Nepal Parbat



Vol. 10, No. 14, May 2009



II International Sagarmatha Day

May 29, 2009

NEPAL MOUNTAINEERING ASSOCIATION



Heartiest salutations to

Sir Edmund Hillary

and

Tenzing Norgay Sherpa

on the occasion of

2nd International Sagarmatha Day,

May 29, 2009.

NEPAL MOUNTAINEERING ASSOCIATION

FOREWORD



Nepal Mountaineering Association (NMA) established on Thursday, 1 November 1973 is a non-governmental, non-profit and non-political organization working as a national alpine association of Nepal. NMA works to promote mountain tourism, climbing sports, protect mountain environment and preserve and promote the cultural heritage of the mountain people. It is the only national alpine club authorized to issue climbing permits for the 33 mountain peaks of Nepal. The income generated from issuing permit is utilized to manage the International Mountain Museum in Pokhara and International Mountaineers Memorial Park in Kakani along with conducting mountaineering training and welfare activities. Likewise, the Golden Jubilee Celebration programs carried out on the occasion of completion of first ascent of the peaks above 8000m have been taken as landmark promotional programs by NMA. From its establishment NMA has not only been engaged in the mountaineering training, welfare and promotion but has also supported overall development of the tourism sector of Nepal.

Despite of its more than three decades of existence, of late, questions have been raised about the proper functioning of NMA. In past, the association has not been able to address some important issues raised by the entire tourism industry. Concerns have been raised regarding distribution and proper utility of funds, current general member distribution system, voting rights for the trekking agencies etc. Timely changes in the current statute in order to address the voiced issues remain as one of the most important tasks ahead. In order to solve several issues raised, the Central Ad-hoc Committee of 21 members was formed on 9 July 2008 under the convenership of Mr. Ang Tshering Sherpa, the then President of NMA. Later, on 17 September 2008 Ministry of Tourism and Civil Aviation intervened dissolving the previous committees and forming a new taskforce under the convenership of Mr. Krishna Prasad Gnawali, Under Secretary, Ministry of Tourism and Civil Aviation with an authority to conduct all the activities governed by its statute. The taskforce was also instructed to conduct election and hand over management to the newly elected executive board within six months. The ministry then replaced Mr. Gnawali with Mr. Surendra Prasad Sapkota as convener for the taskforce on 30 Nov 2008. Time period given for the taskforce expired on 13 March 2009 and the ministry extended it for another six months. More recently, from 27 March 2009, I have been assigned the responsibility to serve NMA as convener of the taskforce. The other members of the taskforce and its working area remain the same.

The present team at NMA has been trying hard to overcome the challenges in making NMA one of the most active and leading alpine clubs of the world. The present taskforce priority is to conduct elections and hand over management to the newly elected executive board at the earliest. The new task force, as per its statute, conducted two training programs in association with Nepal National Mountain Guide Association and Nepal Mountaineering Instructors' Association. During this transitional period, issuance of permits, refund of garbage deposit and other daily activities of NMA have been given continuity, thanks to the dedicated efforts of all the staff at NMA. Giving continuity to its endeavor of disseminating latest information about Nepal Himalayas, we are pleased to release this years' issue of Nepal Parbat and extend our best wishes on the occasion of 2nd INTERNATIONAL SAGARMATHA (EVEREST) DAY - MAY 29, 2009.

I highly appreciate 'Nepal Parbat' team for their vigorous efforts to publish this highly informative and quality journal.

Finally, we at NMA would like to reassure national and international mountaineering community and all our well-wishers about our everlasting commitment to work towards the betterment of mountaineering fraternity.

R. K. Aryal

Ranjan Krishna Aryal
Convener
Nepal Mountaineering Association Taskforce
Date: 29 May 2009

A JOURNAL OF NEPAL MOUNTAINEERING ASSOCIATION

NEPAL PARBAT

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ADVENTURE HERO
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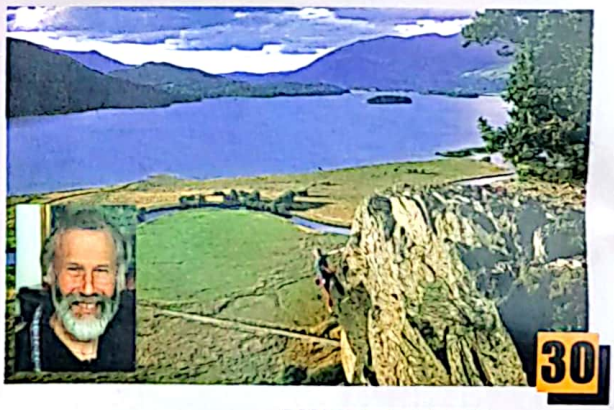


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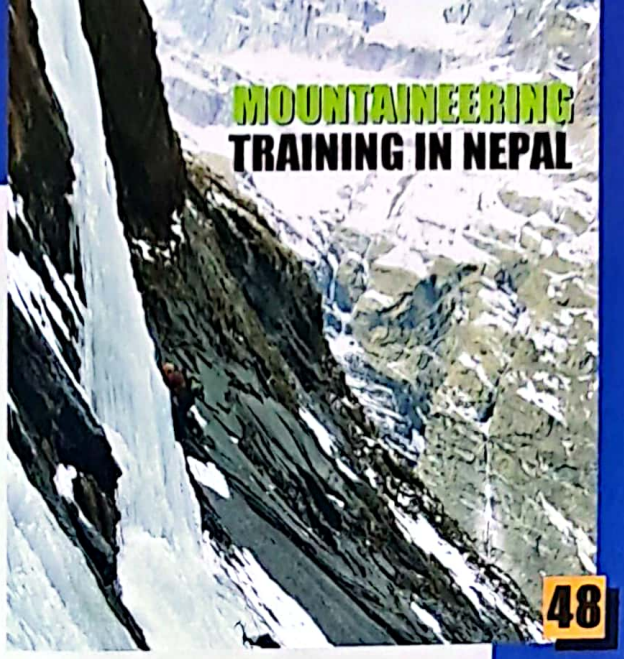
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EDITORIAL

Photo: Da Gombu Sherpa

NEPAL PARBAT

...Keep Climbing!

It gives us great pleasure to be back amidst our well wishers and readers after a gap of two years. The last issue in 2006 was to mark the golden jubilee celebrations of Mt. Manaslu and Mt. Lhotse. Many events has occurred in Nepal and in mountaineering sector since then. The major one is the beginning of celebrating May 29 as the 'INTERNATIONAL SAGARMATHA DAY' from 2008 onwards jointly by the private and public sector. The day noted in the history for the first successful ascent of Mt. Everest (8848m), the highest peak on earth, by Sir Edmund Hillary and Tenzing Norgay Sherpa brought instant limelight to the country Nepal. Realizing the importance of the day different tourism-related organizations and associations, including the Nepal Tourism Board (NTB), Nepal Mountaineering Association (NMA), Nepal Association of Tour and Travel Agents (NATTA), Nepal Association of Tour Operators (NATO), Hotel Association Nepal (HAN), Trekking Agencies' Association of Nepal (TAAN), Rafting Agents' Association of Nepal (NARA) and Pacific Asia Travel Association (PATA) have taken the initiative to highlight the Sagarmatha Day as an annual event. The II INTERNATIONAL SAGARMATHA DAY- May 29, 2009 will be celebrated with great enthusiasm and fan fare not only in Nepal but also as a Nepal Festival in various countries like Denmark, Malaysia and Australia.

In last two years, as has been in the past, mountaineers from across the globe have chosen Nepal to realize their dream of climbing the highest mountains in the world. As per latest available data, altogether 162 expedition teams were granted permits for climbing in 2007 of which 86 teams were successful. A total of 1128 mountaineers visited the country in 2007. The highlights from past includes – first Nepali mountain guide to successfully complete prestigious UIAGM-IFMGA guide course, success of First Inclusive Women Sagarmatha Expedition 2008, grand success of XIV Asian Mountain Bike Championships in Kathmandu in November 2008, Apa's record 19th Everest summit with anti climate change message in spring 2009 and Sherap Jangbu completing eight highest Nepali 8000m peaks taking his successful ascent tally to 12 out of 14 highest peaks in the world among several others. There have been continuous efforts from NMA, NMIA, and NNMGA to enhance the quality of mountaineering training in Nepal. Also the success and continuity of events as Kathmandu International Mountain Film Festival, Tenzing -Hillary Everest Marathon, Everest Sky Dive etc. is helping to establish Nepal as one of the most happening destinations.

Giving continuity to its endeavor to bring time relevant issues and information related to mountaineering, the present issue of Nepal Parbat brings to you wide range of articles including interviews with legendary personalities, young heroes and opinion makers. It is hoped that the stories on biodiversity conservation, global warming and climate change will be able to sensitize the masses on these global environmental issues. Every effort has been made to present authentic and up-to-date information. We will be glad to receive valuable feedback and critical review of the efforts.

Meanwhile Nepal Mountaineering Association (NMA) established on 1 November, 1973, has entered into thirty six years of its existence. During this period the association has worked relentlessly for the betterment and promotion of mountain tourism in Nepal. Lot of changes has taken place in last three decades. A new wave of transformation is knocking the doors. At these testing times a judicious and respectable use of knowledge and experiences of the past along with today's energy and enthusiasm will surely pave the way for addressing present day challenges. A new beginning awaits NMA to make it one of the leading alpine associations in the world. Having its own share of success and achievements a lot needs to be done in the days to come. We all have our own set of challenges to overcome. In a sense all individuals reach various summits of life in their own way through their indomitable spirit and courage. Keep that spirit flowing in you, keep enjoying Nepal Parbat, keep Climbing.....!

NEPAL FACTSHEET



Continent	:	Asia
Official Name	:	Federal Democratic Republic of Nepal
Capital	:	Kathmandu
Location	:	Situated between India in the south, east and west and Tibetan Autonomous Region of the People 's Republic of China in the north.
	a.	Latitude : 26° 22' 30 27' North
	b.	Longitude : 80° 4' and 88° 12' East
Size	a.	Area: 147,181 sq km
	b.	Length: 885 km (East to west)
	c.	Width: Non-uniform, mean width of 193 km (North to South)
Population	According to census of 2001	
	a. Male	11563921 49.96 percent
	b. Female	11587502 50.04 percent
	Total	23151423 100.00 percent
Population Growth Rate	:	2.2 percent
Life Expectancy of Birth in 2001	:	59.7 years
People	:	2001 census has recognized 103 distinct caste and 93 spoken languages
Religion	:	Hindu 80.62 percent
		Buddhist 10.74 percent
		Islam 4.20 Percent
		Kirat 3.60 Percent
		Christian 0.45 percent
		Sikha 0.03 percent
		Jain 0.02 percent
		Other 0.37 percent
		Total 100.00 percent

Literacy Rate	:	a. Male : 65.08 percent
		b. Female : 42.49 percent
		Total : 52.74 percent
Terrain	:	Tarai or flat river plain of the Ganges in south, central hill region, rugged Himalayas in north
National Flag	:	
National Emblem	:	
National Flower	:	Rhododendrom- Arboreum (Lali Gurans)
National Animal	:	Cow
National Bird	:	Impean Pheasant (Danfe)
Time Zone	:	5 hours 45 minutes ahead of GMT
Unit of Currency	:	Nepali Rupees (Approximately US$ 1 equals Rs 79.00 in May 2009)
Administrative Divisions:		: 5 development regions, 14 zones, and 75 district development committees, 58 municipalities, 3,913 village development committees, and 36,023 ward committees.
Weather	:	Nepal has four major seasons, namely:
	a.	Winter: December- February
	b.	Spring : March- May
	c.	Summer: June- August
	d.	Autumn: September – November
Nepal can be visited round the year.		
Entry procedures	:	A visa is required to enter Nepal except for Indian nationals. One can get a visa at the Nepalese Embassy or Consulate or at the Tribhuvan International Airport in Kathmandu.

Nepal: A Brief History: Nepal is one of the youngest republic nations in the world. Shah dynasty ruled over the country until recently. Prithvi Narayan Shah unified the nation in 1768. During Shah dynasty's rule in 1846 a sepoy leader Jung Bahadur Rana rose to power starting a hereditary Prime Ministership leading to 104 years long Rana regime. The Ranas maintained good relations with the British and extended support to them against the Sepoy Rebellion and during both World Wars. In 1923, the United Kingdom and Nepal formally signed an agreement of friendship, in which Nepal's independence was recognized by the UK.

Rana hegemony came to an end in 1951 following pro-democracy movement from the political parties. However, in 1959 king Mahendra seized absolute power and started a "partyless" Panchayat system. More struggle continued in favor of democracy. The 1990 People's movement brought in constitutional reforms and established a multiparty parliament.

In 1996, the Communist Party of Nepal (Maoist) started vouching for a people's socialist republic. The following armed conflict left more than 12000 dead over a course of a decade. Fate of monarchy underwent serious incident on June 1, 2001. 17 members of the royal family including the entire family of the reigning king were killed. The royal massacre report said that Crown Price Dipendra, agitated over refusal of his choice of wife, went on killing his family members and later the same evening committed suicide. King Birendra's brother Gyanendra inherited the throne thereafter. On February 1, 2005, King Gyanendra sacked the government and assumed full executive powers. A broad alliance against the royal takeover, called the Seven Party Alliance (SPA), came up after the Maoists declared a three-month unilateral ceasefire in September 2005. In December SPA and the Maoists signed 12-point understanding. SPA called for a 4-day nationwide general strike against the royal takeover starting April 5, 2006. The strike with overwhelming support of the general public evolved into April movement. On April 21, King Gyanendra made a compromising call on SPA to nominate a new Prime Minister. The parties put forward three demands the next day -reinstitution of the old parliament; formation of an all-party government; and elections to a Constituent Assembly.

An Interim Parliament was formed on January 15, 2007 after the SPA signed Comprehensive Peace Agreement with the CPN-Maoists. In April 2006, Girija Prasad Koirala was nominated the Prime Minister through political consensus. Nepal was declared a Federal Republic under a 23 point agreement signed by the SPA and the Maoists on Dec 23, 2007. According to the agreement the declaration would be confirmed by a simple majority at the first meeting of the Constituent Assembly. Constituent Assembly election was held on April 10, 2008 and a Maoist-led coalition government was formed. The first President of Nepal, Dr. Ram Baran Yadav was sworn in on 23 July, 2008 whereas Puspa Kamal Dahal, Prachanda became the first Prime Minister of Federal Democratic Republic of Nepal. The bill of December 2007 came into force on May 28, 2008 as the constituent assembly meeting overwhelmingly voted for it. In May recently Madhav Kumar Nepal succeeded Prachanda as prime minister.

Tourism in Nepal: Nepal has always allured visitors by its unparallel natural beauty and rich cultural heritage. Located in South Asia, Nepal- a land locked country has Tibet- China to its North and India to its East, West and South as immediate neighbors. Nepal has always remained a sovereign state throughout its history. The country opened its doors to the foreigners in 1949 when Himalayan mountaineering expeditions were allowed for the first time from Nepal. The successful ascent of Annapurna I (8091m) by Maurice Herzog and Louis Lachenal in 1950 and later the successful ascent of Mt. Everest (8848m) the highest peak on earth by Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953 gave Nepal instant publicity across the world. The period 1950-1960 is termed as golden era of climbing in Himalayas when all the highest 8000 meter peaks were climbed. The account of the early mountaineers and explorers caught world attention and soon tourism started flourishing in Nepal. Initially it was the trekkers who followed the trails pioneered by the early mountaineers. Later fascinated by the accounts of great cultural and geographical diversity people with varied interest started making Nepal as their choice for a holiday destination. Highest mountains in the world, thundering Himalayan rivers, green valleys, mid hills and terai plains makes Nepal one of the most bio-diversity rich countries in the world. 19.70% of the total area of the country Nepal is covered by protected areas that include nine national parks, three wildlife reserves, one hunting reserve and three conservation areas and eleven buffer zones. Among these Sagarmatha National Park in Himalayas and Chitwan National Park in Terai are the world heritage areas. Kathmandu Valley (with 7 world heritage sites), Lumbini – birth place of Lord Buddha, Pokhara – the lake city and Chitwan National Park are the popular tourist places among several others. Nepal is fast emerging as a great holiday destination. The warm hospitality of the Nepalese people has drawn praises from visitors across the globe. A total of 5,26,705 tourists visited Nepal during 2007 representing an increase of 37.2% over the previous year. Tourist arrivals to Nepal for 2007 were largely from Asia (57.8%), Western Europe (26.7%), North America (7.1%), Eastern Europe (3.2%), Australia and Pacific (2.8%), South and Central America (1.2%) and from Africa (0.3%). The highest number of arrivals is from India comprising 18.2% of the total. Average length of stay was recorded to be 11.96 days. The gross foreign exchange earnings from tourism in 2007 stood at USD 230.6 million, which represented an increase of 41.7% over 2006.

With new tourism policy recently launched, Nepal is all set to offer the visitors wide range of activities and experiences in different parts of the country assuring safety and quality.



Photo: Da Gombu Sherpa

NEPAL HIMALAYAS

A GEOGRAPHICAL PERSPECTIVE

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General Secretary- Nepal Geographical Society, Kathmandu, Nepal

"In a hundred ages of the gods I could not tell thee of the glories of the Himalayas..."

-Skanda Puran

Introduction

Mountains are faulted or folded strata of elevated landforms with steepness of slope and enormous environmental contrasts, within a relatively short distance. They are considerably higher than their surroundings and are of greater altitude than a hill. They provide diversity of landscape, climate, flora and fauna

and give the opportunity to feel the vividness of the nature. They offer enchanting scenic beauty, inspiration, are symbols of peace and strength for mankind, and stand like barometers for measuring the change of natural and cultural landscape. Therefore, mountains are regarded as an abode for gods, objects of worship. Mountains are also ideal for natural laboratories for research and are a place to communicate with the nature. Lord Krishna has clearly expressed that "I am the Meru (*Sumeru*) mountains" (Geeta/10/23). The peak of Mount Meru is considered the centre of the universe.

The name Himalaya Mountain is based on the Sanskrit words for snow (*Hima)* and abode *(alaya)*: thus the name refers to "the abode of snow". Perpetual covering of ice and snow -the abode of snow- is what gives the mountains their majestic beauty. Hence, mountains have attracted men since antiquity. Mountaineers consider mountains pious and worship with prayer flags , piling stones at a vista they have reached after a steep climb, along the mountain trail (Saw 1872).

The high number of mountaineers in the fragile Himalayan ecosystem and geology of the mountains exemplify both worst and best case scenarios in mountain tourism. The worst case scenario is shown in the overcrowding of the people, noise, pollution, and other negative effects that occur in the rare space of fragile mountain environment. The best case scenarios is related to the commercial interest and economic benefits to Nepal and mutual understanding between the host Sherpas and guests mountaineers, the business promoters and originating place of the mountaineering expeditions. This article begins with the introduction of the mountains and brief light on mountain building theories. Then, it seeks to appraise the mountains of Nepal in the global perspective. The study uses the information collected from published and un-published secondary sources and perception based on principles of eco-tourism.

Landscape

Relief, geology, climate and vegetation are the distinct criterion to distinguish the vertical scale of (high, medium & low) the mountains. Rugged and elevated landscape of high local relief, alpine climatic zone extended above the regional timber line is the general hint that helps to define the grade/ scale of the mountains. High mountains rise above the Pleistocene snow line with mountain glaciers and display the action of frost heaving and soliflucation (Price 1981:5). By mode of origin, mountains are volcanic, folded-faulted and combination of all these factors. However, the major mountain chains of the globe were formed due to breaking, folding-faulting and crumpling of pre-existing rock strata into features of high relief (Price 1981:48). Depending upon the rock structure and the building process, mountains are of different forms. Some mountains are solitary peaks, some are joined together to form a line or series, called a range, and when the ranges are grouped together they form a chain. The Andes (7,200km), The Rockies (4,800km), and the Himalayas (2400km) stretch as the largest mountain ranges of the world.

There are different beliefs and theories (folding-faulting, crumping, volcanic) reflexive to the origin of mountains. However, they have changed a great deal through time. The recent *Plate Tectonic* theory believes that earth's crust is divided into several rigid plates moving in different direction. Where the plates are pulling apart, new molten volcanic materials from the depth fills the void created by their separation. Where the collided plates come together, the continental rocks are often squeezed and buckled into mountains. The undergoing destruction eventually descends under the other plate, and is absorbed back inside the earth's mantle.

In a geological sense, the Himalaya Mountains have not always existed. In fact, compared to many mountains of the world, they are quite young. Out of different mountains of the globe, the Himalaya originated as a result of continent-continent collision between India and Asia (Dewey and Bird 1970, Powell and Conagan 1973). The collision took place before 55-40 million years (Searle et el. 1987, Dewey et al. 1989). Penetration of India under Asia (Kakakoram-Tibet) produced crustal shortening and slicing of the northern margin of the Indian continent into slivers along three principal thrust: the Main Central Thrust (MCT), the Main Boundary Thrust (MBT), and the Main (Himalayan) Frontal Thrust (MFT) or Himalayan Frontal Thrust (Thakur 2001:3). The continental slivers were stretched one over the other, propagating southward and building the architecture of the Himalaya. The Higher Himalayan zone is composed of 15020 kilometers of thick slab of crystalline rocks comprising metamorphic like gneiss, schist, quartzite, marble, and amphibolites, together with granites (Pecher 1989). The rocks of Proteruzoic age (1800 – 2000 million years old) were buried at mid crustal level at a depth of 15-20 kilometers.

The geo-ecological zone of folded-faulted mountain of Himalaya known as the Hindakush Himalaya Range extends over 2400 kilometer between Brahmaputra River in the East and Indus River in the West. The mountain peak of Namcha Brawa (7,755m) in Tibet Autonomous Region of China in the East, Sagarmatha (8848m) of Nepal Himalaya in the Centre and Nanga Parbat (8125m) of Pakistan Himalaya in the West, are its highest points.

Till date, 23 Himalayan peaks have been identified higher than 8000 m above the sea level. All of these mountain peaks fall in the Himalayas. Of the 23 peaks 17 are housed at Nepal Himalaya followed by 5 in Pakistan Himalaya and 1 in Great Himalaya of China (Table 1). Including Sagarmatha, 9 peaks higher than 8000 meter are located at Mahalangur system and Khumbu sub-system of Nepal Himalaya.

TABLE 1.HIGHEST MOUNTAIN PEAKS OF THE WORLD

S.N.	Peak Name	Height (m)	Longitude	Latitude	Country/	System/subsystem
1	Sagarmatha	8848	86°55'36"	27°57'42"	Nepal Himalaya	Mahalangur/Khumbu
2	K2 (Mt.14)	8767	76°32'00"	35°30'00"	Pakistan Gt.Karakoram	Baltro Mustagh
3	Kanchenjunga Main	8586	88° 09' 00"	27° 42' 09"	Nepal Himalaya	Kanchenjunga/Khumbhakarna
4	Lhotse	8516	86°56'11"	27°57'42"	Nepal Himalaya	Mahalangur/Khumbu
5	Yalungkang	8505	88°03'33"	27°42'09"	Nepal Himalaya	Kanchenjunga/Khumbhakarna
6	Mt. Makalu	8485	87° 05'17"	27°53'25"	Nepal Himalaya	Mahalungur/ Makalu
7	Kanchenjunga South	8476	88° 09'22"	27°41'32"	Nepal Himalaya	Kanchenjunga/Khumbhakarna
8	Un-named Peak	8473	88°09' 08"	27°41'52"	Nepal Himalaya	Kanchenjunga/Khumbhakarna
9	Lhotse Middle	8410	86°56'38"	27°57'38"	Nepal Himalaya	Mahalungur/Khumbu
10	Lhotse Shar	8382	86°56'43"	27°57'29"	Nepal Himalaya	Mahalungur/Khumbu
11	Un-named Peak	8275	86°56'05"	27°57'56"	Nepal Himalaya	Mahalungur/Khumbu
12	Cho Oyu	8201	86°39'47"	28°05'38"	Nepal Himalaya	Mahalungur/Khumbu
13	Dhaulagiri	8167	83°29'43"	28°41'45"	Nepal Himalaya	Dhaulagiri/Mukut
14	Manasalu	8163	84°33'24"	28°33'17"	Nepal Himalaya	Manasalu/Mansiri
15	Nanga Parbat	8125	94°20'00"	26°00'00"	Pakistan Himalaya	-
16	Ananpurna I	8091	83°49'20"	28°35'45"	Nepal Himalaya	Annapurna
17	Un-named	8106	86°39'56"	28°05'56"	Nepal Himalaya	Mahalungur/Khumbu
18	Gasherbrum I	8086	—	—	Pakistan Gt.Karakordam	Baltro Mustagh
19	Broad Peak	8047	—	—	Pakistan Gt.Karakoram	Baltro Mustagh
20	Gasherbrum II	8035	—	—	Pakistan Gt. Karakoram	Baltro Mustagh
21	Un-named	8040	86°39'42"	28°05'14"	Nepal Himalaya	Mahalungur/Khumbu
22	Un-named	8025	86°53'54"	27°50'46"	Nepal Himalaya	Mahalungur/Khumbu
23	Shisha Pangma	8013	—	—	China Himalaya	China Himalaya

Nepal Himalayas

Nepal is a landlocked mountainous country whose identity is deeply enshrined in the mountains. Out of the total area (147181 km^2) 45.7 per cent is covered by high Himalayan Mountains and 26.3 percent by hills (LRMP 1986). Yadu Nath Khanal in 1968 regarding the Himalayan Mountains of Nepal writes:

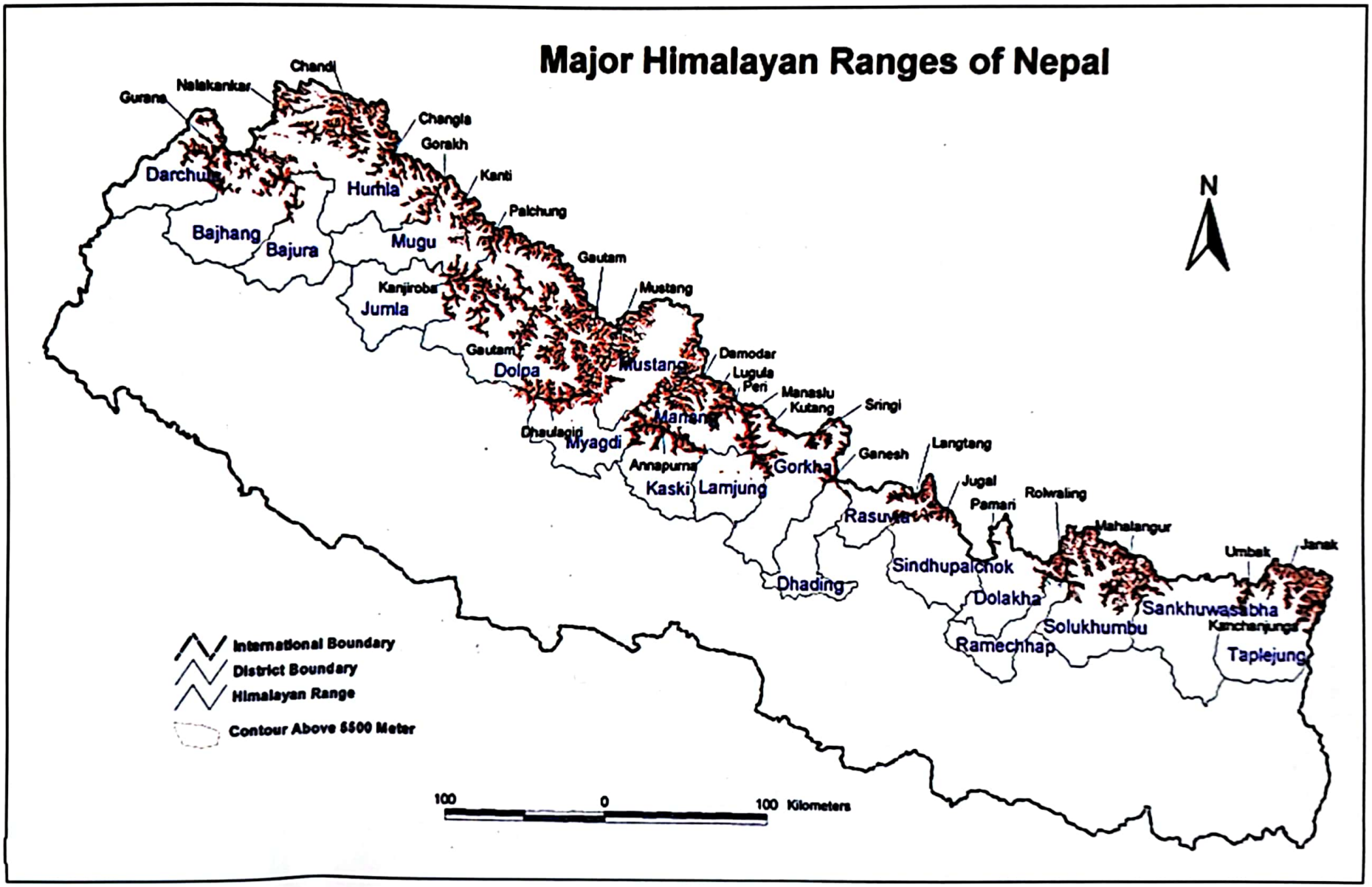
"Though silent, mountains are the most eloquent of our spokesmen in so far they create world-wide interest in us, generate goodwill for us and introduce us vividly to the world community. Himalaya sustains us and inspires us in different ways. The endurance of Nepalese Sherpas is well-known all the world over. If our people in the hill play and work in the lap of these mountains, our people in the Terai, derive their spiritual cultural sustenance from them" (Gurung 1968: Foreword).

Nepal Himalaya almost at the Central location of Hindu Kush Himalaya covers a third (850kms) of its length. It stretches in 28 different main ranges (system) and their sub-systems. Of the 28 main ranges only seven ranges have identical sub-ranges (Table 2).

TABLE 2. MAIN AND SUBSIDIARY RANGES OF NEPAL HIMALAYA MOUNTAINS

S.N.	Main Range	Subsidiary Range	Extension Limit
1.	Kanchenjunga	I. Singalila	E= Sikkim Border; W= Tamur River; N= Jongsang La; S= Singalila Range
		ii. Kumbhakarna	
		iii. Annidesa	
2.	Janak (Jhingsang)	i. Jorkiu	E= Jongsang La W= Kangla; N=Tibet; S=Tamur River
		ii. Sharpu	
3.	Umbak	(no subsidiary range)	E= Kang La W= Rakha La; N=Tibet; S=Lumba Sumba Himal
4.	Mahalangur	i. Makalu	E= Popti La; W= Nangpa La; N=Tibet; S=Hongku Himal
		ii. Barun	
		iii. Khumbu	
5.	Rolwaling	(no subsidiary range)	E= Nangpa La; W= Tama Koshi River; N=Tibet; S= Number Himal
6.	Pamari	(no subsidiary range)	E= Tama Koshi River; W= Sun Koshi River; N=Tibet; S= Kalinchok Ridge
7.	Jugal	i. Yangri	E= Sun Koshi River; W= Langtang Glacier & Risum Himal; N=Tibet; S= Gosainkunda Lekh
		ii. Dorle	
8.	Langtang	(no subsidiary range)	E= Risum Himal; W= Trishuli & Bhote Koshi River:; N=Tibet; S= L:angtang Valley
9.	Ganesh	(no subsidiary range)	E= Bhote Koshi; W= Shyar Khola; N=Yamju Pass; S=Panchsae Khola
10.	Sringi (Serang)	(no subsidiary range)	E= Thaple La & Yanju Pass; W= Tom Khola & Budhi Gandaki; N=Tibet; S= Shyar Khola
11.	Kutang	(no subsidiary range)	E= Tom Khola; W= Gya La; N=Tibet; S=Budhi Gandaki
12.	Manasalu (Mansiri)	(no subsidiary range)	E= Budhi Gandaki; W= Marsyangdi River; N=Larke La; S=Rupina La
13.	Peri	(no subsidiary range)	E= Gya La; W= Hulung Khaola; N=Tibet; S=Dudh Khola & Marsyangdi
14.	Lugula	(no subsidiary range)	E= Hulung Khola; W= Bhrikuti Himal; N=Tibet; S= Marsyangdi River
15.	Damodar	(no subsidiary range)	E= Bhrikuti Himal; W= Kali Gandaki; N=Tibet; S= Parchekya La
16.	Nilgiri	(no subsidiary range)	E= Tilicho Peak; W= Kali gandaki; N=Thorung La; S= Mirsti Khola
17.	Annapurna	(no subsidiary range)	E= Marsyangdi River; W= Mirsti Khola; N=Marsyangdi River (Manang); S= Mardi Himal
18.	Dhaulagiri	i. Mukut	E= Kali Gandaki; W= Bheri River; N= Barbing Khola and Dhapa Pass; S= Jirbang
		ii. Dolpo	
		iii. Gurja	
19.	Mustang	(no subsidiary range)	E= Parchekya La; W= Sana La; N= Tibet; S= Sangda La
20.	Gautam	(no subsidiary range)	E= Sana La; W= Laru La; N= Tibet ; S= Langu Khola
21.	Palchung Hamga	(no subsidiary range)	E= Laru La; W= Peak 6236 m; N= Tibet; S= Langu Khola
22.	Kanjiroba	i. Jagdula	E= Phoksumdo Tso & Suli Gad River; W= Chaudabise Khola; N= Langu Khola; S= Thuli Bheri River
		ii. Patrasi	
23.	Kanti	(no subsidiary range)	E= Peak 6236 m; W= Namja La; N= Tibet; S= Langu nad Mugu Khola
24.	Gorakh	(no subsidiary range)	E= Namja La; W= Peak 6198m; N= Tibet; S= Humla Patan
25.	Changla	(no subsidiary range)	E= Peak 6198m; W= Chang La; N= Tibet; S= Humla Karnali
26.	Chandi	(no subsidiary range)	E= Chang La; W= Lapche La; N= Tibet; S= Humla Karnali River
27.	Nalakankar	(no subsidiary range)	E= lapche La; W= Tibet; N= Tibet; S= Humla Karnali River
28	Gurans	i. Saipal	E= Humla Karnali River; W= India; N= Tibet; S= Surma Sarovar
		ii. Yoka Pahar	
		iii. Lipu Lekh	

Source: Gurung, H. and Shrestha R. K.1994. Nepal Himalaya Inventory. Kathmandu:HMG/Ministry of Tourism and Civil Aviation.


Major Himalayan Ranges of Nepal
N
Chandi
Nalakankar
Gurans
Changla
Gorakh
Kanti
Darchula
Hurhla
Palchung
Bajhang
Bajura
Mugu
Gautam
Kanjiroba
Mustang
Jumla
Gautam
Damodar
Dolpa
Mustang
Lugula
Peri
Manaslu
Kutang
Sringi
Manang
Dhaulagiri
Myagdi
Ganesh
Langtang
Annapurna
Gorkha
Jugal
Kaski
Lamjung
Rolwaling
Pamari
Rasuwa
Mahalangur
Umbak
Janak
Sindhupalchok
Dhading
Dolakha
Sankhuwasabha
Solukhumbu
Kanchanjunga
Ramechhap
Taplejung
International Boundary
District Boundary
Himalayan Range
Contour Above 5500 Meter
100
0
100 Kilometers

These Himalayan ranges house 1792 Himalaya peaks higher than 5500 meter asl. Out of the 23 Himalayan peaks of the globe exceeding 8000m, 17 are in Nepal Himalaya. Including *"Sagarmatha"* 10 peaks higher than 8000m asl. are on Mahalungur range followed by 4 in Kanchenjungha and one each in Manasalu, Annapurna and Dhaulagiri. The number of peaks identified above 5500m is highest (310) in Mahalangur and lowest (3) in Lugula Himalaya Range. Janak, Rolwaling, Damodar, Dhaulagiri and Gurans Himalya Ranges have more than one hundred peaks above 5500 meter (CDG.T.U. 2000).

The profusion of (28) mountain ranges, their peaks and pinnacles spread at continuous chain from East to West of the country. Out of 1792 peaks higher than 5500m of Nepal Himalaya the highest concentration is in Eastern Development Region (39%) followed by Western Development Region (26.6 %), Mid-western Development Region (20.2 %), Central Development Region and the least in Far-western Development region (Table 3 and Figure 1).

TABLE 3. NUMBER OF PEAKS IN NEPAL HIMALAYA BY RANGE

S.N.	Range	Total Peaks > 5500m	Peaks> 8000m	Peaks5500-8000m	Peaks >5500m but height un-identified
1	Kanchenjunga	71	4	66	1
2	Janak (Jhingsang)	130	-	130	-
3	Umbak	40	-	40	-
4	Mahalangur	320	10	293	17
5	Rolwaling	138	-	103	35
6	Pumori	27	-	27	-
7	Jugal	62	-	62	-
8	Langtang	15	-	15	-
9	Ganesh	43	-	43	-
10	Sringi (Serang)	9	-	9	-
11	Kutang	4	-	4	-
12	Manasalu (Mansiri)	40	1	28	11
13	Peri	72	-	34	38
14	Lugula	3	-	3	-
15	Damodar	101	-	100	1
16	Nilgiri	5	-	5	-
17	Annapurna	42	1	41	-
18	Dhaulagiri	108	1	105	2
19	Mustang	92	-	86	6
20	Gautam	96	-	82	14
21	Palchung Hangma	13	-	9	4
22	Kangiroba	80	-	80	-
23	Kanti	42	-	16	26
24	Gorakh	22	-	14	8
25	Changla	36	-	25	11
26	Chandi	67	-	66	1
27	Nalakankar	6	-	6	-
28	Gurans	108	-	96	12

Source: CDG, T.U. 2000. *Inventory of Himalayan Peaks.* Unpublished Project Report Submmitted to Ministry of Tourism & Civil Aviation, Industrial Branch, Kathmandu.

Discovery of the Highest Peak of the Globe

Col. Crawford in 1810, on a visit to Kathmandu, tried to measure the height of Sagarmatha by means of vertical angle. However, up to 1950, Nandadevi (25,650 ft) had been the highest summit of the globe that was actually observed, but that year calculations showed that Dhaulagiri (26,800 ft) was higher. Nevertheless, it was assumed that Kanchenjunga, visible as a prominent peak from Darjeeling, was the highest, and Sagarmatha was hidden" (Lippan 1982:368).

After four decades since Crawfor's visit, Sagarmatha was formally discovered by Survey of India when a trigonometrical survey was carried in 1849-51 from India. It was named in Roman figure as peak XV. The survey conducted from six stations located at the distance of about 180 kilometers and an elevation of 70 meters above the mean sea level, determined the height of peak XV (Sagarmatha) as 29002 ft or 8840m (Gulatte 1954:4).



The survey numbered other peaks of Nepal Himalaya as Peak XI for Kanchenjunga, Peak XIII for Makalu, Peak XXX for Manasalu and Peak XXXIX for Annapurna and Dhaulagiri as XLII. Similarly, Cho Oyu was named as T45 at the beginning and later revised as M1, and Lhotse E1. These two mountains were not considered in the group of highest mountains in the initial calculation. Therefore, the names of these mountains were re-assigned and differs than that of other mountains.

During 1880-83 and 1902, further surveys of the mountain were performed from Darjeeling, India, at a distance of 148 kilometers. This survey recorded 8,882m height of the peak XV. Despite more (+ 42m) difference to the earlier observation, this value (8,882m) was considered as the real height of the peak XV, until 1952. During 1952-1954 India again carried out the survey of Nepal Himalaya from Nepalese territory from a place located at the distance of 48-78 kms and elevation of 2634 – 5000 meters. These observations for the first time were performed from Nepal. It recorded the height of Sagarmatha (29,028 ft) 8848m, 26ft higher than that was recorded in 1849-51, from Indian Territory.

Similarly, the measurement of the world's highest peak was carried out from Chinese part in 1975 with the help of trigonometrical survey from nine points in Tibet (Chen and Gun 1980:4). Out of these nine points, one was linked to the Chinese Geodetic height network. This survey determined the height of Sagarmatha to be 8,848.13 meters with snow thickness of 0.92 meters, above the Yellow Sea level. Then only Nepal and the rest of the world confirmed the height of the world's highest peak "Sagarmatha" 8848m as authentic and official.

Several other surveys- Wallerstein in 1987; Deio Ardito in 1987; Washburn in 1984, 1992, 1997, 1999; Bilham in 1991; and Athams in 1999- were carried out to further confirm the height of Sagarmatha. All these surveys reported increase of about two meter height (Beinet et al 1992:10, Shrestha 2000:5). But, Beinat, Marchesini and Poretti reported that the height of Sagarmatha had decreased by about two meters. They write "The thickness of the snow was measured with a sounding rod to be 2.5555m. The height above the rock results consequently 8,846.10 meters". But, the then HMG Nepal, Ministry of Land Reform and Management, the line Ministry of Survey Department, through a press release on December 1999 denied the change of height of Sagarmatha and re-confirmed the height 8,848m as declared in 1955. Since the issue of change of height (increase or decrease) of Sagarmatha has been raised publicly, concerned Departments of HMG, NGOs, INGOs, Nepal Geographical Society and Nepal Mountaineering Association need to work in co-ordination and investigate the present height and reveal it to the public officially.

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Sir Edmund Hillary

The Man We Love, Loved the Mountains and Its People

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Born on 20th July 1919 in Auckland, New Zealand, Sir Edmund Hillary in his early childhood used to read books and daydream of a life filled with adventure. Hillary was educated at Tuakau Primary School and then Auckland Grammar School. He studied mathematics and science at The University of Auckland. At the age of 16 Hillary got interested in climbing during one of the school trips to the mountains in New Zealand. In 1939 Hillary completed his first major climb, reaching the summit of Mount Ollivier, near Mt. Cook in the Southern Alps. Hillary got into beekeeping, a summer occupation that allowed him to pursue climbing in the winter. The explorer in him kept looking for opportunities to go to far away places and open up new vistas.

In 1951, Hillary became part of a British reconnaissance expedition led by Eric Shipton to Mt.Everest, which has been a great challenge to mountaineers across the globe. In 1952, Hillary and his friend George Lowe were invited by the Joint Himalayan Committee for the approved British Everest Expedition 1953 and soon both were part of the expedition. Eric Shipton was named as leader but was later replaced by Major John Hunt. Hillary was intending to climb with Lowe but Hunt named two teams for the final assault: Tom Bourdillon and Charles Evans; and Hillary and Tenzing. Hillary established a working friendship with Tenzing and the rest is history. They reached summit of Everest 29,028 ft (8,848 m), the highest point on earth, at 11:30 am on May 29, 1953.. As Hillary put it, "A few more whacks of the ice axe in the firm snow, and we stood on top."

The news of the successful expedition reached Britain on the day of the coronation of Queen Elizabeth II and the international acclaim followed soon. Hillary and Tenzing became a world-wide celebrity. Later, Hillary climbed ten other peaks in the Himalayas on further visits in 1956 and during 1960–61, and 1963–65. He is also the first person to reach South Pole, North Pole and Mt. Everest (Also called as the third pole on earth).

Hillary kept returning to Nepal Himalayas after the successful ascent of 1953 for research and expeditions. It is during these times he got the opportunity to feel the life and difficulties of Sherpa people who accompanied him in all his climbs in the Himalayas. During one of his famous expedition in search of Yeti,- a Abominable Snow Man in 1960 across the mountain pass Tashi Lapcha, Sir Edmund Hillary asked to head Sherpa Urken "If there is anything I can do for the Sherpa people, what do you think that would be?" The Sherpa friend did not wait for his answer and immediately replied, "Burra Sahib (Big Sahib), our children have eyes but they are blind and can not see. Therefore, we want you to open their eyes by building a school in our village of Khumjung." These few lines from Urken gave a new meaning and direction to the life of Sir Edmund Hillary. There onwards he devoted much of his life to helping the Sherpa people of Nepal. He immediately started raising funds, got pre-fabricated aluminum structure from Calcutta Aluminum Association and built the first school in Khumjung village in 1961. The start of the school in Khumjung in Everest region has sown the seed of the work of Himalayan Trust – a small aid organization initiated by Sir Edmund Hillary. Later in 1963, Himalayan Trust was officially registered in New Zealand. Today the trust runs 27 schools and supports all together more than 60 schools in the Everest region.



Photo Courtesy: Himalayan Trust

Apart from education, superstition among locals and lack of health facilities for Sherpas were the major concerns for Sir Edmund Hillary. He arranged volunteer doctors from New Zealand to support Kunde Hospital which was built in 1966 in Everest region. Kunde hospital in the Everest region is directly managed and operated by the Himalayan Trust with funding from Sir Edmund Hillary Foundation, Canada. It provides free health services to all Nepalese but nominal fees are charged to foreigners. The health of the local people has been significantly improved through the health care programme of the hospital for tuberculosis control, immunization of TB, measles, tetanus, polio diphtheria, family planning and nutrition.

Realizing the hardships and time loss in bringing aid material to Khumbu region, Sir Edmund Hillary initiated efforts for construction of Lukla airfield in 1960's and soon the Everest region was connected by air opening multiple avenues for the local development especially tourism.



Later Sir Hillary started working for establishment of Phaplu Hospital in Salleri the head quarter of Solukhumbu district. Despite the tragic death of his wife Louise and daughter Belinda in a plane crash near Kathmandu while they were on their way to meet Hillary in Phaplu in1975, Hillary gave continuity to his work and the hospital was ready to serve people in the same year. The hospital was managed and operated by the Trust until 1984 and then handed over to the government of Nepal. Now it has become the Solukhumbu District Hospital. Today the Himalayan Trust also manages more than a dozen health clinics in the peripherial villages under the supervision of Kunde Hospital.



Photo Courtesy: Himalayan Trust

In 1970's the increase in tourism activities which was leading to fast depletion of forests in Everest region alarmed Sir Edmund Hillary and he started efforts to make people aware about environmental threats. Being highly respected by the Sherpas he very effectively played the role of bridging gaps between local community and Government of Nepal for the establishment of Sagarmatha National Park, which came into existence in 1976. The Himalayan Trust has been supporting the region with reforestation programme. So far 2 million saplings have been planted by the trust with support of local people and park authorities, making the area much greener. Sir Edmund Hillary was very much concerned about the growing impact of tourism on local Sherpa culture. Though he desired better education and exposure to outside world for Sherpa people, he also wanted them to be rooted with their soil and traditional culture. For this he even made some of the early graduates from Himalayan Trusts School to serve the region and school for some time before leaving for further learning. He did all this with the sole objective of benefiting local communities in Everest region. Sir Hillary was equally concerned about the preservation of sacred sites in Khumbu region. He took big efforts in collecting funds for the rebuilding of Thyangboche Monastery which was destroyed in 1989 due to fire. Himalayan Trust has supported to rebuild and renovate dozens of local important monasteries, Chortens (pagodas) and prayer wheels. Besides contributing for education, health, reforestation and cultural preservation the Himalayan Trust initiated by Sir Edmund Hillary provides relief support to local community in case of natural calamities and by building trails and local bridges. The works initiated by Sir Edmund Hillary has played most crucial role in transforming the lives of the locals of Khumbu.

To mark the occasion of the 50th anniversary of the first successful ascent of Mt.Everest and in recognition to his contribution to the Nepalese society, the Nepalese Government conferred honorary citizenship upon Sir Edmund Hillary at a special Golden Jubilee celebration in Kathmandu in 2003. He was the first foreign national to receive such an honour from the Nepalese government. Simplicity was the credo of life of Sir Edmund Hillary who never sought, nor particularly enjoyed, adulation. He used to tell that the most important things to him is not the ascent of Mt. Everest, nor stepping on North or South Poles but having got the opportunity to contribute for betterment of his Sherpa friends in Khumbu.

The great explorer, mountaineer, author and friend of Nepal breathed his last on January 11, 2008 at Auckland, New Zealand at the age of 88 years. Sir Hillary's love for Nepal is a never ending affair. In one of his sayings he remarked that the true respect to him would be giving continuity to the works of Himalayan trust which started working in early 1960's. The man we love truly loved the mountains and its people forever.



Photo Courtesy: Pemba Gyalje Sherpa

INTERVIEW

ADVENTURE HERO

PEMBA GYALJE SHERPA

Share his experience & beliefs with
Asheesh Sharma and Pratap Raj Onta for Nepal Parbat



MAJOR SUMMITS:

Everest	6 times
Cho-Oyu	3 times
K2	1 time
Mount Blanc	3 times

My heart couldn't accept leaving the needy climbers in distress. It would have been a life-time pain for me had I left them that way.

Excerpts:

How did you get into mountaineering? What motivated you?

I belong to a Sherpa family. I was born in Pankhongma, Juving-8 , which is situated at an altitude of 3000 m and falls in major tourist area of Solukhumbhu. I got the opportunity to study in primary school established by Himalayan Trust where I heard about adventures of Sir Edmund Hillary from foreign volunteers who visited our school. Sir Edmund Hillary often used to visited the place. My family members and villagers are involved in trekking profession. Most tourists coming to the region are climbers. I didn't initially plan to become a climber. I came to Kathmandu and got engaged into trekking as a support staff. This provided me the opportunity to understand mountaineering which made me go for the extreme adventure.

It sounds the environment of your native village influenced you and you started with trekking? When did you get the first taste of climbing?

It was in 1992 when I was actively involved with people going for trekking peaks. I got the opportunity to join Canadian expedition to Mt. Pumori as a base camp kitchen boy. I was able to observe climbing activities of the team closely and wanted to climb myself. But I thought that I should first get trained properly. Hence I went for Basic Mountaineering Course conducted by NMA in 1994.

I slowly upgraded my skill through various courses and simultaneously progressed to high altitude climbing. I started getting involved in 6000 m peaks every season. Though I got opportunity for 8000m peak early, my priority was to do an advance mountaineering course, which I did in 1997. My first 8000m peak was Cho-Oyu in 1998.

You have been involved in trekking and mountaineering for the last 15 years. How much satisfaction has it given you ?

For me it has been a profession for last 10 years and I am 100% satisfied with it.

You have recently received the 'Adventure of the year (Heroism)' Award 2008 from National Geographic Society/Adventure magazine for showing extraordinary courage during the 2008 K2 disaster. Could you kindly recall the incident for us?

K2 is a mountain for professional climbers, not for commercial expeditions. I had long desire to climb K2 and experience the Karakoram mountains. I joined the summer

2008 expedition which later turned out to be one of the most tragic times for mountaineering world. A massive serac fall and avalanche claimed 11 lives. Climbers were trapped in danger zone at 26000 feet, they were alive and were in need of rescue. But rescue was really difficult in that situation. The accident site was extremely dangerous and there were not enough manpower to carry out rescue of that nature. The tragic incident of Everest disaster in 1996 also made many feel that climbers were becoming more self-centered. I had always wanted to convey the right message. As a climber and instructor I am always alert about the importance of rescue and safety. My heart couldn't accept leaving the needy climbers in distress. It would have been a life-time pain for me had I left them that way. I decided to try my level best, I took the risk, fortunately, luck favored me as well. Finally I was able to save two lives at 26000 feet in the most extreme condition.

How do you see the present condition of mountaineering in Nepal? Any thing that you may like to highlight.

I have been actively involved in mountaineering since 1998, climbed Everest and Cho-Oyu several times and have been guiding on trekking peaks for 10 years, I have been to European Alps thrice for training. In the last decade I got the opportunity to interact with climbers from all over the world. After observing climbing this closely, I still feel that climbers in our part of the globe i.e. Nepal, India, Pakistan and Bhutan native climbers need more skills. In last 50 years there have been many changes but we haven't been able to make it systematic in keeping pace with the international scenario.



You have been a mountaineering instructor for a long time. What would you like to say about mountaineering training in Nepal?

I feel good training is very essential for generating quality manpower for any sector. Mountain training in Nepal was started only in 1979 by NMA in cooperation with Slovenian Guide Association. Since 1982, higher level training started with French support. At present mountaineering training is highly limited and is conducted by three institutions namely NMA, NMIA and NNMGA lately. Despite all the efforts, there is still shortage of skilled manpower. There have not been sufficient efforts from the state for training and skill development. In a country where three or four mountaineering schools of international standards should have been operating by now, not a single one has been established by the state yet.

What can be done for the betterment of the mountaineering sector?

Our country provides one of the best playgrounds with enormous opportunities for adventure sports. We have not been able to capitalize on our potential. The state should give due priority to mountaineering sector. Government rules and regulations needs to be streamlined and made favorable. Adventure sports infrastructure need to be built, new areas have to be explored. Now it's time that state, concerned agencies, all adventure tour operators and professionals work actively and closely to explore the possibilities and work systematically to address these issues.

Global warming and climate change have become today's major concerns. In your opinion how can we minimize environmental impacts in Himalayas?

Global warming has surely affected Himalayas. In earlier days there was lack of proper rules and regulations both at national and international levels. Later environmental guidelines were introduced and codes became stricter. Our national government also started taking note of these developments and brought in regulations. However, only rules and regulations cannot bring positive results. Trekkers, climbers, tourism entrepreneurs and especially people involved in this field need to be sensitized about the environment and code of conduct. We can save our mountain environment only by creating awareness among all concerned people.

Besides climbing, what are your plans for the future?

I feel there should be quality manpower produced in Nepal at par with international standards. If time and circumstances permit my plan is to contribute in establishment of a mountaineering institute of international repute to produce quality manpower for the mountaineering sector. Further I would like to contribute in promotion and development of healthy mountaineering activities in Nepal.

CLIMATE *change*

AND ITS IMPLICATIONS FOR HUMAN HEALTH IN THE HIMALAYA

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Some scientists are predicting the melting of glaciers, a major source of fresh water resources which feed into the rivers of the Himalayan region, due to changes in climate.

Climate change and its effects on our environment are normally the territory of environmental researchers and climatic modellers. Recently other sectors too, like the health sector, have shown concern. To date, little information has been published on the possible health effects of global climate change in mountain regions. The increasing temperatures and changing precipitation patterns projected are likely to influence the region's ecosystems and human populations profoundly.

Our constantly changing climate

Since the Little Ice Age period, which peaked in the mid-late 19th century, global temperatures have risen at the rate of about 1 °C because of both natural and anthropogenic causes. According to the Intergovernmental Panel on Climate Change (IPCC),the increase in global temperatures will continue during the 21st century as a result of greenhouse gas emissions. For South Asia, an above average increase is predicted. On the Indian sub-continent temperatures could rise between 3.5 and 5.5 °C by 2100.An even greater increase is assumed for the Tibetan Plateau. The anticipated effect on the environment and people 's livelihoods in the

Himalayan region could be substantial. The changes will certainly be complex and to date they are not fully understood. Therefore, there is an urgent need to study implications of climate and environmental change on people 's livelihoods in the Himalaya. It is clear that the changes foreseen will affect the provision of Himalayan water resources.

The increase in annual mean temperatures will not cause the biggest problems for plants, animals, and human beings. Climate change is not just about averages, it is also a matter of extremes. Climate change is likely to affect minimum and maximum temperatures and trigger more extreme rainfall events and storms. For the Indian sub-continent, less rainfall in winter and increased precipitation in the summer monsoon are predicted; and in 2050 decreases in winter precipitation by 10-20%and by 30%for the summer have been projected. This means that we can expect an increase in droughts in winter and in floods in the summer monsoon.

In high altitude areas, an increased annual average temperature will cause thawing of perennial snow and ice. In the short term, this may lead to an increase in annual discharge in rivers, since a great proportion of river water comes from snow and ice. However, in the long run the annual discharge may decrease and the discharge in dry season decline, further limiting water supplies for communities downstream.

Several scenarios for climate change have been predicted for the Himalaya, but speculation is hazardous. Climate changes will interact with changes in plant communities and habitat. Changes in land use and vegetation are, and will be, a blend of ongoing natural and anthropogenic mechanisms. These changes in climate, vegetation, and land use in the region will have impacts on humans and their health.

Flash floods

Flash floods are events triggered by extreme rainfall, glacial lake outbursts (GLOFs), or the failure of dams caused by landslides or human activities. Thousands of people as well as crucial infrastructure are at risk annually. Flash floods cause severe physical injuries, sometimes death. Vulnerable groups – the poor, women, and children – are often hit hardest. It is, to a great extent, communities in rural areas that suffer from floods, and distances to hospitals are considerable, aggravating the damage to humans.

Mountain communities struck by flash floods often face severe damage to property. Agricultural fields, livestock, and houses are swept away or damaged, leaving many villagers without sources of income. If land is washed away, many are unable to find the resources to replace it. Hence, they can be left without assets and may even become internally displaced people causing socioeconomic stress or health problems; although these negative effects on human health from disasters are seldom highlighted.

The increased precipitation predicted during summer monsoon for the Indian sub-continent is likely to increase the frequency and magnitude of extreme rainfall events, in turn implying a possible increase in severe flash floods. In addition climatic warming in the region will cause glacial meltdown, increasing pressure on moraine ridges damming highly elevated pro-glacial lakes, hence increasing the risk of GLOF events.

Water quality, water availability, and climate change

Today poor water quality kills more people than any other single factor.Worldwide,1.5 million people die every year from water-borne diseases.
In Nepal, it is estimated that 28,000 people, mainly children under 5 die annually from such diseases, e.g., diarrhoea, subsequent dehydration, and eventually death. That is a mortality rate of three persons per hour! In the Himalayan region, poor water quality is mainly related to lack of sanitation facilities and lack of awareness of the importance of proper hygiene in relation to water supply and sanitation. In rural areas defecation is commonly in the open, inevitably leading to contamination of water by pathogens. This vicious circle can only be broken by safe sanitation practises, preferably by introducing ecological sanitation and education about hygiene.

The problem of water quality may be exacerbated by climate change. The possible increase in differences between wet and dry seasons may imply wetter wet seasons and drier dry seasons. Already access to safe water is limited throughout the Himalaya. If dry seasons become even drier, this problem will grow, as it will increase pressure on existing water resources and force people to use water of poor quality: decreased access to water means being less able to maintain reasonable hygienic standards. As a result, the risk of water-borne diseases will increase.

Other impacts on human health from climate change

Floods, access to safe water, and their impacts on human health are important areas in ICIMOD's mandate. However, there are other aspects to climate change in relation to health. One aspect is thermal stress and heat waves. Once temperatures increase beyond the comfort range of human

Changes in climate, vegetation, and land use in the region will have impacts on human health.



In arid Afghanistan nomadic herders face prospects of flash floods from erratic changes in climate.

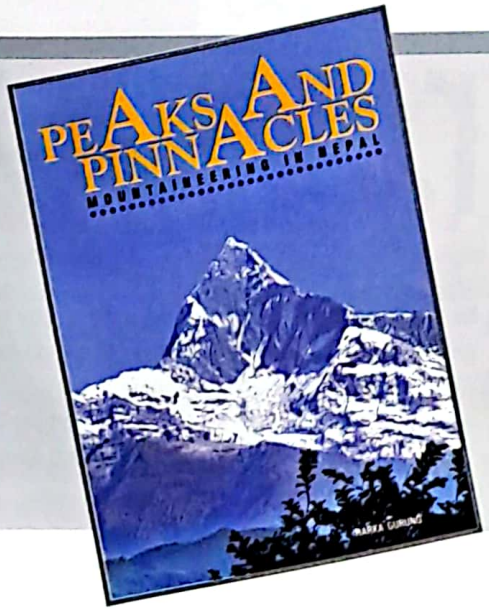
tolerance, thermal stress will result in discomfort, physiological stress, ill health, or even death. Heat causes clinical syndromes, heatstroke being the most serious and occurring when body temperature exceeds 40.6 C. It is usually fatal. In a typical year, few people die from heatstroke. However, it is becoming clear that hot weather can increase the likelihood of dying from other causes. During heat waves in India in 1995 and 1998,it is estimated that death rates rose by several thousands.

Change in climate will also affect infectious diseases transmitted by insects, i.e., vector-borne diseases: examples are malaria, yellow fever, and schistosomiases. These diseases are sensitive to temperature as well as land-use changes, which may interact in a complex manner. The distribution of vector-borne diseases is restricted by climatic tolerance: a climatic change normally would affect the edges of current geographical distribution. Furthermore, land-use change and vector ecology control interactions between hosts and vectors, e.g., removal of vegetation or increased areas under irrigation influence the spread of diseases.

Conclusions

Mountain regions are predicted to encounter above-average climate changes caused by human activities; thus the implications for human health from the impacts of climate change need reviewing. Distribution of climate-sensitive diseases in the region need to be identified, relationships between climate and health quantified, and climate-sensitive health determinants and outcomes (with special emphasis on the most vulnerable populations) estimated. It is also important to identify adaptation measures to reduce future negative effects. While adaptive measures and interventions to protect human health from the consequences of climate change need immediate attention, mitigation measures, such as reduced greenhouse gas emissions, are vital. Countries causing the majority of emissions should recognise their responsibility for climate change and help mountain regions to adapt to it to ensure their long-term sustainability.

(This article was first published in the ICIMOD periodical Sustainable Mountain Development, No. 50 Summer 2006, 'A safer and just mountain habitat for all', pp 11-13.)



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Photo: Da Gonbu Sherpa



PASANG LHAMU SHERPA

A Snow Daughter of Nepal

• BACHCHU NARAYAN SHRESTHA
Tourism Entrepreneur
Second Vice President- TAAN, General Secretary-
Pasang Lhamu Mountaineering Foundation

She was born on the lap of the mountains. She was groomed on the snow ridge. Finally Pasang Lhamu Sherpa carried her dream, courage and commitment to the top of the world, becoming the first Nepali woman to do so. She then fell into a long deep sleep, embraced by Mt. Everest.



Pasang undertook the colossal effort that uplifted national pride in the world mountaineering arena putting her own life at stake.

On the fateful day of 23rd April 1993 at 2:15 pm, Pasang, with the help of her climbing Sherpa Sonam Tshering, put national flag with patriotic pride and prestige on the summit of Mt. Everest. The glorious moment brightened national goodwill and earned her respect in the field of mountaineering.

As she stood atop Everest, she proved that Nepali women are neither backward nor weak. She set an example that Nepali women can courageously take on any challenge, if given opportunities.

The snow daughter, Pasang was born on 10th December 1961 in the lap of the Himalayas, in a village named Surke of Chaurikharka VDC - 4, Solukhumbu district, a very remote but a peaceful, beautiful and calm place. She was born in a family of very simple farmers Mr. Phurba Kitar Sherpa and Mrs. Ang Diki Sherpa. She had two elder brothers (one died in the mountain) and two younger brothers. She was named 'Pasang' which means Friday in Sherpa language, so there is no doubt about the day of her birth.

Syapru dance, walking the ups and downs along hills, stream and rivers, farming and collecting firewood and grass for yaks and cattle was how Pasang Lhamu spent her childhood days. Lack of school facility in her mountainous village stopped her from gaining education beyond general literacy.

She followed her father's foot-steps of trekking and mountaineering at the budding age of 12 or 13 years. She

also worked as a waitress at 'Sherpa Society Hotel' in Lukla. Seeing increasing number of foreigners heading for Everest made her more serious about climbing. Last phase of her life shows that she was highly committed and determined to fulfill her desire of successful ascent of Mt. Everest.

At a young age she had reached first camp of Everest. Her love affair with Mr Lhapka Sonam Sherpa from Jubhing VDC, Pangom, Solukhumbu blossomed into marriage at the age of 18. Pasang and Lhakpa Sonam have two daughters and a son-Ms. Dawa Phuti and Ms. Diki born in 1980 and 1986 respectively and a son Namgyal, 1984.

Since Lhakpa Sonam was himself involved in trekking profession, she did not have to give up her dream. In fact, it entered a new stage after marriage. Mr. Lhakpa Sonam helped her to pursue her dream of ascending Mt. Everest and they walked hand in hand till her tragic death. Being one of the founder and promoter of Thamserku Trekking Pvt. Ltd., also helped her. She continued her mountaineering march with the help of her cooperative and loving husband as well as her brothers in law Mr. Ang Tshering Sherpa and late Tendi Sherpa.

Pasang first climbed Pisang Peak situated in Manang District in 1987. She then climbed Yala Peak in Langtang in same year and Mt. Blanc in France in 1990. Thereafter, she turned to Everest journey from the year 1991; joining a French women team to go to the Everest Expedition for the first time. It was mutually agreed expedition for French and Nepali women. Pasang, as strong, physically healthy and courageous woman, reached 8000 m. high, but the French team leader did not allow her to go to the top due to the lack of enough oxygen tanks and complexity and danger in the route. Next, she organized her second Mt. Everest Expedition in 1992 spring under her own leadership. This time she reached up to 8750 m., bad weather made her turn around once again.



She again joined with French team in the autumn of 1992 for her third attempt. A strong Sherpa team was employed to help make the expedition successful. But weather condition was no different from her second expedition. However, she stayed at last camp expecting weather to change. After no ray of hope could be seen, she descended to the base camp with her Sherpa Sirdar canceling the journey.

In 1993, an Indian Women Everest Expedition from Indian Mountaineering Federation was being planned. The organizer contacted Pasang Lhamu. She wanted to take leadership of the expedition, but agreement couldn't be reached. Hence Pasang refused to participate.

Meanwhile Pasang Lhamu was determined to go ahead on her own, in what would be her fourth and final trip to Mt. Everest. She formed a Nepal Women's Everest Expedition with herself as the leader and with two other women as members, Lhakpa Phuti Sherpa and Nanda Rai. She applied to the government for waiving the permit fee to climb Mt. Everest, but for complicated reasons, which later became a subject of debate, the government refused. So she tried to raise funds of $50,000 to pay the fees. She was able to convince San Miguel Beer-Nepal to put up half the money, and she raised the other half by sale of T-shirts and other products.

Pasang took five male Sherpas on the expedition and her husband, an experienced climber, was also with her. She and four of the men, not including her husband, reached the summit on 23rd April 1993 at 2:15 pm. For the sake of their three small kids the couple had decided not to go together to the summit. Bad weather started setting in, and that night they all bivouacked at the south summit. When two Sherpas went down to get help, the weather closed in; they had no radios and no way to get back up. Within day or two Pasang Lhamu sent down another Sherpa for help, but there were no further communications. She breathed her last on the



mountain with her climbing sirdar, Sonam Tsering Sherpa, whose body has not yet been found except his rucksack. According to other climbing Sherpas, he stayed with her until she died, then tried to get down, and fell. Pasang's body was not found for twenty -one days.

While she was missing, the news was a front-page story, day after day. Appeals were put out to pray for her safety. Finally her death was confirmed and her body was brought all the way back from just below the summit of Mt. Everest to Kathmandu *(an enormously difficult and completely unprecedented feat)*. Her body was kept in the National Stadium, with a national flag over her coffin, symbolizing national honor. Tens of thousands of people gathered to her funeral ceremony. Government awarded her with Nepal Tara, of which only two had been given before, one to Tenzing Norgay.

Pasang Lhamu Sherpa broke the long absence of Nepali woman in mountaineering. She undertook the colossal effort that uplifted national pride in the world mountaineering arena unfortunately forgiving her own life. This is a loss which could not be measured with any tools. Bad weather deterred her from climbing down alive. She disappeared in the snow with Sonam Tshiring Sherpa at 3:30 pm, eventually resting on her beloved mountain forever.

This is the sixteenth year of her successful summit of Mt. Everest. Besides Nepal Tara, she was awarded various awards and honors posthumously. Considering her highly appreciable achievement, representing Nepali women and boosting national pride and respect of the country, government of Nepal in 2002 declared her as *15th National Luminary*. She is the second woman national luminary after Sita.

After her tragic death, many people from diverse range from tourism, mountaineering, to other social work felt a need for an effective organization named after her to fulfill her dream and explore possibilities for the benefit of deprived women and children from hilly and mountainous region. The concerning group of people, together with her husband and other family members, formed a organization named "Pasang Lhamu Mountaineering Foundation" in June 1996 under the leadership of former speaker of the House of Representative Mr. Daman Nath Dhungana. The foundation is working in fields like climbing training, providing health, education and other facilities to women and children from hilly and mountainous regions. Pasang Lhamu Sherpa is a household name in Nepali society whose achievement still continues to inspire one and all.



Chris Bonington

Considered as one of the greatest mountain explorers and author of fifteen books Chris's achievements include nineteen expeditions to the Himalayas, including four to Mt. Everest and the first ascent of the south face of Annapurna.



Photo : Roger Scruton

A legendary climber photographer and writer shares his views and opinion with *Nepal Parbat*

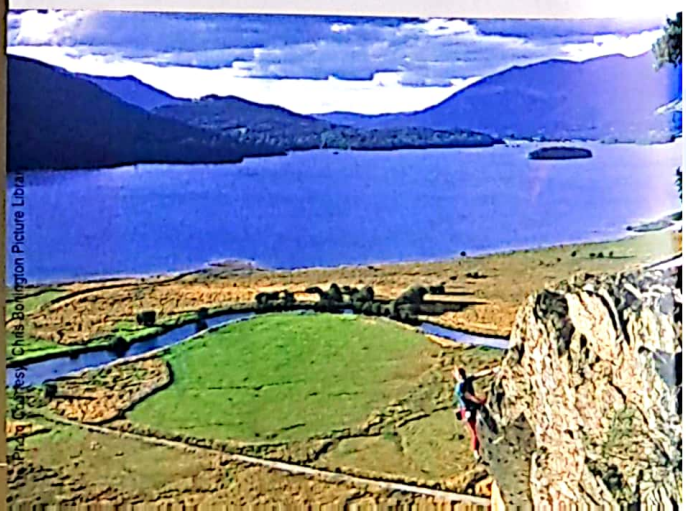


Photo Courtesy: Chris Bonington Picture Library

Excerpts:

How was it like when you first came to Nepal?
My first visit to Nepal was magical. That has led me to come back many times and to have a great love for the country and the people. When I was here for the first time in 1960, the only major road was the one from the Indian frontier to Kathmandu. There were only two or three hotels and no tourists. We started our approach march from Kathmandu and saw no foreigners until we had climbed Annapurna II, trekked around the Annapurnas and reached Pokhara.

> If you are part of a team or leading that team, it is more important for the team to succeed rather than you as an individual

How has climbing changed from that time to now?
There are many more climbers, trekkers as well as roads. All the major peaks have been climbed and the principal economic driver of Nepal today is tourism.

What do you think can help Nepal progress in the field of mountaineering?
Nepal needs better training for Sherpa guides with a clear set of qualifications. The Sherpas already climb very well. Besides better training they just need plenty of experience.

Tell us something about your passion for writing and photography.
I am self taught and I have learnt to take better pictures and to write accounts of my expeditions over the years - there is nothing like practical experience.

What would be your suggestion to younger generation of climbers who write?
Get writing!!!

In adventure sports, particularly high altitude mountaineering, there are issues of 'why climb' and of 'risk versus responsibility'. What is your take on these?
I love the process of climbing and the thrill of risk is part of that - it's not a matter of doing something dangerous or dangerously but of using your skill and experience to overcome the risk.

You have led numerous expeditions where you yourself have not reached the summit. Yet on Vinson Massif (Antarctica) you returned to the summit within a few days of your successful ascent for your team members. So, how important is the summit?
Obviously the summit is important but if you are part of a team or leading that team, it is more important for the team to succeed rather than you as an individual.

How have mountains changed over the decades particularly in the context of global warming and climate change? Your message to address these issues.
Global warming is a serious issue and its effects can be seen both in irregular weather patterns and the shrinkage of the glaciers. We must all do what we can in our small way to reduce our impact on the planet.

What are on your today's wish-list?
To keep climbing and walking for as long as I can.

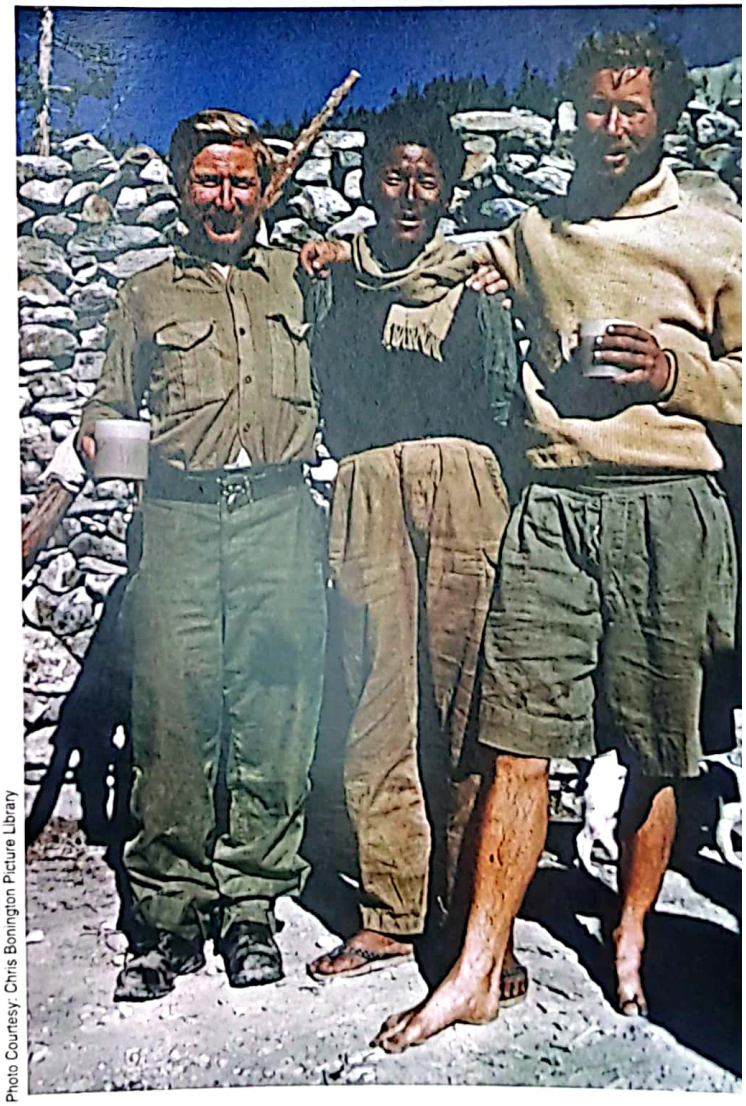


Photo Courtesy: Chris Bonington Picture Library

Numbur Cheese Circuit



An Emerging Tourist Destination in the Lap of Everest and Rolwaling

• RAM CHANDRA SEDAI
Tourism Expert (EMPLED/ILO), Founder President- Center for Environment and Sustainable Tourism Development (CEST-NEPAL)

Major features of NCC

Name	: Numbur Cheese Circuit
Location	: Northern Ramechhap (in between Rolwaling and Khumbu region)
Duration	: 14 to 16 days
Elevation	: 1790m (Shivalaya/Those) to 4880m (Gyajo La pass)
Major passes	: Panchpokhari pass (4605) and Gyajo La (4880m)
Accommodation	: Eco-camping, Home-stays, Hotel/ lodges
Major river valley	: Likhu and Khimti river valley
Major attraction	: Mountain Peaks, Glacier, high altitude lakes, folded landscape, biodiversity, high altitude pasture and cheese, Sherpa culture

Rich, virgin, vibrant natural and cultural attractions describes Numbur Cheese Circuit (NCC), a newly emerging trekking trail in the northern part of Ramechhap district. The circuit draws its brand name from the beautiful peak Numburchuli (6959m) and Nepal's one of the first Yak Cheese factory established in 1957. It snakes along the Khimti and Likhu river valley. NCC comprises the mesmerizing mountain peaks, scenic landscape and glacier, culture and traditional lifestyle of Sherpa people and rich biodiversity along the two river valleys.

The Numbur Cheese circuit (NCC) offers visiters a superb, breathtaking view of majestic Himalayan peaks including Langtang, Jugal Himal, Gaurishankar and many more beautiful peaks like Numburchuli peak (6959m), Sarmoche peak (5255m), Ramdung peak (5930m), Chukyima Go (6259m), Parchamo (6273m), Bigphrea Go Nup (6666m), Paniyo Tippa (6696m) and Paniyo Shar (6549m) at the closest. The uniquely located high Himalayan lakes- Panchpokhari, Jatapokhari, Bhalepokhari, Dudhpokhari, Dudhpokhari and beautiful glaciers like Linkhu Nup Glacier, Bigphere Go Glacier, Surmoche Glacier, Likhu Glacier and various tiny glaciers add value to NCC. The circuit also provides ample opportunity to observe rich biodiversity of Khimti and Likhu river valley ranging from temperate to alpine vegetation, particularly comprising of blooming

rhododendron, folded pine forest, scattered bamboo patches and colorful pastures. The region provides suitable habitat for endangered fauna like Red panda, Musk deer, various pheasant species of birds, Thar and Snow leopard. NCC also offers rendevous with unspoiled Sherpa culture and traditional lifestyle at Khahare, Lhachhewar, Kyama, Gumdel and Serding areas. Likewise Lapchane village is the hub for Newari culture.

Tourism package and itinerary for NCC

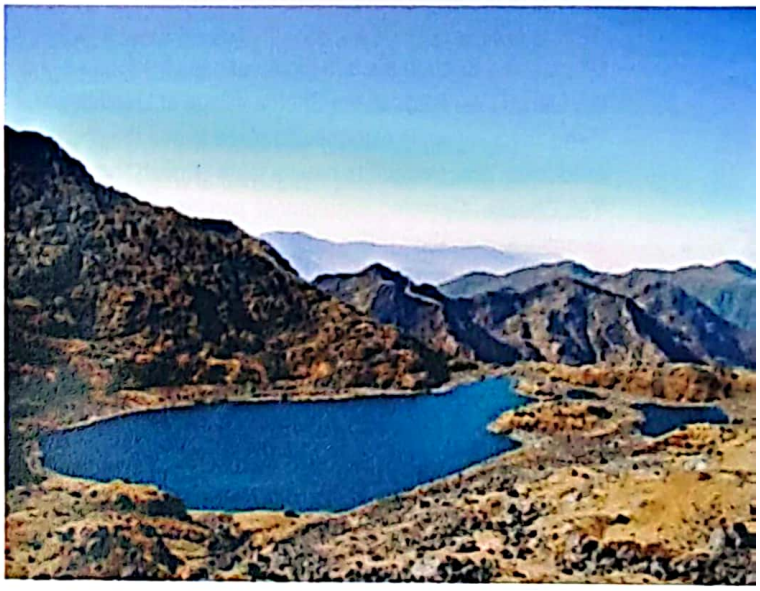
NCC is a 14 to 16 days circuit.

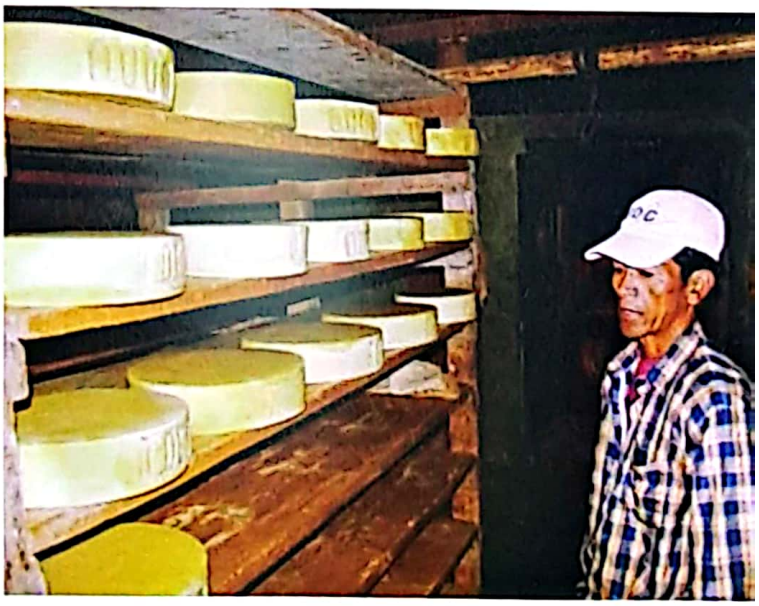
The NCC trek starts a with a drive through the terraced hills to Shivalaya. A soft trekking from Shivalaya to Manedanda offers visitors the opportunity to observe the landscape along the Khimti river valley, dense forest in river basin and sunset view at Phokte areas. Sherpa home-stay experiences at Khahare village and camping experience at Panipakha and Manedanda adds to pleasure of the journey. On a clear day, visitor can see the beautiful landscape of the flatland Terai on one side and majestic mountain range of Langtang and Jugal Himal on the other side from Manedanda. Surrounded by the rugged and rocky mountains with seasonal snow capping, Panchpokhari and Jatapokhari are the sacred lakes where more than 30,000 pilgrims visit to take a holy bath during Janaipurnima festival (August/September).

From Panchpokhari pass, one can see the kaleidoscopic view of towering peaks like Numbur, Parchamo, Bigphrea Go Nup; glaciated landscape towards Tare and uniquely folded mountain range towards Gumdel and P-Key.The trek just before the Tare Kharka is where one can see rare scene of glaciated white river, traditional Yak Cheese production sites and bamboo forest offering suitable habitat for Musk deer, Red panda and Himalayan Thar. At Tare Kharka and surroundings, visitor can experience the golden sunset view of Bigphera Go Nup, Linkhu Nup Glacier, Bigphera Go Glacier and close-up views of Sarmoche peak , Ramdung peak and Chukyima Go . One who is extremely desirous for adventure can reach Chho Rolpa via Linkhu Nup Glacier and Everest region via Tashi Lpcha La pass. Tare could also be the suitable base camp for Ramdung peak (5930m) and Parchamo peak (6273m) climbing.

Gyajo La, the highest pass in NCC is also the best site for the close up view of many mountain peaks and several glaciers. From Gyajo La, the trail passes through the base of Numburchuli and reaches the Negju Kharka. Ngeju Kharka is the meeting point of evergreen pine forest and colorful pastures in the lap of Numburchuli. The white Likhu river passing through the pasture and pine forest with Numbur peak and Likhu Glacier at the backdrop makes tourist long for one more night at Ngeju and Rakhi danda.









Descending through the sub-alpine dense pine forest along the Likhu River leads to the Sherpa village at Lhachhewar. Likhu River region is also the idle place to see the cheese production process and to have a taste of fresh Himalayan Yak Cheese. Camping experiences can be combined with the beautifully managed home-stay facilities at Lhachhewar. Visitors may request for paid Sherpa culture programme at Lhachhewar. Visitors who aim to go to Dudhkund, Junbesi and Everest region via Kalla pass can proceed their visit from Lhachhewar.

After Lhachhewar, the trail still descends toward Kyama and Gumdel village. From Gumdel village, the trail goes up to Serding through the blooming rhododendron and pine forest. Serding is the idle place for a beautiful view of mountains and forest with Numbur Himal at the backdrop. On a clear morning, visitors can further extend 1.30 hours wilderness walk to Punnaca Danda (3724m) to see the 360 degree view of mountain landscape including Numbur, Bigphera Go Nup, kalla pass, P-key, Lapchane, Khimti, Gauri Shankar and Manedanda. From Serding, the trail descends towards Thodung Monastery, the largest and beautiful in the area, and finally reaches Lapchane Danda via Deurali. Thodung Deurali and Lapchane Danda can be explored as the potential places for paragliding. Lapchane Danda, the last home-stay village in the circuit offers a panoramic view of mountains from Makalu in the east to Annapurna in the west. It is the best point to see the close up view of Numburchuli and Gaurishankar Himal and the landscape in between. Visitors can catch the bus either from Lapchane or from Those, an old Newari village which lies on the trade route to Khumbu region. Following itinerary has been developed and recommended for NCC:

Itinerary developed and recommended for NCC

Day	From	To	Accommodation type	Elevation (m)	Time taken (hours)
1	Kathmandu.	Shivalaya	Hotel/lodge	1790	9.00 drive
2	Shivalaya	Khahare	Home-stay	2175	4.00
3	Khahare	Panipakha	Tent camping	3105	4.00
4	Panipakha	Manedanda	Tent camping	3940	3.00
5	Manedanda	Panchpokhari	Tent camping	4515	3.5
6	Panchpokhari	Tare*	Tent camping	4140	4.00
7	Tare	Ngeju*	Tent camping	3690	4.00
8	Ngeju	Lhachhewar	Home-stay	2665	3.00
9	Lhachhewar	Kyama	Home-stay	2380	5.00
10	Kyama	Gumdel	Home-stay	2255	2.00
11	Gumdel	Serding	Hotel/lodge	3360	3.00
12	Serding	Thodung-Lapchane	Home-stay	3105	4.00
14	Those	Kathmandu	Hotel/lodge	1350	9.00 drive

Note: * At Tare and Ngeju, interested visitors can extend two more days to make wonderful visits at Linkhu Nup (above Tare) and Likhu Glacier areas (above Ngeju Kharka and Rakhi danda).





The development of Numbur Cheese Circuit could be a timely effort to fulfill the increasing demand of the visitors for new and virgin trekking trails. NCC could be a perfect gate away for explorers in quest for wilderness and interacting with indigenous people. NCC could be highlighted as the new tourism product for Nepal Tourism Year 2011. For those who wish to travel throughout the Himalayas especially from Rolwaling to Khumbu region, NCC could be the perfect route to bridge these two beautiful regions as a part of Great Himalayan Trail (GHT). NCC offers great opportunity to further continue adventure trek to Rolwaling region via Chho Rolpa and Everest region either via Tashi Tapcha La or Kalla Pass.

For the peak climbers, Ramdung peak (5930m) and Parchamo peak (6273m) climbers are possible attractions for which Tare Kharka could be the easiest and safest base camp. With relatively low budget, lesser time and lesser efforts, visitors can experience the glimpse of Everest and Rolwaling from the NCC trek. Proximity to Kathmandu; characterized by diverse vegetation along the Khimti and Likhu River; presence of beautiful high Himalayan lakes and numerous glaciers makes NCC highly potential site to carryout research on climate change and biodiversity. Places like Serding, Thudung, Deurali and Lapchane could be the dream destination for the school and college students for trekking and exposure to rural life in the mountains. In this sense, NCC could be a suitable destination for both the domestic as well as foreign visitors.

Facilities and services at NCC

Various tourism development and promotional efforts have been undertaken in NCC since June 2007 by the Local Economic Development (LED) Ramechhap with the technical and financial support of Employment Creation and Peace Building through Local Economic Development (EmPLED) Project under the auspices of the United Nations-International Labor Organization (UN-ILO). District Development Committee (DDC) Ramechhap and Ramechhap Chamber of Commerce and Industry (RCCI) are tirelessly involved in developing access condition, accommodation facilities and various tourism packages in NCC.

NCC is a camping trek combined with the traditionally managed home-stay accommodation at the Sherpa and Newar villages. Facilities for safe drinking water, kitchen cum porter shelter and drainage are being developed at the designated camping sites. There are CDMA landline telephone facilities at Shivalaya, Khahare, Lhachhewar, Kyama, Gumdel, Serding, Deurali, Lapchane and Those. Police post at Shivalaya and Bhandar can be used for security arrangement and emergency communication. Local health post with basic medicine are available at Shivalaya, Garjyang, and Bhandar . A local trekking guide and porter club/center is being established at Shivalaya which will be equipped with information about local porters, guides including some trekking gears and equipment. . By adopting sustainable tourism development approach, it is hoped that NCC would be able to benefit the locals while offering new experiences to the visitors.

All photos for this article are contributed by Ram Chandra Sedai



FEATURE



CONTRIBUTION OF SHERPA PEOPLE IN MOUNTAINEERING

• PHURBA GYALTSEN SHERPA
Tourism Entrepreneur
Ex-First VP, Trekking Agents Association of Nepal (TAAN)
Ex-Executive Member, Nepal Mountaineering Association (NMA)

Photo Courtesy: Pemba Gyalje Sherpa



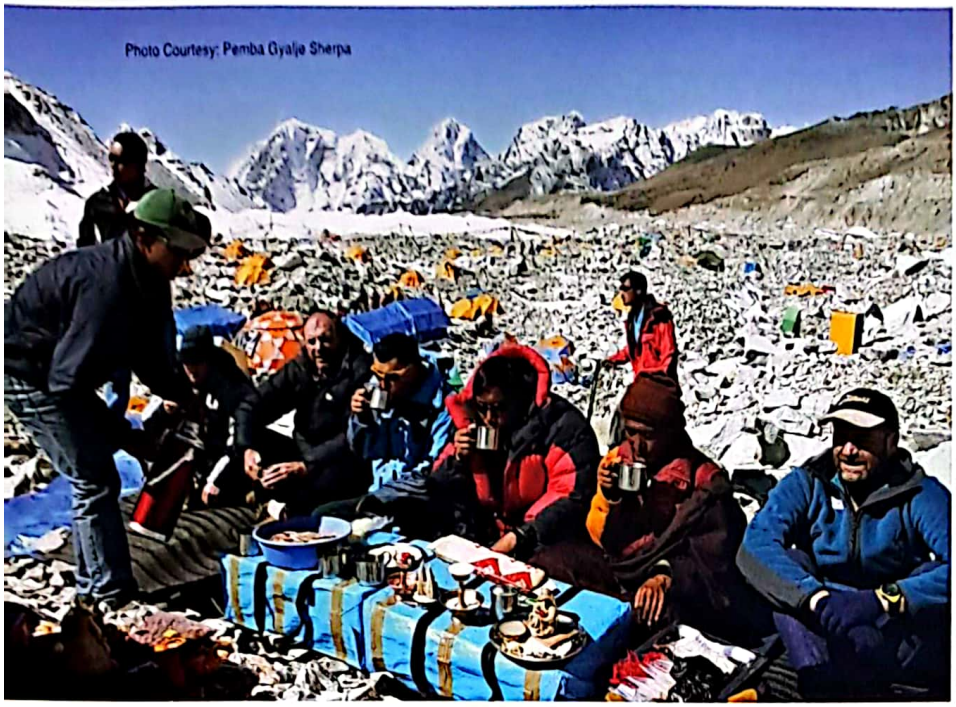
The Sherpas worship Mt Everest, the world's highest peak, as their Goddess Miyullansa. As Sherpa villages are situated in the vicinity of Mt. Everest and other mountain peaks above eight thousand meters like Cho Oyu, Lhotse, and Makalu, they are very close to the Himalayas (mountains) since birth. In addition to eight peaks above 8000m, innumerable mountain peaks are located in the northern parts of the country, where the most of the Sherpa reside.

The Sherpas have been involved in mountain expeditions since the dawn of mountaineering in Nepal. Right from the early twentieth century large reconnaissance teams which explored and attempted climbs on the Himalayan giants were supported by Sherpas. Legendary mountaineers like Maurice Herzog, John Hunt, Sir Edmund Hillary, Eric Shipton, Chris Bonington, Reinhold Messner, Ms. Junko Tabai and many more have praised Sherpas for their honesty, never-ending support, hospitality and climbing skills. Over the years, Sherpas have created a niche for themselves in mountaineering and today they are leading several national and international expeditions.

In reality, mountains have been a key source of recognition and profession for Sherpas for a long. And mountaineering has a crucial function in developing the tourism sector in Nepal and conveying a message of the famous tourist destination of the world, in which the role of Sherpas is vital. More significantly the contribution and sacrifice of the Sherpa people for the promotion of mountaineering and their association with this business is highly commended worldwide. For almost half a century, the Sherpas climbed mountains with little training and poor equipment. At that time, they even lacked good knowledge about geography as well. As a result, many Sherpas lost their lives while scaling the mountains. From the very beginning, Sherpas climbed mountains with two primary objectives. First, they climbed to support the clients to scale the peak successfully without any mishaps and the second is to demonstrate and prove their skills in mountaineering.

Past stories of mountaineers leave everyone stunned. They had to struggle hard with snow, ice and altitude in poor clothing and fight with the storms and bad weather, acclimatizing at the most difficult parts of the mountains. Even today, they have been demonstrating mountaineering skills by keeping in mind the success, safety and satisfaction of their guest rather than their own. Such activity has proved them as an honest, diligent and friendly people all over the world.

As the another facet of the Sherpas, late Tenzing Norgey got his name scribed in golden letters in the world history by successfully scaling Mt. Everest along with Sir Edmund Hillary for the first time in the world on 29th May 1953 AD. After this event several world records have been held. For example, Sundare Sherpa topped Everest five times, Angrita Sherpa ten times, Appa Sherpa Nineteen times, holding a world record. Lhapkpa Gelu Sherpa broke Kaji Sherpa's record of 20 hours and forty minutues as the fastest climber to the top of Everest by climbing it in 10 hours 45 minutes from the base camp. Even this record has been broken by Pemba Dorjee Sherpa who scaled the mountain within 8 hours 10 minutes. Similarly, climbing the top of Mt. Everest at the age of 16 years, Temba Chhiring Sherpa broke Shambhu Tamang's record, who climbed at the age of 18. Late Babu Tsiri Sherpa holds the world record of staying longest on the summit of Mt. Everest, i.e. 21 hours. Respectively, Lhapka Rita Sherpa has been the first Sherpa to scale the seven summits i.e. the highest peak in each continent.


Photo Courtesy: Pemba Gyalje Sherpa

Likewise, female Sherpa climbers also hold story of bravery on the mountains. Late Pasang Lhamu Sherpa successfully scaled Mt. Everest for the first time on 22 April 1993, but lost her life while returning from the summit. The state has highly appreciated her achievement by honouring as a national luminary. 'Pasang Lhamu Mountaineering Foundation' has been established from private sector for empowering women especially in mountaineering field. In the same way, Ms. Lhakpa Sherpa has the world record of women with maximum number of Everest summit. She has already climbed Everest six times. And late Pemba Doma Sherpa successfully scaled Mt. Everest from both North and South routes.

Despite their struggle, the state hardly ever tried to understand Sherpa's role in promoting mountain tourism. The state has not launched programs of education, training, or other development project in the Sherpa areas. That left Sherpa people deprived of education and other facilities. However, Sir Edmund Hillary, who first climbed Mt. Everest with Tenzing Norgay, realized the needs of Sherpas and initiated providing education to them through 'Himalayan Trust'. Only then Sherpas had access to education. Similarly, Sir Hillary built an airport at Lukla which opened a gateway for tourism in the region.

Unfortunately, the state could not pay proper attention and recognition towards Sherpas and mountaineers. As a result, renowned climber Tenzing Norgey was compelled to go abroad. Likewise, other renowned climbers like Appa Sherpa, Lhapka Gelu Sherpa, Kaji Sherpa, and Lhapka Rita Sherpa are also based outside Nepal. Yet again, government's promise of providing a house in Kathmandu and monthly honorarium to Ang Rhita Sherpa has been limited to words.

It is widely known that mountain tourism makes large contribution to national economy. Therefore, it is essential for the state to be sincere in promoting it. The state has done little beyond raising the royalty of the mountains. As the potentiality of our mountaineers is unparalleled, state needs to open a mountaineering school of international standard and facilitate the process of obtaining international guide certification, which will largely benefit Nepali climbers at international level. Providing our mountaineers with training in the foreign country can propel our mountaineering tourism further ahead.

Meanwhile Nepal Mountaineering Association shouldn't be limited only as the national association; rather it should be developed as Alpine Club of international level with due focus on training, promotion and welfare of the mountaineers and mountaineering sector. With dedicated and integrated efforts



of all stakeholders, the dream to make Nepal one of the finest countries in the world for trekking and mountaineering can soon be realized. It will be a valuable tribute to all the great climbers of the country who lost their lives on the mountains for the nation.

Hisila Yami

Outgoing Minister for Tourism & Civil Avaition
Govt. of Nepal

Shares governments' vision and plan for tourism with *Nepal Parbat*



• Hisila Yami

Kindly tell us something about the recent efforts of the government for tourism promotion and development in Nepal.

You are all aware that we have just entered mainstream politics after the people's war. The aim is to change our political and economical system focusing on common people of the country by replacing feudal setup. After the initiation of the peace process and peoples mandate in the election we have formed the government to bring in changes. We have not achieved our mission yet, a lot has to be done for the people of Nepal. After joining the government we have announced tourism as primary sector which can transform our economy to benefit wider section of the society. Our strength is in team work, transparency with clear vision and we are focused on our mission.

The tourism potential of the country has not been utilized yet. We are lucky and privileged to have the varied geography including highest mountains, mid hills and the Terai. High mountains, gushing rivers, beautiful landscape, rich biodiversity, great people with diversified culture and colorful tradition make Nepal a paradise on earth.

In order to promote Nepal we have declared Nepal Tourism Year 2011 to start with. The government has brought in new tourism policy. We have initiated vision 2020. These are the major efforts and I can say it is good enough to start.

Government has recently announced Nepal Tourism Year 2011- What special preparations are being done for the same?

We have created a separate department for it and it is currently in planning stage. It will have complete programs and activities. We are building a sound team to lead the campaign. We are fully committed to Nepal Tourism Year 2011 and our team is working closely with Nepal Tourism Board which is primarily responsible for marketing and promotion of tourism in Nepal. The only thing that is worrying us is the international economic recession. We are not very sure how this is going to affect tourism in Nepal. That is why we need to have special promotional campaign to minimize its impact. Despite the recession, number of tourist arrival in Nepal has shown positive signs. Provided there is not further economic downturn and global disturbance, concrete efforts should be able to double the present tourist arrivals in Nepal by 2011.

Could you please highlight the special features of the new tourism policy brought by the government?

The tourism policy is focused on expanding the tourism activities all over Nepal not just in few places. Thsis policy is investor-friendly encouraging new investors to start enterprises in tourism sector. The government will play the role of a facilitator to create healthy business environment and at the same time the consumer will be protected to receive the quality services. While building tourism infrastructure special consideration will be given for sustainable use of resources to protect the environment. In big tourism projects both domestic and foreign investors will be invited, whereas medium and small scale projects will be open for domestic investors. Built, Own, Operate and Transfer (BOOT) model will be adopted for tourism infrastructure development. Various facilities and incentives would be given to establish tourism as a primary industry. It is our responsibility to protect the interest of tourism trade workers and local people of destinations who should be the direct beneficiaries to make our tourism sustainable. Tourism should be for all not just for a few. Rural tourism would be given priority to ensure that benefits of tourism reach grassroots. Efforts will be done to promote and develop domestic tourism. For this, travel incentive leaves and local travel concession schemes will be initiated in collaboration with private sector.

The government will play the role of a facilitator to create healthy business environment and at the same time the consumer will be protected to receive the quality services. Built, Own, Operate and Transfer (BOOT) model will be adopted for tourism infrastructure development

It is often said that despite being the major attraction for Nepal, Mountaineering sector has not got sufficient attention from the governments/ tourism ministry. Are there any special provisions made in the new tourism policy for the betterment of mountaineering sector as a whole in Nepal.

Yes people do say that. Now no sector will get a chance to feel that they are neglected. Mountains are our primary tourism product and a great gift of mother nature. We will be having International Standard Mountaineering School in near future; Government will develop many hubs to enjoy our mountains. We would like to create national priorities for tourism sector especially trekking and mountaineering. Royalty will be waived off for certain period for mountaineering in unexplored potential regions. Gradually more peaks will be opened for climbing. Exploration and development of new trekking routes will be done and government investment will be prioritized for the same. Nepal will be developed as one of the finest climbing destinations in the world by making mountaineering sector more organized and environment friendly. Also private sector will be given priority and facilitated to operate air, water and land based adventure activities in different parts of the country. We need to do more in the days to come.

Apart from the above, anything else you would like to say about Mountaineering in Nepal through – NEPAL PARBAT.

This is a great country with great people. Let's keep it as it is. Do better if you can. The party, which handled very successful people war to change our political history, will surely be able to bring positive changes in tourism. We are committed, we just need time and passion.

Thanks a lot to you and your great team for offering the opportunity to me to be a part of Nepal Parbat. Let the Alpine world know that we are in transition phase. The better days are ahead of us. The day should come when the country of Mt. Sagarmatha/ Everest will be among the leaders of the Alpine World. Finally, we have started to celebrate May 29th, as INTERNATIONAL SAGARMATAHA (EVEREST) DAY from 2008 onwards. On the occasion of 2nd INTERNATIONAL SAGARMATAHA (EVEREST) DAY we extend our best wishes to the alpine world. Sagarmatha (Mt. Everest) being the world treasure, we would like to appeal national and international community to celebrate the event globally and put their voice with us for official endorsement of May, 29th as 'INTERNATIONAL SAGARMATAHA (EVEREST) DAY' by international bodies.



The World's Highest — The 8K Peaks

The 14 mountains in the world that exceed 8000 meters in height.

Mountain	Location	Height Meters	Feet	First to summit (nationality)	Date
1. Everest1	Nepal/Tibet	8,848	29,035	Edmund Hillary (New Zealander, UK), Tenzing Norgay (Nepalese)	May 29, 1953
2. K2 (Godwin Austen)	Pakistan/China	8,611	28,250	A. Compagnoni, L. Lacedelli (Italian)	July 31, 1954
3. Kangchenjunga	Nepal/India	8,586	28,169	G. Band, J. Brown, N. Hardie, S. Streather (UK)	May 25, 1955
4. Lhotse	Nepal/Tibet	8,516	27,940	F. Luchsinger, E. Reiss (Swiss)	May 18, 1956
5. Makalu	Nepal/Tibet	8,463	27,766	J. Couzy, L. Terray, J. Franco, G. Magnone-Gialtsen, J. Bouier, S. Coupé, P. Leroux, A. Vialatte (French)	May 15, 1955
6. Cho Oyu	Nepal/Tibet	8,201	26,906	H. Tichy, S. Jöchler (Austrian), Pasang Dawa Lama (Nepalese)	Oct. 19, 1954
7. Dhaulagiri	Nepal	8,167	26,795	A. Schelbert, E. Forrer, K. Diemberger, P. Diener (Swiss), Nyima Dorji, Nawang Dorji (Nepalese)	May 13, 1960
8. Manaslu	Nepal	8,163	26,781	T. Imamishi, K. Kato, M. Higeta, (Japanese) G. Norbu (Nepalese)	May 9, 1956
9. Nanga Parbat	Pakistan	8,125	26,660	Hermann Buhl (Austrian)	July 3, 1953
10. Annapurna	Nepal	8,091	26,545	M. Herzog, L. Lachenal (French)	June 3, 1950
11. Gasherbrum I	Pakistan/China	8,068	26,470	P. K. Schoeing, A. J. Kauffman	July 4, 1958
12. Broad Peak	Pakistan/China	8,047	26,400	M. Schmuck, F. Wintersteller, K. Diemberger, H. Buhl (Austrian)	June 9, 1957
13. Gasherbrum II	Pakistan/China	8,035	26,360	F. Moravec, S. Larch, H. Willenpart (Austrian)	July 7, 1956
14. Shisha Pangma	Tibet	8,013	26,289	Hsu Ching and team of 9 (Chinese)	May 2, 1964

UIAA Kathmandu Declaration

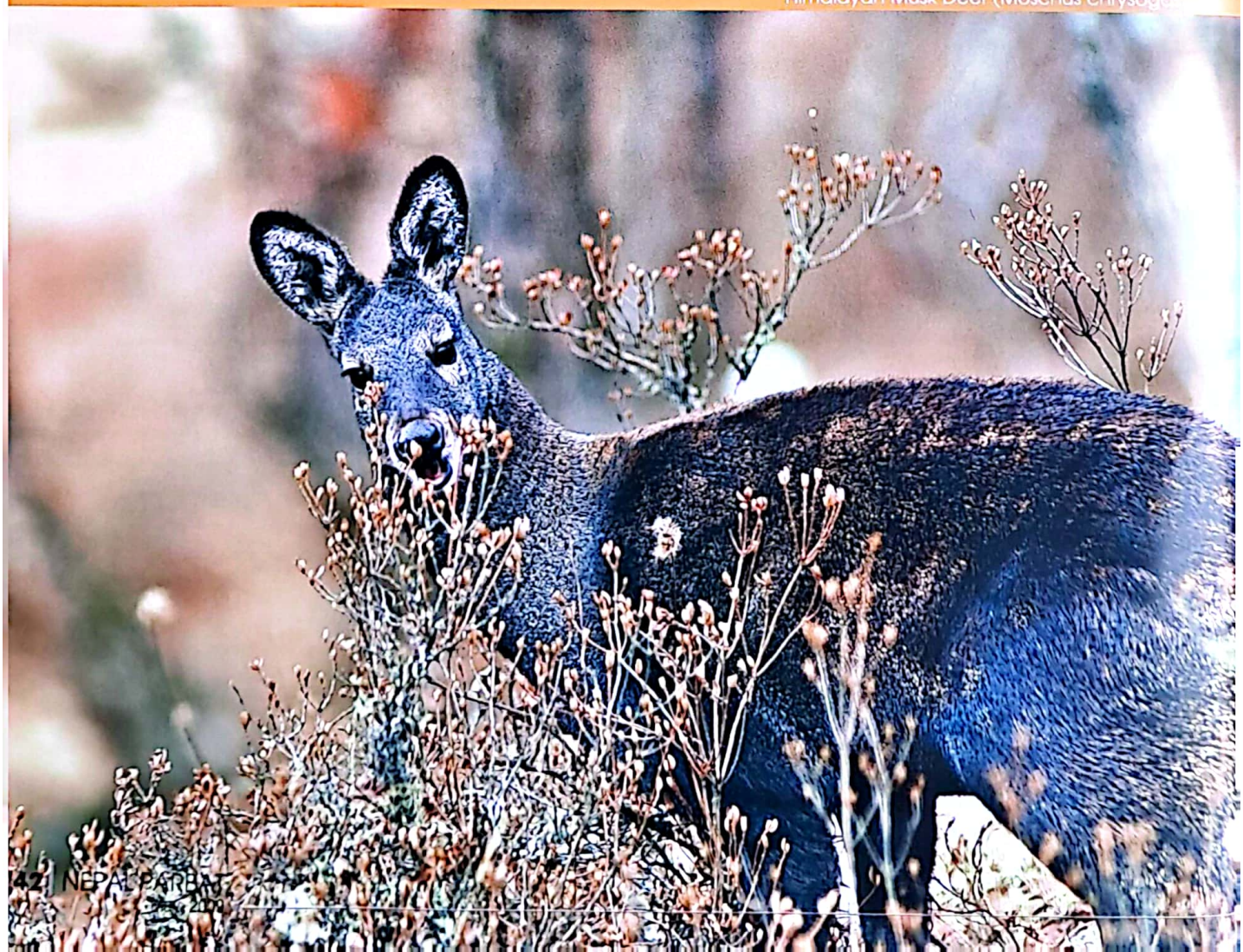
- Protect effectively the mountain environment, its flora, its fauna and its natural resurces.
- Reduce the negative impact of man's activities.
- Respect the cultural heritage and dignity of local populations.
- Stimulate activities that restore and rehabilitate the mountain world.
- Encourage contacts between mountaineers of different countries, in a spirit of friendship, mutual respect and peace.
- Make available all information and education necessary to improve the relationship between man and his environment.
- Use only technology respecting the environment for energy needs and the disposal of waste.
- Support developing mountain countries in efforts for the conservation of the environment.
- Widen access to mountain regions unfettered by political considerations.

FEATURE

The Relationship of Tourism and Biodiversity Conservation in the NEPAL HIMALAYAS

• SIDDHARTHA B. BAJRACHARYA, Ph.D
Executive Officer- Programmes & Projects Development,
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Ex-Director, ACAP (1994-2000)

Himalayan Musk Deer (Moschus chrysogas





Rugged topography of the Gaurishanker Himal

Mountain regions cover one quarter of the Earth's terrestrial surface. Slope and ruggedness of terrain, together with absolute altitude, determine many of fundamental characteristics of mountain environments. Temperature, air pressure and humidity decreases with increasing altitude, while solar radiation and wind speed increases. There is immense variation in the nature of mountain environments despite their common basic physical conditions of elevation and slope. Much of this variation arises from differences in temperature and precipitation regimes associated with position on the Earth's surface. Mountain ecosystems tend to be important for biological diversity, particularly in the tropics and warmer temperate latitude. Species richness, density and forest height tend to reduce with increasing altitude. Around 22 per cent of the world's human population occurs within mountains.

The Himalayan Range, stretching from east to west in Nepal, is one of the most important mountain ranges. Rich in freshwater resources, home to a great variety of flora and fauna and to a number of global biodiversity hot spots, the area offer opportunities for self development, and for the development that will benefit surrounding lowland areas . The Nepal Himalayas have been called 'water towers' of the Asian lowlands, highlighting one of the most important ecological services they provide for humans. Rapid changes in altitude provides a diverse ecosystems in the Himalayas. Species richness, density and forest height tend to reduce with increasing altitude; the boundary between forest vegetation and more open ground cover at higher elevation, 'the treeline' is an ecological marker signifying the transition of more extreme climatic conditions.

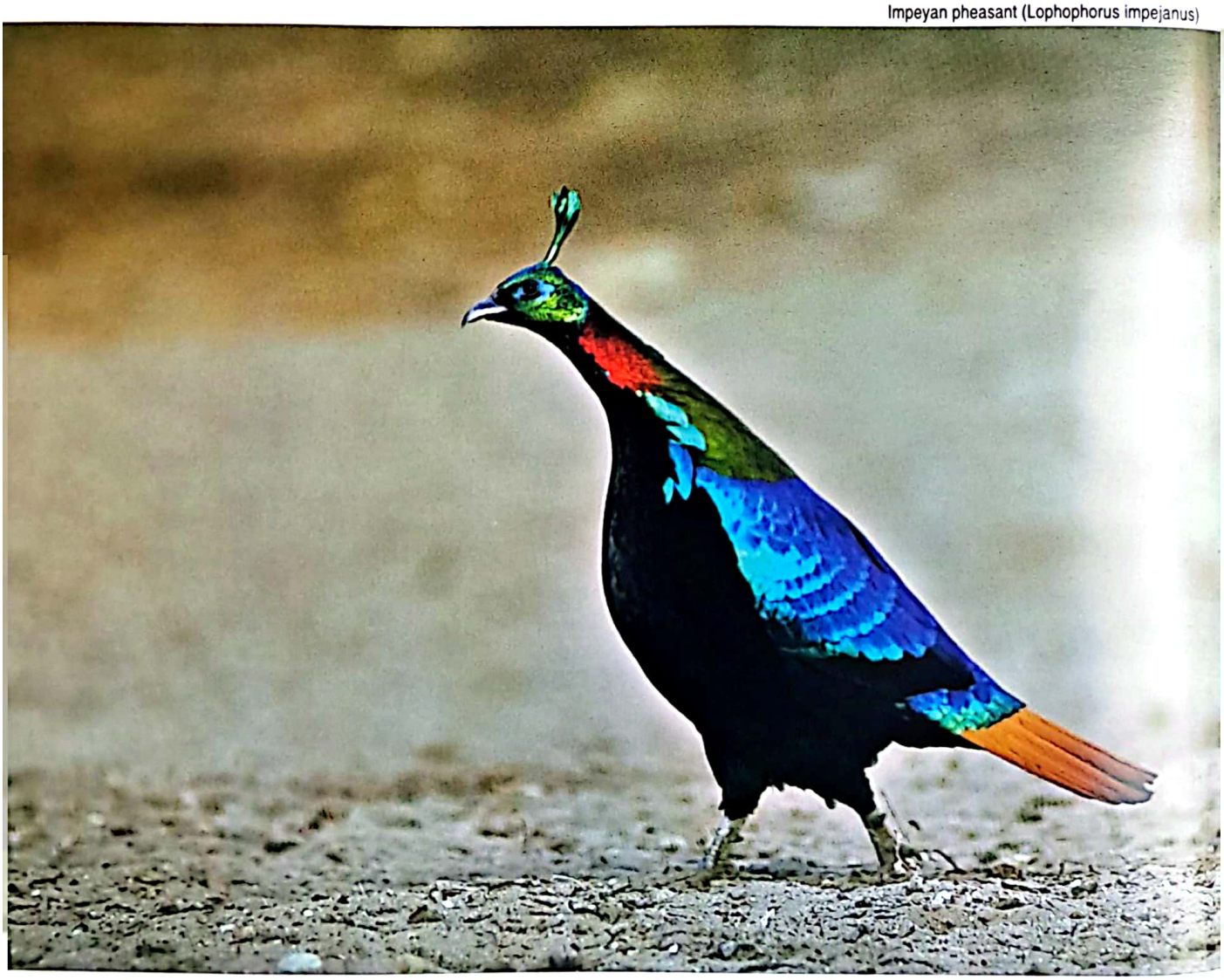
The Himalayan ecosystems have high biodiversity, in terms of species richness and degree of endemism. The Himalayas are home to Snow Leopard (*Uncia uncia*), Blue sheep (*Pseudois nayaur*), Tibetan Wild Ass (*Equus kiang*), Tibetan Gazelle (*Procapra pictiacaudata*), Himalayan Musk Deer (*Moschus chrysogaster*), Himalayan Brown Bear (*Ursus* arctos), Red Fox (*Vulpes vulpes*), Himalayan Marmot (*Marmota himalayana*) and many other animals. More than 450 birds species including Impeyan pheasant (*Lophophorus impejanus*), Cheer pheasant (*Catreus wallichi*), Crimson horned pheasant (*Tragopan satyra*), Tibetan snow cock (*Tetraogallus tibetanus*), Demoiselle crane (*Anthropoides virgo*), Himalayan griffon (*Gyps himalayensis*), Eurasian Eagle Owl (*Bubo bubo hemachalanus*) are reported to dwell in the Nepal Himalayas. In general, mountain species are likely to be at high risk from environmental effects of climate change, besides other anthropogenic effects.

Most traditional mountain cultures have been based on agriculture, pastoralism or forestry, often in combination. Forests make important contribution in mountains by providing fuelwood, timber and non-timber forest products for subsistence or for trade use by people living in mountain areas. However, inadequate management together with growing demand for resources have accelerated degradation of the mountain forests. In the recent years, fire has become a major factor in changing the structure, functioning and composition of many ecosystems, including the grasslands and forest communities. Such fires pose a big threat to biodiversity in the mountain areas. On the other hand, climate change has significant implications for mountain envrionment as well as people that depend on them. Climate changes in the Himalayas are associated with increases in temperature, changes in rainfall and snowfall patterns and decline in snow

cover. It may also influence the frequency of extreme events such as floods, avalanches, landslides and fires. Biological diversity in mountains and other associated activities such as agriculture and mountain tourism are particularly vulnerable to climate change.

Current issues and concerns at the local, national and global levels emphasise on the importance to systematically protect and conserve the mountain ecosystems. Significant efforts have been made by the Government of Nepal to protect and conserve the mountain ecosystems by declaring and managing protected areas in the mountain regions. Protected Areas are specially designated areas for the conservation and maintenance of biodiversity and the cultural heritage associated with that area. The mountain protected areas aim to conserve the unique natural features with diverse landscapes, rich biodiversity and prominent cultural resources. More than 30% of the Nepal Himalayas are now protected by the establishmeent of different categories of protected areas such as Kanchunjunga Conservation Area, Makalu-Barun National Park, Sagarmatha National Park, Langtang National Park, Shivapuri National Park, Manaslu Conservation Area, Annapurna Conservation Area, Rara National Park, Khaptad National Park and Shey Phokshundo National Park. These protected areas cover all the major Nepal Himalayan ranges and middle mountain areas such as Sagarmatha (Mt. Everest), Mt. Ganesh, Mt. Manaslu, and Mt. Annapurna range. Some other important mountain ranges such as Gaurishanker-Rolwaling region are also in the process of receiving a protected status. Establishment of these mountain protected areas is the major achievement to protect pristine and rich biodiversity of mountain ecosystems. These mountain protected areas offer a wide range of functions that help (i) safeguard outstanding landscapes, (ii) maintain biodiversity, (iii) protect water catchments, (iv) reduce erosion and landslides, (v) increase awareness for mountain conservation, (vi) stimulate tourism, (vii) support sustainable development and utilisation, (viii) provide wide range of recreational uses, and (ix) safeguard cultural heritage and local cultural values system.

Impeyan pheasant (Lophophorus impejanus)



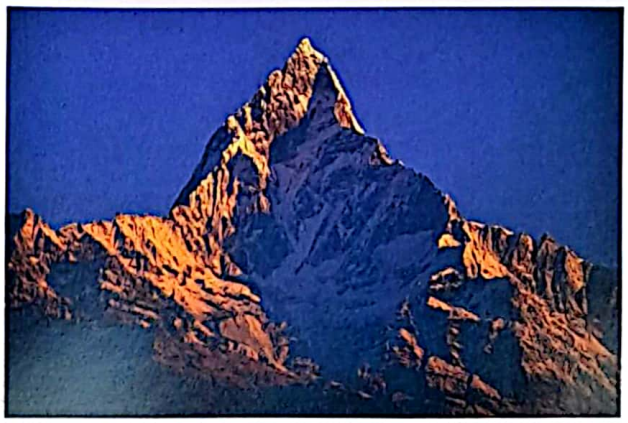
Conservation Impact: Community woodlot in ACA



Although the mountain protected areas are providing tremendous benefits as elsewhere in the world, there is a significant funding gap for effective management of protected areas particulalry in the mountain regions of Nepal. Tourism which has emerged as the fastest growing industry worldwide and has remained at the forefront of global economic growth is an obvious choice and one of the means for sustainably financing the protected area management and achieve sustainable mountain development. Nowadays, protected areas have a well-established relationship with tourism. For example, protected areas in Nepal have played a very significant role in development of tourism. Tourists visit protected areas because such areas can provide experiences that cannot be encountered elsewhere. The mountain protected areas such as the Sagarmatha National Park, the Langtang National Park and the Annapurna Conservation Area are the important tourist destinations outside the Kathmandu Valley in Nepal.

Tourism in protected areas is considered to provide significant opportunities for economic advancement. Tourist expenditure on routes to the park and in communities adjacent to or within the area may be significant, leading to increased income, alleviation of poverty and opportunities for vertical advancement in the tourism business. Tourism also assists in protecting the resources on which it is based through generation of revenue for park management agencies. This often provides a powerful economic justification for conserving biological resources, particularly in protected areas. Local communities in and around the mountain protected areas of Nepal such as the Sagarmatha National Park and the Annapurna Conservation Area have received substantial income and employment benefits from tourism.

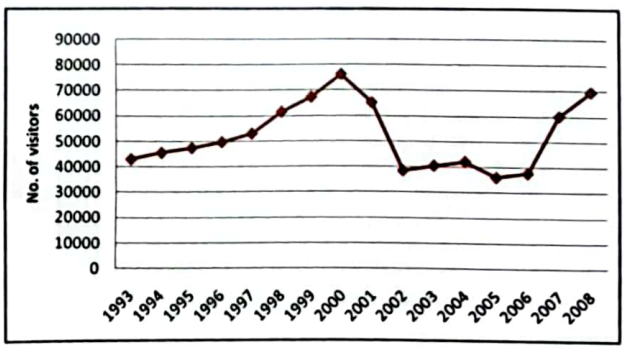
Nevertheless, it is acknowledged that all forms of tourism are always likely to be associated with some negative impacts. The impact of tourism on the natural environment depends on the nature of the ecosystem the human activity concerned, as well as the availability of facilities and the policies and regulations of the protected area. These impacts may include: crushing or clearance of vegetation; soil modifications; introduction of weeds and pathogens; water pollution; deforestation; visual impacts and disturbance to wildlife. The Annapurna Conservation Area (ACA) provides a good case study on the relationship of tourism and biodiversity conservation in the Nepal Himalayas.



Panoramic view of Mt. Machhapuchhare in ACA

ACA is the most popular trekking destination in the Nepal Himalayas receiving more than 69000 international visitors in 2008 alone. Two major types of trekkers, organised group and independent trekkers visit the area. Organised group trekkers are those who are participating in an agency-arranged trek and are camping, while independent trekkers are those who travel in their own and stay in local tourist lodges. Tourism data indicates that there is an increasing trend in the annual number of visitors to ACA.

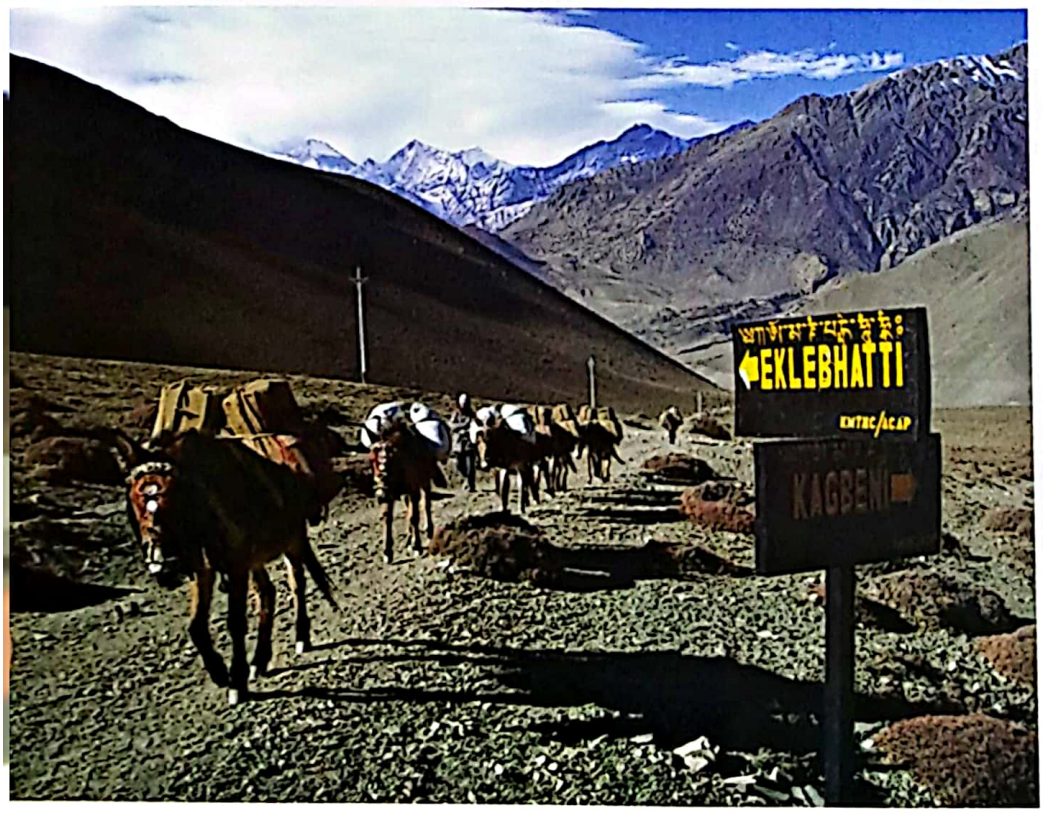
Annual number of foreign visitors to the Annapurna Conservation Area in Nepal



ACA was created partly in order to alleviate environmental degradation linked to trekking tourism by managing conservation and development. Sustainable development of tourism is one of the principal goals of the ACA management. The tourism management in ACA is globally considered to be a good example of community involvement. Moreover, the tourism revenue has significantly helped to restore degraded features of the natural and cultural environment in ACA. The revenue has become a major driving force in the overall conservation and development policy in ACA. If tourism is weakened in ACA, then there are direct consequences to the ability of the conservation area to fund its current activities.

The revenues generated from tourism which is about NRs. 13.7 million in 2008, is main force for implementation of integrated conservation and development in 7629 km^2 within 5 mountain districts. Without much surprise, tourism in ACA is also associated with both positive and negative impacts as elsewhere in the world. Rapid intervention of alternative energy technologies such as improved cooking stoves, solar technologies and micro-hydro power have helped to reduce deforestation as well as reduction of green house gas emissions. Afforestation in the degraded land area has reduced soil erosion and landslides. These forests have also contributed in increased annual carbon sequestration. Wildlife population is also reported to have increased in ACA after the introduction of conservation initiatives. A recent study has also shown that hunting is minimal at present. Although there was occasional hunting in ACA, some studies indicated that tourism has a positive social contribution for the conservation of wildlife because the tourists involved are more sympathetic to the cause of environmental protection and conservation. More importantly, tourism has helped to generate resources for significantly high investments in infrastructure schemes such as micro-hydro schemes, village trails, health centres, school buildings and bridges which otherwise would not have happened at present speed. Income generation and employment from tourism enterprises such as jobs for porters, cooks, and guides are the major economic benefits of tourism in the area. Lodge owners in ACA are clearly benefiting from tourism. Nevertheless, not all income/employment benefits accrue to local communities.

However, some negative impacts on wildlife behaviour were noticed particularly in forest areas close by camping sites. Groups of animals especially the common 'langur' and birds such as crows scavenging on the discarded food and other litter in camping sites were frequently sighted in forests. Some wildlife has become habituated to the food left back by tourists. Increase has been reported in crop damage by wildlife which has reduced support by local communities for conservation. The evidence clearly indicates that benefits from tourism do not always result in increased support for conservation. Similarly, another visible physical impact in ACA is land-use changes. The construction of new tourist lodges or expansion of existing tourist lodges in villages with tourism has increased. The construction of new buildings in different architecture is a visible sign of land-use impact in many of protected areas frequented by tourists. There is substantial increase in both biodegradable and non-biodegradable wastes with the development of tourism in ACA.



Contribution of the tourism revenues in improving tourism infrastructure in ACA

Tourism is widely held to be responsible for different environmental, socio-cultural and economic impacts in Nepal. However, the number of trekkers alone does not indicate the intensity of impacts. For instance tourism impact is reported to be higher in the Sagarmatha (Everest) National Park than in the Annapurna Conservation Area, although the



Trekking tourist in ACA

latter receives a higher number of tourists. This suggests that tourism provides conservation with economic justification and also strengthens the conservation capacity of the park authority by bringing resources to conservation. However, if tourism is weakened, then there are direct consequences to the ability of park to fund necessary activities.



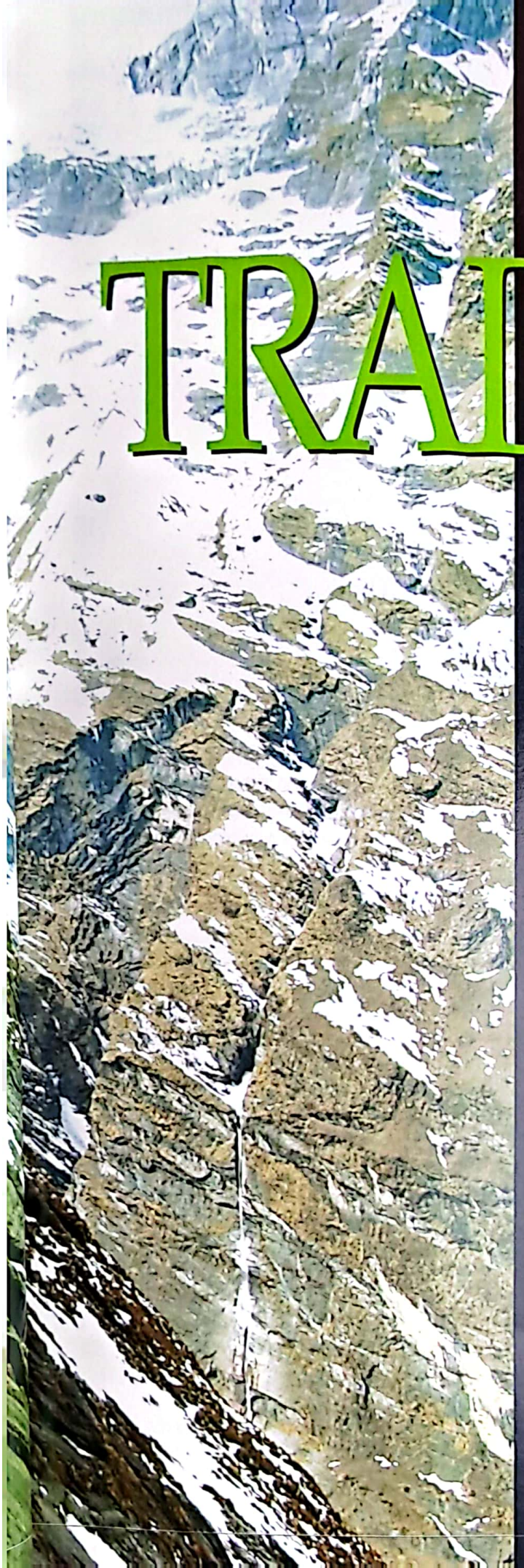
From the above discussion, it can be deduced that positive impacts can come about with careful planning and management of tourism and conservation working together with local communities. Improved forest conditions and a perceived increase in wildlife populations in these villages are indicators of these impacts. The crop damage by wildlife is growing concern of local communities. There is visible improvement in social services as a result of effective tourism revenue recycling. Therefore, tourism, principally through generation of revenue, is directly making positive contributions to biodiversity conservation and sustainable development in ACA. The case study clearly suggests that there is a strong relationship between tourism development and biodiversity conservation in the Nepal Himalayas. The relationship between tourism development and conservation in ACA is considered to be a benchmark for the development of tourism in other mountain areas of Nepal.

The success achieved in ACA might not be easily achievable in other areas within the country. ACA is unique in terms of management, landscape, finance, and people and their culture, which might not be available in other areas. ACA has comparative advantages of different land formation with diverse habitats and spectacular view which attracted international visitors to the area. In addition, the local people in ACA have a strong culture of working together for the benefit of the society through their traditional institutions. Therefore, the success of conservation initiative in ACA is not just about tourism and biodiversity conservation but the whole '*package*' that ACA offers.

All photos for this article are contributed by Siddhartha B. Bajracharya

Photo Courtesy: Ngawang Ngima Shorpa

Waterfall Ice Climbing in Annapurna Himalayas



MOUNTAINEERING TRAINING IN NEPAL

- **NGAWANG NGIMA SHERPA**
  President- Nepal Mountaineering Instructors Association (NMIA)
  Convener- Training & Expedition Committee, Nepal Mountaineering Association (NMA)
- **ASHEESH SHARMA**
  Senior Lecturer and Member Advisory Board,
  Kathmandu Academy of Tourism & Hospitality

Mountaineering – A brief Historical Account

Mountains have always allured mankind because of their majestic charm and challenges offered for human endeavors. The history of mountaineering can be traced back to ancient times when humans started climbing for non sporting purposes as exploration, erecting watch towers on highlands for vigil, establishing sites for meteorological and geological observations etc.

The Royal Society and the Royal Geographical Society financed the first Himalayan venture in 1891. It was led by Martin Conway, a well-known and experienced mountain traveler, who latter became the president of the Alpine Club (1902-04). Conway's party included four Gurkhas from his regiment, the 5th Gurkhas, whose headquarter was at Abbatabd, the district headquarters of Hazara in Pakistan. They carried out extensive exploration around Gilgit, Nagir and Baltit. On 3rd July 1892, C.G. Bruce, two Gurkhas, Amar Singh and Karbir crossed the Nushik La 17300feet. In the same year Karbir and another Gurkhas, Harkabir Thapa with Bruce climbed pioneer peak 22,600feet.[1]

[1] http://www.nnmga.org.np/history.php)



Learning on Rocks

Conway had planned this expedition after consultation with Godwin Austen and Youghusband. The Gurkhas gained tremendous mountaineering experience. This was the first ever account of Nepalese prowess in the field of mountaineering. Bruce, then a 28-year-old lieutenant, had seen three years active service in NWFP, and knew the Gurkhas well as natural mountaineers. He knew that with practice and confidence many of them could become first class climbers. For the next 15 years, Bruce, with selected Gurkhas, climbed all over the Himalayas.[1]

The recorded history of Mountaineering highlights some of the major events as: [2]

- 1874 - Grove, Gardiner, Walker, Sottajev and Knubel reached the summit of the highest mountain in Europe: Elbrus.
- 1913 - Karstens, Harper, Tatum and Stuck reached the summit of the highest mountain in North America: Mount McKinley also known as Mount Denali.
- 1953 – Tenzing Norgay and Edmund Hillary reached the summit of the highest mountain in the world: Mount Everest in Nepal.
- 1985 - Dick Bass reached Mount Everest and became the first person to reach all of the Seven Summits.

Over the years, the mountaineering activity that largely grew as exploration of new frontiers gained acceptance as highly popular adventure sport and is today a multi million dollar industry.

MOUNTAINEERING TRAINING IN NEPAL HIMALAYAS

Nepal, strategically located in South Asia between India and China has always attracted visitors by its natural splendor - *especially the Himalayas*, rich cultural heritage and warm hospitality of the local people. The approximately 800 km long stretch of World's highest Himalayan range along the entire length of the country, with high mountain valleys, deep gorges and canyons and gushing rivers makes Nepal truly an adventure playground. With eight of the fourteen world's highest peaks, including MT. EVEREST, Nepal has always been an attraction for the World's leading climbers and explorers.

Though climbing in the Himalayas started as early as 1890's, the successful ascent of ANNAPURNA I (8091M) in 1950 under the leadership of French Maurice Herzog and then the historic successful ascent of Mt. EVEREST (8848 M) by Sir Edmund Hillary and Tenzing Norgay Sherpa made Nepal popular world over for climbing in Himalayas.

[1] http://www.nnmga.org.np/history.php)
[2] http://www.abc-of-mountaineering.com/info/mountaineering-history.asp



Ice Climbing

From being largely a support staff to the early expedition teams, Nepalese climbers today have gradually evolved not only as key members of the international expeditions but are also leading mountaineering expeditions with great success.

Over the years Nepalese climbers especially the 'Sherpa's have created a niche for themselves in the mountaineering world. More recently, mountaineering in Nepal has witnessed the interest and achievements of people from different communities and walks of life. The latest being the great success of First Inclusive Women Sagarmatha Expedition 2008 Spring (FIWSE) – *an all Nepalese women team.*

Mountaineering training in Nepal dates back to 1979 when Nepal Mountaineering Association (NMA) conducted the first official basic level of climbing and mountaineering course in Annapurna mountain region in cooperation with Slovenian mountain guide association PZS. The main training base was established in Sabji Khola Manang. The same year Manang Mountaineering Training School was established under the aegis of NMA.

Nepal Mountaineering Association (NMA) was established in 1973, as the first association to work for the betterment of mountaineering sector in Nepal.

NMA is a non-governmental, non-profit and non-political organization working as a national alpine association of Nepal to promote mountain tourism, climbing sports, protect mountain environment and preserve and promote cultural heritage of mountain people. (NMA Website)

In 1982, NMA conducted a further advance level climbing and mountaineering training in cooperation with National School of Ski and Alpinism ENSA (Ecole Nationale de Ski et d' Alpinisme, Chamonix France). Same year NMA sent some Nepalese trainee to School of National Ski and Alpinism ENSA Chamonix France to receive further mountaineering training.

NMA presently offers following courses:

- Basic Mountaineering Course
- Advance Mountaineering Course
- Annual Winter Aspirant Guide Training: (*NMA and Nepal National Mountain Guide Association (NNMGA) entered into an agreement to conduct Annual Winter Aspirant Guide Training annually for 4 years from 2008.*)
- Basic Introductory Mountaineering Course:
- Rock climbing
- Artificial Wall climbing
- Mountain Rescue Training (Jointly conducted by NMIA & NMA)
- Female Out Door Leadership Training
- Aspirant Guide Training – France

(NMA used to send annually three students to ENSA, France for Aspirant Guide Training TILL 2006).

Over the years NMA has conducted Basic, Advance and other mountaineering courses at regular intervals. From 1979 till 2008 NMA has played a significant role by producing altogether 1346 trained manpower for mountaineering sector.[3] NMA has been also involved in joint conduction of training programs with Nepal Mountaineering Instructors Association (NMIA) and NNMGA.

In 2002, Nepal Mountaineering Instructors Association (NMIA) was established as a representative body of professionally qualified mountaineering instructors in Nepal. NMIA is committed to promoting good practice in all mountaineering instruction and has taken up the cause of introducing and establishing mountaineering activities as an outdoor educational subject in Nepal since its inception. **Yves Pollet Villard Fondation of France (YPVF)** has been the official partner of NMIA since its inception. NMIA has been playing a significant role in mountaineering training, search and rescue mission in Nepal.

NMIA presently offers following training programs:

- Hill Walking and Mountain Navigation Course
- Introductory Rock Climbing Course
- High Mountain Rescue Training
- YPVF & NMIA Instructors upgrade course
- Basic Mountain Rescue Training
- Basic First Aid Course

Since its establishment NMIA has conducted several mountaineering training courses at regular intervals with cooperation from YPVF of France & NMA. All together NMIA has provided training to 374 candidates till April, 2009.[4] Apart from conducting its regular trainings NMIA has been also supporting Ministry of Tourism & Civil Aviation, NATHM etc in conduction of Liaison Officer and trekking guide training programs by providing experienced resource persons. NMIA



Photo Courtesy: Ngawang Ngima Sherpa

Demonstration Lecture

[3] Source: NMA data.
[4] Source: NMIA data.

Photos Courtesy: Nepal Mountaineering School



Crevase Rescue



Casualty Evacuation



has been actively supporting search and rescue missions as and when need arises.

Another organization which has started contributing for mountaineering training in Nepal is Nepal National Mountain Guide Association (NNMGA) which was formed in the year 2004 by a group of well experienced and highly qualified mountain guides of Nepal. This association is established with an objective to unite manpower involved in mountaineering profession, develop their standard activities in mountaineering and provide additional economic support to the nation through such trained manpower. Considering criteria of International Federation of Mountain Guide Association (IFMGA) this association in coordination with concerned line agencies and different organizations / institutions is committed to conduct training to produce trained manpower for quality service and minimize risks relating to mountaineering. (NNMGA Website)

Over the years NNMGA has conducted snow and avalanche course, aspirant guide course, winter ice-climbing course and mountain guide certification course with the cooperation of IFMGA, NMA, ENSA, NMIA and YPVF. NNMGA has provided training to 79 candidates till January 2009.[5]

The interest of people in mountaineering has grown over the years in Nepal with people from all walks of life taking to climbing. Moreover people have also started realizing that mountaineering is a highly specialized adventure activity which calls for quality training. Recently Nepal has been accepted as a candidate member for International Federation of Mountain Guide Association (IFMGA) after Japan in Asia, which itself indicates the high standards of instruction and training in Nepa. Efforts are on to get full membership of IFMGA 2011. With the world's highest mountains, a great climbing history and ever increasing mountaineering records to its credit, the mountaineering fraternity in Nepal is rightfully looking for institutionalized development of mountaineering training in the country. The need for National Mountaineering School (NMS) of international standard is strongly felt by one and all. Hence its establishment needs to become the collective voice of all stake holders.

[5] Source: NNMGA data.



ELIZABETH HAWLEY

in conversation with Shailee Basnet and Asneesh Sharma for *Nepal Parbet*

Born on 9 November 1923 in Chicago, Illinois Elizabeth Hawley is an American former journalist. She traveled to Nepal in September 1960 and is living there ever since. Hawley is the best known chronicler of Himalayan expeditions for over four decades and is highly respected for her complete accurate records.

You have travelled extensively around the world when you were young. Where all in Nepal have you travelled and which is your favourite destination?

I'm sorry to say I haven't travelled very much in Nepal. I've trekked to Helambu many years ago. I have been to Chitwan and Pokhara several times. I once flew in a helicopter up the Kaligandaki looking for someone. Have been to Solukhumbu and Phaplu twice and visited Khumjung & Khunde several times. I've trekked from Lukla to as far as Thyangboche monastery. So I've seen a bit of Khumbu, it's more than I've been anywhere else. And Khumbu is lovely place to go.

Besides the mountains, what has kept you in Nepal for so long ?

It's several things. It's working for Sir Edmund Hillary's small aid organization. I started working for him in the 1960s and I still do. That is one thing that has kept me here. Reporting and chronicling about mountaineering is certainly a big part of my life. In early years till about 1985, I was a part-time correspondent for Reuters. For quite a while I worked for the first trekking company in the world, Mountain Travel and for Tiger Tops as well, first jungle lodge in Nepal. Most of that work was in Kathmandu. The varieties of work have made my living here enjoyable. I came here a long time ago in the 1960s, and there were very few people highly competent in English. Whenever somebody wanted help they asked me to do it. As I said already I came as part-time correspondent for Time and Life magazine and one thing just added to another.

You have been credited by many climbers for keeping them honest. However, have you ever come across climbers making false claims? How do you know who is telling the truth and who is not?

Well, very seldom. I'm sure some of them make false claims that I don't know about. There was a climber who went to East Face of Dhaulagiri I. Other teams were also on the mountain but not on the face. When he came back he claimed that he reached the summit by East Face. I knew he wasn't very reliable from previous occasions. When other teams who shared the same base camp area came back, they told me that they saw him traverse over to the North East ridge. Four other leaders also confirmed. There are a very few who make false claims. But actually there was a case whose truth I discoverd only seven years later. There was a climber who had climbed Cho-Oyu succesfully. Seven years later, a French man who was in the same party, whom I was interviewing for another mountain said that he hadn't. They reached the summit plateau but then the weather wasn't good, lot of snow was blowing around, and so they came back. When I next met the man again who claimed to summit, I told him you didn't. He said that they though they did, the weather wasn't very good and they couldn't see very well. He said that he was a professional mountain guide, and that he can go back. But he never went back. I don't credit him or others in the group.

In international practice, you do not name mountains after people. You give them the original name if you can find one.

What are the changes you find in newer generation of climbers?

Well, that's a very complex question. There are some very good young climbers mostly in their thirties who have done incredibly difficult climbs. For example one Slovenian climber Tomaz Humar has climbed solo on the South face of Dhaulagiri I. He did not reach the summit but he got up to 7500 meters. That's very high. And then he told me later, 'I realized that if I had tried to go on I would die.' So he traversed off that face to North East Ridge, ascended and came back. So there are a lot of hot-shot climbers. A lot of new climbers are amateurs. They sign up for commercial expeditions and some of them have to be shown how to use crampons and ice axe. So there are two kinds of newer climbers.

With regard to ethics, challenges and achievements surrounding mountaineering, what would be your suggestion to the mountaineers?

With regards to ethics, just be honest. With regard to challenges and achievements I would like to see more climbers on unclimbed mountains and routes. As you know many mountains are not allowed to be climbed and there are a hundreds of them. But everyone goes to South east face of Dhaulagiri, North Col or South Col of Everest, and North Face of Cho-Oyu over and over. Most of them are amateurs. And some people attempt very difficult routes of Ama Dablam. I would like to see many more mountaineering pioneers. Going up Everest South Col or North Col is not mountaineering, that's climbing, that's putting one feet in front of the other following someone else's footsteps. And I would like to see more women doing original climbing. Very few women lead the expeditions, let alone go to new places. I'd like to see many more women being pioneers.

Last year French ice climber François Damilano named a peak in Dhaulagiri group after you. How does that feel?

I think it's a joke. In international practice, you do not name mountains after people. You give them the original name if you can find one. For example, there's a mountain in North America in Alaska that has been named for a long time Mt McKinley. McKinley was the president of United States. Now more and more people know it as Denali which is the name indigenous people gave it. When there is no indigenous

name you have to pick up something. Take Baurntse for example, which is Southeast of Everest. It was named by Sir Edmund Hillary and his friends when they went climbing there the year after he climbed Everest. They named it from Barun Glacier and Tse which means peak. That makes sense, they certainly didn't name it after anybody.

You have contributed much to the success of Sir Edmund Hillary's Himalayan Trust. What plans lay ahead for the Trust?

The plans we have for the trust is the same ones we had when Sir was alive. That is we are helping, financing, and supplying items to schools and hospitals. We also have a forestation project in SoluKhumbu. We just keep going on.

You have deep knowledge and insight about mountains and mountaineering. Have you ever thought about writing a book or may be an autobiography?

No, I haven't. Some people ask me about when am I going to write my autobiography. My answer is never because it's too much hard work. There's already a biography about me which is not error-free. If someone really wants to know about me they can read the biography. It's been corrected in Italian but not yet in English. But I never felt like writing a book on anything, not on mountains not on myself.

You have been in Nepal for almost five decades now. What changes and transformations have you noticed in Nepali society over the years?

All I can say is that people's lives have changed enormously in the cities. Very little has changed in the hills. In the city change in gadgets, things and possessions have far outpaced the change in mind. The gadgets and the way they look at hierarchies in the political parties- that sort of attitude of mind has changed less rapidly than acquisition of motorbikes or cell phones or rest of the gadgets.

Effects of global climate change are being felt across the Himalayas. What is your message to the people to safeguard the Himalayas?

I'm not an expert on that. Well one necessity is to stop the brick kilns and enforce laws. Everyone gets a green sticker but the smoke emitted is like crazy. Enforcement is a real problem in Nepal, not only regarding this but in all areas, impunity is a real problem. As for the environment, pollution created by brick kilns, cement factories, the trucks, motorbikes, buses, the cars obviously need solution.

How has been your long association with Nepal?

Very happy one. I wouldn't be here if it wasn't. I enjoy living here.



Photo: Da Gombu Sherpa

Photo Courtesy: Simone Moro

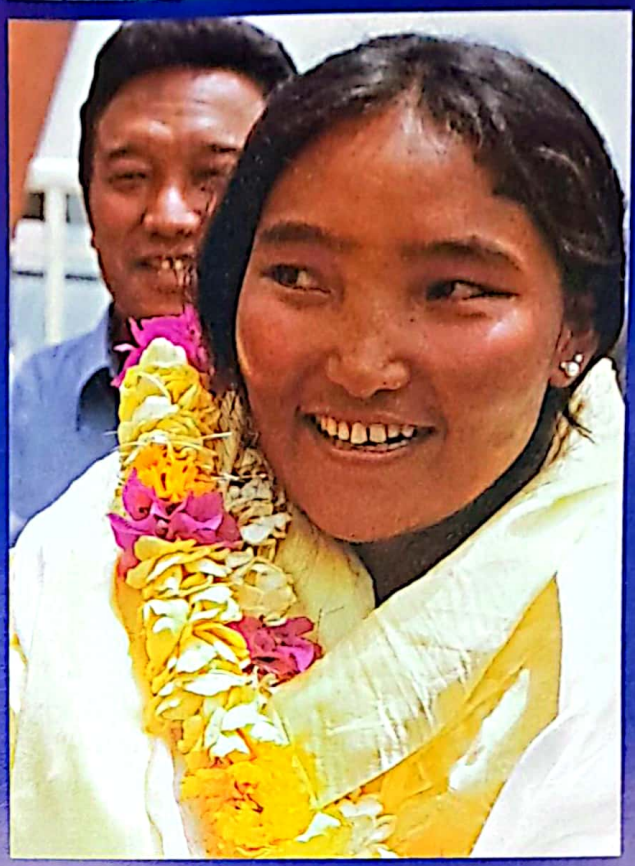


Pemba Doma Sherpa

First Nepali woman to scale Everest from both North and south sides and sixth woman in the world to do so



Photo Courtesy: Simone Moro



Pemba Doma Sherpa personified courage and capability of Nepali woman. A resident of Namche, Solukhumbu Pemba is most remembered for scaling Everest from both North as well as South side. She summitted Mt Everest on May 19, 2000 from the North Col route. On May 16, 2002 she again reached the top of the world from South East route becoming the first Nepali to scale Everest from both sides and the sixth women in the world to do so. Pemba stands out for her desire to go for the highest peaks in the world. She climbed many peaks in the Himalayas and in Europe. Pemba made it to Cho-Oyu on September 22, 2005. On May 22, 2007 she stood on top of Lhotse, at 11:30 am. Unfortunately, a fall while descending claimed her life.

Born on July 7, 1960, Pemba attended one of the schools started by Sir Edmund Hillary. Later she herself started an educational charity called Save the Himalayan Kingdom. She traveled around the world raising fund to educate children. In 2003 she started her entrepreneurial venture Climb High, a trekking company with her husband Rajen Thapa. For her achievements she has been awarded with Suprabal Prasiddha Gorkha Dakshin Bahu (National Award of Nepal), Gold Medal for Mountaineering, Nepal, Sky Walk-The Soles of Records, Italy and Saint Vincent Award, Italy. Pemba's achievement has brought laurels for the country Nepal and she continues to live in our memories.

PERSONAL ACCOUNT



Flying OVER NEPAL HIMALAYA

• CAPTAIN BED UPRETI
Instructor Pilot- Kingfisher Airlines
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An experienced pilot, photographer and author shares his personal account with *Nepal Parbat*

When it comes to mountains there is no other country that stands taller than Nepal. Nepal Himalaya is home to eight of the fourteen highest mountains in the world, including the greatest of them all- Mount Everest (8848 m). Every mountain in Nepal is challenging- kind and beautiful when the weather is good but it can suddenly turn wrathful with snow-storms and winds.

While climbing is the ultimate challenge on mountains, flying over them is another unique adventure. It requires a lot of courage, will power, training and experience while flying over the Himalaya. There is no doubt that Nepal Himalaya is the best region for trekking and mountaineering. When you fly over Nepal, you get an amazing 360 degree view of the Himalayas. Besides trekking several times, my profession as a pilot gave me the privilege to fly over the Himalayas. It makes you feel like you are very close to heaven. It is extremely difficult to explain the pleasure you get up in the air. Almost like a meditation.

On the other hand, turbulences can anytime make flying around Mount Everest and over Nepali Himalaya highly uncomfortable. My memory is still fresh from encountering a particularly bad current of air during a flight close to the mountains. This was during a chartered service, for well-known Japanese photographer Yoshikazu Shirakawa. He was taking pictures of the entire stretch of the Nepal Himalaya from east to west for his book 'The world's hundred greatest mountains'. We were flying near Everest out of Lamidanda *(approximately 60 nautical miles east of Kathmandu)* for early morning views in Cessana Caravan aircraft. It was a single-engine American built aircraft. All my previous mountain flights had been on Avros, generally at 19500 feet. We also flew at 21000 to 25000 feet high above mean sea level with 10 to 15 miles away from Mt Everest. But this time in Cessana aircraft, we were planning to fly up to 30,000 feet and very near to these beautiful mountains. I was definitely very eager and excited to get on with the job.

We flew early in the morning every day. The first few days were blessed with calm air and stupendous views. But 7th of December, 1998 was a day that entirely changed the way I looked at my life.

Everything around us was dark when Captain Suresh Bista and I boarded the plane along with Yoshikazu Sirakawa and his assistant. We waited in the cockpit until there was enough sun light to be able to see the runway. Finally we took off in the dim light. By 6:15 am, we were flying at 27,500 feet just south of Makalu. The aircraft was flying smoothly and the snowy summits were a sight to behold. I was beginning to think that this is the kind of mountain flight I should get into for there is nothing that compares to the kind of spiritual enlightenment one feels as the sun rays begin revealing the mountains in all their majesty. It was way beyond the experience in a normal mountain flights conducted out of Kathmandu.

My reverie however was not to last long. Out of the blue, we hit a severe turbulence and the aircraft began going down very fast. The nose of the aircraft was facing downwards. We had lost about 2500 feet before I realised that the aircraft was flying vertically downwards. Losing height at that rate meant the plane was out of control. I could think of nothing nor could see anything, only the white snow of the mountains in front of me. It seemed like an eternity before we could regain control of the aircraft and we pulled out from the descent and headed back. This was a narrow escape and proved to me just how merciless the mountains can be.

Flying near Mt Everest is even more dangerous. We came back to Kathmandu a few days after later, but the crew that replaced us had greater problems. In similar circumstances while flying over Nuptse, the great massif next to Mt Everest, the photographer hit the roof of the aircraft getting severely injured while the aircraft was going down rapidly. The had to fly back to Kathmandu for immediate medical assistance.

I could think of nothing nor could see anything, only the white snow of the mountains in front of me. It seemed like an eternity before we could regain control of the aircraft and we pulled out from the descent and headed back

This kind of emergency is however exceptional. Trekking and flying is really exhilarating and the views are unforgettable. If you get the opportunity, mountain flights give you the perfect opportunity to come face to face with these snowy guardians of Nepal. The proximity of the mountains is always a humbling one. It is more of an aerial pilgrimage over the most awe-inspiring landscape in the world. An encounter with the towering greats like Mount Everest, Gaurishankar, Melungtse, Cho-Oyu, Pumori, Ama Dabalam, Lhotse, Makalu, Kangchenjunga and Annapurna is a great meditative experience. One must be blessed to have this divine experience at least once in life.

Photos Courtesy: Capt. Bed Upreti



UIAA Ethical Code for Expeditions

- Ensure all members of the team are aware of the regulations set by the host country, the objectives set by the host country, the objectives of the Kathmandu Declaration, and the UIAA Ethical Code for Expeditions.
- Adopt a sporting approach to the expedition's objectives and not use equipment or other resources out of proportion to the objectives.
- Conduct the expedition in a way that maintain the safety of its members and especially those it employs.
- Whenever possible and appropriate provide technical advice and training to members of the expedition form the host country.
- Give an accurate report about the expedition to the appropriate bodies.
- Do not use equipment and materials owned by other expeditions without permission, and be prepared to help local people and the expedition if the need arises.
- Leave the mountain environment as clean as possible at the end of the expedition.

UIAA International Mountain Code

- As a response to the growth of mountaineering the world body for mountaineers, the UIAA, has developed a simple, but very worthwhile code, that the BMC's Access an Conservation Committee strongly commend.
- Observe restrictions and access agreement negotiated by National Mountaineering Federations, and avoid any actions which might endanger access.
- Do not disturb nesting birds or other wildlife. Help protect flowers and respect sites of geological or other scientific interest.
- Avoid actions which cause unnecessary erosion (such as taking shortcuts on footpaths) and do not leave unnecessary way marks.
- Do not disturb livestock or damage crops or trees
- Do not leave any rubbish. Keep campsites clean. Avoid all risk of fire.
- Where toilet facilities are not available, dispose of human waste in a sanitary manner (i.e. under rocks, soil, sand, or in deep crevasses, away from water supplies, paths or climbs).
- Do not pollute fresh water supplies avoid any unnecessary pollution to the snow pack.
- Respect established climbing traditions in ethical matters such as the use of chalk, pitons or bolts, etc. avoid indiscriminate or excessive use of fixed equipment.
- In mountain areas use motorized transport sparingly and park considerately make use of public transport.
- On any excursions to remote or high mountains observe the UIAA Kathmandu Declaration & Ethical Code for Expeditions.

The Vertical Climb

Rock Climbing, Phulchoki, Kathmandu

FEATURE

Mountain Tourism

Time for new approach

NIMA NURU SHERPA
Tourism Entrepreneur
Ex-vice President- Trekking Agents Association of Nepal (TAAN)
Ex-Central Executive Board Member- Nepal Mountaineering Association (NMA)

'Nepal is a unique tourist destination because of its bio-diversity, geographical location, various landscape, culture, religions, and customs'- this statement has almost become a cliché. Everyone from grassroots to the ministry is proud to mention that tourism is the backbone of the country's economy. However, concrete steps to strengthen, boost and promote the tourism sector are yet to begin. It is high time we wake up to take initiative to make our tourism sector highly competitive in world tourism market.

Nepal is blessed with wonderful natural resources, which not only provides us a means to meet our needs but also opens doors for brighter future. Fresh attractive plan and policies will not only add flavor in drawing more visitors but will help bring changes in the industry that dates back to 1950s. Nepal Mountaineering Association (NMA) which is the umbrella organization of

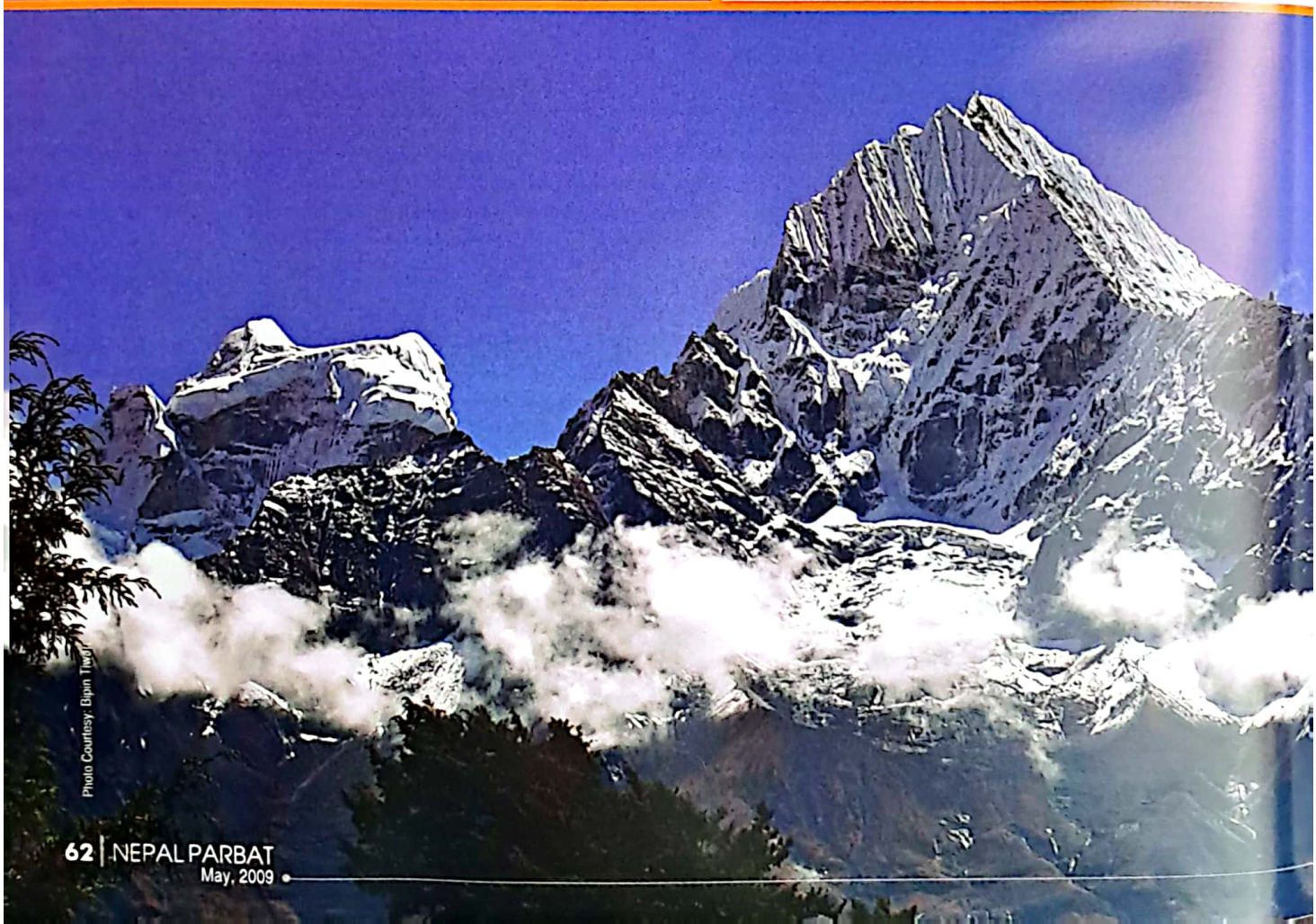


Photo Courtesy: Bipin Thapa



all mountaineering activities could take leadership in taking new initiatives.

The Government of Nepal has allowed Nepal Mountaineering Association (NMA) to issue permit to 33 peaks. As per 2008 record 1,091 peak climbing permits were issued to 5,370 climbers. A total of 2397, 1249 and 295 permits were issued respectively to Island, Mera and Lobuche Peaks. Likewise, permits for Machhermo peak were not issued in 2008 and Lobuche West has remained unclimbed since 2006. As for Kusum Kanguru, Chekigo and Chukung Ri, two permits were issued per peak, four were issued for Hiun Chuli and six for Chukung Ri in 2008. It can be concluded that all the 33 peaks are not well promoted in comparison to Island and Mera Peaks. Perhaps, NMA needs to implement new ways to bring equivalent popularity among all the peaks.

NMA has been conducting Basic Mountaineering Course (BMC), Advance Mountaineering Course (AMC), Annual Winter Aspirant Guide Course and High Mountaineering Rescue Training (HMRT) among others. BMC and AMC are conducted in cooperation with Slovenian Alpine Association and Ecole Nationale de Ski et d'Alpinisme, Chamonix respectively. Similarly, NMA conducts Annual Winter Aspirant Guide Course in association with Nepal National Mountain Guide Association. NMA also funds Nepal Mountaineering Instructors' Association to carry out HMRT. The support of national and international organizations to NMA in developing reliable mountaineering professionals is highly appreciable.

NMA initiated conducting training courses since 1979 thereby; totaling 1,346 trainees trained under different courses. Initially the courses were based in Manang followed by Langtang in the recent years. However, NMA has limited the extension of its activities to certain part of the country only. In the recent years training courses are generally conducted in Langtang region. Organizing such event in other parts of country such as Manang, Makalu/ Kanchanjunga and Khumbu regions will not only benefit the locals but also assist NMA to promote mountain tourism by producing qualified and skilled resources nationwide. Besides the aforementioned roles, NMA should lead as alpine club of Nepal and focus on promotion of mountain tourism, development and conservation of the Himalayan regions.

Apart from the trekking peaks, there are 326 expedition peaks opened for mountaineering, for which climbing permit must be obtained from Ministry of Tourism and Civil Aviation. Out of the fourteen highest mountains, eight are in Nepal which include- Mt. Everest 8848m, Mt. Kanchenjunga 8586m, Mt Lhotse 8516m, Mt. Makalu 8463m, Mt. Cho-Oyu 8201m, Mt. Dhaulagiri 8167m, Mt. Manaslu 8163m and Annapurna 8091m. Among these, Mt. Cho-Oyu remained unclimbed from Nepal for 29 years since 1978. Out of nine teams that attempted to climb via South East face only one team consisting of a German and an Austrian summitted Cho- Oyu in 1978. Last attempt was carried out by a Korean team in the autumn of 2000. This year the team of renowned climber Denis Urubko of Kazakhstan along with Boris Dedeshko was successful to climb Mt. Cho-Oyu via South East face in the spring. This route is technically difficult and avalanche risky. According to Denis the plan was to explore a new safe route on the face. It is hoped that Denis Urubko Expedition will provide useful information and revive interest in climbing Cho-Oyu from Nepal side. Like NMA, Government of Nepal should make efforts to promote other 8000ers apart from Everest and should facilitate and grant concessions to mountaineers opting for new challenging routes.

Compared to neighboring countries, it is necessary to revise the climbing royalty in order to welcome and encourage more climbers. Affordable royalty will not only attract more climbers but indirectly multiply the income of the nation as a whole. Along the same line providing free filming permission except to feature films perhaps might add a new way to promote Nepal as a priority tourism destination. Likewise, providing free permission to use satellite phone and walkie-talkie will not only provide a free means to communicate but will play an essential role in the safety of climbers which should be the first priority.

Nepal is bestowed with the opportunity to serve as one of the major destination for adventure tourism in the world. Yet, aside from depending totally on nature's gift, it is equally important to develop infrastructure for tourism development. This can be achieved through the unity of the government, tourism entrepreneur, concerned people and associations. It is hoped that government of Nepal will consider such pertinent issues and assist in creating a warm and friendly environment to welcome more trekkers, mountaineers and other tourists in the future and let the public feel for real that *'Tourism is the backbone of the country's economy'*.

PERSONAL ACCOUNT



Photos contributed by author

Crampons, Crevasses and Chlorine

Mountaineering and Environmental Stewardship in Solokhumbu

● SHAE FRYDENLUND
An American National pursuing tourism degree

As a young mountaineer with lofty dreams of guiding in the Himalayas, I was ecstatic when presented with the opportunity to assist in teaching an ice climbing and glacial safety course at Island Peak. I had already been doing research on mountain tourism and environmental issues for several months, and had compiled a great deal of data and video footage in Kathmandu. However, travelling to the Everest region to see the state of the industry firsthand was ideal for completing my university thesis while engaging in environmental activism. What I saw and experienced over the course of three weeks not only reinforced my dedication to alpine conservation and environmental education in Nepal, but also opened my eyes to the dire need for a unified guide certification program.

I arrived in Lukla on May 12, and was immediately shocked by the availability of Western amenities. I had spent the past month living in a remote village and trekking in Lower Dolpa, where there is little to no basic infrastructure, let alone development. The first thing I noticed while walking to Namche Bazar was that I seemed to be the only trekker carrying my own full pack - nearly 26 kilos of crampons, ice axes and personal equipment. Every other individual was carrying only a daypack and had hired porters to take their gear. I fully understand that Western business is critical for the economy of Solokhumbu – porters depend on individual trekkers as well as expeditions for employment. However, there is a serious need for unity and education among porters. The majority of porters are without proper shoes or clothing – most wear chapals (sandals) and do not even carry water. In addition, most of the rubbish on the trail is gold tobacco wrappers and RaRa packages discarded by the locals. If there were an association of porters to ensure the availability of appropriate clothing as well as provide environmental education, both the local people and the ecosystem would benefit.

Perhaps the most glaring issue with tourism in Solokhumbu is potable water and plastic waste. I walked for two days without seeing another person besides myself carrying a refillable bottle and water treatment. Each group I passed had plastic water bottles, and they were obviously unaware of how their bottles were being disposed once they left them at the lodge. If there were a greater movement toward education; the 'leave no trace ethic' then perhaps I would not have seen a glacial pool filled with plastic bottles at the top of Cho La pass. The Sagarmatha Pollution Control Committee is working on a pilot project to implement a filtered water station system in Namche, but the project must extend beyond this isolated location. There are some safe drinking water stations, but guides are not familiar with this system, and thus do not communicate the information to their clients. A unified guide certification system would solve this problem rather easily, as guides would be well versed in water safety and pollution control protocol.

In addition to the issue of pollution control and environmental education, I became familiar with the need for a uniform certification system for guides in the Everest Region. While acclimatizing in Namche, I met Anthony, a young Belgian man traveling with a guide hired from one of the many trekking companies in Kathmandu. He was assured that his guide would be skilled in mountaineering and capable of bringing him to the top of several trekking peaks. However, Anthony began telling me about his many concerns regarding the qualifications of his guide: not only did the man walk far ahead of him on trail, often leaving Anthony confused and lost,

but he did not seem to be as experienced as the company had claimed. They were nearly caught on Mera peak when a storm blew in and trapped them near the summit. Anthony and his guide were without proper navigation tools, ropes, crampons and did not even have plastic boots or waterproof clothing. That same day, an entire group was caught in a similar situation, marooned without proper safety equipment, and had to be rescued from the mountain. The week before, a woman was killed when she fell into a crevasse, one of the many new hazards appearing on the mountain as a result of warmer temperatures and expanding ice. Despite a dangerous situation, Anthony turned out to be very lucky and was able to descend safely. However, when I asked him why he remained with the guide, who was obviously untrained in technical mountaineering, he responded that he had already paid a thousand dollars to summit one of the trekking peaks, and that he wanted to try again, despite a lack of equipment and experience. Thus, the issue of guide certification entered my mind. Very few trekkers have the background in mountaineering to discern a legitimate guide from an inexperienced one, and even fewer are familiar with the types of equipment necessary to summit a trekking peak like Mera or Island Peak safely. A unified certification system, which would provide a visible form of recognition for potential trekkers, would greatly reduce risk in the Everest region and would attract even more clients on the basis of legitimacy and reliability.

I was privileged to be a part of an expedition to Island Peak, which spent three days educating the clients on proper safety protocol prior to departing for base camp. Under the skilled leadership of our guide, the expedition safely ascended and descended the mountain, and I was able to assist in providing the clients with a firm foundation in glacier travel, belay procedure, basic crevasse rescue and ice climbing. My experience was the ideal in terms of safety, education and environmental stewardship. Our expedition practiced 'leave no trace ethic' and left no rubbish on the mountain. I believe that through a unified certification system, all expeditions can achieve this level of safety and environmental responsibility.

As the effects of climate change begin to manifest themselves more forcefully in the Everest Region, we, as mountaineers, must be aware of the increased level of risk associated with alpinism. I saw for myself the widening crevasses on Island Peak, and the treacherous Khumbu icefall, which claimed two lives while I was in the region. I heard the helicopters bringing victims from Everest Base Camp to the hospital at Pheriche, and I spoke to expedition leaders who had lost team members on the mountain just days before. The environment is changing, and we must respond accordingly. Not only must we create a system to ensure safety for porters and trekkers alike, but we must remain aware of the bigger picture: climate change. A unified guide and porter certification system would greatly improve safety and quality of life for locals and tourists, but an education movement focusing on awareness of changing mountain conditions and the implications of climate change is also necessary. As a member of the future generation of mountaineers, I am eager to be engaged in the movement for education and conservation in Solokhumbu. It is true that the fight against climate change is bigger than Nepal alone. But we can take steps to improve the state of tourism in the Everest region, while also working to conserve the environment for future alpinists like myself who love this country. We need to device a system that brings both porters and trekkers safely to their destinations and back again. And most importantly, I want to be a part of a responsible industry, which has respect for both the people and the fragile ecosystem. This is possible with commitment for responsible tourism, proper certification and continued support for education and awareness. I hope I will be getting enough opportunities to guide in the unspoiled Himalayan environment protected from heaps of plastic and leftovers. The grandeur and serenity of the Himalayas need to be preserved. Let us change ourselves not the Himalayas.



The shrinking and increasing dangerous Khumbu Glacier.

INTERVIEW

'Promoting tourism as per the geographical features of the country'



Prachanda Man Shrestha is serving as the third Chief Executive Officer at Nepal Tourism Board. He is often referred as a 'visionary CEO' among tourism entrepreneurs. However, in Nepal getting visions materialized is a challenge in all sectors including tourism. Prachanda Man Shrestha talks with Nepal Parbat about NTB's vision, challenges, Nepal Tourism Year 2011 and more.....

First of all, tell us about your vision for tourism in Nepal.

As Nepal Tourism Board is the national tourism organization of Nepal, the vision of the board goes in line with that of the Nepali tourism policy. The board has been established as Public-Private Partnership with the belief that assimilation of competitive capability of the private sector along with the authority of government can develop Nepal as an attractive destination. The board has two important visions:

First: To establish Nepal as a premier holiday destination in tourism origin markets. Our vision is to professionally promote Nepal at international level through trade marketing and consumer marketing.

Second: To establish Nepal as a tourist-friendly country. We envision coordinating with various stakeholders and multiple partners to make the stay of tourist in Nepal memorable and fully satisfactory.

Nepal Tourism Board collects certain revenue from tourists. How is the revenue mobilized?

Theoretically, I believe that the board should not depend on the government financially. On the other hand, since it is not a company, private sector also do not invest here. But we do need a source of income. In order to balance this, it was decided that companies serving the tourists will charge an additional tax to their clients and deposit the fund in the board's account. This, however, did not produce results in practice. Thus, in recent years the board receives NRs 500 per departing tourists which they pay as a part of airport tax. In this fiscal year, we have been able to collect NRs 170 million. Besides, we collect Rs.15 to 20 million from our own resources. In reality this amount is very small in comparison to our competitors and neighboring destinations, particularly when converted to a foreign currency like dollar. Despite not being much, this amount is used efficiently. So far we have been using 70 percent and 30 percent for international and domestic promotion respectively. In fact, from the 30 percent we have to deduct our administrative cost. So we only have 10 to 20 million rupees for domestic promotion. Since the beginning of the peace process the demand for internal tourism promotion has risen. So it is very difficult for us to meet the internal demand with such limited fund. In order to solve this, we need to do something. I am against putting additional burden to the tourists. Thus we have launched 'Promotional Affiliation Programme'. Companies in Nepal or

abroad sending tourists here can use our corporate logo. This involves three issues- companies can enter into a contract with us to use the logo for promotion as affiliate member, we will then provide our promotional materials for free, and it can propose promotional event on cost-sharing basis to the board. This might increase the domain of our income and thus our activities as well.

What kinds of and how many tourists does NTB plan to attract?

When we look at it from quantitative viewpoint, we focus on three indicators. First, number of arrival and their geographical origin, second important indicator is the average length of stay and the third is the average daily expenditure of the tourists in Nepal. Based on these indicators, our target is to double the current tourists' arrival during Nepal Tourism Year 2011, i.e. bring in one million tourists in total during this campaign period. It has been observed that as the arrivals increase the length of stay decreases. Currently the length of stay is 11 or 12 days. So our target is to maintain a minimum of 10 days as arrivals increase. The third indicator, average daily expenditure which is about 50 to 60 dollars currently should be increased at least to 65 or 70 dollars. Besides these indicators I personally believe that Nepal should attract a wide range of tourist from those on shoestring budget to the exclusive ones with high spendings. The reason is because Nepal has both expensive avenues as well as destinations like remote villages where one does not need to spend much. We have three categories of origin market- traditional source markets like Europe, America, Japan, emerging markets like South East Asia, Middle East and neighboring countries India and China.

What kind of homework have you been doing to make tourism business result-oriented assimilating the government and private sector in tourism?

Tourism entrepreneurs in Nepal are largely in-bound handlers, which means they are only capable of providing services to tourists who have come to Nepal. Almost no tourism entrepreneur has physical presence in the market i.e. the origin markets. So for me the major constraint and challenge is to figure out a way to put Nepali entrepreneurs in the origin markets. Promotion from NTB can only raise awareness but cannot lead to commercial packaging. To some extent entrepreneurs today are able to package and sell through internet. But the relation with the tourists looking for destinations in the market is very weak. We talk about bringing in a million tourists, but we are not the ones who bring them, there are others who send. So two approaches have been taken for this. First we encourage Nepali businesses to participate in international trade fair every year taking up 70 percent of the expenses. That can establish our contact with the operators. Second, for business to business contractor dealing, we take the leadership in sending sales mission to five to seven countries in a year. The idea is to get their tourism board and operators involved in selling Nepal as a destination to their clients. One thing we still haven't been able to do in this regard is consumer marketing. We haven't been able to advertise Nepal in the electronic and print media in various countries. We have initiated a small start with 15 seconds advertisement in BBC focused on South Asia, Mid East and Europe. If our sources increase in forthcoming years, the plan is to reach more countries for consumer marketing.

What kind of strategy have you adapted to promote the investment of the private sector in tourism sector?

Nepal Tourism Board has little role in the investment promotion of entrepreneurs because it depends on investment incentive package policy. Investment is influenced by the facilities that government provides through policies. So it depends more upon the policies and legislative structure charted by the Ministry of Industry and Ministry of Tourism and Civil Aviation. Board plays an advisory role to the government. In this direction, two things have been done.

We have always advocated the government to identify priority sectors of economy. Recently, the government has fixed three priority sectors agriculture, water resource and tourism. Advantage of being a priority sector could be inflow of special packages for investment. We are further advocating for certain facilities for the sector of third priority.

Government is thinking about Special Economic Zone law, where certain zones will be facilitated with tax waivers, infrastructure support and others. We have requested the Ministry of Tourism and Civil Aviation to recommend the government to determine Special zones for tourism as well within the framework of Special Economic Zone. The instrument has not arrived yet and our role is limited to advocacy.

What differences have you introduced in the tourism policy made recently? Please give us a comparative response.

I was involved in drafting the tourism policy of 1995. Interaction with various stakeholders was limited back then. Besides those directly related to tourism, others did not have interest in such interaction. So the policy could not address making a tourism-friendly environment. As a result, tourism activities could not be extended beyond certain limited areas. Local communities and authorities in various villages and districts, despite having attractive resources for tourism, could not be mobilized towards it. Tourism couldn't enter into development mainstream. We do not see tourism component into the yearly planning of many districts, municipalities and villages. Now in

the recent policy, based on the 30 years of tourism experience, we are trying to expand tourism in new areas, getting into broad based tourism development. The new policy has also segmented destinations. In the past we used to mention only cultural and natural tourism. But the new tourism policy has segmented the tourism development process. According to destinations various segmentations like village tourism, community based tourism, agro tourism and health tourism have been defined. In totality the road-map of this new policy is clearer.

Have you launched some innovative plans around Mountaineering Expedition Tourism, one of the most important sectors?

Mountaineering tourism is not mainstream tourism. By nature, number of tourists in mountaineering is limited. Certainly, it is important sector of special interest. We need to broaden from mountains to hills and the Terai, our focus is to promote tourism as per the geographical features of the country. For example, trekking has long been organized only in the hilly and mountainous region. The idea with trekking is sightseeing on foot. We could now expand the concept of trekking to the Terai which offers ethnic and cultural varieties. 1950-1960 is the golden era of mountaineering when all the 8000ers were climbed. During that time mountains and thus Nepal drew great attention and hence trekking in the mountains and hills picked up. Today it makes up 40 percent of our tourists. Now we need to expand that. New tourism policy and Nepal Tourism Year need to encourage this.

Would you illustrate more on the relationship between Nepal Tourism Board and Nepal Mountaineering Association?

Nepal Tourism Board does not have direct relation with Nepal Mountaineering Association (NMA). NMA is a volunteer organization of professional mountaineers. Nepal Tourism Board is an organization that works in partnership with tourism professionals. The board does have relation with mountaineers as an individual profession. However, as the same individuals are involved in tourism business we do have indirect relation. think NTB's presence in NMA is necessary. We need inter-relation to guarantee to the world that climbing is safe.

You have been strongly dedicated to the change and transformation of Nepali society and country. Please, tell us, how you are leading 'Nepal Tourism Board' for the transformation.

Transformation is our very vast national objective. NTB and I have limited domain. It is not a regulatory, monitory body, package operator or development agency. It has limited role of disseminating a positive image of Nepal in the world market as an attractive destination. As for transformation, what we can do is establish that tourism is not a choice for Nepal but is mandatory. Tourism is the only sector where it is possible to get return without big investment in a short period while generating employment both in urban and rural areas. Therefore, it is essential to raise awareness about importance of tourism among all stake-holders. A farmer does not need to quit agriculture for tourism but can benefit from it in parallel. That is my strategy for tourism. So our plan is to organize a day's awareness program among organized rural communities through Nepal Tourism Year. We will impart skill, trainings like housekeeping, hospitality and home-stay. We can invite transformation and provide economic option even in the remote corners of nations through such simple programs. This can contribute in a big way to the stability of the country. People at the grassroot do not believe in political ideologies but look for meeting basic needs. If they do not get that people revolt. Thus to stabilize today's achievement we need to provide people economic alternative. This is possible through simple intervention in short time period.

What efforts are you putting up to make Nepal Tourism Year 2011 more result-oriented ?

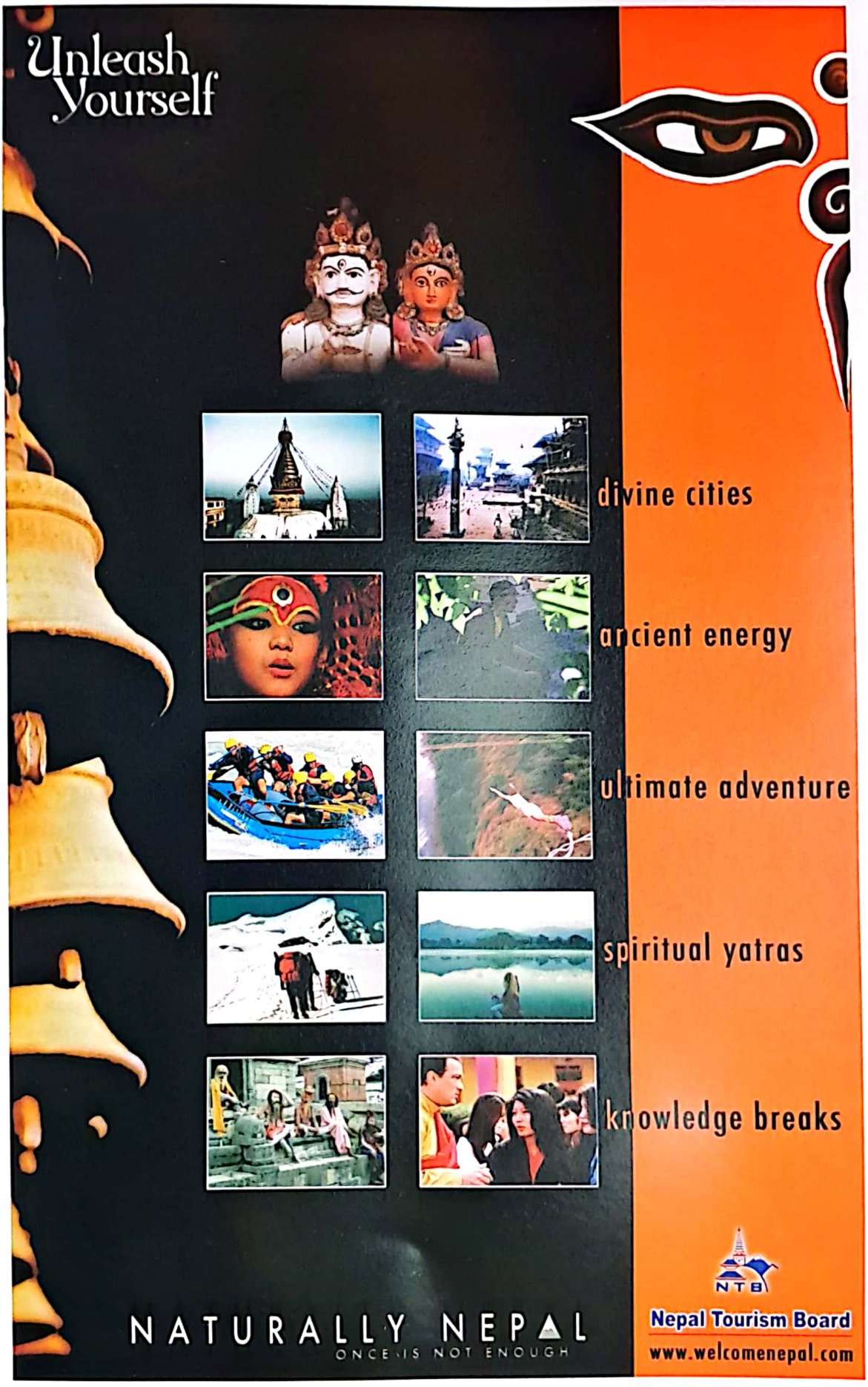
We have run the latest campaign with the aim of raising public awareness, increasing hotel service, air service and increasing the number of tourist in-flow up to a million. 2011 would be more like a Visit Year for tourists coming from outside. More importantly, this is a national campaign for preparing a tourism-friendly environment or setting the bed-rock for tourism development, involving the various stake-holders and community. This will not end in 2011. The idea is to set in a track by 2011 and keep going for years and years. Our belief is that this will make a foundation for broad based tourism.

I would like to request to all mountain lovers all-through the world to disseminate the message of the attraction and importance of our snow-capped mountains from their level. Then only, even those who have not been identified with the mountains of the country will be attracted to our beautiful mountains. It will support to meet the target of 'Nepal Tourism Year 2011.

What message would you like to deliver to the readers of Nepal Parbat ?

Our mountain ranges are not only ours but belongs to the world. So come, see, preserve, experience and enjoy these. None should be deprived of the satisfaction these resources offer.

The natural and cultural resources of Nepal are precious and I would like to give the message to the tourists to visit, observe and experience them to preserve and promote them as the responsibility of the world community.

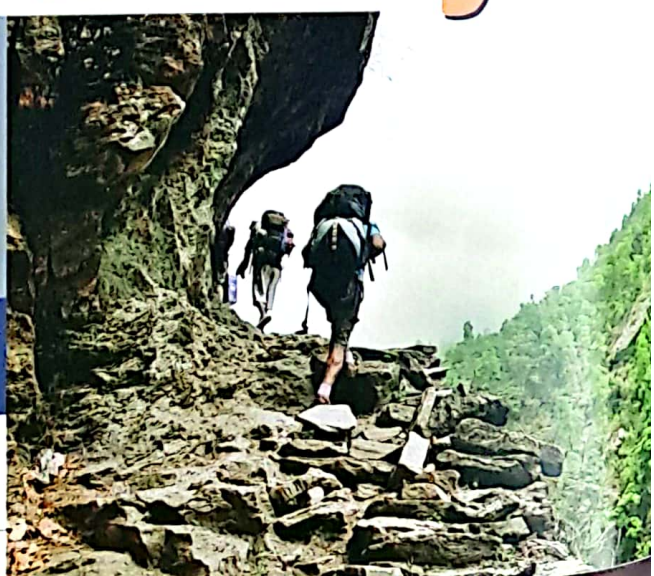

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EMERGING DESTINATION

Tsum Valley

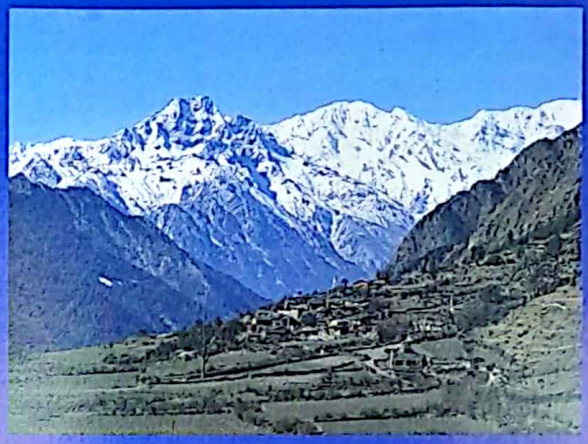
Trekking

NEWLY OPENED

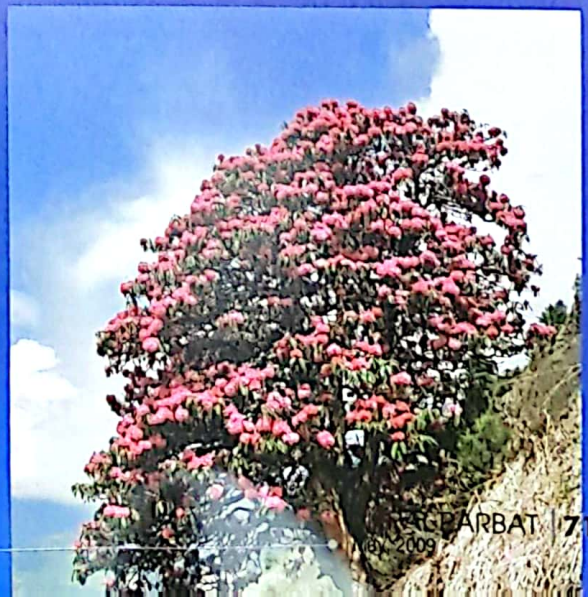








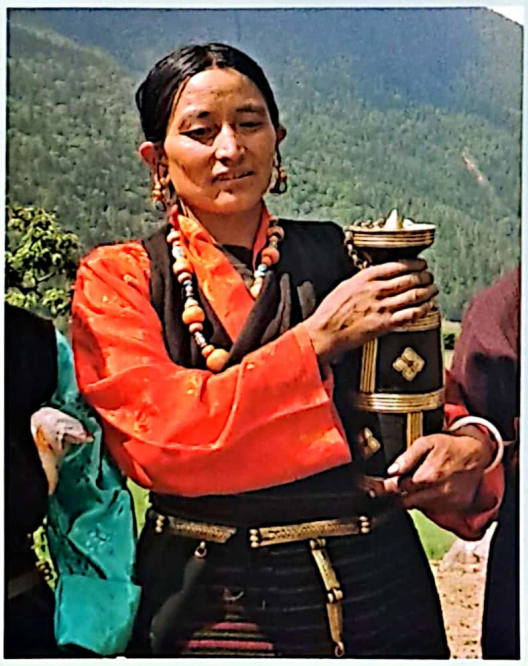




Time seems to have frozen still in the Tsum Valley- the sacred hidden valley in northern Gorkha. The valley is surrounded by Baudha Himal and Himal Chuli on the west, Ganesh Himal on the South and Sringi Himal on the north. These mountains resemble to have locked the valley from the touch of modernity, keeping its ancient feel alive.







Tsum Valley derives its name from the Tibetan word 'Tsombo', which means vivid. Traditionally Tsum valley comprised of culturally distinct geographical area called 'Tsum Tso Chuksums', which means thirteen provinces ruled as a single territory. The valley has several Buddhist fables surrounding its past. A Buddhist saint Milarepa is believed to have meditated in the caves of adjoining mountains. Tsum valley has preserved steps of the great Buddhist Yogi Chyuchin Milarepa and has a story about Guru Padmasambhava circumbulation.

Trek to the valley begins from Arughat in Gorkha district, which is easily accessible from Kathmandu. A walk through wild yet pristine locality along the Budi Gandaki river opens up to the valley endowed with views of Ganesh Himal and surrounding peaks. The altitude in Tsum Valley trek varies from 1905 m in Lhokpa to over 5093 m at Ngula Dhojhyang Pass on the Tibetan border. Several gompas (Buddhist monasteries), mani walls, chortens, drawings of deities provide a glimpse of ancient relics. The Valley that spreads over 1663 sq km area is bounded by high passes like the Ngula Dhoj Hyang (5093 m.) and Yamdro Pass (5326 m).

Local people who are mostly of Tibetan origin and practice Bon religion welcome visitors with traditional Tibetan butter tea and local meal. People in Tsum Valley still practice polyandry system, unique culture, tradition and dialect. They celebrate colorful festivals like Lhosar, Dhacyhang, Saka Dawa, Faning and others. Many Tsumbas (resident of Tsum Valley) report that they have seen or found the signs of Mehti, commonly referred as the 'Yeti' or 'Abominable Snowman'.

Despite the serene beauty and unspoilt culture, Tsum Valley is yet to reap benefits of tourism. The two Village Development Committees in the valley, Chumchet (Lower Tsum) and Chhekampar(Uppen Tsum), are the most remote in the entire Gorkha district. The valley used to be a restricted area. It was opened for group trekking on October 17, 2007. But lack of information and promotion has kept the valley from prospering. Realizing this fact, Trekking Agencies' Association of Nepal (TAAN) in association with Nepal Tourism board (NTB), Nepal Trust for Nature Conservation (NTNC) and Tsum Welfare Committee (TWC) organized 'Tsum Valley Exploration' campaign in May, 2008.

The exploration team has recommended three different itineraries in Tsum Valley of 17, 24 and 25 days.

Text & photographs for this article are contributed by Trekking Agencies' Association of Nepal (TAAN).

ITINERARY I

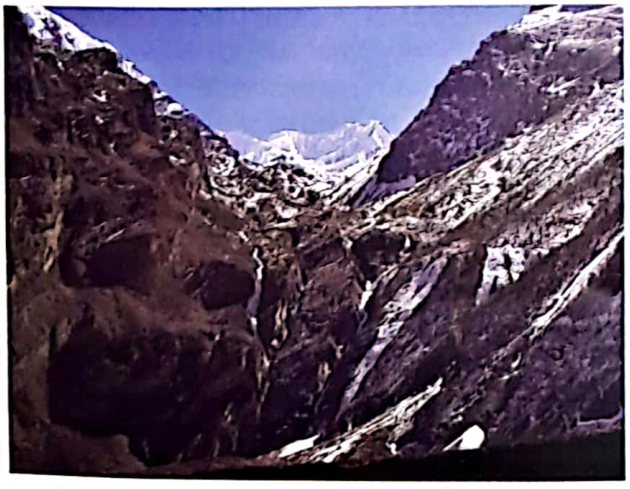
No of Days	Programme
1	Kathmandu - Arughat
2	Arughat - Liding
3	Liding - Machha Khola
4	Machha Khola - Jagat
5	Jagat - Lokpa
6	Lokpa - Chumling
7	Chumling - Chhokangparo
8	Chhokangparo - Chule-Nile
9	Chhule-Nile - Mu Gumpa
10	Mu Gumpa - Rachen Gumpa
11	Rachen Gumpa - Dhumje
12	Dhumje - Gumba Lungdang
13	Gumba Lungdang - Ripchet
14	Ripchet - Doban
15	Doban - Soti Khola
16	Soti Khola - Arughat
17	Arughat - Kathmandu

ITINERARY II

No of Days	Programme
1	Kathmandu - Arughat
2	Arughat - Liding
3	Liding - Machha Khola
4	Machha Khola - Jagat
5	Jagat - Lokpa
6	Lokpa - Chumling
7	Chumling - Chhokangparo
8	Chhokangparo - Chhule-Nile
9	Chhule-Nile - Cho Syong
10	Chho Syong - Dupchet
11	Dhupchet - Chemdo
12	Chhemdo - Chhekya
13	Chhekya - Dangchet
14	Dangchet - Yamdro
15	Yamdro - Bhajyo
16	Bhajyo - Thongbu
17	Thongbu - Lungdang
18	Lungdang - Rachen Gumba
19	Rachen Gumba - Dumje
20	Dhumje - Gumba Lungdang
21	Gumba Lungdang - Ripchet
22	Ripchet - Doban
23	Doban - Soti Khola
24	Soti Khola - Arughat
25	Arughat - Kathmandu

ITINERARY III

No of Days	Programme
1	Kathmandu - Arughat
2	Arughat - Liding
3	Liding - Machha Khola
4	Machha Khola - Doban
5	Doban - Philim
6	Philim - Chumling
7	Chumling - Chhokangparo
8	Rest day at Chhokangparo
9	Chhokangparo - Nile
10	Nile - Bhajyo (Chhekya)
11	Rest at Bhajyo (Chhekya)
12	Bhajyo - Rachen Gumba
13	Rachen Gumba - Chumje
14	Chumje - Bihi
15	Bihi - Namrung
16	Namrung - Lho
17	Lho - Sama Gaun
18	Sama Gaun - Samdo
19	Samdo - High Camp (Ekle Bhatti)
20	High Camp - Bihmthang
21	Bihmthang - Dharapani
22	Dharpani - Ghermu
23	Ghermu - Bhulbule or Besisahar
24	Besisahar - Kathmandu







JYOTI ADHIKARI

President Trekking Agencies Association of Nepal (TAAN), Board Member- Civil Avaition Authority of Nepal (CAAN) and Member- NMA Taskforce in conversation with *Nepal Parbat*

You have been active in mountain tourism since last two decades and are involved in many tourism organizations and associations. How do you look into the past of these organizations and associations?

Thirty years of history of various organizations and associations reveal that since the time tourism industry started getting professional in Nepal, related people also started getting united through various associations and organizations. Back then despite limited number of entrepreneurs, associations representing all segments of tourism emerged gradually. Even at times like the decade before 1990 when any kind of association or ideology was politically banned and high-profile contacts were compulsory to start a business, emergence of associations and process of getting united itself is an achievement.

Post-1990 remained a phase of ups and downs. New breed of professionals demolished old forts and demonstrated commercial wonders one after another. Differences and competition among entrepreneurs is obvious. In such context, all associations in different times have tried to address the burning issues according to their ability and situation. Meanwhile the laboring and hardworking workers brought tourism industry today to a level that the state had to recognize it as a priority industry, we should be proud of this.

Today, youths are entering aggressively into tourism as the first professional generation. They are moving forward with changing times remaining dedicated to their ambition and responsibility- thereby successfully establishing a concrete professional identity. The challenge for the associations at present is to move ahead with the times.

There could not be good relations between NMA and TAAN for a long time. What do you say about that?

There is or was only one reason behind this- it is the reminiscence of the conflict between a group that traditionally treated the means and resources of the state as their private property and those dignified professionals who entered into tourism profession through their own identity. Despite entrepreneurs related to TAAN being the major partner of NMA which is capable of generating 50 million rupees a year, TAAN had hardly been given any rights. Those who love NMA and want to see it as national alpine club are rightfully looking for their say. There was no possibility of improvement in the relation without addressing this. But time is turning now.

There are complains that the process of rebuilding NMA has not been able to take enough speed. What do you say about that?

Those stuck with tradition and believes of gone days are trying to create obstacles today. At NMA, everyday activities are going on, trainings are being conducted and some

infrastructure development is also about to begin. Let's hope by June-July a new working committee will be elected and a people-oriented, time-relevant statute capable of addressing issues in a concrete way will be in our hands.

Around what kind of identity should NMA be built around?

The country of eight of the fourteen peaks above eight thousand meters including the highest peak, thousands of snow towers and innumerable mountainous valleys stands out from the rest the world. Nepal is a must-name for any individual or organization involved in alpine activities. Our mountain ranges are one of the best destinations in the world that lure the entire mankind to travel. Any alpine club in the world feels incomplete without relations with alpine club in Nepal. In such a context everyone agrees that there should be one representing organization and NMA should take that leadership. Therefore, we believe that the association should have the culture and tradition to truly represent mountains, Everest and people of Nepal at international level. Most importantly, the collection and utilization of funds must be maintained transparently. This is very important to establish a clean image and earn trust from all.

NMA should also be able to embrace all mountaineers and professionals related to mountain tourism. It should recognize the local people who live down the mountains as its partners. NMA must also bring a mountaineering school of international level in operation in order to capitalize the knowledge, skill and capability of youth so that they can effectively play the leadership role in the mountains worldwide. The association should be developed as an international centre that can take leadership in global alpine arena.

In present situation, how can overall change and transformation be brought in tourism industry?

In the context of Nepal change and transformation in a short time is difficult. Tourism by nature is luxurious. Only when high level of income and saving oriented society is formed, tourism market can extend. Internally we are weak in tourism oriented social context. Instead of feeling peaceful and relaxed tourists here feel sensitive because of hunger, scarcity and many kinds of problems. On the other hand, the ruling and administrating class lack the farsightedness to address these problems. Tourism service and product is for all of us. At domestic level we should be able to establish that tourism provides new taste, new energy and rejuvenates. Also we should be able to create better environment for international visitors. Then only overall change and transformation of tourism sector is possible.

We could create awareness about tomorrow's touristy Nepal by launching National Tourism Program campaign. That can make transformation possible.

Recently 'National Tourism Federation' an umbrella organization of all associations in tourism industry has been formed of which you have taken leadership. Tell us something about it.

Yes, the federation has now finally been formed after many attempts and debates. Tourism has many sectors and sub-sectors. And there are several associations related to these. Therefore, the federation came up as there was a need for an umbrella organization. It will work towards making the state 'tourism friendly'. It will lead the private sector to receive appropriate returns from its investment and labor, and attract wider community towards tourism. Making associations transparent will be another focal point. The current priority for the federation is to heighten the image of tourism profession nationally and internationally. All those who have worked hard in formation of the federation deserve special thanks.

Lastly, what should NMA focus on and what do you say about the authority it has over collecting revenue from trekking peaks?

Our country has decided to celebrate May 29th, the fortunate day when man reached the top of world as International Sagarmatha (Everest) Day. This should be NMA's primary activity. As soon as possible May 29th should be made International Climbing Day and NMA must lead a campaign to popularize it worldwide. This will not only bring attention to the height and pride of our mountains but also increase attraction towards Nepal. This will in turn trigger qualitative leap in the tourists coming to Everest and other peaks. It should be noticed that it was International Everest Group which brought forward the concept of celebrating May 29th as a homage to the courage and victory of the duo Hillary and Tenzing. And it was after TAAN's special request that it got validity as a national festival.

Besides, strong presence in global alpine arena, establishment and operation of mountaineering school of international standard, appropriate respect and social welfare for mountaineers in trouble and their dependents and overall development of climbing sector should be NMA's major and must-do activities.

As for the right to collect royalty, an organization with such responsibilities should be aided with more means and resources, of course maintaining transparency. We should not even think of arresting the right earned in the past.

FEATURE

HRA in Mountain TOURISM

• D. B. KOIRALA
Tourism Entrepreneur
Vice Chairman- Himalayan Rescue Association Nepal

Back in the 1970s trekking had already started picking up in Nepal. Many foreigners headed for high altitude zones, however without much knowledge about high altitude sickness. Himalayan Rescue Association (HRA) was established in 1973 to prevent and rescue the tourist from high altitude sickness and make trekking and mountaineering safe. HRA saves tourists from possible accidents on the way to their destination and explores the kind of preventive security policies that could be applied to avoid accidents. HRA had many pertinent issues to look after – how to do the first aid in case of any accident, where the possible place for the primary health treatment is, and what kinds of facilities are available including the security methodologies to get to the destination safely. HRA started providing information on these issues from its Thamel office. In later years the association has established two health centers in Pheriche (Everest region) and Manang (Annapurna region) where foreign volunteer doctors provide service. This has saved lives of many tourists.

A major credit in the formation of the association goes to Dr. John Skow, an American national, who in 1973 went up to the Khumbu on completion of his assignment as a Peace Corps volunteer in Nepal. He was distressed that many people were dying from Acute Mountain Sickness, and thought that something ought to be done about it. He called together a meeting of officials from the Ministry of Health, some doctors and few other individuals from trekking companies. The professionals from trekking company realised that since it was their clients who were affected mostly, initiative should be taken. Finally in subsequent meetings it was decided to form Himalayan Rescue Association with most of the trekking agencies contributing generously in its early days.

HRA was then registered as a Nepali Volunteer Organization. Its initial approach to helping reduce the death and disability in the Khumbu region was to station a medical personnel at Pheriche. The chief function at Pheriche would be to screen trekkers as they came through to help identify problems early, to render aid to those in trouble, to help evacuate people by whatever means available, and also to do preventive education.

Mr. Tek Chandra Pokharel led the association as its founding Chairman from 1973 to 1978. It was his initiative that made individuals and institutions accept the Patronship of Himalayan Rescue Association. In 1974 Mr. Pokharel met Prof. Hayata and was able to impress him to cooperate with

Photos contributed by author



HRA for the scientific study of Acute Mountain Sickness and to build some facility at Pheriche. Pheriche was chosen because it was here that most of the acute symptoms of AMS manifested, where most of the death occurred and from where most of the evacuations had been made.

In later years, upgrading Pheriche Trekkers Aid Post, setting up radio communication between Kathmandu, Pheriche and Manang, establishment of Manang Trekkers Aid-post, setting up an administrative and information centre in Kathmandu were major undertakings. HRA took leadership for a major rescue arrangement of 549 person and 62 dead bodies from Everest region (Gokyo area), Kanchanjunga, Manang in Nov. 1995 avalanche. Mr. Bikram Neupane is the present Chairman of the HRA and several projects such as, Pheriche aid-post extension and renovation, lecture hall in Manang, permanent building in Kathmandu are underway.

HRA aid post in Manang started in November 1981, in the Nepal Mountaineering Association building at Ongre. In 1985 the HRA moved into a rented building in Manang. The beautiful new clinic in Manang, funded by the British, was finished in 1991 and provides a more comfortable inpatient care and better living quarters. Manang Health Post also provides information on the prevention of high altitude sickness and provides health service for the tourists trekking to the Annapurna Base camp. Here also locals are provided free service. It has also been organizing an awareness training program for the porters to save and be saved from high altitude sickness every year.

Everest Memorial Trust provides Pheriche Health Center with the essential monetary support and facilities like solar panel, air condition, room heating technology and stock of oxygen. Recently, the Trust also provided support for the repair of the health center. Along with primary treatment, foreign doctors at Pheriche Health Center have been offering trekkers information on high altitude sickness and its prevention twice a week even at Dingboche.

The clinic and hospital services are conducted for five months during tourist seasons in Manang and Pheriche. Besides tourists, Nepali guides, workers and local people also receive free health service and medicines in both of the well equipped hospitals.

Since 2001 HRA has been installing a temporary health post at the Everest Base camp every spring season. This has benefitted several expeditions and trekkers. Recently, Himalayan Rescue Association successfully provided medical support for the cricket game held at the highest altitude in Gorakshep.

The Association operates various temporary post during tourist season and special occasions at various points like the Na Village in Rolwaling, the mouth of the Annapurna Sanctuary, the Gokyo Trail, and at the Gosaikunda Lake area. Himalayan Rescue Association attempts to provide its services to the extent possible with its means and resources. Because rescue is difficult in Nepal, prevention has become the key activity of the HRA doctors. The principal aim is to save tourists from high altitude sickness. In fact, service has even been extended to animals when possible!



For the last thirty-five years, this association is dedicated to rescuing mountaineers and trekkers from the possibility of high altitude sickness or other accidents while in Nepal. It has contributed in making Nepal a safe destination for trekkers and mountaineers. Every tourist here feels, 'I am in the Mountain region, in case of any accident or problem, this association supports me whole-heartedly, and it is my friend in a crisis'. Courting such feelings in the mind of the tourists, it increases the appeal to travel to this region.

Himalayan Rescue Association and Nepal Mountaineering Association have always shared a close relationship to make every tourist's experience highly safe and satisfactory in Nepal.

PERSONAL ACCOUNT

Responsible Climbing in Himalayas

• SHAILEE BASNET
Journalist

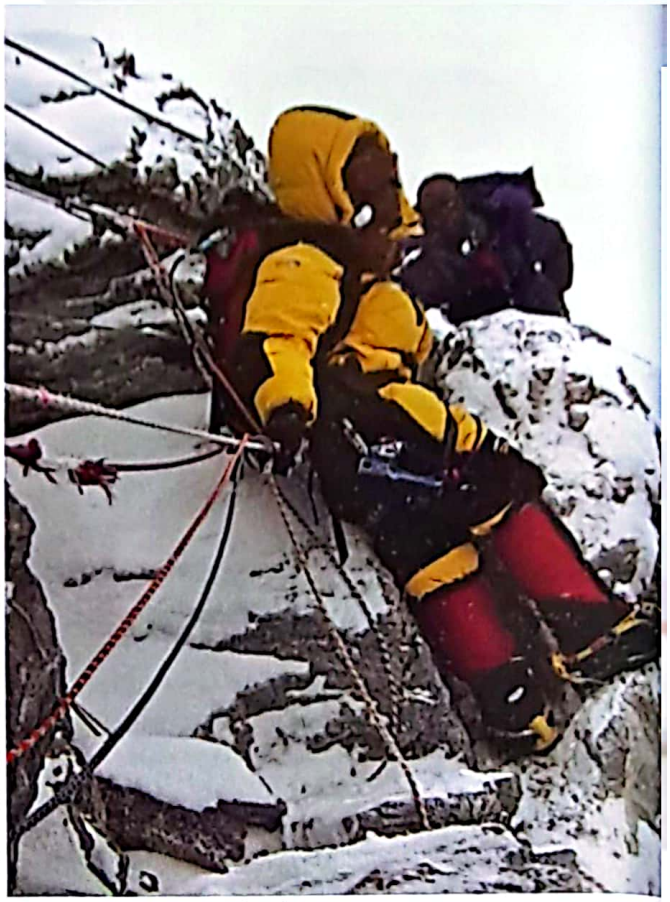


Photo Courtesy: Climbers' Club

Hillary step crisscrossed with old and new ropes

Date: May 2008
Time: around 1 am
Place: Above South Col, before reaching Balcony

I was climbing in perfect silence. A strange whooshing sound arrowed down the huge mountain. What could it be- a Yeti? Stupid my thought may be, but I was really curious. I looked around to find out that it was an empty oxygen tank which was sweeping diagonally off the mountain. My immediate thought- had it brushed someone on its way, there would be very slim chances of the persons' survival. As I climbed up it felt as if leaving empty oxygen tanks openly or half dug in the snow was almost a norm on Everest. And 'a falling tank almost hit me' was a story bit too common. I have never come across any news mentioning accidents caused by left out tanks; I hope there never is one. But at the rate empty tanks are piling up on Everest climbers can only keep their fingers crossed.

George Mallory simplified it for all climbers to answer the complicated question 'why climb Everest'- or any other mountain for that matter 'Because it's there!' Mountains have some strange attraction that is a combination of several appeals and some people just have to climb them. Meanwhile, with this list of 'some people' ever increasing, the competition is also getting intense. Everyone is under tremendous pressure up in the mountain- the clients, leaders, agencies, basically the entire crew. Unfortunately the pressure exists only with regard to making it to the summit. In this process many important aspects are overlooked or compromised- the mountain environment, the safety of oneself and others, mountaineering ethics and sometimes one's own health and ability.

On Everest, Camp II is the best example of what shouldn't be done to a mountain. In 2008 there was an open toilet, heaps of kitchen rubbish and everything from chocolate wrapper to tissues thrown around. At the South Col a lot of useful items that could be done without down the mountain have just been left or deliberately blown off- head torches, batteries, carry mats, sometimes even tents and many empty oxygen cylinders. The Hillary Step is crisscrossed with ropes perhaps not removed from the first time fixed ropes started being laid for agencies' clients. Even the summit is not spared. Beneath the prayer flags and holy pictures several tanks are stacked, ironically like an offering to the mountain.

Left over tanks and old ropes in particular could be serious threat to climbers. Selecting fresh rope is one thing every new climber in Everest is told about. Yet, I managed to get myself rappelling on a rope down a small vertical section at the Khumbu Icefall that was not anchored. Thanks to my teammate I switched ropes before concluding the descent.

Expedition pollution is not the only danger, climate change is also threatening the entire Himalayas for real. The effects are most striking to those mountaineers who have decades of experience. On Himalayan giants like Everest, more rocks are cropping up, layers of snow are depleting and glaciers are

retreating faster each year. At places like Imja-Tse signs of climate change can be noticed easily even by non-experts. Even though most of the climate related problems cannot be blamed on climbing, irresponsibility on the part of climbers is getting more costly by the day.

How mountains are treated is one pertinent issue whereas how fellow climbers are treated is another serious matter that has triggered many debates. David Sharp's death stirred huge controversy in 2006. Some argued that rescue in the Death Zone is only putting your own safety at risk. Many climbers including the late Sir Edmund Hillary expressed disgust over this. He said, "I think the whole attitude towards climbing Mount Everest has become rather horrifying. The people just want to get to the top. It was wrong if there was a man suffering altitude problems and was huddled under a rock, just to lift your hat, say good morning and pass on by." In 2007 his point was literally proven when Usha Bista, a Nepali climber abandoned by her team and found unconscious over 8400 meters, was rescued alive. It's obviously a climbers' choice to climb mountains and take the risk involved. Yet passing by dying people to get your trophy and claim to fame without even trying to help is too inhumane to consider right in any kind of circumstances. But that is easier said than done. Up in the death zone, everyone is tired, exhausted, with limited supplies, and too preoccupied on that once in a lifetime situation to make one big dream come true. That is why the mountain environment, safety and ethics are compromised. That's also why 'responsible climbing' dawns on many, if at all, after the climb gets over. But again two important questions never leave climbers. What has the mountain and mountaineering given to my life? And what have I given to the mountain's life and mountaineering? It would be most unfortunate to have a happy answer to the first and embarrassing one to the second. That should be too big a guilt to carry around one's lifetime.


Photo Courtesy: Climbers' Club

It is not that mountaineering is worsening by the day and nothing is being done. The government of Nepal started taking $4000 deposits from Everest expeditions which is returned only after all the trash is brought back. Since the early 1990s several 'Environmental Expeditions' have gone up Everest claiming to clean it up. Though effectiveness of such has not escaped doubt, it is clear that there is an increasing concern. There are climbers and agencies that put effort to leave only footprints and value human life over the summit. Last year we heard about climbers in other expedition groups who brought everything back including their excreta. While we appreciated their efforts we silently moved to the 'open toilet' to relieve ourselves. Most of our expedition's belongings including oxygen tanks were indeed brought back. The point is, better orientation and preparation could have certainly helped us and many others to be more responsible. Like many experienced climbers opine mountains can be kept unsoiled only if all expeditions make cleaning-up a compulsory component. It is time for the Government of Nepal to tighten up its regulation implementation and also orient each expedition group and climbers on how their actions can improve or worsen mountain environment. It would be most effective if the government or Nepal Mountaineering Association could prescribe dos and don'ts so that mountains are not left to the discretion of individual climber/agency and that clean climbing emerges as a culture.

Whether we like it or not, today Everest is a big bazaar, and more peaks in the Himalayas are becoming like it, be it other 8000er giants or trekking peaks. Furthermore the bitter truth is that this commercialization is one of the reasons many of us have been able to climb to the summit at all. Of course everyone does not have the heart, skill, ability or interest in alpine-style climbing where the damage is the least and the brotherhood/sisterhood of the rope is the core. But guided climbing need not be the worst devil. There is one good thing about bazaar and market forces, the fact that supply tails demand. In guided expeditions there is a big demand to put one on the top, so expedition agencies apply every effort towards it. And when agencies start finding their clients, who are really mountain lovers, who prioritize the mountain environment, the safety of one and all, and core mountaineering ethics then that is what will be offered. But it's the climber who has to go for it. On the other hand being pro-active will only add to the credibility and goodwill of agencies, which also survive on good climbers (who are again after all mountain lovers). Agencies and guides have the influence to establish norms and values that their clients must comply to, which in return can make the clients proud for being a part of responsible expedition. Responsible climbing can actually be a win-win situation for all.

VIEW POINT

Nepal Mountaineering Association

Past, present and future

• PRATAP RAJ ONTA
Social Activist

Nepal Mountaineering Association (NMA) was established on 1st November 1973; during the days when heading any important autonomous organizations was a privilege only for the members of the royal family. Establishment of Nature Conservation Fund under the leadership of then prince Gyanendra Shah, Pashupati Development Fund and Social Welfare Council under the leadership of then queen Aishwarya and Nepal Mountaineering Association under the leadership of Kumar Khadka Vikram Shah, King Birendra's brother-in-law indicates the trend of the past. Initially NMA was endowed with the authority to collect royalties of 18 peaks and later 15 more peaks were added to its kitty. Although Kumar Khadka Vikram Shah abandoned the leadership after the public movement of 1990 his followers hardly did anything substantial for the promotion and development of the association in its 18 years period starting 1990. In the past NMA annually collected NRs 3-4 crore (30-40 million) revenue but failed to assure its proper utilization due to the absence of clear objectives and concrete work-plan.

Huge sum of money was spent on unproductive works and granting uncalled favors. Genuine mountaineering and trekking guides, authentic entrepreneurs and professionals found it difficult to get a membership at the association. Seeing the anomalies, the aware and self-standing trekking entrepreneurs and mountaineers started a campaign of garnering support to stop such practices about four years ago. Meanwhile Nepal entered a transitional phase. As a result of fusion between People's war and People's movement the country earned complete democracy (Loktantra) in 2006. Today Nepal is a republic state. At this juncture of historic achievement, supporters of social transformation have been putting whole-hearted collective efforts to establish NMA as one of the leading alpine-clubs in the world.

The transformations also resulted in long awaited dissolution of the past team and setting a new leadership and taskforce, in mid 2007. Ministry of Tourism and Civil Aviation played a vital role in this regard. The present taskforce has the primary responsibility to conduct elections at the earliest so that the association can proceed with clear objectives and concrete plans for the benefit of the mountaineering sector.

While looking at the efforts of last year, it can be clearly seen that NMA is undergoing radical changes, including financial improvements. For example, International Mountain Museum (IMM) in Pokhara was at loss unitl last fiscal year (2007-2008). However, following the formation of new taskforce and deputation of new leadership, IMM has earned NRs 18, 73,503/- in the first 9 months of the current fiscal year. Estimates for the remaining three months indicate a net profit of NRs 25 lakh (2.5 million) for IMM. The number of tourists visiting IMM Pokhara can be increased in geometric ratio, in case public transportation is extended up to this museum. About 50 percent of one lakh fifty thousand tourists visiting Pokhara can be attracted to visit the museum through effective promotion and publicity. Disseminating message through radio and television and advertising with colorful attractive signboards/hoardings/posters in English and Nepali in tourist hotels, restaurants, travel/tour/trekking/rafting agencies, airlines offices, airports etc. will help in attracting more visitors to IMM, Pokhara. With such process we can

raise the revenue to more than NRs 22.5 million. Similarly, while the saving of the association was NRs 1 million at the end of last fiscal year (2007-2008) it increased to about NRs 30 milion in the first nine months of current fiscal year. Investment and expenditure through scientific planning can further bring highly positive results by properly mobilizing the savings in the interest of mountaineers, peak promotion as well as for welfare and development. Doubtlessly all such efforts will lead Nepal tourism to greater heights.

Even the new launched tourism policy 2065 BS (2009) has given due emphasis for mountaineering tourism. The new tourism policy has mentioned the following points for the promotion and development of the mountaineering sector:

- Nepal will be developed as an excellent destination for mountaineering, making it well-managed and environment friendly.
- The royalty for mountaineering will be waived off for some time for the new places and where there is no access for the mountaineering.
- The mountaineering peaks of Nepal will be opened gradually.
- The peaks which are below certain height, and are easy to climb will be promoted as the trekking peaks.

Nepal Mountaineering Association has initiated collective effort and good practice whereby changing the past feudal structure. It has started providing membership to deserving mountaineers, sirdars, mountaineering tourism professionals and associations. It is hoped that the forthcoming election of the association will be able to bring dynamic leadership which can take NMA to new heights fulfilling the aspirations of mountaineering fraternity in Nepal.

It is also hoped and believed that the association will learn its lesson from the past mistakes and will strengthen and continue the positive activities of the past. It will have strong commitment and dedication to establish Nepali mountaineering tourism in the world market with new thought, spirit and creativity.

It is important to convey the message to the international community that 25 million Nepali people including tourism entrepreneurs are committed and dedicated to offer the highest standard of services and hospitality to the dignified citizens of this world in beautiful Himalayan country- Nepal.

Nepal is famous in the world as one of the most interesting destination for all tourists. Nepal is not only rich in biodiversity, but has wonderful natural and cultural heritage. The friendly behavior and hospitality of the Nepalese people has always won the hearts of the visitors. More research on indigenous and tribal people of the country can help add more to cultural tourism here. Nepal is one of the most interesting and captibating countries for the analysts and researchers. In other words, Nepal is a living museum. Particularly the mountains, customs and culture of Nepal attract the tourists from all over the world.

Even at the time of armed people's war for 10 years, and its fusion with the people's movement with the participation of about 5 million people, not a single tourist had to lose his/her life. The tourists have never been harmed. Similarly, there was a substantial number of the tourists coming during unrest period. In a sense it can be said that Nepal offers healthy and safe environment for the respectable tourists of the world.

Nepali people make every effort to make tourists feel welcome in the virtuous land of beautiful snow peaks and the highest mountain in the world. In modern times it can be said that



Nepal is not only the country of birth-place of Lord Buddha, Mt. Everest or brave Gurkhas, but also a country of the politically conscious people who have brought revolutionary transformation through dedication and sacrifice. The new developments in the nation is expected to change the old world production mechanism based on exploitation into a justified society where people earn what they deserve through their labor. It is hoped that the NMA would be able to deliver desired positive results in the days to come by imbibing the spirit of the people's movement.

Sherap's Mission 8000



Sherap Jangbu Sherpa is on his mission to become the first Nepali to successfully complete the ascent of all fourteen 8000ers. He successfully climbed Mt Makalu on 2009 Spring, his 11th 8000er. In May 1999 he reached the summit of Kangchenjunga, his first Himalayan giant. He climbed Shisapangma the same year. Sherap Jangbu continued to bag other mountain giants including K2, Shishapangma, Lhotse, Cho-Oyu, Annapurna I, Everest, Dhaulagiri I, Gasherbrum II, Manaslu and more recently Makalu.

Sherap a resident of Khumjung village in Solukhumbu plans to climb two more peaks- Broad Peak and Gesharbrum I in 2009 Summer thereby finishing off with Nanga Parbat in 2010 Summer. He has climbed Everest three times and climbed Cho-Oyu, Lhotse and K2 twice. That totals to 17 summits above 8000 m. Sherap was inspired to climb at a young age when he saw his father climbing. He started climbing at an early age of 17 when he joined a team climbing 'Mera Peak' as a helper. He has climbed 37 peaks below 7000m. He worked for eight years with the British climber Doug Scott whom he considers his guru. Support from the government and private sector in the days to come will be a great encouragement for Sherap to accomplish the feat of all fourteen 8000ers.

Cho-Oyu climbed after a long gap from Nepal side

Kazakh climber Denis Urubko climbed Mt. Cho-Oyu, his 14th 8000+ metre summit, after climbing the mountain's South-East face in an alpine style with climbing partner Boris Dedeshko.

His ascent brings good news to Nepal as the mountain had remained unclimbed from Nepal side for last 29 years. Cho-Oyu is considered relatively easier 8000er as the route from Tibet presents less challenges. However, on Nepal side the mountain calls for technical climbing.

Denis originally planned a speed ascent on Cho-Oyu's normal route last spring. He had to postpone till the fall as the Chinese authorities closed the mountain. Later Denis decided to attempt Cho-Oyu from Nepal via the South-East Face in an alpine style. The face never before climbed in an alpine style, had attracted Denis since 2001. He had also wanted to summit his last 8000er in a special way.

Denis has made some remarkable climbs in the past years. He has climbed most of the 8000ers without oxygen. Denis and climbing partner Serguey took new routes on Manaslu and an unclimbed face of Broad Peak. In 2007 the two made K2 north side ascent in 11 years. With Italian climber Simone Moro he made first winter ascent of Makalu in 2009.

Apa did it again!
This time with the anti-climate change message

Apa Sherpa, 49, has yet again climbed to the top of the world for the 19th time breaking his own previous record. He took an anti-climate change message to the world's highest peak in the spring of 2009.

He carried a Word Wide Fund for Nature (WWF) banner calling out to "Stop Climate Change - Let the Himalayas Live!" According to reports, he also carried a metal vase containing 400 Buddhist offerings up to the summit. The expedition also marked the start of WWF's Global Awareness Campaign on Climate Change in the Himalayas, which aims to highlight climate change in the Himalayas through a series of events throughout the year. The expedition reminds world leaders of their responsibility towards preserving the Himalayas as a global heritage, and calls on them to strike a global deal to fight climate change at the Copenhagen Climate Summit this December.

Apa Sherpa has been on 20 expeditions to Everest reaching the summit 19 times. He began working for expeditions in 1998 and made it to the top of Everest for the first time on May 10, 1990 along with Rob Hall, Gary Ball and Peter Hillary. Apa is married to Yang Chi, originally a resident of Thame, in 1988 and has two sons and a daughter, Tenjing, Pemba and Dawa. The family is now based in Draper, Utah in the United States. Apa is the co-owner of Karma Outdoor Clothing Co. In April 2009, he founded The Apa Sherpa Foundation dedicated to the improvement of education and economic development in Nepal. He is committed to continue working towards raising awareness about environmental challenges.





Nepali women team on Everest

Ten Nepali women from diverse backgrounds successfully climbed Mt Everest in the spring of 2008. The team known as 'First Inclusive Women Sagarmatha Expedition 2008 Spring' (FIWSE) spread the message of 'Unity in Diversity'. FIWSE, with a 100 percent success, became the most successful women expedition to Everest. The team comprised members from diverse ethnic, professional and regional background.

Till 2007 only seven Nepali women had reached the Everest summit. The limited number of women participation in mountaineering triggered Pemba Dorje Sherpa, climber with speed record on Everest, to organize the expedition. He was the Climbing Leader FIWSE whereas mountaineering instructor Da Gombu Sherpa and Susmita Maskey were General Leader and Team Leader respectively. Asha Kumari Singh, Chunu Shrestha, Maya Gurung, Ngawang Phuti Sherpa, Nim Doma Sherpa, Pema Diki Sherpa, Pujan Acharya, Shailee Basnet and Usha Bista completed the team as climbing members. FIWSE was organized by Climbers' Club. The expedition was supported by the United Nations World Food Programme (WFP), BP Koirala India-Nepal Foundation, Danish International Development Agency (DANIDA), and United Nations Development Programme (UNDP) through the support of the European Commission (EC), Nepal Government along with various government and non-government organizations including the private sector.

The team left for Base Camp on 17th April 2008. On 22nd May first five members made it to the top. Subsequently by 25th May 2008, all ten members had been successful. At a time when the country was heading to new direction as a Republic nation, the team was successful to spread a strong message of strength of youth, women and inclusiveness. Maya Gurung, Pujan Ahcarya, Usha Bista and Asha Kumari Singh became first ladies from Gurung, Brahmin, Chettri communities and the Terai respectively. Encouraged with their success, the women team is now aiming to climb the highest peak in remaining of the continents as 'Himalayan Women to Seven Summits'. This time their mission is 'Inviting Positive Change, Inviting the World' wherein they aspire to bring the world together to fight global warming and climate change so that the Himalayas survives with all its beauty to provide life and inspiration to future generations. The team is currently fund-raising in Kathmandu. They plan to start with climbing Mt Elbrus, the highest mountain in Russia in August 2009.

Promotional Campaign of Nepal Tourism Year 2011 launched

Minister for Tourism and Civil Aviation Ms Hisila Yami formally launched the promotional campaign of Nepal Tourism Year 2011 on January 25, 2009 in Kathmandu. The main objectives of the campaign are to establish Nepal as a choice of premier holiday destination with a definite brand image, to improve and extend tourism related infrastructures, to enhance the capacity of service providers, to build community capacity in new areas, to cater the need of tourists and to promote domestic tourism. NTY 2011 has a target of attracting one million tourists.

National Tourism Federation Established

Necessity of establishing a national network of tourism professionals has been felt world over. The need for a federation has been highlighted in various proposals and documents in Nepal since 1997. The tenth-five year plan (2002-2007) also mentions about encouraging the efforts for structured collective representation of private sector. As an outcome of discussion and approval by seventy-five tourism entrepreneurs at Nepal Tourism Board on March 16, 2008, the long awaited establishment of National Tourism Federation was finally realized on April 30, 2009 with official registration. The federation is established to coordinate, and unify professional associations, to provide patronship and security to all kinds of associations, as well as to provide justified solution in case of internal conflict. The federation is expected to serve as a platform to represent the collective voice of various sectors and sub sectors of tourism thereby having a crucial role in supporting government for tourism policy-planning and development.

Members of the federation include, Society of Travels and Tour Operators, Nepal Women Mountaineering Association, Hotel Association of Nepal Chitwan Chapter, Trekking Agency Association of Nepal, Tourist Vehicle Association Nepal, Nepal Mountaineering Association, Village Tourism Promotion Forum, Tourist Guide Association of Nepal, Nepal Association of Rafting Agents, Restaurant and Bar Association of Nepal, Himalayan Rescue Association and Nepal Canyoning Association.

The National Tourism Federation has been established under the chairmanship of an experienced and visionary tourism professional Mr. Jyoti Adhikari, who is also president of TAAN. The four vice chairman selected are Mr. D.M.Koirala, Mr. Nima Nuru Sherpa, Mr. Bachhu Narayan Shrestha and Mr. Navaraj Dahal. The other officials include Mr. Tilak Lama as Secretary-General, Mrs Pampha (Paudel) Dhamala as Secretary and Mr. Mohan Lamsal as the founder secretariat member. The establishment of the federation is a result of collective hard work of the private sector that needs a positive outlook and support from the government for the success of "Public-Private Partnership Approach"

The long awaited National Tourism Federation is expected to uplift tourism sector making professionalism, transparency and mutual coordination its focus. Establishment of the federation is being taken as a milestone for tourism promotion and development.

Nepal soon to get IFMGA membership

The First Nepalese mountain guide course took place on 3rd to 25th of January 2009, at Annapurna Sanctuary with 11 of 14 participants completing successfully. Formal procedure for the inclusion of Nepal National Mountain Guide Association (NNMGA) into International Federation of Mountain Guides Associations (IFMGA) is thus underway. For this, in agreement with the NNMGA and the NMIA, the IFMGA proposed for the first group of aspirant training in 2009, the second group of aspirant training in 2010, guide test for the aspirant guide class validated in 2009 in January 2011. By the end of 2011, NNMGA will be integrated into IFMGA thus becoming a member of international mountain guide family. The guide course in Nepal is being conducted under the responsibility of first Nepali IFMGA guide Sunar Gurung, also president NNMGA and Jean Annequin an IFMGA guide.

In a letter to NNMGA, IFMGA president Bruno Pellicier has urged the association to undertake necessary steps with Government of Nepal at the earliest to recognize in the law, the guide training as sanctioned by the diploma.

Lakpa achieved 7 continents feat

Lakpa Rita Sherpa, 43 has become the first Sherpa to climb all the highest mountains in all continents. His first Seven Summits was Mt. Everest in 1990 and finished the climb in February 2009 with Mt Kilimanjaro.

Kathmandu International Mountain Film Festival

Movies, Mountains & More...

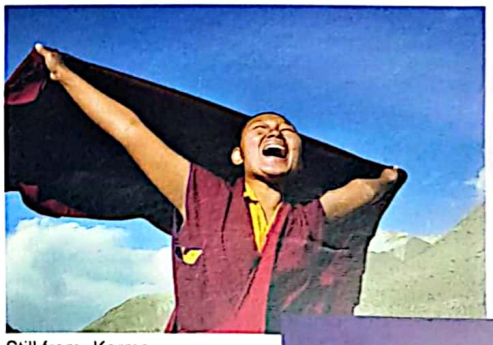
6th Kathmandu International Mountain Film Festival (KIMFF) left Kathmandu audiences with a new taste of movies last December. More than 60 films covering a wide array of subjects including conflict, culture, climbing, wildlife, environment, globalization, gender, and lifestyles were screened back-to-back at the Rashtriya Sabha Griha (City Hall) and the Nepal Tourism Board, Pradarshani Marg (Exhibition Road) in the festival organized by Himal Association.

The festival has been gaining international appeal year after year. It received 200 entrees from 36 countries in 2008, of which 66 films were selected. Thirty-four films were screened in the international non-competitive section, 20 in the international competitive category, and 12 films in *Nepal Panorama* section. Nepali film director Yadav Kharel, Indian filmmaker Ugyen Chopel, and Australian mountaineer and author Brigitte Muir comprised the international jury to award top three films in international competitive category and best film in Nepal Panorama. One movie receiving most votes from viewers was given Audience Award. The winning films for 2008 were:

International Competition Winners		
First place	:	*I Want My Father Back* by Suma Josson, India
Second place	:	*The Day after Peace* by Jeremy Gilley, UK
Third place	:	*Chaukaith (Threshold)* by Deepak Rauniyar, Nepal
Nepal Panorama Winner	:	*Yudha Chitra – Frames of War* by Prem BK and Kesang Tseten
Audience Award Winner	:	*Cherub of the Mist* by Naresh Bedi, India

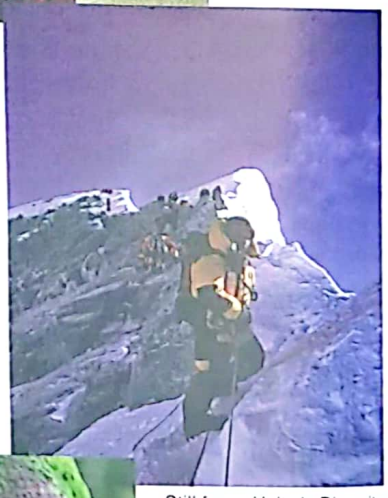
KIMFF has every year gained attraction not only for the movies but also several satellite programs which includes photo exhibition, Book Exhibition, talk programs, quiz etc..

A series of photographs on mountain porters by British photographer and Olympus-awardee Nick Mason was exhibited along with a display of photos by finalists of the International Centre for Integrated Mountain Development (ICIMOD) -

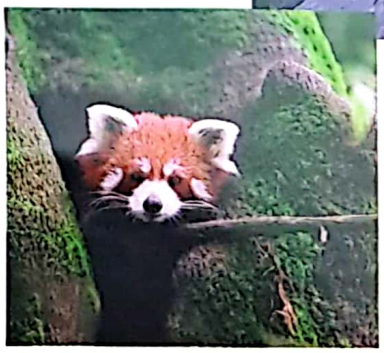


All photos contributed by Kathmandu International Mountain Film Festival

Still from- Karma



Still from- Unity in Diversity



Still from- Cherub of the mist



Still from- The legend of Shiva & Parvati

sponsored global digital photography competition entitled "For Mountains and People". Nick Mason also spoke about his experience as a landscape photographer during the festival.

To mark the 60th anniversary of the Universal Declaration of Human Rights, KIMFF'08 featured a special section of thought-provoking films promoting peace and reconciliation, human rights, indigenous rights, and celebrating socio-cultural diversity.

The main purpose of KIMFF is to showcase films that attract peer review and critiques that lead to a better documentation of issues affecting mountain societies, particularly in the developing world.

KIMFF started as a non-competitive, biennial festival in 2000. From the beginning it offered variety both in terms of technicality of movies and their focal issues. Movies ranging from alpine documentation, archival footage, adventure cinema, experimental shorts, commentaries, anthropological narratives to feature films have set the kaleidoscope of KIMFF. Issues regarding cultural practices, lifestyles, conflict, wildlife, mountain-climbing, environment, globalization, and gender, among many others is what the movies revolve around.

Over the years, the festival has attracted not only filmmakers, film enthusiasts, and critics, but also scholars, journalists, photographers, activists, and mountaineers. Organizer expresses, 'It is the interest of this creative and intellectual community that has sustained KIMFF and placed Kathmandu Valley on the map of international film festivals.'

Preparations for the 7th edition of KIMFF have kicked off. Entries are being called upon for selection and final screening to be held from December 10-14, 2009. KIMFF 2009 will have a special focus on climate change and its impact around the world.

Still from- Across the plateau



TAAN proposes Code of Conduct

Trekking Agencies' Association of Nepal (TAAN) has proposed 'Trekking and Mountaineering Code of Conduct-2066'. The document has been proposed in order to make the tourism sector socially responsible, professional and sustainable.

The proposed code of conduct has important clauses regarding professional activities; conservation of social, cultural, natural and wildlife environment; financial monitoring and responsibility towards nation; responsibility towards clients, partners and stakeholders; employment; democracy, human rights and law; international treaties and establishment of responsible and sustainable tourism including others. The code of conduct will be made compulsory for all TAAN members.

Cricket at highest altitude

A 20-overs cricket match was held at Gorak Shep situated at the altitude of 5156 meters near Everest Base Camp on April 21, 2009. Two teams named Hillary and Tenzing which included members from United Kingdom played the match setting the world record for highest cricket match ever-played. Richard Kirtley, a British cricket enthusiast organized the event. Himalayan Rescue Association Nepal provided medical backup to the team. The group included 50 people comprising 22 players, reserves, medics and grounds men.

Organizers expected to raise fund for two charities - The Lord's Taverners and The Himalayan Trust UK. The Lord's Taverners is dedicated to promoting cricket among youth while The Himalayan Trust UK supports social development projects in the area where Mount Everest is located.

Tring Tring from Everest



Nepal Telecom (NT) is planning to expand its cellular mobile service in the Everest region. The NT plans to install a V-SAT station at Gorak Shep, a plateau near Everest Base Camp which will be linked to Kathmandu. The installation of V-SAT station at Gorak Shep will help people make and receive calls from the summit of Mt Everest (8848 m), tallest peak in the world. The expansion of NT service is expected to help thousands of trekkers and mountaineers who visit Everest region every year.

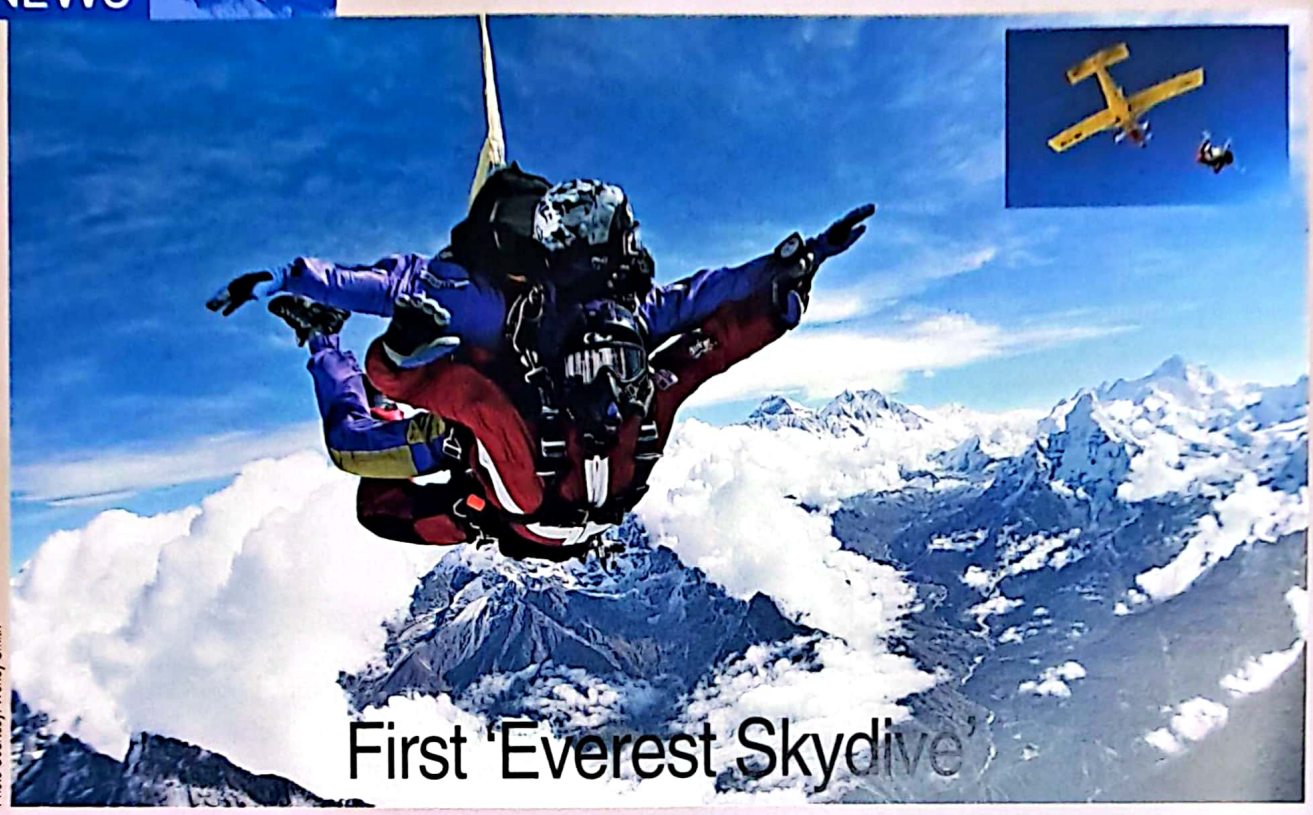


Photo Courtesy: Wendy Smith

First 'Everest Skydive'

Explore Himalaya in partnership with High and Wild, a UK based adventure company organized adventurous event 'Everest Skydive' in October 2008. A total of 50 solos and 19 tandem descents were made from the height of 29,500ft, 22,500ft, 22,000ft, 19,000ft, 18,500ft and 18,000ft at the world's highest drop zone Shyangboche. High altitude and extreme cold were the challenging aspects of the event and Everest on the backdrop was the highlight. All jumps were made from a Swiss made Pilatus Porter aircraft.

The event which was a huge success drew international media attention to Nepal as several records were made. All the jumps were planned and regulated by the team of Dave Wood from UK. Special Oxygen system was developed for this event by the famous British Aeronautical scientist, Andy Elson. The jump suits worn by the divers were made in Nepal by a young Nepalese entrepreneur, Rajen Dulal who runs his workshop in Thamel.

Nima Tamang and Maya Gurung took tandem jumps as first Nepali skydivers over Everest. Wendy Smith (New Zealand), also the director of aerial photography for the event, held record for being the skydiver with the highest number of jumps- 9 solo jumps from an altitude of 29,500ft.

Explore Himalaya Travel & Adventure is organizing the second skydiving program. Encouraged by the impressive success of the first event Explore Himalaya & its team of experts are working together for the second edition. Everest Skydive 2009 will begin from 22nd September and end on 11th October.

7th Tenzing-Hillary Everest Marathon

More than 100 runners including 50 plus foreigners are expected to participate in the seventh Tenzing Hillary Everest Marathon organized by Himalayan Expedition on May 29, 2009. The marathon is an international high altitude adventure sports event being held at Mt. Everest Base Camp on May 29 every year since 2003 marking Golden Jubilee year of first Everest ascent by Sir Edmund Hillary and Tenzing Norgay Sherpa.

The marathon is recorded in the Guinness Book of world record as the highest marathon in the world. It starts at the altitude of 5,356m at the Khumbu Icefall with Mount Everest , Mt. Lhotse and Lola Pass as the backdrop. It runs through trails of Lobuje, Pheriche, Dingboche, Thyangboche , Khumjung, Khunde to Namche Bazaar covering the distance 42.195 kms and fulfilling the Olympic Standard.



Photo contributed by Pemba Gyalje Sherpa

Revised Mountaineering Royalty

Mountaineering Seasons

S.N.	Season	Included days
1	Spring Season	1st March- last date of May, till 3 months
2	Summer Season	1st June- last date of August, till 3 months
3	Autumn Season	1st September- last date of November, till 3 months
4	Winter Season	1st December- last date of February, till 3 months

Royalty and Size of Expedition Team

Realizing mountaineering as the back-bone of Nepal's tourism industry, the Government of Nepal has made following decisions in a bid to make mountaineering royalty fee competitive amongst the neighboring countries, promote mountains lying in remote and less privileged areas, and create environment to transform the seasonal mountaineering business operational round the year and materialize the concept of 'Nepal for all Seasons':

1. Provide discount of 50% in winter and Summer Season and 75% in Autumn Season keeping intact the Royalty Fee in Spring Season.
2. Increase the number of climbing member in an expedition from 12 to 15.
3. Provide 100% discount on Royalty Fee for mountains located in mid and Far Western Development Regions for 5 years.
4. Implement Incremental Royalty Break-down System (IRDS), a system under which permit fee increases with the increase in number of climbing members, on all mountains instead of lump sum per expedition having climbing members seven or less than that.

Annex-4

(Related to Rule 4, Sub-Rule 1)

Name of Mountain: Everest (8,848m)

Climbing Route: South East Ridge (Normal Route)

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	25,000	12,500	6,250
Two Climbers	40,000	20,000	10,000
Three Climbers	48,000	24,000	12,000
Four Climbers	56,000	28,000	14,000
Five Climbers	60,000	30,000	15,000
Six Climbers	66,000	33,000	16,500
Seven Climbers	70,000	35,000	17,500
Per Extra Climber (One Expedition Team has 15 members in maximum)	10,000	5,000	2,500

Name of Mountain: Everest (8,848m)

Climbing Route: All Routes except South East Ridge (Normal Route)

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	15,000	7,500	3,750
Two Climbers	21,000	10,500	5,250
Three Climbers	27,000	13,500	6,750
Four Climbers	33,000	16,500	8,250
Five Climbers	39,000	19,500	9,750
Six Climbers	45,000	22,500	11,250
Seven Climbers	50,000	25,000	12,500
Per Extra Climber (One Expedition Team has 15 members in maximum)	10,000	5,000	2,500

Height of Mountain: All Mountains above 8,000 m (except Mt. Everest)

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	5,000	2,500	1250
Two Climbers	6,000	3,000	1500
Three Climbers	7000	3,500	1,750
Four Climbers	8000	4000	2000
Five Climbers	8500	4250	2125
Six Climbers	9000	4500	2250
Seven Climbers	10000	5,000	2500
Per Extra Climber (One Expedition Team has 15 members in maximum)	1500	1000	500

Height of Mountain: All Mountains above 7,501m to 7999m

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	2,000	1000	500
Two Climbers	2400	1200	600
Three Climbers	2800	1400	700
Four Climbers	3200	1600	800
Five Climbers	3600	1800	900
Six Climbers	3800	1900	950
Seven Climbers	4000	2000	1000
Per Extra Climber (One Expedition Team has 15 members in maximum)	500	400	200

Height of Mountain: All Mountains above 7,000m to 7500m

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	1500	750	375
Two Climbers	1800	900	450
Three Climbers	2100	1050	525
Four Climbers	2400	1200	600
Five Climbers	2600	1300	650
Six Climbers	2800	1400	700
Seven Climbers	3000	1500	750
Per Extra Climber (One Expedition Team has 15 members in maximum)	400	250	150

Height of Mountain: All Mountains above 6501m to 6999m (Except Mt. Amadablam)

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	1000	500	250
Two Climbers	1200	600	300
Three Climbers	1400	700	350
Four Climbers	1600	800	400
Five Climbers	1800	900	450
Six Climbers	1900	950	475
Seven Climbers	2000	1000	500
Per Extra Climber (One Expedition Team has 15 members in maximum)	300	200	100

Name of Mountain: Amadablam (6812m)

No. of Climbers	Mountaineering Royalty Fee (In US $)	
	Spring/Autumn	Winter/Summer
One Climber	1000	500
Two Climbers	1200	600
Three Climbers	1400	700
Four Climbers	1600	800
Five Climbers	1800	900
Six Climbers	1900	950
Seven Climbers	2000	1000
Per Extra Climber (One Expedition Team has 15 members in maximum)	300	200

Height of Mountain: 6,500m or Below

No. of Climbers	Mountaineering Royalty Fee (In US $)		
	Spring	Autumn	Winter/Summer
One Climber	400	200	100
Two Climbers	500	250	125
Three Climbers	600	300	150
Four Climbers	700	350	175
Five Climbers	800	400	200
Six Climbers	900	450	225
Seven Climbers	1000	500	250
Per Extra Climber (One Expedition Team has 15 members in maximum)	200	100	50

Note : The above mentioned royalty rates are effective from July 16, 2008



NEPAL MOUNTAINEERING ASSOCIATION

INTRODUCTION

Nepal Mountaineering Association was established on 1†November† 1973 (2030 Kartik 16) Thursday. It is a non-governmental, non-profit and non-political organization working as a national alpine association of Nepal to promote mountain tourism, climbing sports, protect mountain environments and preserve and promote cultural heritage of mountain people. It is the only national alpine club authorized to issue climbing permits for 33 mountain peaks of Nepal.

OBJECTIVES OF NMA

- Make mountaineering and trekking popular amongst Nepalese people.
- Generate public interest towards mountaineering.
- Conduct various activities to promote Nepalese mountains.
- Support the work to benefit professional climbers and individuals involved in mountaineering and develop mountain climbing skills and efficiencies.
- Protect the Nepalese mountain and natural beauties and environment of mountain areas.
- Co-ordinate and organize Nepalese climbing teams, conduct mountain climbing campaigns and other activities related to mountaineering.
- Assist an advice concerned authorities in formulating conducive policies and increase mountaineering activities.
- Obtain national and international recognition to Nepal Mountaineering Association.
- Train Nepalese and Foreigners for mountaineering and Rescue operation and establish training centers.
- Encourage more foreign mountaineering teams to climb mountains in Nepal.
- Upgrade, operate and manage International Mountain Museum.
- Establish and develop International Mountaineer's Memorial Park.
- Adhere to tourism Act and mountaineering regulations mentioned in the Act.
- Keep cordial relationship with regional and international institutions related to mountaineering, himalayan environment and sports climbing.
- Promote and preserve cultural heritage of local mountain people.

ORGANIZATIONAL STRUCTURE

ANNUAL GENERAL MEETING

NMA General Members participate in the Annual General Meeting held once a year, The Annual General Meeting approves policies, programs, annual budget and annual audit report.

ADVISORY COMMITTEE

1. Chief Advisor and 6 Advisors nominated by Central Executive Board.

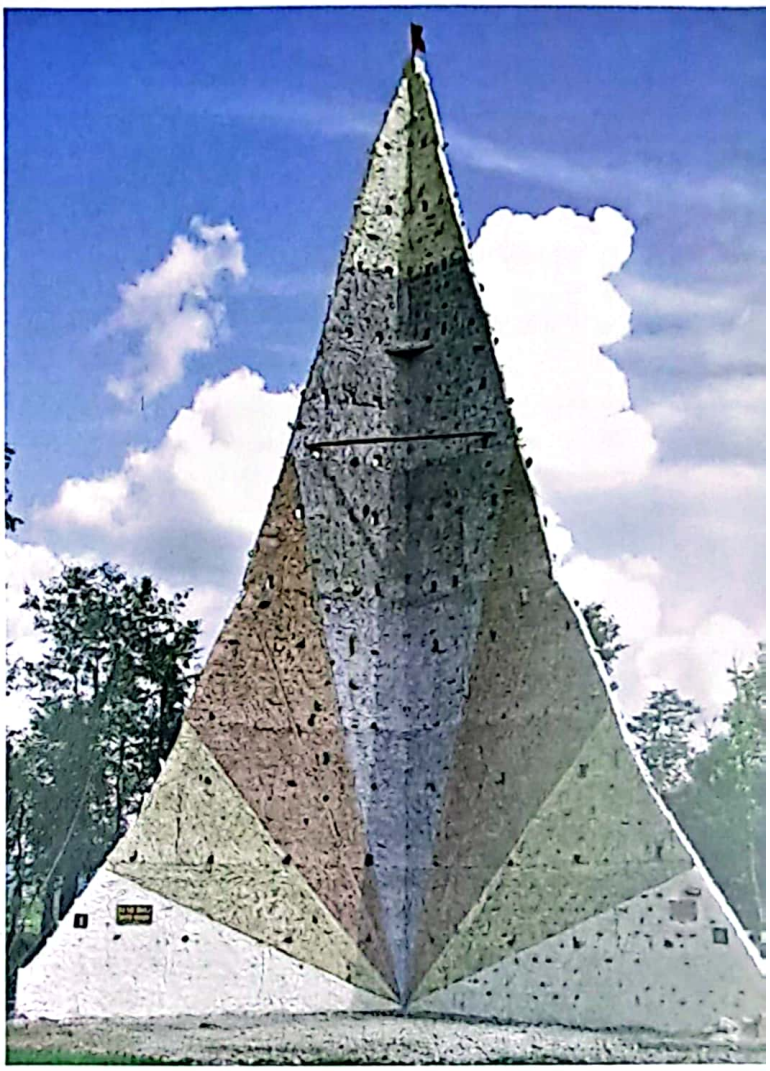
CENTRAL EXECUTIVE BOARD

Every three years an election is held to elect Central Executive Board officials and members of NMA. The composition of Central Executive Board is as follows:

1.	President	1
2.	Immediate Past President	1
3.	1st Vice President	1
4.	2nd Vice President	1
5.	General Secretary	1
6.	Secretary	1
7.	Treasurer	1
8.	Executive Member (from General Member)	9
9.	Executive Member (from Book Holder Members)	2
10.	Executive Member (from Institution Member)	1
11.	Executive Member (Nominated)	3
12.	Ex-Officio Member (MoTCA, TAAN,HRA)	3
	Total	**25**

CENTRAL SECRETARIAT

Central Secretariat looks after day to day activities of NMA. The Secretariat comprises of General Secretary, Secretary, Treasurer and 4 Central Executive Members.



Maurice Herzog Climbing Wall at IMM, Pokhara

TYPES OF NMA MEMBERS

1. General Member	-	Any individual Nepalese citizen interested in mountaineering Everest and two times successful summiteers of 8,000 m. mountains
2. Associates Member	-	Trekking, travel and tourism related agencies
3. Institutional Member	-	Different tourism organizations
4. Book Holder Member	-	(Sardar and senior support climbers and support climbers, cook and kitchen boys)
5. Life Member	-	Nepali Rs. 25,000 approved by Executive Committee
	-	Foreigners – US$ 1000 approved by Executive Committee
6. Honorary Member	-	Proposed by Executive Committee and approved by AGM

COMMITTEES

1. Int'l Mountain Museum	Over all planning and management of International Mountain Museum in Pokhara.
2. Int'l Mountaineers' Memorial Park	Over all planning and management of Int'l Mountaineers' Memorial Park, Kakani.
3. Training & Mountaineering Expedition	Conduct mountaineering, climbing and leadership trainings.
4. Sports Climbing Committee	Promote and conduct sports climbing activities.
5. Welfare	Provide scholarship, financial and medical help to climbers and their families.
6. Mountain Rescue	Conduct rescue operation, training and provide rescue equipment on hire.
7. Code of Conduct	Monitor code of conduct.
8. Publication and Publicity	Publish Nepal Parbat, e-News and special issues, conduct radio programs and production of souvenirs.
9. Local Development	Support local development projects approved by MoTCA
10. Environment Conversation	Conduct environmental activities approved by MoTCA
11. Chapter Coordination	Coordinate NMA chapters
12. Casual Program Implementation	Coordinate casual program of NMA
13. Public Relation	Establish pubic relation on behalf of NMA

REGULAR ANNUAL EVENTS

February 5	:	International Mountain Museum Anniversary
May 29	:	International Sagarmatha Day
June 3	:	Annapurna Day
June 5	:	World Environment Day
July/August	:	NMA Central Annual General Meeting
August	:	Basic Mountaineering Training
September 1	:	UAAA Environment Day
September 27	:	World Tourism Day
October	:	UAAA Annual General Meeting
October	:	UAAA Annual General Meeting
November 1	:	NMA Anniversary
December	:	Advance Mountaineering Training
December 11	:	International Mountain Day

AFFILIATION AND PROTOCOL

1.	Union of International Alpinists Association (UIAA)	-	General Member
2.	Union of Asian Alpinists Association (UAAA)	-	General Member
3.	Int'l Federation of Sports Climbing (IFSC)	-	Provisional Member
4.	NAGANO- Mountaineering Association, Japan	-	Protocol signed
5.	Tibet Mountaineering Association, Tibet, China	-	Protocol signed
6.	Sichuan Mountaineering Association, China	-	Protocol signed
7.	ENSA- Ecole National de Ski et d'Alpinisme, France	-	Protocol signed
8.	PZS- Alpine Club of Slovenia, Slovenia	-	Protocol signed
9.	Alex Lowe Charitable Foundations, USA	-	Protocol signed

NMA MAJOR ACTIVITIES

1. Management & Operation of International Mountain Museum, the world's biggest museum on man, mountains and mountain activities. The museum is built on 100 ropanis land at Pokhara and has living museum and Artificial Wall Climbing.

2. Development and promotion of International Mountaineers' Memorial Park built on 142 ropanis land, 33km. north of Kathmandu. The park has Artificial Wall Climbing, Camping Site, Picnic Sport, Tree Plantation and Memorial Monument of the late mountaineers.

3. Conduct Basic/Advance mountaineering Training to train at least 50 Nepalese & foreigners each year to meet the need of skilled manpower for mountain tourism in Nepal. Conduct and coordinate international level of trainings like Aspirant Guide, High Mountain Rescue and ENSA in France, female leadership training and orientation class to young children about mountain, rock and wall climbing.

4. Provide scholarship for school education to the children of late mountaineers, medical assistant to injured mountaineers, life long stipend to disabled mountaineers, financial support to the families of late mountaineers and employment to renowned mountaineers.

5. Coordination & operation of rescue with rescue squad and management of necessary rescue gears.

6. Publicity and Publication to promote NMA Peaks, Sports, Mountain Climbing and Mountain Tourism in Nepal through publication of informative materials such as Special issues of Nepal Parbat, Monthly e-News, Peaks and Pinacles and other publicity brochures.

7. Protection of himalayan environment and management of garbage in mountains and touristic area including regular cleaning program and campaign.

8. Local Development Projects such as setting of new climbing routes, construction and repair of trails, bridges, porter shelters and toilets in mountain areas.

9. Active Participation in the Annual Meeting and Programs of Union of international Alpine Association (UIAA), Union of Asia Alpine Association (UAAA) and International Federation of Sports Climbing (IFSC) to harmonize relationship on behalf of Nepal with international and regional tourism, environment and Alpinist agencies and associations.

10. Felicitation to successful summiteers of 8,000m. Mountains and Special Felicitation to record holder summiteers of each year.

11. Memorial Day at international Mountaineers' Memorial Park, Kakani in memories and honours of the late mountaineers.

12. Monitor and control illegal Climbing on NMA Peaks with cooperation and active participation of Local Clubs and Communities.

Group "A" NMA Peaks

S.N.	Name of the peak	Height	Region
1	Mt. Cholatse	6440 m.	Khumbu
2	Mt. Machermo	6273 m.	Mahalangur
3	Mt. Kyazo Ri	6186 m.	Mahalangur
4	Mt. Phari Lapcha	6017 m.	Mahalangur
5	Mt. Nirekha	6159 m.	Mahalangur
6	Mt. Langsisa Ri	6427 m.	Jugal
7	Mt. Ombigaichen	6340 m.	Mahalangur
8	Mt. Bokta	6143 m.	Kanchenjunga
9	Mt. Chekigo	6257 m.	Gaurishankar
10	Mt. Lobuje West	6145 m.	Khumbu
11	Mt. Larkya Peak	6010 m.	Manaslu
12	Mt. ABI	6097 m.	Mahalangur
13	Mt. Yubra Himal	6035 m.	Langtang Himal
14	Mt. Chhukung Ri	5550 m.	Khumbu
15	Mt. Yala Peak	5732 m.	Langtang

Fee Structure for Group "A" NMA Peaks

Royalty for up to seven members (U.S. Dollars)	Royalty for each additional member upto 12 person (U.S. Dollars)
500.00	100.00

Group "B" NMA Peaks

S.N.	Name of the peak	Height	Region
1.	Hiunchuli	6441m	Annapurna Himal, Gandaki
2.	Singu Chuli (Fluted peak)	6501m	Annapurna Himal, Gandaki
3.	Mera peak	6654m	Khumbu Himal, Sagarmatha
4.	Kusum Kangru	6367m	Khumbu Himal, Sagarmatha
5.	Kwangde	6011m	Khumbu Himal, Sagarmatha
6.	Chulu West	6419m	Manang District, Gandaki
7.	Chulu East	6584m	Manang District, Gandaki
8.	Imja Tse (Island Peak)	6160m	Khumbu Himal, Sagarmatha
9.	Pharchamo	6187m	Rolwaling Himal, Janakpur
10.	Lobuje	6119m	Khumbu Himal, Sagarmatha
11.	Ramdung	5925m	Rolwaling Himal, Janakpur
12.	Pisang peak	6091m	Manang District, Gandaki
13.	Tharpu Chuli (Tent Peak)	5663m	Annapurna Himal, Gandaki
14.	Khongma Tse (Mehra peak)	5849m	Khumbu Himal, Sagarmatha
15.	Ganja La Chuli (Naya kanga)	5844m	Langtang Himal, Bagmati
16.	Pokhalde	5806m	Khumbu Himal, Sagarmatha
17.	Mardi Himal	5587m	Annapurna Himal, Gandaki
18.	Paldor Peak	5896m	Langtang Himal, Bagmati

Fee Structure for Group "B" NMA Peaks

Group Size	Rate US$	Additional P/P US$
1-4 Persons	350.00 Only	
5-8 Persons	350.00 Plus	40.00 (Per person)
9-12 Persons	510.00 Plus	25.00 (Per person)

Note : Maximum number of members in a team is 12.

Garbage Deposit for all 33 NMA Peaks

An amount of US$ 250.00 should be deposited to NMA as garbage deposit to get permit to all 33 NMA peaks. The refund shall be made as per the provisions made by NMA.

Number of Permit and Climbers of NMA Climbing Peaks

From FY 2055/56 (1998/99) to 2064/65 (2007/08)

Fiscal Year	2054/55 (1997/98		2055/56 (1998/99)		2056/57 (1999/2000)		2057/58(2000/01)		2058/59 (2001/02)		2059/60 (2002/03)		2060/61 (2003/04)		2061/62 (2004/05)		2062/63 (2005/06)		2063/64 (2006/07)		2064/
											65 (2007/08)										
Peak	Permit	Climbers	Permit	Climbers	Permit	Climbers	Permit	Climbers	Permit	Climbers	Permit	Climber	Permit	Climber	Permit	Climber	Permit	Climber	Permit	Climber	Permit	Climber
Hiunchuli	3	18	4	11	5	24	0	0	4	10	1	4	2	5	2	4	1	1	1	4	2	4
Singuchuli	14	46	17	92	21	90	16	60	17	72	14	54	10	41	6	11	5	17	7	13	6	20
Mera	142	903	160	995	206	1164	186	1124	169	890	135	727	145	790	154	771	145	777	170	887	233	1249
Kusum Kangguru	6	29	2	4	6	26	4	16	7	22	0	0	3	11	2	4	1	2	4	10	2	2
Kwangde	4	23	11	33	5	32	7	23	13	61	8	30	2	6	4	15	0	0	7	25	9	26
Chulu West	11	46	14	85	11	52	14	74	20	90	15	46	18	53	13	46	24	91	15	49	18	71
Chulu East	19	86	14	79	26	113	31	164	22	95	17	71	20	77	25	125	13	43	40	184	41	150
Island	265	1502	287	1526	333	1842	337	1815	317	1587	277	1325	308	1491	333	1579	374	1885	400	2006	464	2397
Pharchamo	53	330	69	404	72	390	78	449	78	410	46	243	58	269	44	207	38	158	50	233	58	288
Lobuje	30	178	45	277	57	276	53	268	55	229	42	240	56	282	65	334	52	276	61	279	71	295
Ramdung	35	165	42	226	26	149	30	167	23	145	13	67	10	48	8	41	5	30	8	42	7	25
Pisang	17	83	16	63	21	80	44	229	29	114	26	88	20	57	31	118	15	51	35	129	36	155
Tharpu Chuli	22	94	35	134	29	126	35	151	16	65	11	79	7	24	14	63	13	43	18	43	14	62
Khongma Tse	3	7	3	18	7	39	3	11	2	6	0	0	2	6	4	10	4	6	0	0	3	10
Ganjala Chuli	24	104	28	125	35	138	33	171	27	104	21	84	21	70	21	88	13	39	14	54	26	121
Pokhalde	20	113	27	201	34	255	22	162	25	148	21	146	21	133	22	152	18	122	25	153	24	154
Mardi Himal	3	11	3	7	4	16	5	12	10	36	4	20	2	6	3	7	4	13	5	15	3	7
Paldor	9	47	9	58	10	63	11	47	6	23	5	17	4	21	0	0	2	2	4	7	4	15
Chola Tse											5	9	8	30	12	47	8	34	8	31	4	15
Machhermo											0	0	4	13	0	0	1	2	3	10	0	0
Kyazo-Ri											4	14	3	23	4	11	6	17	3	9	6	26
Phari Lapcha											0	0	2	6	0	0	0	0	1	2	5	12
Nirekha											2	4	3	9	4	25	7	41	7	47	7	36
Langsisa-Ri											3	5	2	8	5	22	0	0	4	22	5	14
Ombigaichen											2	17	1	3	2	16	2	8	0	0	2	10
Bokta											2	10	2	15	0	0	2	10	3	9	1	5
Chekigo											0	0	4	24	3	20	2	14	2	5	1	2
Lobuche West											1	4	1	12	1	7	1	1	0	0	0	0
Larkya											3	19	2	13	3	15	7	44	5	20	7	33
ABI											0	0	0	0	0	0	1	2	0	0	2	7
Yubra Himal											1	1	2	4	1	1	1	1	0	0	0	0
Chhukung Ri											0	0	0	0	0	0	0	0	0	0	1	6
Yala											9	49	19	82	17	94	15	83	20	94	29	153
Total	680	3785	786	4338	908	4875	909	4943	840	4107	688	3373	762	3632	803	3833	780	3813	920	4382	1091	5370

NMA OFFICIALS AND STAFF

NEPAL MOUNTAINEERING ASSOCIATION TASKFORCE

Mr. Ranjan Krishna Aryal	-	Convener
Mr. Ang Tshering Sherpa	-	Member
Mr. R B Pakhrin	-	Member
Mr. Jyoti Adhikari	-	Member
Mr. Shange Sherpa	-	Member

NMA COMMITTEES

Mr. Ngawang Ngima Sherpa	-	Convener, Training & Expedition Committee
Ms. Lhakpa Phuti Sherpa	-	Convener, Environment Conservation Committee
Mr. Jyoti Adhikari	-	Convener, International Mountain Museum Committee
Mr. Wanchoo Sherpa	-	Convener, Mountaineering Rescue Committee
Mr. Ganesh Simkhada	-	Convener, International Mountaineers' Memorial Committee
Mr. Tilak Lama	-	Convener, Publication and Publicity Committee
Ms. Nimi Sherpa	-	Convener, Welfare Committee
Mr. Padam Ghale	-	Convener, Local Development Committee
Mr. R B Pakhrin	-	Convener, Chapter Coordination Committee
Mr. D B Koirala	-	Convener, Code of Conduct Monitoring Committee

NMA SECRETARIAT STAFF

Mr. Ang Rita Sherpa- Honorary Field Director
Mr. Jinesh Sindurakar - Act. Chief Administrative Officer
Ms. Radhika Shyangwa- Chief Account Officer
Mr. Madhu Basnet- Computer Officer
Mr. Megh Raj Ghimire- Account Officer
Mr. Amrit Ratna Tuladhar- Store In-charge
Mr. Yadav Gautam- Assistant Accountant
Ms. Draupati Shrestha -Office Assistant
Mr. Ganesh Bahadur Rai- Office Assistant
Mr. Satya Narayan Roy- Assistant Staff
Mr. Narayan Lama- Night Guard
Mr. Ram Dhakal- Night Guard
Mr. Pushpa Raj Dhakal- Assistant Staff
Mr. Nabin Chyame-Sweeper
Mr. Thulo Kanchha Tamang- Gardener

INTERNATIONAL MOUNTAINEERS' MEMORIAL PARK STAFF

Mr. Ujjwal Adhikari- Office Assistant
Mr. Asta Man Tamang- Assistant
Mr. Sanu Tamang- Assistant
Mr. Shayam Lama- Assistant

INTERNATIONAL MOUNTAIN MUSEUM STAFF

Mr. Bal Prasad Rai- Museologist & Chief
Mr. Rishi Ram Paudel- Account Officer
Mr. Rajan Joshi- Store Keeper & Assistant Account
Mr. Aakash Parajuli- Office Assistant
Mr. Bijay Kumar Waiba- Museum Guide
Mr. Bikal Lama- Museum Guide
Ms. Sarita Kandel- Librarian
Ms. Srijana Gauchan- Ticket Seller
Mr. Purna Dhoj Thakali- CCTV Guard
Mr. Purna Bahadur Gurung- Ticket Checker
Mr. Ram Bahadur Thapa- Supervisor
Mr. Om Bahadur Thapa- Garden Supervisor
Mr. Bin Bahadur Nepali- Office Assistant
Mr. Lekh Bahadur Bhujel- Office Assistant
Mr. Sonam Chyakto- Lakhang Guide
Ms. Mangal Maya Nepali- Helper
Ms. Debi Paudel- Helper
Ms. Maya Upadhyaya- Helper
Ms. Saraswoti Nepali- Helper
Ms. Juna Junwar- Helper

NMA' S ANNUAL MAJOR PROGRAMS

FOR THE FISCAL YEAR- 2065/2066 BS

MOUNTAINEERING TRAINING PROGRAM

- Basic Mountaineering Training
- Annual Winter Aspirant Guide Course

MOUNTAINEERING RESCUE PROGRAM

- High Mountaineering Rescue Training

LOCAL DEVELOPMENT PROGRAM

- Fencing at Tribhuvan University
- Fencing at Purano Guheswori High School
- Global Environment Protection Mission, Nepal
- Plant Research And Community Development Program
- Centre for Conflict Studies
- Association of Injured & Disable of People's Revolution of Nepal
- Canyoning Training cum Workshop
- Construction of bridge at Pheriche, Phorche, Thukla and Phungithanga

ENVIRONMENT CONSERVATION PROGRAM

- Manaslu Cleaning Campaign
- Bishnumati Chamati Fencing & Cleaning Program

PUBLICATION PROGRAM

- Publication of Nepal Parbat (English & Nepali)

OTHER PROGRAMS

- Prime Minister's Philanthropic Trust
- TAAN Lhosar Dinner Ball program
- Cross Country Marathon
- Marxbadi Sahitya Pratisthan
- Nepal 10th Open Paragliding Championship
- Construction of TAAN Pokhara Chapter building
- Operation of TAAN Cloth Bank
- Research on Thawang & Jaljal in Tourism industry
- Gorkha Ghairung Society
- Study in Ganesh Himal region
- Everest Expedition for World Peace 2009
- Everest Peace Ceremony 2009 at Kemgum Gumba
- Gurung (Tamu) Everest Expedition
- Dr. Harka Gurung Memorial Cup



Photo contributed by Pemba Gyalje Sherpa

TOURIST ARRIVALS BY PURPOSE OF VISIT, 1982-2007*

Year	Holiday Pleasure	Trekking & Mountaineering	Business	Pilgrimage	Official	Conv. conf.	Rafting	Others	Not specified	Total
1982	136,693 (77.9)	23,507(13.4)	7,374(4.2)		7,166(4.1)			7.8(0.4)		175,448(100.0)
1986	163,958 (73.4)	33.609(15.0)	10,863(4.9)		8,825(4.0)			6,076(2.7)		223,331(100.0)
1990	161,839 (63.5)	39,999(15.7)	11,728(4.6)	6,713(2.6)	26,578(10.4)	2,838(1.1)		5,190(2.0)		254,885(100.0)
1991	177,370 (60.5)	42,308 (14.4)	14,601(5.0)	9,103(3.1)	37,274(12.7)	5,441(1.9)		6,998(2.4)		292,995(100.0)
1992	237,711 (71.1)	35,166(10.5)	31,765(9.5)	7,219(2.2)	20,967(6.3)	815(0.2)		710(0.2)		334,353(100.0)
1993	170,279 (58.0)	69,619(23.7)	19,495(6.6)	10,429(3.6)	15,812(5.4)	5,367(1.8)		2,566(0.9)		293,567(100.0)
1994	168,155 (51.5)	76,865(23.5)	23,522(7.2)	5,475(1.7)	20,431(6.3)	5,361(1.6)		2,6722(8.2)		326,531(100.0)
1995	183,207 (50.4)	85,787(23.3)	21,829(6.0)	5,257(1.4)	20,090(5.5)	5,272(1.5)		42,953(11.8)		363,395(100.0)
1996	209,377 (53.2)	88,945(22.6)	25,079(6.4)	4,802(1.2)	20,191(5.1)	6,054(1.5)		39,165(10.0)		393,613(100.0)
1997	249,360 (59.1)	91,225(21.7)	27,409(6.5)	4,068(1.0)	24,106(5.7)	5,824(1.4)		19,565(4.6)		421,857(100.0)
1998	261,347 (56.4)	112,644(24.3)	24,954(5.4)	16,164(3.5)	22,123(4.8)	5,181(1.1)		21,271(4.6)		463,684(100.0)
1999	290,862 (59.2)	107,960(22.0)	23,813(4.8)	19,198(3.9)	24,132(4.2)	5,965(1.2)		19,574(4.0)		491,504(100.0)
2000	255,889 (55.2)	118,780(25.6)	29,454(6.4)	15,801(3.4)	20,832(4.5)	5,599(1.2)		17,291(3.7)		463,646(100.0)
2001	187,022 (50.8)	100,828(27.9)	18,528(5.1)	13,816(3.8)	18,727(5.2)	0(0.0)		22,316(6.2)		361,237(100.0)
2002	110,143 (40.0)	59,279(21.5)	16,990(6.2)	12,366(4.5)	17,783(6.5)	0(0.0)		58,907(21.4)		275,468(100.0)
2003	97,904 (29.0)	65,721(19.4)	19,387(5.7)	21,395(6.3)	21,967(6.5)	0(0.0)		111,758(33.1)		338,132(100.0)
2004	167,262 (43.4)	69,442(18.0)	13,948(3.6)	45,664(11.9)	17,088(4.4)	0(0.0)		71,893(18.7)		385,297(100.0)
2005	160,259 (42.7)	61,488(16.4)	21,992(5.9)	47,621(12.7)	16,859(4.5)	0(0.0)		67,179(17.9)		375,398(100.0)
2006	145,802 (2707)	66,931(12.7)	21,066(4.0)	59,298(11.3)	18,063(3.4)	0(0.0)		72,766(13.8)		383,926(100.0)
2007	217,815 (41.4)	101,320(19.2)	24,487(4.6)	52,594(10.0)	21,670(4.1)	8,019(1.5)	65(0.0)	78,579(14.9)	22,156(4.2)	526,705(100.0)

Figures in paranthesis represent percentage of the total.

SUMMARY OF EXPEDITION TEAMS, PEAKS & MOUNTAINEERS, 1992-2007*

Year	Total No. of Team	Total no.of Mountaineers	Successful Team	No. of Person Employed	Casualty	Royalty to Government Rs.(000)	Expenditure of the team Rs. (000)
1992	113	929	59	8,261	24	30,291	101,355
1993	95	730	54	5,423	11	39,102	103,804
1994	105	696	63	5,236	8	44,499	113,501
1995	91	624	53	5,123	5	37,257	116,600
1996	129	851	66	4,924	16	101,880	227,413
1997	120	861	45	7,003	16	108,237	295,001
1998	141	974	57	6,942	11	95,479	382,441
1999	115	857	55	9,690	6	84,989	344,624
2000	132	773	79	11,587	8	119,893	498,513
2001	112	836	66	6,203	12	127,396	552,033
2002	134	913	83	10,599	9	128,030	600,000
2003	152	1080	90	14,838	9	181,360	630,000
2004	140	1042	87	9,362	9	127,072	494,494
2005	128	940	72	6,36	9	165,240	400,137
2006	133	986	78	4,344	18	145,612	423,895
2007	162	1128	86	4,823	7	169,830	966,637

*Source: Nepal Tourism Statistics 2007, MoTCA

NUMBER OF EXPEDITION TEAMS, PEAKS & MOUNTAINEERS – 2007

S. N.	Nationality	Peak	Team	Total
1	Australia	Mt. Lhotse	1	
		Mt. Everst	1	4
		Mt. Amadablam	2	
2	Austria	Mt. Daulagiri	1	
		Mt. Pumori	1	
		Mt. Tukuche Peak	1	
		Mt. Amadablam	2	5
3	Belgium	Mt. Himlung himal	1	
		Mt. Dhampus	1	2
4	Brazil	Mt. Makalu	1	
		Mt. Baruntse	1	2
5	Britain	Mt. Kanti Himal	1	
		Mt. Amadablam	4	
		Mt. Everest	3	8
6	Canada	Mt. Manaslu	1	
		Mt. Amadablam	1	
		Mt. Baruntse	1	
		Mt. Everest	1	4
7	Czech	Mt. Amadablam	1	1
8	Danish	Mt. Amadablam	1	1
9	Dutch	Mt. Baruntse	1	1
10	France	Mt. Dhaulagiri I	1	
		Mt. Saribung	1	
		Mt. Ghhanyala Hies	1	
		Mt. Langtang Ri	1	
		Mt. Nemjung	1	
		Mt. Baruntse	3	
		Mt. Ganesh V	1	
		Mt, Putha Hiunchuli	1	
		Mt. Merra	1	
		Mt. Thapa Peak	2	
		Mt. Annapurna	1	14
11	Georgia	Mt. Annapurna	1	
		Mt. Amadablam	1	2
12	German	Mt. Manaslu	2	
		Mt. Thapa Peak	1	
		Mt. Barunse	1	
		Mt. Dhampus	2	
		Mt. Annapurna II	1	
		Mt. Everest	1	8
13	India	Mt. Lhotse	1	1
14	Iran	Mt. Himlung	1	1
15	Israel	Mt. Amadablam	1	1
16	Italy	Mt. Makalu	1	
		Mt. Langtang Lirung	1	
		Mt. Amadablan	2	
		Mt. Dhaulagiri	1	
		Mt. Lhotse	1	
		Mt. (Josamsa) Pasang Lhamu	1	7
17	Japan	Mt. Dhaulagiri	1	
		Mt. Danfe Sail	1	
		Mt. Punchen Himal	1	
		Mt. Amadablam	1	
		Mt. Dhampus	1	
		Mt. Saribung	1	
		Mt. Linku Chuli I	1	
		Mt. Pumari	1	
		Mt. Thorang Peak	1	
		Mt. Dinglung Ri	1	
		Mt. Dorjee Lakpa	1	
		Mt. Chako	1	
		Mt. Bhrikuti	1	
		Mt, Khumjung	1	
		Mt. Gaugiri Mt.	1	
		Araniko Chuli	1	
		Mt. Shey Shikhar	1	17
18	Kazakhstan	Mt. Makalu I	1	
		Mt. Dhulagiri	1	2
19	Korea	Mt. Varaha Shikhar (Fang)	1	
		Mt. Amadabaim	3	4
20	Lithuania	Mt. Gaugiri	1	1
21	Malaysia	Mt. Everest	1	1
22	Nepal	Mt. Everest	4	4
23	Netherland	Mt. Dhampus	1	
		Mt. Tukuche Peak	1	2
24	Newzealand	Mt. Everest	1	1
25	Norway	Mt. Amadablam	2	2
26	Poland	Mt. Dhaulagiri II	1	
		Mt. Tilicho Peak	1	2
27	Russia	Mt. Merra	1	
		Mt. Khumbhakarna (Jannu)	1	
		Mt. Amadablam	1	3
28	Slovenia	Mt. Everest	1	
		Mt. Kangbachen	1	
		Mt. Kiratchuli (Tent Peak)	1	
		Mt. Annapurna I	1	4
29	South Korea	Mt. Amadablam	2	
		Mt. Lhotse	2	
		Mt. Lotse Shar	1	
		Mt. Langtang Lirung	1	
		Mt. Everest	3	9

S. N.	Nationality	Peak	Team	Total
30	Spain	Mt. Dhaulagiri	2	
		Mt. Amadablam	2	
		Mt. Kanchenjunga	1	
		Mt. Tilje 2007	1	
		Mt. Amadablam	1	7
31	Swiss	Mt. Manaslu	1	
		Mt. Amadablam	2	
		Mt. Tawoche	1	
		Mt. Pumori	1	
		Mt. Dhaulagiri	1	
		Mt. Annapurna I	1	
		Mt. Putha Himchuli	1	8
32	Thailand	Mt. Everest	1	1
33	U.K	Mt. Dhampus	1	
		Mt. Baruntse	1	
		Mt. Amadablam	1	
		Mt. Lhotse	1	
		Mt. Everest	3	7
34	Ukraina	Mt. Amadablam	1	
		Mt. Himalchuli	1	
		Mt. P2	1	3
35	USA	Khumbu Region	1	
		Mt. Swelokhan	1	
		Mt. Amadablam	6	
		Mt. Annapurna IV	1	
		Mt, Khumjung	1	
		Mt. Everest	5	
		Mt. Lhotse	1	
		Mt. Nuptse	2	
		Mt. Annapurna IV	1	
		Mt. Thorang Peak	1	
		Mt. Annapurna III	1	21
36	Yugoslavia	Mt. Amadablam	1	1
			Total	**162**

No of team	162
Total Mountaineers	1128
Successful Team	86
High Altitude Workers	559
Low Altitude Workers	424
Local Porters	3840
Casualty of Foreigners	4
Casualty of Nepali	3
Royalty US$	2,443,700.00
In Rs.	169,829,881.00

*Source: Nepal Tourism Statistics 2007, MoTCA

Do you have a CLIMBING PERMIT?

1. It is illegal to climb any mountain peak in Nepal without proper authorization.
2. The National Park staffs may ask for you permit to ensure your're not making an illegal ascent.
3. If you are fond involved in an illegal climbing activity you can face prosecution as per the laws governing mountaineering regulation of Nepal.
4. It is also a moral and legal offence to leave you garbage in the mountain.
5. Please burn or bury your disposable garbage at the SPCC designated sites and carry back non-disposable garbage back to the country or origin.

Your support is appreciated

NMA

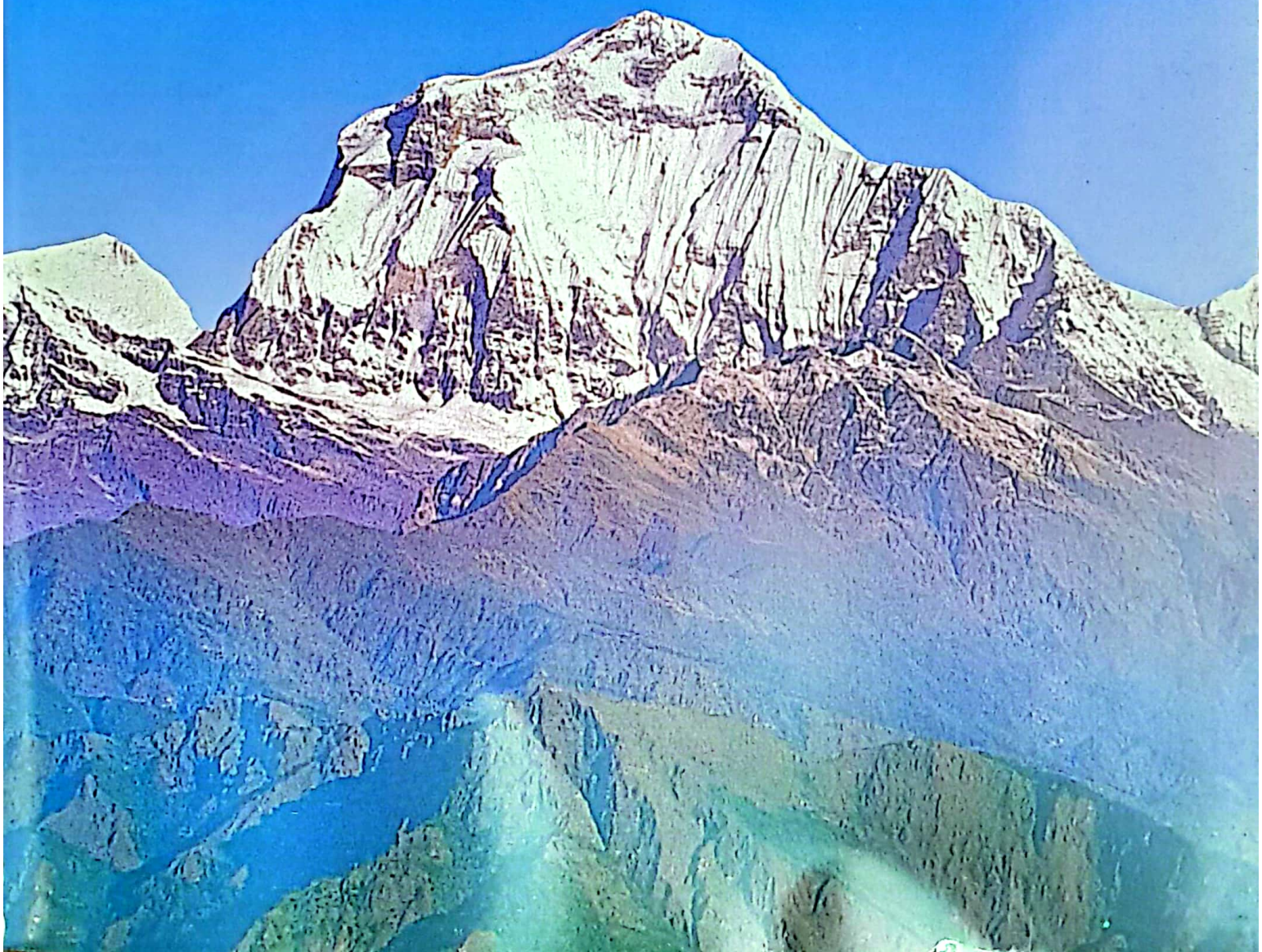
Nepal Mountaineering Association

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Mt. Dhaulagiri (8167m)

Golden Jubilee celebration 2010

First successful ascent: May 13, 1960



Nepal Himalayas



A must experience

NEPAL TOURISM YEAR 2011