

TOP OF THE WORLD MT. EVEREST (8848m.)



NEPAL AT A GLANCE

Geography	: Between China in north and India in the south
Time Difference	: Nepal is 5:45 hours ahead of GMT
Area	: 147,181 Sq.km.
Population	: 25 Million
Capital	: Kathmandu Valley (population 2.5 Million)
People	: More than 100 ethnic groups and 122 spoken languages
National Language	: Nepali
Currency	: Nepalese Rupees (approx. US\$ 1 = RS. 130)
Religion	: Hinduism and Buddhism
Climate	: winter (Dec.—Feb.), summer (June — Aug)
Political System	: Republic of Nepal

It is said “Nepal looks like a Silver Necklace from the Space”. Obviously, Himalayan kingdom Nepal, sandwiched between China and India, is the land of eternal fascination. It is not only the land of Everest. It is not only the birthplace of Buddha and the abode of gods but also the land of brave Gurkha soldiers and the playground of mystical snowman ‘Yeti’. Moreover, it is the land of culture, nature and adventure.

The elevation of the country ranges from 60m above the sea level to the highest point on earth. Because of its unique geographical position, climate varies from place to place. Consequently, different kind of vegetation, flora and fauna of every corner of the world can be found here. Although, Nepal occupies only 0.1% of the earth but it is the home to 2% of all the flowering plants in the world, 8% of the world's population of birds, 319 species of exotic orchids, 635 species of butterfly, 4% of mammals on earth. The world's highest lake and the world's deepest gorge are in Nepal. The Nepalese Himalayas contains 8 of the 10 highest peaks on earth including Sagarmatha ‘Everest’ 8,848m the tallest of all. Hence, Nepal is often known as the biggest natural museum in the world.

Nepal enjoys possessing the eight world heritage sites (cultural) offered by UNESCO including the birthplace of Lord Buddha. The Nepalese art and architecture are stupendous! As Nepal has more than 91 ethnic groups and 122 spoken languages, all they have their own culture and tradition. It is said “Many temples as many houses and many goddesses as many people in the Kathmandu valley”. Half of the year passes with colorful festivals depicting a rich cultural heritage with profound religious meaning. Although, Nepal is a Hindu country- here is a harmonious blending of Hinduism and Buddhism. Religion is an integral and deep-rooted part of Nepalese life. It is the land where feet are respected. And, it is the land where myths and legends are still alive.

Therefore, why don't you make up your mind to befriend yourself among the people who know the ‘Way of Living’ - Relax among the people who know the peace of mind and discover the beautiful bliss, sacred culture and tradition hidden from the outside world. Who knows the world may end tonight?





Mt. Machhapuchhre (6,993 m.) & Annapurna III (7,555 m.)



Mt. Fish Tail (Machhapuchhre), West Face

POKHARA VALLEY

In 1899 Ekai Kawaguchi, the Japanese scholar who was the first foreigner to visit Pokhara said, " ... in all travels in the Himalayas I saw no scenery so enchanting as that which enraptured me at Pokhara." It is said "If there is a paradise on earth, it begins from north to Pokhara." Obviously, on the lap of Annapurna Himalayan range, Pokhara is blanketed with emerald blue lakes, lush green forest, deep gorges, underground water falls, caves, hills and rills. If Kathmandu is the cultural hub- Pokhara, a place of exhilarating beauty is to refresh- relax and to discover the mysterious creation of nature. BBC Holiday Says "Among 50 Places to see before you die."

HISTORY:

Geological structure / study says Glacier lake outburst formed Pokhara valley 7000 years ago. Due to the dense forest and Malaria, people did not settle till 1700 AD. Then after, Pokhara emerged as an important old trading route between Tibet and India in 17th century it became popular route which again was one of the Chaubise Rajaya (24 Kingdoms of Nepal) ruled by a branch of the Shah Dynasty. Many of the mountains around Pokhara still have medieval ruins from this time. In 1752 the King of Kaski invited Newars from Bhaktapur to Pokhara to promote trade. Their heritage can still be seen in the architecture along the streets in Bhimshen Tol (Old Pokhara). Hindus, again, brought their culture and customs from Kathmandu and settled in the whole Pokhara valley.

PARADISE POKHARA



Bewitching Beauty

GENERAL FACTS:

Location: 200 km. west to Kathmandu, in the lap of Annapurna Himalayan Range

Geographical Location: 28.25°N latitude 83.99°E longitude.

Valley Area: 30 Sq km

Population: 490,000

Literacy Rate: 68 %

Administrative Body: Metro Politan city 1 & 43 village development committee

School: 160 Private Boarding schools, 600 community schools and 22 campuses

Income Source: Tourism, British Army, Agriculture, Natural Products.

Religion: Harmonious Blending of Hinduism & Buddhism

Climate: Winter (Dec – Feb), Spring (March- May), Summer (June – Aug), Autumn (Sept- Nov)

Temperature: The climate is sub-tropical but due to the elevation the temperatures are moderate: the summer temperatures average between 25–35 °C, in winter around 5–15 °C.

It is said **“If there is a paradise on earth, it begins from the north to Pokhara”**. Obviously, the landscape is stupendous! On the lap of Annapurna Himalayan Range, Pokhara is blanketed with emerald blue lakes, green forest, deep gorges, underground waterfall, caves, hills and rills. If, Katmandu is the cultural hub- Pokhara a place of exhilarating beauty is to refresh and relax and to discover the mysterious creation of nature. **This is not only an ‘Ode to Odyssey’ but certainly once in a life- time, here to be.**

- **“Simplicity is the beginning of nature and the last of an art.”.**



WHY TO VISIT POKHARA VALLEY?

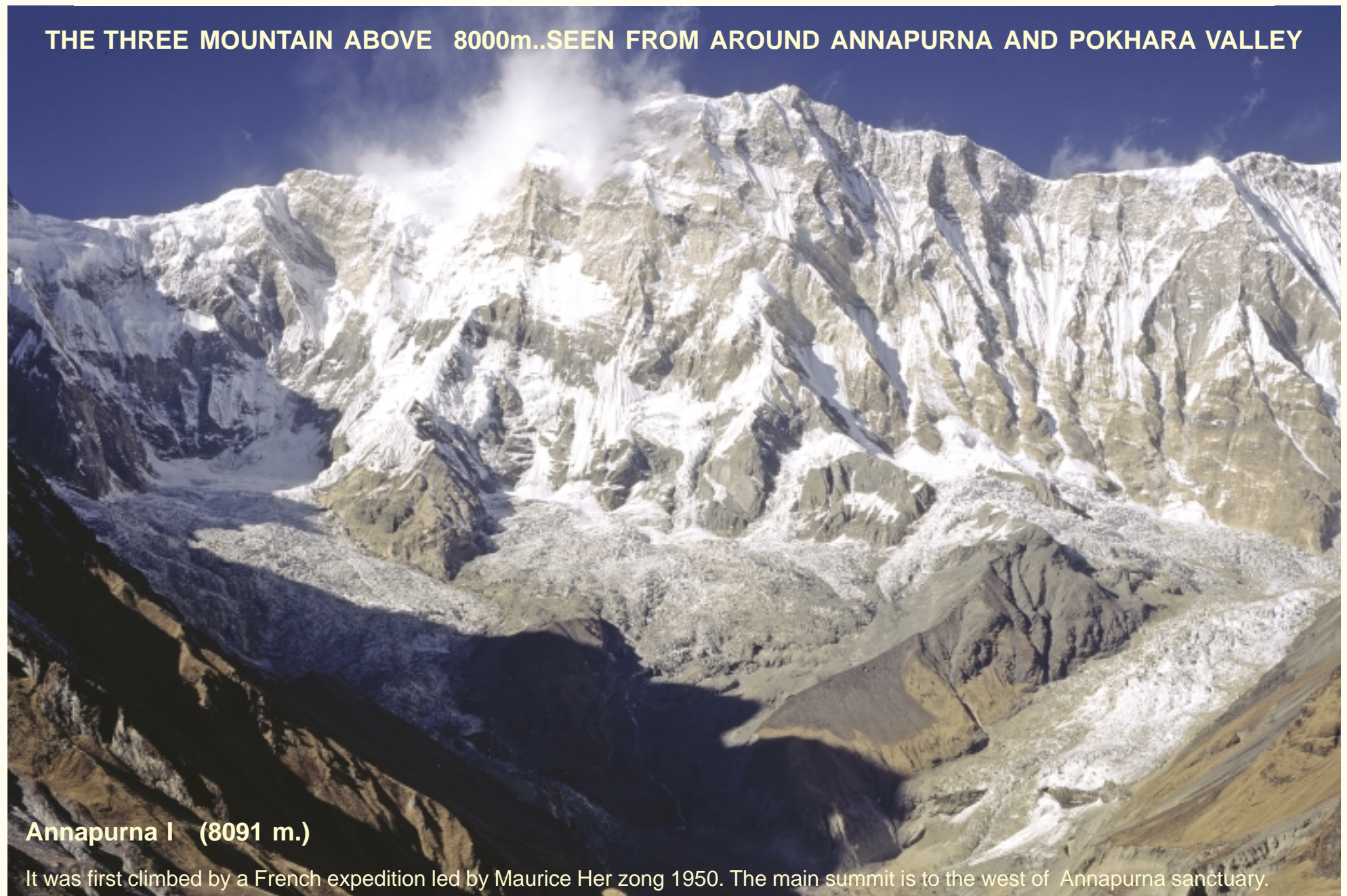
- "...Among 50 places to see before you die". - BBC Holiday
- Because Magnificent Annapurna Range is there.
- Gate way to the world famous Annapurna Trekking trails.
- Garden city of Seven Lakes: Fewa, Begnas, Rupa, Gude, Neurani, Deepang, Maily, Khastey.
- Homeland of world famous Gurkha Army where 370 youths are selected to recruit for England every year because Gurkha soldiers fought bravely during Second World War.
- Valley of Orchids, Lakes, Caves, waterfalls and Massif glaciers.
- Three mountains above 8000 m (Mt. Dhaulagiri 8167m., Mt. Manslu 8163 m., Mt Annapurna 8091m) can be seen standing at 850 m.
- World Peace Stupa stretched on Raniban forest ridge..
- To explore Peace & Harmony between Hinduism and Buddhism.
- Ramapithecus was thought to be the first direct ancestor of modern humans. And, 165 km south to Pokhara nearby Butwal. Its Fossils was found dated 14 millions year.
- Highest lake on earth "Tilicho 4949 m"
- Kali Gandaki Valley, the Deepest Gorge in the World.
- Holy and Virgin Mt. Fishtail 6993m.
- The Only place in the world that you find 7 different species of DANFE Lophophorus Impejanus.
- Spiny Babbler the bird only found in Nepal.
- Largest cave in Asia and Biggest Trident in Asia is in Gandaki Zone.
- Whole mountain ridge imaging just like Sleeping Buddha seen from Akala Devi Temple.
- Homeland of World Famous Honey Hunters.
- Entry Point to Famous Hindu Temple "Muktinath"
- Easy Access to Lumbini "The Birth Place of Lord Buddha"
- The most favorite destination for Trekkers, photographers, artist, bird watchers, researchers, archaeologist, geologist, movie maker, tourism promoter.

ULTIMATE PARADISE- ONCE IS NOT ENOUGH.....



ポカラ盆地の海拔850メートル地点から見られる8000メートル級の三つの山 マナスル、ダウラギリ、アンナプルナ I

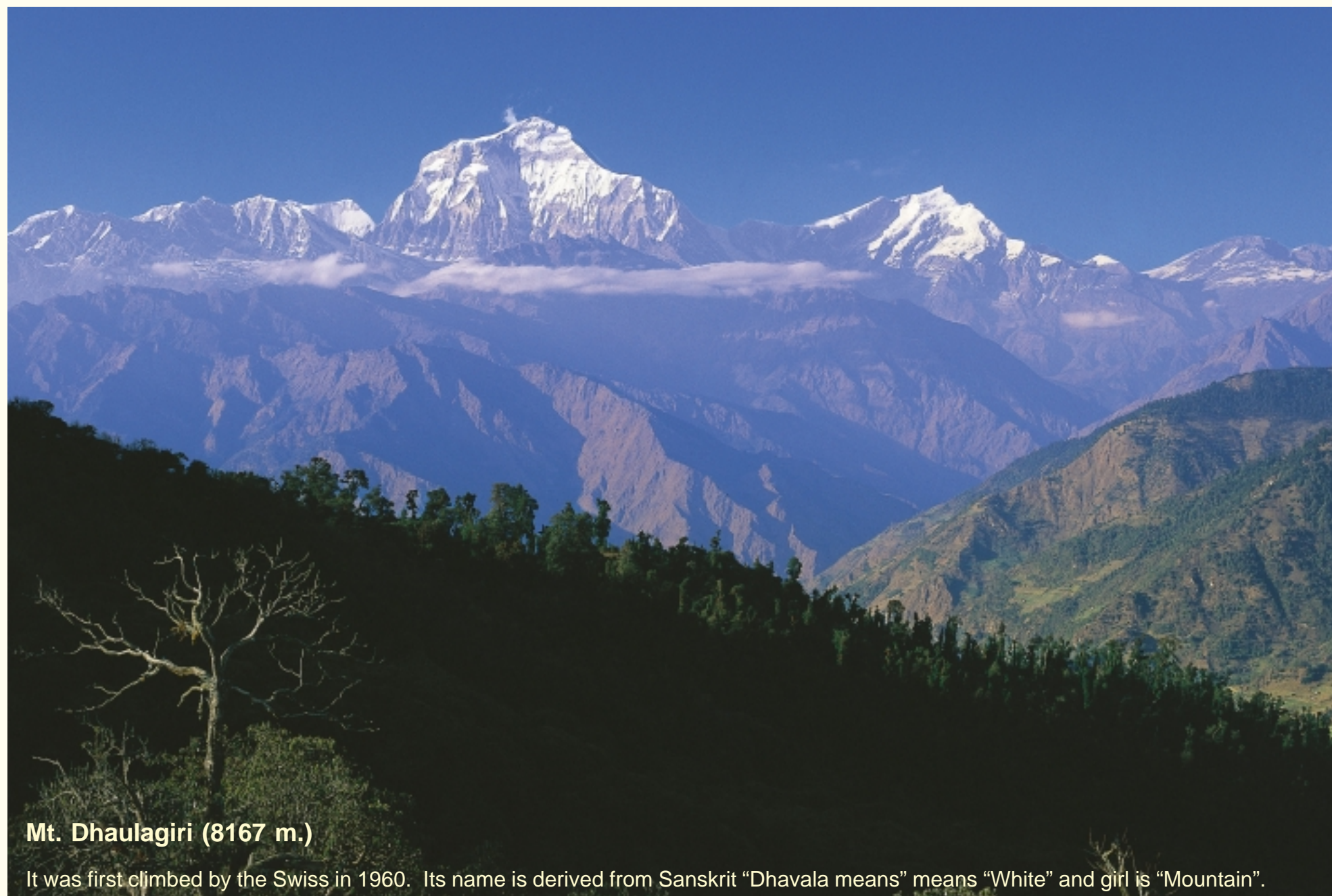
THE THREE MOUNTAIN ABOVE 8000m..SEEN FROM AROUND ANNAPURNA AND POKHARA VALLEY



Annapurna I (8091 m.)

It was first climbed by a French expedition led by Maurice Herzog 1950. The main summit is to the west of Annapurna sanctuary.

1950年に フランス 登山家 マウリスのグループが初めて登ったアンナプルナ I (8901メートル) です。



Mt. Dhaulagiri (8167 m.)

It was first climbed by the Swiss in 1960. Its name is derived from Sanskrit “Dhava” means “White” and “giri” is “Mountain”.

サンスクリット語で 白い山の意味を持っているダウラギリ山 は 初めてスイス登山家のグループが1960年に登りました。



Mt. Manaslu (8163 m.)

The first Japanese Mr. Toshio Imanishi succeeded to climb this mountain on 9th June 1956.

1956年6月9日に世界で初めて 日本人 TOSHIO IMANISHI さんが登頂に成功した マナスル 山 (8163メートル) です

WHAT TO SEE IN POKHARA?

FEWA LAKE: Fewa lake is the second largest lake in Nepal. It is 4.5 km long and 70 m deep. Goddess Barahi temple is in the middle of the lake. Rowing boat / sail boat can be hired to relax yourself in its serenity. Barilius Bendelisis (Fagate), Mahseer (Sahar), Chaguhius Chagunio (Rewa) Acrossocheilus Hexagonolepis (Katle) Puntius Sarana (Bhitte), Eels (Bam) are the common Fish found in this lake. Reflection of Annapurna range in the lake is its major attraction. **BARAHI TEMPLE:** Barahi Temple is a small Pagoda style temple in the middle of Lake Fewa, where the deity Barahi has been enthroned. Saturday and other regular festival day makes the temple surrounding crowd.

BINDAVASINI TEMPLE: Bindabasini Temple (Durga Goddess temple since 17th century) It is said that Goddess Bindavashini was brought from Bindyachal state of India during Malla dynasty. This is the most famous Hindu temple of Pokhara. One may get to witness a Hindu wedding ceremony taking place and goats / peigions sacrifice in the temple premises.



SETI GORGE: Seti Gorge (1 m. wide & 70 m deep flowing river) originated from the ravine of Macchapuchre and Annapurna IV , plays hide and seek in the valley. As the name denotes {Seti = white} the river is white in color for the whole year because of limestone's. Its uniqueness lies in the water level that is constant for the whole year. It is one of the mysterious wonder of Pokhara.



ANNAPURNA MUSEUM: Annapurna museum situated inside Prithvi Narayan Campus, is also known as 'Butterfly Museum'. It displays wide range of Butterflies found in this Annapurna range and the geological structure of Pokhara valley. Research shows that 11 of the world's 15 families of butterflies and more than 500 species can be found in this region.





INTERNATIONAL MOUNTAIN MUSEUM: International Mountain Museum provides detail information on mountaineering, the world's mountain system, mountain culture, ecology and exhibition of mountain history. It is strictly recommended for those who take deep interest in Mountain and expedition.

GURKHA MEMORIAL MUSEUM: It was established in reminiscence of world famous Gurkha soldier. They have kept the collections of used uniforms, medals and picture during Second World War and other. Wednesday: Closed Tel: 061-541966



British Gurkha Museum



CULTURAL MUSEUM: has a large collection of ethnic costumes, ornaments, musical instruments, agricultural tools, utensils, hunting kits, coins, manuscripts. One can see variety of Nepalese lifestyle, especially of western region, within a single roof.

OLD BAZAAR: This historical Newari bazaar has been protected as an Old heritage site of Pokhara where one can observe Newari culture and architecture. It is stretched just beneath Bindavasini temple. However, rapidly growing modern buildings has affected in its charm.





DAVIS FALL: Locally it is called Patale chango meaning a water fall falling down to earth. But in 1961, Swiss lady (Mrs. Devi) was swept away while she was swimming here. After her name it became Popular saying Davis Fall. The gushing water of Fewa lake runs through about 1 km long natural tunnel before the fall. The water fall is about 60m deep and undergoes for 1.5km. through Mahadev cave, one of the Asia's longest cave. Note: (Entrance fee collection goes for supporting Chhorepatan High School)

MAHADEV CAVE: Gupteshor Mahadev cave was discovered in 1992. This cave is one of the out let of Davis fall. Once can see stalactite rocks and bats hanging inside the cave. Lord Shiva icon, vehicle ox and trident were found during excavation. Five minutes cave walk from the Shiva temple takes you to the Davis fall. Urdu letters on rocks, layers of limestone and David fall view from bottom is very much exciting. Bats hanging is seen frequently. However, Bats Cave situated in Batulechaur (Nearby Mahendra Cave) is recommended to look about bats' life. Note: (Entrance fee collection goes for + 2 college support) Tel:460587





TANGCHUB CHOELING MONASTRY: The Chinese invasion on Tibet compelled thousands of Tibetans to flee and become refugee in Nepal. That Tibetan group built this Monastery at Hemja, 11 km away from lakeside. In 1963, Lama Dupseng Rinpoche laid the foundation stone and later in 1967 his holiness Dali Lama named the Monastery Tangchub Choeling. Same like, Matepani Monastery is another popular site for interested foreigners from where once can observe beautiful sunset glimpse and eastern Pokhara city.

TIBETAN REFUGEE CAMP: Established in 1960, it is a bunch of Tibetan community who flee after China's invade in Tibet. Refugee camp is well settled as they have their own Health Clinic, School, Monastery, Engineering workshop and Carpet factory. They keep their life by selling souvenirs, handmade carpet, and donations.



JHANKRIS: FAITH HEALERS

They are magico-religious specialist, fortune-teller, part herbalists, and part priests. Their technique is spiritual rather than biological. Their business is to determine the nature of the spirits and then either to placate it or drive it from the ill person's body. They perform amazing act that an ordinary man can not even think of, viz. killing a hen without a single touch, walking on fire, and catching flying bird. They can even communicate with the spirits. This practice / culture is deeply rooted in our Nepalese society. There are several shamanism practitioners in and around Pokhara valley.



CITY TOURS

[Sunrise tour 3 hrs., Half day City tour 3 hrs. & Full day City tour 6 hrs. Tushita travel conducts daily city tour / sunrise tour / and Trekking Points Pick up and drop transportation service. Please contact at: 061-- 621222 TushitaTravel





WORLD PEACE STUPA

PUMDI BHUMDI ECO VILLAGE

On the same ridge of World Peace Stupa lies two beautiful village Pumdi & Bhumdi where one can experience true Nepalese living style. Pumdi people are involved in politics and teaching profession whereas maximum Bhumdi people belong to British Army. However, both villager possess organic farming . The place gives dramatic views of valley, lake, forest, fields and all the Annapurna range, Dhaulagiri range and Manaslu range. It would be a nice day trip opportunity to see living culture of six different cast of Nepal.



世界平和ストゥーパ の尾根を進むとブムチ ブムチ エコ ヴィレッジがあります。ここは バフンや グルングやマガル族の村でホームステイの体験することが出来ます。ここから見える、ダウラギリ山脈、アンナプルナ山脈、マナスル山脈とポカラ盆地やフェワ湖の素晴らしい景色は一生忘れないでしょう。時間がなくても一日の日帰りハイキングはお勧めです。



WORLD PEACE STUPA: This stupa locally known “shanty Stupa” is situated in an altitude of 1200m. lying on Raniban forest ridge, south to Fewa Lake. This religious site was built by Japanese Buddhist group. The monument is 11 m. tall and depicts 4 stage of Lord. Magnificent Lush green forest, birds chirping, whole Pokhara valley, blanketed blue lake Fewa and the majestic Himalaya range in the background is stunning. No words can express excitements of these blissful moments. One can feel PEACE OF MIND while standing in its premises.

世界平和ストゥーパ（仏塔） 日本山妙法寺：ここからもヒマラヤの景色と日の出を見ることが出来ます。
さらに、この尾根へのハイキングは素晴らしいです。



ULTRA LIGHT AIRCRAFT

(A winged motorbike above the sky)

For those who wish they could fly like birds, this flight is a must. Leave your woes behind on earth, soar to heights, bathe in the clouds, reach out for the mountains and kiss the azure sky. It might be lonely at the top, but the spectacular view from

high up there certainly makes up for everything. You forget yourself for some moments. This Ultra light aircraft was introduced in Nepal in 1996, and the operator has been offering sight seeing tours in Pokhara valley. The choice of Pokhara for ultra- light aircraft is appropriate chiefly because of the proximity of the mountains, and the scenic lakes.

AVIA CLUB NEPAL (Fly for Fun) Tel: 061462192 www.aviclubnepal.com

PARAGLIDING IN POKHARA

Paragliding in this Himalayan country can be a truly wonderful and fulfilling experience unparalleled scenic grandeur as you share airspace with Himalayan griffin vultures, eagles, kites, while floating over villages, monasteries, temples, lakes and jungles with the a fantastic view of the majestic Himalayas. It is so sweet to share air space with Himalayan griffin Vultures & Eagles.

Paragliding is a relatively new adventure sport in Nepal. The last three years have seen the activity flourish in Pokhara. The flight takes off from the top of Sarangkot / Panchase hill and lands on the coast of Lake Phewa. For the free flight enthusiasts, it is really a wonderful trip while you are in Pokhara.

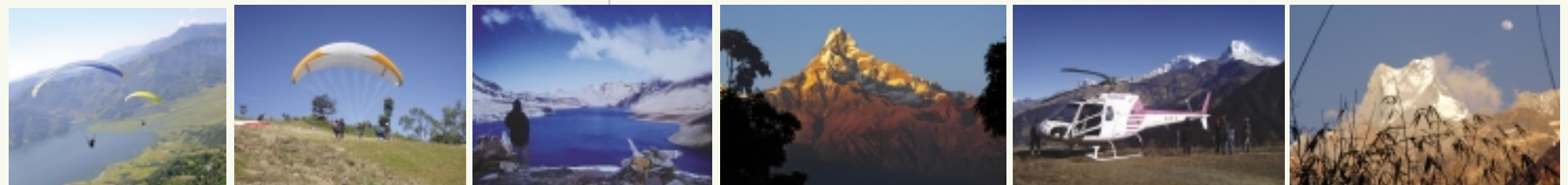


HELI HIKING IN POKHARA

World's most advanced helicopter 'AS 350 B2 ECUEUIL HELICOPTER & BELL 206 B3 RANGER HELICOPTER' is now in Pokhara that takes visitors into the bosom of Annapurna range. Flight can be chartered in various places at very reasonable cost around Annapurna range; viz. Ghandruk Village, Poonhill, ABC , Muktinath, Lake Tilicho {the highest lake in the world}. You will have a wonderful experience and wild excitement to have flight just a few meters above snow glacier. It is recommended for photographers, and any tourist who love to hug mountain but don't have enough time for trekking. GSA Email: tushitanepal@gmail.com or the information Tel: 061-621222 / 9856025232



MORNING COFFEE TRIP AT POON HILL





NATURAL HOT SPRING:

A day return trip takes you in the lap of Mt. Fishtail where several natural hot springs are in existence. Approximately, 1 hour scenic countryside drive through paddy field, chhettri village takes you to Bhujrung Tatopani. On the way, you can see SLEEPING BUDDHA image in a ridge west to Akala Devi temple. You may relax dipping into 41 degree natural hot spring. It is believed that frequent dip of natural hot spring cures skin diseases, rheumatism and asthma because of various minerals in the water. Crystal clear flowing water, cherry blooming, wilderness, organic farms, honey hunters' cliff and Mt. Fishtail just to your forehead is the charm of this day trip. For the regular Eco Tour Organize Contact: 061621222

HIKING AROUND POKHARA

There are several hiking routes but basically we recommend three routes; Sarangkot, Foksing and Peace Pagoda. Sarangkot is to the north of Pokhara city. It gives fantastic view of the lake, city and Annapurna range. The view from world peace pagoda is more beautiful. And, the Foksing hike also gives a panoramic mountain view from Ganesh himal from east to Nilgiri to the south. All the three hiking spots take about three hours to complete. These trails are the most remarkable hiking trails in Pokhara. All the spots are close nearby however the excitement differs.

GURASE HIKE: Smooth drive about 35 km west from Lakeside takes you to Gurase, the rainiest place of Nepal. The place is ideal for Rhododendron watching, wilderness and to look Mt. Fishtail in the shape like "Tail of Fish." Researcher finds this place suitable for Tea garden and Shiitake Mushroom. Fewa Lake, Lakeside, World Peace Stupa, Panchase can be seen in beautiful sight. Moreover, whole Annapurna range and Mt. Dhaulagiri is seen in very proximity. Tel: 061621222



WHITE RIVER RAFTING / KAYAKING

In a country like Nepal, a river trip is one of the best ways to explore the cultural heritage, ruggedly beautiful yet forbidden places of the countryside. Nepal offers fantastic opportunities for white water rafting because of its rough terrain. There are numerous rivers in Nepal, which offer excellent rafting from grade 1 to 5. Rivers are graded on the basis of its ferocity of their rapids. A trained professional river guide leads the rafting with full safety and camp equipment. Religious rituals like cremation of Hinduism and Buddhism, dense vegetation and interesting wildlife can be observed during this trip. Rafting agents organize Kaligandaki, Trisuli, and Seti river rafting trip from Pokhara.

GANDARVA AND SARANGI

Gandarvas, since time immemorial, have been recognized as the musicians of Nepalese society. These nomadic musicians of Nepal sing songs that belong to every heartbeat of Nepalese people. He is the Gandarva with Sarangi. Long before TV and Radio came into existence, these people would travel around the villages playing music and spreading news, much in common to wandering minstrels. Intricately mingled with music, these Gandarvas would relate stories raging from accounts of battles fought long ago or some painful incident occurred in the society. However, at present, mushroom growing like FM station shadowed this cultural heritage. But, still you may see some gentlemen roaming around lakeside streets performing Skill and selling the traditional musical instrumental Sarangi. Thanks for those who endeavor to preserve our heritage. In this regard, such indigenous group can be found still in Batulechaur, north point of Pokhara valley.



GANDARVA



MOUNTAIN BIKING

If you are a mountain biker, surrounding hills of Pokhara shall be your favorite one. To pedal down treacherous slopes, rocky trails, terraces and frequently stopping for breathtaking mountain views shall be your life time memory.

MOUNTAIN FLIGHT

Chartered mountain flight gives you spectacular views of whole Annapurna range at a glance. Helicopter service is available for more private affair of to fly to Muktinath, famous Hindu Shrine.

GOLF COURSE

(Ball spinning in green meadows)
Himalayan Golf course 7 km away Lakeside and Yet Golf course at Fulbari Resort would offer unique golf experiences. Both possess spectacular natural setting near by river and canyons.

TUSHITA GARDEN

(Amidst the nature)
Tushita Garden, from where this picture was taken, is a Shangri amidst the nature. Lake- jungle, flowers- fruits, birds- butterflies, peacock-deer, Panda, sand beach- hot bath, tents- cottages and the magnificent Mountain View in the background. Recreation center for Yoga, Music, Meditation, Spa and wellness activities are its special feature. What else you need to relax more than this? Please visit across the lake...

カラの周辺にいくつもくつろげる場所があります。日帰り温泉ツアー や日帰りハイキング やポニートレックやトゥシタ トレックやゴルフ等ができます。さらにアドベンチャーを好きな方はパラグライディングや グライダー や ラフティングやサイクリングがお勧めです。時間がない方やトレッキングできない方はマウンテンフライトをしてヒマラヤの近くまで行くことができます。又、市内観光や伝統的な楽器サランギの音楽を聞きながら時間を過ごすことができます。



GOLF



TUSHITA GARDEN



1. Pokhara is famous for oranges. Most of the village women make their living by selling oranges in the street. 2. Newari marriage ceremony in typical Newari dress. The melody of flute and Pashim is touchy. 3. Typical Newari houses of Old Bazar, Pokhara. 4. Popular tourist market, Lakeside.



Reflection of Annapurna range in the lake Fewa. So immaculate and so enchanting !

SARANGKOT: This hill is famous for sunrise, close Mountain View and Para hawking. Annapurna range is only 19 km away from here. Birds eye view of Seti river valley, countryside, agricultural terraces, Pokhara valley and Lake Fewa is admirable. It is said that Sarangkot was a fort once upon a time. Mountain View of 3 Himalaya range; Dhaulagiri range, Annapurna range and Manaslu range can be seen in one single stand.

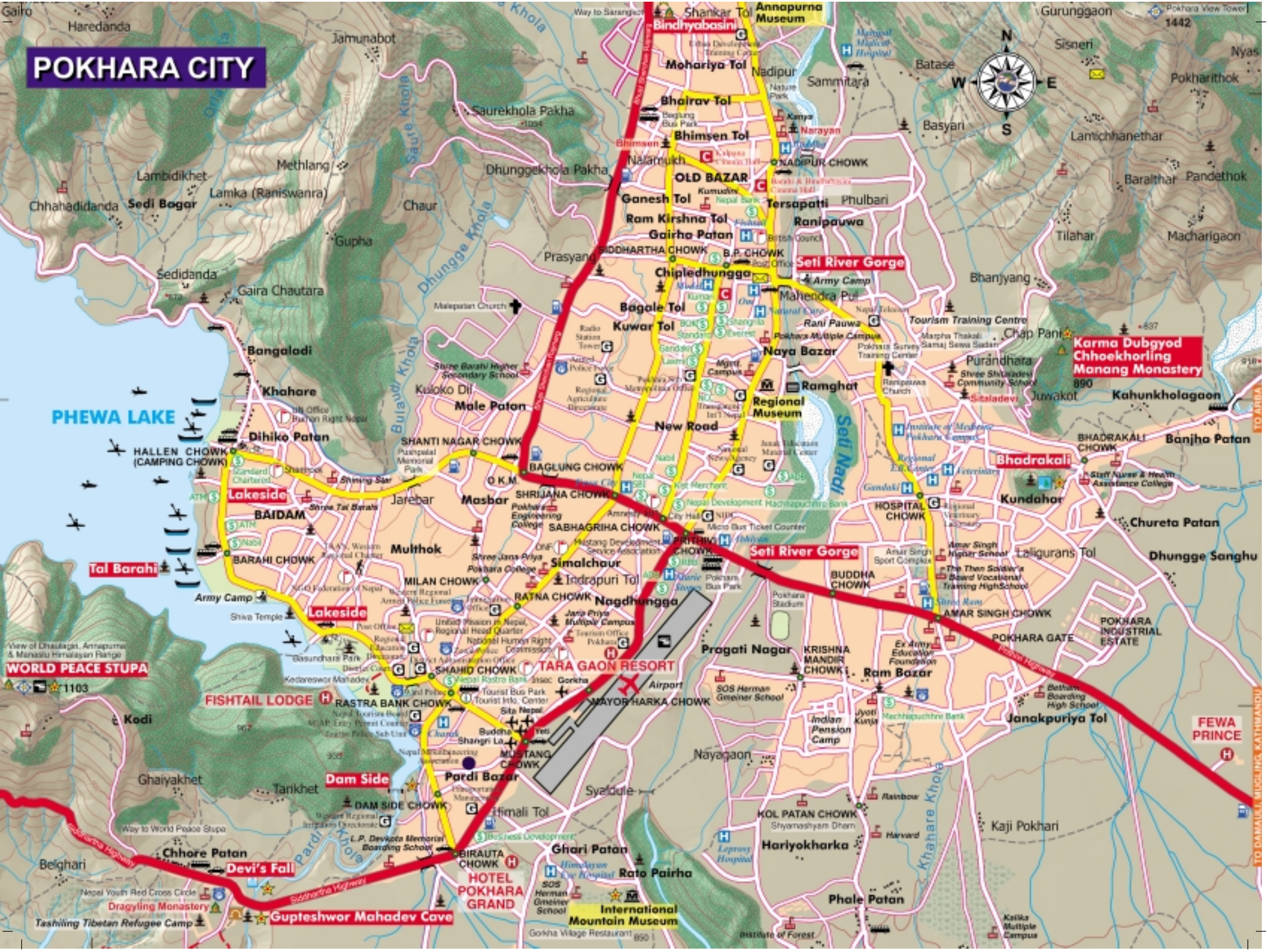


ポカラ盆地から11キロ北にあるサランコットはヒマラヤの眺めや日の出を見るのに人気がある丘です。

Panoramic Mountain view of Annapurna Himalayan Range from Sarangkot



POKHARA CITY



PHEWA LAKE

WORLD PEACE STUPA

FISHTAIL LODGE

Dam Side

Devi's Fall

Gupteshwor Mahadev Cave

International Mountain Museum

Karma Dabgyod Chhoekhorling Manang Monastery

FEWA PRINCE

Bhadrakali

Seti River Gorge

Tal Barahi

Lakeside

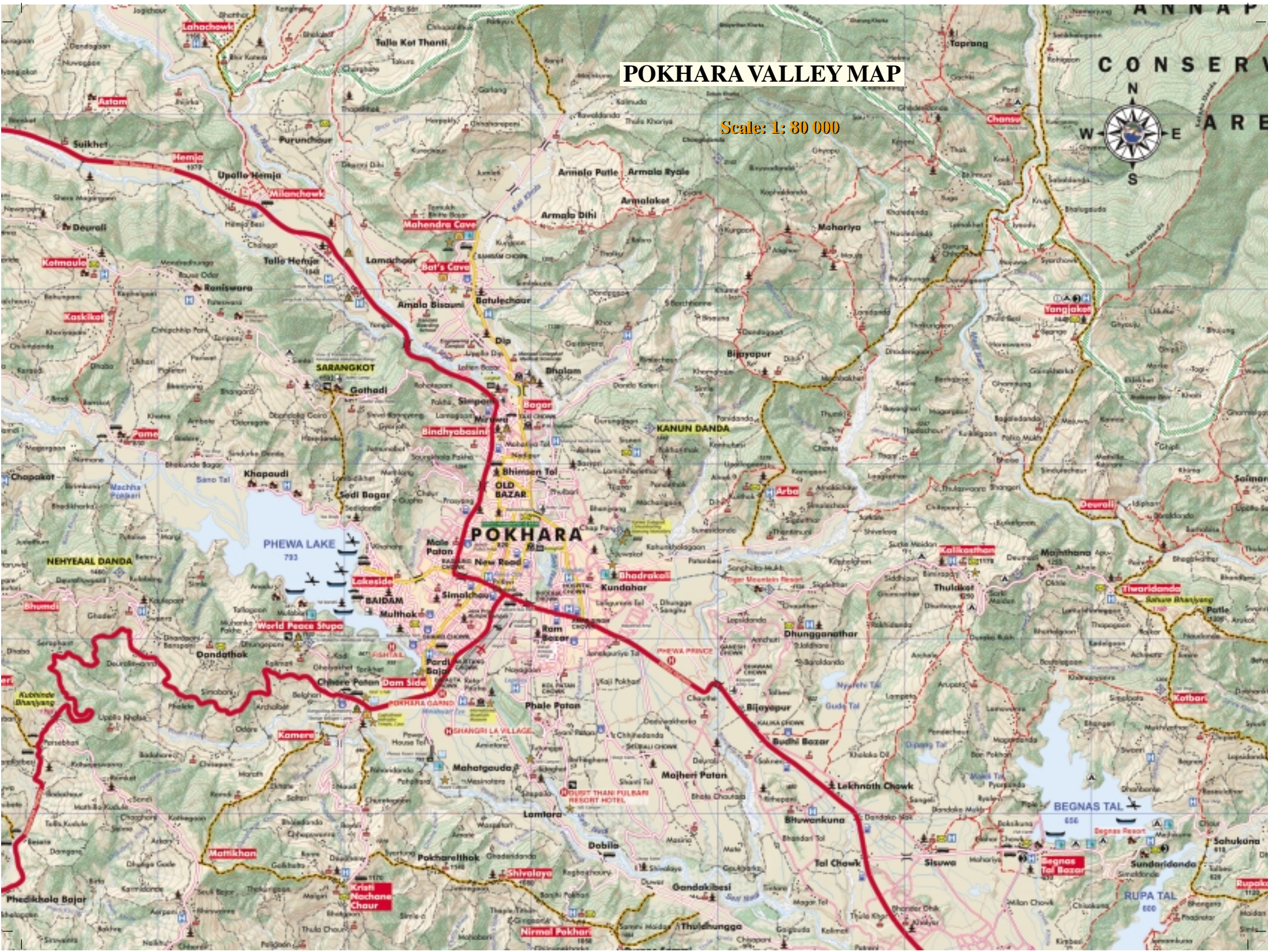
TARA GAON RESORT

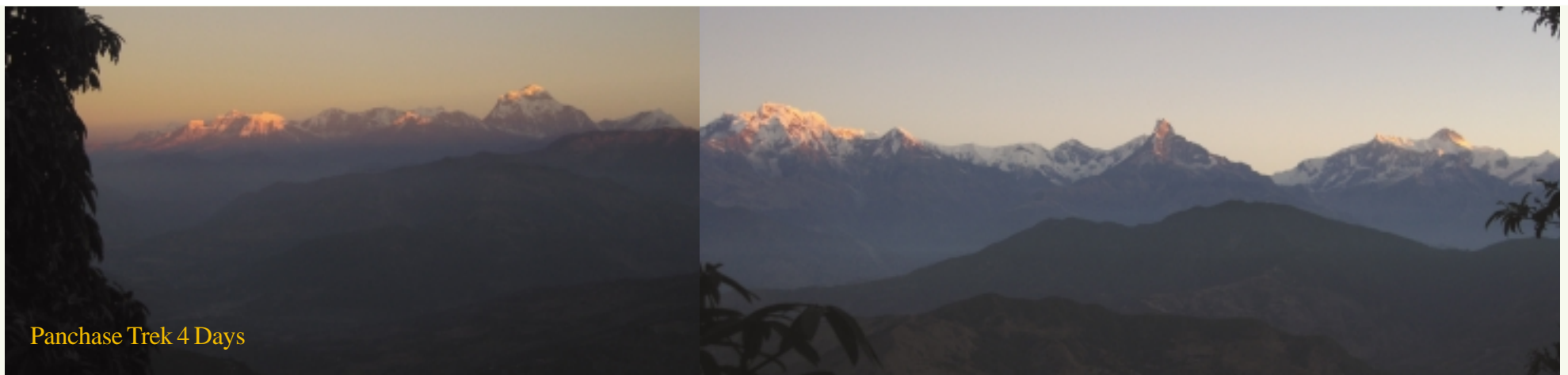
FEWA PRINCE

TO DAMULI MULUNG KATHMANDU

POKHARA VALLEY MAP

Scale: 1: 80 000





Panchase Trek 4 Days

Panchase Botanical Garden:

Panchase is one of the famous Hindu religious sites in an altitude of 2600m from the sea level. One can see Lord Shiva icon and yogi's meditation cave of ancient time. A beautiful lake on the top and the fallen dry leaves frequently removed by birds are surprising fact. A very short 2 - 3 days can be done if you don't have enough time to go to ABC or Muktinath trek and enjoy magnificent Mountain View of Dhaulagiri, Annapurna and Manaslu range. As this top is the highest hill of this region, the most beautiful sunrise / sunset can be observed. Panchase top gives 360 degree fantastic view of surrounding 6 district including Pokhara valley.

The area is enriched with bio-diversity; 280 different species of orchids, wildlife, herbal plants -trees, birds etc. Thus, it is often called as natural botanical garden. We recommend not to go alone as the walking trails are confusing and black bear often passes by. Usually, sea of clouds seen in the down valley and stunning mountain view from the top is the big opportunity to receive the power of nature.





Mt. Manaslu 8,163 m.

DHORPATAN (UNIQUE HUNTING RESERVE)



Typical Nepalese Life Style of Takam Village, Dhorpatan



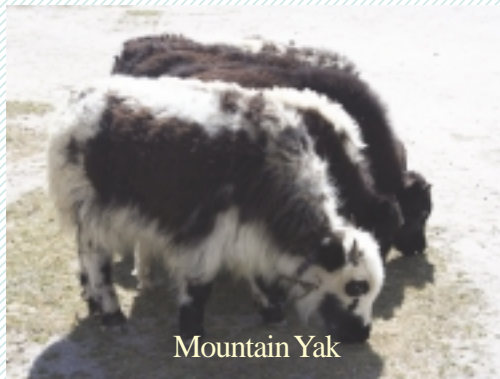
PANDA



Spread in 1325 Sq k.m Dhorpatan is the only hunting reserve of Nepal.As it is at height of 3000 to 7000m, it has sub alpine and alpine types of climate. Climatic diversity as well as the diversities of animals and plants is the main assets / attraction of this place. This place is famous for Himalayan herbs.Most of the part of Dhorpatan is covered with snow during winter season. Endangered animals like Panda, Snowleoard, Lophophorous etc. are prohibited to hunt. We know that killing animals is not good at any cost, however, in order to controll illegal hunting, government hase opened PAY hunting facility to such group giving animal list than can be hunt.



Picture speaks itself



Mountain Yak



Gurja Himal, seen from Dhorpatan

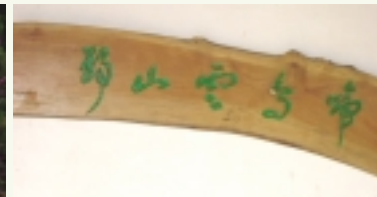
TREKKING AROUND ANNAPURNA

It is said, "Morning at seven is beautiful, stolen kisses of sweet sixteen is more beautiful- likewise, wandering amidst the nature is more beautiful".

.....Imagine a gentle walk in the green mountain meadows, innocent heard of sheep grazing nearby, pieces of clouds fluttering in the blue- mere blue sky and full blooming red- Rhododendron and snow peaks on the background. Isn't it a beautiful? I am sure just one visit to this place is not enough. Nobody knows more about delighting the senses than to melt the self amidst the beauty of loneliness. It needs no words to speak with nature. You can just stare and smile, be closer and enjoy the pleasure of being a part of the nature. Those excitements cannot be expressed by limited words. You must come here and experience yourself in the land of natural beauty where the world famous trekking routes like 'Everest Trek & Annapurna Trek' are waiting for your silent steps. There are few places on earth like Nepal where you can enjoy so much diversity in such a small place. Trekking is another way to explore the beauty of the country, its people and culture from the very proximity.

TREKKING AREAS:

Panchase Trek 5 Days, Ghorepani Ghandruk Trek 6 Days, ABC MBC Trek 8 Days, Mardi Himal Trek 6 Days, Tushita Trek 5 Days, Jomsom Muktinath Trek 10 Days, Round Annapurna Trek 17 Days. ACAP TREKKING PERMIT RS 2000 (4Pc PP Size Photo, Passport Photocopy needed) Tel: 061- 463376



ABC / MBC Trek



Ghorepani, Poon Hill Trek





TUSHITA TREK 3776 m.
www.tushitanepal.com

**It is said “11 foreigners have been here till 15 Jan 2007.”
How long will you keep saying “I will go there one day.” Let us show you the real Nepal and make your dream come true.**



Machhapuchre Base Camp Trek 08 Days (Fantastic Experience in the Glacier)

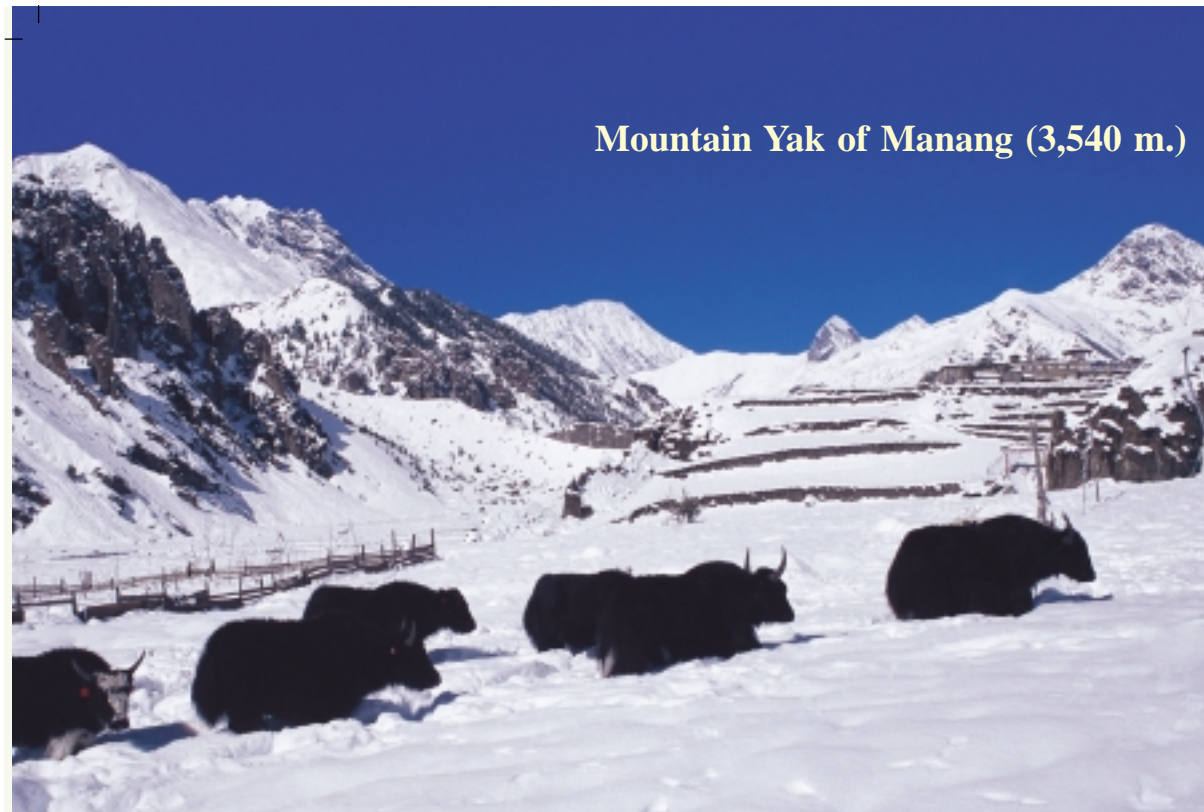
These 8 days around the spectacular Annapurna region brings you through scenic village, rich oak, and pine and rhododendron forest. In the route, you will be overwhelmed by the close-up views of the giant snow peaks- Annapurna I (8091m) and Mt. Machhapuchhre (6993m.) just above your head as if you can touch within a volleyball jump. This trekking recommended for excellent mountain vistas. The central region of Annapurna Base camp boasts some of the most brilliant sunset in Nepal. This is the most popular trekking area in Nepal.



Ghodepani - Ghandruk Trek 06 Days

Ghodepani means "horse water" and, as the name suggests, it used to be a major refueling stop or mule caravans bound for the high Himalayan passes to Tibet. Encounters with pack animals on the trail carrying salt and other merchandise are interesting interludes on this scenic trip. The trek makes a loop north of Pokhara to provide tantalizing views of the Annapurna Mountains from a variety of angles.

Mountain Yak of Manang (3,540 m.)



ヒマラヤ山脈の後ろは、すぐにチベットだと思ふ方が多いと思いますが、アンナプルナとダウラギ山脈の後ろには、さらに、ムスタングとマナングという二つのネパールの県があります。このことをご存知でない方は多いのではないのでしょうか？アンナプルナを一周するトレッキングに行く際に、世界一高い場所に位置する湖であるチリチェ湖と、世界一高い場所に位置する峠であるトロングラ峠を抜けムクチネット・ヒンドゥー寺院に着きます。そこにはビシュヌ神（毘紐天）が祭られており、その川からは天然ガスが噴出しており、聖火が永遠に燃え続けています。そこから、ジョムショムまで降りると、美しいりんご畑や、そば畑が見られます。ここでは、世界一深い谷であるカリガンダキ谷があり、川岸を歩くと美しいアンモナイトを見つけることができます。ムスタングの地は見渡す限りの砂漠です。決して雨が降らないので、屋根のない家も見られます。ここのそば、りんご、じゃがいもはものすごく有名です。ここでは、1000年前に人々が住んでいた洞窟を見ることができます。ここに住む人々の顔立ちはチベット人に大変似ていて、地形や文化もチベットに似ています。ここはムスタング王朝の王都 ロー。マンタングであり、現在までムスタング王が住まわれています。また、ここで採れるヒマラヤの薬草は、ここの人々の主な現金収入です。外国人がこのエリアに入ろうとする場合は一人600ドルを支払い、特別な許可を得る必要があります。この地では独特の文化・制度があり、初めて入った外国人は非常に驚きます。たとえば、この地では、一妻多夫の制度が残っています。また、一年に一度生きたヤクの血を飲むお祭りがあります。この祭りではヤクを殺さず、薬草を食べたヤクの血を飲むことで薬効を得るために行われます。

BEYOND ANNAPURNA RANGE

It is not true that all the back side of Mountain range is Tibet / China. Most of the people still don't know that two zone (Manang and Mustang) lies behind Annapurna range. During Round Annapurna trek, we cross Manang , through- La pass, Muktinath and come down to Jomsom. Kaligandaki Valley is the deepest gorge in the world. Jomsom / Marpha (3700m) is famous for Apple garden and Apple brandy. It is the windiest place of Nepal. Rock climbing training center or Sea- buck thorn herb juice production center can be visited if time permits. Some people who want to go for Tilicho Lake (Highest Lake on earth) trip divert path from nearby Manang whereas some people desire to go again further behind from Muktinath temple for Mustang trek. Muktinath is one of the most famous pilgrimage sites. It is believed that all miseries / sorrows are relieved once you visit Muktinath. The main shrine is a Pagoda shaped temple and dedicated to Lord Vishnu. 108 water spouts and burning flame emerged from clamoring rill has lured every visitor. Black fossils 'Saligram' regarded as Vishnu can be found around Kaligandaki river banks.

Mustang area is barren land hardly it rains twice a year. To trek in Upper Mustang is a rare privilege. It is famous for Apples, potato, oat, wheat buck wheat. and Flowering buck wheat field amidst barren land looks so beautiful.

One can still see 1000 years old caves carved in rock / cliffs by the people of that time. Here you will experience the way of life of true mountain people, who have been cut off from the rest of Nepal for years and even until recent times had an officially recognized king. In many ways, a trek into Upper Mustang is similar to trekking in Tibet, as geographically it is a part of the Tibetan plateau. The district of Mustang was, until 1950, a separate kingdom within the boundaries of Nepal. The last king, the Raja of Mustang, still has his home in the ancient capital known as Lo Manthang.

Upper Mustang was opened to non-Nepali trekkers only some fifteen years ago and even today, access is still highly restricted. To enter Upper Mustang, that is to travel further north from Kagbeni, trekkers need a special trekking permit and must be accompanied by a government appointed Environmental Officer.

MUSTANG ANCIENT CAVE CULTURE



Nar Gate



Wall City of Lo-Manthang (Upper Mustang)



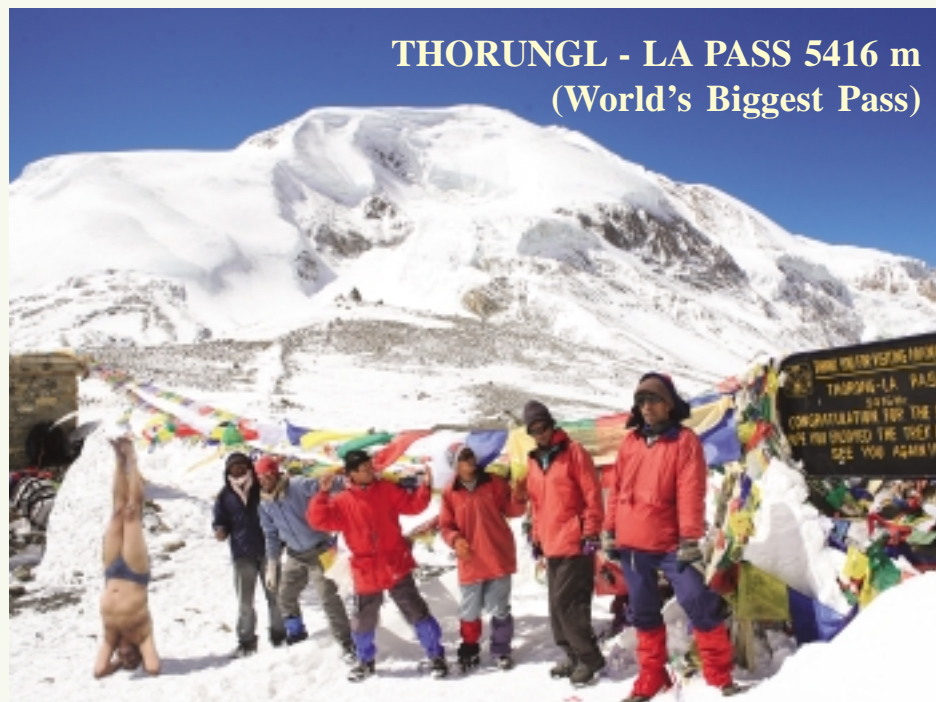
Phu



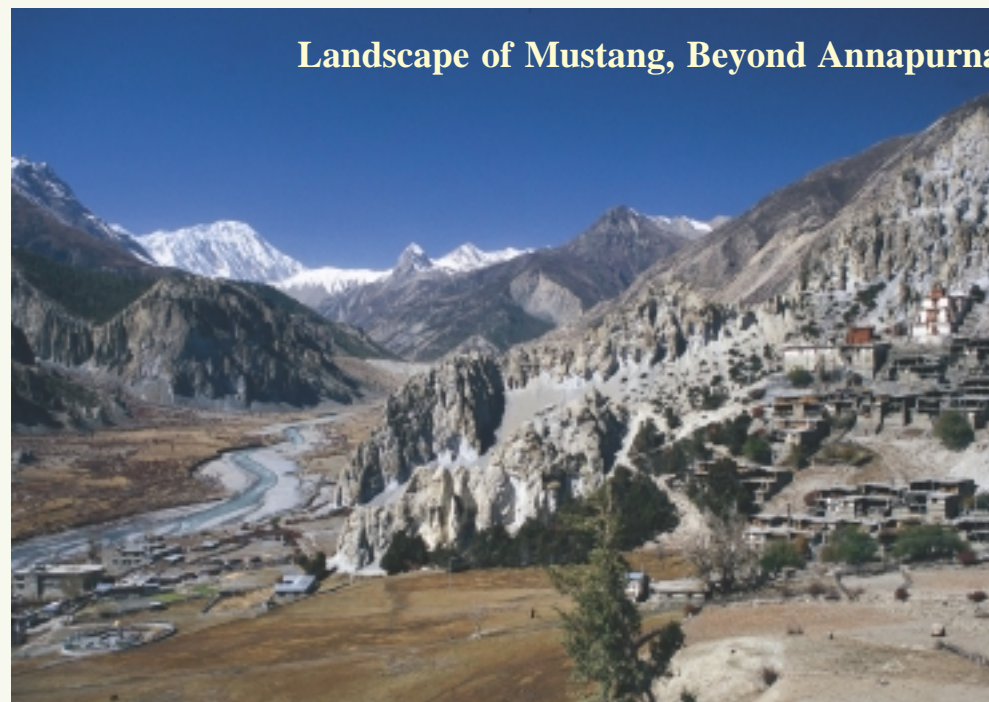
Kali Gandaki

Khayer Barah (Khopra 3,660m.) Trek 9 Days

Khopra, on the bosom of Annapurna south, is a new trekking trail recently discovered. Trek starts from Ghumaune Tal, 1 hour jeep drive from Beni Bazaar and passes through 'Nagi' typical Magar village, Hampal Pass, Mahare Danda, Pyari Baharani Tal, Khibang, Swata and reached Khopra the hidden world. On the way back, trekkers can taste Morchella mushroom (Guchhi Chyau in Nepali language; one of the most expensive mushroom in the world) at Narchyang village, enjoy Natural hot spring at "Tatopani" and take a jeep drive to Pokhara. Beautiful mountain meadows, wild herbs, mountain yak and chees are the attraction of this trek. A glimpse of western Nepal, Kaligandaki (the deepest gorge in the world), dense Rhododendron forest of Ghorepani surrounding and magnificent breath-taking view of Mt Dhaulagiri (8172m) in the background is beyond ones imagination. Khopra gets snow in winter so make preparation accordingly. However, mountain lodge, telephone, internet facility can be used. Panoramic view of Annapurna South, Baraha Shikhar, Nilgiri, Dahulagiri I, II, III, IV, Gurja Himal and the most beautiful sunset is unforgettable.



**THORUNGL - LA PASS 5416 m
(World's Biggest Pass)**



Landscape of Mustang, Beyond Annapurna

Round Annapurna Trek 21 Days

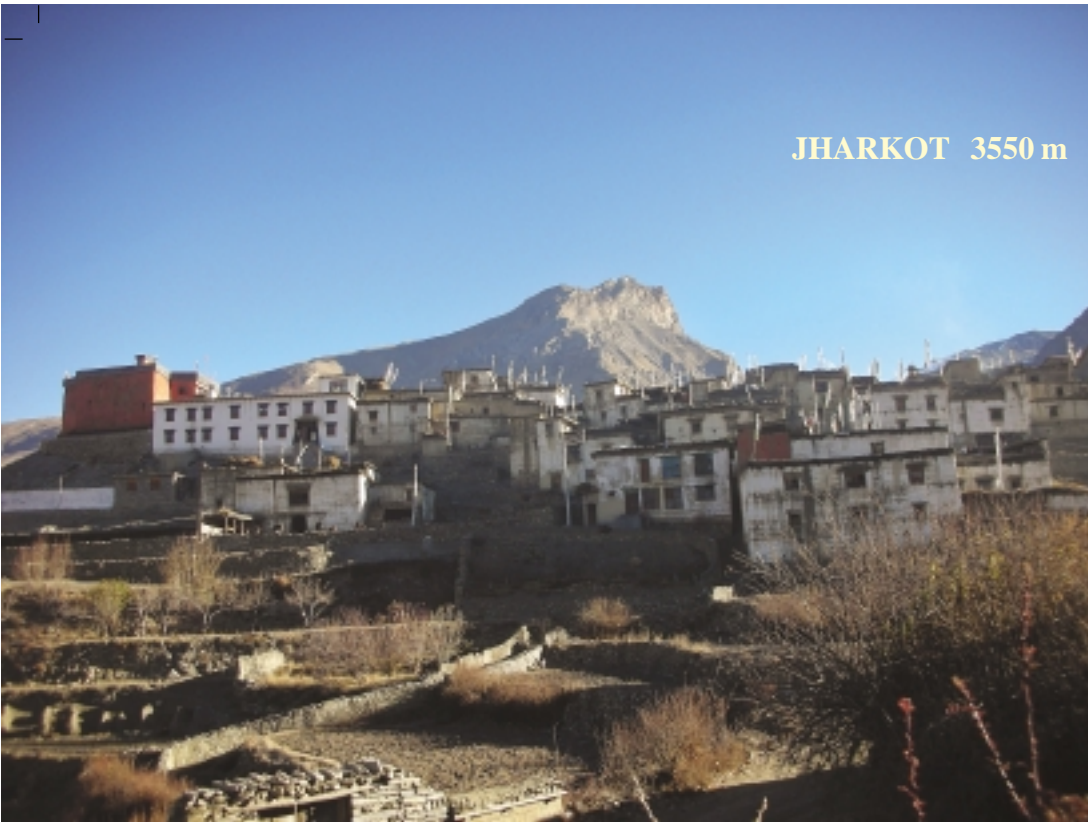
Annapurna 1 (8,091 m) was the first eight-thousander mountain in the world to be climbed. This trek takes us all around the mighty mountain in an anti-clockwise direction to return to Pokhara over the Muktinath trail. Tremendous close-up views of Annapurna, the north face of Gangapurna, Nilgiri and a number of smaller peaks are the main attractions of this trek. The high point on the walk is Thorung- La Pass (5,416 m). We will be trekking across forested hills and over the windblown desert terrain of the Tibetan plateau “behind” the Himalaya - passing a string of exotic villages inhabited by various ethnic groups. We drive from Kathmandu to Besisahar over the road which branches off from the highway to Pokhara and then start walking. Following the raging Marshyangdi upstream, we move from green hills to bare rocky trails and over the Thorung-la to Muktinath and down the Kali Gandaki Gorge to Pokhara. This is one of the most spectacular and satisfying trekking trails in Nepal which fills you with a feeling of accomplishment



Holy Trek to Muktinath 11 Days

Situated behind the Annapurna range, the temple of Muktinath is venerated by both Hindus and Buddhists. The faithful trek to the shrine to bathe under the bank of water spouts here and worship the sacred flame. We fly to Pokhara and then drive to New Bridge (Naya Pool) where we hit the main Annapurna trail. Walking uphill to Ghodepani and on to Tatopani, we cross the Kali Gandaki River and then head up the awesome Kali Gandaki Gorge. The route to Ghasa affords a magnificent view of Annapurna South and squeezes through the steepest and narrowest part of the canyon. Tukche used to be an important trading village straddling the route to Tibet where merchants met to barter rice and barley from Nepal for salt and wool from Tibet. Marpha is another fascinating village with its stone houses and narrow paved alleys. We then walk through Jomsom to Muktinath and return to Jomsom for the flight to Pokhara.

JHARKOT 3550 m



MUSTANG



KAGBENI 2800 m.



MANANG



DAWN



SUNRISE



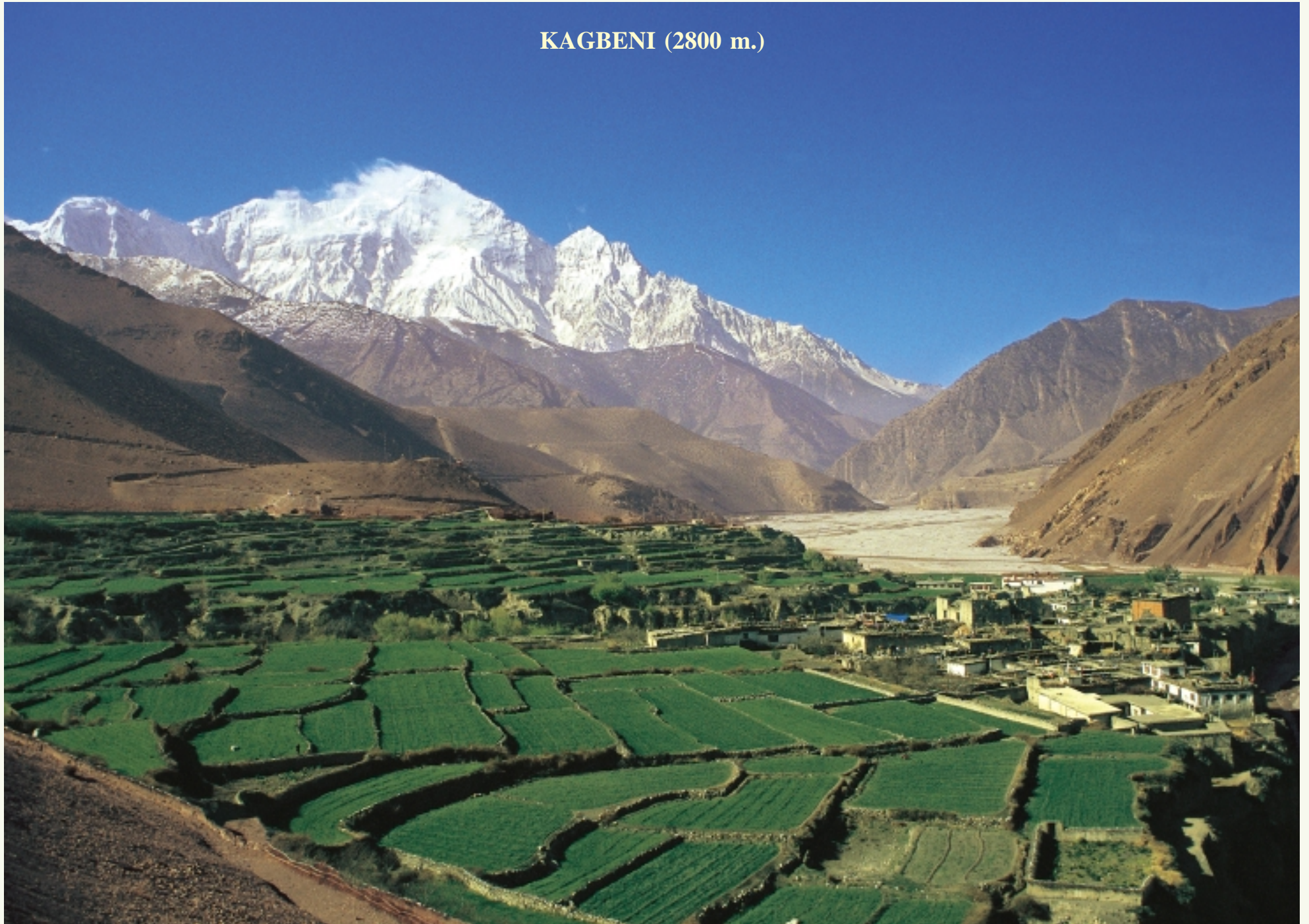
ANNAPURNA SOUTH 7219 m.



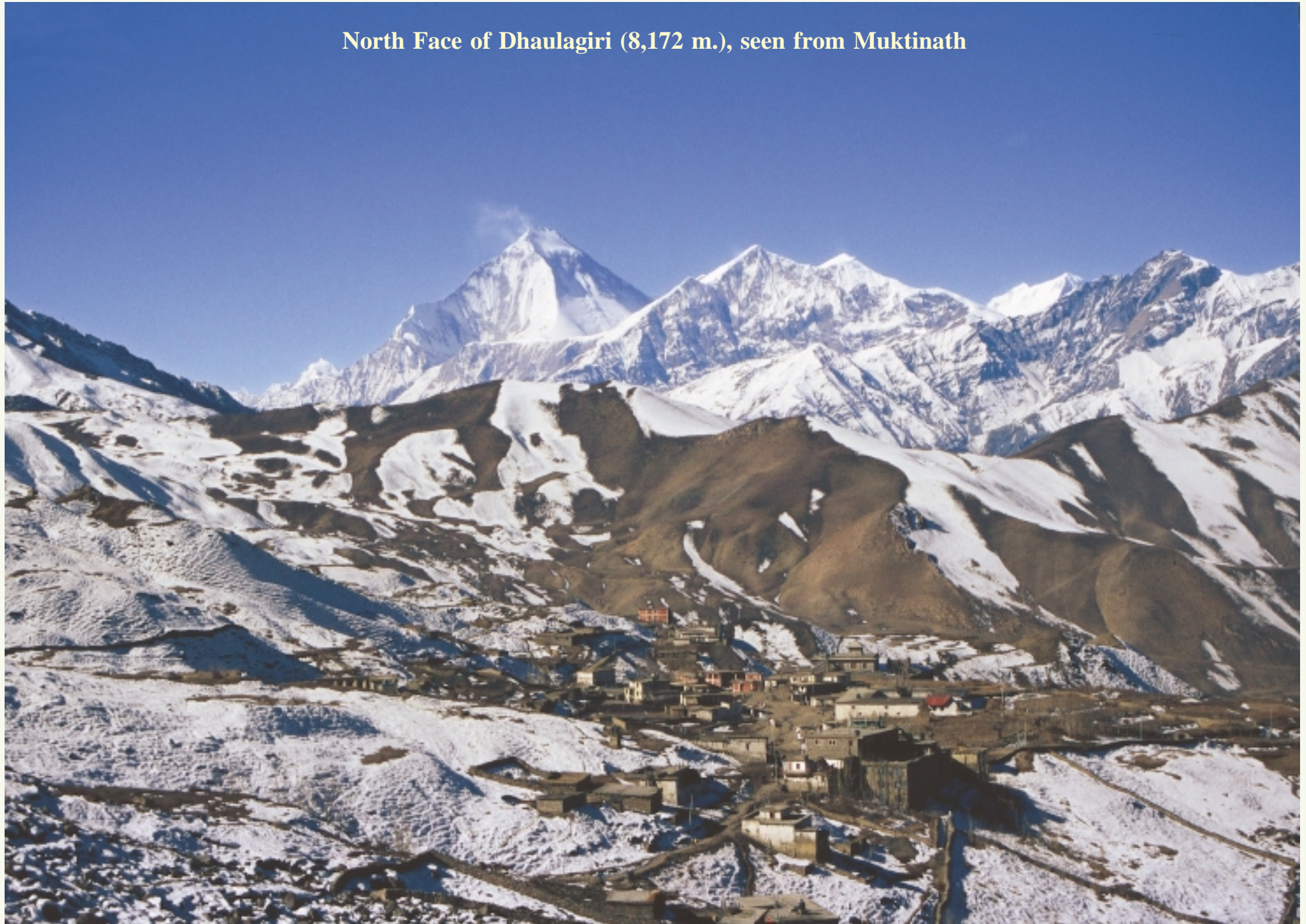
DHAULAGIRI 8163 m.



KAGBENI (2800 m.)



North Face of Dhaulagiri (8,172 m.), seen from Muktinath



ANNAPURNA TREKKING MAP

Scale: 1: 310 000

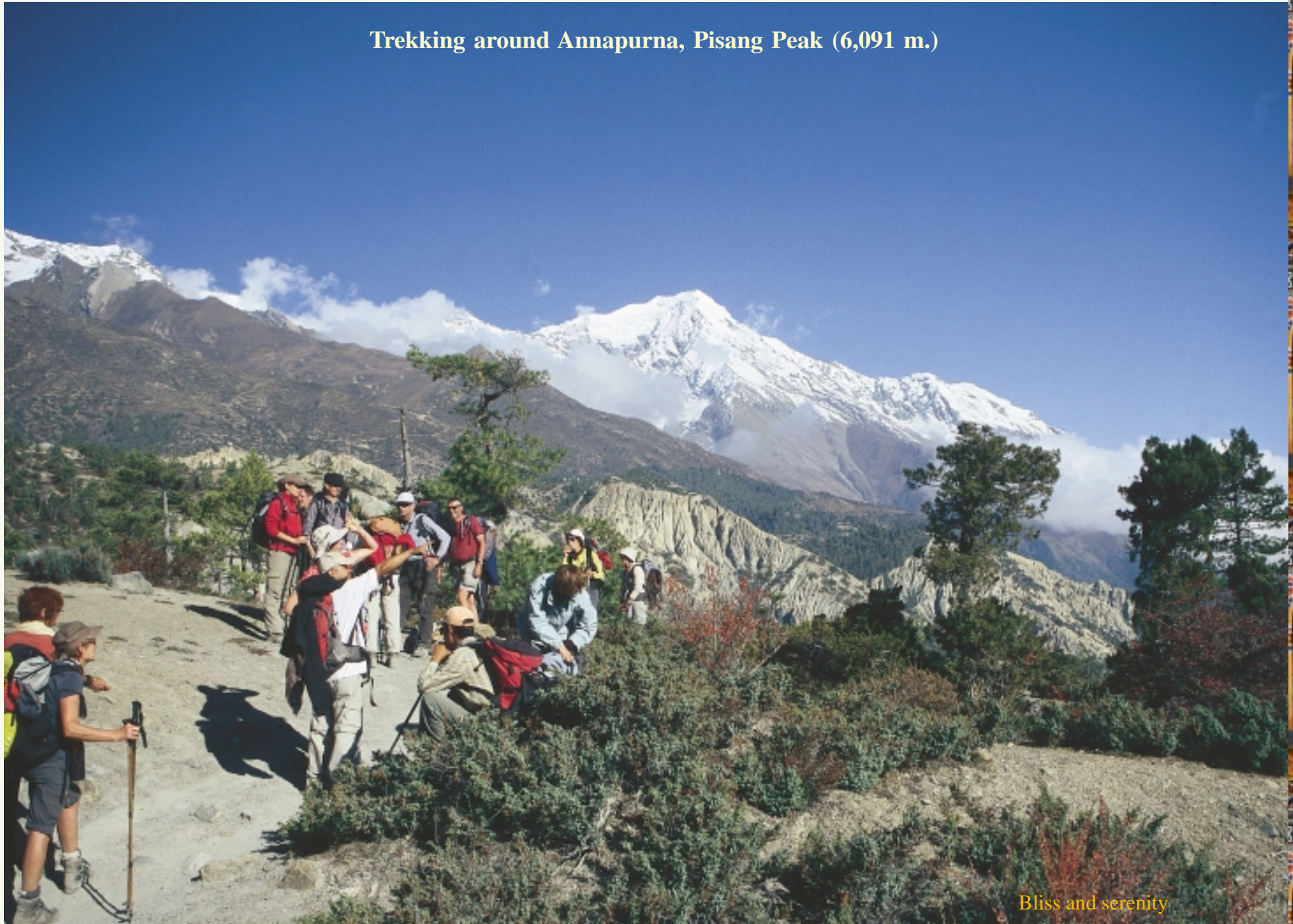


**TILICHO LAKE (5132 m.)
Highest Lake in the World**



世界一高い場所に位置する湖であるチリチェ湖

Trekking around Annapurna, Pisang Peak (6,091 m.)



Bliss and serenity



EXCURSION FROM POKHARA

Nepal has been the dreamland of the tourists for a long time. She invites, welcomes, charms and bewilders the visitors. Those who have already visited Nepal cherish and desire for the second visit and those who have heard or read about the Nepal make plan to visit the country.

The pattern of religion gives the country a unique status in the world. Almost all the important religious sects of the world are found in Nepal, however, the majority of the population believes in Hinduism and the conglomeration of the two religions, Hinduism and Buddhism serve as unique example of tolerance, brotherhood and harmony. And, here is the co-existence of all the other religious. It is a country where people of different races and religions live in harmony. Gorkha, Bandipur, Manakamana, Chitwan, Lumbini, Tansen are the popular tourist destination

CHITWAN (Adventure in Wilderness)

If you are a wildlife lover there are many conservation areas and national parks. Among them, Royal Chitwan National Park (a world natural site declared by UNESCO) is the most popular safari destination spreading in the area of 932 sq. km. The major attractions of the park are one-horned rhinoceros, royal Bengal tiger, Leopard, spotted deer, sloth bear, four horned antelope, gangetic dolphin and crocodile. The diverse ecology is a home to around 600 plant species, 50 mammal's species, 526 bird's species and 49 species of amphibians and reptiles. Sal trees (shorea Robusta) and 11m tall elephant grass dominate the jungle. One can explore the wild world by foot, jeep drive, and dugout canoe or elephant back.

LUMBINI (The Birthplace of Lord Buddha)

Lumbini, the birth place of Siddhartha Gautam, the hakyia prince and the ultimate Buddha, the enlightened one, is the pilgrimage destination of the world's millions of Buddhists. UNESCO lists the nativity site and the Atoka's pillar as a world heritage site. Mayadevi temple, sacred garden and the sacred pond (where Queen Meade had taken bath just before giving birth to the Buddha) are the major attractions of Lumbini. It is approximately 230 km from Pokhara.

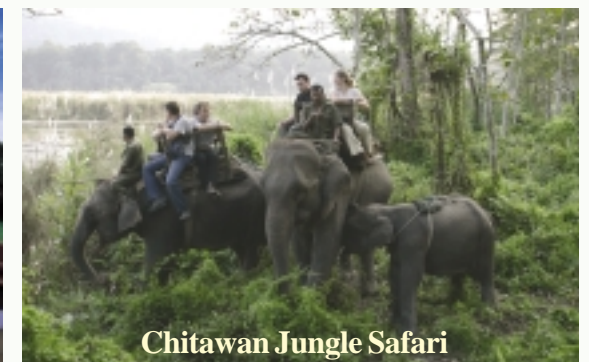


Annapurna Range from Thula Kharka (Australian Camp)

ポカラ盆地から約6時間のドライブすると仏教四大聖地であるルンビニ（ブッダの生誕地）に行く事が出来ます。途中にタンセンという伝統的なネワール族の町も望むことが出来ます。天気が良ければタンセンから美しいヒマラヤを見ることが出来ます。また、歴史的な町ゴルカやチトワン国立公園へも簡単に行くことが出来ます。途中で、ヒンドゥーの女神を祭ったマナカマナ寺院へケーブルカーで行くことをお勧めします。さらに、時間がありましたら7時間のドライブでヒンドゥー女神のシタ神が生まれたジャナクプルへも行ってください。



Maya Devi Temple, Lumbini



Chitawan Jungle Safari



CHITWAN JUNGLE SAFARI : Usually 2 night 3 days package trip gives full jungle safari pleasure. Elephant ride, jungle walk, canoe trip, Tharu village tour, Tharu stick dance, slide show, jeep drive are the major activities done in Jungle safari. Asian one horned rhinoceros and Royal Bengal tiger are the focus of this trip. It is home of migrant birds like paradise flycatcher, parakeets and winter birds include waterfowl, brahmny ducks, pintails, bar-headed geese, cormorants and migratory birds from Siberia. Other bird varieties are woodpeckers, hornbills, peacocks, peahens, floricans and redheaded trogons. A rare attraction of the park is the world's fresh-water dolphin sometimes seen in Narayani river.

TANSEN (Beautiful hill resort)

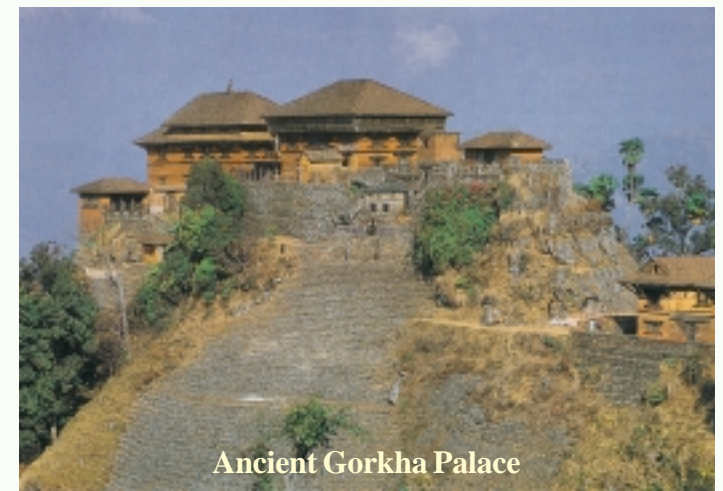
Tansen is the most popular hill- resort in western Nepal on account of its position and climate. Situated at an altitude of 1343m, Tansen provides the most spectacular panoramic mountain views from Dhaulagiri from the west to Gaurishankar in the east. It is on the way from Lumbini to Pokhara.

HISTORICAL CITY 'GORKHA'

Situated on a hill overlooking the snowy peaks of Manslu Himalayan range is an old palace known as Gorkha Durbar. Gorkha can be reached in about 5 hours by road from Kathmandu and just 3 hours from Pokhara. It is the birthplace of King Prithvi Narayan Shah the Great, the founder of Modern Nepal. There are two attractive temples of Gorakhnath and Kali inside the Palace premises. A side trip to Bandipur the historical city of Newars and Magars can be visited. Likewise, about 25 km ahead, the Manakaman (Wish fulfilling Goddess) temple can be enjoyed on the way by the rope way of the only one in Nepal.

JANAKPUR (Birthplace of Hindu Goddess Sita)

Janakpur is famous nothing but Janaki temple which is fully dedicated to the Hindu goddess Sita. Visit to this city offers an excellent opportunity for visitors to learn about Mithila culture, and the people from this terai region. Janakpur is the capital of ancient state of Mithila and the Janaki temple. The goddess Sita (wife of God Ram) was born in Janakpur. Hindu pilgrims mostly from India and Nepal visit this region to pay their respect to Ram and Sita. The marriage anniversary of Ram and Sita is observed every year here through a festival which is also observed throughout Nepal. In the Janakpur region, one of such festival is the enactment of the wedding ceremony, decorating temples and monuments, burning of oil-lamps surrounding the temple and other historical sites in the region. Throughout the festival there are drams in theaters and in open streets remaking the marriage ceremony of Ram and Sita.



WILD HONEY HUNTERS OF NEPAL

(Forest, Cliff, Bee & the Living People)

Nepal is often known as “the biggest natural museum in the world”. Besides, mountains, jungles, lakes, rivers and great diversity of flora and fauna, there are numerous cliffs beneath the high snow-clad mountains too. And, those cliffs are the habitat of cliff bee -*Apis laboriosa*. They are far from the madding crowd, completely in natural surroundings. Because of the richness in bee flora there is a great diversity in honey types. Honey produced from each plant species and from each geographical area has its own color, flavor, aroma, texture and medicinal properties. As this is the most nutritious food, honey is essential for healthy body and healthy mind.

Among the honey, *Laboriosa* bee honey is considered as of high quality honey because of its natural taste and medicinal importance. The cliff bee sucks nectar from high Himalayan herbal plants like Yarsagunba (*Cordyceph*, *Sinensis*) & Paanchawle (*Danctytorhiza*, *Hatagirea*). Remember! These herbs are sold at more than 1,000 USD / Kg. Honey produced specially during spring by *Apis laboriosa*, is toxic. These bees collect nectar from the flowers of some plant species like rhododendrons (*Rhododendron anthopogon*, *R. cinnabarinum* and *R. panticum*), bikh (*Aconitum* spp), pangra (*Entada* spp), pieris (*Pieris formosa*), which have intoxicating properties. The toxins present in the nectar of these plant species accumulate in honey and make it toxic to human beings. Intoxicating honey is reddish in color and has very high medicinal value and relaxing properties.

REASON OF GREAT VALUE OF HIMALAYAN ROCK BEE HONEY

- Rich in natural taste. Completely different in aroma and taste than other honey. It is toxic.
- Possess high medicinal value (sucked nectar from precious herbs like Yarsagumba & Paanchawle)
- It is a medicine of gastric, Ulcer, allergies, Sinus, arthritis, asthma, blood circulation, burns & wounds.
- Honey hunters' challenging task. They have to climb 250 / 600 meters high cliff just with the help of ropes.
- Honey hunters have to walk 2 / 3 days long walk with food, tents and necessary equipment's
- Honey harvest is performed in all traditional method. Takes much time, patience and courage.
- Best to eat for 10 years from the time of honey harvest without using any chemical preservation.
- Very low amount of honey harvest and supply. One can not get big amount as they wish.

Honey Hunters / Honey Hunting

The practice of honey hunting is very ancient and still exists in the Himalayan region of Nepal. Although it is a challenging task, the traditional value of this practice is an important element of life style of Razis & Kurumbas in Nepal.

As shown in the picture most of the tools / equipment's used for hunting honey are evolved locally and is made of local materials like: bamboo ladder, basket, bamboo fiber rope, ropes with hook, Sickle, shack etc. Each area has its distinctive style of hunting honey to suit local resources and bees. However, the basic method of lighting fire under the bee cliff to smoke the bees and repel from the honeycombs seems to be the most popular.



HONEY HUNTING TECHNIQUES

As seen in the given picture, about a dozen men-with ropes, ladders, poles, baskets and pots proceed to the cliff. This work is considered as men's work. First, a worship and sacrifice is performed and cliff god is offered with flowers, fruits and rice grains. At the base of the rock a fire is made from wood and foliage, so that the smoke rise to disperse the bees upwards from the lower edges of their combs, leaving the brood and honey sections of the combs clearly visible. A ladder is suspended from the top of the cliff, tightly secured to trees at both upper and lower ends. Honey hunter is fastened to the ladder by a rope and descends the rope ladder while others at the top of the cliff make sure that the rope is held securely. Two to three persons are responsible for checking, raising and lowering the rope to send items down from above and pull items up from the floor as necessary. One person, who perches on overhanging tree, looks the event carefully and gives signals to others. Near the ladder a large woven collecting basket is lowered to the nest site through another rope. When the honey hunter gets near the nest to be harvested, he uses a long stick to balance the collecting basket exactly under the comb. Its base is guided by a rope held by the people at the base of the cliff. First the brood portion of the comb is separated. The honey hunter uses a bamboo stick to pierce a hole in the brood comb area of the colony to be harvested. By piercing the comb and attaching hook to the comb, honey hunter cuts the brood portion of the comb safely. After that, wooden or iron sickles fixed to the bamboo stick cut honeycombs. Basket is guided to catch the chunks of honey as they drop down. When full, the basket is lowered down to the ground, emptied and used again. The whole operation from start to finish is very delicate. It may take 2-3 hours or more just to harvest one of the many colonies.



Traditional beliefs, superstitions and local practices in Nepal

- Tuesday is the best day for initiating honey-hunting event while Wednesday is not suitable for this event.
- Honey hunting is not allowed in 8th, 11th, 23rd, 26th and 30th day of moon cycle.
- Honey hunters believe that there are two gods in the forest i.e. local god, who looks after local events and the real god of cliff. Worshipping of these gods is mandatory by sacrificing, goat, sheep or chicken for giving blood in the name of god. Worship is also performed for those who passed away from the village.
- Either morning or evening time is considered good for honey hunting.
- In some places there is practice of pouring milk to the cliff before initiating honey hunting.
- Women are not even allowed to watch honey-hunting event in certain communities. They have to stay quite far from cliff site. It is believed that if they participate then the bees will be very aggressive.
- Leader honey hunter gets a head of sacrificed animal and meat-cooked during the event. And, he has the right to taste the cooked food first.
- One cannot join honey-hunting team if his wife is menstruated or pregnant of over 6 months.

Wild Herbs and Honey hunting tours (May you ask for the special gift from the Honey Hunters of Nepal – Wild Bees Wax Lip Cream, a unique skin care product) Visit: www.tushitanepal.com



THANKA & MANDALA

The exact time of the origin or **history of the Thangka or Thanka art, a religious painting** is not yet known. However, History of Thanka art Paintings in Nepal began in 11th century A.D. when Buddhists and Hindus began to make illustration of the deities and natural scenes. Historically, Tibetan and Chinese influence in Nepalese paintings is quite evident in Paubhas (Thangkas). Paubhas are of two types, the Palas which are illustrative paintings of the deities and the Mandala, which is mystic diagrams paintings of complex test, prescribed patterns of circles and square each having specific significance. Thanka painting is one of the major science out the five major and five minor fields of knowledge. It was through Nepal that Mahayana Buddhism was introduced into Tibet during reign of Angshuvarma in the seventh century A.D. There was therefore a great demand for religious icons and Buddhist manuscripts for newly built monasteries throughout Tibet. At this moment, you find many Thanka Painting shop at Lakeside area also. It has become popular and precious shopping gift for the foreigners.



ポカラでの長期滞在

団塊の世代にとっては長期滞在の為ポカラ盆地は素晴らしいところだと思います。気候も良いし、日本語が通じる人々もいるし、和食も食べられるし、立派な病院もあるので、滞在に問題ないと思います。実は、ポカラ盆地はゆっくりくつろげる場所です。自然の美しさを見ながらボランティアも出来ますので迷っている方にとっては良いチャンスだと思います。魚を貰うよりより魚の釣り方を教えて欲しいネパール人いっぱいいますので、どうぞネパールに来て自分の経験を生かしてください。ペンション トゥシタで滞在しても（お二人の宿泊と三食付で）一月で8万円超えません。さらに、ホームステイしてネパール人の生活体験することも出来ます。



PENSION TUSHITA



TYPICAL GURUNG VILLAGE

HOMESTAY / LONG STAY

If you are willing to spend summer / winter vacation or your retired life in a meaningful way, Pension Tushita in Pokharal will be your loving destination "a home away from home". This might be a good opportunity for you to experience Nepalese lifestyle, involve yourself in some Projects and share experiences to Nepalese society. One may go for Home stay in the local village and experience real Nepalese culture and lifestyle. www.tushitanepal.com

SPECIALTY OF TUSHITA TREK (4500 m.)

- It is said “Just 11 foreigners have been there till 15 Jan, 2007”
- The real Nepalese lifestyle- Completely countryside trek where we can enjoy beautiful sky full of stars in the naked sky very close.
- Natural hot spring bath on the trekking route.
- Organic and local products are available on the way.
- Beautiful landscape, wild herb garden, rich in vegetation, flora and fauna.
- Nepal’s National bird Lophophorous ‘DANFE’, National flower Rhododendron and wild animals viz. Bear, deer, leopard can be seen on the way.
- A hill ridge west to Akala Devi temple is seen just like the image of Sleeping Buddha.
- Completely isolated place where you find no one than shepherd and herb collectors.
- Good opportunity to watch wild honey hunter’s honey harvest (challenging task- hanging at 600 / 700 high cliff just with the help of rope.
- The real Shangri- La you experience in your lifetime.



Sustainable Farming in Nepal

(Eco Farm: Food from the wild earth)

.....No doubt, Nepal is a treasury island. But, despite of the natural beauty and ample natural resources Nepal is deserted like Ethiopia? Nepal is the second richest country in the world in terms of hydro power than after Brazil but still we are suffering from electricity cut off for 8 hours in a day and that is also during office hour. Horrible ! And, the big rivers should let be flow to India continuously; we are not able to use for irrigation though it is flowing from our own mother land. Consequently, our huge agricultural land has turned to fallow lands. Useless ! Being an agricultural country we have to import almost everything from neighboring country. This is all because of betraying contracts done with India by our wisest fools; the so-called political leaders. As a result, smiling faces of Nepalese farmers are suffering from wormlike grieves gnawing at their existence.

Therefore, understanding this bitter truth, a group of intellectuals realized that the peace is not possible without economic development. And, among the many ways to bring good changes in society we thought to contribute through organic farming (Agro Enterprise) and started organic farming in Pokhara. When the Terai fertile land turns to fallow land due to inadequate irrigation facility and our vegetable / fruit products has to be imported from India, China & Bhutan; what would be more pity than this in an agricultural country like Nepal - full of natural resources. In this context, it shall be wise to encourage farmers and business man to plunge into agro enterprise which is the need



of present world. It would be foolish to talk about organic farming in a country like Nepal where still traditional method is adopted in farming. However, we have attempted to increase agricultural production in a systematic way understanding the value of natural product; the real taste of the food from the wild earth.

Eco farm is situated in a tranquil Pokhara valley 200 km west to Kathmandu, the capital city. It is amidst the nature; deep forest, cliff, waterfall, river and mountain range in the background. Just 10 minute drive leads to our Eco farm from Lakeside tourist spot. You feel as if you have come to remote countryside yet it is so near from the city. Practicing Permaculture, Eco farm has been developed as a learning platform. Sustainable use of natural resources and bio-diversity conservation is our major concern. Identifying Himalayan herbs and huge plantation of Jatropha (bio-diesel plant) is our deep interest. It is spread in 5 hector lands and has got plenty of flower and fruit plantations along with sandal wood, Olive trees, bamboos and thorny shrub as bio fencing. Our every effort in making the farm beautiful is like a bee wandering from flower to flower and producing sweet honey.

Hence, with the vision of Green World for the future generation Eco Farm is striving for Peace and Symbiosis. We have realized that Peace is not possible until a society is economically, socially and politically balanced. In this context we urge people to "Plant and Bridge". Plant new ideas among people- plant green plants for a healthy world. And, bridge up mankind for harmonious society. Inspired by the nature, we would like to request all the mankind to possess tender heart to unfold and beautiful eyes to behold at natures' beautiful creation.

www.ecofarmnepal.com



パーマカルチャーとは、パーマネント（永久な）とアグリカルチャー（農業）、カルチャー（文化）を組み合わせた造語で、オーストラリアのビル・モリソンらが提唱、実践した、人間と自然がより良く共存し続ける、環境をデザインする技法です。パーマカルチャーを実践しながら、ポカラでのエコファームは学生や農民たちの学びの場になっています。自然資源を大切にし、未来に自然を残す技法を教える事が主な目的です。また、ヒマラヤンハーブの価値やバイオディーゼルとなるジャトロパーという植物の事などを教えています。

エコファームは、ネパールの首都カトマンズから220キロ西にあるポカラという静かな盆地に位置しています。このエコファームからは、滝、川、崖、深い森そして北の方にはアンナプルナ山脈が望むことができ、まさに理想的な場所です。





The most beautiful mountain in the world. ...Beautiful ! So charming, so enchanting Annapurna range in the twilight.

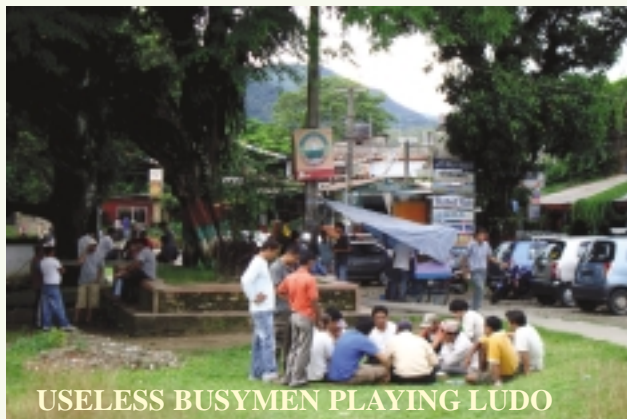


Just like a beautiful art of an artist; or a dreamers dream but in shape.

TUSHITA-NEPAL

www.tushitanepal.com

TITS BITS PHOTO GALLERY



No doubt, human existence can not be thought without Himalaya; we must listen the call of nature...



**EFFECT OF CLIMATE CHANGE (GLOBAL WARMING)
BLACK MT. FISH TAIL (MACHHAPUCHHRE) IN 2010**



FROG COPULATION



**Cock gives Pumpkin
in new Nepal !**



SUMIRE



SAKELA DANCE



POTATO FLOWER



MONKS SEEKING PEACE

Khagendra Thapa Magar (in a Nepali dress) Born in October 14, 1992, son of Rup Bahadur and Dhana Maya Thapa Magar, is the shortest man in the world. He is from the Baglung District of Nepal, 76 km. away from Pokhara. (Guinness World record 2010)

BIRDS: Nepal is a home to 856 species of birds. And, Pokhara is known as the Paradise for bird watchers. From Dusk to dawn they utilize every minute possible to scan the area with their powerful binoculars in search of birds. Crested Kingfisher, Common Hopoe, Wood Pecker, Blue bearded Bee eater, Magpie (Lampuchre), Ruddy Shelduck (Chakehwa), Bulbul (Jureli), Tit (Chilchilkote), Flycatcher (Arjunak), Egrets, Drongo (Chibe), Minivet (Ranicharo), Shrike (Bhadrai), Pipet (Chuiya), Wagtail (Tiktike), Sunbird (Bungecharo), Thrush (Chachar), Martin (Gauthali), Kite, Eagle (Chil), Laggar Falcon (Baaj), Egyptian Vultures (Giddha) etc are the common birds found around Pokhara Valley. Beside this, Spinny Ballbber ; Kadebhyakur (the only bird found in Nepal) and 7 Species of Impejanus Lophophorous DANFE (National Bird of Nepal) can be found in Pokhara. Note: words inside bracket is Nepali name.





Red Crossbill

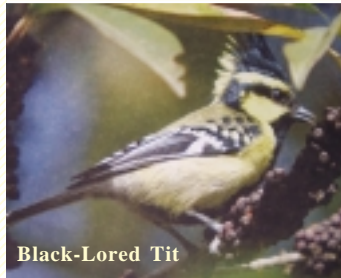


Kingfisher

There are bird watching societies all over the world including Nepal. It is up to the tour operators to tap them. A happy bird watcher will become a good messenger for the country once he returns to his home.



Himalayan Griffon Vulture



Black-Lored Tit

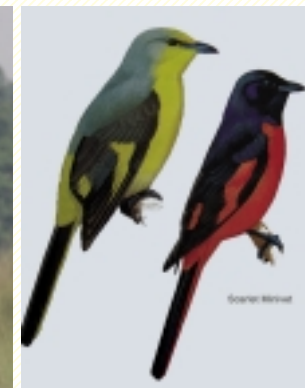


Magpie

As many as 130 breeding and wintering (15% of Nepal's birds) are now considered nationally threatened just because of habitat loss. Likewise, Nepal's wetlands face threats from drainage, diversion, pollution and poison use to kill fish. But the forest act 1993 decentralized forest management and many village communities have now started manage their own forest resources and this helped a lot for bird conservation. However, the Department of National Parks and Wildlife Conservation (DNPWC) is the authorized body for the maintenance and conservation of the protected areas in Nepal. Birds Conservation Nepal (BCN) has played vital role in this regard.



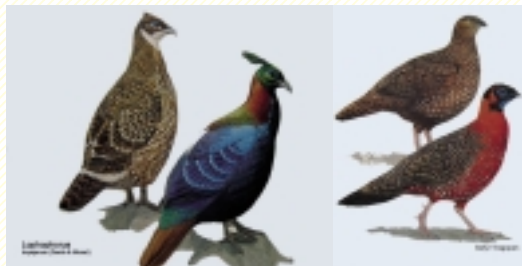
Asian Barred Owlet & Jungle Owlet



Golden Kingfisher



Ruddy Shelduck (Chukwewa)



Red-billed Grebe



Green Bulbul



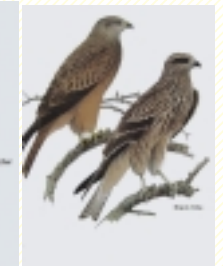
Blue Whistling Thrush



Keenan's Thrush



Red-billed Diver





Butterfly



Lopinga Achine



BUTTERFLIES Annapurna area surrounding is one of the best spot for butterfly lovers. (Fritillary, Monarch, Heliconia, Queen, Mourning Cloak, Peacock Butterflies are the common in this area) Amongst 643 varieties of Butterfly, we have listed some of the names of the butterflies which are identified in Pokhara with their common names as: Least Grass Jewel, Common Brimstone, Tailed Jay, Common Bluebottle, Great Orange Tip, Purple Sapphire Circe, Great Eggfly, Chocolate Albatross, Indian Fritillary, Indian Oakblue to name a few.

FISH: Approximately, 156 species of Fish are to be found in Nepal. As Pokhara valley is the valley of lake and rivers different kind of Fish can be found here. Grass Carp, Barilius Bendelisis (Fagate), Mahseer (Sahar), Schizothorax Plagiostomos (Asala), Chaguius Chagunio (Rewa) Acrossocheilus Hexagonolepis (Katile) Puntius Sarana (Bhitte), Eels (Bam) are the common Fish found in Pokhara Valley. Note: words inside bracket is Nepali name.

蝶々が好きな方にとってはアンナプルナ周辺は最高の場所です。ネパール全土で643種類の蝶々がいます。ポカラ周辺だけで319種類の蝶々がいます。

また、ネパールには156種類の魚がいるなかで約65種類がポカラ周辺の湖や川にいます。ヒマラヤン トラウトとニジマスは最近人気がある種類です。



Dragonfly



Firefly (Junkiri)



Cricket (Jhyaukiri)





TULSI



SHALIGRAM



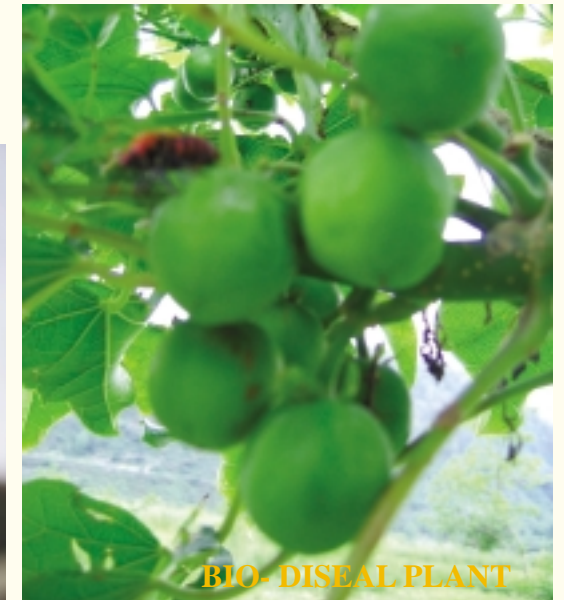
PIPAL

Why the stone Ammonite fossils (shaligram), the Basil Plant (tulsi) and the Banyan Tree (pipal) are holy in Nepal?

The story goes that in earliest times Britasura was a very powerful demon. He conducted a reign of terror in which the troubled people were scared to death. Even the most powerful gods including Lord Shiva were no match for him when it came to fighting. Britasura was to be killed at any cost but he wouldn't die as long as the chastity of his wife, Brinda, remained intact. Lord Vishnu in the disguise of the demon succeeded in violating Brinda's chastity and the demon was killed in the subsequent encounter. The furious Brinda cursed Vishnu so that he became a stone, plant and tree. These three are regarded as some of his holy incarnations and are worshipped even to this day.

Jatropha (Sajiwal)

It is a fast growing plant; don't need hardship in plantation. Its small fruit is very good to make ethanol that runs any vehicle. It is known by Sarjiwal or Kadam in Nepalese society. Our forefathers used to use for burning purpose, constipation medicine, tooth paste etc.



BIO-DISEAL PLANT



COW



BUFFALO

TREES & PLANTS AROUND POKHARA

Nepal has got almost every species of trees of the world because of its altitude variation and unmatched climatic condition. There are more than 6,500 species of flowering and non flowering plants / trees found in Nepal. Bo tree or *Ficus religiosa* (Pipal), Banyan or *Ficus benghalensis* (Bar), *Cassia fistula* (Rajbrikshya), *Delonix Regia* (Gulmohor), *Sakura* (Cherry tree), *Bahunia* (Tanki), *Schima Wallachi* (Chilaune), *Alder* (Uttis), *Oak* (*Dhalne kadus*), *Champaca*, *Sisoo*, *Acacia Catechu* (Khayar), *Pine*, *Bombax* (Simal), *Shorea Robusta* are the common trees found around Pokhara Valley. *Chestnut castanopsis* (Kadus), *Fig*(khanyu), *Delonix regia* (Gulmohor), *Prunus cerasoides* or *Cherry Tree* (Payu), *Melia azaedarach* (Bakaino), *Michelia champaca* (Chaap), *Bauhinia variegata* (Koiralo), *Mesya ferrea* (Nareshwor), *Bombax ceiba* (Simal) *Alnus nepalensis* or *Alder* (Uttis), *Dalbergia sissoo* (Sisoo), *Wallichii Schima* (Chilaune), *Shorea Robusta* (sal) are some of the trees to name. Short hiking gives you opportunity to see several trees.



RAJBRIKSHA

CASSIA FISTULA



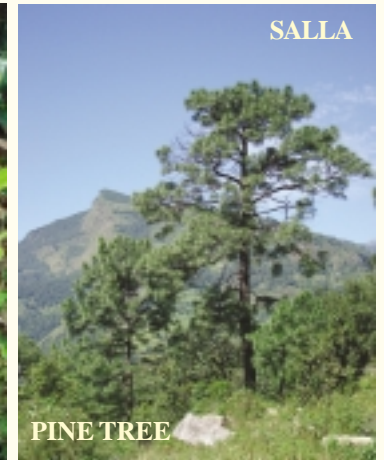
KHAYAR

ACACIA CATECHU



CHANDAN

SCANDAL WOOD



SALLA

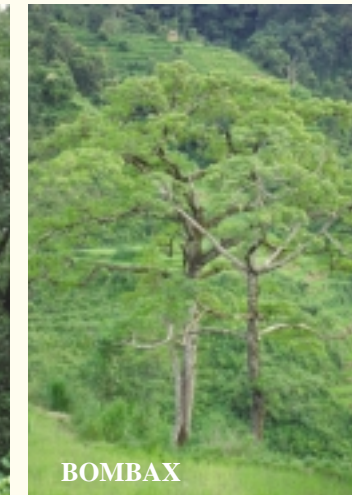
PINE TREE



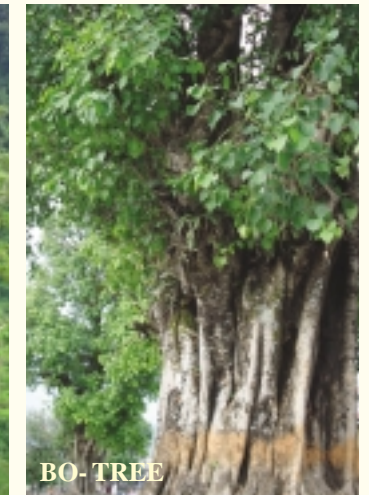
FIG-KHANYU



CHESTNUT CASTANOPSIS



BOMBAX



BO- TREE



LEMON GRASS



CHAMOMILE



HEMP



BANMARA



ALOE VERA



MUG-WORT



WALLACHI



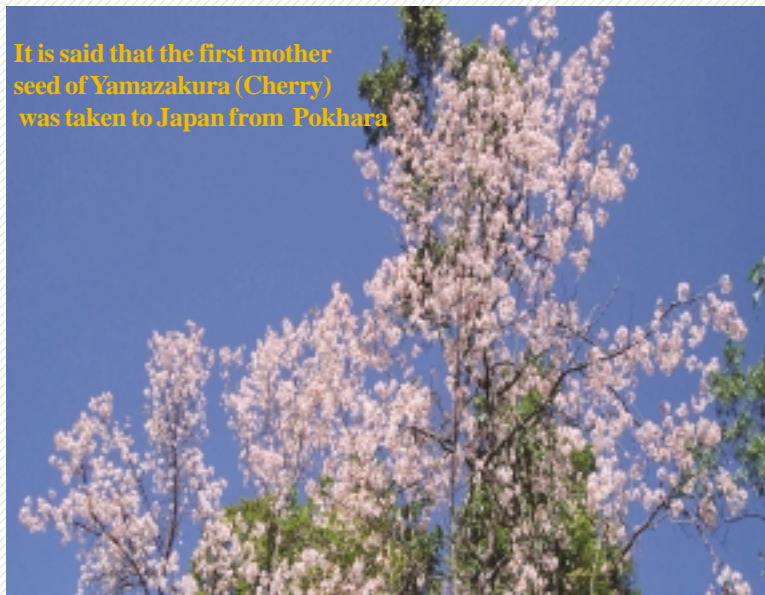
COFFEE FLOWER



CINAMON LEAF

ネパールには、様々な自然環境があり、この生態系の多様性は世界的にも貴重です。ネパールでは約6500種類の木があります。その中で田舎へ行くと 仏様が瞑想した菩提樹（ビバル (Ficus Religiosa)）がよく見られます。松の木、ハンノ木の他に平原では娑羅双樹（サラソウジュ） や 白檀（ビャクダン）がよく見られます。ヒマラヤの麓には3月頃真っ赤になるシャクナゲの森が見られます。日本に咲く山桜の種はもともとここから種をもって行ったと言われています。サラソウジュは1000年持つ木と言われており、大変貴重な木で、ビャクダンの価値も大変高いです。

It is said that the first mother seed of Yamazakura (Cherry) was taken to Japan from Pokhara



WALLACHI TREE



DHOBINFUL



NETTLE



STEVIA (SUGAR PLANT)



FERN



MIMOSA



WILD HEMP

HIMALAYAN HERBS (For those who love nature and care nature...)

No doubt, from the time immemorial, Himalaya is famous for medicinal Herbs / natural diversity. Realizing the importance, people have started to cultivate herbs professionally. *Nardostachys grandiflora* DC (Jatamasi), *Picrorhiza scrophulariaeflora* Pennell (Kutki), *Zanthoxylum armatum* DC (Timur), *Rheum Australe* D.Don (Padam Chal), *Dioscorea deltoidea* Wall (Bhyakur), *Valeriana Jatamansi* Jones (Sugandhawal), *Acacia Catechu* Wild (Khayar), *Swertia Chirayita* (Chiraito), *Berberis Aristata* DC. (Chutro), *Cinnamomum tamala* (Tejpat), *Lycopodium Clavatum* Linn (Nagbeli), *Acorus Calamus* Linn (Bojho), *Aconitum Spicatum* (Bish), *Bergenia Ciliata* (Pakhanbedh), Seabuck thorn (Dalechuk), *Taxus wallichiana* Zucc.(Lothsalla), *Rauvolfia Serpentina* (Sarpagandha), Nepali *Sassafras* (Sugandhakokila), Salep (Paanchawle), *Cordyceps Sinensis* (Yarsagumba) are the major medicinal herbs found around Pokhara Valley. Among them Salep is Prohibited herb and *Cordyceps Sinensis* is the most expensive herb (present market price USD 8000 / Kg.) Note: words inside bracket is Nepali name.

Cordyceps Sinensis (Yarcha Gunbu)

Attention: Our group of intellectuals is in research process of cultivation. There is good sign of possibilities. However, we collect from wild mountain moors at present. *Cordyceps Sinensis* is found only in the Himalayan region of Nepal above 3800m. It is extremely high valued traditional medicine. It is created when a type of fungus parasites the larvae of the Chongcao Bat. Moth and forms a fungus (larva) composite body. The larva forms a cocoon in the winter and hibernates in the ground. Because the fruiting body of the fungus emerges from the head of the larva in the summer time and trembles a grass sprout, this medicine's local name means roughly 'Yarcha Gunbu (winter caterpillar, summer grass)' TOCHYUKASOU in Japanese language meaning is same.

Medicinal Value:

Poor renal function, renal injuries by chemicals, Chronic bronchitis, coughing, Regulating blood pressure (high or low), Asthma, allergic rhinitis, Anti-aging, weakness, Poor resistance of respiratory tract, Catching flue easily, Lowering raised blood lipid levels, strengthening the body's immunity, Poor function of lungs & kidneys, The declining of sex drive, Effective in to unifying arrhythmia, Treatment of Chronic Nephropathy, Chronic Nephritis and prevention of Nephralgia, Increasing the blood cells and protein for producing blood plasma, Strengthen the immune system of tumor patients who have received radiotherapy, Chemotherapy or operation. In short, this is "Sanjivani" Life giving medicine.



ヒマラヤン ハーブ

ネパールでは美しい自然がありヒマラヤンハーブの宝庫です。数え切れない種類のハーブが沢山あります。これらは、観光業とならび、ネパール国の主な収入元となっています。冬虫夏草のような薬用が高いハーブの価値は約一キロ8000ドルです。さらに貴重なパーツアウレと言うハーブの売買は禁止されています。

THORUNG-LA PASS 5416 M. (THE BIGGEST PASS IN THE WORLD)



世界一高い場所に位置する峠であるトロングラ峠 (5416m)

NATURAL PRODUCT OF POKHARA

(Who love nature and care nature...)

Ayurveda Soap

Himalaya Ayurveda Calamus soap is carefully prepared after a long research of Ayurveda doctor's team. A series of Himalayan herbal extracts, flowers and essential oils are blended with saponified vegetable fats. Both fragrance and color are natural and derived from plant extracts. The soap contains no animal fat and animal testing. It is with rich of regenerative, mustering, Vitamin C luxurious lathers especially good for dry and erupted skin. Each bar of soap is carefully hand crafted using a traditional cold process technique and cured for at least one month.

Ingredients: Coconut oil, Castor oil, Phulwara butter, seas am oil, Sunflower oil, Olive oil, Neem oil, Himalayan herbal extracts, Glycerin & Aromatic essential oils.

Himalayan Herbal Incense:

We extract leaves / stems and make dust of various Himalayan herbs found in Northern belt of Nepal in an altitude of 3500 and above. Then we roll skillfully in Nepalese paper as seen in the picture. This is the traditional method of making incense in Nepal especially in Newari community. It has sweet fragrance and used for worshipping and meditation purpose. It is beneficial for body and mind to relieve symptoms of insomnia, shivering and arising from nervous disorders. In modern times herbal incense is used in aromatherapy, which induces inspired thought and creates a peaceful state of consciousness.

Himalayan Massage Oil:

This essential oil is very good for mental stress, fatigue, body ache, head ache and rheumatism. Pine Oil 23 %, Camphor Extract 19%, Wintergreen oil 14.5%, Eucalyptus Oil 13 %, Mint Oil 11.5 % are the major composition of this massage oil. It has being used by our forefathers since many years. Now we are practicing their way of healthy life. As a result it has become popular in Nepalese society and among foreigners who come to Nepal.

Himalayan Rock Salt

Once upon a time Himalayan range of Nepal was under the sea "Tethys Sea" Gradually the Indian plate and continental plate lifted this place and high Himalaya was created. Still we find many fossils till today. And, there is huge layers of Rock Salt white and Ruby color. It is peculiar in taste. It is specially good for indigestion. It gives good taste in boiled vegetables. Japanese and Nepalese people use this salt in Bathing 'Ofuro'. For over 250 million years Himalayan Crystal Salt has remained untouched by man. This salt contains 84 minerals essential to life and comes from a time when planet earth was a pristine ecosystem. This natural, unprocessed salt contains a high crystalline structure allowing nutrients to be absorbed at the cellular level, purifying the body physically and bio- energetically. Extensively researched, the supreme qualities of this natural crystal salt have been shown to restore the body's alkaline balance and electrolytes.

Organic Wild Bee Wax Lipcream
For those who love nature and care nature...

Nepal is often known as the biggest natural museum in the world because of its bio- diversity, flora and fauna. As we have high Himalayas with rich in herbs and natural products, we tried to use wild honey wax as a cosmetic. As it is handwork, pure and organic, it is effective and possesses medicinal value. It is in cream color with sweet fragrance. It has got Vitamin B abundantly, works as a moisture preservation and makes skin smooth. It is good for Lips cracked, wrinkles, minor wounds, burn prevents, itching, foot cracks, pimples, black marks and cold. But, basically it is a lip cream.

WILD HONEY

www.ecofarmnepal.com www.tushitanepal.com

Wild Honey* Bee wax lip Cream* Natural soap* Incense* Sleeping Pillow* Natural Stones* Rhododendron Juice* Herbal Medicine* Herb wine* Best Picture Gallery CD & More Gifts

ポカラでは麻の布、岩塩、マッサージオイル、ハーブ石鹸、オーガニックコーヒー、ハニーハンターの崖蜂蜜や崖蜂蜜から作ったリップクリームなどを買うことができます。

Annapurna Organic Coffee

Annapurna Organic Coffee Products is well known Nepalese coffee company producing coffee since 1982. The company is associated with Highland coffee promotion association. We believe in premium quality specialty coffee. Buying this organic coffee means assurance of finest quality coffee and other way of helping small farmers as well as promotion of sustainable agriculture. The company has its professional and technical personal trained by America's coffee specialist, responsible for quality coffee production. We produce Nepal's best quality HIMALAYAN ARABICA coffee, produced in the Himalayan highlands. It has fine flavors with full of aroma and a medium to good body. It is suitable for all type of coffee makers.

Shiitake Mushroom

Shiitake Mushroom (*Lentinus edodes*) is a fungus native to Japan, China, and Korea. Although these mushrooms are cultivated worldwide as of 2004, Japan is still the largest producer of shiitake mushrooms, producing 80% of the total supply. The Japanese consider the shiitake not only a flavorful food but also "the elixir of life." Shiitake is an excellent source for amino acids, vegetable proteins, iron, thiamine (vitamin B1); riboflavin (vitamin B2); niacin; and vitamins B6, B12, and D2. Shiitake is known as hsaing ku (fragrant mushroom) in China.

Now, with the help of Mr. Fujino Shoji a Japanese Mushroom expert, people cultivate this Shiitake in chestnut tree logs in our own Eco Farm. This is to encourage the farmers to cultivate rather to collect wild mushroom and invite death. Remember! large number of death record shows by eating wild mushroom unknowingly. It might be a awareness march from our side to Nepalese society and get good economic support if followed professionally. We are sharing this technology to group of farmers in several villages. **General Use:** Traditionally, shiitake was used medicinally for a number of conditions. Colds and influenza, headaches, sexual dysfunction, constipation, measles, hemorrhoids, diabetes, gout etc. Presently, shiitake has been shown to boost the immune system, act as an antiviral and antibacterial agent, and possibly shrink tumors. However Western interest in the mushroom as a possible treatment for cancer and HIV infection has encouraged researchers in the United States and elsewhere to begin formalized studies of its medicinal properties.

Himalayan Herb Wine

Extracted Himalayan wild herbs and brewed with traditional method of Nepal. Before opening the cork of this herb wine, please think your self a nice gentleman, seek for beautiful environment, chose a nice friend and subject. And, look yourself whether your heart is lucid, fertile, energetic, and juicy. If so, in each ship you are very close to ambrosia? You see the whole surrounding blissful and beautiful..... www.tushitanepal.com

Triphala (Harro, Barro, Amala)

Triphala the most common formulas used in Ayurvedic medicine and consists of three most prominent herbs Harro (Chebula), Barro (Belerica), Amala (Emblica). Triphala is mentioned throughout the ancient literature of Ayurvedic medicine as a tonifying blood cleanser and gentle laxative, highly prized for its ability to regulate the processes of digestion and elimination. Used by itself or in formulation, Triphala plays an essential role in the treatment of a wide variety of conditions cleanse the tissues of the body, strengthen digestion, and sharpen the senses.

Organic Bee Wax Lip Cream

(Who love nature and care nature...)

Nepal is often known as the biggest natural museum in the world because of its bio- diversity, flora and fauna. As we have high Himalayas with rich in herbs and natural products, we tried to use wild honey wax as a cosmetic. As it is handwork, pure and organic, it is effective and possesses medicinal value. . It is in cream color with sweet fragrance. It has got Vitamin B abundantly, works as a moisture preservation and makes skin smooth. It is good for Lips creaked, wrinkles, minor wounds, burn prevents, itching, foot cracks, pimples, black marks and cold. But, basically it is a lip cream.

Basic Ingredients:

www.ecofarmnepal.com

Wild honeybee wax, Anthopogan Oil, Camphor, Chamomile, Sunflower Oil, Wooden Box Container. For the detail information:

WILD HEMP PRODUCT

These natural fibers that does not consume vast amounts of resources to grow. We love hemp - it is easy on the land, springing up from seed in only 120 days without the need for chemical fertilizers. Because hemp is naturally pest-free it does not need pesticides. Hemp is an earth-friendly crop! Hemp cloth for summer is light and airy and wicks dampness away from the body, keeping you naturally cool and comfortable. Yet in winter the same cloth can be layered with a warm sweater on top and will keep you warm. Hemp cloth, like silk, retains your body's heat to keep you cozy. Hemp's naturally antibacterial and antimicrobial properties mean that it is an ideal fabric for your travel clothes.

NEPALI HANDMADE PAPER

Around Pokhara valley, Nepali craftspeople have been producing handmade paper for over many years. Nepalese handmade papers are well-known for their beauty as well as strength and durability. It is like writing on clouds, a perfect paper for writing poetry and love letters. It is simply, a paper of dignity and honor. This paper are made from the bark of lokta. This plant is found in altitude of 7,000 to 9,000 feet or above sea level. The plant has a capability of regrowing after being cut.

MYCODIVERSITY IN POKHARA

Nepal is a land locked Himalayan country with 'Natural showroom of mycodiversity'. Pokhara is also considered as the place for mushroom production because of its geological, ecological and climatic variation. Many people are victimized by unknowingly taken poisonous wild mushroom. About 40 species of wild mushroom are sold in the market too. The history of edible mushroom cultivation was started from 1975. Approximately 810 species of mushroom found in and around Pokhara, only 110 species of mushroom are edible. But, nowadays farmers have started to grow mushrooms in agricultural wastage (recycle) in straw, saw- dust, log. Mushroom is the best nutritious food for our health. Farmers are very much conscious in mushroom farming. Therefore, visitors can enjoy with safety wild mushroom as well as cultivated mushroom dishes.



Morchella



ポカラには、様々な自然環境があり、この生態系の多様性は世界的にも貴重です。ポカラの周辺で810種類のキノコがあります。しかし、食べてもOK のキノコは110種類です。間違っ、つい毒キノコを食べて死亡する人が一年にネパール全国で300人以上です。1975からネパール人がキノコを食べることをはじめました。最近、ひらたけとシイタケキノコは大変人気になっています。



GANODERMA



AURICULARIA



SHIITAKE



They look beautiful but most poisonous mushroom. Be careful ! The data shows more than 200 people die every year in Nepal because of unknowingly eating poisonous mushroom.



CLOUR OF NATURE





SHAPES AND SHADOWS OF NATURE





FESTIVAL IN POKHARA

Festivals are an essential part of Nepalese life that garner tremendous local participation. It is said about Nepal that every other structure is holy shrine and every other day a festival. And, it is true in some extent because of several cast / ethnic group and cultural diversity. Festival also offer visitors a valuable opportunity not only for having fun but gaining insight into various aspects of Nepalese culture. Here are some of the major / important festival celebrated in Pokhara.

- **Navavarsha** (Usually on 2nd week of April) HAPPY NEW YEAR. (2009 AD = 2066 BS)
- **Baisakh Poornima** (April): Birth day of Lord Buddha is celebrated in Full moon day.
- **Gaijatra (cow Festival):** (August) It is a carnival that lasts eight days. Dancing, Singing, comedy and anything that caused mirth and laughter are its highlights.
- **Krishnastami** (August) It marks the birth day of Lord Krishna.
- **Teej** (August): Dancing, folk song and red colour of women's wedding saris dominate the days of Teej. Women observe a fast and flock to Lord Shiva temples where married ones pray for a happy conjugal life and unmarried ones for a good husband.
- **Dashain** (Sept – Oct) The most important festival of Nepal. It is celebrated on the occasion of victory of Goddess Durga over Rawan Devil.
- **Tihar (Deepawali):** It usually falls between Oct – Nov. It is known as the festival of lights and celebrated for five days. Crow, Dog, Ox, Cow and brothers are worshipped with respect and holiday mood. Remember ! Gambling is legally open for a week in this festive mood.
- **Prithvi Jayanti (Jan 11):** This occasion is celebrated in honor of King Prithvi Narayan Shah who united scattered states and built one Nepal of today.
- **National Democracy Day:** (February 18): This day is officially observed as National Democracy Day as a mark of respect to the Peoples' Revolution of 1950 – 51.
- **Mahashivaratri** (February): It is celebrated on the occasion of Lord Shiva's birthday.
- **Saraswati Pooja** (Jan 26): Goddess Saraswati is regarded as the goddess of knowledge in our Hindu mythology. The day remains enthusiast among school and collage students.
- **Holi** (Fagu Poornima) : It usually falls on 6th March. This festival is often known as the festival of colors. People enjoy putting motley colors each other on the occasion of victory over Devil.
- **La Phewa (Bara Barse Kumba Mela):** This festival is performed in every 12 years by Thakali community at Khobang and Marpha. Next performance is in Nov – Dec 1016.





1

1. Annapurna Himalayan Range from World Peace Stupa

2. Pokhara Regional Airport

3. Barahi Goddess Temple



2



3



SMILING FACES OF POKHARA



There are 92 different ethnic group in Nepal and 16 ethnic group are in existence around Pokhara valley and its surrounding. However, Gurung are dominant ethnic group of this region. Here are some faces of this region. Living style, culture, dress, language, appearance differs from one to another. However, one can find harmonious blend in the society; economically, culturally, politically and socially.





SOUTH FACE OF VIRGIN MT. MACHHAPUCHHRE or MT. FISHTAIL (6993m)



NORTH FACE OF VIRGIN MT. MACHHAPUCHHRE or MT. FISHTAIL (6993m)

EAST FACE OF MT. FISHTAIL JUST LIKE PYRAMID SHAPE



WEST FACE OF MT. FISHTAIL JUST LIKE THE TAIL OF FISH



GREAT MAN OF THIS MODERN ERA

Would you be able to live for a week without food and drink? It must be near to impossible. But, believe it or not, here is a unique great man living with the cosmic energy. It might be the challenge to the modern world / science to see a man living for eight years without milk, food and fruits. He is always in meditative posture from dawn to dusk even then we don't see a sign of exhaustion. He is esteemed by all the Hindu believers. Indeed, it is a part of investigation for scientists upon this astonishing phenomenon. Here in Pokhara, lives Lok Raj Baral 45 year's old man completely energized with spiritual power. He is awakened since 1999AD and able to forecast past, present and future. He starts telling about you standing in his proximity. People are compelled to believe in spiritual power and truth when he recites somebody's past and present with complete confidence. Nobody can ignore about his saying. It is true and true. He has predicted the end of human civilization through natural disaster and famine by 2017 AD as this is the end of 'Kali Era'. I think it would be come true as everything is being topsy-turvy.



STONES OF THE HIMALAYA

Pokhara valley and its surrounding are equally popular for stone lovers and stone business man. Many visitor buy Saligram (fossils) stones, quartz stones, Himalayan crystals, Turquoise, rocks, gems and diamonds. Hindu believes Saligram as an incarnation of Lord Vishnu and keeps much value to Hindu pilgrims. But, tourist buy because this fossils has got beautiful shape and mark inside. Very popular metaphysically, clear Quartz raises consciousness towards enlightenment and purifies on all levels. Known as "The Stone of Power" Quartz amplifies energy and intention. It repels negative energy and helps to purify clarity of thoughts. Many crystal lovers use them for meditation by either simply holding one in the hand or by starting into a crystal until the mediator feels as if they have "entered" the crystal. It is said most of the Mountain of Nepal are full of Quartz crystals like Ganesh Himal to name one. A good meditation practitioner easily feels spiritual energy flowing in the lap of Himalaya.





Far From the Madding Crowd

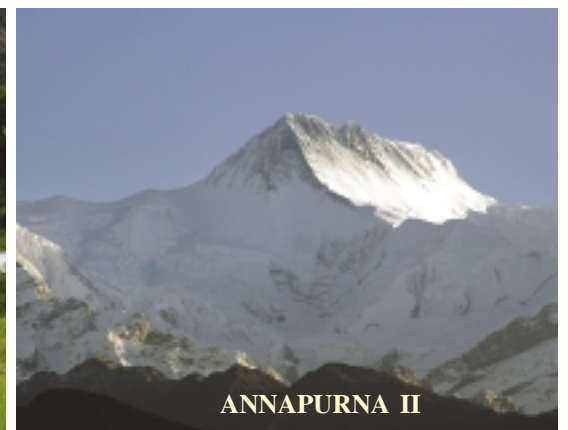
APPEARANCE OF WHOLE ANNAPURNA RANGE IN THE TWILIGHT



WATER HYACINTH (JALAKUMBHI) IN FEWALAKE



TIBETAN MONASTRY AT HYANJA CAMP



ANNAPURNA II



ORCHIDS: Among 335 species of recorded Orchids, 250 species of Orchids are found in Pokhara Valley itself. *Pholidota*, *Nitida*, *Aerides*, *Eria*, *Coelogyne*, *Doritis*, *dendrobium*, *acineta*, *cymbidium*, *Rhynchostylis retusa* (fox tail orchid) are the common Orchid found around Pokhara Valley. Panchase and Machhapuchhre area are the suggested place for Orchid research.

ランの花 ネパールにある335種類のランの花の中で250種類はポカラの周辺に見られます。ポリドタ、ニチダ、アリダス、デンドロビウム、シンビジウム、ルーイス等ランの花ポカラでよく見ることが出来ます。ランの花に興味を持っている方にはパンチャセやマチャプチャレの麓がお勧めスポットです。





Parishii



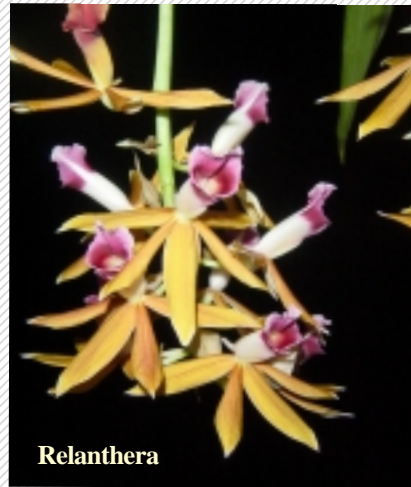
Paphiopedilum



Dendrobium Capillipes



Rhyncostylis Retusa



Relanthera



Nitida



Paanchawle



Lichen (Jhyau)



Cymbidium



Vanda

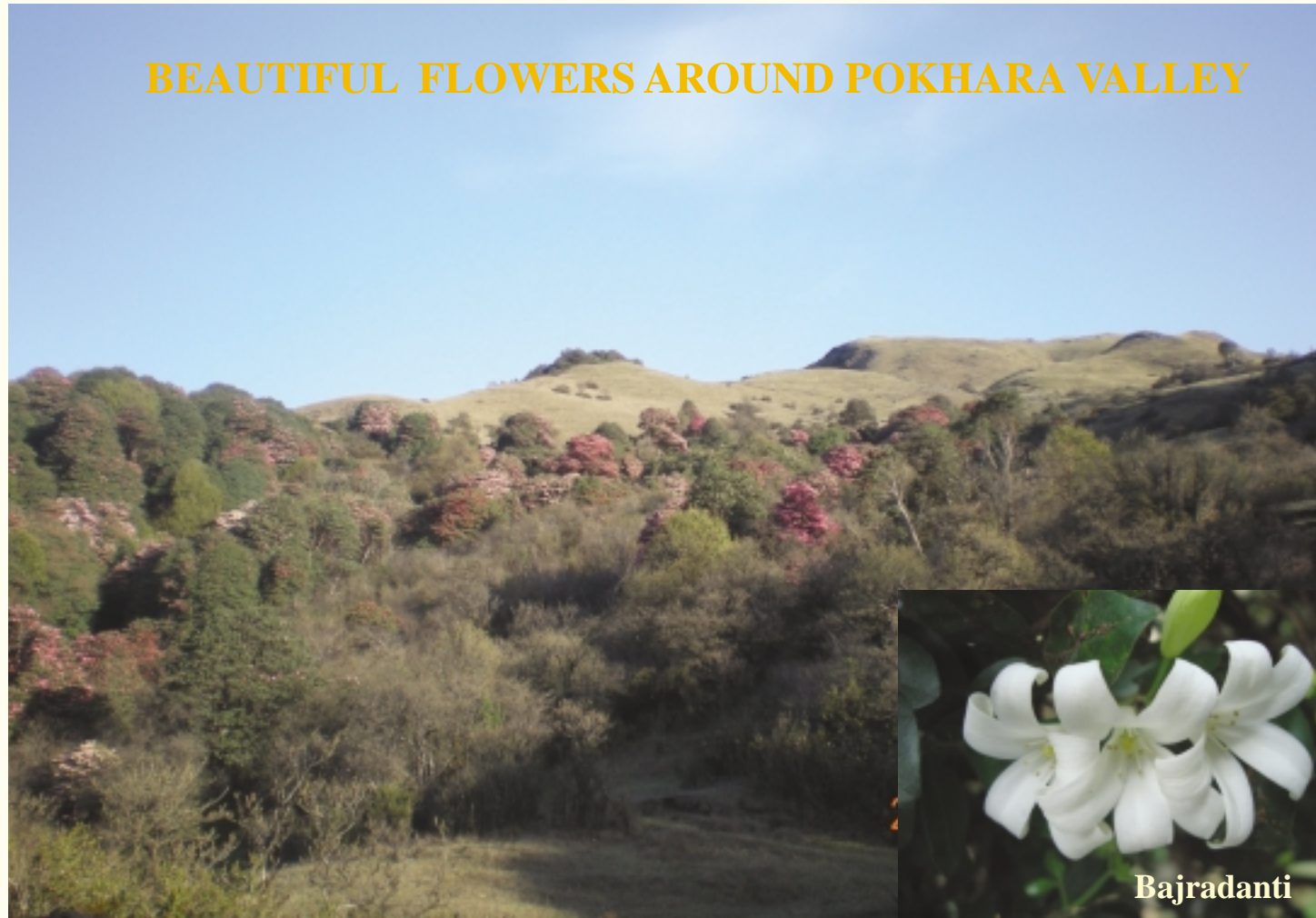


Phalaenopsis



Coelogyne

BEAUTIFUL FLOWERS AROUND POKHARA VALLEY



Pyauli



Lotus



Bajradanti



Laligurans



Marigold



Dhayero



Ponsettia



Bouganville



Rhododen Forest



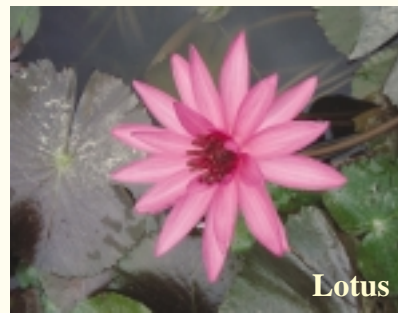
Nastachyun



Arenaria



Blue Puppy



Lotus



Lily



Payun



Trumpet



Supadi Ful



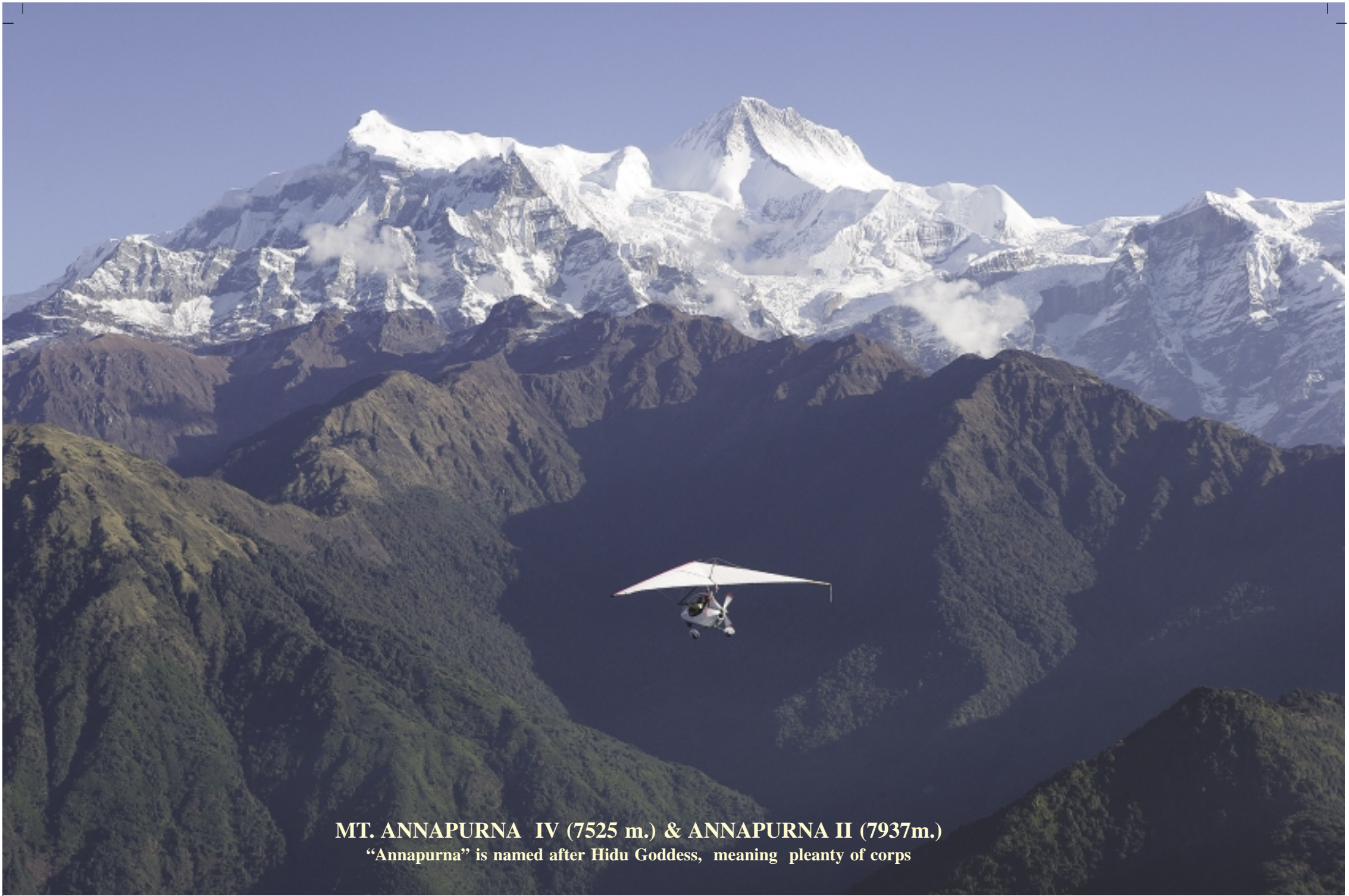
Yamazakura



Hyacinth

MAGNIFICENT MOUNTAIN OF ANNAPURNA RANGE





MT. ANNAPURNA IV (7525 m.) & ANNAPURNA II (7937m.)

“Annapurna” is named after Hindu Goddess, meaning plenty of corps

● *Every creation of nature is immaculate and supreme; good and bad depends on the later circumstance.*

TYPICAL NEPALI HOUSES AROUND POKHARA





SMILING FACES OF INNOCENT CHILDREN



About 23 % of Nepalese children are deprived from education. Future of any nation depends on children. Therefore, it is our deep desire to educate them and bring good changes in society.





PARADISE POKHARA

..... Imagine a place where you could gaze the wonders of mysterious creation; emerald blue lakes, green forest, caves, thundering river, water- fall and 3 mountains above 8000 m standing at 800m from the sea level. Utmost tranquility and wilderness numbs your sensation and revitalizes your body, mind, soul. You would think a lucky person yourself to be amidst the nature and admire its charms. No words to express its bewitching beauty. One has to come and discover the "Truth of Beauty". What are needed are beautiful eyes to behold and a tender heart to unfold the Mother Nature.....

HISTORY OF POKHARA TOURISM

Travelogues published by Japanese monk Ekai Kawaguchi (1999) the first visitor, Tony Hagen (1955) renowned geologist; James Roberts 1957 are the noteworthy historical pages in the History of Tourism in Pokhara. However, systematic flow of tourist started only after 1970. No doubt, the breathtaking views of magnificent Annapurna range,

natural ambience, serene serenity and the heritage hospitality of Pokhara has made this place HEAVEN ON EARTH.....

HOW TO REACH POKHARA

Pokhara is just 220 km from Katmandu, the capital city of Nepal. One can reach Pokhara by 30 minutes regular flight and 6 hrs scenic drives through river and valleys. Pokhara operates regular flight to Jomsom, Manang, Chitwan and Lumbini. Various standards of luxury tourist vehicles is arranged to move out from Pokhara.

FACILITIES: It has got world class Luxury resorts to budget hotel. Fun Park, Casino, Restaurants, recreation centers, Nature club, discotheque, Nepalese cultural dance, Travel and trekking agents' cater the need of tourist vacation / pleasure. Likewise, internet, postal system, bank / money changer and immigration for visa are at your service. Well equipped hospitals are here in the time of medical facility need. Whereas, interest person may involve in various INGO / NGO projects campaign actively working for environment, education and Skill empowerment.

MAJOR ANNUAL TOURISM EVENTS IN POKHARA

New Year Pokhara Festival (often known as street festival celebrated during Christmas to New Year Eve), World Tourism Day (celebrated on 27th of September to welcome tourists), Asar Rice Planting Festival, International Paragliding Championship (usually on January), Fewa New Year Food Festival (on April), Jau Hai Pokhara (Lets go to Pokhara) publicity campaign are the main Annual Tourism Events in Pokhara.

WHEN TO VISIT POKHARA

JANUARY Mustard Field, New year Eve, Mountain View, Quiet Trekking, Poinsettia flowering,

FEBRUARY Shivaratri Festival Feb 12 (Birthday of Lord Shiva), Jungle Safari, Paragliding Championship, Rhododendron forest

MARCH Ramnavami (Birthday of Lord Ram) at Janakpurdham on 24th March, Peak climbing and Expeditions, Rhododen forest

APRIL Peak climbing & Expeditions, White river rafting, Campings

MAY Nepali New year Festival, Birthday of Lord Buddha,

JUNE Wild Honey Hunting, Cordypses Synensis Research, Orchids

JULY Agricultural season, heavy rainfall, rice plantation, festivals, **AUGUST** Wild Orchids, Wild Mushrooms, greenery, Hindu festivals like Gaizatra & Krishnajanmastami

SEPTEMBER Dashain greatest Hindu festivals, To see Living Goddess Kumari, Mountain view, Trekking

OCTOBER Tihar (festival of Lights), Apple Garden and Buckwheat field in Jomsom area. Peak climbing, Himalayan Herbs, Buck wheat field

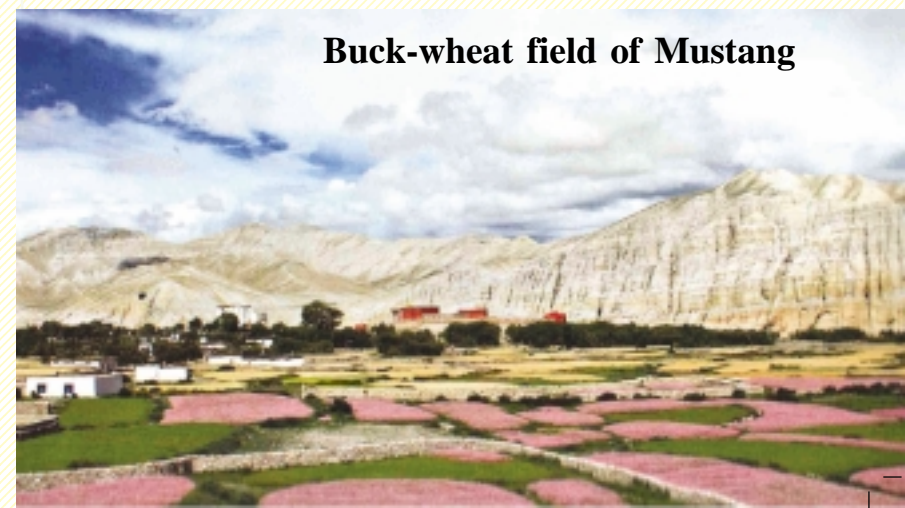
NOVEMBER Bouganvilla & Cherry Blooming, Peak climbing, Paddy Harvesting, Mountain View & Trekking, Wild Honey Hunting

DECEMBER Street Festival ; New year Eve, Trekking, Snow fall

Paddy Harvest



Buck-wheat field of Mustang





USEFUL CONTACTS

Nepal Tourism Board Tel: 061- 465292

Immigration Office Tel: 061- 465167

ACAP Trekking Permit Tel: 061- 431102

International Mountain Museum I: 061- 460742

Travel/Trek Information Counter I- 061- 621222

District Police Office Tel: 100, 061-520033

Manjpal Hospital Tel: 061- 526416

HELP LINE (INQUIRY): 540000 / 535000 (197)

仁義礼知信

Rowing Boat on the Lake Phewa amidst the mother nature

化鳥風月星霜

Meaning of Life

Life is an imponderable puzzle, the mother of all mystic knots. It is full of ache, anguish and trauma. The tenure between cradles to pyre is painful; the distance between castles to cottage is also painful. When you don't have- you suffer; when you have also you suffer but- comfortably like a beautiful oak tree gnawed by termites. Happiness is but momentous and untouchable. Life is too hard for happiness. I presume, it is just like a lightly burn candle in a deep dark night of a windy desert. The origin of life is nothingness and the goal of the spiritual journey is to go back to the roots which are again nothingness. It is very vague, intricate and unintelligible for the simple mind. Therefore, the best way is—"When a poisoned arrow pierces your tender flesh, you don't bother about where it has come from. Just you take it out and try to dress the wound first.

Take it easy. The reality is bitter and painful. You may escape for a while like the John Keats's in "Ode to a Nightingale " but very soon you have to come back to the bitter world from that utopia. And again that is tormenting. But, no matter how painful the life is, do not shun it and call it with hard names. It is the law of nature. You have to accept whatever it is. Life is just like that- because man is destined to suffer. It is not according to your will, wish and hankerings. One must follow the destined route destined by the callous destiny. Therefore, be happy with what you possess. Past is no more, Future yet. Why to fret about tomorrow if today be sweet. Live a life whether it is benediction or an anathema. One should try to seek happiness within tears and trauma because this is the Nature's way (Tao).

At times when thinkers in us take over, we question the reason of existence. If all we had to do was to take birth, live a life of stress and pain inter-spread with joy, procreate and die. Why be here at all? If that all there is to the whole meaning of life? I sometimes search in my mind for a conclusive answer but hit against a brick wall. So, let us break down this wall and reveal to ourselves the true meaning of our presence in this sorrowful world... And for this I beseech you all to be humble and witty understanding the Art of livingg !!

- Pranjali

There I See You ; There I Love You

Early Morning

*Early morning- at dawn
When the sun peeps from the horizon
And dew falls upon petals;
There I see you-There I love you.*

At noon

*At noon- in the hot sun
When saplings and pines whisper
And music spreads under the shade;
There I see you-There I love you.*

In the evening

*In the evening- at dusk
When the sun- ray kisses snow-clad mountain
And furnishes with crimson paint;
The twilight so charming! so enchanting!
There I see you-There I love you.*

At midnight

*At midnight- in a moonlit night
When the shimmering moon scrawls
And throws tender beams on to me
There I see you-There I love you.*

Somewhere

*Somewhere- in a forest nook
When the bubbling brook rushes
And ripples roam on a lucid lake;
The lake full of swans and blooming lotus
There I see you-There I love you.*

I love you – I love you

That is only I can say

*No words expresses my longings
Oh! When I lay upon cold pyre
And the big flame slowly catches me; Even then,
There I see you-There I love you,*

— Pranjali

Dec 26, 1999


13 KEY POINTS TO DEVELOP NEPAL

- Proper Utilization of Natural resources (Viz. Himalayan herbs, Mines, hydro power, bio-diesel, flora and fauna)
- Eradication of Fatalism and Bhramanism forever.
- Seed & Plant everywhere for the green world and control Population growth.
- Teach Nepalese to reuse / recycle and “Lets not waste” ‘Mottainai’ of Japanese.
- Bring Civic Awareness and teach Honesty, Politeness, Hospitality, Respect others.
- Keep time, Keep promise, Be responsible and provide Quality service in Tourism.
- Knowing Personal talent generate employment opportunity and ensure better life.
- Economic revolution through agriculture, agro- enterprise.
- Patriotic feeling should come from inner heart to all leaders and citizens.
- Our TV remote control should not be in India and dissolve betraying contracts.
- Strict rules should be made and implemented properly without any partiality.
- Filthy Beurocracy, Nepotism, corruption should be stopped by effective mechanism.
- North - south & East - West High way train, Hydro motors, Cable cars, Underground railway to KTM via Hetauda and sky trains in KTM should be made.
- A Tendar heart to unfold and a beautiful eyes to behold nature’s creation

ネパールの発展の為に13点

- ① 適切に天然資源を利用する（すなわち、ヒマラヤのハーブ、鉱脈、水力発電、バイオディーゼル、植物相と動物相）。
- ① 運命論とブラマニズムを永久に取り除く。
- ① 緑豊かな世界のために、種を蒔き、植物を植え、そして人口増加をコントロールする。
- ① ネパールに再利用、リサイクルを教える、日本の “モノを無駄にしない” ‘もったいない’の精神を教える。
- ① 市民に気付かせる、誠実さや礼儀正しさ、ホスピタリティ、他人に対する敬意を教える。
- ① 時間に正確である、約束を守る、責任を持ち、そしてツーリズムにおいて良質なサービスを提供する。
- ① 個々の才能を理解し、雇用の機会を生み出しより良い暮らしを保証する。
- ① 農業、アグロエンタープライズを通じた経済革命。
- ① 愛国心は全ての指導者と国民にとって、心の内側から生まれてくるものでなくてはならない。
- ① 私達のテレビのリモコンはインドにあるべきではない。背信的な契約は解消するべきである。
- ① 厳格なルールが作られ、どんな不公平もなく適切に履行されるべきである。
- ① 不正な官僚主義、狎れ合い主義、汚職は実行力のあるメカニズムによってやめさせるべきである。
- ① 東西南北に走る公営鉄道、水素自動車、ケーブルカー、ヘタウダという所を経由するカトマンズまでの地下鉄、そしてカトマンズにはスカイトレインを作るべきである。
- ① 優しい心を広げ、自然の作りだすものを美しい目で見守る。





ヒマラヤの国神々の国
村の暮らしにふれながら
大地の起伏をのぞって行くと
電池の出会いにつきあたる
はかり知れない世界の入り口

MT. FISHTAIL 6993 M.. & MT. ANNAPURNA III 6555 M.

愛が無い世界では
花から涙がこぼれ落ちる。
音楽の無い世界では
ナイチンゲールも墓の上にもうずくまる。
涙の中に喜びを探しなさい
死よりも生を選んで下さい。
一瞬は泣かないで
微笑みを。微笑みを
そして笑顔を下さい。

MT. FISHTAIL 6993 M.. (MACHHAPUCHHRE) FROM WEST .

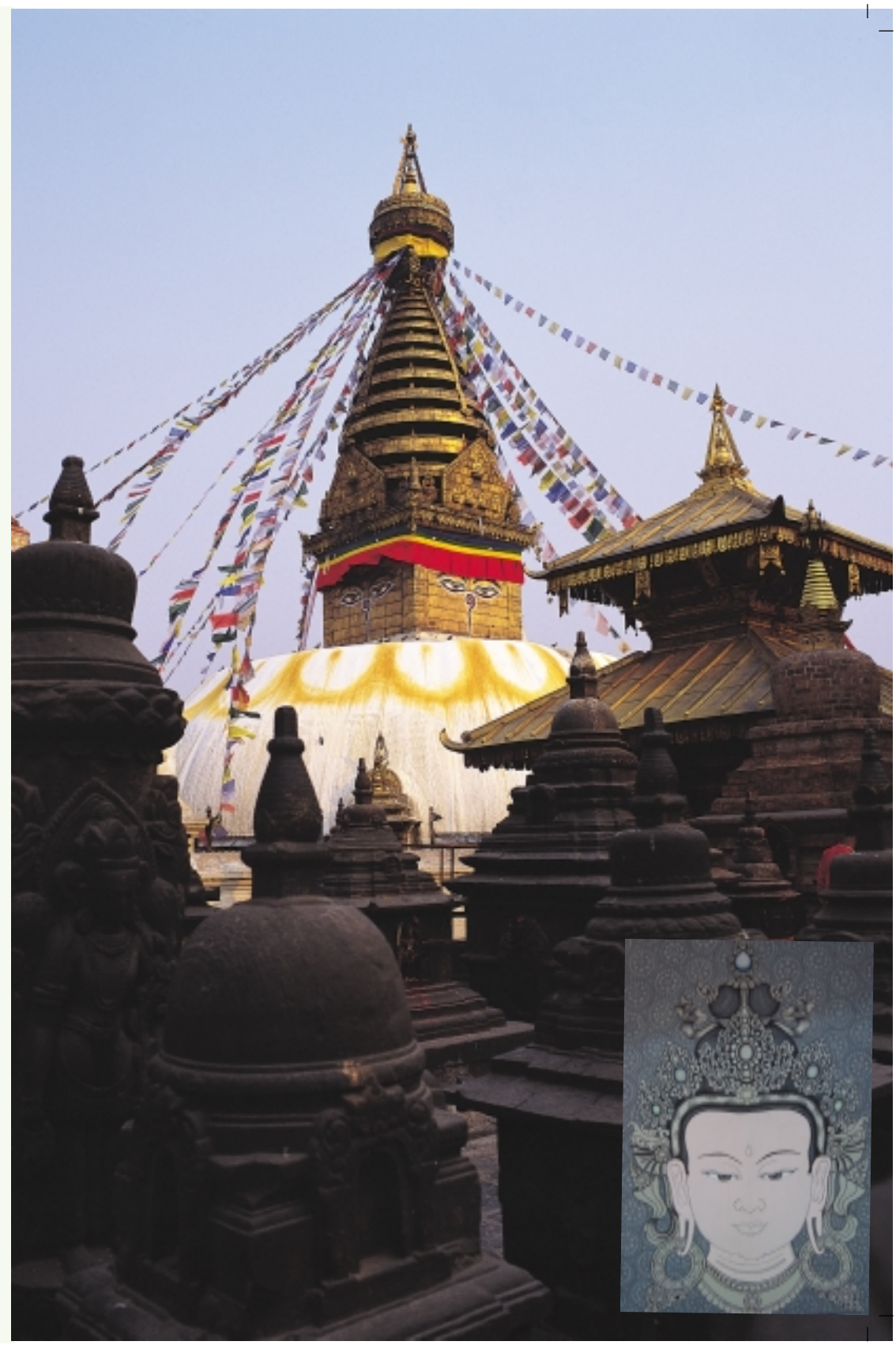
ネパールへようこそ 世界おける最も大きな自然博物館

ネパールは独特な地形と幅広い緯度を持つことにより、世界でもっとも豊かな生態系を持つ国の一つとされている。国内の高度は海拔60メートル最高地であるエベレストの8848メートルまでにおよんでおり、幅150キロメートルの間に亜熱帯気候から厳寒気候まで、変化に富んだ気候がある。この自然の多様性は驚くべき生態系をはぐくんでおり、自然における最も偉大な山脈、野生動物の宝庫とも言うべきうっそうとした熱帯林、途方もなく大きな川、樹木に覆われた丘、そして氷結した谷等がある。この壮大な地形には豊かな田園風景をも内包する。ネパールでは、他では味わえない様々な観光アトラクションや冒険を体験することが出来る。そして、古くから伝わる習慣や信仰、ネパール独自の最重要な伝統様式にのっとり、一年中祝われる様々なお祭りにも参加することが出来るであろう。ネパール国土は地球のたったの0.1%を占めているに過ぎないが、その中に以下の生物学的特徴がある。

- 世界の植物の2%がネパールにある。
- 世界の鳥類の8%がネパールにいる。「856種類以上」
- 世界の哺乳類の4%がネパールにいる。
- 世界に15系統ある蝶のうち11系統がネパールで見られる。「500種類以上」
- 600種もの原産植物がある。
- 319種類もの珍しい蘭「らんの花」が見られる

次にネパール（以下、王国を略します）の概略、特徴等を列記します。

国名：ネパール王国r首都：カトマンズ
国旗：平和と長寿を意味する二連旗
人口：約2500万人（民族：71、カーストは民族にもよるが、約30階級）
宗教：ヒンズーと仏教
国土面積：約15万平方キロメートル（北海道のはば2倍）
民族：122民族 / 122言葉
国民所得：1人当り\$240
国鳥：虹雉子
国花：石楠花
電圧：220V
通行：左側通行オフィス アワー：10～5まで
休日：金曜日は半日・土曜日休日



ポカラについて

当ポカラ市はヒマラヤ山脈のアンナプルナ山系の山麓にあり、山、川、滝、湖等自然に恵まれた風光明媚な海拔約800mの盆地です。昔から天国はポカラ市の北から作られると言う諺があります。又、1899年、最初にネパールを訪れた仏教僧川口慧海師はこのポカラの風景に接して、感激されたと言われています。それを裏付けるようにネパール国内、隣接のインドを始め世界中から多くの観光客が訪れ特に、乾季の十月から翌年四月ごろまでは大変な賑わいとなります。このような観光地を短期間にハードなスケジュールで移動するのはではなく、数日間を一定の場所を基点にマイペースで御過ごしになったらいかがでしょうか？

当、ポカラは心からゆっくりくつろげる観光地です。湖にボートを浮かべれば、アンナプルナ山脈の景色とともに水面に鏡で写したような素晴らしい光景を見ることが出来ます。又、湖上に吹く風は素晴らしい心地良さを与えてくれます。身近に霊峰マチャブナマレを望み左右に8000メートルの巨峰を見ることが出来ます。

ネーパルトレッキング、旅行案内、段階の世代の為にロングステイ、ホームステイ、地球に優しい有機農法、教育プロジェクトなどについて聞きたい事がありましたらwww.tushitanepal.com や www.ecofarmnepal.com にご覧ください。

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average high °C (°F)	16 (61)	18 (64)	22 (72)	26 (79)	26 (79)	27 (81)	26 (79)	26 (79)	26 (79)	24 (75)	21 (70)	17 (63)
Average low °C (°F)	4 (39)	6 (43)	10 (50)	13 (55)	17 (63)	20 (68)	21 (70)	21 (70)	19 (66)	15 (59)	9 (48)	5 (41)
Precipitation (inches)	18 (0.71)	15 (0.59)	30 (1.18)	38 (1.5)	102 (4.02)	201 (7.91)	376 (14.8)	325 (12.8)	188 (7.4)	56 (2.2)	3 (0.12)	10 (0.39)

Source: zooover.co.uk/ 2009-06-19



この Nepal 貧困からの脱出

多くの世界各国が、この 20～30年の間に経済発展を遂げ、貧困から脱出しているにもかかわらず、我が国Nepalは依然として、最貧国の地位を保っている。常識では考えられない事だが、何故、最貧国としての地位を保っているのか、どうしたら脱出出来るのかを考えてみたい。自然の資源いっぱいあり、想像も出来ない自然の美しいさあるなのにネパールは貧しい国なるはずじゃないです。本当に、宝の持ち腐れだと思います。

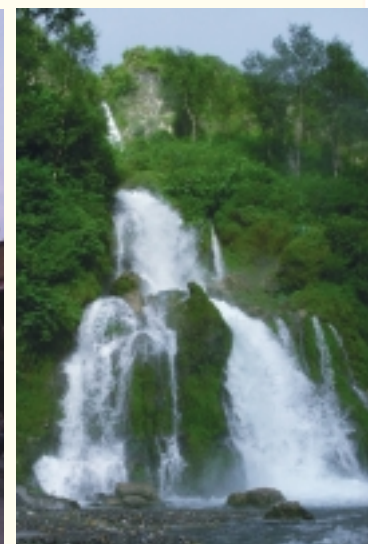
我が国に対する外国からの援助は公式、非公式を考慮すると国家予算の二倍とも三倍とも言われている。この様な状態は資源の無い国ならばいざ知らず、我が国には世界に類をみない全地球的な観光資源である Himalaya 山脈を持ち、国の南部には肥沃な大平原を有している。気候的にも亜熱帯、温帯地域に属し、農業にも牧畜にも適しているといえる。それらを支えるべき人口は2300万人余りあり、何故ネパールが世界最貧国グループの地位にあるのか、われわれネパール人にしても外国人にしても判断出来ないのではないかと思います。

その原因は国のsystemにあるのか、又、国民性にあるのか、種々論議されている処であるが、現在世界各国の中で発展を遂げている国は殆どが独裁主義国ではなく、民主主義国である。言うまでもなく、民主主義の根底にあるものは、The greatest happiness of the greatest number. であり、Government of the people, by the people, for the people である。又、日本には「天は人の上に人を作らず、人の下に人を作らず」と言う名文がある。では今のネパールではどうであるか？ The greatest happiness of the smallest

number であり government は people から離れ、違う次元の世界にある。そして国民は皆平等ではなく、ごく一部の特権階級が最大多数の国民を牛耳り、外国からの援助までも私物化し、我が世の春を謳歌している。自分達さえ良ければ自分以外の人々が不幸であってもどうでもよいのであり、優しい手を差し伸べる気はさらさら無く、まだいじめ様としている。又、不幸な人達はどのようにしたならば小さな幸せをGet出来るか、権利を主張せず努力もしない、責任問もない。かつて、MalasiyaのMahateel 首相が、良き時代の日本を目標にLook East 政策を掲げ、今のMalasyaの隆盛の基礎を築いた。今のネパールでも良い制度を真似る事は決して恥ずかしい事ではないし、良い方法を取るべきである。王様も政府も政党も毛沢東派も軍隊も国全体を考え国民全体を考え譲歩すべき処は譲歩し、国家隆盛の基礎を築く為、妥協点を見出さなければならない。Nepalにはとても良い見本があるではないか。同じ様な環境いやそれ以下にもかかわらず、国民所得はネパール国民の100倍以上、それはEuropeにあるSwitzerlandである。

ネパール国民はどの位の数の人々がSwitzerlandへ観光に訪れる事が出来るだろうか？ 話が脇道にそれたが、真似をする、同じ道を歩む、目標にするその為にはどの様にしたならばよいのか、今まで、断片的に述べてきたが、Nepalは観光立国として飛躍する為には海外からの援助をOpenにし、観光立国としてのInfrastructureの整備、税制を初めとするすべての既得権限の縮小、全国民が勤勉になる様な意識の改善を計り、目標年度を決定づけ邁進すれば一気に先進国への仲間入りも夢ではないと思う。

--- Pranjal: info@tushitanepal.com



- *Quite often we fail to appreciate the things when we have them; when we don't have them we miss greatly.*

ヒマラヤ Laborisa 崖蜂蜜

(森、崖、蜂と生きている人々)

ネパールはその美しい自然から、世界最大の自然博物館とも言われます。ヒマラヤ山脈、森、川、湖、滝、動物と植物、その他、雪山の麓には崖もたくさんあります。崖にはLaboriosa蜂が住んでいます。彼らは賑やかな所から遠い、自然が恵まれている所に棲息します。ネパールでは植物の種類が多く、そのため蜂の種類も豊富です。場所と季節によって蜂蜜の色や臭い、味や薬としての価値も違います。滋養に富んだ蜂蜜はHealthyBodyとHealthy Mindの為に大切です。

蜂蜜の中でも、Laboriosa蜂の蜂蜜は、とりわけ豊かな味を持ち、健康への有効性や薬効が高いと考えられています。雪山の麓にある薬草、すなわちYarsagunbaやPaanchwale等の花から蜂蜜が作られているからです。なんと、それらの薬草はUS\$にして1500/Kgという高価で取り引きされるものなのです！春に採れる蜂蜜は特に薬効を持っています。この時期、Laboriosa蜂はしゃくなげ、Bikh、PangraやPieris等の薬効の高い草花から蜜を集めるからです。このような蜂蜜は赤みがかかった色をしており、極めて高い薬効性を持っています。

ヒマラヤ Laborisa 蜂蜜の特徴：

- 自然豊かな味わい。香りや味が他の蜂蜜と違います。
- 高い薬効性。冬虫夏草やPachawaleといった薬草の花から蜜を採っています。
- 胃炎、潰瘍、アレルギー、鼻詰まり、関節炎、ぜんそく、やけど、けが、血流増進等の薬効があります。
- Honey Huntersの命懸けの仕事によって採取されます。250～600mの高い崖にロープだけで登って蜂蜜を取るのです。
- Honey Huntersは、2、3日かけて、食事やテントや必要な道具を持ってがけ蜂蜜を取りに行きます。
- 蜂蜜取りの作業は全て伝統的な方法によって行われます。たくさんの時間、根気や勇気を要します。
- オーガニック生産物で、無添加です。
- 添加物を用いることなく、採取から10年まで、安全に食べる事が出来ます。
- 取れる量が極めて少ないため、なかなか手に入りません。

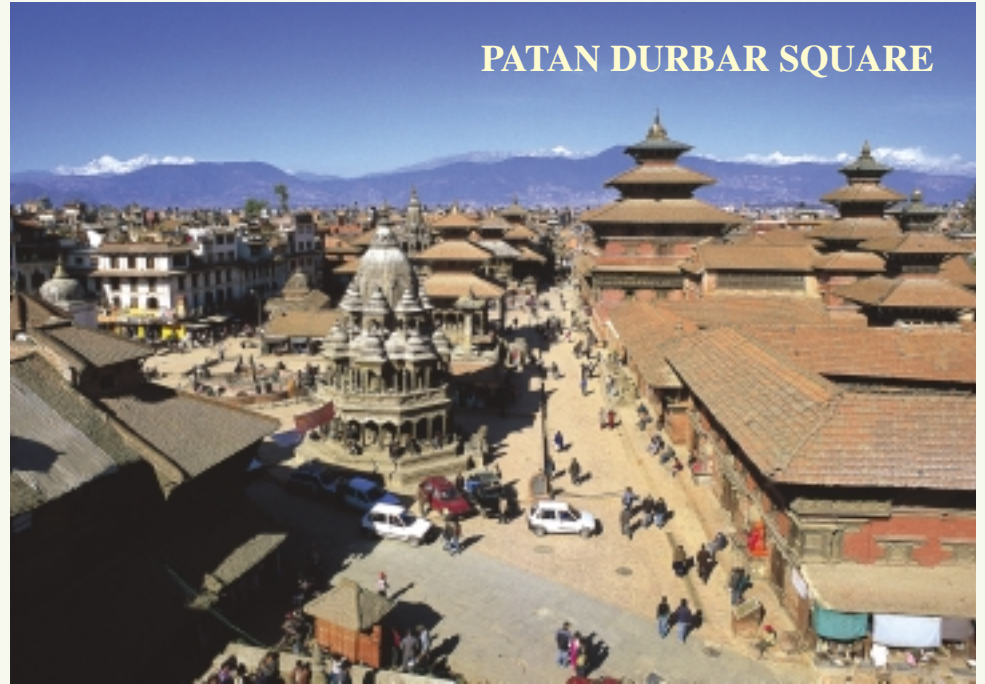
崖蜂蜜類から出来た リップ クリーム以外 ボカラの自然食品は：
ハーブ ワイン * 岩塩 * 冬虫夏草 * オーガニック コーヒー
マッサージ オエル * アユルベダ セッケン * 麻ファイバル
伝統的な ネパール紙 等があります。



WORLD HERITAGE SITES



SWYAMBHUNATH



PATAN DURBAR SQUARE

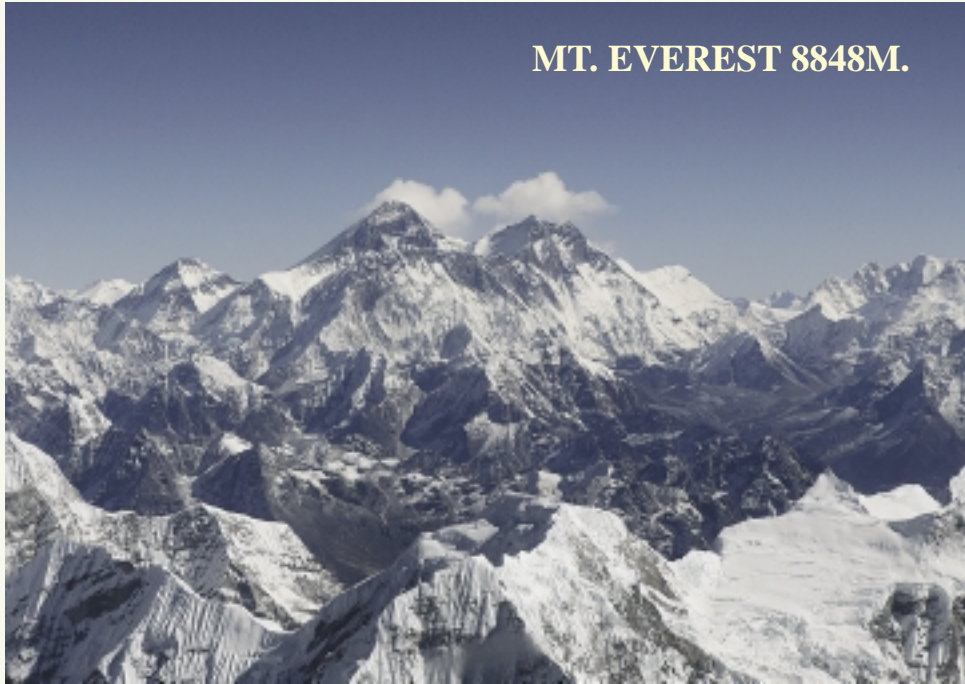


KUMARI TEMPLE

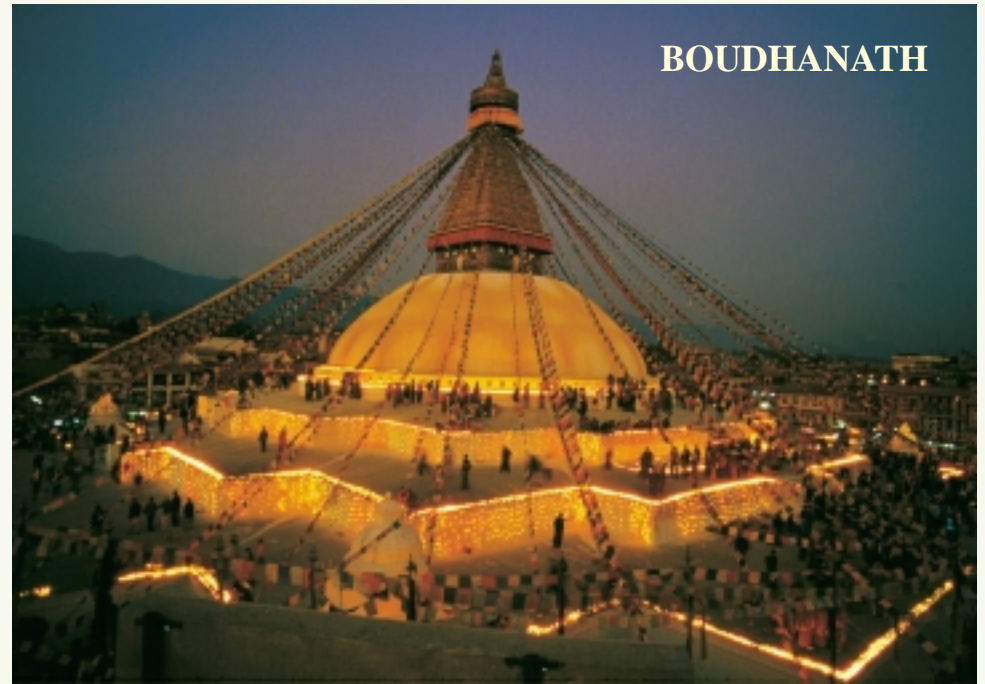


PASHUPATINATH

MT. EVEREST 8848M.



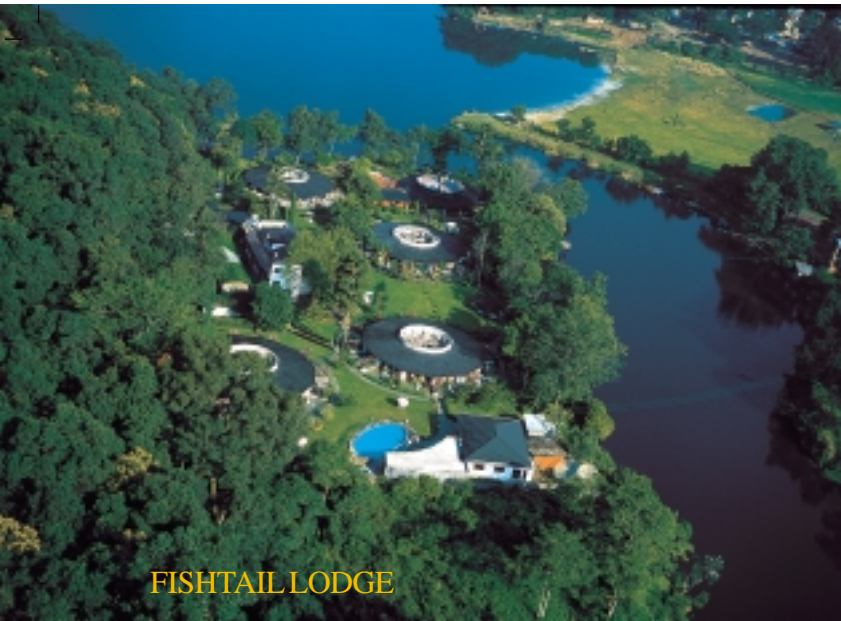
BOUDHANATH



LUMBINI



CHITWAN



FISHTAIL LODGE

TUSHITA MOUNTAIN RESORTS



There are world class Resorts, hotels with all the modern facilities and numerous standard guesthouses. Visitors can choose from most luxurious accommodation to budget hotels. Fulbari Resort, Fishtail Lodge, Shangrila Resort, Base Camp, Hotel Kantipur, Pension Tushita are some of the finest accommodation in Pokhara. To have a different taste, one can stay in Eco Farm, Homestay and Eco Resorts. Some Eco Resorts are practicing Permaculture. They have own organic farms and sustainable use of energy viz; bio-gas, bio brisket, solar cooker, solar light.



SHANGRILA VILLAGE



FULBARI RESORT



Hanano-ie

Begnas lake and Annapurna range seen from Sundare danda

Royal Trek:

Starts from Begnas Lake, the second biggest lake of Nepal, through Rupakot, Chisapani, Mohariya, Ramkot, Ramche, Kalikasthan. This trek can be made 2 to 5 days. The trek can be started from Kalikasthan, one of the religious sites of Hinduism. Beautiful Annapurna range is seen in a different dimension. Mt Fishtail is seen in a Pyramid Shape. Very close view of Lamjung Himal, Mt Manaslu and Himchuli can be seen from here. It is a different trek, in the sense that mixed living culture of Bhaun, Newar, chettri, Muslim, Damai, Gurung can be seen in a single short trek. Bird's eye view from Rupakot top is recommended.

Typical Magar village and Annapurna Range seen from Kaskikot



Striving for Peace & Symbiosis (Volunteering)

For the betterment of human civilization, I consider deeply to plant around us; plantation of plants and new things. So that, it helps in global warming issues, gives food and shelter to all the living creatures and regulates ecosystem. Like wise, to bridge one village to another, one people to another are the most important thing in the present world. This is to imbue the feeling of cordiality and brotherhood. Make people understand worth of toil, sweetness of patience, Reuse / Recycle, respect nature's creation is the need of present society. I want to give a precious gift "Green World" to my future generation. Anybody interested to join hands with us may visit www.tushitanepal.com and perceive its goal / vision. Down Picture". Dr. Yamaguchi "A Man with a heart

平和と共生のためのボランティア

文明的な社会にとって、木を植える行為はとても大切なことだと思います。木を植えるということは、生態系の為だけではなく、その地に生きる人たちの希望や、子供たちに正しさを教えることにもつながります。

現在は多くの人々は、人々の間に壁を作り、自己の利益を求めてばかりで、とても悲しく思います。壁を乗り越えて、村と村の間に橋を作り、人と人の間に橋を作ることは、平和実現のためへの道です。われわれの目的は、人々に人類愛と真心を育んでいただくことです。人々に汗をかくことの価値と、努力をして結果を待つ忍耐を知っていただきたいと思います。自然を大切にすること（たとえば再利用とリサイクル）は現在の社会にとって必要なことです。次の世代へ貴重な贈り物、緑あふれる世界を送りたいと願っています。興味をもたれた方はwww.tushitanepal.com をごらんください。われわれのゴールやビジョンに賛同いただければ、是非ご参加いただければ幸いです。



Save Environment



Bio' Fuel



Eco Farm



Shitake



Wheel Chair



Health Campaign



Plantation



Education for all

