wanting to be involved in the Mera Peak area. We propose that a rough project plan should be created by March and then taken to the people in Lukla, discussed locally and made into a final project plan to be implemented during April or May.

This project can be accomplished with a number of positive results:

1) Promote environmental awareness among the community.

2) Promote increased tourism through proper resource management.

3) Strengthen relations between the local community and outside organizations.

4) Create positive publicity for Nepal and its people.

This project can be done very inexpensively with the cooperation of all the aforementioned organizations. Inputs needed include personnel from Makalu-Barun and the NMA, financial support for porters and equipment, plane fares, etc. Discussion needs to take place with regard to an actual project plan and support. We welcome all ideas regarding how this clean-up should be done. It is our hope that this proposal creates positive discussion and action that benefits the community of Lukla, the environment, and tourism.

Share Capron
David Laflamme
American Peace Corps
GPO Box 613
Kathmandu

International Mountain Museum

A project of the Nepal Mountaineering Association



HAT-J Youth delegation visiting museum site

Eight of the world's ten highest peaks, including the highest, Mt. Sagarmatha (Everest), are within, or on Nepal's borders. In addition, there are more than 1,300 summiting peaks and pinnacles exceeding 6,000 m. Across the northern reaches of this small Himalayan Kingdom. Sagarmatha was charted in 1856 and named after the British surveyor General Sir George Everest, several attempts were made in the 1920's to climb it. Perhaps the most famous attempt was in 1924 when George Mallory and Andrew Irvine, created history by reaching 8527 meters without using supplemental oxygen - just 300 meters from the summit of Everest.

It was only from the beginning of the second half of the century that the Nepal Himalayan were properly explored. Among the first to arrive were the noted British explorer H. W. Tilman who explored unknown territory in central Nepal and the Everest region. At about the same time, a French expedition led by Maurice Herzog was the first team to climb a 8,000 meter peak when they scaled Annapura I on 3 June 1950.

The most historic climb was the first ascent of the world's highest peak by Sir Edmund Hillary and Tenzing Norgay on 29 May 1953. This achievement proved that the 'impossible' was possible! Within the next seven years the remaining seven 8000 m. Peaks in Nepal were successfully climbed by different expeditions.

In the 1960's and 70's there were many large expeditions to Everest and the other 8,000 meter peaks. The adventure for climbing had become a sport for more than just the intrepid, under coated a demand for thousand of local support personnel. This brought on the one hand, a serious threat to the environment. However, with the beginning of lightweight expeditions in the late 1970's, a new more environmentally friendly approach was introduced. This has helped to save the mountains from environmental destruction.

Memories last only as long as the last person who remembers

Man's desire to conquer is unquenchable where it is the challenge to get to the top of the highest mountain or to reach the moon. There are museums dedicated to almost every interest and conquest of man but nowhere is there a museum dedicated solely to mountaineering. The few that do exist either cover the geographical and ethnological aspects, or are a very small and localized aspect of mountaineering.

The history of mountaineering and the fascination of the challenge for man to climb the tallest peaks 'because they are there' are a source of interest to hundreds and thousands around the globe.

The Kingdom of Nepal, with nearly 800 kilometers of high mountains - the Himalaya - is the world's most attractive country for intrepid mountaineering expeditions in which man pits his determination against the incredible challenges of nature. Challenges that are both physical and spiritual.

Although the sport of climbing and trekking is less than fifty years old many of the great expeditions are fading from memory. Several of the remarkable characters are no longer with us. The early history of mountaineering is in danger of being lost.

In the Himalayan Kingdom of Nepal many hidden features, and the vast treasures of knowledge on these mountains, remain untapped and unstudied for lack of a museum dedicated to mountaineering. Nepal's mountains have remained basically objects of sport for high adventure. And majestic grandeur for those fortunate enough to come close to the awesome beauty.

The construction of an IMM will provide a different, and more accessible, viewpoint of the Himalaya. This will be a pioneering step in making mountaineering a modern school of learning - a school where the entire world will get the opportunity to study the Himalaya

a) Models of famous peaks, climbers and the equipment/ materials used by them.

b Culture and lifestyle displayed through mannequins of people from different mountainous regions of the world including their household artifacts.

c) Flora, fauna and geological information through photographs and models.

The IMM will fulfill the need for an educational establishment which will contain information on mountains and mountaineering around the world using state of the art electronic equipment as well as more traditional forms of exhibitions.

A comprehensive library and research facilities will be incorporated with the latest state-of-the-art materials. A Climbing Wall is to be established within the Museum complex. For researchers the display items as well as the bank of information in the library will be a treasure-house of information and details. They will have access to materials related to the nature of the mountains, geography, flora and fauna, ethnology and history. Visiting professionals and scholars will give lectures and demonstrations.

For students and children the displays themselves will become avenues into wonderful new worlds of adventure, endeavor, courage and achievement. They will be given valuable insight into the critical need to preserve the mountain environment for a better tomorrow.

Climbers of the more than 50 expeditions each season to the Nepal-Tibet Himalaya would find the IMM a storehouse of information details.

The second structure in the complex will be the Administration section. This will house various administrative requirements including a library and a research center. The entrance atrium will incorporate the ticketing and information counter, the security unit and a gift/souvenir shop. This complex will be located near the entry point. The composition of the structure will reflect the characteristics of the main building.

The east end of the site has been designated as the camping area where a small guest house cum hostel building will be located together with a row of revenue earning shops placed to create a barrier along the road.

The access road will follow the contours of the site and provide vehicle parking directly in front of the first block which is the administrative unit. The service road from this point has been planned to run along the back of the museum complex to avoid disturbance. The first Exhibition Hall is linked by a covered way which is also linked up to the Conference Hall and the Restaurant.

The open space around the museum complex will be landscaped and developed. Typical flora of the region will be planted and nurtured, and water garden created. Trees and shrubs are already being planted to enable them to mature during the construction period.

The western end of the site has been allocated for the development of accommodation for the museum staff and for future expansion.

The location for the Museum is the Pokhara Valley in the middle hills of Nepal. Pokhara lies 200 kilometers west of Kathmandu at an altitude of 900-meters. This site located on the south eastern edge of Pokhara between the airport and the west bank of the Seti river, is in a beautiful rural setting with uninterrupted views of the great Himalayan mountain range to the north.

On a clear day it is possible to view the massive Himalayan peaks of Dhaulagiri, Annapurna, Manaslu and Himalchuli.

Access to the site from the eastern boundary where a secondary road skirts the western banks of the Seti river, which has scoured a deep gorge through Pokhara. This site of nearly 12.5 acres of land provides adequate space for the museum.

Objectives of the IMM

The IMM will be developed as

Wishing the participants of the International Climber's Meet '97.
A very memorable stay at The Bluebird Hotel, Pokhara

The Bluestar Hotel
K A T H M A N D U

The Bluebird Hotel
P O K H A R A

For details:- P. O.Box: 983, Kathamndu, Nepal. Fax: 226820 E-mail : hotel@blustar.mos.com.np

an educational and recreational center for mountaineers, trekkers, and the general public. The Museum will be an institute for the exchange of ideas and experiences among the climbing fraternity of the world through seminars and work-shops.

To achieve the above-said main objectives, the IMM will carry out the following main functions:

record and document chronicles of mountaineering expeditions to the Great Himalaya - past, present and future;

collect and display equipment and materials used at different times by famous Himalayan climbers to show the development of mountaineering hardware;

collect and display artifacts and models representing the lifesytle and culture of the people who live in the Himalayan regions;

display flora, fauna, and medicinal plants through photographs, paintings and models;

display through models and pictures the orogeny of the Himalaya;

record and document chronicles of mountaineering history in the Karakorums, the Hind Kush, the Alps, the Andes and other mountain ranges.

Collect and display mountaineering equipment and materials used on these mountains; and

display through artifacts the culture and lifestyle of the people of these other mountain regions;

Expected number of visitors

Based on the figures of the number of foreign tourist arrivals in Pokhara which amounts to 1,00,000 per year a far estimate of 60% of them visiting the Museum would mean on the average 40,000 foreign visitors a year to the Museum. Over and above this figure, there will be the large number of Nepalese who will be eager to see a new aspect of their heritage.

Financial aspect

A total cost of US $ 3,318,088.3 is estimated for the construction of the Museum. This cost involves the construction of the museum hall, administrative building, conference hall/restaurant, administrative quarter/guest house, entrance gate, electricity sub station and landscaping and development works. Financing of the construction cost is expected as follows: 21.15% loan from NMA, 5.87% HMG assistance, 15.86% donations from alpine clubs and mountaineering fraternity, and 57.12% grant assistance requested. So far 12.5% acres of land has been purchased. Foundation work has been completed and the plinth level work is near completion. Due to information, a 15% per annum increase in cost is anticipated.

As regards annual receipts of the Museum after its operation, US $ 79,965 per annum is expected in the initial years, while a sum of US $ 47,368 per annum is estimated to incur in the forms of operating costs. The ratio of annual receipts to operating cost is 1:0.59. Receipts basically include entrance fees from Nepali and foreign visitors, conference, restaurant and camping charges and souvenir sales. Maintenance costs are included in the annual operating cost.

Economic analysis

The main purpose of economic analysis is to show the effect of the construction of IMM (IMM) in Pokhara from the nation's economic viewpoint and to examine the economic viability of the project. The evaluation of quantified economic costs and benefits follows the conventional discounted cash flow methodology in determining the economic internal rate of return (EIRR), net present value (NPV) and benefit cost ratio (B/C ratio).

Basic assumptions:

Project costs: Total cost of the project is estimated US $ 3,318,088.3., which will be expended phase wise. This is mainly due to financial constraints. The construction schedule may be changed as per financial convenience.

Implementation schedule:

Phase I - Museum Hall (1996-98)

Phase II - Administration building, conference hall and restaurant (1999-2001)

Phase III - Administrative quarters, guest house, entrance gate, electricity sub station, landscaping and development (2002-2004)

Economic cost: The standard conversion factor for converting financial prices to economic price is assumed to be 0.88 for the project cost on the basis of the JICA study ìDevelopment Study of Civil Aviation in Nepal:.

Project life: The project life is assumed to be 25 years.

Life time of assets: The life time for the assets are assumed to be 50 years for civil works.

At the end of the project life, the residual value (undepreciated and in land appreciation may happen) value of assets is treated as negative cost. It is assumed to be 50% of the total cost.

Estimation of benefits:

Benefits from the foreign exchange earnings: It is assumed that foreign visitor who will visit the museum may need to spend one more night in Pokhara and accordingly in Nepal as a whole. It is expected that 36,500 foreign visitors will visit the museum. After completion of Phase I, out of this 25% will spend one more night; the percentage of visitors spending a night more will increase to 75(%) after completion of all phase of the project. This will happen due to the facilities created by the project, where people can spend their time. The average expenditure for one night stay at Pokhara is assumed US $ 40.

Entrance fee: It is expected that 36,500 foreign visitors will visit the museum. Out of them, 50$ are visitors from the SAARC countries. Entrance fee per visitor is Rs 50.00 for SAARC and US $ 2 per other countries.

Other incomes: It is expected that after completion, the project will generate other extra incomes from training, recreation, services, convention facilities, etc. Such incomes on completion of the project are expected to cover costs of maintenance.

Indian Army Trans-Himalayan Expedition: 1981-82

Captain H.S. Chauhan
Principal, Himalayan Mountaineering Institute

Four members of Army Trans Himalayan Expedition (THE) flagged off from Gelling in Arunachal Pardesh (North-East India) on 15th Jan 1981. After traversing 8000 km. along the mighty Himalayan Range (Arunachal, Bhutan, Sikkim, Nepal, Kumaon, Garwal, Himachal and Ladakh) for over a period of 475 days. They reached Karakoran Pass (North-West India) on 5th May 1982. This traverse was a symbol of unconquerable spirit of man and a saga of sustained endurance and fortitude.

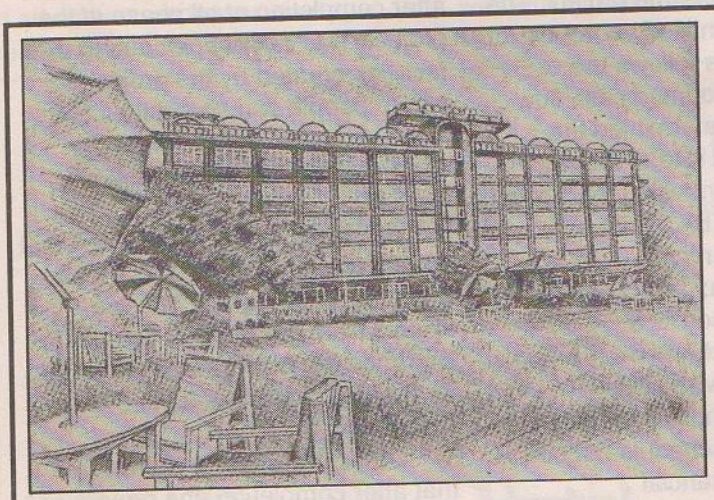
No other mountain range has posed greater challenges to human endeavour than the towering Himalayas. Ever since Mallory's laconic observation that he went after Everest because "It is there", the Himalayas have been stormed from every possible angle and in every conceivable manner. Nothing, it appeared, was left to accomplish, but four gutsy men of the Indian Army proved everybody wrong. An incredible feat of courage, determination and tenacity the expedition became the first humans to traverse the forbidding Himalyan range. As per the geologists, the Himalayan Range extend between the two loops of two mighty Himalayan rivers ie. Brahmaputra in the East (Namche Barwa Peak) and the Indus in the West (Nanga Parbat). The Trans Himalayn Expedition started its journey from Kapang La (Gelling) in Siang district of Arunachal Pradesh were Brahmaputra enters India. The expedition walked through the thick and inpenetrable jungles of Arunachal, crossed snow covered passes across Northern Bhutan. From Sikkim, it crossed through Rothong La (18000) on Singaha Range into Nepal to reach Gunsa, the last village in the North East Nepal. From here the expedition reached Makalu Base Camp and crossed three high passes i.e. Sherpani Col, West Co and Amphu Lapcha to reach Pheriche in Everest region. After visiting the Everest Base Camp and Kalapathar, the expedition made an alpine ascent of Island Peak (21,644) from Pheriche in three days. Thereafter, the expedition crossed into Gokyo valley through Labuche-La and came down to Namche Bazar for a well deserved rest and to re-organise to cross Tashi Lapcha into Gauri Shankar Himal region. After reaching the Tashi Lapcha Pass the expedition climbed Phapa Chamo Peak (21,600) and reached Barabisay.

After a brief visit of Kathmandu the expedition resumed its march from Barabisay and reached Gosaikunda, the religious place which has a group of 107 lakes above 13000 altitude. From there the expedition entered Rasuwa District and followed Bhurigandaki to reach Sama Gaon, the last village on Manaslu route. The expidition reached Larke, Danda (old trade route) and crossed Manang Bhot behind Manaslu Peak.

Manang is a very popular place for the tourist. The expedition crossed Throng-La into Muktinath II Jhomsom and had to stay for few days at Jhomsom. The expidition got a chance to know the local people. Though the people throughout Nepal were very simple, sincere, helpful and affectionate but the experience with locals at Jhomsom had left permanent mark of their affection and sincerity on the expedition team. At the time the Central and Eastern Nepal was popular with tourist and had tourism friendly atmosphere. There are dozens of challenging peaks and numerous enjoyable trekking routes with sufficient basic facilities provided by the locals en route. Since the expedition was not permitted to go through Mustang and Dolpo, they traversed through the lower route through Beni, Rukumkot, Jajarkot, Jumla, Humla and Rara lake to enter India from Darchula.

Promotion of Adventure Tourism in Western Nepal, which is equally beautiful and tourism friendly, will help the locals to have an alternative source of income. People in Western Nepal were also very simple, friendly and hospitable.

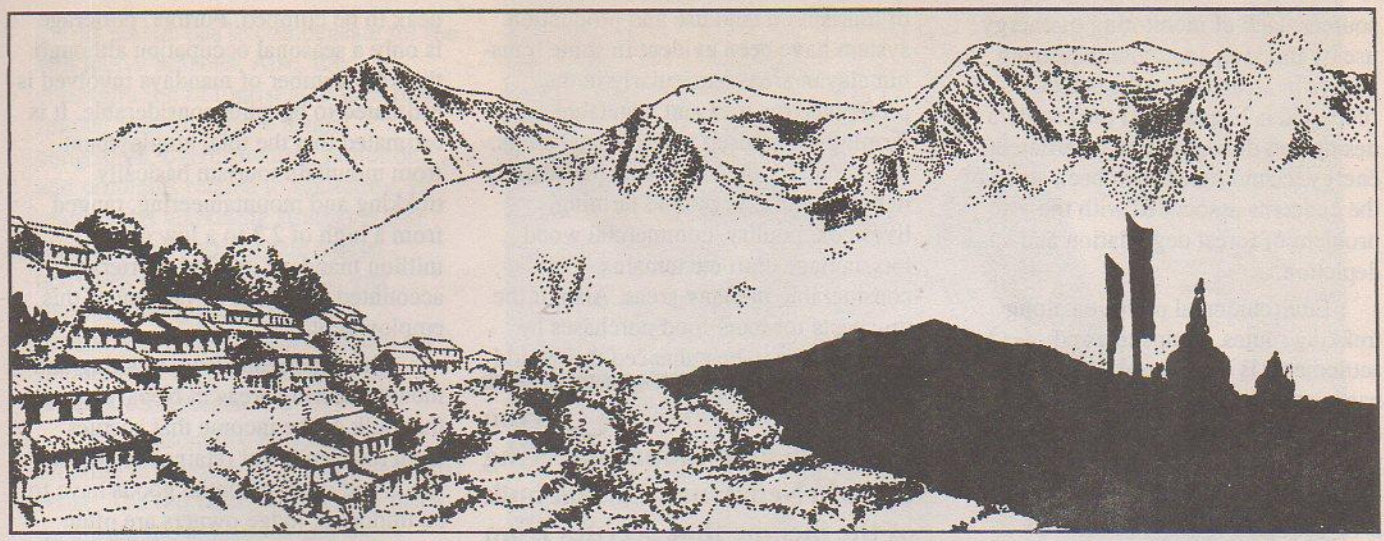
The expidition had to walk through two winters. After Dharchula they walked behind Nanda Devi peaks to reach Badrinath and crossed Mana Pass (20000) during December- January. They had a narrow escape when two of their members came under an avalanche while sking in Spiti valley of Himachal. They crossed Pirang La in February and reached Chumar, Pangong lake and Chushul in Ladakh. Finally the expidition reached their destination Karakoram Pass on 5th May 1982. The expidition had covered more than 8000 kms, walked on 24 glaciers, crossed altogether 48 passes, crossed half a dozen passes upto 20000 in winters), climbed two peaks en route and survived for so long in the wilderness.



hotel harati

60 WELL FURNISHED ROOMS WITH HOT & COLD SHOWER, WALL TO WALL CARPET, PABX TELEPHONE SYSTEM, AIR CON DI TIONER AND RESTAURANT TO ENJOY THE FINEST AND EXOTIC DELICACIES OF THE CECETIAL KINGDOM.

PO BOX: 289. IKHAPOKHARI. CHHETRAPATI. KATHMANDU. NEPAL
TEL: 226527, 212856. FAX: 977-1-221969, e-mail: hotel@harati.wlink.com.np.



Sustainability of Mountain Tourism in Nepal

Dr. Pitamber Sharma

Nepal received a little over 346,000 tourists in the fiscal year 1994/95. Of this bout 85,000 came for trekking and mountaineering. Foreign exchange earnings from tourism amounted to US$ 117.7 million. The contribution of tourism to the national GDP which was about 4 percent and represented 18 percent of the total foreign exchange earnings. However, as tourism emerges as a major economic sector in Nepal, the sustainability of tourism in general and mountain tourism in particular, is also being questioned. The purpose of this paper is to highlight some of the major issues that contribute to the unsustainability of mountain tourism in Nepal and indicate policy and programme directions that are warranted to steer mountain tourism towares a suitainable path.

Sustainable tourism has been perceived and interpreted in different ways. Improvement in the quality of life of the host population, a high quality experience for the visitor, and maintenance of the quality of environment have been considered as the three objectives of sustainability by the World Tourism Organization. Others consider the promotion of local economic development which conserve local natural, cultural and built resources as the key mechanism for the realization of sustaibable tourism. Concepts such as ecotourism, alternative tourism, green tourism, soft tourism etc are often used interchangeably with sustainable tourism.

In simple terms, if tourism contributes to the maintenance and enhancement of biological resources and their diversity, if it ensures the preservation of culture and values of people and strengthens scommunity identity, if the benefits of tourism are broadly shared and a wider participation in decision making related to development and the management of natural resources is promoted, if tourism enhances economically efficient positive backward and forward linkages among economic activities, if these economic activities relieve the pressure on fragile resources and contribute to the improvement in the quality of life of the population, and if resources are managed in ways which not only support present needs but can also support the needs and aspirations of future generations then the presumption is that tourism is on a sustainable path. Sustainability is therefore a process and not an end state.

Major Concerns

As mountain tourism has come of age in Nepal, so have problems. Unsustainability of mountain tourism in Nepal is related to six major concerns: (1) degradation of environmental resources and environmental pollution, (ii) lack of linkage of tourism with the local/regional production system (iii) very low retention of benefits in tourist areas and regions, (iv) high degree of seasonality, socio-cultural impacts resulting from tourism, and (vi) problem of policy and institutional development.

(i) Degradation of Environmental Resources and Environmental Pollution

Slope and elevation make mountains inherently unstable and prone to soil erosion, landslides and mass wasting. Most mountain areas in Nepal are under tremendous pressure due to the demand made on environmental resources by a growing population. Forest degradation and deforestation resulting from the increased demand for fuelwood and timber to cater for tourist needs; loss of bio-diversity in areas with endemic species of flora and fauna; pollution of rivers and water bodies; overburdening of the basic infrastructure and sanitation systems of destination settlements etc. are some of the obvious manifestations of environmental stress.

The contribution of tourism to deforestation and forest degradation has been widely reported. A 1987 estimate indicated that for Nepal as a whole tourism demand contributed only 0.14 percent to the total demand for fuelwood. But in areas such as the Everest region tourist demand was estimated to increase the local demand for fuelwood by an estimated 85 percent. The lack of alternative energy

sources, lack of monitoring of energy use by trekking and mountaineering parties in areas where the use of fuelwood is banned, and the problem of design and dissemination of efficient energy technologies ahve been some of the concerns associated with the problem of forest degradation and depletion.

Environmental pollution along trekking routes, campsites, and settlements is a universal problem. Is has been reported that in Nepal and average trekking rouup of 15 people generate about 15 kg of bio-nondegradable and non burnable garbage in about 10 trekking days. Littering and solid waste disposal problem has reached crisis proportions in certain areas. In the Everest region between 1979 and 1988 about 770 mt of garbage is reported to have been disposed by about 840 mountaineering teams. In higher altitudes where decomposition is a slow process and the assimilative capacity of the environment remains quite limited the problem is further exacerbated.

(ii) Lack of linkage with production System

The major activities induced through mountain tourism in the hills are petty trade, porterage, lodge keeping and catering for tourists. Productive activities linked with the agro-ecological resource base have rarely been induced through tourism.

Tourism has impacted on land use along trekking routes, particularly in and around destination settlements. The most obvious effect on land use and therefore on the production regime has been through conversion of forest land to agriculture; encroachment on public open space to build lodges, tea stalls etc; and the tendency to leave land fallow to rent as camping sites etc. Some have blamed tourism for the neglect of traditional resource management systems such as the management of upland pastures and livestock upkeep in the Rolwalling area in Nepal. Also, inspite of the employment created by tourism in certain pocket areas such as the Khumbu region in Nepal, the income generated is rarely invested in inducing local resource based productive activities in these areas. Positive effect of tourism on land use and production system have been evident in some trans-himalayan areas particularly in the preference for fruit and vegetable farming as opposed to traditional crops. The scope for developments particularly in horticulture, vegetable farming, livestock, poultry, commercial wood lots, cottage craft etc temains considerable in many areas. Also, if the prospects for local food purchases by tourists were to be enhanced this would further add to the strength of the local economies in favourable areas. The creation of positive production linkages has the potential of dampening the dependency syndrome often associated with tourism.

The experience from trekking and mountaineering areas in Nepal suggests that bulk of the income that accrues from tourism is not retained locally as foods and other essential goods have to be imported, lodge owners are often from outside the region, and income is remitted to family members living in urban areas. There are also considerable income leakages in the form of benefits to urban, large city based trekking and travel agencies, and in the form of royalties, taxes and fees of various kinds to the central government. Estimates for the Annapurna area in Nepal show that as much as 60 to 65 percent of the local tourist expenditure leaks out.

(iii) Lack of the Retention of Benefits from Tourism in Tourist Areas

The lack or very low level of the retention of income benefits from tourism has been a matter of serious concern in mountain tourism in Nepal. The employment effect in many areas is limited to porterage but often porters hail from areas far from tourist destinations. Most porters in mountaineering come from the Khumbu region irrespective of the location of the peak to be climbed. Further, porterage is only a seasonal occupation although the total number of mandays involved is estimated to be quite considerable. It is estimated that the total employment from mountain tourism basically trekking and mountaineering, ranged from a high of 2.3 to a low of 1.1 million mandays in 1994. Porterage accounted for about 21 percent of this employment.

The experience from trekking and mountaineering areas in Nepal suggests that bulk of the income that accrues from tourism is not retained locally as foods and other essential goods have to be imported, lodge owners are often from outside the region, and income is remitted to family members living in urban areas. There are also considerable income leakages in the form of benefits to urban, large city based trekking and travel agencies, and in the form of royalties, taxes and fees of various kinds to the central government. Estimates for the Annapurna area in Nepal show that as much as 60 to 65 percent of the local tourist expenditure leaks out.

Quite apart from the retention of income is the issue of distribution of that income among households. Tourism seems to have exacerbated the inequities in the distribution of income and wealth both among households and also between villages. Households with disposable assets for investment along the trekking routes are naturally better off than those without.

Inflation is a major problem along trekking routes and destinations. The poor and the disadvantaged who derive little benefit from tourism are often the ones hit hard by inflation.

(iv) High Degree of Seasonality

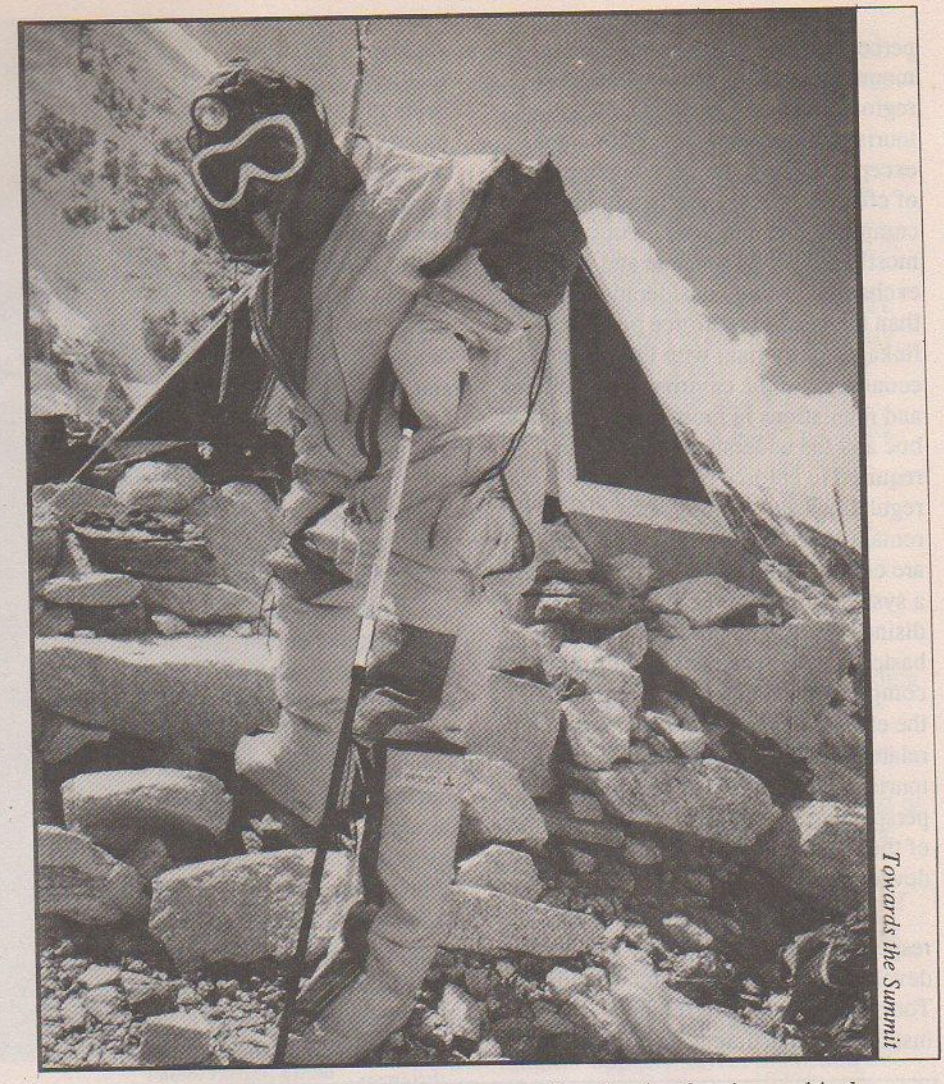
Tourism is a highly seasonal activity in Nepal. October through November and February through March are the two peak seasons for tourist arrivals. Almost 40 percent of trekkers and mountaineers come in the months of October-November. There are two, often conflicting, implications of seasonality. The obvious implication is that tourist related activities in these aareas come to a standstill during the slack season and tourist capacity remains unutilized. Since the income and employment is dependent on tourist flow, the incomes earned during the

tourist season has to compensate for the non tourist seasons. Also, the concentration of tourist activities in a limited time and space means congestion, overcrowding, pollution, and problems related to sanitation. In many areas marketing strategies and promotion of appropritate tourist activities are lacking in attracting tourists during the off-season. Seasonality factor makes it all the more important to link tourism to local production systems.

But seasonality may also be a blessing in disguise in an environmental sense. The tourist flow generally dries up during the monsoons and the environment gets a period of rest and regeneration precisely during the period when the ecological metabolism is at its peak. Also, monsoons signal the period of hectic agricultural activity on which much of the economic well being of the communities depends.

(v) Socio-cultural Impacts resulting from Tourism

Because tourism entails contact between people from different countries, regions, social systems and cultural practices it has the potential of bringing about changes in ideas, behaviour patterns, lifestyles, Social systems, institutions, values and norms, expectations and other manifestations of material and non-material culture of the host population. Decline in the support and participation in local cultural practices and institutions, commercialization of traditional religious and cultural practices, pollution of sacred places, introduction of alien architecture styles and building materials are some of the noted negative impact of tourism on society and culture. Awareness in the maintenance and upkeep of cultural and historic monuments, increased pride in one's cultural identity, and resurgence in the observation of some cultural festivals, like the Mani Rimdu in Khumbu, are some of the positive impacts. It remains difficult, however, to differentiate between the impact made by tourists and the impact resulting from increased incomes, increased exposure to the fast expanding worldwide communication network, for example, and of course the educational system.



Towards the Summit

The Khumbu area evidences the profound changes, both negative and positive, associated with tourism . Before the advent of tourism the Sherpas, a traditional Buddhist highlander society of pastoralists-cum-subsistence agriculturalists and traders traded in Tibetan salt and wool and grain across the high passes between Tibet and Nepal to supplement their meager income from agriculture. With increased earnings from tourism they have transformed themselves into modern, intelligent, widely travelled individuals endowed, according to one observer, not only with the skills of mountaineering but also with the art and science of running a tour and trekking business in a matter of decades. This change has ben accompanied, the critiques argue, by a decline in the number of Lamas entering the monasteries, decline in traditional craft and agricultural practices, and the absence of what used to be a vibrant family and cultural life of the Sherpas.

A major socio-cultural aspect of tourism that is often ignored is the impact of tourism on women. Among the Sherpas, for example, inspite of the relative prosperity that it has brought, the burden on women has increased as menfolk are away for most of the year in mountaineering expeditions or in urban areas like Kathmandu. In the Annapurna region in Nepal the overall impact appears to have been positive as it has incrased women's participation in direct income-earning activities that are less strenous than subsistence agriculture. Slowly the social and psychological barriers against women's participation in tourism activities are sgiving way to quiet acceptance in many tourist areas of Nepal.

(vi) Problem of Policy and Institutional Development

The fact that many of the above issues remain far sfrom adequately addressed in Nepal clearly demonstrates what might be termed a policy vacuum. At the policy level a number of issues stand out. There is no defined policy

perception on the role of tourism in mountain development in particular regional contexts, and the kind of tourism that is desirable. With a few exceptions there has been a general lack of effort in relating tourism to local community development. Policies are mostly guided by revenue and foreign exchange earning considerations rather than the need to reinforce positive linkages of tourism with the mountain economy and the environment. Policies and regulations in most cases remain ad hoc and the understanding/analysis required to enforce policies and regulations and monitor their efficacy remain absent. Most policies, further, are control oriented rather than based on a system of incentives and disincentives. The problem of policy basically appears to be one of limited comprehension of the ramifications of the environmental, economic and related issues emerging from mountain tourism, lack of a sectorally integrated perspective, and the lack of a perception of the desired objectives of tourism development.

A related policy vaccum is with respect to the institutions for the development and promotion of tourism. Tourism development requires institutions at different levels that are capable of promoting, marketing, facilitating, monitoring, regulating and orienting the impacts and effects of tourism in desirable directions. This requires that the role of the government, of non-governmental organizations, of community groups and of the private sector in translating the policies into actions through incentives and initiatives at each level be clearly defined so that an environment of trust and partnership can be built for the promotion of tourism in the mountains. The comparative advantage of each actor in the tourism policy-programme-implementation continuum with respect to defined tasks and objectives has therefore to be adequately appreciated.

The credit for the promotion and development of mountain tourism in Nepal goes almost solely to the private sector and naturally therefore it has been demand led. Many of the unsustainability issues in mountain tourism derive from instances of market failure in addressing key environmental and economic concerns of tourist areas. This is where the role of the government becomes crucial in laying the ground rules, and together with other actors, monitoring and facilitating the implementation of these ground rules for the promotion of tourism that benefits the nation and society at large.

Approaches to Sustainable Mountain Tourism in Nepal

Sustainable tourism in the mountains of Nepal should not be seen in isolation but has to be appreciated in the context of overall mountain development. This requires that tourism development has to be made relevant to the three cardinal concerns of mountain development in Nepal, namely, poverty alleviation, environmental care and regeneration, and empowerment of local communities. In this context areas that need priority attention in the formulation of policies and programmes for sustainable mountain tourism in Nepal may be noted as follows:

Long term policy perspective: Tourism development occurs within the policy framework provided by the state. A long term policy perspective regarding the role tourism is expected to play in the overall development process in the mountain and the type of tourism that may be desirable in particular mountain environments needs to be articulated. A long term perspective is needed because the benefits from tourism can be maximized only through a coordinated set of complementary sectoral investment policies.

Different types of tourism have

Fly The Friendly Sky

THE BEST OF

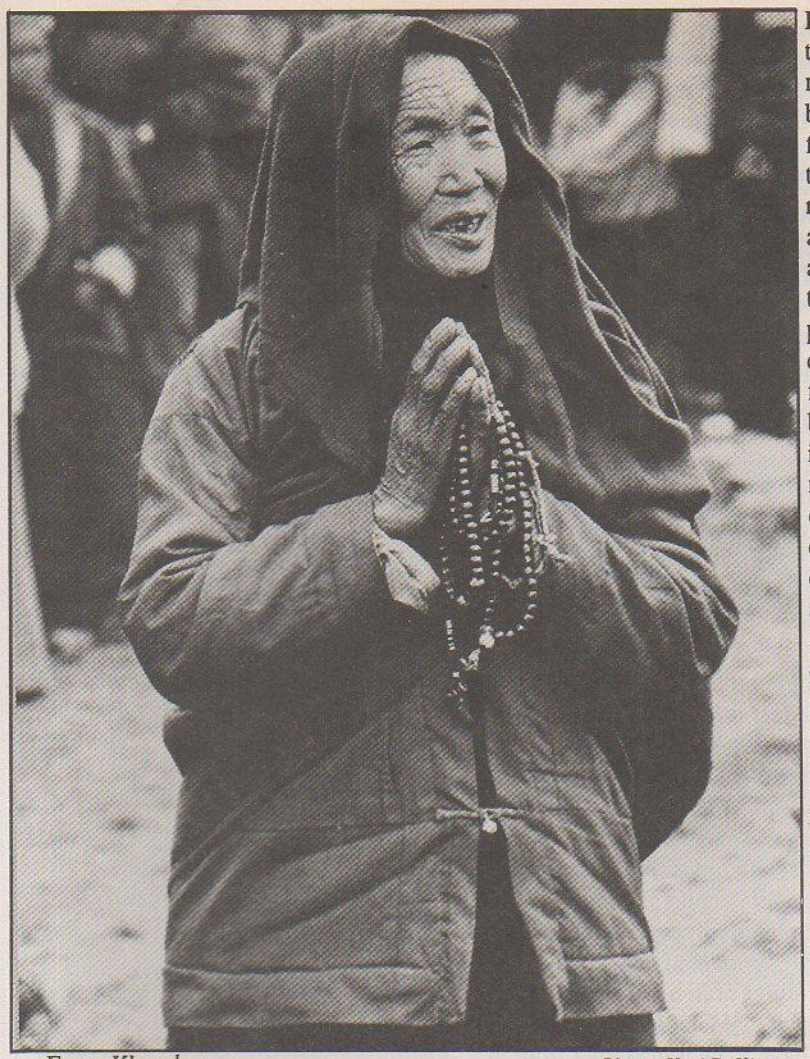


NEPAL

Nepal Airways takes you to every nook and corner of the Himalayan Kingdom of Nepal. Fly 44-seater BAE 2-B series AVRO, and 17 seater Y-12 with twin PT 6A-27 turboprop engines.

Nepal Airways

Head Office:
Hattisar, Kamalpokhari, Kathmandu
P.O.Box No: 8922 Tel: 412388, 410052
Fax: 977-1-420585
Tlx: 2256 HOKAT NP
email: market@nepalair.wlink.com.np



--- *From Khumbu* *Photo: Hari B. Kirant*

different kinds of requirements. Policies should allow for rational planning in accordance with a region's natural and human resources. Policies should provide clear guidelines with respect to monitoring and management of environmental as well as economic and cultural impacts. Experience suggests that the benefits of tourism do not automatically flow to desirable directions and that mechanisms need to be created to enable the poor and the disad-vantaged to benefit from tourism.

Tou-rism resource inventory and carrying capacity conside-ration: Information is the key to better planning. At present baseline information on most tourist destinations and routes and the inventory of tourism resources of the areas remain lacking. Most tourist areas are fragile and diverse with a wealth of often endemic floral and faunal species. There is no accounting or appreciation of the value of what is lost and what remains. In order to derive maximum benefits from tourism resources and to allow tourism product diversification baseline information on ecology, economy, social and cultural system etc. is required. This means that more emphasis needs to be placed on tourism related research. It is on this basis that tolerable limits of acceptable change, or environmental, economic and social carrying capacity considerations can be brought to bear in the planning and management of tourism. Such baseline information can also provide the basis for mobilizing NGOs, local community groups etc. in monitoring and dealing with the impacts and implications of mountain tourism. Carrying capacity considerations can warrant a search for types and forms of tourism that are soft on tourist resources of an area.

Integrated programme development: Tourism planning and development has to be conceived in the context of the overall development of areas. The linkages of major economic sectors in the mountains — agriculture, horticulture, forestry, energy etc.— with tourism has often been ignored resulting in problem of the lack of integration of tourism with local economy, low linkages and high leakages, problems of land use conflicts and so on. The demands of the tourism sector on other sectors and vice versa need to be better appreciated if tourism is to be developed in an integrated fashion.

Institutionalization of impact monitoring framework: The development and institutionalization of an environmental, economic and cultural impact monitoring framework related to tourism needs to be urgently developed. Such a framework has to provide the basis for assessing the impacts, and allow for better feedback and planning of activities and action projects to mitigate the adverse consequences. In Nepal, inspite of a plethora of anecdotal evidence, the understanding/analysis of environmental effects and impacts resulting from tourism remain very limited. Without a proper understanding and analysis, sustainable system of environmental pollution control, alternative energy, sanitation and building technology and a whole host of related issues cannot be developed or addressed.

Sustainable local institutions: If mountain tourism is to be a vehicle of local community development participatory institutions need to be nurtured at the local level that can monitor impacts, orient the benefits accruing from tourism to environmental regeneration and provision of basic services, and initiate requisite efforts to bring the poor, and the disadvantaged groups to benefit from tourism,. The experience in mountain development in various countries of the region shows that local receiving mechanisms need to be strengthened to benefit from the various kinds of support that the government may provide. Also mechanisms need to be developed and enforced for sharing tourism revenues with local bodies, community groups etc. for local level environmental , economic and community development work. Participatory local institutions could play a key role in the planning of tourism activities, in raising popular awareness among the host population and the tourists, in discouraging pollution, monitoring proper sanitation, encouraging and dissemination new energy and building technologies, in maintaining cultural integrity, and in advocating the cause of sustainable and

quality tourism.

Human resource development and training: The creation of skills locally to cater to tourist needs is an extremely important aspect of promoting tourism for local development. Impetus for local enterprise development and provision of quality services is essential for realizing the large revenue potential of mountain tourism. A well conceived human resource development strategy can also be a way of minimising the economic and social inequities that often accompany tourism development, and of ensuring the participation of the disadvantaged groups in tourism related activities.

Sustainable tourism in the mountains of Nepal should not be seen in isolation but has to be appreciated in the context of overall mountain development. This requires that tourism development has to be made relevant to the three cardinal concerns of mountain development in Nepal, namely, poverty alleviation, environmental care and regeneration, and empowerment of local communities.

Learning from Experience: Unlike many countries of the the Hindu Kush-Himalaya region Nepal has made innovative experiments in linking tourism with the twin aims of conservation and development, and in dealing with the environmental impacts of mountain tourism. The Annapurna Conservation Area Project (ACAP) in Nepal has shown that there are ways through which the dual aims of resource conservation and maximization of economic benefits of tourism to local communities can be simultaneously achieved. While meeting the needs of the local people, the ACAP seeks to conserve natural and cultural resources of the area, promote sustainable social and economic development, and develop tourism with minimum negative environmental impact. The ACAP philosophy has been to involve local people in all aspects of conservation and development including tourism so that the villagers are enable to improve their quality of life and to strengthen their cultural integrity. ACAP's activities are sustained among other sources by the entry fee levied on tourists who enter the ACAP area. While the Annapurna Conservation Area Programme remains to be comprehensively assessed, and its strengths and weaknesses evaluated, a number of relevant lessons can nonetheless be drawn for programme development in other tourist areas.

Another innovative exercise from which lessons can be learnt is the Sagarmatha Pollution Control Project. Supported by endowment from the World Wildlife Fund among others, the Project is run by local Sherpas and addresses issues of garbage disposal and sanitation. The problems as well as successes of the project can provide valuable pointers for the design of similar programmes elsewhere.Leasons also can be learnt from spontaneous changes that have resulted from the growth in tourism in areas such as the Jomsom-Marpha area in southern Mustang. Tourism here has induced a number of economic activities such as lodge and hotel keeping, farming of apples and other temperate fruits, fruit processing, commercial vegetable farming, cottage craft and mule transportation, the later because most of the goods have to be transported from Pokhara or Baglung, both hill towns quite some distance away. A number of factors have contributed to the "success" of Jomsom-Marpha including its peculiar ethnic blend, the extension support in temperate horticulture provided by the government, selective barrier to entry into the area created by formal and informal local institutional setups, thus effectively shielding the area from the influence of big business from outside and so on. The region elucidates the advantages that can be derived spontaneously from relative inaccessibility.

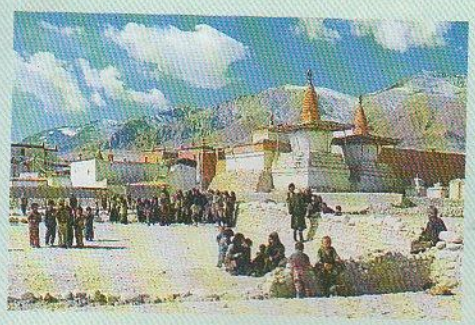
These and similar intitiatives can provide valuable lessons for the development and finetuning of policies and programmes in sustainable mountain tourism development.

**Dr. Sharma is Professor of Geography at Tribhuvan University and is currently associated with the International Centre for Integrated Mountain Development (ICIMOD)*

Acknowledgements

NMA family appreciates the kind support you have provided to make the ICM'97 a success. We sincerely thank you:

- Asian Trekking (P.) Ltd.
- Everest Trekking
- Himalayan Expeditions Inc.
- Hotel Harari
- Hotel Marsyangdi
- Hotel Shangri-la
- Hotel The Kantipur
- Hotel Yak & Yeti
- Nepal Airways
- Pabil Treks
- Rover Treks & Expeditions
- The Blue Star Hotel
- The Everest Hotel
- The Garden Hotel
- The Manang Hotel
- Wilderness Experience (P.) Ltd.

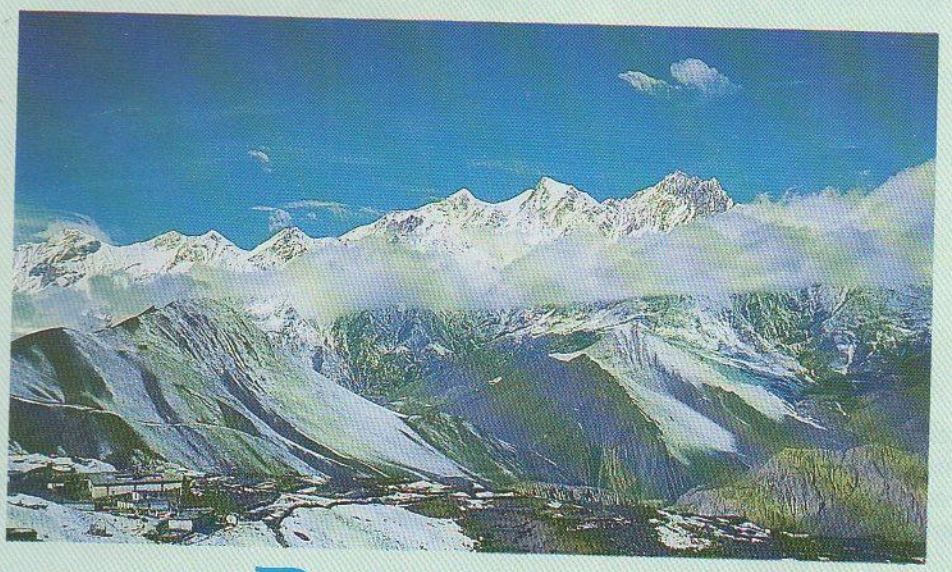


NEPAL

DISCOVER THE HIMALAYA

With

PABIL TREKS



Pabil Treks, one of Nepal's leading trekking organizations, invites you to discover the wonder and excitement of the Himalaya. Our trekking, expedition, and travel services, combined with traditional Sherpa hospitality and professional service over 20 years experience, guarantee that your journey to Nepal will be the experience of a lifetime.



Pabil Treks is a full-service organization that can assist you with all your travel needs in the Himalayan region. In addition to the treks we've described, we can arrange **specialized Himalayan treks** in any location for any size group throughout the year. You can also count on us for planning **mountaineering expeditions, tours, rafting and jungle safari adventures, transportation, and lodging**. You'll find our rates for sightseeing tours and accommodation to be highly competitive. And if a visit to **Tibet, Bhutan,** or **Sikkim** is what you're looking for, let us know. We are the Himalayan experts !



For Further details, please contact:

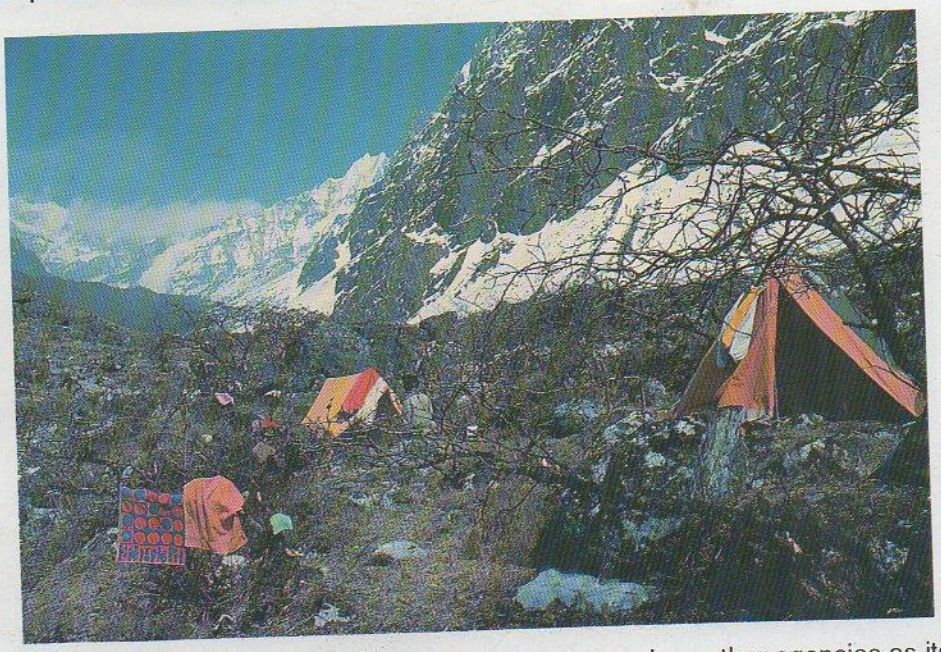
PABIL TREKS (P) LTD.

P.O.Box 2607, Kamal Pokhari, Kathmandu, Nepal

Tel: 977-1-418532, Telex: 2747 PABIL NP, Fax: 977-1-419692

WE SERVE YOU WITH A SMILE

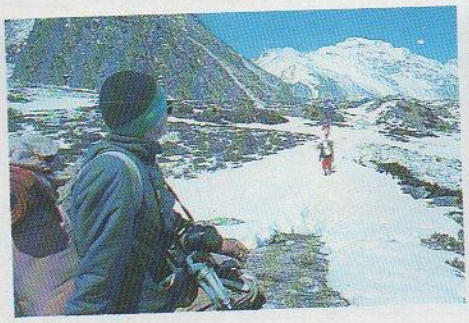
ASIAN TREKKING, a leading company, has been organizing excellent treks and adventurous expeditions for the last 20 years. It is the only **Sales Agent** in Nepal officially appointed by the **China Tibet Mountaineering Association (CTMA)** to organize expeditions into Tibet.



In order to offer its clients wide range of services, Asian Trekking runs various other agencies as its sister concern. There is Asian Airlines Helicopter for convenient flight connection in and out of the mountain, **Asian Adventure Travel & Tours** to ensure rewarding holiday tours both domestic and international, **Hotel Gourishanker** for comfortable accommodation in Kathmandu, and Rapid Action Nepal, a river outfitter- for exciting white water river rafting.

Asian Trekking has now started a project of Comfortable Resort Lodges in the Himalayas making accommodation in them suitable for our clients. The **Himalayan Chain Resort Lodges** are situated along the most popular trekking route in Khumbu (Phaplu, Lukla, Phakding, Namchebazaar and Khumjung).







Wouldn't you want to see your dreams turn into reality ? Please dial our numbers. We are just a phone call away from you.

ASIAN TREKKING [P] LTD.

P.O.Box 3022, Tridevi Marga Thamel, Kathmandu, Nepal, TLX: 2703 ARNIKO NP
E-mail add:thukten@asianadv.mos.com.np Phone: 415506 & 424249 Fax: 00977-1-411878