



POKHARA LODGE



ROOM & GENERAL INFORMATION

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TIGER MOUNTAIN POKHARA LODGE

Welcome to Tiger Mountain Pokhara Lodge. The following information relating to our lodge and the facilities available will help you to enjoy your stay with us. We stress that we are here to ensure that you have an enjoyable holiday. Please do ask us if you have any questions, ideas how we can take better care of you, or if you are not happy with any of our services or facilities. The sooner you ask, the sooner we can resolve matters! Even if not explicitly offered, if you would like something, let us know and we will try to provide.

FIRE PROCEDURE

In the unlikely event of a fire, the alarm will be raised by shouting FIRE. Please go immediately to the swimming pool area. Do not delay to collect personal effects. Staff will be on hand to assist you. There are smoke detectors in every bedroom.

EARTHQUAKE ADVICE

In the event of an earthquake, do not panic. Leave your room in an orderly manner taking a pillow or chair to cover your head as you exit – beware falling roof slates. Move to an open area and watch for falling branches, etc. If you cannot leave your room, sit under a table. Staff will be on hand.

EMERGENCY CONTACT

There is a whistle in each bedroom for attracting attention in an emergency.

RESPONSIBLE TRAVEL ADVICE

Throughout the following information pack you will see two different types of boxed text. These boxes highlight our efforts to spread the word of Responsible Conservation Tourism, or travelling with a conscience.

Conserving the Environment

Tiger Mountain Pokhara Lodge makes every effort to minimise any negative impact on the environment. These snippets of advice suggest ways in which you can minimise your impact on the global and local environment.

Respecting the Local Community

Tiger Mountain Pokhara Lodge works hard to earn the respect of the local community. We have included a few pointers on how you can help ensure tourism is seen positively.

In this information folder we have tried to provide some knowledge of local products and information about the surrounding area. You will find sections on Nepalese tea and soap, which are both available in our gift shop along with a range of other Nepalese products. There is a reading list should you wish to explore more about Nepal.

Should you wish to keep any of this information it is all available at www.tigermountainpokhara.com click on Further information at the top of the screen.

Conserving the Environment

In order to save paper and printing, we ask that, if you have access to the internet, you leave the information sheets in your room. Should internet access be a problem, then please let us know and we will print a set for you.

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1 GENERAL INFORMATION

1.1 CONCIERGE & INFORMATION

The bar serves as our 'Front Desk'. Dol Raj Shrestha can answer any questions you may have or will find the answers for you! He also takes care of the shop and has keys to Colonel Jimmy's Library. Purchases can be made and bills settled at the bar. He is assisted by Sujan Kumal.

1.2 FOOD & BEVERAGES

All our vegetables, salad, and fruits are washed thoroughly and sterilised with potassium permanganate. Most of the salads, herbs, and some of the vegetables are grown organically in our gardens. Other supplies are sourced as locally as possible. Please do not take food into your rooms as this encourages rodents and insects.

We would love to participate in any special celebrations; please make the Guest Relations Officer aware of the day and occasion. All meals are served in the lodge dining room or al fresco on the terrace. The following is a guideline to meal times. Should you wish for a meal outside these times, please let us know and we will ensure food is freshly prepared for you.

Breakfast

7.30am onwards

Breakfast is served by our stewards at your table. We lay emphasis on homemade food so you will find freshly baked bread each day. This is complemented by Nepalese honey and homemade marmalade or jams. Fresh fruits and juice vary with the seasons; cereal, muesli, yoghurt, and porridge (in winter months), as well as eggs and a selection of cooked options are available daily.

Lunch

12.30pm onwards

We offer a Nepalese buffet for lunch. The curry spices are authentic and often include herbs from our own gardens and the surrounding villages. We do however moderate the level of chilli to ensure the food is not too hot for those not used to spicy food. To accompany the meal we serve a homemade Achar (chutneys) and a salad that includes fresh green chillies for those who like it hot. Please do not mistake them for beans! Fresh rotis (flat bread cooked over an open flame) or puris (a fried bread) are also served with dry papad (poppadum). Alternate light lunch options are available on request.

Afternoon Tea

Tea, including best Nepal Ilam tea (similar to Darjeeling), fresh organic Nepalese coffee, organic green tea from east Nepal, home-grown herbal infusions, hot chocolate, and a range of light snacks - sandwiches, homemade cakes, and biscuits - are always available at the main lodge or the privacy of your veranda. Should you care for a light snack, do not hesitate to ask Dol Raj or any of the stewards.

Drinks & Snacks

from 6.30pm

Enjoy the evening with a cocktail of your choice and complimentary bar snacks.

Dinner

at around 7.45pm

Our stewards will serve a continental dinner. First courses range from hot soups in the winter months to lighter starters such as pates and light cold (hot options also available) soups in the summer. We serve chicken, pork, and buffalo dishes in rotation for the main course followed by a range of tempting puddings. A traditional Nepali Thali is also available. Our stewards will ask for your choice of dinner.

Packed Lunch

Guests departing by road are welcome to sample our picnic breakfast or lunch. For breakfasts, our masala omelette roti wrap and bacon sandwiches are well acclaimed. In the lunch boxes we supply freshly made sandwiches accompanied by a selection of tempting nibbles such as vegetable quiche, samosas, devilled eggs, pies, roti-wraps, cake, seasonal fresh fruits, and fruit drink.

Eating Out

We have information on local restaurants in the lakeside area of Pokhara - please ask if you want ideas for a safe place to have a snack while out and about. We have similar information for Kathmandu too.

Dietary Requirements or Preferences

If you have any special dietary requirements or particular favourite foods, please tell the Guest Relations

Officer. Alternate meals can be arranged without difficulty. We have a special Children's Menu and the kitchen will happily make special meals, baby's milk bottles, etc., to order.

Water Safety

All water served during meals and which you will find in flasks in your room, has been purified using a multi-stage Euro-guard filter making it safe to drink. The ice from the bar is also made from the same water. If you would prefer to drink mineral water, we have bottles available for purchase at the bar.

Conserving the Environment

Visitors to Nepal leave behind approximately 100,000kg of water bottles per year. Plastic cannot be recycled effectively in Nepal. By refraining from purchasing mineral water you can significantly help to reduce the problem. If you would like us to fill a water bottle with purified water to take on activities, feel free to ask. We have a supply of water flasks if needed.

Bar

We have a fully licensed bar which is stocked with a wide range of soft drinks, beer, local and imported spirits. Our barmen Dol Raj Shrestha and Sujan Kumal have a range of interesting cocktails for you to sample. The bar is open throughout the day and until the last guest retires in the evening. Please settle your account with the barman on departure. Please note that we reserve the right to charge corkage on drinks brought to the lodge by guests.

1.3 ROOMS

Electricity/Lighting

The lodge operates on both mains supply and our own generators. Voltage is 220V and 50Hz. Please note that domestic power in Nepal is not very stable and can surge unexpectedly. We cannot recommend you use the power sockets in your rooms for sensitive electronic equipment, such as computers, video cameras, etc. Please speak to a member of the staff if you want further advice.

Should there be a power-cut, we will run our generator to provide lighting until 30 minutes after the last guest has retired, or 10:15pm, whichever is sooner. Regrettably, we cannot run the generator for longer due to noise pollution and over-heating. Torches and emergency lights are available in all the bedrooms.

We recommended that guests bring the room's torch with them for dinner. The torches are the wind-up type to mitigate the environmental difficulties with disposal of batteries. The stewards wind the torches when making up the rooms. However, you are welcome to top up the charge with gentle winding.

Conserving the Environment

Please turn off all lights and fans when leaving your room. The electricity supply is limited and can be over-loaded. We provide ecologically friendly, wind-up torches.

Water

Drinking water is provided in flasks by the beds and in the bathroom. This is filtered with a Euro-guard system. Please tell any of the staff if you require more water, or prefer a flask of hot water. Bottled mineral water is also available at the bar (see our note above on the environmental implications of mineral water bottles). Please ask and they will supply your room.

Water heats up quickly but is short lived! It is best to wait about 20 minutes between showers or take short showers. If you do not receive warm water in your room, please let the stewards or Guest Relations Officer know.

Conserving the Environment

By turning the tap off while brushing your teeth or washing your hands helps to reduce the amount of water you use.

If you would like your towels changed, please leave them on the floor otherwise they will be left for further use. Similarly our bed sheets are changed every third day. Please ask if you want them changed on a different timescale.

Conserving the Environment

As part of our commitment to the environment, we try to minimise the changing of towels and bed linen. We ask that if your stay is for an extended period, you advise us how often you would like the bed linen to be changed.

Heating

In the winter months our stewards will light a kerosene heater in your room at around 4:00pm in the afternoon. This will only be done automatically on the day of arrival. Please let the stewards know if this is a service you require on subsequent days. Do not attempt to light the heater yourself but should you wish to turn the heater off push the red button or alternately, turn the knob slowly anti-clockwise until the wick is right down. Do not leave the heater burning at night and always ensure there is adequate ventilation. A hot water bottle will be placed in your bed at night, so don't be alarmed to find what might appear to be a warm creature already there when you go to bed.

Miscellaneous

Our hand-made soap contains only olive, palm, and coconut oils and is scented with citronella, a natural insect repellent. It lathers well and is generally suitable for those with sensitive skins as long as not sensitive to citronella. If you do not like citronella, let us know and we will provide alternate soap. A shampoo bar is also available on request. Both the soaps and further items from the manufacturer are available for sale in our shop.

Umbrellas are also provided. The rooms are sprayed with natural citronella as a mosquito repellent. We recommend you keep your room door closed from about 3:30pm to keep insects outside.

Conserving the Environment

Anti-mosquito coils are provided in the hot weather but please use only if really necessary, as they are harmful to the environment.

Mosquito coils are provided in the hot weather. Extra blankets, Nepalese duvets, and pillows are readily available. Please ask the stewards.

1.4 HOUSEKEEPING

If you need minor repairs to clothes, a hairdryer, charging of camera batteries, etc., please speak to any of the staff who will make necessary arrangements for you.

1.5 LAUNDRY

We are happy to provide a laundry service but strictly at guests own risk and liability. As clothes are hand washed and sun dried, we cannot accept any responsibility for fading, damage or loss. However, our laundry staff will take every care to look after items sent for washing. For cultural reasons we do not wash underwear and socks. If you need some laundry soap for washing underwear, please ask a room steward.

If your stay is short, we may not be able to dry your clothes in time for your departure. However, we will do our best. Please leave the clothes in the laundry bag provided and tell a room steward. There is a laundry charge per item.

Conserving the Environment

We aim to minimise the use of detergent soaps for environmental reasons, as there are no effective treatment facilities here to neutralise these soaps. Your assistance to minimise laundry will thus be much appreciated as it helps us to achieve our objective in minimal environmental impact.

1.6 LIBRARY

Situated adjacent to the bar is Colonel Jimmy's Library; named after the founder of Mountain Travel, Colonel Jimmy Roberts, who established the trekking industry in Nepal. His eclectic collection of books forms the core of the library. Also available is a selection of light reading. Please feel free to swap your used novels for one from this section. A selection of newspapers, magazines, and periodicals is also available. Wildlife field guides and a selection of scientific papers on Nepalese conservation issues are in their own section of the

library.

1.7 MEDICAL

Should you feel unwell, please contact any of the staff.

1.8 SECURITY

While we are confident that your possessions are safe in your room, we do provide light padlocks for your bedroom door because of the very open nature of the lodge area. Should you have items of value and are concerned, we can store them in the office safe. However, we cannot accept responsibility for any items deposited in our office safe. At night, guards patrol and are only a call away should you need help. A whistle is provided for emergency use only.

1.9 SMOKING POLICY

We regret that the government has introduced legislation to ban smoking in all public places. We therefore must request you not to smoke in the bedrooms or main lodge area. There are smoke detectors in the rooms.

1.10 COMMUNICATIONS

International, national and local calls can be made from the office. Faxes & e-mails can be sent by special arrangement. Please ask our Guest Relations staff if you wish to make a call, send a fax or e-mail. Communications will be charged with your bar bill. Local calls are free. Please note that as we are in a remote area, costs are high.

1.11 DEPARTURE

Please settle your account with our barman. We accept Travellers' Cheques, local and convertible currency, Visa and MasterCard credit and debit cards. We can drop guests at the airport and most locations in central Pokhara.

We hope you enjoy your stay at Tiger Mountain Pokhara Lodge. Please feel free to ask us any questions. There is also a 'Comments Form' in the room folders – we welcome your thoughts and ideas on how we can improve our services. Please spare a moment to fill this out.

1.12 STAFF

Our staff are here to take care of you. Please do not hesitate to ask them. For your information, the department managers are:

Managing Director	Marcus Cotton
Guest Relations & Operations	Jhanak Chaudhary
Administration & Accounts	Ishwar Basnet
Stewards, Bar & Housekeeping	Dol Raj Shrestha
Head Cook	Lalu Mahato
Stores & Purchasing	Gyan Paudel

Tipping

We do not permit individual tipping at Tiger Mountain Pokhara Lodge. Instead, we have a tip box, which is located by the guest book in the hall of the main lodge. This covers all staff that work equally hard both in front and behind the scenes to ensure you have an enjoyable stay. All guides, drivers, and all the lodge staff are included in the distribution. The proceeds are divided equally among the staff each month. Some guests ask for guidance as to an appropriate tip. This is a complex issue and we reiterate that any tip is entirely discretionary. However, as guidance we would suggest that about Rs.800-Rs.1000 per person per day would be indicative of local norms. Please note that there is a statutory 10% service charge added to your bills.

2 ACTIVITIES

Tiger Mountain Pokhara Lodge activities benefit from the challenging, scenic surroundings. The altitude is about 4,000 feet (1,220 metres), just a little lower than Kathmandu. Whether your interest is bird watching, culture, or simply to get an insight into this beautiful and fascinating country; we will try to tempt you from the comfort of your balcony chairs.

One of our guides, who are knowledgeable on the local culture, flora and fauna, and particularly the many species of birds to be found in the Pokhara area, will accompany guests on all walks. They are always keen to venture out into the unknown, so if you are adventurous, why not set out on a day of discovery.

We suggest that you take plenty of water, sun-cream, a hat, and sunglasses and have suitable footwear. Our guides can carry water and lunch boxes in their backpacks for you. We will arrange a box lunch for the longer walks, and the lodge has a supply of hats and walking sticks. Please note that some activities incur an additional charge. While we take every effort to ensure that all the activities are responsibly and well conducted, we cannot accept any liability for activities provided by other organisations or operators. Our guides will carry a small first aid kit on walks.

Respecting the Local Community

Quite often, you will be joined by children on their way to one of the many schools found in the area. They are always curious to know where tourists are from and are keen to practice their English; so do not be surprised if you are asked many questions. Please do not encourage begging by giving sweets, money or gifts – however beguiling they may be! It is not good for them in the long term as it encourages them to skip school and is bad for their teeth. If your wish to support the local community we are more than happy to ensure your contribution ends in the hands of the most deserving. Please discuss with the guides if you wish to visit or make a special presentation to local schools or similar.

Please ask permission before photographing local people. The majority are more than willing to have their photo taken but it shows respect to ask first. We are happy to print pictures and distribute them to local villagers.

Conserving the Environment

We ask that you keep all litter with you or pass to your guide during activities. For smokers we advise that you carry a small container, such as an old film canister, to collect used cigarette butts. Not only is litter unsightly it can be dangerous to animals.

Please do not smoke in forest areas as this can pose a fire hazard in the dry season.

Respecting the Local Community

Dress – Nepal is a conservative society and we ask that our guests dress appropriately when out on activities in the village or further afield. Ladies should wear either long trousers or skirts to the knee. Blouses should not be low cut or too revealing; generally the upper arms should be covered. Gentlemen should avoid skimpy shorts and should wear a shirt or T-shirt that covers the torso.

2.1 SHORT FOREST & VILLAGE WALKS

To get a taste of what's on offer, why not start with a short, guided walk around the lodge's immediate vicinity. There are many trails utilised by the local residents, which lead through the villages, passing fields of millet, mustard, potatoes, and other crops, depending on the season. There are many different species of plants, some used for medicinal purposes, which will be pointed out by our experienced guides. There is also an abundance of birds. Specialist bird-watching walks can easily be arranged for keen birders. We can also provide a checklist of birds and butterflies for the area. Field guides are available from the Col. Jimmy's Library. Please let the guide know your interests and how long you wish to walk; he can then design a walk to suit you.

2.2 LONGER HIKES

Gurung Village Walk

6 to 7 hours

A walk along the ridgeline to the east of the lodge, takes you through the village of Kalikasthan (Kali is one of the Hindu goddesses). From here, you will follow the main trail to the left through patches of beautiful forest. This trail leads to a village populated by Gurung people, one of the many ethnic groups to be found in the middle hills of Nepal. The Gurungs are known as hardy mountain people with Mongolian features, and provide many recruits for the Nepalese, British and Indian armies in their Gurkha Regiments. The interesting lifestyle and culture of these people can be seen in the village of Thuloswara. If you feel up to it, add an extension via Lankathar, another scenic village. From Thuloswara, walk downhill via, Lankathar to the Bijaypur River. The effort level now intensifies, with a 1,000 feet (305 metres) ascent to the ridgeline and main trail, which leads back to the lodge.

Please note: During the early weeks of the season the Gurung Village Walk may involve fording rivers and minor streams, therefore it is advisable to carry sandals or flip-flops.

Khahare/Naudanda Walk

6 to 7 hours

Drive to Khahare (45 minutes) at the north-west end of Fewa Tal (lake) then walk uphill to Austrian Camp through mixed forest, farmland, and local communities. From Austrian Camp the route leads down to Dhampus, a charming, predominantly Gurung, village. The trail then drops further down the ridge to Phedi (the road-head). A vehicle will be waiting to drive back to the lodge (45 minutes). This walk is a typical 'trek-in-a-day', with good views of Fewa Tal and Machhapuchhare (Fishtail). There is a transport charge for this walk.

Pokhara Valley Rim

6 to 7 hours

Drive to Tutunga (45 minutes) where the walk starts. Initially the trail passes to the base of hills on the southern edge of the Pokhara Valley through farmland. There follows a steady climb for about 1 hour to the ridge through forest (predominantly *Schima* and *Castanopsis sp.*). From the ridge (approximately 1200m / 3,950ft) one has panoramic views of the whole valley and mountains beyond. The undulating trail leads along the ridge through farmland and villages for some 4 hours then descends to Chiradi where the vehicle will be waiting to drive back to the lodge (45 minutes). There is a transport charge for this walk.

Thulakot & Ramchekot Walk

5 hours

Walk from the lodge (or drive to Kalikasthan 15 minutes) then start walking steadily uphill through diverse cultural villages and farmland to Thulakot (1250m / 4,100ft), an ancient boundary fort site of the Kaski Rajas until their annexation by King Prithivi Narayan Shah in the 18th century. There is a small Bhairav Temple in fort remains. To reach Thulakot takes about 2½ hours. Walk along the undulating ridge to Ramchekot (approx. 1425m / 4,675ft) with fine views (1 hour) and take in panoramic views of the Pokhara Valley and over into the Madi Valley of Lamjung district. Descend gradually to Deomadi (45 minutes) and back to Kalikasthan via Chitepani. From Kalikasthan either walk or drive back to the lodge.

Begnas Lake Walk

4 to 5 hours

Walk to Kalikasthan village from where you continue to follow the main trail to the right. On reaching Kaulikot, you will be greeted with views of the valley and Begnas Lake, the second largest lake of the valley. The walk from Kaulikot descends easily through villages and on to the lake itself. At Begnas there is the option of hiring a boat for a short ride in the tranquil surroundings, before meeting one of our vehicles for the 40-minute ride back to the lodge. This walk incurs a charge for the vehicle pickup.

Bhimirepani Walk

3 hours

This is a very pleasant general village and farmland walk through communities of varied groups and castes with the advantage that it is largely on the level or undulating without any serious steep climbs or descents. Leaving the lodge the walk goes to Sundar Gaun (above Khaste Tal) then through local forest to Narasapur (a good area for bird watching) and through farmland to Bhimirepani before returning to the lodge.

Bijaypur River Walk

3 hours

Descend from the lodge along the spur to the big bend in the Bijaypur River (a descent of about 305m / 1,000ft) thence along the riverbank to Sangako Mukh. The path then climbs up to Murali Chowk for a vehicle pick-up and drive back to the lodge (15 minutes) or, alternately, one can walk back up (1½ hours). This makes a good morning bird-watching walk, returning in time for lunch.

Shanti Stupa Walk

3 hours

Drive to Pokhara to the dam at the end of Fewa Tal (water from here goes to a small hydro-power plant at the southern edge of the valley) and walk up the forested hill called Raniban to the Shanti Stupa, or Peace Pagoda, from where there are good views of Fewa Tal and the Annapurna and Dhaulagiri Himal. The path then descends to the lake shore and one can take a boat across to Barahi Ghat at the heart of the Lakeside area. There will be time for souvenir shopping / e-mail, or to have a refreshing drink or snack at one of the many lakeside restaurants and bars. The drive back to the lodge takes about 30 minutes. There is a transport charge for this walk.

2.3 POKHARA SIGHTSEEING TOUR

If you would like to leave the peace and tranquillity of the hilltop to explore the Pokhara Valley, we can offer a tour of Pokhara and the surrounding area. This enables you to visit interesting places such as the local market, the deep Seti River Gorge, Devi Falls, Mahendra Cave, Hindu temples, Buddhist monasteries, and museums. You can also hire a local boat or sailing dinghy and enjoy an hour or two on the famous Fewa Lake, or stroll through the lakeside area for your souvenir shopping. There is a charge for this service.

Pokhara a la Carte

If you do not want a guided tour, let us know and we can drop you and collect you at an agreed time, leaving you free to explore at your own pace. There is a charge for this service.

2.4 SWIMMING POOL

The pool is UNSUPERVISED and unheated. Please do NOT dive into the pool. All swimming is entirely at guests' own risk. Under no circumstances are children under 16 permitted to swim unless supervised by their parents or guardians. The depth at the shallow end is 4 feet (1.22 metres) and at the deep end 6 feet (1.83 metres). Towels and deck chairs are provided at the poolside. The pool is kept clean with chlorine and is checked daily to maintain reasonable levels. Changing rooms and a "thunder box" toilet is available at the poolside.

2.5 OTHER ACTIVITIES

Pokhara is host to a range of activities. Charges vary so please ask our Guest Relations staff who can brief you. We can arrange the following for you at extra charge:

Golf

The Himalayan Golf Club is described as one of the top five 'exhilarating' courses. The course is owned by Major Ram Bahadur Gurung of the British Gurkhas. The setting is unique and stunning with the main holes being laid out along the Bijaypur River gorge. The club will provide caddies, clubs, and related kit. This course is reminiscent of traditional highland courses on rough terrain, rather than the modern 'manicured' courses more often encountered. The holes are challenging and the variety of scenery makes this course a pleasure for player and non-playing escorts alike. A small clubhouse provides simple snacks and refreshing drinks.

Para-gliding & Para-Hawking

This is perhaps the most exhilarating experience available in the Pokhara Valley. You soar like an eagle with the majestic peaks as a backdrop and the birds as your companions. Professional companies, with the approval of the Nepalese Civil Aviation Authority, operate this service. The pilots are all fully trained.

Micro-light flights are also available.

Conserving the Environment

Para-gliding uses no fuel so must be considered a "greener" activity than the micro-light flights.

Mountain Biking

Please ask us if you want to take mountain bikes and explore. We will need 12 hours notice.

Tennis

Tennis courts are available in Pokhara and can be booked by us.

Fishing

Coarse fishing is available on Fewa Lake. We can make all arrangements for the hire of tackle, bait, boat,

and English-speaking guide. We encourage catch and release using barbless hooks. For enthusiasts, there can be few settings as dramatic as fishing from a boat with the towering peaks of Annapurna South and Machhapuchhare (Fishtail) dominating the skyline.

Sailing & Boating

Some basic sailing dinghies are available on Fewa Lake and we can arrange hire for you. Paddle boats (with, or without, a boatman to do the paddling) can be hired from Barahi Ghat.

2.6 MASSAGE & YOGA

We can arrange the services of an expert Masseur / Masseur to relax tired muscles after a trek or just to while away the tensions of modern life in the privacy of your own room. Professionally trained, our masseurs are skilled in Ayurvedic, Hara, Shiatsu, and Reiki. These are traditional Asian massage techniques based on manipulation and use of the body's meridian pressure points. Ayurveda was founded in India thousands of years ago and retains wide usage to date.

Yoga training is available for beginners or those already more experienced. This can range from basic breathing (pranayam) and simple postures (asanas) to the more advanced levels. Meditation sessions are also available.

We need 2 to 3 hours advance notice for these services, which are subject to extra charge. Details are available at the Bar.

2.7 FURTHER TRAVEL ARRANGEMENTS

We can arrange scheduled flights and charters to all destinations in Nepal and internationally. Cars can be hired to drive into the mountains or for excursions. Please feel free to discuss any ideas you may have.

Trekking & White Water Rafting

Through our sister companies, Mountain Travel and Himalayan River Exploration, we can arrange treks and white-water rafting on Nepal's dramatic rivers. We can arrange a short but exciting seasonal rafting trip on the rapids of the upper reaches of the Seti River. A 45-minute drive to the north of Pokhara Bazaar brings you to the start point at the confluence of the Mordi and Seti Rivers. After a safety briefing, you start a 2 to 3 hour descent of a series of rapids on the Seti before reaching Phusre, the end-point. From there you will drive back to Pokhara Lakeside (about 30 minutes) where we will collect you. Additional time for exploring the Lakeside can be included.

2.8 EXTRA CHARGES

Please see separate sheet in your room folder or ask our Guest Relations staff, who will be happy to advise.

3 GIFT SHOP

Nepal is a good place to pre-stock with various gifts for souvenirs, birthdays, and for Christmas presents. Tiger Mountain Pokhara Lodge can supply the following items to order during your stay or from our own shop. They are displayed in a wall cabinet located along from the bathrooms in the main lodge. Please ask the Dining & Rooms Manager, Dol Raj, or the barman, Sujan, if you need help.

Nepal Teas

These come in attractive packing and the quality of the tea is good, in the style of Darjeeling tea. For more information see 'Section 4 – Specialty Teas'.

Nepal Organic Coffee

Nepal Organic Coffee Company produces good coffee (as served at the lodge) well packed to standards permitted for import into foreign countries. We recommend the whole medium-roast beans.

Handmade Natural Soaps

These are made by a specialist company in Kathmandu, Wild Earth. Particularly popular is the Spikenard Soap – spikenard ointment being the preparation recorded in the bible for the anointing of Christ. This grows only in the western Himalaya. The Intrepid Traveller range is also fun and commemorates noted 19th century women explorers. Small 'Guest Soap' sets are available – please check our shop for the range in stock. For more information see 'Section 5 – Wild Earth Fair Trade Soaps'.

Handmade Essential Oils & Spa Treatments

Also by Wild Earth, these essential oils are ideal for scenting rooms, using in incense burners or for mixing with neutral oil for massage. They can even be added to furniture polish! The Tibetan Hotsprings set comes in individually hand-painted boxes by leading Buddhist painters. Yogi & Yogini Salt scrubs are good for exfoliation.

Handmade Nepalese Paper

Nepal has developed a leading position in the manufacture of artisanal paper based on old traditions. The paper is made from the bast (inner fibre) of the Daphne shrub, which grows in the middle hills of Nepal. It is a sustainable product and provides much needed rural employment. We stock some of the best quality items including writing sets, biros, notelets, and cards. We can also supply wrapping paper made with pressed flowers or with traditional Nepalese block prints.

Tiger Mountain Chutneys and Preserves

If you like our jams, marmalades, chutneys or even our powerful chilli sauce, these can be bottled and labelled for you. Please check regulations of your country regarding food imports.

Tiger Mountain T-shirts & Branded items

We have pure cotton t-shirts in a range of sizes and colours, including special sizes for children. These are ideal for casual wear. All should be colour-fast (our supplier tells us!) and machine washable. Tiger Mountain fleeces and hats are also available in a range of adult sizes.

Pashmina & Traditional Print Items

Please see our shop for Nepalese cashmere shawls and other traditional print items such as place mats and napkin sets. Superfine pashmina (ring shawls) and luxurious blankets are also available.

Traditional Artefacts & Bronze ware

The Newari community of the Kathmandu Valley (and in Pokhara) have been skilled metalworkers and metallurgists for centuries. We have an occasional selection of some traditional wares – not light in the luggage but authentic souvenirs made in the same manner for centuries by traditional craftsmen.

4 SPECIALITY TEAS

Nepal has a growing reputation for its tea production, which has developed fast over the past 20 years or so. The best teas produced in country provide a stiff challenge to Darjeeling's pre-eminence as the world producer of orthodox¹ tea. Germany has long taken over from London as the main European market for these teas and buyers from that country make regular visits to the tea growing areas in the east Nepal hill districts of Sankhuwasaba, Ilam, and Dhankuta. Their presence has driven up quality and production standards.

We serve, and have for sale, seasonal examples of Nepal's best teas.

Orthodox "Black" Tea – these are made in the traditional manner, harvesting "two leaves and a bud" in the early morning. The leaf is then wilted, bruised, fermented, and dried. The bruising releases leaf juices that then ferment. The drying process halts fermentation and preserves the tea leaf.

CTC Tea – CTC stands for cut, tear, curl. The process was developed in Assam, India. The raw leaves are wilted, cut up, fermented and curled before drying. This produces the typical granular tea used for making a stronger cup of tea with a rich, dark liquor.

Green Tea – the raw leaf is wilted and dried. In some cases the wilted leaf is steamed before drying. This retains the freshness of the raw leaf and green teas are said to have beneficial health properties, being rich in anti-oxidants.

White Tea – where only the apical leaf bud is plucked and is processed like green tea. This produces a very delicate flavour.

Oolong Tea – a process similar to orthodox tea making as developed in China. This produces teas of the finest quality.

According to the picking season, teas have different names. Being an agricultural product and very dependent on the weather, tea production varies every year, rather like fine wines.

First Flush² – as its name implies these teas are made with the first spring sprouting of the tea bushes as the new leaves emerge after the winter. These produce quite powerful, aromatic teas. Some people find them too harsh.

Second Flush – subsequent sprouting of the bushes in the summer, but before the monsoon.

Monsoon – pickings made during the monsoon. These are generally used for making green teas, as the climate is inimical to orthodox tea production. Some lower quality orthodox tea is made from monsoon flushes.

Autumn Flush – post monsoon pickings. Generally this flush does not produce as high a quality leaf at the second flush. However, in some years, excellent Autumn Flush teas are made.

Teas, orthodox and CTC, are graded as an indication of quality.

SFTGFOP – premium quality orthodox tea – Super Fine Tippy Golden Flowery Orange Pekoe

FOP – ordinary quality CTC tea – Flowery Orange Pekoe

Fannings – poor quality tea – almost literally the sweepings from the tea factory!

Dust – poorest quality tea – often used for tea bags.

For details of current teas available, please ask at the Bar where we have an up to date list.

¹ Orthodox is a leaf tea, as opposed to cut, tear, curl (CTC) teas that produce the granular and generally stronger liquor teas associated with Assam and Kenya.

² Flush is the sprouting of the tea bush.

5 WILD EARTH – FAIR TRADE SOAPS

Tiger Mountain Pokhara Lodge supplies a handmade herbal soap in your bathroom and in the main washrooms. This is completely biodegradable in line with our commitment to the environment. The soap is specially made for us by Wild Earth in Kathmandu. We sell our soap and other excellent Wild Earth products in our shop.

Every batch of Wild Earth's Pure Himalayan soap is carefully made by hand using traditional soap making techniques. They use natural essential oils, herbs, and herbal infusions, traditional Himalayan ingredients and 100% vegetable oil-base to produce soaps with a luxurious lather that cleans your skin naturally.

Soap making is an ancient art, but new for the people of the Himalayas. Here in rural Nepal, soap-nut, ritha, and other herbs rich in saponin are traditionally used for cleansing. Originally producing herbal pillows, Wild Earth thought soap would be another way to use a variety of beneficial herbs and give women a craft to sustain themselves. Our master soap makers pride themselves in creatively mixing up the oils and herbs to make each batch of the soap by hand for you. To ensure purity and quality they make soaps in small batches using the finest blends of oils and natural botanicals. After curing the soaps for at least one month, they are cut and labelled by hand.

The soaps are not tested on animals, just family and friends!

The Tiger Mountain Pokhara Lodge soap is available for sale in the shop with a selection of other interesting products from Wild Earth including:

Intrepid Traveller

A set of 3 different soap blends (available individually) named after 3 very intrepid 19th century women travellers who would, undoubtedly have appreciated this soap as a little luxury!

Yak Milk

Soap with Himalayan yak milk from the Everest region – Cleopatra, eat your heart out!

Tibetan Hot Springs Spikenard

This soap contains spikenard used by Tibetans as a hair ointment and soothing agent. Gathered in remote northwest Nepal on a sustainable basis this can be used as shampoo too. It comes in attractively packed 3½oz (100g) bars.

Also Available

Why not try a selection of subtly scented body oils, and cleansing skin treatments made to complement the soap ranges.

6 RESPONSIBLE TOURISM

All the Tiger Mountain Group has responsible conservation tourism as its core ethos. As so many of our operations are situated in fragile natural habitats or among local populations whose economic base is precarious, good conservation and responsible tourism go hand-in-hand and make good sense.

Tiger Mountain Pokhara Lodge exemplifies the ethos of the Tiger Mountain Group in Nepal to ensure that we are active partners in the local community. One of the key principles of responsible conservation tourism is that visitors to a country should contribute at least as much as the benefit they derive. We believe this is sound business practice and are honoured that our guests have been active partners in a diverse range of community support and conservation programmes.

We work closely with local organisations in the adjoining villages, always aiming to respond to the requirements of the community. Our focus is on health, education, and the local environment. We seek to bring together village needs with organisations or individuals best suited to provide environmentally sound and sustainable solutions.

6.1 WHAT DO WE MEAN BY RESPONSIBLE CONSERVATION TOURISM?

In a nutshell, that all our operations should impact minimally on the natural environment; should respect and enhance the cultural integrity of local communities; should contribute to mutual understanding between cultures – so that our community can learn about our guests and vice versa in a spirit of mutual respect and friendship; finally that we should work to protect and enhance the bio-diversity of the area in a sound manner. We should be responsible in terms of care for all the widest scope of stakeholders – guests, staff, local and national community, shareholders, etc; that we should give at least as much as we benefit, as individuals, an operation and as an organisation.

6.2 HOW DO WE AIM TO ACHIEVE THIS?

This policy evolves as we endeavour to develop and improve our commitment to the environment, our guests, employees, and the local community. To provide quantifiable implementation of the policy, we have arranged for this to be independently audited. We work with the International Centre for Responsible Tourism (ICRT) at Leeds Metropolitan University, UK.

Environmental Impacts

Tiger Mountain Pokhara Lodge strives to ensure that all its operations have the smallest negative environmental impact possible. To achieve this goal we aim to reduce our consumption of fuel and water, reduce generation of waste (particularly non-recyclable waste), and minimise the use of chemicals.

Landscape & Architecture

Tiger Mountain Pokhara Lodge ensures that the physical infrastructure is in keeping with local architectural styles and that buildings blend into the landscape. Gardens and woodland areas are kept natural with minimal exotic planting.

Governance & Corporate Social Responsibility

Tiger Mountain Pokhara Lodge maintains the highest ethical and professional standards in the internal administration and accounting of the business. We have specific social and non-discriminatory employment and health and safety policies, comprehensive employment benefits and career development opportunities. Purchasing policy prioritises local small producer suppliers.

Education & Awareness

Tiger Mountain Pokhara Lodge believes that the ultimate goals of responsible tourism – an enhanced and sustainable natural and social environment – can only be achieved effectively if all stakeholders are fully informed and aware of the issue. Through such education and awareness, individuals can make a personal commitment to the policy, which is inherently more sustainable than the mechanical implementation of company rules.

Conservation & Community Projects

Tiger Mountain Pokhara Lodge works closely with local partners, national, and international charities. We prioritise community-based and lead organisations to develop and support local environmental enhancement projects. Emphasis in all projects is given to ensure that the ownership is with the community. The lodge undertakes a range of biodiversity monitoring projects and supports various social development and welfare

activities on an ad-hoc and ongoing basis.

Community Forestry

Many people have heard of the problems of deforestation in Nepal. Less know of the great strides that have been made in developing forest management systems based on Community Forestry User Groups. Under this regime, the users of the forest resources of an area are empowered to manage those resources in an agreement between the community and the landowners, the government. This has empowered the users and encouraged better management practice. Tiger Mountain Pokhara Lodge is a member of the Community Forest User Group for the local area which we support with advice, donations and logistic support where needed.

Tiger Mountain Pokhara Lodge works closely with the International Trust for Nature Conservation (ITNC), the Group's affiliate charity. We jointly support the Shillinge Community Forestry Project. Under this project, we have assisted the Community Forest User Group in the development of non-timber forest products for planting on the open land below Prince Charles' Tree. Plantings of broom grass – Amrisu – bamboo, banana and, in the future, coffee has been made to provide a cash crop to complement the timber resources of the main forest. ITNC has also supported the development of a forest nursery to grow timber and non-timber seedlings. The User Group is also fencing and planting other open areas with timber or non-timber mixes with support from ITNC.

Tiger Mountain Pokhara Lodge also funds the wages of a forest ranger, who patrols the community forest to prevent poaching and illicit felling.

Rural Health

Although located close to the regional facilities in Pokhara, self-reliance for simple medical conditions and first aid issues is essential if the city hospitals are not to become over-burdened. Tiger Mountain Pokhara Lodge has supported local health posts. The Nepal Red Cross local branch has constructed a village clinic with our financial support. Similarly, we provide a first aid facility at the Lodge itself and an ambulance service for emergency cases. Additional support is provided for health education, family planning, etc. Our guests have also provided similar support for medical cases in the village where families have not been able to afford treatment. In these instances, Tiger Mountain Pokhara Lodge provides logistic and management support at no cost to help families access the best available medical treatment.

In the past, we supplied two public water taps and four private taps to ensure that a reasonable water supply is available. These continue as a backup in the event of a failure of the new local supply scheme. This has both health and education benefits freeing girls' time for school that would otherwise be demanded for the fetching of water from a muddy spring some five hundred feet below the lodge. It has to be noted that the more economical the guests' use of water, the more we can provide to the village!

Education

Improved primary education is essential for national development and growth. Nepal has improved basic literacy rates significantly over the past two decades. Tiger Mountain Pokhara Lodge supports local schools, including the salary of one teacher – as the government budget cannot provide sufficient teachers – and provision of teaching materials, books, paper, posters, etc. Our guests have been most generous over the years and this has built a rapport between the Lodge and the schools. Tiger Mountain Pokhara Lodge manages the sponsorship funded by our guests of two girls from a remote village who would otherwise not have any access to schooling.

Tiger Mountain Pokhara Lodge has hosted various study groups, including the Eco-Tourism faculty from Tribhuvan University, Pokhara Campus and an "Aama Samua" (Mother's Group) from near Tiger Tops Tharu Lodge in Nawalparasi as well as tours from Tibet, WWF Cambodia and Bamyan Prefecture in Afghanistan. Both the undergraduates in the formal education sector and the mothers in a project established by a leading naturalist at Tiger Tops, learnt about our efforts to develop a sustainable tourism model at Tiger Mountain Pokhara Lodge.

Local Purchases

We aim to purchase as much of our local food needs as possible from within the village and immediate area – thus many of the fruit and vegetables you are served will have been grown locally and bought at fair prices from the local community.

All our Responsible Tourism policies and practices are independently verified by RT Reporting (www.rtreporting.org).

7 OUR LOCAL COMMUNITY

Tiger Mountain Pokhara Lodge is situated in the settlement of Kandani Danda, which is generally interpreted as describing how the Bijaypur River circles the hill rather like a sacred thread tied around one's waist. The hill is a spur ridge running roughly east-west, like a finger pointing into the Pokhara Valley. The southern side of the ridge is predominantly agricultural with dotted hamlets and village settlements, often comprising of one community, clan or caste. The northern side tends to be well wooded with private and community forest.

The village is reputed to have been settled approximately 200 years ago with migrants from northwest Kaski District and other areas. It developed into a predominantly Brahmin and Chhetri community of Sigdel, Neupane, Dhungana, Thapa, Bhandari, Ranabhat, Rajbhat, and Raibhat clans and other supporting occupational castes, such as Biswokarma and Pariyar. This gives the community its orthodox Hindu culture. Interestingly, in a predominantly Brahmin and Chhetri village, settlement by other groups is not unwelcome.

Along with agriculture, many of the men-folk work as priests in Nepal and India or have served in the Nepal Army, police or as civil servants at national and local level. In common with many other similar villages, the younger generation still adopt traditional forms of employment, or in Pokhara Industrial Estate, but most families now have at least one member working abroad and remitting money back home. This is an age-old tradition in Nepal, as exemplified by Gurkha recruitment.

Current population of the settlement – forming Wards 4 and 5 of Lekhnath Municipality – stands at about 1000. There are two main schools in the vicinity of the lodge: Amar Jyoti Primary and Secondary School located down the ridge to the south and Shiva Shakti Primary School on the edge of the Shillinge Chaur (the open grazing area below and to the west). They serve the needs of the local community along with nearby private schools. The lodge and guests provide support to both government schools.

Seasonal agriculture produces the main food supplies for most families – millet, maize, rice, mustard, wheat, potato, and some green vegetables. Many families have either cows or buffalo for milk and may keep goats for meat or for sale. Terraced fields are used for arable purposes and are either irrigated or rain-fed. Cattle and goats are foddered from forestland, fed rice straw in the dry season and from open grazing areas when the grass flushes. Such is the sub-tropical richness of the local area that the wetter seasons provide ample fodder even from relatively small areas. Millet is mainly used for making dhido – a form of polenta – and bread. It is also used to make rakshi – a distilled spirit like Japanese sake – little being produced in the local community, as alcohol is strictly speaking not permitted by Brahmins and orthodox Chhetris. Some lentils are grown on the bund of rice paddies to ensure all the main ingredients of a Nepalese meal are available – rice, lentils, and vegetable 'curry.' In the monsoon fresh green vegetables are wilted and stored so they partially ferment; then dried as a means of preserving them for the dry season. Local surplus is adjusted by barter with neighbours.

The forest area was nationalised by the government in the mid 1950s, an action that turned out to be counter-productive. Local people felt a loss of ownership and thus abused the forest with over-grazing and illicit felling. In the late 1980s, the government, realising the problem began leasing the forest back to Community Forest User Groups (CFUG) thus re-kindling pride of ownership. In Kandani Danda, the CFUG was formed some fifteen years ago and since then the forest area is better managed with a significant portion of previously barren land being gradually reforested. The CFUG formed sub-groups to be responsible for specific areas of forest and grazing land traditionally used by the adjacent community. Once a year the members of the CFUG are allowed to cut branches for thinning and to provide firewood for families. Some families also grow trees for fodder and fuel-wood on their land. For construction timber, individual application has to be made to the CFUG and a fee paid for the timber, subject to suitable wood being available. Various seasonal fruits are collected unrestrictedly for domestic use. The use of biogas is increasing.

The main festivals celebrated in the village are Teej (women) and Janai Purnima (August), Dasain (October), Tihar (November), and Shiva Ratri (March). The average age of marriage has slowly risen and now girls are at least 18 and boys tend to be 21 or more. However, in some groups younger marriages persist. The majority of marriages are still arranged by the relatives of the bride and groom. Whereas in the past issues of dowry – land, cattle, etc. was pre-eminent, now education and job prospects is more valued. Also, the prospective bride and groom will tend to meet (carefully chaperoned!) and be more involved in the arrangement process. There is a strong community involvement in all the main milestones of life.

8 HIMALAYAN EXPEDITION HISTORY

Below are the various peaks you can see from Tiger Mountain Pokhara Lodge with the details of expeditions first summiting. If no successful expedition has been recorded, then the first attempted expedition is given.

Various maps have different heights for the peaks - with quite a margin of variance. We use the 'official' heights as given in the Himalayan Mountaineering Database. The list below is as we see the peaks from Tiger Mountain Pokhara Lodge - left to right, starting with Dhaulagiri I - the lesser peaks of Dhaulagiri Himal from Gurja Himal (south of Dhaulagiri VI) are often visible to the left of Dhaulagiri I.

Dhaulagiri	1960	8167m / 26,795ft
<i>Expedition:</i>	Swiss / International	
<i>Leaders:</i>	Eiselin & Forrer	
<i>Summiteers:</i>	Dienberger, Diener, Schelbert, Vaucher, Weber, Sherpas ND & ND	
<hr/>		
Annapurna South	1964	7219m / 23,684ft
<i>Expedition:</i>	Japanese	
<i>Leaders:</i>	Higuchi & Uyeo	
<i>Summiteers:</i>	Sherpa MT	
<hr/>		
Annapurna I	1950	8091m / 26,545ft
<i>Expedition:</i>	French	
<i>Leaders:</i>	Herzog	
<i>Summiteers:</i>	Herzog, Lachenal	
<hr/>		
Mardi Himal	1962	5587m / 18,330ft
<i>Expedition:</i>	British	
<i>Leaders:</i>	JOM Roberts	
<i>Summiteers:</i>	Sherpas AT, TN	
<hr/>		
Machhapuchhare	1964	6993m / 22,943ft
<i>Expedition:</i>	British	
	JOM Roberts, attempt. Did not summit, got to within 20m of summit and turned back. Mountain now closed to expeditions.	
<hr/>		
Gangapurna	1965	7455m / 24,459ft
<i>Expedition:</i>	West German	
<i>Leaders:</i>	Hauser & Greissl	
<i>Summiteers:</i>	Ehlers, Ekkerlein, Kollensperger, Reismueller, Seibold, Wuensche, Sherpas - AT, PN & PD	
<hr/>		
Annapurna III	1961	7555m / 24,787ft
<i>Expedition:</i>	Indian	
<i>Leaders:</i>	Kohli	
<i>Summiteers:</i>	Gyatso & Sherpa GS	

Annapurna IV	1955	7525m / 24,688ft
<i>Expedition:</i>	West German	
<i>Leaders:</i>	Steinmetz	
<i>Summiteers:</i>	Biller & Wellenkamp	
<hr/>		
Annapurna II	1960	7937m / 26,041ft
<i>Expedition:</i>	British	
<i>Leaders:</i>	JOM Roberts	
<i>Summiteers:</i>	Bonnington, Grant & Sherpa AN	
<hr/>		
Lamjung Himal	1974	6983m / 22,910ft
<i>Expedition:</i>	British	
<i>Leaders:</i>	Burgess	
<i>Summiteers:</i>	Chamberlain, Isherwood, Neame & Scott	
<hr/>		
Manaslu	1956	8163m / 26,781ft
<i>Expedition:</i>	Japanese	
<i>Leaders:</i>	Maki	
<i>Summiteers:</i>	Higeta, Imanishi, Kato & Sherpa GN	
<hr/>		
Dakura (Peak 29)	1979	7871m / 25,823ft
<i>Expedition:</i>	Polish	
<i>Leaders:</i>	Szafirski	
<i>Summiteers:</i>	Gajewski & Pawlikowski First ascent claimed by Japan (Sumiyoshi) 1970 but not proven as summiteers were killed in descent.	
<hr/>		
Himalchuli	1960	7893m / 25,896ft
<i>Expedition:</i>	Japanese	
<i>Leaders:</i>	Yamada & Miyashita	
<i>Summiteers:</i>	Harada, Nakazawa & Tanabe	
<hr/>		
Baudha	1960	6672m / 21,890ft
<i>Expedition:</i>	Japanese	
<i>Leaders:</i>	Iso	
<i>Summiteers:</i>	Kobayashi & Shibata	

Details are from the Himalayan Mountaineering Database courtesy of Miss. Elizabeth Hawley, official archivist to the Nepal Mountaineering Association, consultant to Tiger Mountain, and a Himalayan legend in her own right! Please ask if you wish to access the database for any particular record, peak or expedition.

A significant percentage of the expeditions were arranged through Mountain Travel or through Colonel Jimmy Roberts' network of mountaineering staff in the years preceding the establishment of the company. Mountain Travel is our sister company from whom we derive part of our name and whose skilled logistics, strong teams of Sherpas and porters made an enormous contribution to the success of the expeditions. Thus behind many of these successful ascents we can see the guiding hand of Colonel Jimmy, a keen mountaineer himself, a fine sportsman, and ever happy to see others succeed in their Himalayan endeavours.

9 GURKHAS

Due to popular request a short guide to the service of Nepalese in the British, Indian, and Nepalese Armies follows:

9.1 WHO ARE GURKHAS?

The name Gurkha is given to any Nepalese national or ethnic Nepalese who serves in an army.

9.2 ORIGIN OF THE NAME GURKHA

The name is taken from Gorkha, the town and state in mid-west Nepal from which King Prithivi Narayan Shah originated. In the days of rising British influence in India (late 18th and early 19th centuries), the gradual development of modern Nepal as a result of alliance and annexation of small hill-rajahs by King Prithivi Narayan of Gorkha lead to him being known as the Gorkha Raja by the British, hence Gorkhas.....Gurkhas.

9.3 HOW NEPALESE SOLDIERS CAME INTO FOREIGN ARMIES.

Britain and Nepal had a series of wars (Anglo-Nepal Wars, early 19th century) as Nepal expanded south and west and British influence expanded north and west from Calcutta. These ended in a draw – although the Nepalese soldiers won more of the battles, British and native troops (sepoys) won the decisive battle in the course of which the British developed a great deal of respect for the fighting skills of the Nepalese. The final battle was won by the British under the command of General Ochterlony. He was a very honourable man and did not wish to humiliate brave Nepalese soldiers. So he wrote a peace treaty and returned all the captured weapons and army colours (flags) to the Nepalese Army. This was the Treaty of Sagauli and was agreed between Britain and Nepal in 1815 and finally ratified at quarter past two in the afternoon 4th March 1816 AD (approx 1873 BS in the Nepalese calendar).

One of the terms of the Sagauli Treaty was that Britain should be permitted to recruit Nepalese soldiers into the British Army in India (British Indian Army). Note – the army in India was separate from the regular British Army in Great Britain.

Recruiting increased over the years and (excluding war time when numbers were temporarily higher) eventually there were 10 Gurkha Regiments of 4 Battalions each with a few exceptions where there were 5 battalions making a total of 43 battalions. One battalion is just under 1000 men so a total of about 43,000 ethnic Nepalese in the British Indian Army. The regiments were eventually numbered from 1 to 10.

During the First and Second World Wars the numbers rose much higher with Nepal contributing significant numbers of men **on a temporary basis** to fight in the wars – this type of recruit was different from the regular recruit serving in the army for his career. In the Second World War Gurkhas also served in certain ancillary units.

9.4 INDIAN INDEPENDENCE IN 1947

With Indian Independence in 1947, the Gurkha Regiments were divided between Britain and India – 6 regiments went to the Indian Army of independent India and 4 went to the British Army. Some battalions of regiments in the British Army also opted to remain in the Indian Army and were joined to other Indian formations although some were later disbanded.

Indian Army: 1st, 3rd, 4th, 5th, 8th, 9th & 11th – formed from those 7th and 10th who opted to stay in India
British Army: 2nd, 6th, 7th, 10th
2nd and 6th Gurkhas were recruited from west Nepal – Gurung and Magar men mainly
7th and 10th Gurkhas were recruited from east Nepal – Rai and Limbu men mainly

The British Army also has:

- Queen's Gurkha Signals – a signals squadron
- Queen's Gurkha Logistic Regiment – transport and logistic squadron
- Queen's Gurkhas Engineers – engineering, demolition and explosives squadron
- The Band of the Brigade of Gurkhas

Some Nepali women have also at times been recruited in the British army nursing service, Queen Alexandra's Royal Army Nursing Corps.

9.5 MODERN GURKHA SERVICE

After Indian independence the British Army Gurkhas served in Malaya until independence and then Hong Kong until that colony became independent in 1997.

Now the 4 regiments originally in the British Army have been merged into 1 regiment of 2 battalions – 1st Royal Gurkha Rifles and 2nd Royal Gurkha Rifles; the other squadrons (Signals, Engineers, etc.) operate as hitherto. The unique Regimental Truncheon of the former 2nd King Edward VII's Own Goorkha Rifles (all other units of the British Army have regimental colours or flags) has been adopted as the Regimental Truncheon of the new merged regiment – the Royal Gurkha Rifles.

Annually about 275 recruits are selected. The process takes about 4 months and involves regional selection by retired Nepali Queen's Gurkha Officers and final selection in Pokhara by Nepali and British officers. The process is designed to be absolutely fair and impartial to select the very best candidates for the British Army.

British Gurkhas now serve in the UK – based at Shorncliffe near Folkestone in southeast England – in all areas where the British Army operates, e.g. Iraq, Afghanistan, etc. They also serve in Brunei where the British Army provides military support for the Sultanate of Brunei. Gurkha battalions in the British Army are light infantry (foot soldier) units designed to be rapid reaction forces that can be deployed quickly in the field and combine speed, flexibility of operation, and highly effective fighting power.

A small unit of Gurkhas serve in the Singapore Police Force – this is a special arrangement between Nepal, Britain, and Singapore. The recruiting and operation of this unit is handled in the same way as the British Army recruits.

On retirement from the British Army, some Gurkhas were entitled to settle in UK. All were entitled to an army pension (on completion of 15 years' service) that has recently been increased to match that of British soldiers. The British Army maintains a network of Area Welfare Centres throughout Nepal in those areas from which soldiers are recruited. These are manned by retired Nepali Queen's Gurkha Officers or senior NCOs and provide a local meeting point at which retired soldiers can collect pensions, receive medical treatment, and meet former comrades. In addition to the welfare work of the British Army, substantial charity funds are raised by the Gurkha Welfare Trust – funded mainly from serving men's contribution of one day's pay and these funds are used for welfare pensions for those not eligible under their terms of service, for widows of pensioners, to assist in natural disasters, house fires, etc., and also to provide community support such as the construction of schools, drinking water schemes, health posts, etc. Strong Regimental Associations also provide for social events, reunions, and maintain the honourable traditions of the various regiments.

Indian Army Gurkhas serve with the Indian Army – the largest Gurkha force in the world with 2 new regiments (11th Gurkhas & Rashtriya Rifles) being raised since independence. Each regiment has at least 4 battalions most with 5. With support corps (transport, etc.) and certain paramilitary forces that also recruit Nepalese, such as the Border Security Force, Assam Rifles, etc, this means that there are about 100,000 Nepalese men serving in the Indian Army and related security services.

The Nepalese Army is the national army of Nepal. It is raised entirely by voluntary recruitment and current manpower is rising quickly towards the 100,000 level. Recruitment is from across Nepal with no caste or racial segregation. In addition to ceremonial duties, the army has gained a reputation for its service in support of UN Peacekeeping operations in various theatres. The army operates on a battalion rather than a regimental structure and the oldest battalions still in operation, Shree Nath and Devi Dutta, were founded in the 18th century. Nepal is Britain's oldest ally in Asia and units of the Nepalese Army assisted Great Britain in the Indian Mutiny of 1857 and in both World Wars. One battalion, 'The Famous Mahendra Dal Gan', was raised and led by the then Prime Minister, H.H. Maharaja Prime Minister Sir Jang Bahadur Rana, to assist the relief of Lucknow. This battalion served in northeast India and was the only Nepalese contingent to serve in Burma in the Second World War, earning the appellation 'The Famous' from H.R.H. Admiral Lord Louis Mountbatten when he was Supreme Commander South East Asia. The battalion carries the letter from Lord Mountbatten wherever it serves.

Pay and pensions for the soldiers of the British and Indian armies was agreed by all three countries (Britain, Nepal and India) in 1947 in the Tripartite Agreement. This set a basic scale equating to that of the Indian Army – this was less than the British Army and more than the Nepalese army rates of pay but was set to avoid distortions in recruiting to the British and Indian armies. Changes have now been completed which allow British and Gurkha soldiers 'take-home pay' to be equal. Pensions have been adjusted likewise. Sadly, many Gurkha regimental traditions, such as the special ranked Queen's Gurkha Officers, have been ended,

as the new terms of service require that Gurkha service is equivalent to that of other troops from Commonwealth countries. Gurkhas now have the right to reside in the United Kingdom on completion of their service. This has had an impact on the volume of much-needed remittances to Nepal. Many older pensioners, sadly, are also finding that life in the United Kingdom today is very different from their imagined dreams. Well-intentioned campaigning has actually had unintended negative consequences for individuals and the institutions in which they serve.

10 SUGGESTED BOOKS - NEPAL & THE SUB-CONTINENT

- Nepal, Trekking in the Nepal Himalaya & Nepali phrasebook
Nepal: The Kingdom in the Himalayas
Insight Guide to Nepal
Festivals of Nepal
People of Nepal
Fatalism & Development: Nepal's Struggle for Modernization
Nepal
Annapurna Circuit: Himalayan Journey
Caravans of the Himalaya
Mustang: A Lost Tibetan Kingdom
Tiger for Breakfast
All the Grey Cats
Jungle Book
Gurkha
Heart of the Jungle
Vignettes of Nepal
Travels in Nepal
Nepali Aama: Life Lessons of a Himalayan Woman
Aama in America: A Pilgrimage of the Heart
Modern Nepal: A Political History 1769-1955
Imperial Warriors: Britain and the Gurkhas
Forget Kathmandu: An Elegy for Democracy
The Tutor of History
Patan Museum: The Transformation of a Royal Palace in Nepal
The Death Zone
The Ascent of Everest
Into Thin Air
Butterflies of Nepal
Among Flowers: A Walk in the Himalaya
The Mountain Is Young
The Face of the Tiger
Birds of Nepal
Birds of Nepal
Trees and Shrubs of Nepal and the Himalayas
Flowers of the Himalaya
Himalayan Flowers & Trees
Wake of the White Tiger
Prithivi Narayan Shah in the light of Diviya Upadesh
The Waiting Land
Whitewater Nepal
The Mammoth Hunt
The Wildest Dreams of Kew
A Passage to India
Midnight's Children
Freedom at Midnight
Kathmandu Style
Gaiety of Spirit – The Sherpas of Everest
- Lonely Planet editions
Toni Hagen
APA Publications
Mary M Anderson
Dor Bahadur Bista
Dor Bahadur Bista
Insight Guides Ed Lisa Choegyal
Andrew Stevenson
Eric Valli & Diane Summers
Michel Peissel
Michel Peissel
Craig Thomas
Rudyard Kipling
Bruce Niven
KK Gurung
Harka Bahadur Gurung
Charlie Pye-Smith
Broughton Coburn
Broughton Coburn
Rishikesh Shaha
Tony Gould
Manjushree Thapa
Manjushree Thapa
Götz Hagmüller
Matt Dickinson
Sir John Hunt
John Krakauer
Colin Smith
Jamaica Kincaid
Han Su Yuin
Charles McDougal
Robert Fleming Sr, Robert Fleming Jr, Lain Bangdel
Richard Grimmett, Carol Inskipp, Tim Inskipp
Adrian & Jimmie Storrs
Oleg Polunin & Adam Stainton
Dorothy Mierow & Tirtha Bahadur Shrestha
Tr Greta Rana
Tr Fr Ludwig Stiller SJ
Dervla Murphy
Peter Knowles
John Blashford Snell & Rula Lenska
Jeremy Bernstein
E M Forster
Salman Rushdie
L Collins & D Lappierre
Choegyal, Potton & Rana
Klatzel

11 THE INTERNATIONAL TRUST FOR NATURE CONSERVATION (ITNC)

Tiger Mountain Pokhara Lodge works in close association with the International Trust for Nature Conservation. This UK Registered Charity (No. 281101) was established by the owners of Tiger Mountain and their friends with the aim of supporting wildlife conservation wherever needed. Inevitably, the focus of the Trust's effort has been in the sub-continent as a result of both distinct need and local experience. Several Trustees of ITNC are resident in Nepal, including the Managing Director of Tiger Mountain Pokhara Lodge. The Trust has supported a variety of projects in Nepal and has ongoing work providing vital assistance to the Department of National Parks in its programme to prevent the poaching of endangered species, particularly the Tiger and Great One-horned Rhinoceros. The Trust provides, thanks to the generosity of our guests in the jungle, funding for both the anti-poaching units and for the payment of rewards when arrests are made. Recently, ITNC has started another component of this essential work by adding a conservation education and awareness element to the project. Under this scheme, communities in the buffer zone surrounding the park are given the opportunity to learn of the local economic and global ecological benefits that the park provides. This work is led by one of Tiger Tops' naturalists, Mr. D.B. Chaudhary, based at Tharu Lodge. Another key project of ITNC is the long-term Tiger Monitoring Project, using camera trapping to derive family histories of the tiger population in western Chitwan between Kasara and Ledaghat. This has provided a unique dataset and yielded much detail of tiger ecology related to territoriality, succession and ranging activity.

In the vicinity of Tiger Mountain Pokhara Lodge, ITNC has just completed the second phase of an ongoing project, the Shillinge Community Forestry Project – planting of non-timber forest products to complement the timber yields of the community forest with cash crops of banana, broom grasses, improved fodder grass, coffee, etc. Other support included the building and maintenance of a forest nursery for the development of seedlings and funding for a forest ranger to patrol and protect against illicit felling and poaching. This project is now being reviewed before we define the third phase objectives and support.

We also monitor the butterflies seen around this Lodge as they are good indicators of bio-diversity – the range of species and their relative abundance is a sign of a healthy environment. In a similar manner, we conduct an annual census of waterfowl on the various lakes of the Pokhara Valley for Birdlife International.

ITNC is supporting the Jatayu Restaurant, an innovative, indeed unique, conservation initiative to provide vultures, critically endangered, with safe food. Close to Tiger Tops Tharu Lodge, and supervised by DB Chaudhary, the Lodge Manager, this restaurant has won international acclaim and proved effective at securing vulture populations. Vultures have declined seriously in recent years and this is giving cause for concern. The cause has been identified as the use of the veterinary drug, Diclofenac, which has now been banned in Nepal, India and Pakistan.

For more information on the important conservation work supported by ITNC, please ask Marcus or visit www.itnc.org. Your support is always welcome and no local donation income goes to administrative overheads, which are funded by Tiger Mountain.