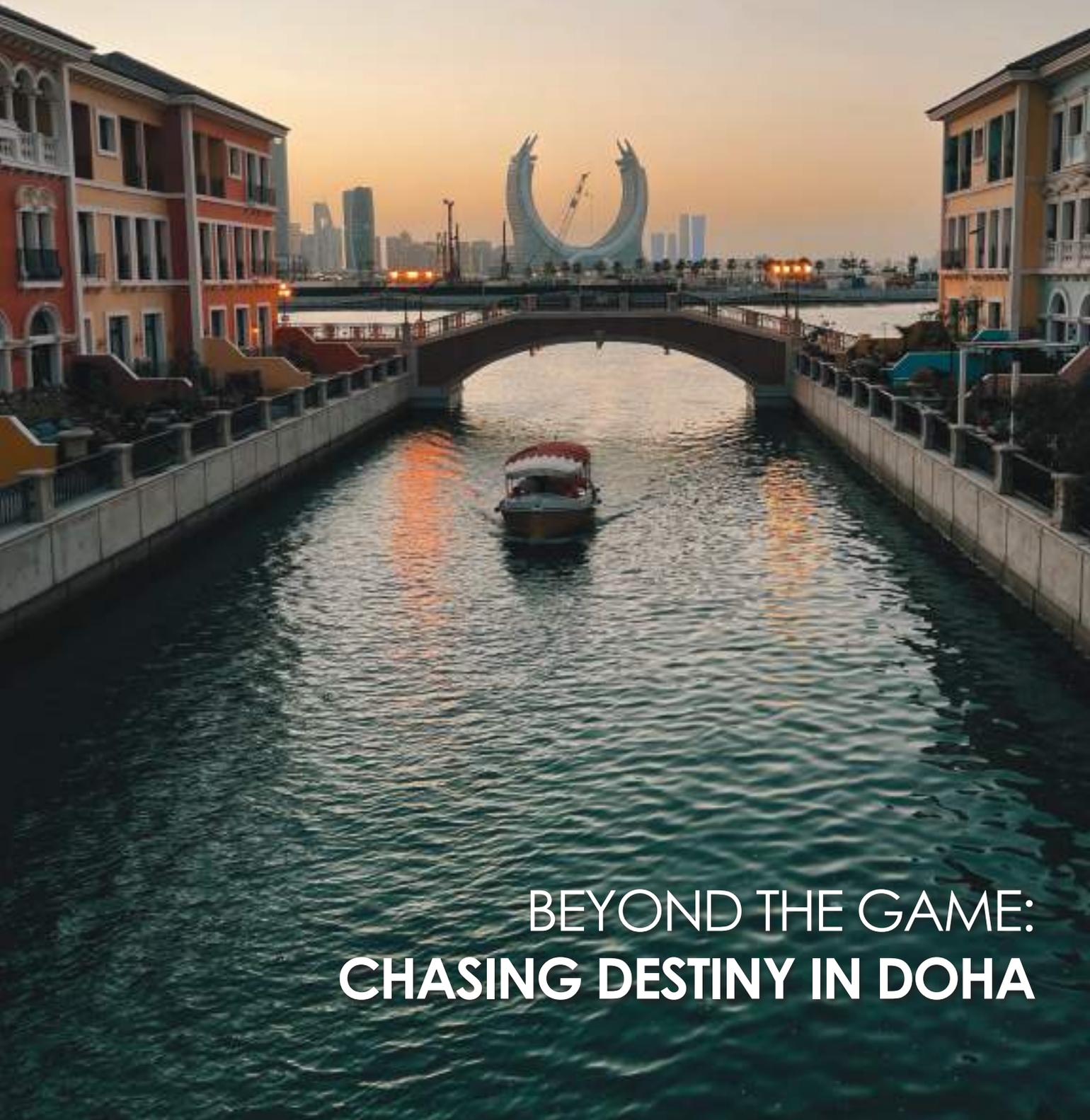


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ISSUE 25
JAN - MAR 2026



BEYOND THE GAME:
CHASING DESTINY IN DOHA

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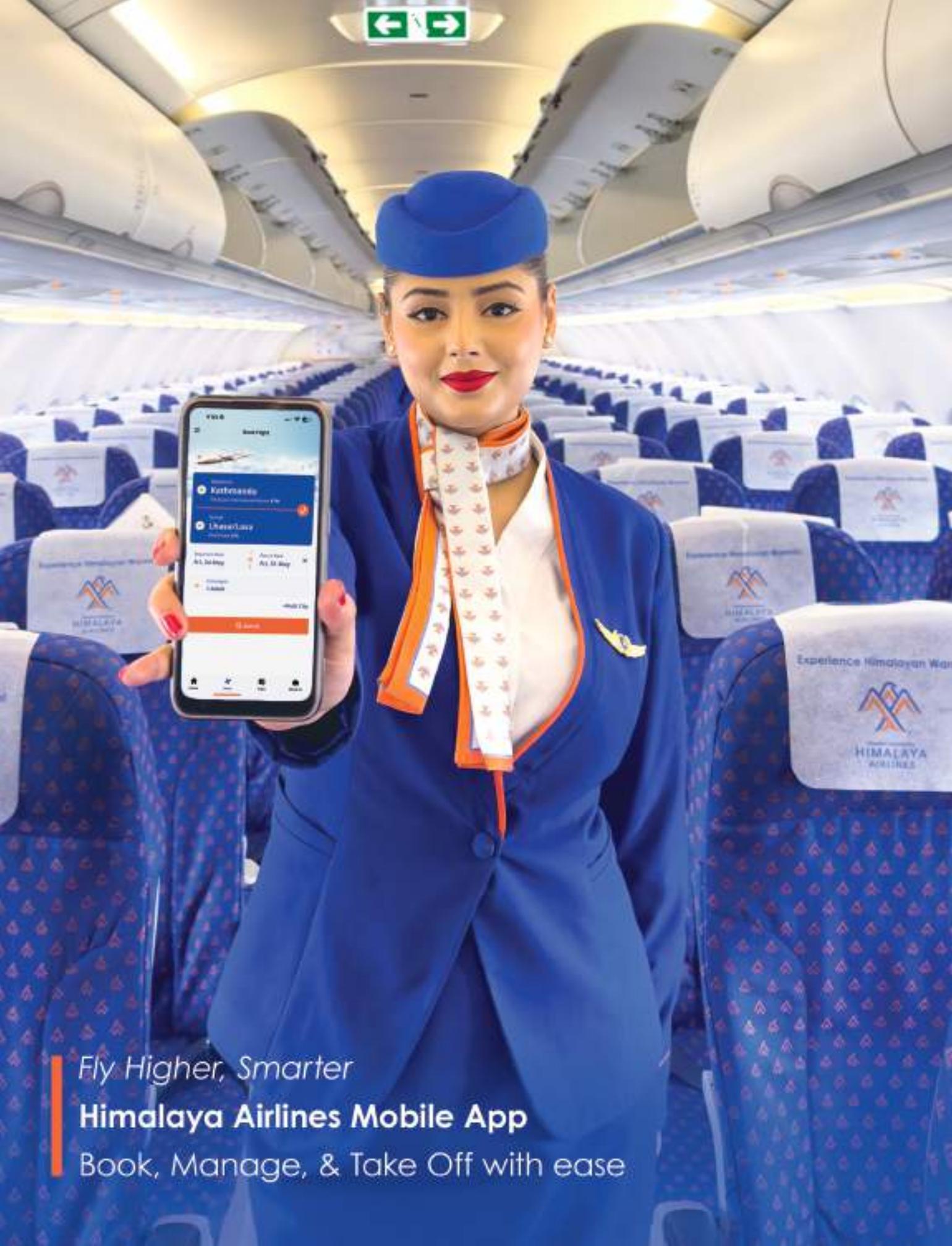
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THE CHAIRMAN'S LETTER



Namaste Atithi,

Welcome Onboard!

As we step into the New Year 2026, the entire Himalaya Airlines family joins me in wishing you a year filled with good health, happiness, prosperity, and togetherness. This year is special for us as we enter the eleventh year of our operation. We proudly await to serve our passengers with the best of our warmth and services.

At the same time, we are delighted to mark a decade of safe and successful operations with IOSA Audit certification—the global benchmark for aviation safety and operational excellence. With safety, reliability, and comfort at the heart of everything we do, we remain committed to growing stronger with you.

As you travel to and from Nepal across our network—including Dhaka, Kuala Lumpur, Dubai, Riyadh, Dammam, Doha, Kuwait, and Lhasa—please be assured that your safety and security are always our highest priority.

To make your journey even more enjoyable, we are delighted to present the 25th issue of our inflight magazine, Danfe, thoughtfully curated to inform, inspire, and delight. In this edition, explore the magnificent city of Lhasa and discover Doha, the vibrant capital of Qatar. Learn how Nepali carpets are making their mark on the global stage, and how bungee jumping is putting Nepal on the world adventure map. Adding a touch of nostalgia, our in-house team also shares the beloved Yomari recipe for you to try and savor this New Year.

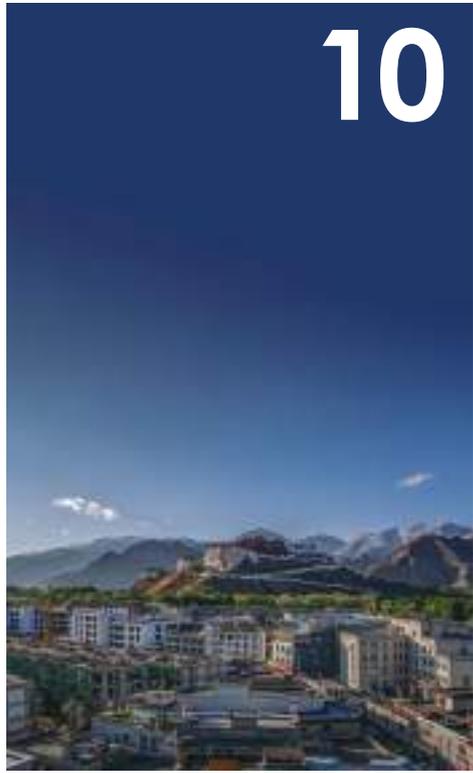
We are grateful to you for choosing Himalaya Airlines. We truly value your continued trust and look forward to welcoming you onboard again soon.

Thank you and have a pleasant flight.

A handwritten signature in black ink, appearing to be in Nepali or Tibetan script, written in a cursive style.

MR. SILANGZEPEI
CHAIRMAN

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CALENDAR (JAN-MAR)



Maghe Sankranti, also known as Makar Sankranti, Tiluwa Sankranti, or Maghi, marks the Sun's move from Sagittarius to Capricorn. It brings longer days, positivity, and the start of Uttarayan, an auspicious six-month period. This festival is believed to bring spiritual merit, harmony, and new beginnings, making it a time to celebrate family, faith, and hope for brighter days. People mark the occasion with rituals like Makar Snan in sacred rivers, offering sesame (Til) sweets, and acts of charity. Across Nepal, communities such as Tharu, Maithil, Newar, and Magar celebrate with unique traditions, including New Year-like festivities, archery games, and ancestor worship.



Sonam Lhosar, celebrated by the Tamang community in Nepal every Magh (January–February), marks their traditional New Year. Homes are cleaned and decorated with colored flags and Buddhist mantras, while monasteries are adorned to receive blessings from monks. The festival features grand family feasts, community gatherings, and cultural programs like Tamang Selo dances accompanied by the Dampfu drum. Celebrations also include events at Tundikhel, Kathmandu, showcasing traditional attire, skills contests, and exchanging well-wishes. This national holiday preserves Tamang heritage, faith, and traditions for generations.



Shivaratri, celebrated on the darkest night of Magh (February/March), honors Lord Shiva, the divine power of destruction and creation. This night symbolizes the importance of darkness as the base for light and spiritual awakening. Devotees observe fasts, take holy baths in rivers, and stay awake through the night ("Jagran") to absorb Shiva's energy. In Nepal, Pashupatinath sees massive gatherings of devotees celebrating this auspicious night. Shivaratri reminds us of compassion, introspection, and the eternal balance of creation and destruction.



Gyalpo Lhosar marks the Tibetan New Year, celebrated in Nepal and Tibetan communities. The festival lasts about two weeks, with the first three days being most important: Chang drink on day one, main celebrations on day two, and feasting on day three. Traditional Khapse sweets, prayers, and cultural dances fill monasteries and public spaces, spreading peace, compassion, and unity. Celebrations fill Boudhanath, Swayambhunath, Tudikhel, and monasteries with people in traditional dress, engaging in communal activities, dances, and prayers for peace, compassion, and universal brotherhood.



2
Mar

Holi

Holi celebrates life, joy, and the triumph of truth over evil, marked by the stories of Bhakta Prahlad and Lord Krishna. In Nepal, the festival is celebrated in two different days in the mountainous region and in terai. The streets, homes, and ponds fill with vibrant colors, music, and festivities, while in Terai traditional foods like Malpuwa and Taruwa add sweetness to the celebration. Observed across Nepal Holi unites communities, spreading happiness, brotherhood, and the spirit of renewal. In Kathmandu Thamel and in Pokhara Lakeside turns lively, full of celebration with concerts and DJ shows.



18
Mar

Ghode Jatra

Ghode Jatra is a major festival in Kathmandu celebrated on the new moon of Chaitra to honor the important role of horses in history and legend. Mythology says the festival marks the defeat of the demon Gurumapa with the help of horses and riders. People celebrate with horse races, parades, Nepal Army performances, rituals to Luka Mahadev, and chariot displays in Kathmandu, Lalitpur, and Bhaktapur. It is a day to remember Nepal's rich culture, history, and the strong bond between humans and horses, while enjoying lively festivities with the community.

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Magnificent Lhasa

The Roof of the World

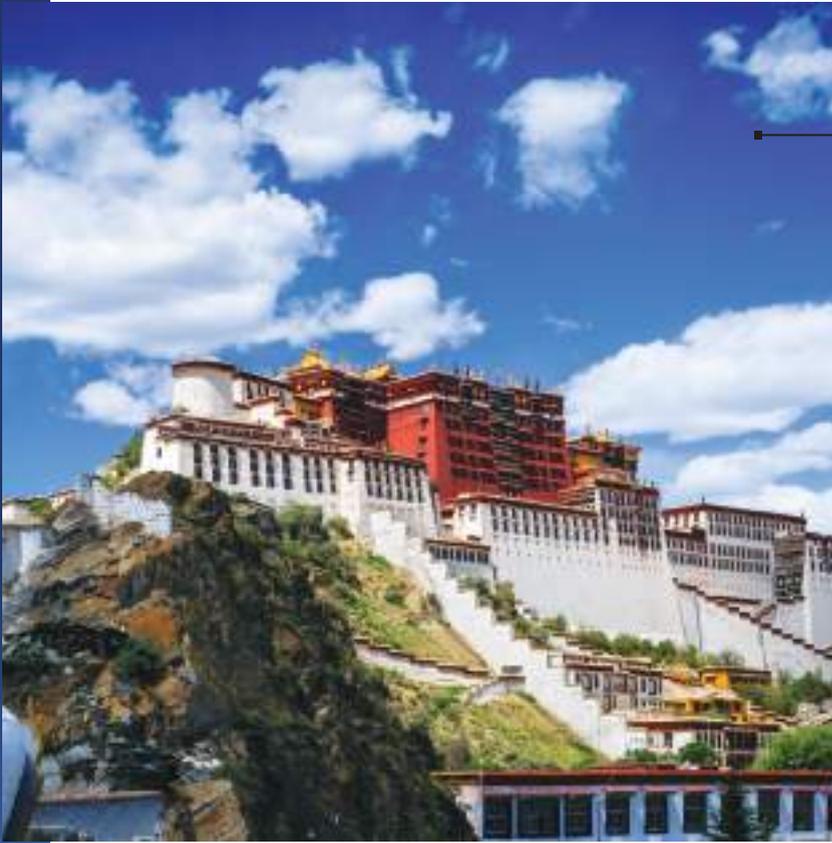
Perched on the Roof of the World, trust me, Lhasa feels less like a destination and more like a living meditation, where mountains stand as sentinels, incense curls skyward, and faith moves in rhythm with measured footsteps.

The first thing you get to notice as you get into the city is the sound, not traffic or chatter, but the low, steady murmur of prayer. You see pilgrims doing Kora, their palms darkened by years of spinning prayer wheels. As you pause your walk on Barkhor Street, expect them to look at you with a smile as if they know what you are thinking. This might make some anxious, but don't worry. "Walk slowly," "Lhasa listens" to you.

The capital of Tibet standing at 3,650 metres above sea level, Lhasa stretches across nearly 29,000 square kilometres, yet its true vastness lies in spirit rather than size. At this holy city, pilgrims arrive from distant corners of the plateau, some after months of walking and full-body prostrations, to reach this sacred heart of Tibetan Buddhism. Their presence animates the city, turning ordinary streets into sacred circuits and public squares into places of quiet reverence.

Above it all rises the Potala Palace.





Potala Palace: Where Power Meets Prayer

Clinging to Marpo Ri, Red Hill, the Potala Palace dominates Lhasa's skyline and imagination. A UNESCO World Heritage Site, its whitewashed walls and gilded roofs glow against the deep Himalayan sky.

Inside, dimly lit corridors open into chapels heavy with centuries of devotion. Butter lamps flicker, ancient scriptures rest in silence, and thangka paintings narrate the wisdom of generations. Standing there, you sense that every footstep echoes thousands before you, pilgrims, monks, rulers, all seeking clarity in the same sacred space.

Jokhang Temple: The Beating Heart of Lhasa

If the Potala is Lhasa's crown, the Jokhang Temple is its heart.

Built in the 7th century by King Songtsen Gampo, the Jokhang enshrines the revered Jowo Shakyamuni, Buddha depicted as a twelve-year-old prince. Outside, Barkhor Street pulses with devotion. Pilgrims circle the temple endlessly, chanting mantras, spinning prayer wheels, and offering prostrations in a timeless ritual known as kora.

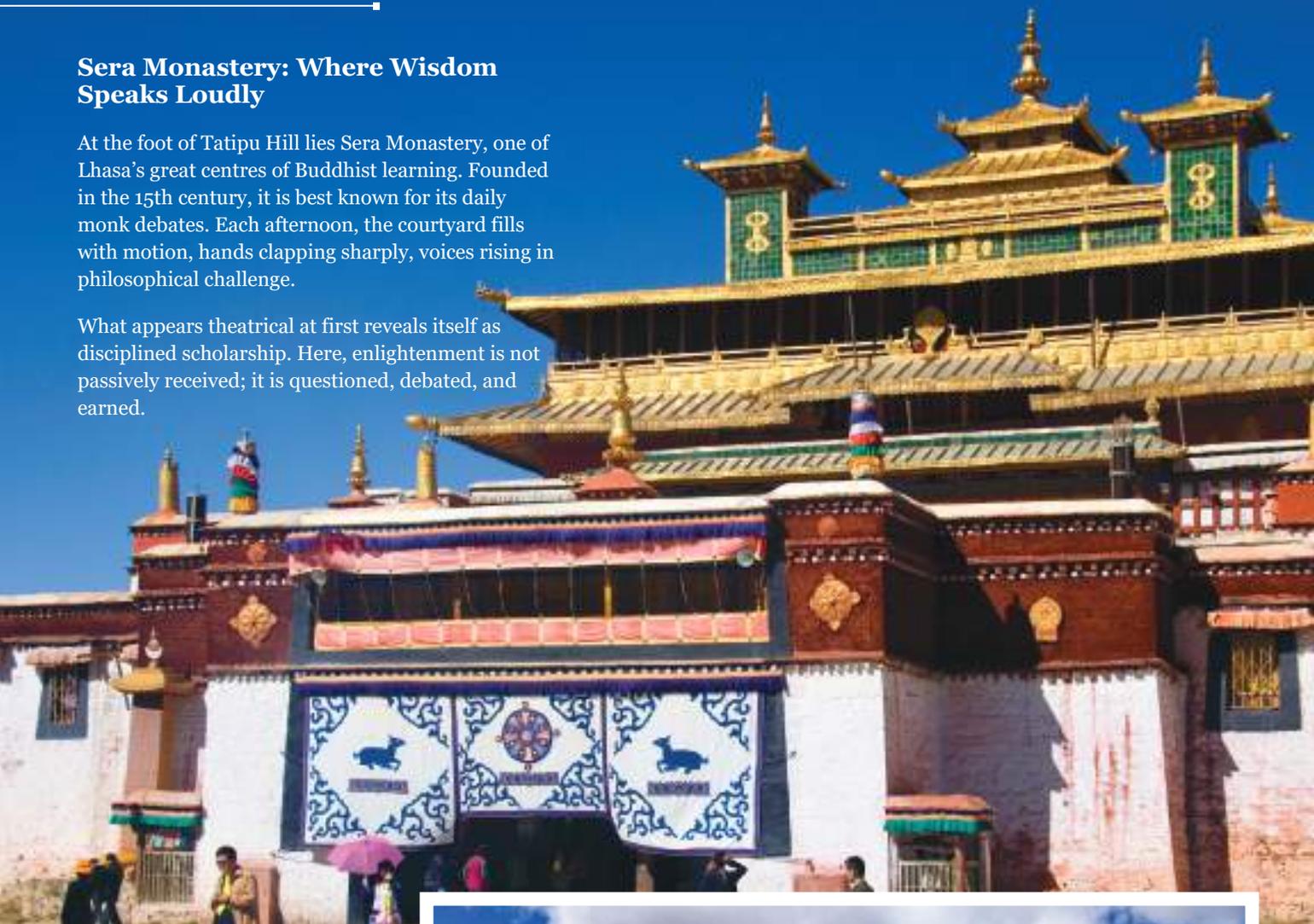
Inside, time seems to dissolve. The air is thick with juniper incense, butter lamps glow like constellations, and prayers rise softly from every corner. This is not a monument to faith, it is faith, alive and unwavering.



Sera Monastery: Where Wisdom Speaks Loudly

At the foot of Tatipu Hill lies Sera Monastery, one of Lhasa's great centres of Buddhist learning. Founded in the 15th century, it is best known for its daily monk debates. Each afternoon, the courtyard fills with motion, hands clapping sharply, voices rising in philosophical challenge.

What appears theatrical at first reveals itself as disciplined scholarship. Here, enlightenment is not passively received; it is questioned, debated, and earned.



Beyond the City: Sacred Landscapes

About 100 kilometres from Lhasa lies Yamdrok Lake, one of Tibet's three most sacred lakes. Its turquoise waters, framed by snow-capped mountains, offer a different kind of spirituality, one rooted in nature's stillness. Many travellers find that it is here, in the quiet reflection of the lake, that Lhasa's lessons settle most deeply.





Essential Travel Tips

Lhasa is accessible by air, with direct flights from Kathmandu and Pokhara operated by Himalaya Airlines. The journey itself offers breathtaking views of the Himalayas, setting the tone for the spiritual experience ahead. However, a valid Chinese visa to enter Tibet, along with a special Tibet Travel Permit, is mandatory. It must be arranged in advance through authorised travel agencies in Nepal.

In case if you are thinking about how to visit the city's landmark, don't worry. The city is accessible through taxis, public buses, and walking. These are the most convenient ways to explore. Many of Lhasa's sacred sites are located close to one another, making walking both practical and meaningful.

The mobile photographers, this might be the most crucial info for you. The power sockets in Lhasa are type C and F, with a standard voltage of 220V and frequency of 50Hz. So, if you want to use your phone and take photos and videos with no worries, you are recommended to carry a universal adapter. Don't forget to thank us for this crucial suggestion.

Apart from a visa, knowing the transportation and, medium of communication is usually the most crucial prerequisite to know. Tibetan is the primary language spoken in Lhasa, while Mandarin is widely used in

business and tourism. English is common in tourist areas, though learning a few basic Tibetan greetings is often met with warm smiles.

Lhasa Stays with You Forever

Lhasa is not a place you visit; it is a place that follows you.

Long after you leave, you remember the pilgrim's smile, the monks' clapping hands, and the way incense smoke curled into the thin Himalayan air. In Lhasa, spirituality is not confined to temples; it walks beside you, circles with you, and reminds you, gently, to slow down.

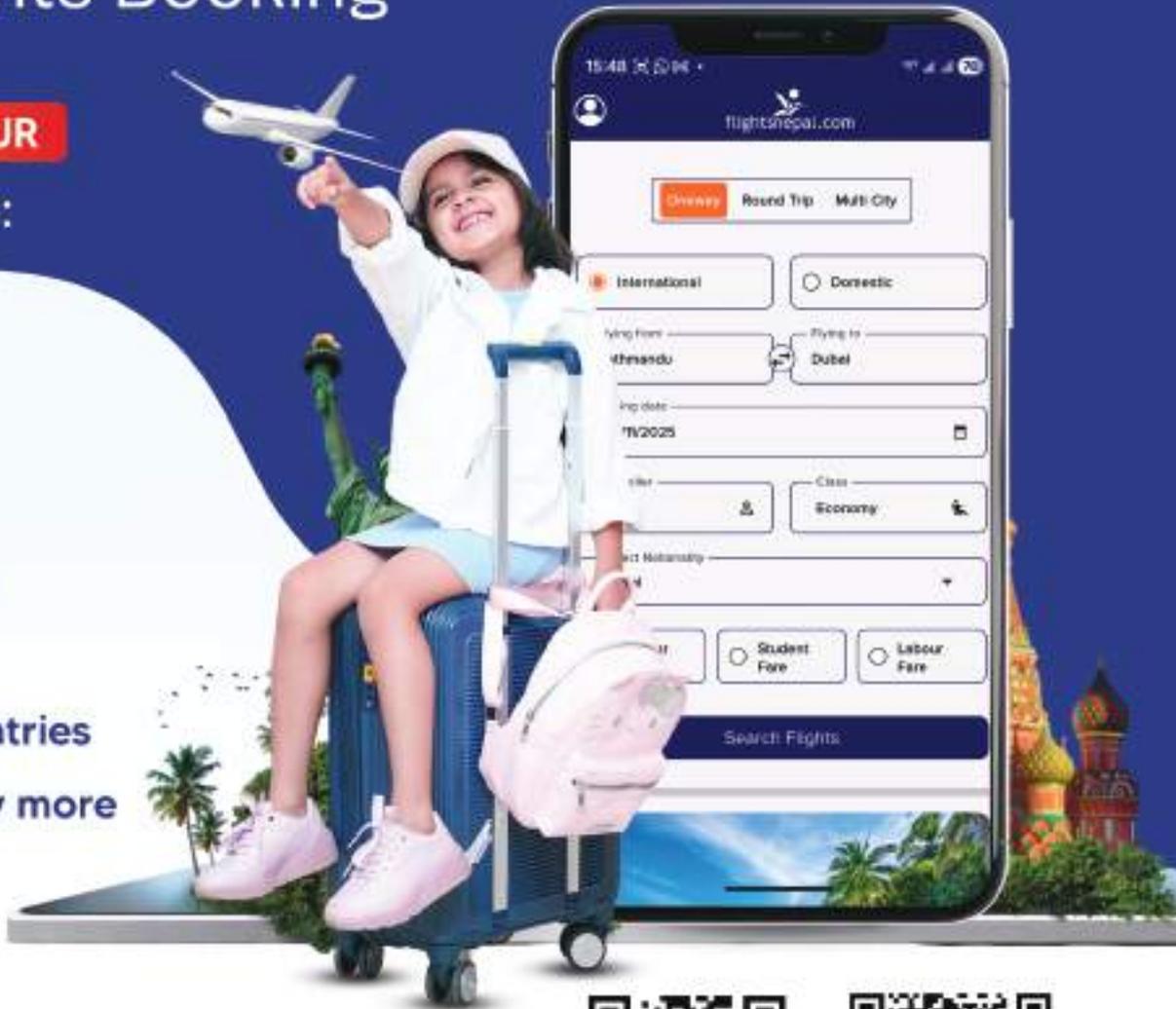
Because on the Roof of the World, every journey is also inward. And in Lhasa, the spirit of Tibet still listens.

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THREADS OF TRADITION:

NEPAL'S CARPET STORY WOVEN FOR THE WORLD

In a quiet workshop in the heart of Kathmandu Valley, a soft rhythm echoes. The clack of wooden looms, the hum of conversation, the gentle hiss of dyed wool being spun into yarn. A group of women, their fingers quick and sure, weave patterns born from memory. Each knot is deliberate, every colour chosen with care. Slowly, a masterpiece begins to unfold, a carpet that will soon find its way to a living room in New York, a boutique in Berlin, or a gallery in Tokyo.

The story of Nepali carpets is as intricate and rich as the patterns woven into them. For decades, the craft existed quietly in homes and workshops, passed down through

generations, with families like that of Ashish Lama keeping the art alive. Over 30 years ago, Ashish became deeply involved in the world of carpets, learning the skill and understanding the market, long before the carpets reached international shores.

It was through his collaboration with an already established brand, targeting markets such as the United States, that Nepali carpets began to find a global audience. The carpets carried not just colours and patterns, but a story of skilled hands, tradition, and dedication. Working with the brand, Ashish learned the demands of the international market, the standards of quality, and the challenges of exports, lessons that would later shape his own enterprise.

With that experience, another brand was born, a company designed to showcase Nepali carpets as world-class products. While the two companies operate independently today, they remain connected by shared values and a commitment to quality. Under Ashish's guidance, the carpets evolved from being simple domestic products to diverse collections. The carpets with knot counts ranging from 50 to 150, tailored for both local and international tastes.

Today, Nepali carpets are not just floor coverings, they are ambassadors of craftsmanship, culture, and resilience. From humble beginnings in family workshops, to crossing oceans and adorning homes abroad, the story of Nepali carpets is a story of vision, persistence, and the hands that keep tradition alive while weaving a path to the world.

The fusion of Tibetan technique and Nepali artistry gave rise to a product that would soon captivate the world: the hand-knotted Nepali carpet — intricate, durable, and deeply symbolic.

Decades later, that legacy endures. Handmade carpets remain one of Nepal's top export products, a proud exception in a country that imports most of what it consumes.

reached Rs 10.77 billion. While carpets now rank among Nepal's leading export commodities, what sets them apart is their 80 percent value addition within Nepal, making them one of the country's most rewarding and sustainable industries. The sector directly and indirectly employs around 200,000 people, most of them women, across Kathmandu, Sindhupalchok, Dhading, and Makwanpur.



The history of this craft took root in the late 1950s when Tibetan migration arrived in Nepal, bringing with them centuries-old weaving traditions. To help them rebuild their lives, the Government of Nepal, in collaboration with the Swiss Association for Technical Assistance, established the Handicraft Training Centre in Lalitpur in 1967, introducing carpet weaving as a livelihood skill.

Nepali carpets are now shipped to nearly 50 countries, with the United States absorbing around 60 percent of total exports. Other key destinations include Germany, the UK, Japan, France, and Australia.

According to the Department of Customs, Nepal exported carpets worth Rs 2.57 billion in the first four months of the 2025/26 fiscal year alone, and in the previous year, FY 2024/25, total carpet exports

Ashish primarily produces hand-knotted carpets, mostly 100-knot, although they also manufacture carpets with 50, 60, 80, 100, and 150 knots depending on customer requirements. Knot count defines the carpet's quality, with higher knots indicating finer texture in one square inch.

Historically, they produced mainly 60-knot carpets for the German market, but international demand has evolved to focus on interior combinations, such as matching wall colours and curtains.

IN TERMS OF EXPORTS, NEPALI CARPET IS CONSIDERED NEPAL'S SECOND-LARGEST EXPORT PRODUCT.

Meanwhile, Ashish and his company personally export 200–300 square meters per month, charging between \$200–\$800 per square meter, depending on size and material. Initially, Ashish focused on the US market through the first brand, and the earliest export markets included Tibet, reflecting the migration of skilled Tibetan weavers into Nepal's Himalayan regions. For the last 10 years, he primarily exported to Tibet, though post-COVID market demand has declined.

But behind this global success story of Nepali carpet lie mounting challenges. Once a billion-rupee powerhouse earning up to Rs 35 billion a year at its peak, the industry has struggled with not getting the recognition, rising costs, policy delays, and dependence on imported inputs.

“Raw materials are our biggest challenge,” say exporters. The wool that forms the base of most Nepali carpets comes from New Zealand and Tibet, while silk, used for finer weaves, is imported from India and China.

Nepal has the potential to produce silk domestically, but despite repeated discussions with the government, large-scale silk farming remains unrealised. Locally available natural fibres such as Allo, Nettle, Hemp, and Jute are used in small quantities but cannot yet replace imported materials.

Adding to the difficulty, carpet weaving and dyeing remain

classified as a “hazardous occupation” under Nepal's Child Labour (Prohibition and Regulation) Act, 1999 — a label that, while intended to prevent exploitation, has inadvertently affected the industry's international reputation.

Meanwhile, the country's upcoming graduation from Least Developed Country (LDC) status in 2026 could remove vital trade preferences such as duty-free access under the Generalized System of Preferences (GSP) scheme. Exporters fear this may reduce Nepal's competitiveness

many from marginalised communities such as women, the Dang community, and Chepang communities. Due to difficulties in managing workers and attracting educated youth to weaving, he shifted to giving orders to supplier groups who produce the carpets, while he handles finishing and export.

He also emphasised the need for well-managed factories and long-term sustainable practices, including moving towards a 10-to-5 working schedule.



in key markets.

Ashish highlighted that Nepali carpet, despite having good demand, has failed to get its recognition as a Nepali brand due to a lack of branding efforts. We have yet to obtain our own trademark, and as a result, countries where we export are selling it under their own labelling.

Apart, adding manpower is the biggest challenge in the carpet industry. Initially, the company employed around 70 workers,

Rising labour costs have further tightened margins. Neighbouring countries like India and Bangladesh, with lower wages and domestic access to raw materials, can produce similar carpets at a fraction of Nepal's cost.

“If it costs us Rs 4,000 to make a carpet, they can do it for Rs 1,000,” says Nepal Carpet Manufacturers and Exporters Association (NCMEA) CEO Amrit Tamang. Despite these odds, Nepal's hand-knotted carpets continue to hold a unique appeal — admired for their

authenticity, natural dyes, and the distinctive Tibetan knot technique that traces back to their origins.

To preserve this heritage, the Nepal Carpet Manufacturers and Exporters Association (NCMEA) has introduced a Collective Trademark — Himalayan Nepalese Carpet — to distinguish genuine Nepali products from imitations. The trademark has already been registered in the United Kingdom and is in the process of being registered in the United States and the European Union.

THE INITIATIVE AIMS TO PROTECT NEPAL'S IDENTITY IN GLOBAL MARKETS WHERE "INDO-NEPAL" CARPETS — OFTEN PRODUCED OUTSIDE NEPAL — HAVE BLURRED THE LINE BETWEEN AUTHENTICITY AND IMITATION.

A recent study conducted by NCMEA in collaboration with Label STEP (2024) explored productivity-based wages among carpet weavers in the Kathmandu Valley. The findings revealed that when paid at the industry's standard knot-based rates, weavers of regular designs can earn above the government's minimum monthly wage of Rs 17,300.

However, about 42 percent of weavers, especially those working on complex designs, still earn below that benchmark. The report called for harmonised wage structures and stronger compliance with fair pay standards to ensure a sustainable future for the sector.

Nepali carpet faces competition from countries like India, Iran, and Pakistan, with India receiving significant government incentives for both hand-woven and machine-made carpets. While the Nepali government prioritises the carpet sector, it has not provided substantial support packages.



NCMEA also plans to digitalise products using QR codes for authenticity verification.

Other challenges include inadequate factory conditions, limited incentives for workers, and a shrinking pool of skilled manpower as younger generations prefer overseas opportunities in Australia, Dubai, and other countries.

Despite the challenges, Nepal's carpet industry continues to symbolise endurance and artistry.

EACH RUG CARRIES WITHIN IT A PIECE OF THE COUNTRY'S STORY — ITS CULTURE, ITS MOUNTAINS, AND ITS PEOPLE.

With renewed government support, investment in local raw material production, and sustained global promotion, Nepal's hand-knotted carpets can once again rise to prominence — not just as products of trade, but as woven ambassadors of the nation's creative spirit.



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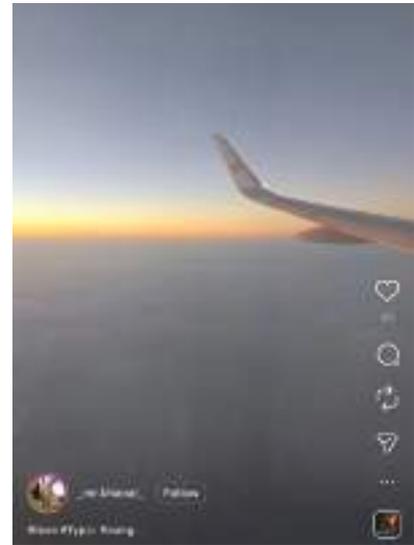
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Superb experience. Very supportive crew, special thanks to the Cabin crew. Will Fly again! I loved it

Kanchan R Adhikari

Riyadh - Kathmandu



It was an mesmerizing moment during the flight and I wish to travel again in near future

Suraj Shrestha

Dubai - Kathmandu



Everything was very well and the air hostess were very polite. They provided all the facilities so I am very happy for that and i want to thank the pilot and all the staff

Rabina Sunar

Dubai - Kathmandu

Cabin crew whom i met was a very nice person. down to earth, No attitude. Best Airhostess

Deepak Kedia

Doha - Kathmandu

The flight was comfortable and was affordable. Crew were very helpful and polite

Raj Krishna Karki

Kathmandu - Dubai



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Beyond the Game: Chasing Destiny in Doha

As a lifelong football fanatic and an unapologetic admirer of Lionel Messi and FC Barcelona, there is one destination that has long sat on my wish list. You would be forgiven for thinking it is Barcelona and its legendary Camp Nou. And yes, that pilgrimage will happen one day. But this year, my heart is set elsewhere. It is drawn to Doha, the capital of Qatar, a nation known as much for diplomacy and peace-building as it is for ambition and global vision. I want to be in Doha this March. Not only to witness its striking skyline and desert luxury, but to stand at a place that, for me, holds the same reverence as Mecca, Pashupatinath or Jerusalem. A place of belief. A place of destiny. Lusail Stadium, where the god of football, Lionel Messi, reached his final summit and lifted the FIFA World Cup in 2022.

On 27 March, Lusail comes alive once again as Argentina face Spain in the Finalissima. It is more than just a match. It is a once-in-a-lifetime moment, watching the greatest icon of Barcelona's past take on the present and future of the club: Pedri, Yamal, Gavi, Cubarsí and López. For a football lover like me, it is nothing short of irresistible.

Yet Doha's story runs far deeper than football. Some destinations are about beauty. Others are about meaning. Doha offers both. And this March, I am excited for a journey that feels like a pilgrimage I cannot afford to miss.

Long before skyscrapers reshaped its horizon, human settlement in Doha dates back to the seventh century. Once a modest fishing village, the city rose to prominence in the 19th century through the pearl trade, thriving on its strategic location along the Persian Gulf. Its transformation into a modern metropolis began in the mid-20th century with the discovery of oil.

Thanks to the economic prosperity brought by the discovery of oil and gas, Doha has undergone a remarkable urban evolution. What was once a landscape of dunes is now a striking skyline of glass towers, luxury hotels and world-class infrastructure. Yet despite this rapid modernisation, the city has remained deeply rooted in its heritage. Traditional souqs, historic architecture and cultural landmarks continue to anchor Doha's identity, creating a seamless blend of past and present.

This transformation is perhaps best felt upon arrival at Hamad International Airport, Doha's primary gateway. More than just an airport, it reflects the city itself, calm, refined and welcoming. Hamad offers travellers their first glimpse of Qatar's prosperity, and as an aviation enthusiast, I am excited to witness it.

Apart, at the top of my list is Souq Waqif, the place where I want to feel the true soul of Doha. Over a century old, its narrow alleyways, aromatic spices and traditional handicrafts bring the past vividly to life. What fascinates me most is falconry, an essential part of Qatari heritage. Falcons, long revered for hunting and poetry, are still deeply respected today, and a visit to the Souq Waqif Falcon Hospital offers a rare insight into this enduring bond.





ANOTHER PLACE I AM KEEN TO EXPLORE IS THE MUSEUM OF ISLAMIC ART, SET GRACEFULLY ALONG DOHA'S WATERFRONT. HOME TO WORLD-CLASS COLLECTIONS, IT REFLECTS THE CITY'S DEEP RESPECT FOR HISTORY, ART AND ARCHITECTURE.



While football may have drawn me to Doha, my curiosity does not end at the stadium. Just north of the city lies the Lusail International Circuit, a destination that comes alive every December with the arrival of Formula 1. As engines roar under floodlights, the circuit transforms into a theatre of speed and adrenaline, revealing yet another thrilling side of Doha's sporting spirit.

Food is another journey I look forward to. I am informed by a friend that Doha's culinary scene mirrors its multicultural character, offering everything from street food to fine dining. I am especially eager to try traditional Qatari dishes including Machboos, the national spiced rice dish, Harees, grilled seafood Hammour, which reflect the country's maritime roots.

Doha reveals itself as a city of layers, heritage, art, speed, flavour and soul. From the timeless charm of Souq Waqif to the tempting

Lusail Stadium to the high-octane drama of the Lusail Circuit, these are the places I want to experience, knowing they will linger long after the journey ends.

If you want to join me, travellers from Nepal, reaching Doha is simple, with a convenient daily flight operated by Himalaya Airlines from Kathmandu's Tribhuvan International Airport to Hamad International Airport, bringing this remarkable city well within reach. I am boarding on March 25, hope to see you on the flight.



Your Needs, Our Pre-book Meal



As a Jain passenger with particular dietary requirements, finding suitable food while travelling has always been a concern for me. However, while flying from Kathmandu to Dubai with Himalaya Airlines, I pre-booked my Jain meal in advance, and the experience was truly reassuring.

The meal was prepared exactly according to my dietary needs and was served fresh and on time during the flight. Pre-booking gave me complete peace of mind, knowing that my food requirements were well understood and respected.

I truly appreciate the airline's thoughtful pre-book meal service, which made my journey comfortable and stress-free. This service is extremely helpful for passengers with special food needs, and I would highly recommend pre-booking meals for a smooth travel experience.

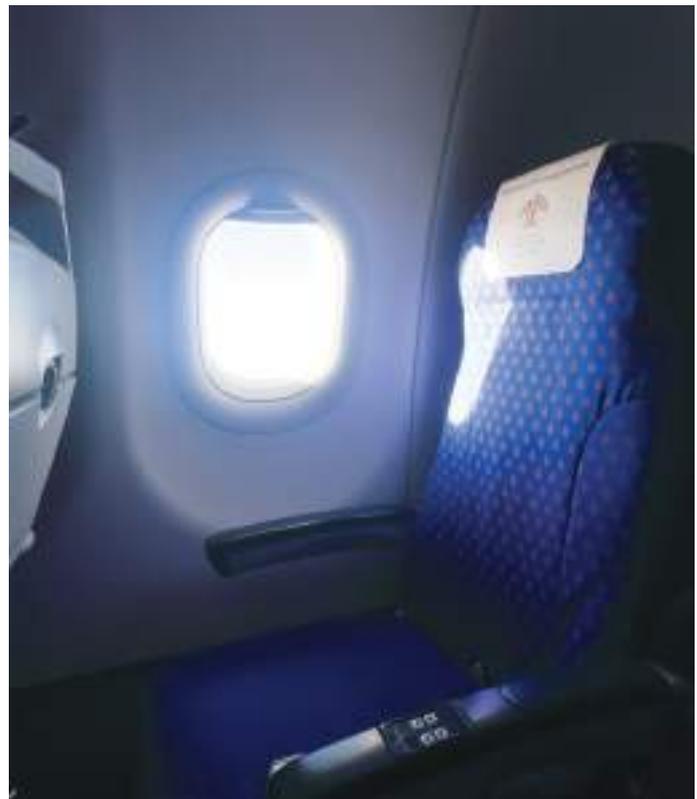


Together from Takeoff

Flying internationally for the first time with my family was both exciting and a little stressful, especially as we were travelling with a small child. For our flight from Kathmandu to Kuala Lumpur, I decided to pre-book our seats with Himalaya Airlines to make the journey easier for all of us.

Being able to sit together as a family made a huge difference. Our child was especially happy to get a window seat, watching the clouds and the sky, which made his first international flight truly memorable.

Pre-booking seats gave me peace of mind and turned what could have been a stressful journey into a comfortable and joyful family experience. I'm glad we chose this service, and I would highly recommend it to families travelling with children.



“ Carry Love, not Worries



After spending years working in Doha, flying back home was an emotional moment for me. My bags were not just luggage; they were filled with love, memories, and gifts for my family and loved ones. However, I was anxious about carrying extra baggage, worried about high charges and even the possibility of my bags being offloaded.

When I learned about Himalaya Airlines' excess baggage pre-booking service, it was a huge relief. The process was simple, transparent, and helped me plan everything. Most importantly, I saved up to 40% on excess baggage charges, which made a big difference.

Thanks to this service, I travelled with complete peace of mind, knowing all my bags would arrive with me. Himalaya Airlines truly made my journey home stress-free and memorable.

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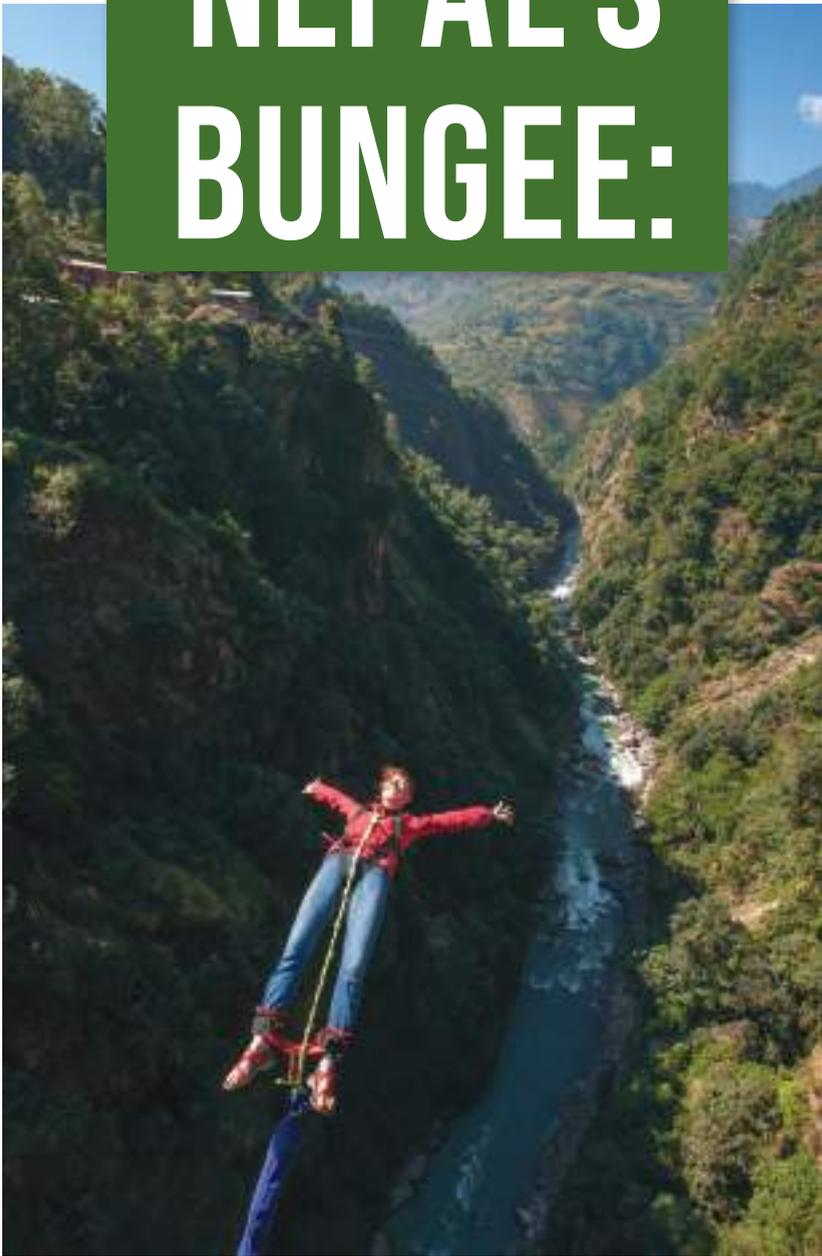
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NEPAL'S BUNGEE:



A MAGNET FOR ADVENTURE LOVERS

A few years ago, I got an unexpected call for an adventure. Being an adrenaline lover, it was something I had wanted to try ever since I first heard about it. The opportunity came when a friend backed out due to fear, and I was asked to take his place. Even though I was just a substitute, I made the most of it, and that's how I experienced my first bungee jump.

I was excited the whole time... until I stepped onto the jumping deck. Standing there, looking down at the 160-meter gorge, I could hear the Bhote Koshi fiercely roaring below me, but right above it, my own heartbeat echoing louder in my ears. At that moment, the sound of the river and my racing pulse mixed into one overwhelming rush. My mind kept questioning me:

Are you brave enough? Can you really trust this thin rubber rope?

Doubts hit me from every direction. But somewhere inside, I refused to step back. I gathered myself and took the leap of a lifetime.

What followed still lives with me—the sudden drop, the free fall, the moment fear melted into pure freedom. Those few seconds of falling, followed by the rebound and hanging in midair above the roaring river, gave me an unforgettable rush. It was a moment that changed something inside me.

One jump wasn't enough. I went back again a few years later, and honestly, even as I write this now, a part of me wants to relive that moment all over again.

When Nepal introduced bungee jumping in 1999, it marked far more than the arrival of a new adventure sport; it signalled a bold evolution in the country's tourism identity. For decades, Nepal had been celebrated primarily for its mountains, trekking routes, and spiritual mystique. But New Zealander David Allardice saw something different hidden deep within the country's raw river gorges.

While kayaking alone near the Tibetan border, he arrived at the wild, untouched canyon of Larcha, a dramatic gorge carved by the roaring Bhote Koshi River. Standing



on its edge, he imagined something unprecedented: “If I ever get the chance, I’ll build a bungee right here.”

That vision soon took shape. With Nepali partner Bishnu Neupane and Swiss engineering support from HELVETAS, a rugged suspension bridge over the Bhote Koshi was transformed into one of the world’s highest bungee installations. Many thought the idea was outrageous, especially during Nepal’s insurgency, but it ended up rewriting the trajectory of Nepali adventure tourism.

It quickly drew thrill-seekers from around the world and placed Nepal firmly on the global map for extreme adventure.

In fact, today, it, along with another one in Kushma is one of the few suspension-bridge bungees in Asia. There is only one other in South Africa, and the tallest one in China. They offer adventurers unparalleled jumps amid breathtaking gorge landscapes.

As Nepal’s adventure tourism grew, new players entered Pokhara. Another bungee site in Hemja,

the Kali Gandaki River gorge, is now the highest bungee in Nepal and one of the tallest in the world. Meanwhile, the one above the Bhote Koshi has exported its know-how, providing manpower support to China, which today runs the world’s highest suspension-bridge bungee. The team is also working on the first-ever bungee project in Sikkim, marking another milestone in regional adventure tourism collaboration.

In fact, the team consulted and designed India’s first-ever bungee in Rishikesh. Likewise, it also provided technical guidance along with manpower to the iconic bungee from the Hillary Suspension Bridge. Operated for three years, however, it is now closed due to legal setbacks.

Each bungee destination offers a distinct flavor. The first bungee site’s iconic freefall toward the Bhote Koshi, surrounded by lush forests and dramatic valleys, remains one of Nepal’s most exhilarating experiences. Nearby, rafting, canyoning, and rock climbing complement the adrenaline rush.

In Pokhara, Hemja’s tower and swing jumps provide modern thrills against sweeping Himalayan panoramas—perfect for adventurers seeking both scenery and excitement.

From a single bold idea on the edge of a wild gorge, Nepal has grown into a world-class bungee destination—its story shaped by daring vision, natural grandeur, and an evolving adventure spirit. Today, the country stands proudly alongside global extreme-sport capitals, proving that one

In 1999, Allardice himself made the first commercial jump, launching a new chapter for adventure sports in the country.

Nepal's first bungee opened that same year with a 160-meter (525-foot) drop from a specially engineered suspension bridge, built with Swiss and New Zealand expertise under strict global safety standards.

opened in 2014. It is Nepal’s first tower bungee and part of an American franchise. Another one additional bungee in Pokhara, near the old airport site is operated under a Japanese brand.

One in Larcha above the Bhote Koshi and Kushma remain homegrown Nepali brands, showcasing local expertise and innovation.

The one in Kusma, with its 228-meter (748-foot) drop over



courageous leap can redefine a nation's tourism narrative.

Until 2015, bungee remained Nepal's primary non-trekking adventure activity. At first, Nepalis themselves were hesitant even about rafting, which only began attracting large numbers around 2015–16. Before that, in terms of pure adrenaline, bungee stood almost alone.

Crucially, as per Bhuwan Sharma, general manager at The Last Resort, bungee helped pull in backpackers, travellers who assumed Nepal was too expensive.

"The real barrier for Nepal has always been flight costs. A traveler flying from Bangkok to Kathmandu could visit three or four other countries for the same amount. Even within Nepal, Kathmandu is not particularly reasonable compared to Sri Lanka or India. This makes attracting tourists challenging."

Yet bungee created visibility. Before it, Nepal marketed mainly mountains. After 1999, bungee clips appeared in almost every Nepal Tourism Board promotional video and travel fair booth. Crowds gathered around the footage, fascinated by an activity rarely found in Southeast Asia at the time. Nepal's site was among the world's highest, and that alone drew massive curiosity.

At the initial phase, the price for a jump was just Rs. 2500—even for foreigners. Hardly any Nepalese came then; maybe one or two a day. Until around 2005–07, seeing three or four Nepali jumpers in a day was surprising, shares Sharma.

Only from 2008 onward did Nepali participation grow. Before that, Europeans, especially, Australians, and British travelers, dominated, followed by a huge rise in Israeli visitors from 2003–04.

As Israeli visitors started to come, the word spread quickly through their networks—including their embassy. They



became the number-one clientele. They were curious, asked thoughtful questions, and explored their options openly—but they always chose to jump in the end. Even during Nepal’s conflict-era period, Sharma notes, their confidence and willingness to experience adventure remained remarkably strong.

Recalling an incident that took place during the peak of insurgency, during a Nepal bandh, a full-moon party had already been sold. With roads blocked near Zero Kilo, the organizers hesitated, but the Israeli guests simply walked past the blockade eating puri-tarkari, completely unfazed.

Over time, the customer base for bungee diversified. At first almost all were foreigners; then Nepalese and Indians began arriving in large numbers. Today, Nepali clients often spend more than foreigners. Even Indian travelers have become easier to work with—and in many cases, outspend Europeans.

In terms of challenges, despite tourism being portrayed as Nepal’s “backbone,” experts say it contributes only about 5% to GDP. A lot more work is needed. Nepalese have a habit of copying one idea repeatedly.

Once bungee took off, everyone wanted to build one. Yet we continue to lack diverse tourism products, and even the ones we have aren’t marketed effectively. Simply putting up “Welcome to Nepal” banners during Tourism Year does little—it targets tourists who are already here, Sharma opines.

Nepal also remain unclear about our target audience.

We claim we don’t want low-paying tourists—but what do we offer high-paying ones? What level of efficiency, service quality, road conditions, and airline safety would attract them? This remains uncertain, Sharma adds.

Backpackers once accounted for the majority of clientele, especially Israelis before the earthquake. They spent little—often skipping meals—but they always spent on bungee. At about USD 80, it was on their bucket list. They would save on everything else but never miss the jump.

Another major challenges for bungee businesses in Nepal has been the poor condition of roads leading to these remote adventure sites.

Difficult access not only affects the comfort and safety of visitors but also increases operational costs and limits the potential number of customers. At the same time, rising inflation has begun to impact the purchasing power of domestic travellers. While foreign tourists have historically formed the bulk of clientele, companies cannot rely solely on international visitors—they also need to attract local customers to sustain operations. This makes affordability, accessibility, and overall experience critical factors in ensuring the long-term viability of Nepal’s bungee industry.

In this sense, bungee helped Nepal attract travellers who otherwise believed the country was beyond their budget. But today the real challenge remains: high flight costs and comparatively expensive urban tourism, that makes Nepal costly to access than its competitors.



Yomari

A DISH THAT REFLECTS MY IDENTITY

■ HELINA LAWOT



In the Kathmandu Valley, there is a special sweet called Yomari. It is a soft, steamed dumpling made from rice flour and filled with chaku (jaggery), roasted sesame seeds, coconut, or khuwa. Yomari is most enjoyed during Yomari Punhi, a festival celebrated in December on the full moon of Thinla, the second month of the Newar lunar calendar. The festival marks the end of the rice harvest and honors Annapurna, the goddess of grain.

On this day, families come together to make Yomaris, offer them to the gods, and share them with friends and neighbors. Children go around the neighborhood singing and asking for yomaris, a fun tradition called “Yomari Phonegu.”

The sweet dumplings, often shaped like gods and goddesses, are believed to bring good luck, prosperity, and warmth for the year ahead. Hence, Yomaris are included as part of the childhood birthdays and special festive occasions.

For me, Yomari is more than just a sweet, it is part of who I am. As a child, I looked forward to Yomari Punhi

every year. I remember the smell of sesame seeds and jaggery filling the kitchen, the laughter of my family, and the joy of shaping the soft dough together. That first warm bite always made me happy and safe.

Even now, Yomari reminds me of those days, of family, love, and togetherness. It will always be my favorite dish, not only for its taste but for the beautiful memories and culture it carries.

You must be curious about how the dish is made. Here I share step-by-step guide to making Yomari, the traditional Newari winter delicacy of Kathmandu Valley:

INGREDIENTS

For the Dough:

1. 2 cups of rice flour (preferably freshly milled)
2. 1 ¼ cup hot water
3. 1 tbsp of ghee or oil (optional, for smoothness)

For the Filling (Chaku Mix):

1. 1 cup chaku (jaggery)
2. ½ cup grated coconut
3. 2 tbsp roasted sesame seeds
4. ½ cup (khuwa – optional)
5. 1 tbsp ghee

STEP-BY-STEP MAKING PROCESS

Step 1: Prepare the Chaku Filling

1. Heat a pan and add ghee.
2. Add chaku (jaggery) pieces and melt over low flame.
3. Once melted, mix in sesame seeds and grated coconut (or khuwa).
4. Stir until thick and sticky.
5. Let it cool — this becomes the sweet filling.

Step 2: Make the Dough

1. Boil water and pour it slowly into the rice flour.
2. Mix quickly with a spoon, when it cools a bit, knead into a soft, smooth dough by hands — it should not crack.
3. Cover with a damp cloth to keep it moist and let it rest for 30 minutes.

Step 3: Shape the Yomari

1. Grease your fingers lightly with oil or ghee.
2. Take a small ball of dough.
3. Roll it into a cone shape by pinching and rotating between your fingers.
4. Fill the hollow center with 1–2 tbsp of chaku mixture.
5. Pinch and seal the top neatly — traditional shapes look like fish.

Step 4: Steam

1. Place the Yomaris in a steamer.
2. Steam for about 15-20 minutes until the surface becomes shiny and firm.
3. Let it rest for a few minutes before serving.
4. Serve it hot or warm — best enjoyed during cold winter evenings

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Green Peas

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Kala Patthar Whiskey(90ml)
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Cup Noodles(Wai Wai/Current)
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Fish Sitan(50mg) **NPR 250**



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Baba at Dolkha Bhimsen Mandir
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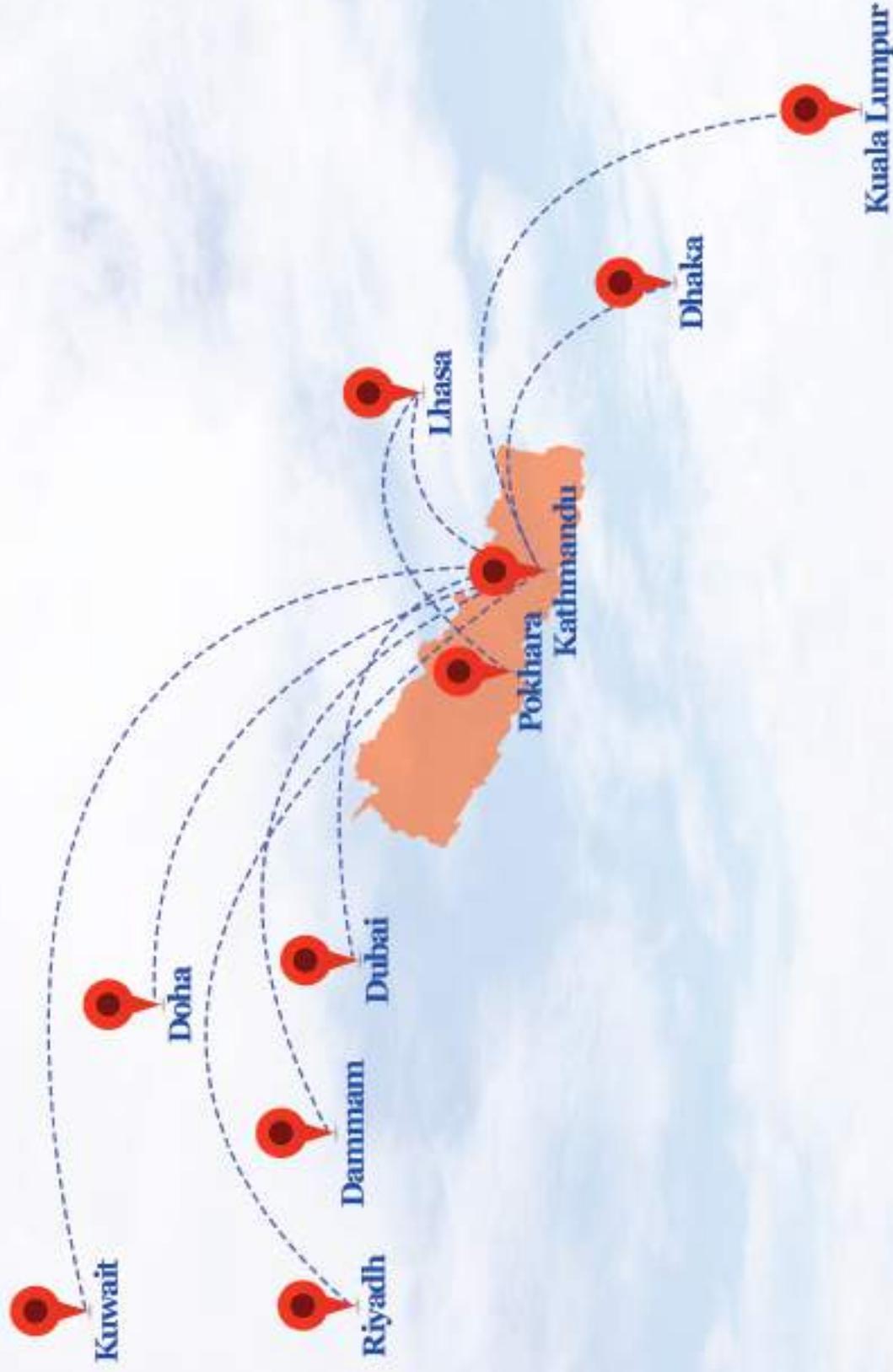
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Horoscope 2026

(January - March)



Aries

Mar 21st - Apr 19th

2026 is a powerful year for Aries, bringing new opportunities, important lessons, and steady personal growth. Your career moves forward early in the year, though mid-year may bring a few challenges that require patience and clear communication. Finances may feel up and down, so smart budgeting will be important. Health needs extra care, and simple habits like meditation or exercise will keep you balanced.



Taurus

Apr 20th - May 20th

2026 is a powerful year of steady growth and positive change for Taurus. Your career may start with a few sudden shifts, but staying calm and adaptable will lead to strong progress by mid-year. Finances remain stable with chances for extra income, though smart planning is needed for unexpected expenses. Health improves with discipline and good routines, while family life may have minor tensions that ease with patience.



Gemini

May 21st - Jun 20th

2026 is a year of sharp growth and big opportunities for Gemini. Your career moves forward with recognition and new responsibilities, as long as you avoid shortcuts and stay focused on long-term goals. Finances strengthen with steady income and smart investments, though sudden expenses may appear, so spend wisely. Health needs balance—regular exercise and mindfulness will keep stress under control.



Cancer

Jun 21st - Jul 22nd

2026 is a powerful year of transformation for Cancer. Early challenges may test your confidence, but from mid-year your career opens up with new opportunities and stronger progress. Finances may feel tight at first, yet smart planning and support from family bring stability later in the year. Health needs steady attention, so focus on rest, mindfulness, and good routines to stay balanced.



Leo

Jul 23rd - Aug 22nd

2026 is a big year of transformation for Leo, bringing challenges that turn into major opportunities. Early in the year, work may feel demanding and your energy might dip, but staying persistent leads to recognition and real progress by year's end. Finances start tight, then steadily improve with new income opportunities mid-year. Health needs care, so balance stress with rest and routine.



Virgo

Aug 23rd - Sep 22nd

2026 brings steady growth and positive changes for Virgo, with Jupiter guiding you toward progress in all areas of life. Your career strengthens as early effort leads to clearer opportunities and well-earned success later in the year. Finances may feel tight at first, but careful planning and smart decisions bring stability and long-term gains. Health improves with consistent routines and a balanced lifestyle.



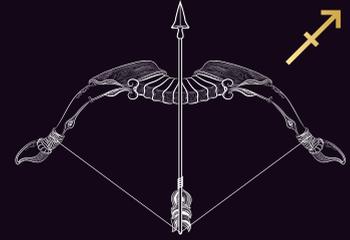
Libra Sep 23rd - Oct 22nd

2026 brings Libra a year of balance, harmony, and steady progress. With Jupiter and Saturn supporting you, career growth comes smoothly, finances strengthen through smart choices, and your health improves as you focus on routine and balance.



Scorpio Oct 23rd - Nov 21st

2026 is your year of powerful transformation, Scorpio. The first half may test you with heavier responsibilities, financial pressure, and emotional intensity, but each challenge shapes you into a stronger version of yourself. By mid-year, steady effort brings career breakthroughs, clearer finances, and better health as you focus on balance and discipline.



Sagittarius Nov 22nd - Dec 21st

2026 is a transformative year for Sagittarius, full of growth and exciting opportunities. Early challenges in career, finances, and health may test your patience, but persistence and careful planning lead to major progress by mid-year. Energy and well-being improve as you focus on self-care, while family life and relationships strengthen through empathy and clear communication.



Capricorn Dec 22nd - Jan 19th

2026 is a year of steady growth and lasting success for Capricorn. Early work pressure and responsibilities may test your discipline, but persistent effort brings career recognition and professional gains. Finances strengthen through careful planning and smart investments, while health improves by maintaining balance, rest, and light exercise.



Aquarius Jan 20th - Feb 18th

2026 is a year of breakthroughs and growth for Aquarius. Early challenges in career, finances, and health may test your focus, but persistence and careful planning lead to success by mid-year. Career recognition, financial improvements, and better well-being are all on the horizon.



Pisces Feb 19th - Mar 20th

2026 is a year of emotional growth, creativity, and meaningful connections for Pisces. Early challenges in finances, health, and career may test your discipline, but trusting your intuition and staying grounded brings steady progress. Career opportunities and financial stability improve as the year unfolds, while self-care and mindful routines support your energy and well-being.

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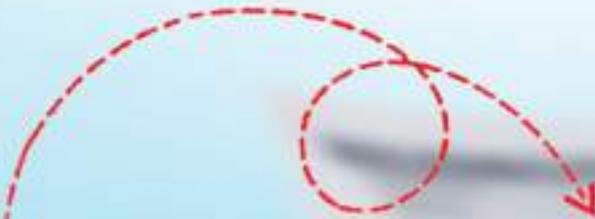
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