

Babu's Trekking News

Hello friends of Babu, welcome to the first edition of my trekking news. I realise that many of you live a long way from Nepal and lead busy lives so keeping up to date with the latest news from the mountains is not easy for you. I hope after reading this little note you will want to come to Nepal even more or if you have already been here you will also miss Nepal even more and come and trek with me soon.

Mountain News



Trekking season is in full swing now and the weather is just great for a few days in the mountains. So why not try a trip up the Kaligandaki valley to Jomsom and then on to Muktinath. This picture taken recently on the trail is looking north from Jomsom towards Kagbeni, doesn't it look beautiful.

What's the weather like you ask well in the autumn its sunny days and

cold nights this far north and usually in the afternoon it gets quite windy.

So if you want to get the flight from Jomsom to Pokhara on your way back its an early morning flight or you will have to wait till the next day.

The road from Beni to Jomsom was effected by a landslide just north of Tatopani last summer as you might be able to make out in this picture below. Its still not passably by vehicles at this point but a short scramble across a few hundred metres of scree will get you back on the road again. So if you don't want

to fly from Jomsom, its possible to drive in a 4x4 to Beni as long as you don't mind the little walk just before Tatopani. If you are very brave you can get a local bus instead of a 4X4 just before Tatopani for the last bit of the journey to Beni. Just remember its 20 minutes in the plane to Pokhara and 12 hours if you decide to try the "road" transport.



What's Cooking Babu

Have you ever tried Tibetan Bread? For those of you that have been trekking before I would think the answer is almost certainly yes.

For those yet to come to Nepal here is a chance to taste what's in store on the early morning breakfast table in your very own tea house.

Well I don't think its too easy to buy Tibetan bread in your local shop where you live so why not make your own by following this mountain recipe.

This recipe makes 4 pieces of bread .

Ingredients

- Two cups of flour (Any kind of flour is okay, wheat, plain, or self-rising. If you use plain flour, you will need a bit of baking powder.)
- Four tea spoons of baking powder
- One cup of water

Making

For the most simple version of this bread, you mix the flour and a little water very well by hand and keep adding water until you can make a smooth ball of dough. If you like, add a bit of butter or applesauce to the flour before you add water for special flavour

Making continued

Knead the dough very well until the it is flexible.

When you have finished kneading the dough, separate it into four pieces and roll them into ball shapes. Then leave the dough balls in a container with a lid on for fifteen to twenty minutes.

After that, place one of the ball shapes on a flat surface and roll it out with a rolling pin, making a flat, round shape about 1/2" to 3/4" high. Repeat with all your dough.

Cooking

Cook in a large non-stick pan with some no-stick spray. You can use a little oil or butter if you want. First, heat up the frying pan until it gets hot. Turn down the heat to medium,



This is the Tibetan bread ready to eat

put the bread in the pan and cover it with a lid. Cook 15 minutes on medium heat. You should turn over the bread every four or five minutes, so both sides of the bread get cooked well.

Eating

I like my Tibetan bread with a little jam or honey but I suppose that's a personal preference, so after you have made it you can decide how you want to eat it, just close your eyes eat and think of the mountains as you taste it.

Important things to know

about arriving and departing Kathmandu.

You need a visa to enter Nepal. It can be obtained at the Nepal embassy or consulate from your home country or you can get one when you arrival at Kathmandu's Tribhuvan International airport or at any road border. When you arrive



View of Annapurna range

at Tribhuvan airport in Kathmandu before you present your self and your visa you need to complete and immigration form to hand to the visa official.

When its time to go home you will need 1695 Nepalese rupees (approx 25 US dollars) to buy the necessary exit permit at the airport .

Arriving at Kathmandu Tribhuvan Airport

For the best view of the mountains when you fly into Kathmandu, travellers from the east need to be seated on the left hand side of the plane and those travelling from the west need to sit on the opposite side to get the good view.

The Great Himalaya trekking service is simply the best.

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ourselves on providing a first rate service to all our clients, visit our website at www.greathimalaya.com to find out more and read testimonials from our clients.

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Goodbye from Babu



See you soon I hope

*Babu
your very special
mountain guide.*

If you enjoyed reading my first news letter I would like to hear from you, also if you have any comments or suggestions as to how I can make the news even more enjoyable please lets me know.