



Keep Walking Nepal

Newsletter

January 2017

NAMASTE !



I would like to thank all those who helped in the rebuild work after the massive disaster created by the earth quake, last year. I would also like express my appreciation to all those who have trekked with Keep Walking Nepal and helped Nepal to recover in economical disaster. Currently we are rebuilding the collapsed School building and Buddhist monastery. Most of the local houses, "Mani" wall and Medical Centers were rebuilt. The Medical Center is now at the stage of providing regular services.

We hope that we will again get the opportunity to have your hospitality in the future and hope we can have your continuous help and suggestions

Thank you!

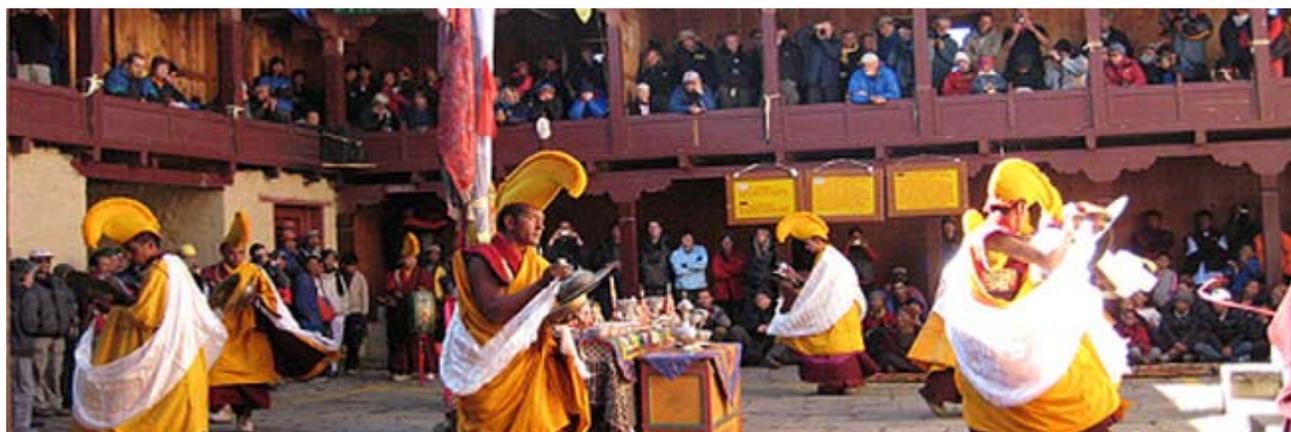
Ang Tshering Sherpa

Family business owner/Manager

LIST OF AVAILABLE TREKS FOR 2017

Phongmoche Historical Monastery re-build project (15 Days): <i>Travel to a village in Junbesi-Phongmoche and spend 6 days engaged in simple rebuilding activities and trek around junbesi</i>	March 4 to 18, October 2 to 16 & November 4 to 18
Junbesi community incinerator project and Trek (12 Days):	April 19 to 30 and October 10 to 21
Solukhumbu—Dumji Festival Trek (9 Days):	April 21 to 29
Solukhumbu—Dumji Festival Trek (15 Days):	April 17 to May 1
Annapurna villages	January 1 to 10, January 15 to 24, February 5 to 14, February 19 to 28, March 4 to 13, March 18 to 27, April 6 to 15, April 19 to 28, May 8 to 17, 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	March 12 to 26, April 9 to 23, October 13 to 27, November 4 to 18 & December 5 to 19
Annapurna- Machhapuchre	March 5 to 17, April 2 to 14, October 14 to 26, December 23 to 5
Lower Solukhumbu Pikey Peak Trek	March 12 to 25, April 9 to 22, October 8 to 21 & November 5 to 18

Everest View Trek	January 3 to 14, March 6 to 17, March 20 to 31, April 3 to 14, April 21 to May 2, October 2 to 13, October 20 to November 1, November 7 to 18, November 25 to December 6 & December 12 to 23
Gokyo Lakes	March 4 to 21, March 11 to 29, March 25 to April 12, April 1 to 19, April 14 to May 1, October 3 to 21, October 7 to November 5, November 7 to 25, November 14 to December 2, December 7 to 25
Ama-Dablam Base Camp	March 6 to 20, March 20 to April 3, April 3 to 17, April 19 to May 3, October 7 to 21, October 23 to November 7, November 9 to 23, November 25 to December 9 & December 11 to 25
Everest Base Camp	March 5 to 22, March 12 to 29, March 19 to April 5, March 27 to April 13, April 1 to 18, April 14 to May 1, April 21 to May 8, October 4 to 21, October 10 to 27, October 29 to November 16, November 6 to 23, November 13 to 30, November 20 to December 7 & December 19 to 6 January
Gokyo- Renjo La Pass Trek	March 5 to 23, April 25 to May 13, October 2 to 20 & November 6 to 24
Manaslu Circuit Trekking	April 2 to 23 & October 5 to 26
Manaslu Tsum Valley Trekking	March 2 to 23 & October 26 to Nov 17
Solukhumbu Valley Exp.	March 6 to 14, March 18 to 26, April 7 to 1, April 17 to 25, October 15 to 23, November 9 to 17 & December 19 to 27
LangTang Valley Trail	Please contact us for trip dates
LangTang Heritage Trek	Please contact us for trip dates
Nepal Tour Package	Please contact us for trip dates
Tibet Cultural Journey	May 1 to 15 and September 4 to 18



NEPAL STUDY TOUR AND TREK BY DEACON UNIVERSITY MELBOURNE, AUSTRALIA

With the help of Dr. Beau Beza from Deacon University Melbourne, Australia, A 15 days Nepal Study Tour was completed successfully from 22nd October to 5th November 2016. The team included with 16 students from different faculty of Deacon University, Dr. Beay Beza and Assistant Carlie.

During the visit the team was welcomed at Junbesi School in a grand welcome ceremony with different cultural program. In the program, Mr. Prabal Joshi, a student from the team, handed over a donation of USD 2000 on the behalf of Deacon University to Principal of school Mr. Chhungba Chhiring Lama. The team also had helped to paint hostel of Junbesi School for a day.

During the visit the team also visited Phungmoche Monastery where they were welcomed with “Khada”, a holy white Scaff, by the Monks, teachers and student of the Monastery. The student also had presented cultural program on the honor of the guest. The team also contributed in rebuilt of the Monastery as well as handed over donation of USD 2000 to Monastery.



The team was divided into 4 groups of inspection with 4 group members during the visit,

- * Monastery Rebuild Group
- * Rubbish Pit Group
- * Incinerator Group
- * Stupa Rebuild Group

Monastery Rebuild Group had conversation with head Monk regarding rebuild process and status. Later they presented a work plan on the rebuild process in coordination with local carpenters. The idea presented is discussed in the meeting with Head Monk, local carpenters and teacher to finalize the work plan.



Rubbish Pit Group had prepared a work plan after consulting the working committee members of Thuprengchholeen Monastery. The group later visited the Monastery with other group members and had “Prashad” and “Khada” as honor for their help.

The stupa Rebuild Group had a conversation with local of Junbesi regarding their problems but and also presented work plan for rebuilding the Stupa. Likewise, Incinerator Group also had presented their working plan and discussed it with the locals. Both work plans were appreciated by the locals. They were so excited and also wish to get help during implementation. Later the group also participated in the cultural program with the locals and accepted “Khada” from president as an honor.

In this way, the visit was completed successfully.

We would like to thank Dr. Beau Beza, Deacon University Australia, Melbourne and participants for their support, we are looking forward to welcome you all again. Likewise, we would also like to thank all the staff of Keep Walking Nepal, locals, Head Monk, Teachers and other monks for their support and cooperation to make this visit successful.



WE CONQUERED EVEREST BASE CAMP

- by Philip and Chikayo, North Adelaide, Australia

After our flights were delayed, feeling exhausted from the 15+ hour flight, we arrived at Kathmandu's Tribhuvan Airport at 11.15pm.

Making our way past many eager taxi drivers, we met our energetic Himalayan Guide, Pratap, who was waiting for us just outside the airport with a 'Keep Walking Nepal' sign. He greeted my wife, Chikayo, and I by putting a golden scarf around our necks (a brilliant Nepalese tradition). He made a quick call for a taxi and we were on our way. Once we reached the 'Hotel Tibet', we quickly made our way to our room to fall fast asleep, dreaming of the adventure to come..

After the first day full of Sightseeing, Thamel shopping, delicious Nepalese food, and trek briefings, we were full of anticipation for our flight to the infamous Lukla Airport and our 17-day Himalayan trek.

It wasn't long before we were all boarded on a small, fully-packed, propellor aeroplane admiring the fantastic mountain views you can see shortly after you take off from Tribhuvan. Then, a mere 30-minute flight later, it was time to land at Lukla.. known as one of the World's most dangerous airports. I said a little prayer to myself.

The prayer worked. After safely arriving at Lukla, then having a cup of tea to calm the motion-sickened stomach, we were back on our way to the first destination Phakding.

Along the track, we crossed many a suspension bridge overlooking the powerful Dudh Koshi (translated: Milky River). Making our way up the massive Solukhumbu valley, we passed through several small communities, stopping to have



a Dal Bhat (Nepalese Curry) lunch in Monjo. Bought a raw carrot from a stall vendor, washed and ate it (my biggest mistake). We met many excited fellow trekkers from different parts of the world. I was stopped by a local as I mistakenly used a paid toilet, instead of the next-door free toilet and didn't realise it. We spotted a family of Wild Himalayan Tahrs, and reached the Sherpa Capital of Namche Bazaar. All in a day's walk.

The next (supposedly) rest day, as we started to climb to Namche Bazaar's 'Everest View Hotel' (EVM), both altitude sickness and stomach problems struck me. First, I descended back to our accommodation in Namche, then ended being toilet-ridden for the rest of the day.. That rascally raw carrot taking vengeance.

While Diamox medication cleared the altitude sickness, my stomach problems stuck with me for the next week. But I pushed on. Finally reaching EVM, then seeing native birds known as Danfe & Kalij just outside Tengboche (home to Tibetan Buddhist monastery), and reaching Dingboche, the going got tougher and tougher. Staying hydrated become more difficult, and with the air's oxygen down to approximately 64%, taking a full-breath was harder too. But, the views were priceless/breath-taking - seeing few clouds during the morning, the views of Ama Dablam and as we climbed higher, Lhotse, Nupste and the magnificent Mt. Everest (In Nepalese: 'Sagamartha' from which the National Park is called).

Finally, days later, after several more hours of trekking, we reached Everest Base Camp. An unforgettable moment full of jubilation. Many photos were taken and high fives given. Awaiting the next day, starting at an early 5.30am from Gorak Shep, toes and fingers losing their feeling from the cold, we would reach our highest point of 5,535m at Kala Patthar.

Chikayo, my wife, was starting to feel 'worse for wear', but she too wanted to continue. So, we made our way back through Lobuche to Dzongla for next night's rest. After Dzongla, the next few days would mean crossing two slippery, ice-covered passes, Cho La & Renjo La, 5,420m and 5,360m respectively and traversing the long Ngozumpa glacier. On already exhausting legs, the going was tough. But, determined to make the most of it, we pushed on. And, my word, we were glad we did!



Between the two passes is a place called Gokyo, known for its' beautiful lakes, World's highest bakery and the climb to Gokyo Ri (5,357m) where we saw the most amazing views. Gokyo Ri was so good I decided to climb twice in the same day, the latter at sunset to see the angelic reflection on Mt Everest.

Yet, sunset was COLD! At the top, my hands started to hurt and lose their feeling from the cold, so cold I decided to put them in the warmest place I knew.. In my pants, while descending quickly. The idea worked. My hands started to regain feeling and I soon could descend slower. As it was now night, stars blanketed the sky. I stood in awe, looking up at the most clearest of night skies I had ever seen. I felt privileged to be alive.

Chikayo and Pratap were awaiting my return at the hotel. Glad to see I was okay, we shortly went to bed ready to take on the second pass, Renjo La, the next day.

At 4.45am, we woke to get ready for the pass. By 6.00am, we were on our way. A chilly morning, we caught our first glimpse of the sun's ray through the mountain peaks before 7.00am. By 9.30am, we had reached the top. Our last view of Mt. Everest, more photos. We quickly descended about 1,000m to Lumde to stay that night.

After this, feeling totally exhausted from the day after day trekking and stomach sickness, the next few days seemed to drag on. Chikayo had enough of carrying her bag, so Pratap

and I assisted by taking turns to carry it. As well, rather than spurring ourselves to see the next amazing view, we instead imagined what we would eat for lunch or dinner.. Dal Bhat, Himalayan pizza, or yak steak.. What would be on the menu at the next lodge?

As I had lost over 2 kilograms during my trek, I started eating bigger breakfasts. Each morning, I would eat chocolate pancakes and cheese omelettes.. Yummy! Also, if we found a great coffee shop, we would take a break and have a mocha or cappuccino.

We finally returned to Lukla, where many a trekker were celebrating their achievement of reaching Everest Base Camp. We had more great meals, chatting with fellow trekkers, and immersing ourselves in the local culture learning a few basic Nepalese sayings.

Finally, the last day, we woke 7.30am for an early flight departure from Lukla return to Kathmandu. The take off from Lukla was even more exciting than the landing.. Not to mention the views from the aeroplane were clearer than they had been 17 days previous.

Arriving in Kathmandu, we were greeted by Ang Sherpa from 'Keep Walking Nepal' at the Hotel Tibet. We reminisced over our time and we could tell this was not going to be the only time we would come to Nepal. Now, back in Australia, we are already planning our next trip to Nepal!



SOLUKHUMBU - DUMJI FESTIVAL TREK

Thank you for your interest in this trekking journey which I have set at 'entry level', effectively meaning it's readily achievable by those with a medium level of fitness.

The journey offers a combination of natural beauty, culture and adventure in the beautiful Solukhumbu Valley which is home both to my people (the Sherpa) and the highest peak in the world, Everest, which we call Sagarmatha.

Trekking commences following a drive from Kathmandu to Patale (around 7/8 hours) and follows road around the valley with Sunkoshi river. Trek through beautiful Sherpa villages and excellent views of mountains from Pike Peak(4070m) further more opportunity to view Numbur and Karyalung (secret god of Solukhumbu valley local known as Shering Yul Lha). On trekking further up the valley through the small villages of Junbesi, Phurteng and Pankarma to Phougmucho, firsthand experience of Sherpa culture is realised, and a visit to Thuptenchholing Monastery(one of the largest Tibetan refugee camp in the Solukhumbu region) adds significantly to impressions gained.

Then down through Mopung and Edingma on the way to Junbesi for the Dumji festival, where trekkers spend a full day and two nights joining in with the festivities and / or undertaking short walks into the neighbouring valley as the mood takes. Finally, a walk down to Phaplu for the flight back to Kathmandu.

The majesty of the Himalayas is evident each day as trails are followed through a rich variety of flora and fauna. At this time of the year, Rhododendrons in full flower are prominent when passing many mountain streams along the route. I would be pleased to have you on the journey and to introduce you to our country and way of life while you travel as part of my extended family.

[If you need further information on this trek and festival please click below](#)

- * [9 days trek details](#)
- * [15 days trek details](#)

LOWER SOLUKHUMBU PIKEY PEAK TREK

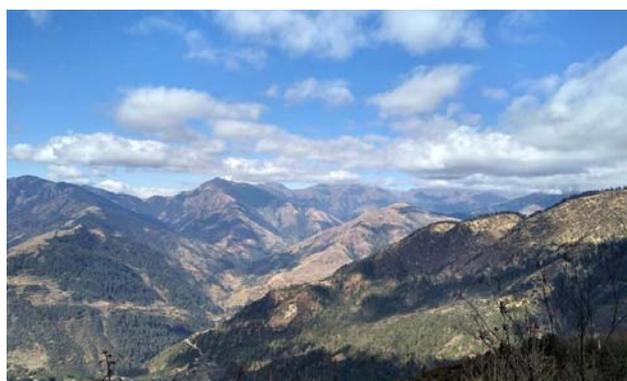
The journey offers a combination of natural beauty, culture and adventure in the beautiful lower Solukhumbu Valley which is home both to my people (the Sherpa) and the highest peak in the world, Everest, which we call Sagarmatha.

Trekking commences following a drive from Kathmandu to Patale (around 7/8 hours) and follows trails around the valley with opportunity to view Numbur and Karyalung (secret god of Solukhumbu valley local known as Shering Yul Lha). On trekking further up the valley through the small villages of Junbesi, Phurteng and Pankarma to Phougmucho, first hand experience of Sherpa culture is realised, and a visit to Thuptenchholing Monastery (one of the largest Tibetan refugee camp in the Solukhumbu region) adds significantly to impressions gained.

The majesty of the Himalayas is evident each day as trails are followed through a rich variety of flora and fauna. During March and April, Rhododendrons in full flower are prominent when passing many mountain streams along the route. Finally, a walk down to Phaplu for the flight back to Kathmandu.

I would be pleased to have you on the journey and to introduce you to our country and way of life while you travel as part of my extended family.

[If you need further information on this trek please clicks](#)



COMMUNITY PROJECTS

JUNBESI COMMUNITY INCINERATOR PROJECT AND TREK

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 hand with the Sherpa people to build an incinerator in the remote village of Junbesi to help manage the rubbish. There is no proper place to burn the waste so the local village committee have recommended the installation of an 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 all grown so fond of.



Ang Tshering and Keep Walking Nepal are now inviting volunteers to help construct their community Incinerator project in Junbesi. After completing the three day project Ang Tshering and Keep Walking Nepal will organize a friendly social trek for the participants. This trekking tour will employ graduates from the Junbesi High School to provide trekking experience for the local youth of the village area and so that they may generate income to support their continued education. On a personal note you as a volunteer will gain first-hand knowledge in the unique natural systems and cultural practices of the area you visit, be able to explore remarkable mountain views not normally experienced by other tourist groups and walk through remote and rarely visited high mountain villages and isolated monasteries while on trek.

Keep Walking Nepal cordially invites you to join us on this community Incinerator project which combines a 3- day Incinerator project work along with trekking in the Lower Everest region of Nepal. On this trek and during the incinerator construction program all accommodation and food is provided. During your stay in Junbesi and along the trek you will be accommodated in tents and supporting staff provided.

[If you need further information on this community project trek please click](#)

PHONGMOCHE HISTORICAL MONASTERY RE-BUILD PROJECT

Historical background of Monastery:

Phongmoche Ngyur Karma Chyolin Gompa of Solukhumbu district, Dudhkunda Municipality, ward number one is one of the ancient historical "Gompa" of the district. The "Gompa" was build following the definition of "Gompa" described in ancient holistic text of Buddhism. "Gompa" means an isolated place located far away from people shelter i.e. villages and towns.

It has been proved by the evidence from different religious text that since 16th century, the place had been used as the Holi place for the purpose of disseminating Buddhism as well as practicing Meditation, by different renowned "Lama Gurus" and monks. It was known that in ancient time, especially famous "Gurus" from "Yonma" traditions, Khyaapdak Karma Ngeton, Ugern Sangak Tengeen, Ngwang Sangk Tengeen, Njayagree Pema Chhewang, Ngwang Yonten Gyachho had practised meditation there.



In past, the holy place had just a small “Gompa” and meditation room. In 1938 BS, with the continuous and tireless effort of Lama Newang Yonten Galchhe, constructed fully facilitated “Gompa” on the huge rock. The “Gompa” was designed with kitchen in right side and resident in left side. Now all these meditation centers which in past were used by renowned monk are left as the ruins and residues.

As the “Gompa” was constructed on huge rock of the big cave, it was popular as “Fugmochhe Gompa” which means the “Gompa” on the big cave. Likewise, it was also named after the first monk of the “Gompa” Monk Khaapdak Karma Ngeton as “Fugmochhe Ngagyur Karma Choling. Volunteers to assist villagers in the Junbesi area with their restoration works over two 3 day sessions are factored into this trip. Appropriate tools to meet needs will be supplied. No formal work qualifications required by volunteer workers.

As part of the project, the professional Keep Walking Nepal team together with graduates from Junbesi High School will organize some friendly social treks for the volunteers. This work / trek combination will provide volunteers with first-hand knowledge in the unique natural systems and cultural practices of areas visited and the ability to explore and experience remarkable mountain vistas not normally accessed by other tourist groups. Trekking through remote and rarely visited high mountain villages and isolated monasteries will act as an additional ‘thank you’ for assistance given. We would love to have you ‘on board’ to assist with this vital project, and to experience the splendor of our country.

[If you need further information on this community project trek please click](#)

Keep Walking Nepal features in
Juliette Power's memoir *Juliette's Angel: Death Desire Destiny*

Help Nepal get back on it's feet. Buy the book.

TALK Tweet SHARE!

Senior Guide: Pratap Gurung

"You will feel every step Juliette takes on her treacherous journey up and down the mountain. It's brilliant. And, in spite of the dangers, this is one trek you will not want to miss."
— Tania Joyce, November 7, 2016 (Amazon review)

Available NOW at www.juliettepower.com

Juliette's Angel
Death Desire Destiny
Juliette Power

Juliette Power
THE AUSSIE AUTHOR

**Merry Christmas
and
Happy New Year
2017**



Email: keepwalkingnepal@gmail.com, Office Tel.: 9774389649, Cell: 9779851189649,
Web: www.keepwalkingnepal.com



Keep Walking Nepal

G.P.O. Box: 13418 Kathmandu, Nepal

Office:

Kaldhara-16, Paknajol, Pipalbot Marga,
Kathmandu, 44600

E-mail: keepwalkingnepal@gmail.com

Phone No.: +977 4389 649(Office)

Mobile No.: +977 9860 627 739/+977 9851 189 649



Member of

