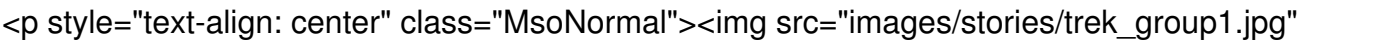


MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

 Mountain Sisters Trek organized a 6 days trekking trip to Poon Hill for 10 Mitrata children. The purpose of the trip was to educate the children about the natural beauty of Nepal and give them an exposure to the tourism industry of the country. Most of the Mitrata children come from the remote districts of Nepal. The trip was a reminder for them of their roots as well.

The trekking team consisted of 7 girls, 3 boys, 1 guide, my friend Tara Kunal (board member) and me. The children were very energetic and excited about their first ever trekking.

On April 6th we left for Pokhara from Kathmandu. We spent a night in Pokhara and then headed to Naya Pool the following morning. After a half an hour walk, we reached at Berethati where we had our breakfast. Then we started our journey to Ulleri which was our destination for that day. On 8th we continued to Ghorepani. Finally on 9th April, we reached our final destination, Poon Hill. The following day, all of us woke up at 4:30 am in the morning to see the beautiful sunrise over the Himalayas. The weather was very beautiful and the view was crystal clear. It was a breath taking scenery. We saw Mt. Dhaulagiri, Mt. Dhaulagiri III, Mt. Tukuiche, Mt. Nilgiri, Mt. Annapurna, and Mt. Machhapuchre. We were all very happy and thankful to God. We spent an hour in Poon Hill. The site was filled with lot of tourists that day, almost 300. One Australian group had 50 tourists. There were also Nepali groups.

After the beautiful sight seeing, we returned back to our hotel and had our breakfast. Then we started our journey to Ghandruk. It was a very long walk high hills and down hills. The students were very fast walker and we trailed behind them. We reached Ghandruk at 5:30 pm. We rested there for the night. The very next day we visited around the village and found out why the village was recognized as a model village, the beauty, the people, the culture of that village was simply out of words. The village was really beautiful and we can watch the breath taking view of Mt. Annapurna from there. The people there did know what hospitality means, they treated each and every guest like their own family. The Gurung community of Ghandruk was very aware of their culture and tradition and they still had maintained it like it used to be centuries before. Ghandruk village has been the major destination of Foreign and domestic tourists only because of the beauty and the culture of it and we are really glad that we were also the one to visit the Ghandruk village.

On April 10th, we started our journey back to Berethanti. The children were amazingly fast walker so they left Tara and me behind and reached their spot well ahead of us. By the time we got there, they had already ordered the lunch for us as well. After the lunch we went back to Pokhara and freshened ourselves. The children wanted to ride the boats on the Fewa Lake so we rented 3 boats. We spent an hour boat riding. We were pretty exhausted and returned back to our hotel. We rested our final night in Pokhara.

The next morning, our bus picked us in our hotel at 6:00 am and we all rode the bus back to Kathmandu. The journey was very successful and everyone had a tremendous fun. At times, I was worried and prayed to God to forbid any mishaps and accidents. Thanks to God that all were safe and sound.

I had planned this trekking for a long time and it took me over a year to find the sponsors and collect the fund. I had given words to the children to take them to trip after they finished their SLC exams. I was worried about not finding enough sponsors at times and did not want to let the children down. But with the hard work and determination and with the tremendous support from my dear friends, I was able to accomplish this project.

So this is the right time to reflect back and be appreciative and grateful to all my dear friends who had believed in me, supported me and generously helped me in this small mission to put smiles on the faces of Mitrata teen trekkers.

I would like to thank my friend Steve Mannshardt, President executive

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

director of WWEP who had generously provided all the trekking gears for us. He provided
12 pair boots, 12 jackets, 12 pair gloves, 12 pair socks and 12 hats. My Nepali friends
Aangmaya Sherpa and my neighbor Tirtha Rai sponsored 5 bag packs, each for the
trip.

Finally, I would like to thank all my dear friends for their financial support to make
this project a great success. All our Mitrata teen trekkers highly appreciate your kindness and
generosity. Thank you.

<p style="text-align: justify;">Donor Friend</p> <p style="text-align: justify;">From</p> <p style="text-align: justify;">Sponsored Teen(s)</p> <p style="text-align: justify;">Melissa Alipalo (Sugar Mountain Media)</p> <p style="text-align: justify;">Manila, Philippines</p> <p style="text-align: justify;">Ishowori ♦ Kulu and Ajay Shrestha</p> <p style="text-align: justify;">Ann Schuessler</p> <p style="text-align: justify;">Seattle, USA</p> <p style="text-align: justify;">Mamta Luitail</p>	<p style="text-align: justify;">Donor Friend</p> <p style="text-align: justify;">From</p> <p style="text-align: justify;">Sponsored Teen(s)</p> <p style="text-align: justify;">Melissa Alipalo (Sugar Mountain Media)</p> <p style="text-align: justify;">Manila, Philippines</p> <p style="text-align: justify;">Ishowori ♦ Kulu and Ajay Shrestha</p> <p style="text-align: justify;">Ann Schuessler</p> <p style="text-align: justify;">Seattle, USA</p> <p style="text-align: justify;">Mamta Luitail</p>
---	---

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

<p>Calibri,sans-serif">Petra Eisblume</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Switzerland</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Shusmita Duwadi</p> </td> </tr> <tr> <td width="148" valign="top" style="width: 110.7pt; border-right: 1pt solid windowtext; border-style: none solid solid; border-bottom: 1pt solid windowtext; border-left: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Andy Muller</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Germany</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Laxmi Thapa Magar</p> </td> </tr> <tr> <td width="148" valign="top" style="width: 110.7pt; border-right: 1pt solid windowtext; border-style: none solid solid; border-bottom: 1pt solid windowtext; border-left: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Hugh Mackay</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">UK</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-right: 1pt solid windowtext; border-style: none solid solid; border-bottom: 1pt solid windowtext; border-left: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Akil Naisa</p> </td> </tr> <tr> <td width="148" valign="top" style="width: 110.7pt; border-right: 1pt solid windowtext; border-style: none solid solid; border-bottom: 1pt solid windowtext; border-left: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Paul Bolla</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Australia</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Sudan Adhikari</p> </td> </tr> <tr> <td width="148" valign="top" style="width: 110.7pt; border-right: 1pt solid windowtext; border-style: none solid solid; border-bottom: 1pt solid windowtext; border-left: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal"></p>

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

Calibri,sans-serif">Jim◆ Sumrral</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Denver, USA</p> </td> <td width="148" valign="top" style="width: 110.7pt; border-style: none solid solid none; border-bottom: 1pt solid windowtext; border-right: 1pt solid windowtext; padding: 0in 5.4pt"> <p style="text-align: justify" class="MsoNormal">Rekha Regmi</p> </td> </tr> </table> <p style="text-align: justify" class="MsoNormal">By: Nanda Kulu</p><hr title="Sudan Adhikari" class="system-pagebreak" /><p style="text-align: center" class="MsoNormal">◆OUR TOUR</p><p style="text-align: center" class="MsoNormal">BY:Sudan Adhikari</p><p style="text-align: justify" class="MsoNormal">◆◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆◆◆</p><p style="text-align: center" class="MsoNormal"> </p><p style="text-align: center" class="MsoNormal" align="justify"> </p><p style="text-align: center" class="MsoNormal" align="justify">Life is a trail and we need to face the difficulties arising on it. It is not only the bed of roses and we should◆be comfort◆on both of the cases. The oppurtunity comes for everyone as the saying ◆Every dog has its day◆ follows it. We need to do many thing on a single◆life◆as the lige can◆t be made by us. Many people do various things in the leisure time and they enjoy the beauty of the nature. Among these enjoyable events , trekking organised by Mountain sisters in association with Mitrata Nepal foundation is one of our unforgettable events. As days passed by we got the golden◆opportunity◆to go to the trekking and we were really pleasant at the moment. We had the member of 13, 10 from home where there were 3 boys 7 girls and◆ toe mothers and a guide. They told us about the golden◆opportunity◆we got◆ and we promised to utilize the things on future.</p> <p style="text-align: justify" class="MsoNormal">◆</p> <p style="text-align: justify" class="MsoNormal"><u>Actually the main objectives of the visit were</u>:</p> <p style="margin-left: 0in; text-align: justify; text-indent: -0.25in" class="MsoNormal"> </p>◆◆ ◆ ◆ ◆ ◆</p>

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

we reached to the camera store. In that camera store he opened the battery and while and kept the same battery in the camera it opened due to the loose of the battery camera and it opened due to loose of the battery it didn't opened .Then we again started our journey to Nayapo

I. There we ate our breakfast and at the same place our sister Sushmita felt sick we were afraid about it, that she couldn't walk in the high hills but finally she walked. It was a great surprise. Then we walked, walked passes through Birethanti, Mathathanti then lamdali, sudame, hile whose height was 1520m from the sea level then Tikhe dhunga amd Ulleri. Similarly, its height was 1960m.

We ate our lunch in Birethanthi. After the sun began to set, then at the Namaste lodge. We ate our dinner at the lodge. It was a great place. As it was in the high hills, no vehicles moved, so all the things were carried by the mule.

Third day, We wake up in the morning, after we finished our morning daily, we started our journey from Uileri to Banthanthi , Nagethanti and Ghorepani after we climbing up to the high hills. Again we started our journey through

Deurali(3103m) Banthanthi and Tadapani(2721m). We planned to stay in Tadapani in Snow View lodge. After we became fresh, our two mothers had gone to their room for rest after we finished our lunch in that lodge. Then we students including guide moved to the Chitre Village for the entertainment. We took some photos as well and we returned back to our lodge and took dinner and we moved to our own room foe sleep. Due to the cold and tiredness of the trekking we fell for sleep.

Fourth day Our guide came and helped us to wake up early in the morning before the sunrise. We wake up and started our journey to

Poonhill(3210m) to watch the sunrise at 5:45 in the morning. It was a great watching sunrise. I had never seen such a sunrise. It made me amazed. Due to the sunrise the Himalayas also seemed very beautiful. We had also taken our group photos and single photos as well. We also climb to the tower in the Poonhill too. We again went to Tadapani for 45 minutes and took our lunch on the same lodge where we slept. Then we again started our journey through Tadapani, Bhaisikharka and Ghandruk(1939m). As our guide had told us Ghandruk is a beautiful village, it is also the tourist sector and the Ghandruk is divided into three groups i.e Upper Ghandruk, Middle Ghandruk and Lower Ghandruk. But we went to middle Ghandruk, it was a beautiful place, The people were so friendly and co-operative. We stayed on the Mountain view of Ghandruk that day.

Fifth day, From the Ghandruk, we again started our journey after breakfast through Ghandruk, Kimche, Saulibazar (1638m), and back to Nayapol. We ate our lunch in Nayapol at 12 o'clock we hardly booked the bus and again returned back to Pokhara in the same hotel. We became fresh and went to

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

Fewa Lake and started boating. We had hired three boats in one boats wee three boys and guide including boat riders had set and other remaining mother and sisters in other boat. After an hour we returned back to the hotel for dinner and we went back to hotel Shikhar for the sleep.

Sixth day,
We wake up fast and our bus had arrived in our hotel Shikhar at 6 in the morning and we all sat in the bus and started our journey to Kathmandu. Our bus started journey from the bus station from Pokhara to Kathmandu at 7 in the morning. Then we returned back to the Kathmandu from Pokhara. It took nearby 7 or 8 hours. We return back to Kathmandu at 3 o'clock in the afternoon and came back to Mitrata Nepal. Due to the tiredness, I felt asleep in the bed.

Actually it is the most remarkable journey of our life. It has given the chance to know about the people and their custom and we were very happy to see it.

I would like to give many many thanks to who helped for making this journey successful hope for simlair treks in future for others who are intrested as we can also contribute the nation through tourism industry.

This has made out Tourism year 2011 successful and many many thanks to all the people helping diectly and indirectly onthis trek especially Mountain sistres and Mitrata Nepal Foundation.

Namaste

Sushmita Duwadi

Our visit to Pokhara, Ghorepani, Poonhill and Ghandruk

By: Sushmita Duwadi

We all 10 Mitrata home children along Nanda aunt and Tara aunt went to Pokhara, Ghorepani, Poonhill and Ghandruk on our holiday as a trek. We are veru thankful to Nanda Aunt that she gave us such a great oppurtunity to visit a new places. She tried her best to collect fund for our 6 days trek. On the other hand, we are very much thankful to Steve uncle. He arranged all the necessary equipments for our trek and made provision for our visit. So, he is really a great, kind hearted and helpful person.

Our trek was totally humerous

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

and enjoyable. We all enjoyed a lot. Somehow, it was difficult to walk for four days, but we had great fun to walk with Nanda aunt. She was very friendly with us. Thanks God that no one didn't suffer during 6 days trek. We all returned back to our Mitrata home healthily. However, now too all those happiest moments, flora and fauna, trees of rhododendron, high snow capped mountains, hills covered with dense forest and rivers and rivulets are still roaming in my mind. I hardly forgot to forget them.

On 6th of April, I along with my friends packed our bag and left our home at sharp 6 am. On the way to bus park, we met Tara aunt on the street nearby which the signboard of the Mountain Sisters was hung. Similarly, we met Uncle Steve on the way where he gave me his own jacket which he was wearing for my trek. Then we all went to bus station. We saw Nanda aunt and Ujwal uncle standing over there. We went to nearby them Steve uncle took some group photos of ours. Then after, we went inside the buses and start our adventure. I waved my hand toward Ujwal uncle and Steve uncle and was very excited to reach our destination. After some hours we had milk tea and bread on the hotel name Paradise Nepal. It was delicious. We again started our journey toward Pokhara. We reached Pokhara around 4.30. Then at the bus station, a taxi from Teeka resort came up to pick up us. We went to the resort and had fresh shower. After half an hour we had a walk on lake side for around 2 to 3 hours. At the evening, we went back to our resort. Our dinner was ready so we had it and went to our room. We altogether booked four rooms. I and my two friends stayed in one room. We went to bed early at sharp 7 o'clock as we were feeling tired.

We wake up early in the morning. Then we had tea and biscuit as our breakfast. It was the day to walk. According to the time routine of our guide we packed our bag and went to Nayapool. We climbed down from the microbus. It took 1 hour to reach Nayapool. We climbed down from the micro bus and prepare to walk. Nanda aunt bought some plastics to protect ourselves from water if it rained in case. Then we start to walk to reach Ulleri. After walking half an hour we had milk tea and Tibetan bread to gain energy to walk. Again we walked for some hours climbing up and down and have our dinner in a place named Sudame. Then we walked continuously until we reached to Ulleri. We sat at Namaste hotel at that day. On the next day, we walked toward Ghorepani after taking breakfast on the way to Ghorepani, we saw many rhododendron of different colors. We enjoyed eating and peering the rhododendron. We came to know that rhododendron can be found above the altitude above 3000m. At the evening we took our dinner early. We gathered and talked for some hours and went to bed somehow early. The next day we were going to our destination i.e. Poon Hill. So, we have our sleep as soon as possible. The next morning, we wake up at 4 o'clock, we left our bag in the hotel and climbed up to reach Poon Hill. The sun was going to be rise at 5.45 am. So, we walked fast as possible as we can and reached Poon Hill before 5.45 and. Poon Hill was above 3000m height. The cold wind was blowing over there so we all were warmly dressed up with caps, jackets and gloves. We saw many mountains from there like Annapurna, Dhaulagiri, Neelgiri, Machapuchre etc. They seem too near from there. After some time, we watched sun rising. The sunrise behind from the mountain range. It was very beautiful scene. We clicked many photos over there. Only the tea was available there but it was also very costly. After some hours we returned back to our restaurant. We took our bags and start our

MOUNTAIN SISTER TREK

Written by Administrator

Sunday, 24 April 2011 05:49 - Last Updated Wednesday, 27 April 2011 14:47

journey towards Ghandruk which is said to be ♦model village of Nepal♦. Walk to Ghandruk was the longest walk of our trek. Our legs were painning very much but we walked continiously to reach Ghandruk. We have our dinner at Himalayan Viewls restaurant. Then again we walked and walked. We walked even in rain by covering our body with plastics we enjoyed walking in the rain through forest though the way was slippery.Finally, we reahed to Ghandruk. It was very beautiful. There were the houses of sametype. We stayed on Mountains view restaurant. All the others went to rest but i along with some friends and brothers went to visit the village. We returned back early because we could ot walk anymore. There was a TV the hotel. We enjoyed eating chowmein while watching TV at the hotel. All of us were suffering from leg ache. So, we went early inthe bed on that day. We were returning back to Pokhara the comming day. So, we woke up early in the morning. We had our breakfast and walk an hour we reached to the bus station. We reserved a bus and returned back to Pokhara within half an hour. All of us went to the same Teeka resort. We had a nice shower there. Then we went to lake side for boating. We enjoyed boating in the Fewa Lake for an hour. We also went to Taal Barahi temple which is situated in the middle of the Lake.When we came to the bank of the lake it was getting dark. So, we returned back to our restaurant. We ent to the bed after a delicious dinner. Early in the motning the same bus in which we came to Pokhara, came to pick us. We packed our bag and get inside the bus. The bus stopped an hour inthe bus station. At that time we had tea and biscuit. Then we started our journey to kathmandu safely in the fixed time.Nanda aunt offered us one ice-cream as a treat. We became very happy at that moment and went back to our home enjoying eating ice cream. All the home members cheered with happiness when they saw us suddenly.

♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦ Our 6 days trek was memorable. It contributes a lot in our study too. We gain many knowledge about new things. Beside this we enjoyed our holiday happily. At last we all Mitrata home children are very thankful to who sponser for our trekking.</p> <p style="text-align: center" class="MsoNormal" align="center">Thank you</p> <p style="text-align: justify" class="MsoNormal">♦</p>