



Keep walking Nepal Newsletter



NAMESTE !

We are one year on from the devastating life changing earthquake that hit Nepal in 2015.

How are we faring you may ask?
How is Nepal recovering?

I will be the first to admit it has been difficult, actually very difficult. Keep Walking Nepal along with many other groups became involved in helping to REBUILDNepal. Things are slowly improving but we have some way to go yet. The support of many people from around the world has helped the Nepali people to recover and to have a life again. Some things will never be the same for many people, but we are determined and courageous and love our country and are working hard to help those who cannot help themselves. We are very grateful for your support whether it was financial or by trekking with us or sending your prayers over the last 12 months - it was very welcome.

Thank you!

Ang Tshering Sherpa

Family business owner / manager



Member of



Keep Walking Nepal

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COMMUNITY PROJECTS

Keep Walking Nepal developed a series of Community project trips to aid recovery following the earthquake. Travellers came to Nepal and work on a community project and then enjoy a trek with us. Our most recent Community project in March 2016 was at the Junbesi School (on the way to the Everest area). The school was very badly damaged from the earthquake and the children have been using temporary structures for their schooling (one being our mess tent!!). Five clients travelled from Sydney Australia and worked for 6 days with the students and teachers moving a never ending pile of stones and rubble from one of the damaged buildings into the middle of the playground so that engineers will be able to assess the remaining foundations prior to rebuilding commencing. The group named the ever growing pile of rubble Mt Jun-



besi. Chris Chapman one of the Sydney 5, named the group the Junbesi Rock Hurlers and went on to say that the trip was an amazing experience and some of the group are planning to return to see how the reconstruction is progressing. In addition to the hard work, they experienced Holi day where the group was daubed in coloured powder, danced Junbesi disco style around the wood fired stove and some took the opportunity to teach at the school. Guided by trek leader Pratap and well fed by cook Kumar, it was such a memorable trip.



[\(please visit web site for details testimonial by Chris Chapman\)](#)

GIVING SOMETHING

In Nov-Dec 2015, KWN organised a visit from Global Health Awareness Western Sydney (GHAWS). Their health awareness program was delivered at Kushudebu clinic, local community schools and up at Thuptengcholing Monastery. The group were given a traditional Sherpa welcome by the community together with Sherpa language lessons. The health program was well received, particularly the health education program run at the school. The one day clinic at the monastery focused on orthopaedic issues and was very effective. The group also assisted with the construction of the incinerator at the clinic, for the disposal of medical waste. The group then trekked to Lukla before returning home to Australia.



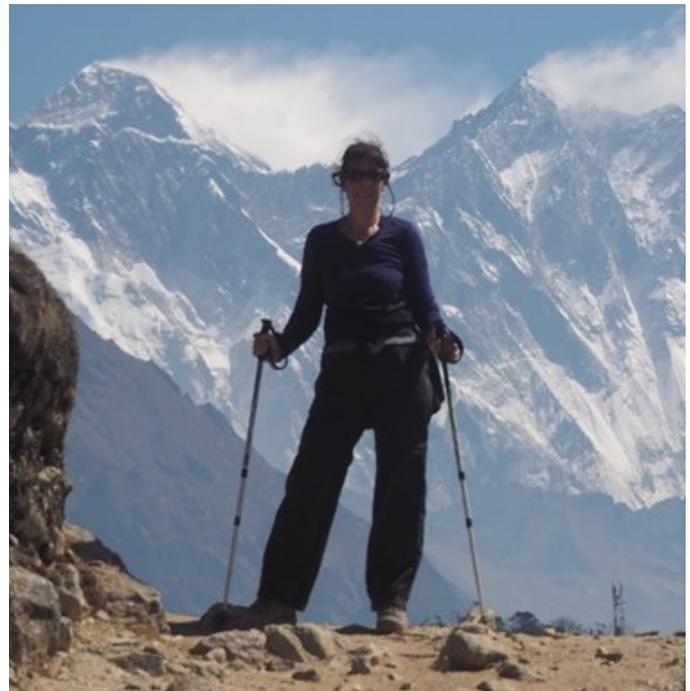
GYKYO LAKES



In April 2013 I went to Nepal with a group of family and friends and we walked the Annapurna Villages Lodge Trek with Keep Walking Nepal. We had a fantastic experience with this company and the Sherpas and the Porters made the experience enjoyable. The scenery, the food in fact all aspects of the trek were positive. I found myself looking at other trek options on my return. After the earthquake I knew that I would return.

In April 2016 I was once again headed for Nepal. The people Ang, who were my main contact with Keep Walking Nepal could not do enough to ensure that I was able to trek once again in this amazing country. I signed up for a trek to Gokyo Lakes. I was the only tourist on this trek with Keep Walking Nepal and I found this personalized tour incredibly enjoyable.

(please visit web site for details testimonial by Susan Waite)



OUR FAMILY GROUP

Welcome to Chopel Sherpa who has joined KWN as a full-time trek leader. Chopel recently completed his Guide training course starting from February 14th to March 28 from government of Nepal department of tourism and is leading treks in the Everest region, his home backyard.

Pratap KWN's trek leader, loved by all who meet him, continues to receive rave reviews from our clients. Well done Pratap. Feedback from our clients; "You make us feel safe and provide each of us with a unique experience to take home."

Kumar our multi-talented family member is our fantastic chef and the man with the helping hand and encouraging smile during the day when those hills feel a little bit daunting. He has quickly become a favourite amongst our clients. His tasty meals served up on the side of a trail or at camp in the evening is just what we all need at the end of a perfect day.



MANASLU CIRCUIT TREK

Has been one of our most popular treks this season (22 days). We received great feedback from Geoff & Rhonda from Australia who completed this trek in April. "Jeep rides, raging rivers, rhododendron forest walks, tackling Larkya Pass were all part of the richly rewarding experience. We felt privileged to have experienced scenery that took our breath away. The practical help and care given by Pratap and Kumar made sure we were able to achieve the summit, a trip highlight. Travelling with KWN on the Manaslu trek has given us memories we will treasure forever."

Editor: we run this trek in March-April and October each year. October is normally clear with blue skies and March-April is good for wildflowers. The next departure date for this trek is 1 October 2016. For more information on this scenic trip, download the trip notes from our webpage ([Manaslu Circuit Trekking](#)).

If you have not experienced Nepal and KEEP WALKING NEPAL, we encourage you to do so: it is one of life's outstanding experiences and the memories will remain forever.

All our activities are not confined to trekking. We also offer rafting, jeep travel, mountaineering, cultural journeys, authentic Nepali food experiences and can custom design trips to suit you or your group. We have organised and provided education treks for school groups, health teams and other volunteer groups.

Check out our website and view what's on offer. <http://www.keepwalkingnepal.com/>

To those who have journeyed without family, thank you. If you would like to recommend our business to friends or are considering travelling to Nepal again, we would welcome the opportunity to have you join our family and let us guide you on a remarkable journey.

(please visit web site for testimonial by Geoff & Rhonda)

*Nepal is a beautiful country. Not all of it has been damaged by the earthquake. More than ever Nepal needs your support and tourism
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LIST OF AVAILABLE TREK FOR NEXT SEASON

Gokyo- Renjo La Pass Trek	October 2 to 20 &. November 6 to 24
Package Tours	Dates to suit your needs- contact us
Nepal Junbesi school Renovation Project (15 Days) Travel to a village in junbesi and spend 6 days engaged in simple rebuilding activities and trek around junbesi	November 4 to 18, December 8 to 22
Nepal Junbesi school Renovation Project (22 Days) In this trip, you are not doing only rebuild but also trek in the famous lower solukhumbu region and to namche bazaar.	November 8 to 29
Nepal Kushudebu Health mission Community project (15 Days) Travel to a village in junbesi and spend 6 days engaged in simple rebuilding activities and trek around junbesi	September 18 to 2 October
Nepal Kushudebu Health mission Community project (22 Days) In this trip, you are not doing only rebuild but also trek in the famous lower solukhumbu region and to namche bazaar.	October 11 to 1 November , November 8 to 29 & December 6 to 27
Annapurna villages	September 21 to 30, October 4 to 13, October 15 to 24 & November 5 to 14, November 19 to 28 & December 10 to 19
Annapurna- Dhaulagiri	September 22 to 6 October, October 13 to 27, November 4 to 18 & December 5 to 19
Annapurna- Machhapuchre	September 26 to 8 October, October 14 to 26, November 3 to 15 & November 23 to 5 December
Everest View Trek	October 2 to 13, October 20 to 1 November, November 7 to 18, November 25 to 6 December & December 12 to 23
Gokyo Lakes	October 3 to 21, October 7 to 5 November, November 7 to 25, November 14 to 2 December & December 7 to 25
Ama-Dablam Base Camp	October 23 to 7 November, November 9 to 23, November 25 to 9 December & December 11 to 25
Everest Base Camp	October 4 to 21, October 10 to 27, October 29 to 16 November, November 6 to 23, November 13 to 30, November 20 to 7 December & December 19 to 6 January
Solukhumbu- Valley	October 15 to 23, November 9 to 17 & December 19 to 27
Darjeeling and Sikkim Dzongri trek	October 9 to 18 (booked)
Manaslu Circuit Trekking	October 2 to 18 (booked)
Manaslu Tsum Valley Trekking	October 9 to 30

JUNBESI VILLAGE COMMUNITY INCINERATOR PROJECT

11 NIGHTS CAMPING

TRIP DATES: 5TH MARCH 2017 TO 16TH MARCH 2017 **(BOOKING OPEN)**

Keep Walking Nepal adheres to the philosophy of Corporate Social Responsibility (CSR) and to support and raise awareness in the Junbesi community. We, also, understand that this incinerator program at Junbesi village can make significant fill sites. To destroy potential pathogens and toxic organic contaminants, to make the environment odor free and to preserve the local environment .sustainable contributions to handle wastes, to reduce land. This program will help to promote effective conservation of the natural environment in and around Junbesi village which is mostly inhabited by the Sherpa community. The villagers will be trained in how to build and manage a incinerator.

Imagine yourself walking through one of the most beautiful mountain landscapes in the world, the Mt.

Everest region of Nepal. Now imagine yourself working hand in with the Sherpa building an incinerator n the remote village of Junbesi, to help manage the rubbish pit, thereby reducing the hazard potentials posed by wastes accumulated nearby. There is no proper place to burn the waste and such local village committee is demanding for installing incinerator. If we install incinerator, we will be able to save the landfill sites and local water resources from being polluted. This community incinerator installation program provides us with an opportunity to trek, explore and give back to the mountain environment we have.

for more info and trip notes please contact "keepwalkingnepal@gmail.com".

