

# WELCOME TO - KEEP WALKING NEPAL



On 25th April 2015 a powerful earthquake of magnitude 7.9 struck the central region of Nepal in the Gorkha district just north of the main highway between Kathmandu and Pokhara. The earthquake was followed by a number of severe aftershocks with a second large quake on the 12 May. As a result, more than 8000 people died and thousands more injured. A large number of buildings were destroyed including schools and historic palaces and temples. It is a massive catastrophe.

While the earthquake has shaken the land of Nepal, it has been unable to shake the courage, strength, and spirit of our people. We are slowly regrouping and rebuilding and striving to get back on our feet.

Despite the damage Nepal is still able to welcome tourists with open arms. Roads and air transport links remain intact across the country. The majority of hotels and restaurants are already back in operation and apart from the regions of Manaslu and Langtang, most trekking areas have escaped widespread damage. Tourism is one of the mainstays of the Nepali economy and Nepal will certainly need your income that tourism brings as it attempts to recover from this disaster. The best way to support our country is by helping to restore its former way of life, and trekking will help the local economy enormously.

Feel like getting your hands dirty and making a difference? Why not be a part of the rebuilding works planned in the Solukumbu Valley. Check out our 'community restoration projects'. We are hosting these projects to rebuild the Junbesi School and Kushudebu Medical Clinic, and repair the Mani walls and Serlo Monastery. These projects will be running from September onwards.

Have you ever travelled to Nepal? Start making your trek plans with Keep Walking Nepal for October and November, Nepal's peak season for tourism. You need have no fear for your own safety – many areas are safe for trekking, and these are the ones we utilise. Our web-site has a number of treks on offer.

So what are you waiting for? Start planning with Keep Walking Nepal and help Nepal to stand proudly on its feet once again. Walk the beautiful trails in the shadow of the most magnificent mountains on earth.



*Ang Tshering Sherpa*  
Joint family business owner / manager