

# Babu's Trekking News

*Well happy New Year to all my friends, some more news for you from the Mountain Kingdom of Nepal.*

Even in Kathmandu we get a taste of winter, just now its nearly freezing at night time but during the day when the sun comes up it get a bit warmer. The days might be a bit chilly here in Kathmandu now, but it's even colder in the mountains, its  $-2$  degrees at night and about 12 to 13 in the daytime on the Poon Hill circuit, so just right for a nice bit of trekking. We still have plenty of people trekking in the mountains; just the other day when I was at Poon Hill I counted over 80 people watching the sunrise.

Both at Annapurna base camp and at Everest base camp it is really cold right now and only a few really hardy people go there in the moment. Do you want to try it or would you prefer to go to Poon Hill where it's a bit warmer? Give me an email and I will sort it for you



*Sunrise at Poon Hill*



*View from Poon Hill just after sunrise*

## How many New Years do you have ?

Did you know that Nepal's new years day is known as "Navavarsha". The official Nepali calendar year runs from April to March, its ahead of European calendar years.

Festival dates in the country are dictated by the Lunar calendar. The Nepali year commences in mid-April and is segregated into 12 months. The Bikram Sambat calendar as its known is 56 years 8 months ahead of A.D. so its

2065 here in Nepal, However that's not the complete story because Nepal's high-



mountain people use yet another calendar, its derived from the Tibetan and Chinese calendars, with its New Year falling in mid-February. By the Sherpa calendar it is currently 2138.

Don't worry if you want to come on a trek because we also use the Gregorian calendar, so I know the 12 months of the year that you are familiar with and I can fix you up with a trek in any of the months from January to December.

## Mustang - Journey of Transformation

The kingdom of Lo, or Mustang, politically part of Nepal but culturally and geographically Tibetan, is home to 6,000 Lobas. Most of them trade in the winter and practice subsistence agriculture the rest of the year. If you haven't been this way before or would like to remember what its like,



*The prayer wheels at Kegbeni*

try watching the short film called Mustang - Journey of Transformation narrated by Richard Gere, [click on this link](#) to visit this site on U tube video

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## How much Dal Bhat does it take to get up Poon Hill

**Dal bhat** is a traditional South Asian and staple dish which is essentially rice (bhat) and lentil soup (dal). This is the most common food in South Asian countries specially Nepal.

Generally eaten twice a day with another (usually spicy but sometime bitter or sour) dish called tarkari which can be either vegetarian or non-vegetarian, usually depending on whether the day is a celebration of some kind.

The recipes vary by locality, ethnic group, family, as well as the season. Dal generally contains lentils (different types are used according to taste), tomatoes, onion, chilli and ginger along with herbs and spices such as coriander, garam-masala and turmeric.

If you know the answer, email Babu at [mountain\\_guide1@yahoo.com](mailto:mountain_guide1@yahoo.com)

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## Goodbye from Babu



See you soon I hope

*Babu  
your very special  
mountain guide.*

If you enjoyed reading my 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.

*Written and produced by Babu ram Karki and friends*