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ISSUE 21  
JAN-MAR 2025



INFLIGHT MAGAZINE



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ISSUE 21  
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HIMALAYA  
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DISCOVER  
CHONGQING: THE  
MOUNTAIN CITY

# THE PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

As we enter 2025, I extend my warmest wishes for a year full of joy, good health, and fortune to you and your loved ones. The new year brings us the fresh opportunities of making our wish list of exploring the world together. Let this be your time to explore the unforgettable journeys with Himalaya Airlines (H9).

We are pleased to have had the privilege to successfully operate special diplomatic flights on December 2, and December 5, 2024, facilitating the departure and arrival of the Rt. Honorable Prime Minister of Nepal, Mr. K.P. Sharma Oli, for his official visit to Beijing, China. We are thankful to the government of Nepal for this opportunity to serve the Right Honorable and his entourage.

Safety being our utmost priority, we are delighted to share that we have successfully completed IOSA registry renewal of Risk-Based Inspection Audit on 15th Nov 2024. IOSA is the gold standard for airline safety management.

With our mission of promoting people-to-people connections and the enhancement of bilateral

trade and tourism of Nepal with the world, we have extended our flight frequency for Chongqing, now serving twice weekly flights effective December 19, 2024. This added frequency of flights makes it more convenient to travel to Chongqing, the City of Mountains offering a wonderful opportunity for you to explore the richness of the historic city in the southwest region of China. Additionally, our extensive network of flights to Dhaka, Kuala Lumpur, Dubai, Dammam, Doha, Kuwait, Shanghai, Lhasa, and Qingdao offers you even more opportunities to explore the world.

Similarly, committed to enhancing your travel experience, we are excited to present the latest edition of The Danfe Inflight Magazine (Issue 21). This edition features captivating contents, including interviews, special features and destinations. As you finish reading, you will explore the City of Mountains in China, trek through the North Annapurna Base Camp, and also learn about Nepal Tourism Board's new CEO plan for promoting Nepal. Additionally, you will learn about the fascinating journey of Nepali football sensation Preeti Rai.

We deeply appreciate your continued support, trust, and patronage.

We look forward to welcoming you on board on our next flight.

Thank you,

ZHOU ENYONG

PRESIDENT

# Danfe INSIDE



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International Airfare: Nepalese Landscape



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# CALENDAR (JAN - MAR 2025)



14 January

## MAGHE SANKRANTI

Maghe Sankranti, also known as Makar Sankranti, is a major harvest festival in Nepal. The day marks the beginning of the month Magh, in mid- January. The festival is based on the movement of the sun from one zodiac sign to another. When the sun moves into the Capricorn zodiac sign, known as Makara, the occasion is called Makara Sankranti. People take holy dips in rivers and ponds and visit religious sites. Auspicious foods like ghee, yam, khichadi, til laddus, and Chaku are enjoyed.



26 February

## MAHA SHIVARATRI

Maha Shivaratri, meaning "Great Night of Shiva," is a major festival in Nepal that celebrates the convergence of Shiva and Shakti. It is believed that on this night, the stars align to enhance spiritual energy. The festival marks the night Lord Shiva performed the cosmic Tandav dance. The Pashupatinath Temple attracts thousands of devotees, with all-night prayers held in four Prahars.



30 January

## SONAM LHOSAR

Sonam Lhosar is a new year festival celebrated by the Tamang and Hyolmo people of Nepal. People clean their homes, surroundings and decorate them with colourful papers, clothes, and couplets to welcome gods and goddesses. Individuals visit monasteries, stupas, and chaityas to perform ceremonial rituals. Guthuk, a special soup served with dumplings and other delicacies feature as key part of the festival. People enjoy cultural events, such as processions, music, and dances during the festival.



28 February

## GYALPO LHOSAR

Gyalpo Lhosar, the Tibetan New Year celebrated mainly by the Sherpa communities in Nepal, usually takes place in February. The celebration begins with preparing Khapse, a deep-fried pastry. Two days before Lhosar, Gutung soup with hidden fillings is made, each symbolizing character traits. People also enjoy Changkol, a traditional drink made from Chhang, a kind of Tibetan beer.





13 March

## HOLI

Holi known as the festival of colours commemorates the triumph of good over evil. It is one of the major festivals in Nepal and signals the end of the winter season. Holi is celebrated on two different days across Nepal. People in the hilly region celebrate Holi on the full moon day in the month of Falgun (usually sometime in March) as per the Hindu lunar calendar, while in the Terai, Holi arrives a day later, on the day after the full moon day. Malpuwa, a special dessert is prepared in the Terai region.



March 29

## GHODE JATRA

Ghode Jatra, the Horse Racing Festival, is a traditional celebration held annually in Kathmandu. The festival originated to commemorate the defeat of a demon named Gurumapa, who once terrorized the Kathmandu Valley. To prevent the demon's spirits from returning, the king started the tradition of galloping horses over the field. Presently, Ghode Jatra takes place at Tundikhel.

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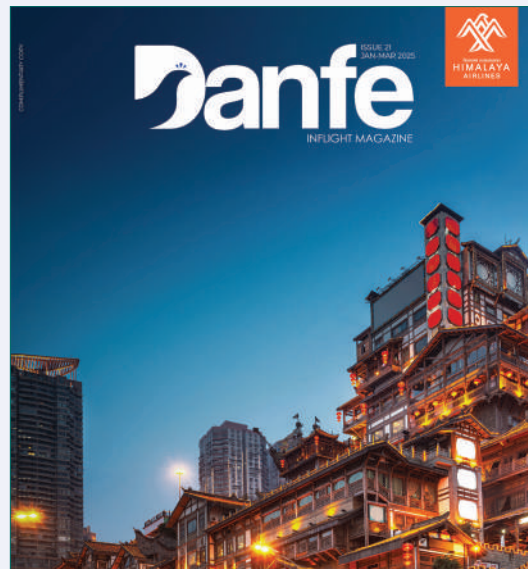
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## Himalaya Airlines Operated Special Diplomatic Flight for Rt. Honorable Prime Minister

Himalaya operated a special diplomatic flight for the official visit of the Right Honorable Prime Minister, Mr. K.P. Sharma Oli, accompanied by Madam Radhika Shakya. The Right Honorable Prime Minister led a high-level delegation, to Beijing, the capital city of the People's Republic of China on December 02, 2024 and returned on December 05, 2024 on Himalaya Airlines' Airbus 319, registration 9N-AJK.



The Ministerial Delegation included the Honorable Minister for Foreign Affairs, Dr. Arzu Rana Deuba, Chief Advisor Mr. Bishnu Prasad Rimal, Economic and Development Advisor Dr. Yuba Raj Khatiwada, Members of Parliament, Chief Secretary Mr. Ek Narayan Aryal, senior government officials, and representatives from Nepal's business and industry sectors.

The flight was operated by a senior crew including Captain Hao Di (as the pilot in command, Vice President – Operations) and Captain Riway Prasad Pradhan and First Officer Sagar Shrestha.

President of Himalaya Airlines, Mr. Zhou Enyong, welcomed the Prime Minister and the delegation aboard the aircraft, while Vice President of





Administration, Mr. Vijay Shrestha was present to bid farewell on departure as well as to receive the delegation officially upon arrival at Tribhuvan International Airport.

On this occasion, Mr. Vijay Shrestha remarked "It is a great honor for us to be given this opportunity to serve the nation by operating special flight for the official travel of the Head of the Government. We are thankful to the Government of Nepal that we had such opportunities of conducting special flights for the Head of the Government and high

dignitaries of the country in past also. We also want to recollect operating a humanitarian flight to Kabul, some time ago, at the request of the Government of Nepal."

The successful facilitation of this high-profile flight further underscores Himalaya Airlines' dedication to national service and its capability to support important state missions, reinforcing its role as a reliable partner for the nation.





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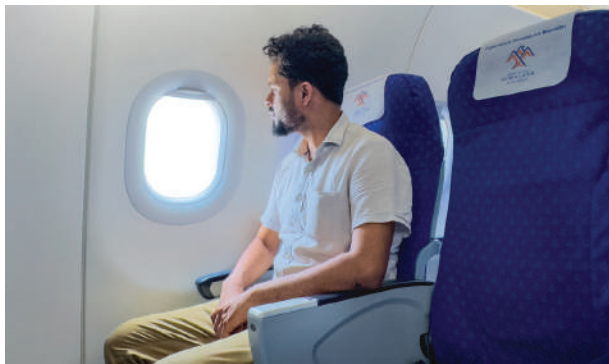
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# Updates on Civil Aviation of Nepal



The Cabinet Committee in Nepal has recently approved civil aviation bill aimed at enhancing air safety and strengthening the country's aviation standards.

The proposed law seeks to divide Nepal's aviation

authority into two separate bodies—one responsible for safety regulations and the other for aviation services. This change is intended to align Nepal with international safety standards and may help Nepali airlines resume flights to Europe.

## TIA's operating hours to increase from Mid-Feb 2025

Tribhuvan International Airport (TIA), Nepal's main international gateway, has commenced its scheduled nightly closures for taxiway expansion. The airport initially announced to be closed for 10 hours from 8 November 2024 until March 2025, will see its operating hours increase from mid-February, 2025. According to CAAN, operations at TIA will run from 7 am to 11 pm from mid-February and from 6 am to midnight by mid-March.

This adjustment comes in response to the accelerated pace of construction work and the inconvenience caused to air passengers during the reduced operational period.

The reduced operating hours at TIA have significantly impacted airline operations in Nepal.



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# Discover Chongqing: The Mountain City

Imagine a place where towering skyscrapers meet misty mountain ranges, and a bustling city is seamlessly balanced by tranquil temples and ancient towns — Welcome to Chongqing, a vibrant city in southwest China, where modernity, rich heritage, and breathtaking natural beauty come together. Known as the "Mountain City," Chongqing spans 82,300 square kilometers, offering everything from vast water reserves and mineral wealth to dense forests and abundant biodiversity. While one of China's fastest-growing cities, it has preserved its natural charm, making it an ideal destination for eco-tourism and cultural exploration.

Rising along the scenic banks of the Yangtze and Jialing rivers, Chongqing is not only China's largest municipality in the southwest but is also the gateway to some of the country's most breathtaking landscapes, storied heritage, and vibrant culture. With rapid growth and an impressive landscape, Chongqing welcomes you with its stunning natural wonders and delicious cuisine, and here you can experience the seamless connection of the past and the future.



## Rich Heritage and Charming Sights

Chongqing's charm doesn't stop at its landscape. The city is a true mosaic of cultural and historical treasures.



With over 2,300 years of history, Hongya Cave is one of the fascinating stilted complex that once served as a military fortress and an ancient trading port. Today, this 11-story architectural wonder built into a cliffside is a favourite with tourists, offering views, shops, and restaurants.

Just an hour's drive from Chongqing's bustling centre lies Ciqikou, an ancient town straight out of a storybook. Originally named 'Longyin' and later known as Ciqikou for its porcelain trade, it offers visitors a glimpse into life during the Ming and Qing dynasties. Stroll through narrow alleys, taste traditional snacks, and experience a slice of history.

Wulong Karst, a UNESCO World Heritage site, stuns visitors with its dramatic karst landscapes, which include the Three Natural Bridges, Furong Cave, and Housing Giant Doline. It's a paradise for nature lovers close to Chongqing.

For travellers eager to explore the legendary Three Gorges, Chongqing is the ideal starting point. The city is the launchpad for popular Yangtze River cruises, offering a leisurely journey through one of the world's most stunning natural landscapes.

Additionally, there is the Three Gorges Museum, located in the city centre near the impressive domed Great Hall of the People, with insights into Chongqing's history, the ancient Ba culture, and the colossal Three Gorges Dam project.

## Must-Try Foods

A trip to Chongqing would be incomplete without trying its unique cuisines, known for its bold flavours and rich spices. Chongqing Hot Pot is the heart of the city's culinary scene. Traditionally cooked in a bubbling, spicy broth with Sichuan peppercorns, hot pot is a social dining experience that invites you to cook an array of meats, seafood, and vegetables right at your table. Don't miss local spots like Qi Qi Hot Pot or Haidilao for an authentic experience.



Xiaomian (Chongqing Noodles) the spicy, chewy noodles are a staple in the city. Made with a blend of Sichuan peppercorns, chilli oil, garlic, and ginger, they pack a punch of flavour. Head to Ciqikou or Baijia Xiang Noodle House to try this beloved local dish.

For a taste of Chongqing's river delicacies, Jiang Tuan fish is a must-try. This spicy, steamed river fish is prepared with a heavy dose of red chilli and bean sauce, making it as flavorful as it is fiery.

Laifushi (Hot and Sour Rice Noodles) is a

comforting dish which combines rice noodles with a tangy, spicy broth. It's popular at street stalls and perfect for a quick, savoury meal.

Lastly, Hongyou Chaoshou (Red Oil Dumplings) is a must-try for momo lovers. These dumplings are filled with seasoned meat and coated in a spicy, tangy sauce made from red oil and chilli.

### Top Shopping Spots

Chongqing is also a haven for shopaholics, with plenty of places to pick up unique souvenirs or satisfy in some retail therapy.



Jiefangbei Pedestrian Street is a bustling commercial centre known as Chongqing's Times Square. It's packed with luxury boutiques, international brands, and department stores, making it ideal for high-end shopping.

Likewise, beyond its breathtaking architecture, Hongya Cave is also a prime spot for unique souvenirs. You can explore traditional Chinese handicrafts, tea sets, and artworks.

**In Ciqikou Ancient Town you can shop for porcelain, traditional snacks, and handmade items that showcase local craftsmanship. It's a great place to find authentic souvenirs that reflect Chongqing's rich culture.**

Lastly, Shapingba District is for you if you want a local experience. The place offers trendy clothes, local products, and accessories at a reasonable price.

### A World-Class Transport Hub

Chongqing is one of China's most important transportation hubs, connecting eastern and western China. Thanks to recent developments, getting here is easier than ever. The Jiangbei International Airport connects the city with major destinations worldwide. Located just 21 kilometres from the city centre, it's a quick and convenient gateway.

Similarly, China's advanced rail network connects Chongqing to all the major cities like Beijing, Shanghai, and Chengdu, making it an accessible destination whether you're coming from near or far.

With Chongqing's well-developed transportation

infrastructure, exploring the city and its surroundings is seamless. You can explore the city with its extensive metro, affordable buses, and convenient taxis or ride-sharing apps. Unique options include the Yangtze River Cableway for stunning views and river cruises showcasing the skyline. Walking, aided by famous escalators, is also a great way to navigate the city's steep terrain.

### **Insider Tips**

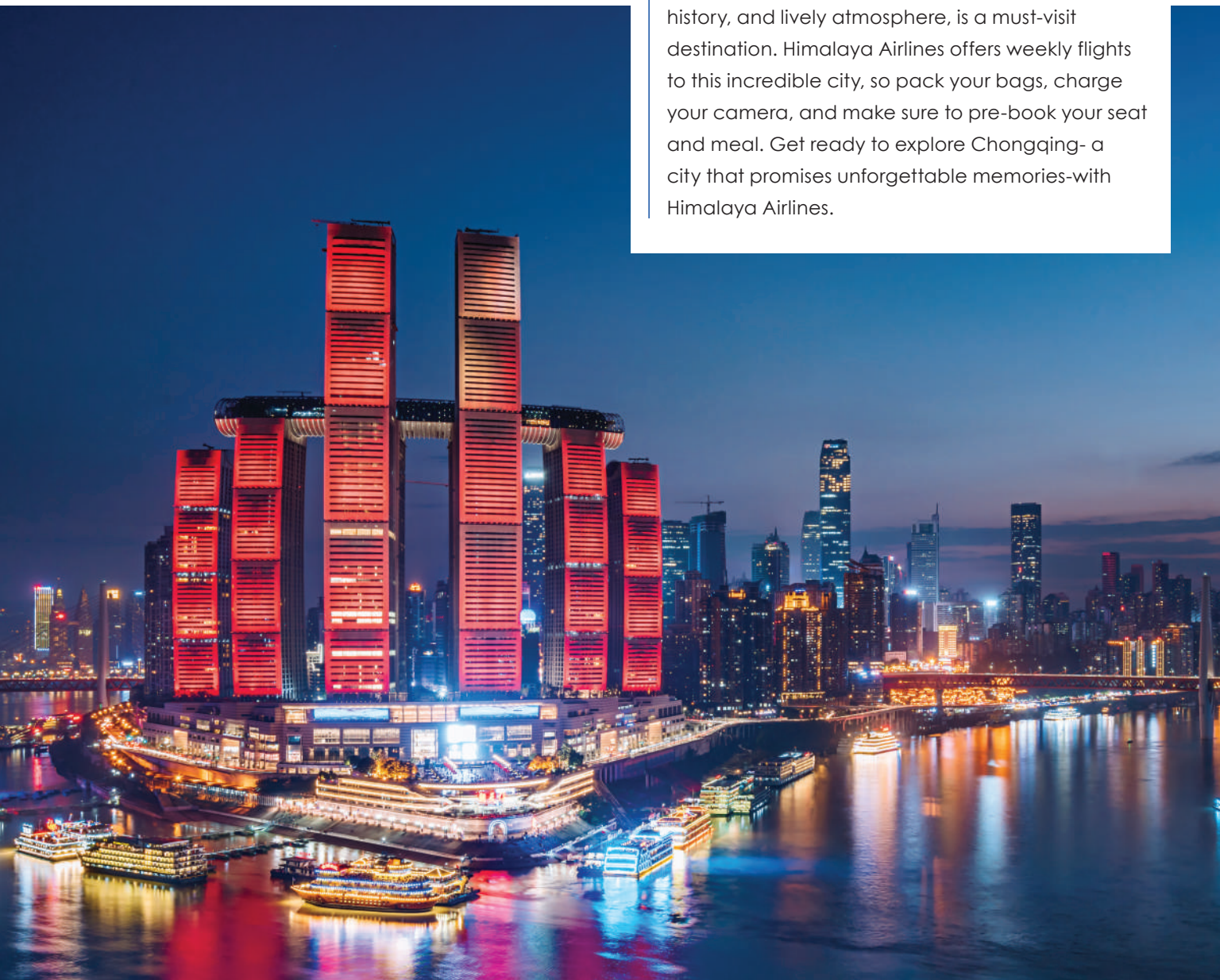
For all the photo and reel enthusiasts, don't forget! In China, the power sockets are type A and I, with a 220V voltage and 50Hz frequency. So, pack the right adapter to keep your devices charged and ready for action.

Talking about language, Mandarin is the primary language spoken, with most locals using the Sichuanese dialect. While English may be spoken in tourist areas, picking up a few Mandarin phrases can go a long way in making your visit even more enjoyable.

### **Visa Requirements**

Travelers from all countries need a valid visa to enter Chongqing, but there's some good news for Nepalese citizens. Starting May 1, 2024, China has waived visa fees for tourists from Nepal, making it easier for Nepalese visitors to experience the wonders of Chongqing.

Chongqing, with its stunning landscapes, rich history, and lively atmosphere, is a must-visit destination. Himalaya Airlines offers weekly flights to this incredible city, so pack your bags, charge your camera, and make sure to pre-book your seat and meal. Get ready to explore Chongqing- a city that promises unforgettable memories-with Himalaya Airlines.



# International Airfare: Nepalese Landscape

- Hansha Raj Pandey, Deputy Director General, CAAN

*Nepal's international travel market is experiencing growth due to rising tourism, outbound migration, and trade. However, airfare trends to and from Nepal differ significantly from those in near by regional hubs like Delhi,*

*influenced by factors such as the country's smaller market size, infrastructure challenges, and operational costs. This article explores the current trends and challenges, in Nepal's international airfare landscape.*



## Airfare Regulation: Balancing Bilateral Air Service Agreements and Market Dynamics

Regulation of international air fares in Nepal, particularly for routes connected to/from Kathmandu, is primarily influenced by two key mechanisms: Bilateral Air Service Agreements (BASAs) and open market trends. These mechanisms play a crucial role in shaping the pricing strategies of airlines and ensuring the accessibility and affordability of air travel for passengers. To maintain a stable and competitive air travel market, The Civil Aviation Authority of Nepal (CAAN) together with governments enforcement agencies enforces regulatory frameworks of BASAs along with the dynamic nature of open market trends.

## Bilateral Air Service Agreements (BASAs)

Bilateral Air Service Agreements (BASAs) are formal agreements between countries that dictate the terms under which airlines from each country operate international flights. These agreements address:

**Flight Frequency:** The number of flights each airline can operate.

**Capacity:** The Seat availability, type and size of aircraft.

**Pricing Guidelines:** Rules to prevent predatory pricing and ensure fair competition.

In Nepal, BASAs are pivotal in regulating international airfare, maintaining a balanced market for both domestic and international carriers. By negotiating these agreements, the Nepalese government ensures competitive prices and prevent monopolistic practices.

## Open Market Trends

Alongside BASAs, open market trends play a significant role in shaping airfares. The rise of low-cost carriers and air transport liberalization has made airfare pricing more dynamic. Factors influencing these trends include:

**Demand and Supply:** Prices fluctuate based on demand, with peak seasons driving higher fares.

**Fuel Prices:** Variations in fuel costs directly affect ticket prices.

**Competition:** Multiple airlines operating on the same route often lead to lower prices through competitive strategies, discounts, and loyalty programs.

## Challenges in Nepal's Airfare Dynamics

**Limited Market Size:** Nepal's smaller market size results in fewer outbound travelers and fewer airlines, leading to higher airfares. Unlike major regional hubs such as Delhi, which handle millions of passengers annually, Kathmandu's international traffic volume remains relatively modest, limiting competition and keeping prices high.

**Infrastructure Constraints:** Tribhuvan International Airport (TIA), Nepal's primary international gateway, is constrained by its limited capacity and congestion. New airports, such as Gautam Buddha International Airport and Pokhara International Airport, are expected to alleviate these pressures and foster competition, which could lead to lower fares over time.



**High Operational Costs:** Operational costs in Nepal, including fuel, airport services, and taxes, are higher than those in neighboring hubs like Delhi. While service charge reductions have been introduced, operational costs continue to drive up ticket prices.

**Absence of Low-Cost Carriers (LCCs):** Unlike nearby regional hubs like Delhi, which are served by numerous low-cost carriers (LCCs), Nepal has a limited presence of budget airlines, resulting in fewer affordable travel options.

**Seasonal Price Fluctuations:** High demand during peak travel seasons often leads to inflated

fares, especially for last-minute bookings. The relatively low number of flights on popular routes exacerbates this issue.

## Current Airfare Trends

**Popular International Routes:** Nepal's international routes primarily connect to the Middle East, Southeast Asia, and selected European destinations, with Dubai, Kuala Lumpur, Doha, Singapore, and Bangkok being among the most popular. Airfares on these routes are typically higher compared to flights from larger hubs like Delhi, where increased competition keeps prices more affordable.

## Key Factors Influencing Airfare Trends

**Middle Eastern Demand:** The Middle East is a key market for Nepal's international travel, primarily due to the high number of migrant workers. Countries like Qatar, UAE, and Saudi Arabia see consistent demand for flights, with airlines like Qatar Airways, FlyDubai, and Air Arabia serving these routes. Though national carriers Nepal Airlines and Himalaya Airline serves these destinations in limited frequencies, seasonal demand during holidays often leads to price surges.



**Tourism Seasons:** Inbound tourism, particularly for trekkers and mountaineers, drives up demand during Nepal's peak seasons (spring and autumn).

Similarly, holidays like Dashain and Tihar cause increased inbound demand, especially among expatriates.

**Transit Dependency:** Due to limited long-haul connectivity, many travelers from Nepal rely on transit hubs like Doha, Istanbul, and Singapore for connections to Europe, North America, and Australia, adding to both the cost and travel time.



## Positive Developments in Nepal's Aviation Sector

**Strategic Reforms to Attract Airlines:** The government has introduced several airline operational cost-cutting measures for Pokhara and Gautam Buddha International Airports, a move expected to make international air travel more affordable and attractive to these destinations. The incentives include: Fuel Pricing at Break Even Point, Waivers on Airport Service Fees (100% waiver on Landing, Parking, and Navigation charges and 75% reduction on ground handling charges), Offered 5th Freedom Rights, Encourage Code Sharing, Domestic Passenger preferences, RNP-AR precision approach capability development.

**Expanding Airport Infrastructure:** New airports



like Gautam Buddha and Pokhara International Airport are decentralizing traffic from Kathmandu and are likely to foster more competitive pricing through increased airline participation.

**Tourism Promotion Initiatives:** Government-led tourism campaigns aim to boost inbound tourism, increasing the utilization rates of existing routes. As flight occupancy improves, airlines may reduce prices due to higher passenger volumes.

## Outlook for Future Airfares

**Increased Airline Participation:** The entry of new carriers, especially low-cost airlines, and Incentives offered by CAAN for Gautam Buddha and Pokhara International Airport further helps to reduce airline operational cost that could help reduce ticket prices.

**Improved Connectivity:** Direct flights to destinations like the United States and Australia

could reduce the need for costly transit routes, offering more affordable options for long-haul travelers.

**Tourism Recovery:** As global travel rebounds post-pandemic, a rise in tourist arrivals is expected to drive down per-passenger costs, leading to lower average airfares.

While international airfares to and from Nepal remain higher than those from near by regional hubs like Delhi, ongoing improvements in infrastructure and policy are positioning Nepal to become a more competitive and affordable destination. Travelers seeking budget-friendly options often turn to nearby hubs for cheaper flights, but with Nepal's focused efforts to enhance its aviation sector, the future of international airfares looks promising and the country is on the path to becoming a more accessible and affordable destination for global travelers.



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Under the dawn, an elephant makes its way through the lush green of Chitwan National Park, its bounty resting atop.

**Photo By: Kiran Awale**



# मौका पाए हामीले आफुलाई वाफ (WAFF) प्रतियोगितामा भै प्रमाणित गर्नेछौं :

-प्रीति राई



नेपाली महिला फुटबलकी उत्कृष्ट मिडफिल्डर प्रीति राई आफ्नो अद्वितीय कौशल, फुर्ति र खेल रणनीति परिवर्तन गर्ने क्षमताका लागि प्रसिद्ध छिन् । क्लब र देशका लागि एक महत्वपूर्ण खेलाडीका रूपमा, उनले नेपाली महिला राष्ट्रिय टोलीलाई मिडफिल्डमा नेतृत्व गर्दै उल्लेखनीय प्रतिभा र समर्पण प्रस्तुत गर्दै आएका छिन् । प्रीतिको प्रेरणादायी यात्राले उनलाई नेपाली फुटबलको अग्रभागमा पुऱ्याउनुका साथै देशभरका थुप्रै युवालाई उत्प्रेरित समेत गरेकी छिन् । हामीले फुटबलकी उदाउँदो तारा राईसँग उनको फुटबल करिअर र नेपालको महिला फुटबलको अवस्थाबारे कुरा गर्ने अवसर पायौं । हाम्रो कुराकानीका अंशहरू:

### तपाईं फुटबल खेलसँग कसरी जोडिनुभयो र यो खेललाई पेशागत रूपमा पछ्याउन के कुराले प्रेरित गर्‍यो?

म सानैदेखि फुटबल मात्र नभई थुप्रै खेलहरू खेल्ने गर्थे र विभिन्न खेलहरू खेल्दै गर्दा फुटबलमा भने मेरो धेरै रुचि बढ्दै गयो । सबै खेलहरूले मलाई मेरो विकासमा भने उति नै साथ दियो । म सानैबाट फुटबल खेल्ने गर्थे, विशेष गरी केटाहरू, दाजुभाइहरू सँगै पनि खेलें र सिकें । यसैबीच नेपाल यूथ प्रोग्राममा केटाहरूलाई उचित प्रशिक्षण दिनुहुन्थ्यो र मैले त्यहाँबाट प्रशिक्षण लिन थालें र यसरी मेरो व्यावसायिक प्रशिक्षणको सुरुवात भयो । फुटबललाई पेशा बनाउने कुरा गर्दा भने मलाई महिलाहरूको पनि फुटबल खेल्ने आधिकारिक राष्ट्रिय टोली हुन्छ भन्ने कुरा थाहा थिएन । मलाई मैले चिनेका मानिसहरूले पनि केटीहरूको राष्ट्रिय टोली हुन होला भन्ने गर्नु हुन्थ्यो । तर, पछि म ११-१२ वर्षको हुँदा एकजना दाइले महिलाहरूको पनि आधिकारिक राष्ट्रिय टोली हुन्छ भन्ने कुराको जानकारी दिँदै बहिनी तिम्री पनि महिला राष्ट्रिय टोलीबाट खेल्न पर्छ भन्दै हौसला दिनुभयो त्यसर्थ म त्यसपछि फुटबललाई पेशागत

रूपमा पछ्याउन प्रेरित भएँ ।

### तपाईंको खेल विकासको क्रममा फुटबल रोल मोडेल को हुनुहुन्थ्यो? तपाईंलाई नेपाली महिला टोलीको मेस्सी भनेर सम्बोधन गर्दा कस्तो महसुस हुन्छ?

मलाई सानैदेखि मेस्सी अत्यधिक नै मन पर्नु हुन्छ । म कक्षा ५ मा हुँदाको कुरा होला, हाम्रो सिम्फोनी किताबको पाठ्यक्रममा मेस्सीको जीवन कथा पढेको थिएँ र मैले त्यो किताबमा भएको मेस्सीको सबै फोटोहरू काटेर चार्ट पेपरमा टालेर पोस्टर पनि बनाएको थिएँ । मेरो लागि मेस्सी नै मेरो फुटबल रोल मोडेल हो । यसैगरी, आफुले चिनेको र देखेको मान्छेबाट प्रभाव भएको कुरा गर्नु पर्दा मेरो वास्तविक जीवनमा मैले मेरी आमालाई आफ्नो रोल मोडेल मान्दछु ।

आमाहरू धैर्य, समर्पण र मिहिनेतका प्रतीक हुन् । अरू सबै व्यक्तिहरू खेलाडी होस् वा अफिस जानेहरू, हामी सबैले काम पछि बिदा पाउँछौं, तर हाम्री आमाहरू हाम्रो र हाम्रो परिवारको हेरचाह गर्ने आफ्नो दैनिक कर्तव्यबाट कहिल्यै बिदा माग्नु हुन्न । मेरी आमाले जस्तोसुकै परिस्थिति भएपनि कहिल्यै बहाना नबनाइ हरेक दिन म र परिवारको लागि कडा मिहिनेत गरिरहनु भयो । मैले आफु थाकेको र हिम्मत हारेको कठिन परिस्थितिमा सधैं उहाँको यही संघर्ष हेरेर नै आफुलाई अगाडी बढाइरहेको हुन्छु । वहाँले जीवनभर यति वर्षसम्म आफ्नो संघर्ष जारी राख्न सकिन्छु भने म किन थाक्ने र मैले किन हार मन्ने भनेर सोच्छु । उनको धैर्यता, समर्पण र मिहिनेतलाई हेरेरै मलाई खेल मैदानभित्र होस् वा बाहिर, हार नमानी संघर्ष गरिरहन प्रेरणा मिल्दछ ।

मलाई नेपाली महिला टोलीको मेस्सी भनेर सम्बोधन गरेको सुन्दा धेरै नै खुशी लाग्छ । म सानो छँदा अरू खेलाडीलाई मेस्सी भनेको सुन्दा धेरै नै ईर्ष्या लाग्ने गर्दथ्यो । मलाई नै मेस्सी भनी सम्बोधन गरिदिने हुने नि भन्ने आशा लागेर आँउथ्यो । अहिले सबैले मलाई मेस्सी भनेर बोलाएको सुन्दा खुशी लाग्छ ।

### तपाईंले आफ्नो खेल यात्राको क्रममा सामना गर्नुभएका सबैभन्दा ठूला चुनौतीहरू के के थिए र तिनलाई कसरी पार लगाउनुभयो ?

मेरो खेल यात्राको क्रममा सामना गर्नुपरेको सबैभन्दा ठूला चुनौतीहरू सम्भन्नु पर्दा, म स्कुल पढ्दा मलाई एसईई परीक्षाको बेला सबै भन्दा बढी गाह्रो भएको थियो । अहिले कस्तो सजिलो रूपमा लिन्छु एसईईलाई तर त्यो बेला त्यसरी लिदैनथ्यो । त्यो समय म १९ वर्षमुनिको राष्ट्रिय टोलीको बन्द प्रशिक्षणमा थिएँ । बिहान ७ बजेदेखि साढे ९ बजेसम्म प्रशिक्षण हुन्थ्यो । मेरो घर कपनदेखि एन्फा सातदोबाटो सम्म जानु पर्थ्यो । जसको लागि

कमिन्तमा पनि १ घण्टा समय लाग्थ्यो । त्यो बेला म ४ बजे उठेर खाजा खाएर सातदोबाटोको लागि बस चढेर जानु पर्दथ्यो । र, प्रशिक्षणपछि कपन गुम्बासम्म आउनु पर्थ्यो । त्यहाँबाट फेरि घर पुगेर खाना खाएर स्कुल जानु पर्दथ्यो । म त्यति बेला गणितमा कमजोर थिएँ र स्कुलपछि कोचिङ्ग अनि घर फर्केर ट्युसन पनि पढ्नु पर्थ्यो । म थाकेर पढ्दापढ्दै निदाउने गर्थेँ । यसरी यातायातको राम्रो सुविधा नहुँदा मलाई प्रशिक्षण र शैक्षिक व्यवस्थापन गर्न धेरै नै गाह्रो भएको थियो । चुनौतीहरू त अझै पनि छन् तर त्यो बेला मलाई मानसिक र शारीरिक रूपमा निकै गाह्रो भएको थियो ।

### आपनो यात्रा हेर्दा, तपाईं खेलाडीको रूपमा आफ्नो विकासलाई कसरी हेर्नुहुन्छ ? तपाईं फुटबल खेलको आफ्नो यात्रामा कहाँसम्म पुगेको महसुस गर्नुभएको छ ?

म सानो छदाँ दाजुभाइसँग खेलेको समयदेखि अहिलेसम्म आइपुग्दा आफुमा धेरै नै विकास र परिवर्तन भएको महसुस गरेकी छु । मैले अझै पनि धेरै सिक्न बाँकी छ भन्ने ठान्दछु । आफु परिपक्व भएको महसुस गरेकी छु । तरपनि आफुमा छिट्टै रिसाउने स्वभाव भएको पाएको छु । त्यो भन्दापनि म भिन्न फुटबल खेल्ने र जित्ने भोक पनि एकदमै बढेको छ । एउटा बिन्दुमा आएपछि त्यो भोक हराउँछ भन्छन् तर मलाई खुशी लाग्छ कि म भिन्न त्यो भोक भन्नुभन्ने बढ्दै गएको छ ।

### हालका वर्षहरूमा नेपाली महिला राष्ट्रिय टोलीले राम्रो प्रगति गरेको छ । यस टोलीको हिस्सा हुन पाउँदा कस्तो महसुस हुन्छ ?

सानैबाट यो टोली र दिदीहरूलाई हेर्दै गर्दा म पनि यहाँ सम्म पुग्छु भन्ने मलाई लागेको थियो । महिला टोली भनेर पनि म वहाँहरूको गतिविधिबारे जान्न समाचारहरू

पनि पढ्ने गर्थेँ । विशेष गरी म साम्बा दिदीलाई फलो गर्थेँ किनभने त्यति बेला अहिले जसरी सबै खेलाडीहरू उतिकै लोकप्रिय हुँदैन थिए । म पनि साम्बा दिदीजस्तो लोकप्रिय हुन पाए हुन्थ्यो भन्ने लाग्थ्यो । अहिले एउटै टोलीमा सँगै हुन पाउँदा, अझै आफुले पनि टिममा योगदान गर्न पाउँदा खुशी लाग्छ ।

### फुटबल खेलाडीको रूपमा यहाँको सबैभन्दा अविस्मरणीय क्षण के छ ?

मेरो लागि भर्खरै सम्पन्न भएको दक्षिण एसियाली फुटबल प्रतियोगिता नै ज्वलन्त



सम्भना बनेको छ । पुरै प्रतियोगिता नै वास्तवमा अविस्मरणीय रह्यो । नाटकीय रूपमा लामो समय सम्म खेल रोकिएपछि पनि भारत विरुद्ध सेमिफाइनल जितेको पल अझ विशेष बन्यो । तर हामीले फाइनल हात्थौँ । त्यो हारले मलाई अन्य कुनै पनि प्रतियोगिताहरूको तुलनामा धेरै नै दुःखी बनाएको छ । हामी धेरै नजिक थियौँ तर उपाधि जित्नबाट धेरै टाढा रह्यौँ ।

साँचै भन्नु पर्दा, म त्यो हारबाट अधि बढ्नै सकेकी छैन । सबैले फेरि अर्को मौका आउँछ भन्छन् तर म वहाँहरूले भनेको कुराको विपरीत छु । सधैं अर्को पटक

भन्दै हामीले एउटै बहाना गर्दै आएका छौँ । तर अर्को पटक अहिलेसम्म आएको छैन । मलाई लाग्छ कि हाम्रो उपाधि जित्ने त्यो सबैभन्दा राम्रो मौका थियो तर दुर्भाग्यवश हामी असफल भयौँ । त्यो खेल सम्भन्दा मेरो मन अझै पनि रुन्छ । त्यो हार मेरो लागि अति नै पीडायुक्त रहेको छ । मेरो दिमागमा राम्रो क्षणभन्दा पनि नराम्रो क्षणहरूको सम्भनाहरू रहिरहन्छ । त्यसैले, म हामीले जितेको क्षणमा खुशी हुनुभन्दा पनि खेल हार्दा बढी दुःखी हुने गरेको छु ।

### हालका वर्षहरूमा, तपाईं जस्ता खेलाडीहरूको योगदानले नेपाली महिला फुटबलमा उल्लेखनीय प्रगति भएको छ । यसमा के कस्ता कुराले टेवा पुर्याएको जस्तो लाग्छ ?

मलाई लाग्छ, सिनियर र जुनियर दुवै खेलाडीहरूको समर्पण र जित्ने भोक नै यसको कारक हो । तर विशेष गरी दिदीहरूले गर्दा नै नेपाली महिला फुटबलमा प्रगति आएको हो । खासमा भन्नु पर्दा मलाई एन्फा र सरकारले केही पनि उल्लेखनीय काम गरेर सहयोग गरेको छ भन्ने लाग्दैन । हामी दिदीहरूलाई नै देखेरै यो ठाउँसम्म आइपुगेका हौँ, संघ र सरकारलाई हेरेर होइन ।

संघ र सरकारले केही देलान् भनेर हैन कि दिदीहरूले गरेको योगदान देखेर नै हामी यो ठाउँसम्म आइपुगेका हौँ । मलाई लाग्छ कि आउने पिँढीका बहिनीहरूले पनि हामीलाई नै हेरेर फुटबल खेल्न आउनेछन् ।

संघले राम्रो काम पनि गरेको छ, जस्तै कि पछिल्लो समयमा घाइते भएको खेलाडीहरूलाई रिफ्रिमेन्ट राम्रो सहयोग आएको छ तर खेलाडीहरूको समर्पण, जित्ने भोक र खेलप्रतिको मायाले नै हालका वर्षहरूमा नेपाली महिला फुटबलमा प्रगति आएको हो ।

## उत्कृष्ट प्रदर्शन ह्यादाह्युदै पनि हामीले फाइनलमा अपत्याशित हार पनि देखेका छौं । नेपाली महिला फुटबलले अपेक्षित जित प्राप्त गर्न र अझ सफलता हासिल गर्न के के परिवर्तन गर्न आवश्यक छ ?

साँच्चै भन्नु पर्दा, हामीसँग अहिले उपलब्ध भएको स्रोतअनुसार हामीले हासिल गर्न सक्ने सफलता भनेको यति नै हो । मैले सबै ठाँउमा यही कुरा भन्दै आएको छु । धेरैलाई मेरो कुराले चित्त नबुझेको होला तर यथार्थ यही नै हो । किन भन्दा हामीलाई हार्ने मन कहिलै हुँदैन । खेल परिपक्व भएपछि र हाम्रो आत्मविश्वास उच्च भएपछि मात्रै अझ यो भन्दा बढी सफलता हासिल गर्न सम्भव हुन्छ ।

यसको लागि भने हामीलाई राम्रो अभ्यास र तालिमको आवश्यकता पर्दछ । धेरै अभ्यास गरेर र खेल खेलेर मात्रै हाम्रो खेलमा स्थिरता आउनेछ । यदि हामीले बलियो टिमहरूसँग पर्याप्त मैत्रीपूर्ण खेलहरू खेल्न पायौं र हाम्रो खेल्ने समय लामो भयो भने निश्चित रूपमा हामी राम्रो गर्नेछौं । मलाई हाम्रो अहिलेको टोलीमा धेरै नै सम्भानना छ जस्तो लाग्छ ।

## तपाईं आफ्ना अनुभवहरूका आधारमा अहिले फुटबलको यात्रा सुरु गर्न चाहने युवा खेलाडीहरूलाई के सल्लाह दिन चाहनुहुन्छ ?

आजभोलि अधिकांश युवा नानीहरू खेलको माया र फुटबल प्रतिको लगाव भन्दापनि सामाजिक सञ्जालमा लोकप्रिय हुन र अरूबाट तारिफ बटुल्न भनेरै खेल्ने गरेको पाएकी छु । र, म त्यस्ता नकारात्मक कुरालाई कहिलै पनि प्रोत्साहन गर्दैन । वहाँहरूलाई बरु पूर्ण जोश र समर्पणका साथ फुटबल छनौट गर्न र आफ्नो



सर्कल, समुचित आहार र अनुशासन कायम राख्दै मैदानमा आउन म सुझाव दिन्छु । किर्नाक समर्पण र मिहिनेतबिना तपाईं कहीं पनि पुग्न हुन्न । साम्बा दिदीहरूले फुटबल प्रति गरेको आफ्नो लगन र परिश्रमको कारणले वहाँहरू आज लोकप्रिय हुनु भएको हो ।

## नेपाली महिला फुटबलले सफलता पाउँन यसमा के के परिवर्तन वा सुधारको आवश्यकता देख्नुहुन्छ ?

हामीलाई धेरै मैत्रीपूर्ण म्याचहरू खेल्ने अवसर पाउँन आवश्यक छ । त्यसै गरी, पछिल्लो समय चोटपटकपछि खेलाडीको औषधीउपचार र व्यवस्थापन महिला टोलीको लागि प्रमुख समस्या बनेको छ । पछिल्ला दुई वर्षमा मात्र हाम्रो टोलीका ११-१२ जना मुख्य खेलाडी नै घाइते भएका छन् । मलगायत प्रमुख खेलाडीहरूले शल्यक्रिया समेत गर्नु परेको छ । अत्याधिक प्रशिक्षण र खराब पोस्ट म्याच रिक्भरीमा आउने समस्याले गर्दा यो सबै भएको हो ।

यस्तो हुँदा हामी हाम्रो उच्च प्रदर्शन गर्ने बिन्दुमा नपुग्दै हाम्रो खेलको स्तर खस्किन थाल्छ । दुर्भाग्यवस यस विषयमा कसैले पनि चासो राख्नु भएको छैन । सरोकारवालाहरू कसैले पनि अध्ययन गर्नु वा समाधानको मूल कारण पत्ता लगाउने चिन्ता गर्दैनन् । तसर्थ, यस विषयमा चासो राख्नु प्राथमिकता हुनुपर्छ । अन्तमा हामीलाई मैत्रीपूर्ण खेल चाहिन्छ तर यसको मतलब यो होइन कि हामीले सधैं भारत र बंगलादेश जस्ता दक्षिण एसियाली टोलीसँग मात्र खेल्न परोस् ।

हाम्रो खेललाई स्तरोन्नति गर्न हामीलाई विश्वव्यापी प्रतियोगिताहरूमा भाग लिने बलियो टोलीहरूसँग मैत्रीपूर्ण खेलहरू चाहिन्छ । यसले हामीलाई धेरै आवश्यक एक्सपोजर दिनेछ । यस्तै गरी मौका पाए हामीले आफुलाई वाफ (WAFF) प्रतियोगितामा भर्ने प्रमाणित गर्नेछौं ।



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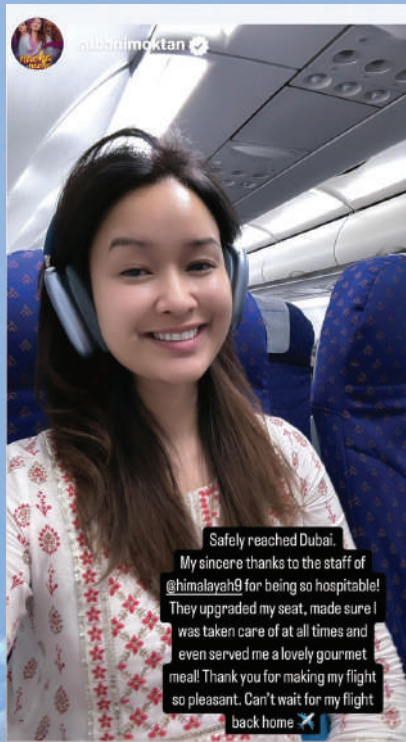
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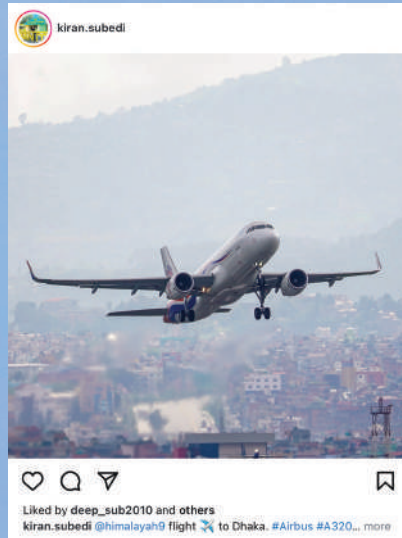
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# SHARE WITH US



I am feeling good to travel in our own Nepali aeroplane. Thank you so much.

**Ram Bahadur Pun**  
Dubai - Kathmandu



Cabin crew services are excellent. They are so kind and cooperative. As a passenger, I would like to remind Himalaya to maintain same service with preventive action plan. Safety first. I enjoyed with all kind of food.

**Buddhi Magar**  
Doha - Kathmandu



Got the opportunity to fly H9 only after 18 years of UAE residency, maybe because I didn't want or the time wasn't suitable. However, the overall flight was good. Everyone is hardworking with good service. Crew behaviour with passenger was very good. Should add 2-4 more such staff. It was my first time, everything was good.

**Nawraj Paudel**  
Dubai - Kathmandu



Had a really good time with himalaya airlines will always make sure to choose one. Thank you so much for hosting!

**Sahisna Bista**  
Kathmandu - Dubai

Tag us @himalayaH9 in your travel moments with Himalaya Airlines for a chance to win an exciting voucher!

# NEPAL'S BLACK GOLD

# Large Cardamom



**L**arge cardamom, known as *Amomum subulatum* in scientific terms and *Alaichi* in Nepalese, holds a cherished place in the spice world. Often referred to as the Queen of Spices or Black Gold, this remarkable herbaceous crop has a rich history and a thriving market

presence. Renowned for its bold aroma, rich flavour, and medicinal benefits, it has earned a significant spot in kitchens and health regimens across the world and has huge potential to help Nepal get popular and also earn foreign currencies.

## **A Spice with Royal Roots**

Cardamom has been cultivated in Nepal since 1865, when Nepalese labourers brought seedlings and suckers of the plant back from Sikkim, India. The introduction of large cardamom to Nepal's eastern hills marked the beginning of its widespread cultivation. The spice was first cultivated in Ilam, a district in eastern Nepal, and later spread to other areas. By the mid-1800s, its cultivation gradually expanded throughout the sub-Himalayan regions, particularly in the districts of Taplejung, Panchthar, Ilam, and Sankhuwasabha.

The commercial cultivation of cardamom officially began in 1953, and with it, the establishment of an industry that would play a significant role in the economy. In 1975, the Cardamom Development Centre (CDC) was founded in Fikkal, Ilam, to promote the development and research of cardamom cultivation, which significantly boosted both its production and trade.

In 1982, the cardamom development regions were officially designated, with Ilam, Panchthar, and Tehrathum chosen as the primary areas for focused cultivation. This initiative further solidified

cardamom as a key crop in these regions. Today, large cardamom is cultivated in over 51 districts of Nepal, with the highest production coming from Taplejung, Sankhuwasabha, Panchthar, and Ilam.

## **Ideal Growing Conditions**

Large cardamom thrives in the cool, moist conditions of the sub-Himalayan range, where it flourishes between 600 to 2,000 meters above sea level. The plant enjoys a humid climate with annual rainfall ranging from 1,500 to 2,500 mm, making regions like Tehrathum, Ilam, and Panchthar particularly suitable for its cultivation. The crop grows best in shaded forested areas, often alongside species like Utis (*Alnus nepalensis*), which provides the necessary canopy cover. These areas not only offer ideal conditions for the plant but also serve as key resources for local communities.

## **A Thriving Industry**

Nepal is a powerhouse in the production of large cardamom, producing around 68% of global production. The eastern districts of Nepal – Ilam, Panchthar, Taplejung, Sankhuwasabha, and Tehrathum – account for over

80% of the national production, with 22,000 households engaged in its cultivation. The spice is grown on about 18,000 hectares of land, with a yield of approximately 9,545 metric tons in 2019/20, though production has seen fluctuations over recent years.

The harvest season typically peaks around October-November, and the spice is carefully dried and processed for both domestic consumption and export. In addition to traditional drying methods, Nepalese farmers are increasingly adopting improved smokeless dryers, which contribute to better quality and higher market demand.

## **A Luxurious Spice with Global Appeal**

Large cardamom's rich and unique flavour profile makes it an invaluable ingredient in many culinary traditions. It is widely used in cooking, especially in rice dishes, dal, curries, and Indian masalas, where its smoky, aromatic flavour elevates the taste. The spice is also a key ingredient in pan masala, garam masala, and a variety of sweets, as well as in beverages like tea and coffee.

Beyond its culinary uses, large cardamom holds a special

place in traditional medicine. Known for its gastrointestinal, cardiovascular, and respiratory benefits, it is also revered for its antioxidant, anti-carcinogenic, and antiseptic properties. The oil extracted from its seeds is widely used in aromatherapy, and the spice is an essential element in herbal infusions, health tonics, and even some skin-care products.

## Economic Importance & Global Trade

With Nepal being the largest producer of large cardamom, the spice plays a significant role in the country's economy. Major export destinations for Nepali large cardamom include India, China, Saudi Arabia, and France, with the spice often

price fluctuations, with prices soaring to Rs 2,500 per kg in recent time.

## Looking Ahead

As the global demand for large cardamom continues to rise, particularly with seasonal spikes such as the Ramadan period, farmers and traders are eager to expand production areas and improve productivity. There is growing interest in diversifying cardamom cultivation to areas outside of the eastern hill districts, with places like Dadeldhura and Lamjung also showing potential.

However, there is still ample opportunity for growth. By improving processing methods, including the use of smokeless dryers and refining techniques



Photo: Jitendra Raj Bajracharya/ ICIMOD

re-exported to other regions like Pakistan and the Middle East. In 2022/23, Nepal exported over 9,990 metric tons of cardamom, generating a value of Rs 8.27 billion.

Despite its economic importance, the industry faces challenges like disease and pests, especially as the production in some major producing areas has dropped in recent years due to climate change. Farmers have reported a 25% reduction in production due to these challenges, leading to

such as grading, tail cutting and cleaning, Nepal can increase the value of its large cardamom exports. Additionally, value-added products such as cardamom essential oils, dried powder, and perfumes could provide new revenue streams for farmers and exporters alike.

*Source: Ministry of Industries, Commerce and Supplies Reports*

A TALE OF ADVENTURE:

# Heena's Trek to The North Annapurna Base Camp



Equipped with camping gear, and hearts full of thirst for adventure, we—four adventure enthusiasts cum bikers—accelerated our bikes on a remarkable trek to the North Annapurna Base Camp. Up ahead a journey full of stunning landscapes, freezing nights, and unforgettable experiences awaited.



### **DAY 1: A LONG RIDE TO TATOPANI**

Our journey began with a challenging 14-hour bike ride from Kathmandu to Tatopani. Every twist and turns of the mountain roads were thrilling yet exhausting. Meanwhile, as we turned off our bikes at the Tatopani for the day break, a dip in its famous natural hot spring provided the perfect respite for our tired muscles. It felt like a heavenly reward, recharging us for the enduring days up ahead.

### **DAY 2: TREKKING BEGINS AT HUMKHOLA**

After an early breakfast, we got into our hired jeep that drove us through a deadly two-hour ride to Humkhola, the last stop for us to have our everyday comfortable food, shelter, and electricity. As we were done driving through the Highway to Hell, we strapped on our backpacks and started our walk to our final destination after

the lunch. Three hours later, we arrived at the Phutphute Waterfall—a breathtaking sight. We couldn't resist drinking its pure, icy water and capturing endless videos there.

Meanwhile, as the darkness approached, we reached Gupha Phant—which had a small cottage to accommodate a group of trekkers. To our misfortune, the cottage was already occupied, so we prepared our tents in the freezing cold at the other side. While two of us were continuously fetching the water for our chores down the nearby river, remaining two put on their skills on setting up



the camp. Alas, dinner that night was hot noodles cooked over our portable stove—simple, warm, and satisfying.

### **DAY 3: REACHING PANCHA KUNDA LAKE**

The third day was a test of

endurance. Fortunately, after an eight-hours of daunting hike, we reached the tranquil Pancha Kunda Lake, a hidden gem within the mountains. The pristine waters and serene surroundings on top made the long trek worth all our pain.



That night, we enjoyed a meal of instant biryani and mutter paneer, which made nearby trekkers a bit envious. As the temperature started dropping, we huddled in our tents for warmth. The night sky was breathtaking, filled with countless stars and shooting meteors.

Unfortunately, the freezing cold made it difficult for me to sleep. I only managed to sleep for two hours as my sleeping bag gave up to the sub-zero temperatures. To make matters worse, the sound of landslides from the mountains crashing towards the lake made the sleepless night even more nerve-wracking.

#### **DAY 4: MESMERISING SUNRISE AT THE NORTH ANNA PURNA BASE CAMP**

Rising at 4:30 AM, we braved the cold to hike the final distance towards the North Annapurna Base Camp. Welcoming us the sunrise was beyond breathtaking—the golden hues of the sun that kissed the snow-capped peaks, and the turquoise Panchakunda Lake below added a heavenly touch.

Honestly, words fail to describe its beauty, we spent two hours to capture the unforgettable memories of the awe-inspiring view. Once done capturing the memory of the life time, we then reluctantly returned to our camp, packed our gears, and began the descent. Sadly, after a short lunch at Bhusketmela, we realized our food supplies were almost exhausted. Meanwhile, determined to reach Tatopani by nightfall, we then pushed ourselves for a seven-hour trek. Along the way, I twisted my ankle, but the crave for a hot water bath in Tatopani spring kept me walking. Alas, after we arrived, the hot bath in the springs felt like heaven was there.

#### **DAY 5: RELAXATION IN POKHARA**

Sore and exhausted, we biked to Pokhara and after our arrival, we treated ourselves to a massage at Seeing Hands, a clinic run by trained visually challenged therapists. Feeling refreshed, we strolled along Pokhara

Lakeside, enjoying the laid-back atmosphere and delicious food, which our heart longed during the trek.

#### **DAY 6: PADDLE BOARDING AND SERENITY AT BEGNAS LAKE**



We started the day with breakfast at Belle Lyipa before heading to Phewa Lake for stand-up paddling. However, balancing on the paddleboard proved hilarious, with a few falls into the lake. Later, we traveled to Begnas Lake, a quieter and more peaceful retreat, where we spent the night at Hakunama Tata. The peaceful atmosphere and grilled fish there gave the perfect end to our day.

#### **DAY 7: RIDING BACK HOME**

On the final day, as we rode back to Kathmandu, our bodies were tired but our hearts were full of wonderful memories. The North Annapurna Base Camp trek was the perfect mix of challenge and beauty. From the stunning

sunrise at the base camp to the shared joy of cooking in the freezing cold, every moment was special. For adventurers and nature lovers, this trek is a must, offering memories to treasure for a lifetime.

#### **ESSENTIAL TIPS**

**Accommodation:** In this trek shelter homes are available in every 2–3 hours of walk. So, walk fast and secure your spot.

**Gear:** Carry a waterproof tent, mattress, and a sleeping bag that can stand at least -5°C.

**Essentials:** A hot water bag, 1-liter water bottle, and personal kitchen equipment (cup, bowl, spoon) are must-haves.

**Hygiene:** Pack plenty of tissues, cause the place is remote and toilets are scarce.

**Power:** Personal power bank and head torch are life lines.

**Cooking:** A portable stove with an extra gas canister is a must.

**Food:** Carry instant meals that cook in 5–10 minutes, available at stores like Bhatbhateni Supermarket.

**Clothing:** Travel light; avoid overpacking clothes to keep your backpack manageable.

**Tools:** A small knife and lighter are life saver.

## ZIPLINE



**Dil Bahadur Dhakal, 94 years (Nepal)**

- As a retired army officer, I've faced countless daring challenges, but this one was different—it was an adventure I never imagined I'd experience. I feel incredibly blessed to live in a country like Nepal, where even at my age, I can embrace such thrilling moments. I am proud of my country and beyond happy to have had this opportunity. It was a truly unforgettable experience.



**Bilal Ahmed K, 22 years (India)**

-The world's steepest zipline in Nepal is more than just an adventure—it's a unique way to connect with the stunning landscapes of the Himalayas. Whether you're an adrenaline enthusiast or someone looking for a memorable experience in Nepal, this zipline is a must-try. It's not just about the speed; it's about the blend of thrill and tranquility that makes this experience truly extraordinary.



**Kimberly Lee, 66 years (USA)**

-I was so scared to do this. I'm not a risk taker, but it turned out to be the most wonderful and exciting experience. I felt very safe and protected. It was fantastic! This is a once-in-a-lifetime experience, and I would do it with this company anytime. They were excellent and treated us so well. We don't have mountains where I'm from, so this was especially exciting. The sunrise was spectacular. I can't say enough about this experience—it was truly amazing, and something I never thought I would have in my life. It was excellent.



**Govinda/Sarita (Nepal)**

-If you're an adrenaline junkie or someone looking to conquer your fears, this bungee jump is a must-do activity in Pokhara. The combination of adventure, breathtaking views, and excellent safety standards makes it one of the top activities in the region. For those looking for an unforgettable adventure, Pokhara Hemja's bungee jumping is a fantastic choice.

## BUNGEE



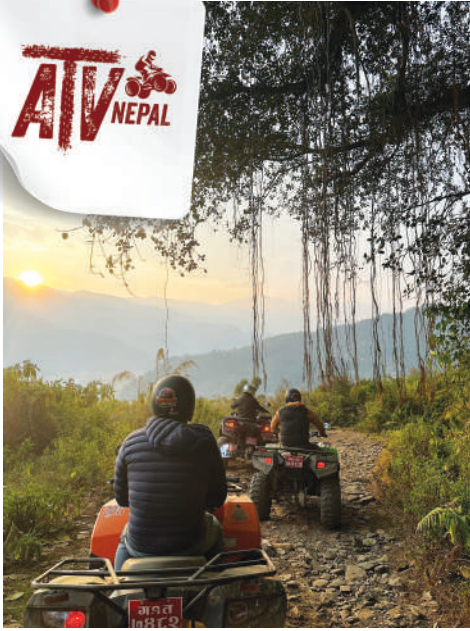
**Darren Wong/Matthew Gregory (Australia)**

-Awesome experience! In and out so quick, instructions very easy to follow and they give such great scenery. Would come back



## ATV

ATV  
NEPAL



### Patrick T, 44 Years (UK)

-The best experience we had ever..Never driven an adventurous AFV in our country or nowhere... best offroads to experience And best master accompanied... Never miss put..the best atv to experience with highground adventures phokara...And long way of 10kms Awesome experience ❤️❤️



### Nisha, 33 Years (Nepal)

-Had a great time. Enjoyed a lot. Thanks Marshal Bhai "Bivek Aryal". Add ATV offroad ride in things to do in pokhara. Definitely you will not regret.



### Alberto G, 23 years (Germany)

-Have done bungee jumping couple of times and best place in Nepal. Insane location with beautiful scenery. Staff was really helpful and made the experience even better. ATVs were also great (very powerful and new) and the tracks were so much fun, with great views and for all levels of experience. Best experience you could have in Pokhara. Thank you!!

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## SKY SCREAMER



### Dmitri Cooray, Srilanka

-I am not an adventurous person and generally enjoy the finer things in life but this experience was one of the best I have ever had. The team brilliantly led by Dinesh are experienced and professional and take all international safety precautions to ensure that you have a safe and once in a life time experience. I was lucky to experience the Steepest Zip Line in the world, the Sky Screamer and an ATV ride on the backroads of Pokhara. If you are looking for an adventurous experience in Pokhara there is no one better



# निजी क्षेत्रलाई सहजीकरण र प्रोत्साहन गर्दै उच्च स्तरका पर्यटक भित्र्याउन सकिन्छः

-दीपकराज जोशी

नेपाल पर्यटन बोर्डका नव नियुक्त कार्यकारी प्रमुख दीपकराज जोशी २०५३ सालमा स्थापना भएको पर्यटन बोर्डको छैटौं प्रमुख हुन्। जोशीले यसअघि २०७२ सालमा चौथो कार्यकारी प्रमुखका रूपमा पनि पर्यटन बोर्डलाई सफलता पूर्वक नेतृत्व गरी सकेका छन्। बोर्डको स्थापनासँगै अधिकृतबाट सेवा सुरु गरेका उनी २०७२ मा बोर्डको प्रमुखमा नियुक्त भएका थिए। जोशी विगत २ दशक देखि विभिन्न जिम्मेवारीमा सक्रिय रहेका छन्। अन्तर्राष्ट्रिय स्तरमा च्याम्पिएन्स इन च्यालेन्ज र पर्यटन हिरो जस्ता सम्मानबाट सम्मानित भइसकेका जोशी सँग हामीले हालै वहाँको पर्यटन बोर्ड कार्यलयमा पुगी वहाँको लक्ष्य र मध्यपूर्वी देशहरूमा नेपाल पर्यटन प्रवर्धन बारे छलफल गर्ने मैका पाएका थियौं। कुराकानिका अंशहरूः



## नेपाल पर्यटन बोर्डको वर्तमान कार्यकारी प्रमुखको रूपमा तपाईंको मुख्य लक्ष्य के-कस्ता रहने छन् ?

नेपाल पर्यटन बोर्डको कार्यकारी प्रमुखको रूपमा पर्यटकीय उपजको विकास गर्न अनुसन्धान गर्ने देखि त्यसको प्रवर्धन, बजारीकरण लगायतका परियोजना चक्रका हरेक तहमा मूल्य अभिवृद्धिको क्षेत्र पहिचान गरि त्यसका लागि काम गरिनेछ। पर्यटनको राष्ट्रिय ब्रान्ड तथा प्रादेशिक ब्रान्ड रचना गरि उपज विकासलाई त्यस संग जोडिने छ। आन्तरिक र अन्तर्राष्ट्रिय प्रचार प्रसार तथा बजारीकरणका अभियानहरूमा बजार हेरी यस्ता ब्रान्डहरूको प्रवर्धन गरिनेछ। प्रचार प्रसार तथा बजारीकरणका अभियानहरूमा नेपाली प्रवासी समुदाय संग समन्वय गरिने छ। स्थानीय तहहरूको संजाल मार्फत तथा तिनै तहका सरकारहरूको एकीकृत समन्वयमा राष्ट्रिय पर्यटन उपज

विकास/प्रचार प्रसार तथा बजारीकरण नीति तय गरिने छ। यसको लागि पर्यटन बोर्डले भूमिका खेल्ने छ। संस्कृतिका उपजहरूलाई पर्यटकीय उपजमा रूपान्तरण गर्ने मुख्य ध्येयका साथ पर्यटन उत्पाद प्याकेजिङ तालिमलाई ब्यवसायीक क्षेत्रसम्म पुऱ्याइने छ। पर्यटकको खानाको मेनुमा आन्तरिक खानाका उपज समावेश गर्न पहल गरिने छ। पर्यटकको बसाई अर्वाधि बढाउने तथा पर्यटकीय आम्दानी जनस्तरमा पुऱ्याउने खालका अभियानहरूमा साथ दिईने छ। डिजिटल मार्केटिङ तथा एआईको प्रयोग बाट समेत बजारीकरण गरिने छ। चीन तथा भारतका क्षेत्रीय सहरहरू संग कनेक्टिभिटी आबद्धता गर्न प्रयत्न गरिने छ। यी र यस्ता कामहरू मार्फत उपज विस्तार, विविधिकरण एवम समावेशी विकासमा जोड दिईने छ। कार्यक्रम डिजाइन देखि कार्यन्वयनका हरेक तहमा यी पक्षहरूमा ध्यान दिईने छ।



**प्रत्येक वर्ष ठूलो संख्यामा नेपालीहरु कामका लागि मध्यपूर्व जाने गर्छन र उक्त क्षेत्रमा नेपाली प्रवासीहरु पनि ठूलो संख्यामा बसोबास गर्दैआएका छन्, जसले निश्चित रूपमा यस क्षेत्रका मुल निवासीहरुलाई आफ्नो संस्कृतिले प्रभाव पारेको हुन पर्छ । नेपाल पर्यटन बोर्डले यस क्षेत्रका पर्यटक जो उच्च अन्त पर्यटकको श्रेणीमा पर्दछन, वहाहरुलाई आकर्षित गर्ने के-कस्ता योजनाहरु बनाएको छ ?**

पक्कै पनि मध्यपूर्वमा नेपाली प्रवासीहरुको ठूलो सङ्ख्या रहेको छ । मध्यपूर्वका केही देशहरु बाहेक सबै देशले पूर्वाधार तथा आधुनिकतामा ठूलो फड्को मारेका छन् । मध्यपूर्वका देशहरुमा विभिन्न देशका ठूला कम्पनीहरुले आफ्नो शाखा समेत विस्तार गरिसकेका छन् र यस क्षेत्रलाई धनी प्रवासीहरुले पनि आफ्नो बासस्थानको रूपमा हेर्न थालेका छन् । नेपाल पर्यटन बोर्डले यस क्षेत्रका पर्यटकहरुलाई आकर्षित गर्न निम्न कार्यहरु गर्ने योजना राखेको छ ।

- मध्य पूर्वमा रहेका विभिन्न नेपाली राजदूतावास तथा वाणिज्य दूतावासहरूसँग समन्वय गरी स्रोत बजारहरुको अध्ययन, सहकार्य तथा प्रवर्धनात्मक कार्यक्रमहरु संचालन गरिने छ ।
- प्रभावकारी व्यक्तिहरुलाई नेपालमा परिचयात्मक भ्रमण गराइने छ ।
- नेपालमा रहेको मध्यपूर्वका राजदुतावासहरु सँग समन्वय गरिने छ ।
- हलाल खाना/परिकार सम्बन्धी सम्मेलनको आयोजना

गर्ने । हलाल प्रमाणीकरणको ब्यबस्था गरि हलाल खाना खाने पर्यटकहरुको आवश्यकतामा जोड दिईने छ ।

- विभिन्न पर्यटन व्यवसायीहरु तथा सरोकारवालाहरुलाई इस्लाम धर्म मैत्री पर्यटनको आधारभूत ट्रेनिङ दिइने छ ।
- हलाल रेस्टुरेन्ट व्यवसायीहरूसँग समन्वय गरिने छ ।
- विमानस्थलहरुमा प्रार्थना कक्षको सुनिश्चितता गरिने छ ।
- मध्यपूर्वमा रहेका नेपाली प्रवासीहरुलाई आफ्ना साथीहरुलाई नेपाल पठाऔं जस्ता अभियान सञ्चालन गरिने छ ।
- मध्य पूर्वमा हुने विभिन्न पर्यटन सम्बन्धी मेलाहरुमा सहभागिता जनाइने छ ।
- मध्यपूर्वको बजारलाई जोड दिई भिडियो तयार गरिने छ । दूतावास मार्फत त्यसको निरन्तर प्रचार गरिने छ ।

**यस क्षेत्रका पर्यटनलाई आकर्षित गर्न र उनीहरुको आवश्यकताहरु पुरा गर्न हामी कतिको तयार छौं ?**

हामीलाई थाहा छ कि, यस क्षेत्रमा बस्ने अधिकांश मानिसहरु इस्लाम धर्मावलाम्बीहरु हुनुहुन्छ । इस्लाम धर्म विश्वकै दोस्रो सबैभन्दा बढी मानिने धर्म पनि हो । नेपालको हकमा इस्लाम धर्म मान्ने ५ देखि ६ प्रतिशत मानिसहरु रहेका छन् ।

हामीलाई मध्यपूर्वका पर्यटकहरुलाई भित्रयाउन विशेष गरी लकजरी र इस्लाम मैत्री सेवाहरुको आवश्यकता पर्दछ । हामी आवश्यक समन्वय गरि यी आवश्यकताहरुको तयारी गरिरहेका छौं र उच्च स्तरको पर्यटकहरुलाई सेवा दिन राम्रो पूर्वाधारको आवश्यकता रहेकोले यस सम्बन्धी सरोकारवालाहरुको ध्यान आकर्षण गराउने तयारीमा छौं ।



कतारकी राजकुमारी  
आश्मा विन्त थानी अल-थानी

## अन्य पर्यटक गन्तव्यहरूको तुलनामा मध्यपूर्वका पर्यटकलाई आकर्षित गर्न नेपालसाग के कस्ता विशेषताहरू छन् ?

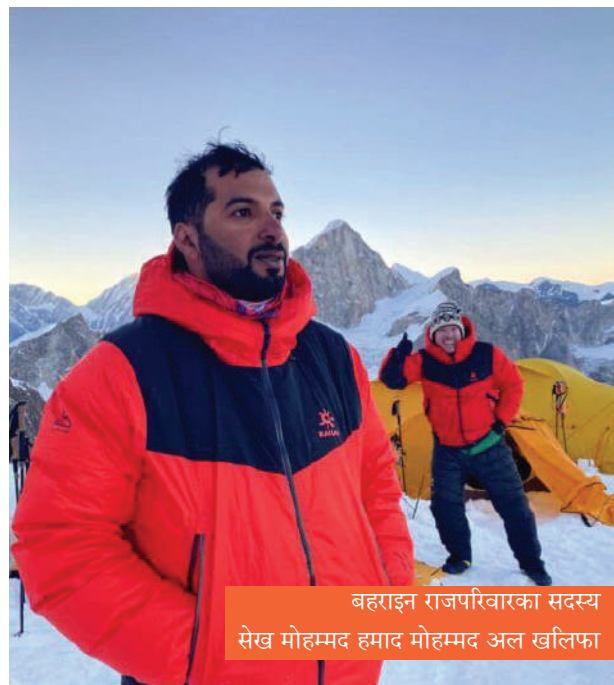
नेपाल पर्यटनको हिसाबले विश्वकै सबैभन्दा प्रचलित देश मध्ये एक हो र नेपाल यस्तो पनि देश हो जहाँ हरेक प्रकारका पर्यटकहरूका लागि केही न केही अद्वितीय गन्तव्यहरू रहेका छन्। पर्यटन सम्पदाले नेपाल एक भरिपूर्ण देश हो जहाँ विश्वकै सबैभन्दा अग्लो हिमाल, विभिन्न किसिमका वनस्पतिहरू, ताल तलैया, नदी र केहि अलौकिक पर्यटन सम्पादाहरू छन्, जसका कारणले हामीले मध्यपूर्वका पर्यटकहरूलाई सहजै आकर्षित गर्न सक्छौं।

- मध्य पूर्व पर्यटकहरूको लागि नेपाल एक साहसिक पर्यटनका लागि उत्कृष्ट ठाउँ हो। उदाहरणका लागि सन् २०२२ मा कतारी राजपरिवारकी सदस्य शेख अस्मा अल थानीले नेपालको सर्वोच्च शिखर सगरमाथा आरोहण गर्ने पहिलो कतारी महिला बनेकी थिन्। त्यसै गरि सन् २०२१ मा बहराइन रोयल गार्डको टोली तथा राजकुमार शेख मोहम्मद हमाद मोहम्मद अल खलिफाले सगरमाथाको सफल आरोहण गरेर नेपाल साहसिक पर्यटनका लागि उत्कृष्ट ठाउँ रहेको भनि प्रमाणित गरिसक्नु भएको छ। यी बिषयहरूलाई त्यहाँ प्रचार प्रसार गरिने छ।
- विश्वमा ८००० मि. भन्दा अग्लो हिमाल १४ वटा रहेका छन् जस मध्ये ८ वटा नेपालमै रहेको तथा विश्वको सबै भन्दा अग्लो हिमाल नेपालमै रहेको छ।
- नेपालको भौगोलिक भाग समुन्द्र सतह बाट ५० मि.देखि विश्वकै सबैभन्दा अग्लो चुचरो ८८४८.८६ मि.को दुरी १५० कि.मि भित्र रहेको छ।
- नेपालमा १० वटा यूनेस्को विश्व सम्पदा स्थलहरू रहेका छन्।

- नेपालमा २० वटा संरक्षित श्रेत्रहरू रहेका छन् जस्तै दिगो पर्यटनको हिसाबले दक्षिण एसियामै महत्वपूर्ण भूमिका खेलेको छ।
- नेपाल सबै मौसमको लागि नारा विश्व व्यापि फैलिएको तथा मध्य पूर्वका पर्यटकहरू विशेषत नेपालको मनसुन मौसमको अनुभव लिन जिज्ञासु रहेका छन्।

## तपाईंको विचारमा उक्त पर्यटकलाई आकर्षित गर्न नेपाल पर्यटन बोर्डका साथ साथै निजी क्षेत्रलाई के कुस्ता चुनौतीहरूले बाधा पुर्याइरहेका छन् र हामीले उक्त चुनौती बाधाहरूलाई कसरी पार गर्न सक्छौं ?

मध्यपूर्वका पर्यटकहरू विशेषगरी उच्च स्तरका पर्यटकहरूको सूचीमा पर्दछन् र यिनले खोज्ने सुविधाहरू जस्तै सुरक्षाको प्रत्याभूती, लगजरी गाडीहरू, सुरक्षित रोड तथा हवाई यात्राको सेवाहरू, स्वच्छ वातावरण जस्ता आधारभूत कुराहरू हुनुपर्दछ। यस्ता सेवाहरूको सुनिश्चिता गर्न सरकारको भूमिका महत्वपूर्ण हुन्छ। यदि यी सुविधाहरूको सुनिश्चिता भयो भने, बोर्ड र निजी क्षेत्रले यस मध्य पूर्वका पर्यटकहरूलाई सजिलै भित्थाउन सक्दछौं। साथै महत्वपूर्ण निकायहरू जस्तै नेपाली वायुसेवाहरू, राष्ट्रिय निकुञ्जहरू, नेपाली राजदूतावास/वाणिज्य दूतावास, प्रवासी नेपाली संस्था लगायतका निकायहरूसँग राम्रो सहकार्य र समन्वय आवश्यक रहेको देखिन्छ र साथै निजी क्षेत्रलाई सहजीकरण तथा प्रोत्साहन गर्दै नेपालमा पर्यटकहरूलाई भित्रयाउन सकिन्छ।



बहराइन राजपरिवारका सदस्य  
शेख मोहम्मद हमाद मोहम्मद अल खलिफा



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# Celestial Insights

YOUR FINANCIAL AND HEALTH OUTLOOK FOR THE YEAR AHEAD



ARIES

March 21<sup>st</sup> - April 19<sup>th</sup>

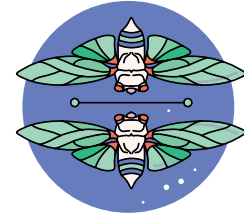
With Saturn's support through March, you'll see favourable outcomes favourably in finance, boosted further by Jupiter. Those with international ties may continue to thrive beyond March. Focus on studies, and prioritize health and relationships. Worship Maa Durga regularly for auspicious blessings.



TAURUS

April 20<sup>th</sup> - May 20<sup>th</sup>

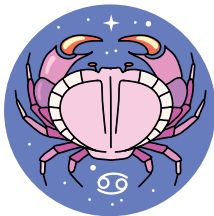
Hard work early in the year, particularly till March, brings positive results, with Saturn and Rahu aiding your efforts. Challenges may arise, yet persistence will yield success in work and finances. Marriage, education, and romance are set to be favourable overall. Wearing silver might be auspicious.



GEMINI

May 21<sup>st</sup> - June 20<sup>th</sup>

2025 looks brighter than 2024, with Saturn offering unexpected support until March and greater rewards for sustained effort throughout the year. Maintaining harmony with elders and coworkers is essential under Rahu's influence, and staying spiritually grounded can enhance well-being. Offering meals to ten or more blind individuals may bring you blessings.



CANCER

June 21<sup>st</sup> - July 22<sup>nd</sup>

Relief from past challenges might arrive after March, with renewed energy and growth under elders' guidance. While issues may not vanish, they'll reduce, though expenses may rise. Those living overseas and away from their birthplace may see continued success; others should stay cautious in family and finances. You are recommended to offer water to the Peepal tree regularly.



LEO

July 23<sup>rd</sup> - August 22<sup>nd</sup>

2025 brings mixed results, with Saturn creating challenges in work and potential job changes by March, yet Jupiter enhances financial stability and profit opportunities. You can expect improved personal relationships, marital harmony, and positive outcomes in education and family matters. Flowing six coconuts with coir in pure running water might bring positive results.



VIRGO

August 23<sup>rd</sup> - September 22<sup>nd</sup>

The year begins with strong results from Saturn's transit until March. Rahu and Ketu's influence may ease, benefiting business, marriage compatibility, and health. Students in professional education are likely to see favourable results. Regularly applying saffron Tilak on your forehead is suggested.

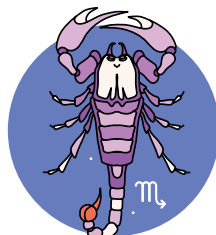
2025 PROMISES A YEAR OF SIGNIFICANT CELESTIAL SHIFTS, WITH EACH ZODIAC SIGN INFLUENCED BY MAJOR PLANETARY TRANSITS. AS SATURN, JUPITER, AND RAHU SHIFT THROUGH THE SKY, THE ENERGY OF THE YEAR WILL BRING BOTH CHALLENGES AND OPPORTUNITIES FOR GROWTH.



LIBRA

September 23<sup>rd</sup> - October 22<sup>nd</sup>

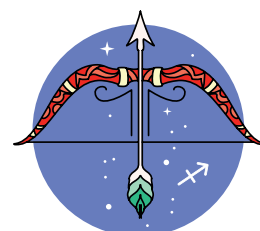
2025 brings positive change, with Saturn's transit in March helping you overcome past issues and achieve success in work and business. Students can progress without obstacles and you might have good luck, financial gains, and harmony in love and marriage. Avoiding meat, alcohol, and adultery might give you optimal results.



SCORPIO

October 23<sup>rd</sup> - November 21<sup>st</sup>

2025 brings mixed outcomes, with Saturn easing issues after March, though Rahu may introduce new challenges. Jupiter supports health, finances, and education. The period favours marriage, love, and family matters. Flowing 400 grams of coriander in clean, running water might bring great outcomes.



SAGITTARIUS

November 22<sup>nd</sup> - December 21<sup>st</sup>

2025 offers mixed results, with Saturn bringing favourable outcomes until March, though Jupiter seems weak. Rahu's transition may clear past issues and boost positivity, with finances expected to improve and growth in love, marriage, and education. Feeding milk and rice to a crow or buffalo might bring you blessings.



CAPRICORN

December 22<sup>nd</sup> - January 19<sup>th</sup>

2025 offers positive change, helping resolve past issues, especially in family and career. New business opportunities are possible, but caution is needed in finances and family matters due to Rahu's influence. Romantic relationships will thrive, while students will benefit throughout the year. Donating yellow clothing to a priest may bring positive blessings.



AQUARIUS

January 20<sup>th</sup> - February 18<sup>th</sup>

2025 brings mixed fortunes. Saturn's influence boosts energy and helps finish tasks, while travel brings advantages. Rahu's transit may bring minor recurring issues. Focus on health and managing work. You will have a good education, relationships, and marriage health, though minor challenges may arise. Wearing a silver chain around your neck might bring good outcomes.



PISCES

February 19<sup>th</sup> - March 20<sup>th</sup>

2025 will have mixed results. Saturn's entry in March may make you lazy, but hard work can still bring good outcomes. Jupiter's transit offers varied outcomes that may bring profits and honesty can bring rewards. Success is possible for students away from home and remote workers. Overall, the period is average or slightly better. Feeding jaggery and gram to monkeys, and maintaining purity and virtue might be beneficial.

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