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INAUGURAL FLIGHT TO SHANGHAI | ECHOS OF TRADITION



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PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

At the outset, I extend my heartfelt wishes for a joyous, prosperous and healthy 2024. As we approach the dawn of a new year, Himalaya Airlines looks forward with eagerness to the forthcoming chapters of 2024, filled with hope, determination, and a steadfast dedication to continued growth.

Reflecting on the journey that brought us here, the achievements of 2023 now serve as the bedrock upon which we construct our future. Himalaya Airlines experienced a remarkable series of milestones in 2023 that not only shaped our company but also set benchmarks across various sectors of the Nepali aviation industry.

Safety being our utmost priority, we are delighted to have been successfully registered as an IOSA operator under the IATA Operational Safety Audit Program (IOSA), in accordance with the provisions of the IOSA Program Manual.

For the Inaugural Ceremony of Nepal's third International Airport on January 01, 2023, Himalaya Airlines made history by performing a successful

demonstration flight at Pokhara International Airport (PIA) in Nepal. We successfully launched scheduled flights connecting Kathmandu and Beijing on June 24, 2023. Remarkably, we inaugurated flight to Qingdao on September 10, 2023, expanding our network and reinforcing our commitment to fostering connections between Nepal and China. On December 02, 2023, we proudly celebrated the launch of Shanghai flight, followed with the relaunch of our services to Chongqing on December 12, 2023, marking significant additions to our route map. December 28, 2023, marked the first flight to Lhasa, underlining our dedication to enhancing connectivity and accessibility.

From the humble beginnings to soaring new heights, Himalaya Airlines celebrated its eight years of success and growth with the theme "To Infinity & Beyond" on its eighth anniversary which was celebrated on March 09, 2023.

As we embrace the opportunities that 2024 holds, our focus remains on sustained expansion, setting new standards, and providing unparalleled service to our esteemed passengers. The challenges of the past have fortified our resolve, and we are excited to steer Himalaya Airlines towards another year of remarkable accomplishments.

We extend our sincere gratitude for your continued support, trust, and patronage. Together, let us make 2024 a chapter filled with new horizons, shared successes, and memorable journeys.

Here's to a year of soaring to new heights!

Thank you.

A handwritten signature in white ink, appearing to be the name 'Zhou Enyong' in a stylized, cursive script.

ZHOU ENYONG
PRESIDENT

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Himalaya Airlines achieved a significant milestone by inaugurating its Kathmandu-Shanghai-Kathmandu flight service.



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01 New Year 2024

The celebration of the New Year spans cultures, rooted in ancient traditions and astronomical observations. Today, it's a global phenomenon marked by diverse customs and traditions, symbolising hope, renewal, and the embrace of new opportunities.



15 Maghe Sankranti

Maghe Sankranti is a Nepali festival observed on the first of Magh in the Vikram Sambat (B.S). Sankranti refers to the first day of every month. This festival marks the harvest season. It involves elders applying oil to family members' heads and stomachs, symbolizing blessings for mental health and family prosperity, and sharing traditional foods like sesame sweets.

FEBRUARY



10 Sonam Lhosar

Sonam Lhosar, celebrated by the Hyolmo and Tamang people, marks the New Year on the second new moon after the winter solstice. It involves monastery visits, mask dances, and house cleaning to welcome gods.



14 Saraswati Puja/Basant Panchami

Saraswati Pooja also known as Basant Panchami, Shree Panchami is one of the most important festivals in Nepal. Goddess Saraswati (the goddess of knowledge) is worshipped all around the nation in this day. She is venerated as the source of all intelligence and creativity. The occasion involves special prayers, rituals, and cultural events, particularly in educational institutions.

MARCH



08 Maha Shivaratri

Maha Shivaratri, a Hindu festival dedicated to Lord Shiva, is observed annually on the 14th night of the lunar month. Devotees engage in day-long fasting, visit Shiva temples, and participate in night-long vigils, symbolising spiritual awakening and the triumph of light over darkness. .



24 Fagu Purnima

The Festival of Colors heralds the arrival of spring with joyous celebrations in March. Participants joyfully splash coloured powders and water, symbolising the triumph of good over evil. Beyond religious boundaries, Holi brings friends and family together to share festive foods, creating an atmosphere of unity and exuberant joy.

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Himalaya Airlines' Historic Connectivity with Lhasa



Himalaya Airlines successfully launched its Kathmandu-Lhasa-Kathmandu flight service, from December 28, 2023, becoming the first and the only foreign airlines permitted to fly to Lhasa. This milestone represented a significant achievement in enhancing air connectivity and fostering bilateral relations between Nepal and China. The inaugural flight, H9 774, took off from Tribhuvan International Airport with a total of 136 passengers, transitioning to a scheduled flight every Monday effective January 01, 2024. This launch marked H9's fifth direct link between China and Nepal, complementing the existing connectivity to Beijing, Chongqing, Qingdao, and Shanghai.

Hon'ble Minister Mr. Sudan Kirati, Ministry of Culture, Tourism & Civil Aviation, Mr. Wang Xin, Charge de' Affaires, Embassy of The People's Republic of China to Nepal and high-ranking officials of TIA, CAAN graced the inaugural ceremony held at TIA. Hon'ble Minister emphasized the route's strategic importance in advancing transportation networks, promoting accessibility, trade, tourism, and bilateral relations. Mr. Wang Xin highlighted Himalaya Airlines' role in strengthening cultural and connectivity ties, particularly with the Tibet Autonomous Region. Mr. Vijay Shrestha, Vice - President of Himalaya Airlines, expressed interest for the new route, highlighting Himalaya's commitment to exploring new markets and delivering exceptional travel experiences while prioritizing safety standards.





Inaugural Flight to Shanghai

On December 02, 2023, Himalaya Airlines achieved a significant milestone by inaugurating its Kathmandu-Shanghai-Kathmandu flight service. The new route thus has facilitated seamless travel between the capital city of Nepal and the central coastal city of China with twice weekly flights from December 20, 2023. The inaugural flight, H9 780, carried 137 passengers, notable dignitaries, including Mr. Xie Yu, Economic and Commercial Counsellor of The People's Republic of China to Nepal.

The event underscored the historical aviation ties, Himalaya Airlines' post-pandemic efforts, and its expansion of routes to China. Mr. Xie Yu commended the airline's success, highlighting the importance of the direct flight to Shanghai and acknowledging Himalaya's crucial role during the Covid-19 period, particularly in the free transportation of vaccines.



Chongqing Resumption Flight

On December 12, 2023, Himalaya Airlines achieved yet another milestone with the successful resumption of its Kathmandu-Chongqing-Kathmandu flight service, enhancing the connectivity between the capital city of Nepal and the dynamic metropolis of Chongqing. Himalaya had inaugurated its flight service to Chongqing, on Jan 26, 2020 however the flights were suspended due to COVID-19 Pandemic.

The resumption outbound flight, H9 787, carried 125 passengers, indicating substantial demand for this direct link. Operating two weekly flights every Tuesday and Saturday from December 12, 2023, this initiative has marked the fourth direct air link between China and Nepal in Himalaya's network. Currently the Airlines is flying to Qingdao, Beijing, Shanghai and Chongqing.



H9 CSR Report 2022 Published

Himalaya Airlines (H9) considers business as a socio-economic eco-system which can contribute to the social upliftment of the deserving sections of the society. Over the years, H9 has been engaged in and contributed to various broad-based and specific welfare activities. On the auspicious occasion of Dashain, the Airlines published its annual CSR Report 2022, a testament to its unwavering commitment to sustainable business practices and Corporate Social Responsibility.



Unveiled by the Top Management Team this report outlines the CSR objectives of Himalaya Airlines and various initiatives taken by H9 since the establishment with a specific focus on 2022. As we navigated the global challenges posed by the pandemic, the unveiling of the CSR report, symbolizes our resilience and dedication to societal well-being. This report highlights Himalaya Airlines' dedication to promoting its core CSR objectives: Economic Prosperity, Environmental Sustainability and Societal Responsibility initiatives to create a positive impact fostering a sustainable future for both, the organization as well as the industry.

H9 support to “Love Appetite”- Start up Restaurant by Prayas Nepal



As a part of H9 Dashain celebrations and Corporate Social Responsibility, the H9 team paid a visit to “Love Appetite” – the restaurant run by the children of Prayas Nepal, a home to orphan children. H9 President Mr. Zhou Enyong, Vice President Mr. Vijay Shrestha, along with the Senior Management Team interacted with the young entrepreneurs and tasted their culinary skills, embracing the festive spirit. In a meaningful gesture, H9 contributed by presenting cutlery sets for the usage in the restaurant. This collaborative event, extending the essence of the festive lunch and Dashain vibes, showcased the commitment of H9 and Prayas Nepal in fostering a sense of community.

Applauding the children's urge to follow the path of independency, earlier this year the airlines had organized a special knowledge sharing session for the children to hone their cooking & entrepreneurial skills and to support their start-up restaurant.

Echoes of Tradition

Siddhartha Maharjan, the masterful musician from the renowned Kutumba band, known for his exceptional skill with metal percussions such as the jhyamta, ghungroo, tinchu, chusya, and more. Siddhartha's journey as a percussionist not only adds a distinctive rhythm but also a cultural richness to the group's enchanting sound. His adept command of an array of metal instruments provides a rhythmic heartbeat that resonates with the soul of Nepal. As a key member of Kutumba, Siddhartha Maharjan has become a torchbearer for authentic Nepali music, navigating the band through a musical landscape that seamlessly blends tradition with contemporary innovation.

How has your musical palette expanded since joining Kutumba, especially with covering sounds from Ghungaroo to Jhyamta?

My musical journey is a kaleidoscope of beautiful colors, with each note and rhythm painting a vivid picture of the ups and downs we navigate. It's an adventure filled with excitement, a constant exploration of new sonic territories that keeps our artistic spirits alive. We, as a band, thrive on the diversity of influences that shape our sound, creating a palette that's as rich and varied as life itself.

Every twist and turn in our musical exploration is a chance to breathe fresh energy into our creations. We walk the path with an open heart, ready to absorb and reflect the myriad emotions that define our existence. It's not just about playing the notes; it's about living and experiencing each moment with an enthusiasm that resonates in every chord we strike.

Can you share instances where you've witnessed the impact of your music on audiences, either in Nepal or during your international performances?

Every event venue holds a special place in our hearts, as each one becomes a precious instance in our musical journey. We cherish the opportunity to play locally, surrounded by the energy of our community. There's a unique connection that forms when we perform among familiar faces, and we thrive on the dynamic interaction with a local crowd. The vibrancy of a live, engaged audience adds a layer of authenticity to our music that is truly irreplaceable.

When it comes to international performances, we often encounter curiosity about our traditional instruments. Some may wonder if these instruments are brought from a



museum, questioning their authenticity and longevity. It's an interesting aspect of our musical identity, the fusion of ancient sounds with the contemporary. Our traditional instruments carry the weight of history, and while some may indeed be aged, they are not relics but living extensions of our cultural heritage. Through careful preservation and craftsmanship, these instruments continue to resonate with the same authenticity and spirit, bringing a piece of our rich musical tradition to global stages.



How do you adapt your performances for diverse audiences around the world while staying true to the essence of Nepali folk music?

In our musical odyssey, we've traversed lands where the local language remains unfamiliar, yet the universal language of music has been our guide. We've discovered that the rhythmic beats and melodic strains of our Nepalese instruments possess an innate ability to transcend linguistic barriers. The cultural richness embedded in our music becomes a means of communication that goes beyond words, fostering connections with people from diverse backgrounds. It's a profound experience to witness the power of music as a tool for understanding and unity, where the emotions conveyed through our melodies resonate universally, forging a bond that defies linguistic limitations.

The true essence of Nepali folk music lies in the adaptability and versatility of our instruments. These musical treasures from

Nepal not only retain their authenticity but also seamlessly blend with a myriad of global genres. Our music becomes a meeting point, where the traditional harmonizes with the contemporary, creating a unique fusion that reflects the diversity of our cultural heritage. As we navigate the international music scene, we carry with us not just the tunes of Nepal, but a universal language that speaks to the shared human experience, reminding us that, in the world of music, borders dissolve, and harmony prevails.

What advice would you give to young, aspiring musicians who are looking to establish themselves in the industry?

To the young, aspiring musicians embarking on their musical journey, my advice is to embrace patience as your constant companion. The road to success in the music industry can be winding and unpredictable, but every setback is an opportunity to refine your craft and evolve as an artist. Dedicate yourself to relentless practice, honing your skills, and stay true to the essence of Nepali music. Let your cultural roots be the foundation upon which you build your unique sound, creating a musical identity that resonates authentically with both local and global audiences.

"Keep Patience, do practice and explore the essence of Nepali Music. Never give up."

Remember that the pursuit of fame and money should never overshadow your passion for music. The industry is dynamic and ever-changing, but staying true to your artistic vision will provide a compass to navigate through the challenges. If you find yourself part of a band, foster a collaborative spirit. Working as a team not only enhances the creative process but also offers mutual support during the highs and lows of the musical journey. Together, with perseverance and a shared commitment, you can create music that transcends boundaries and leaves a lasting impact.

Ujan Shakya, a visionary musician on a mission to revolutionize the Newa music scene. With the recent success of "Rajamati Chaa," Ujan is paving the way for a dynamic fusion of cultural preservation and commercial development. Beyond individual achievements, his future plans involve creating a platform that not only honors the rich heritage of Nepal Bhasa but also propels it into mainstream recognition. Through a unique blend of traditional and contemporary elements, Ujan Shakya is dedicated to contributing to the growth of a vibrant Newa music industry, enriching the cultural landscape for the Newar community and beyond.

Can you share a bit about your musical journey and how you got started as a singer?

In my childhood, a passion for singing kindled a broader dream of becoming a music producer. Early experiences in cultural programs and school performances fueled my fascination with the intricacies of music production. These formative years, marked by creativity, exploration, and a relentless pursuit of musical excellence, laid the foundation for the realization of my childhood vision—to be not just a singer, but a visionary music producer shaping the sonic landscapes of tomorrow.

What motivated you to specifically choose Nepal Bhasa as the language for your songs?

The choice to use Nepal Bhasa as the language for my songs is deeply rooted in my upbringing within the Newa community. My cultural heritage has played a pivotal role in shaping my identity, and I feel a profound love and strong connection to the traditions of the Newa community. This connection is not only a result of my personal experiences but is also deeply influenced by my parents, who have instilled in me a deep appreciation for our cultural roots.

During family functions and gatherings, the resonance of Newari songs has been a constant presence, creating a rich tapestry of memories. These songs, steeped in tradition and nostalgia, have become an integral part of our family's heritage. Choosing Nepal Bhasa as the language for my songs is a way for me to honor and preserve this cultural richness. Through my music, I aim to contribute to the preservation and celebration of the linguistic and cultural heritage that holds immense significance in my life.





How does singing in Nepal Bhasa allow you to connect with and express the cultural richness of the Newar community?

Singing in Nepal Bhasa provides me with a powerful means to connect with and express the cultural richness of the Newar community. Language is not just a tool for communication, it is a vessel carrying the essence of culture, history, and tradition. Nepal Bhasa, with its distinct character and unique aspects, encapsulates the rich cultural tapestry of the Newar community.

The nuances of Nepal Bhasa, from its accents to tones, carry the echoes of centuries-old traditions and stories. Through my songs in this language, I aim to tap into the emotional depth and cultural intricacies that may be lost in translation. Singing in Nepal Bhasa is not just a vocal expression, it is a heartfelt connection to the heritage, values, and experiences of the Newar community. It allows me to convey the essence of our cultural identity, creating a bridge between the past and the present, and fostering a deeper understanding and appreciation for the rich tapestry of the Newar heritage.

What are your future plans and goals as a musician? Any particular milestones you're aiming for?

As a musician, my immediate goal is to see "Rajamati Chaa" cross the 1 million mark, a significant milestone in my journey. Looking ahead, my overarching plan is to revolutionize the Newa music scene and contribute to the development of a commercially viable industry. I envision creating a platform that not only preserves the rich cultural heritage of Nepal Bhasa but also propels it into the mainstream. By continuing to blend traditional elements with contemporary influences, I aim to appeal to a broad audience and establish Newa music as a thriving and commercially successful industry. This journey is not just about individual achievements but about elevating the entire cultural landscape for the benefit of the Newar community and beyond.

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Embarking on Nepal's Hidden Gem

The Enchanting Tsho Rolpa and Dudh Kunda Lake Trek in the Rolwaling Valley

-Neeraj Sharma

Nepal, renowned for its stunning Himalayan vistas in the Annapurna and Everest regions, holds within its heart a hidden marvel waiting to be explored - the Tsho Rolpa and Dudh Kunda Lake trek. For those yearning for a less-crowded and remote trekking experience, this awe-inspiring journey offers a unique blend of untouched wilderness, breathtaking panoramas, and a deep immersion into the indigenous culture thriving in this region.

Trekking through the Rolwaling region, the Tsho Rolpa Lake trek unveils Nepal's largest glacial lake, maintaining its serene allure despite its proximity to the popular Everest routes. Alongside the pristine Tsho Rolpa Lake, the trek treats adventurers to uninterrupted views of the majestic Gaurishankar Himal

(7134m), amplifying its visual allure. Despite the trek's remoteness posing challenges, the allure of its captivating natural wonders makes it a compelling and rewarding expedition.

Commencing from Dolakha, near Charikot, an eight-hour drive from Kathmandu, the trek follows the Tama Koshi River before ascending along the Rolwaling River. Passing through picturesque Rolwaling valley settlements, the journey offers captivating glimpses of Gaurishankar Himal. The trek's focal point, Tsho Rolpa Lake, nestled amid hills and mountains, presents a surreal vista, enhancing the overall experience. As trekkers venture close to the China border, Buddhist influences intertwine with the cultures and lifestyles of Brahmin, Chhetri, and Sherpa communities, adding cultural depth to the journey.





Showcasing villages like Chhechet and Beding, the trek provides insight into the Sherpa culture of Rolwaling valley. Waterfalls, rivers, Mani walls, rice fields, and meadows adorn the trail, collectively contributing to an unforgettable adventure.

Key Trek Details

Trek Region: Rolwaling Valley, Dolakha District (Gaurishankar Conservation Area Project)

Duration: 7 - 10 Days

Highest Elevation: Tsho Rolpa (4550m), Dudh Kunda Lake (4592m)

Grade: Moderate to Strenuous

Accommodations: Lodges available along the trek

Best Seasons: Autumn (Sep-Oct-Nov) & Spring (March-April-May)

Transportation: Private Vehicle (Approx. 6 hours' drive from Kathmandu City to

Chhechet, Dolakha district) or Local Bus (Approx. 9 - 10 hours' drive from Kathmandu Bus park to Chhechet, Dolakha district)

Trek Highlights

Exploration of Tsho Rolpa Ice Lake and Dudh Kunda Lake, panoramic views of snow-capped peaks, immersion in Sherpa culture, historical sites in Dolakha Bazaar, and scenic villages like Beding and NA Village.

The trek maintains a predominantly vegetarian ethos, prohibiting animal slaughter starting from Simi Gaon. For those preferring a plant-based diet, this eco-friendly trek presents an excellent choice.

Overview of the Trek Itinerary:

Day 1: Kathmandu to Chhechet (1384m) and Trek to Simi Gaon (2026m)

Day 2: Simi Gaon (2026m) to Dongang (2790m)

Day 3: Dongang (2790m) to Beding (3740m)

Day 4: Beding (3740m) to Na (4180m)

Day 5: Na (4180m) to Tsho Rolpa (4550m) and Dudh Kunda Lake (4592m) and then back to Beding (3740m)

Day 6: Beding (3740m) to Simi Gaon (2026m)

Day 7: Simi Gaon (2026m) to Chhechet (1384m) and return to Kathmandu



The Tsho Rolpa trek presents a remote and mesmerizing odyssey through Nepal's pristine landscapes. From serene villages to captivating forests, from the turquoise expanse of Tsho Rolpa Lake to the Sherpa community's warm hospitality, this trek stands as a hidden gem promising enduring memories of the Himalayas' beauty and cultural richness. For those seeking a lesser-traveled path amidst Nepal's mountains, the Tsho Rolpa trek beckons for an unforgettable journey of exploration and discovery.

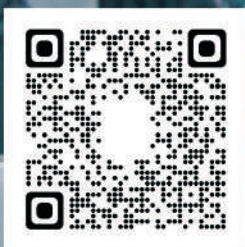


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EMBRACING CRUELTY FREE AND SUSTAINABLE MAKEUP TRENDS

In a world where ethical choices and sustainability are at the forefront, the beauty industry is undergoing a profound transformation. More than just a trend, eco-friendly beauty practices, particularly cruelty-free and sustainable makeup, are becoming a lifestyle choice that not only enhances your natural radiance but also contributes to a healthier planet.

Cruelty-Free Beauty: A Compassionate Choice

When it comes to beauty, compassion is key. The rise of cruelty-free beauty marks a departure from traditional testing methods that involve harm to animals. Choosing cruelty-free makeup means supporting brands committed to ethical practices. By making this conscious choice, consumers contribute to a shift in the beauty industry towards more humane and compassionate practices.

Sustainable Packaging: Beauty with a Green Conscience

The beauty industry is moving from elaborate designs to eco-friendly minimalism in packaging, inspired by the 1960s minimalist art movement. Marketers traditionally adorned products with vibrant colors and intricate designs to stand out, but the contemporary approach combines simplicity with sustainability. Eco-friendly beauty packaging, using materials like biodegradable polymers and refillable containers, addresses environmental concerns linked to conventional packaging. This shift not only aligns with modern design trends but also reflects a dedication to reducing plastic waste and promoting eco-conscious beauty practices.

Clean and Green Ingredients: Nourishing Your Skin and the Planet

The pursuit of eco-friendly beauty goes beyond avoiding harmful testing methods. It also involves choosing products with clean and green ingredients. Conventional beauty products can contain ingredients that are not only harsh on the skin but also harmful to the environment. The trend is shifting towards natural formulations that nourish the skin without compromising the health of our planet.

Zero-Waste Beauty: Minimizing Environmental Footprint

Zero-waste beauty is an emerging trend that emphasizes minimizing environmental impact.

Traditional beauty routines often generate a significant amount of waste. By adopting zero-waste practices, individuals can reduce their carbon footprint. Brands are responding to this demand by introducing innovative packaging solutions and encouraging consumers to make sustainable choices.

DIY Beauty: Crafting Your Eco-Friendly Makeup

For those who love a hands-on approach, the do-it-yourself (DIY) beauty trend offers a unique way to embrace eco-friendly practices. Creating homemade makeup products allows individuals to control the ingredients and minimize waste. DIY beauty is not just about personalization; it's a creative and sustainable way to approach your beauty routine.

Educating Consumers: The Role of Beauty Influencers and Brands

Education plays a crucial role in fostering a conscious consumer base. Beauty influencers, with their vast reach and influence, are instrumental in spreading awareness about eco-friendly beauty practices. Collaborations between influencers and sustainable beauty brands are becoming more common, amplifying the message of ethical and sustainable choices.

A Future of Beauty and Sustainability

Eco-friendly beauty is not merely a fleeting trend but a significant shift towards a more conscientious and sustainable beauty industry. By embracing cruelty-free and sustainable makeup trends, consumers align their beauty routines with values of compassion, environmental stewardship, and personal well-being. As we witness the transformation of beauty standards, let's collectively move towards a future where looking good also means doing good for the planet. Beauty, after all, should be a reflection of our values, both personal and planetary.



DIFFERENCE BETWEEN CHECKED BAGGAGE & CABIN BAGGAGE

-Rijan Maharjan

There is always confusion when it comes to checked baggage and cabin baggage for those who are taking flights for the first time or even those who have taken a flight a couple of times. Frequent flyers might be well aware of the difference between these two.

Yes, cabin baggage and checked baggage are different.



Cabin baggage, also known as hand baggage or carry-on baggage, is the baggage that passengers are allowed to take with themselves on the flight. The international standard weight of hand baggage is 7 kg. Airlines around the globe follow this standard and provide the 7 kg handcarry to their passengers.

However, the size of the handbag should be

very specific and standard as well. The cabin baggage should be of the size that should fit into the overhead bin, which is above the passenger's seat. If the size of the cabin baggage is larger than the standard size, passengers will not be allowed to take the baggage, despite the weight being 7 kg or less.

What else can passengers take along with their cabin bag?

While the standard weight of cabin baggage is 7 kg, airlines usually allow passengers to take their personal laptop and camera (if there are any) to the cabin. Apart from these, a few other items can be taken along with the carry-on baggage, which usually depends on the airlines and their standards.

Luggage/Check-in Baggage

Luggage, on the other hand, is what passengers need to send in through check-in baggage. The luggage is usually checked in at the check-in counter, and after the check-in, passengers receive boarding passes and baggage tags along with them. All the luggage of the passengers traveling on the same aircraft is kept together in the baggage area of the aircraft. The checked-in baggage will be received by passengers only at the destination.



The weight of the luggage depends on the airline, as different airlines provide different weight limits for their passengers. Some are 20 kg, while some provide 30 kg, and some even provide 40 kg or more, with the weight divided into two pieces (baggage). Passengers might be able to choose the weight of their luggage while booking the ticket.

If there is any confusion about how much luggage should weigh, passengers can find the baggage allowance weight on their ticket.



What is a Checked-In Baggage tag?

The baggage tags are provided to the passengers for their checked-in luggage. The baggage tag includes a name, number, and bar code through which passengers could track and identify their bag at the destination. These tags come separately, but they are small in size. So, what the check-in counter staff normally does is stick the baggage tags at the back of the boarding pass so that it doesn't get lost.



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Destination Shanghai

CULINARY AFFAIR IN A LIVING TAPESTRY

As the travellers embark on a journey with Himalaya Airlines to the bustling metropolis of Shanghai, they are welcomed into a culinary haven where the city's diverse flavours unfold like a vibrant tapestry. Shanghai's cuisine, a delightful fusion of traditional and global influences, presents an opportunity for visitors to embark on a gourmet adventure.

Classic Shanghainese delicacies take center stage, offering travellers the chance to savour iconic dishes such as Xiao Long Bao and Sheng Jian Bao. These dumplings, filled with savoury delights, are emblematic of Shanghai's rich culinary heritage and are sure to captivate the taste buds of those seeking an authentic gastronomic experience.





The Silk Road-inspired Uyghur lamb kebabs offer a flavorful excursion into the diverse tastes of China, adding a touch of aromatic adventure to the gastronomic symphony. Himalaya Airlines, with its commitment to connecting diverse cultures, acts as the conduit for Nepalese travellers to explore these culinary treasures.

For the travellers eager to embrace international flavors, Shanghai's Hui Muslim cuisine provides an enriching experience. From aromatic lamb dishes to delectable noodles, this culinary segment introduces a unique melody to the gastronomic orchestra, fostering a deeper understanding of the city's diverse cultural influences.

As Himalaya Airlines carries travellers across the skies to Shanghai, the journey becomes a tantalizing preview of the culinary delights awaiting exploration. This gastronomic journey serves as an invitation to savour the fusion-rich cuisine of Shanghai, creating lasting memories that extend beyond the destination. Whether enjoying the comfort of the flight or navigating the vibrant streets of Shanghai, Himalaya Airlines ensures that the voyage is a celebration of both seamless travel and a culinary adventure that beckons explorers to savour the diverse and delightful flavors of China's iconic city.

Wellness in the Air: Elevating Your Travel Experience

-Evana Manandhar

In today's fast-paced world, maintaining wellness is crucial, even when you're 30,000 feet above the ground. Long flights, changing time zones, and confined spaces can take a toll on your body and mind. Here are some tips for healthy travel.

Pre-Flight Preparation:

- Hydration is key. Start by drinking plenty of water in the days leading up to your flight to ensure you're well-hydrated.
- Consider treating yourself to a relaxing moment before your journey by enjoying a moderate amount of your favorite beverage, whether it's a soothing herbal tea or a light mocktail. Sipping on a refreshing drink can contribute to a positive pre-flight atmosphere, helping you unwind and set a calm tone for your travels.
- Get a good night's sleep before your journey to minimize the impact of jet lag.

In-Flight Exercises:

- Combat the effects of prolonged sitting by incorporating simple exercises. Ankle circles, knee lifts, and seated stretches can improve circulation and reduce stiffness.
- Take short walks around the cabin to stretch your legs and keep your body active.



Healthy Snacking:

- Pack nutritious snacks such as nuts, fruits, and granola bars .
- Consider bringing herbal teas or infused water for a refreshing and hydrating beverage option.

Mindful Travel:

- Practice mindfulness and deep-breathing exercises to stay calm and centered during the journey.
- Bring along noise-cancelling headphones and an eye mask to create a peaceful environment for rest.

Adjusting to Time Zones:

- Gradually adjust your sleep schedule to the destination's time zone a few days before your flight.
- Spend time outdoors in natural light upon arrival to help regulate your body's internal clock.

Stay Germ-Free:

- Carry hand sanitizer and disinfectant wipes to maintain cleanliness during the flight.
- Stay hydrated to support your immune system and combat the dry air in the cabin.

Choose Wellness-Friendly Airlines:

- Research airlines that prioritize passenger well-being, offering healthier meal options and wellness amenities.
- Consider booking flights with layovers to break up long journeys and reduce overall travel stress.

PRIORITIZING YOUR HEALTH DURING AIR TRAVEL DOESN'T HAVE TO BE A CHALLENGE. BY IMPLEMENTING THESE TIPS, YOU CAN ENHANCE YOUR TRAVEL EXPERIENCE AND ARRIVE AT YOUR DESTINATION FEELING REFRESHED AND READY TO EXPLORE. REMEMBER, A HEALTHY JOURNEY IS THE FIRST STEP TO A SUCCESSFUL ADVENTURE. SAFE TRAVELS!



Picture by: Abhishek Sanwa Limbu

नेपाली भान्साका रैथाने स्वाद!

- मनोज रेग्मी

हाम्रा गाउँ-शहरका भान्साका आफ्नै विशिष्ट स्वाद छन् । भूगोलअनुसार हाम्रा खानाका परिकारहरू भिन्न छन् । त्यस्ता परिकारहरूको शैली र स्वादमा विविधता छ । हिमाली भेगको आफ्नै विशिष्ट स्वाद छ, तराईको आफ्नै छ । मुस्ताङको थकाली खाना, मधेसको भक्का । किराँतको बाँचिपा, थारुको ढिङ्गी । अर्थात् भूगोल अनुसार भिन्न खानाहरू । अनेकथरी स्वाद छन् देशभरमा । घिउ हालेर पकाएको चामल वा फापरको ढिँडोको सुगन्ध, साँधेको गुन्द्रुकको अचार, स्थानीय आलुको छोप, मुस्ताङको चिसो सिरेटोले हानेर रसिलो बनाएको साग, जिम्बुले भानेको मुस्ताङ्गी कालोदाल । त्यसैमाथि जिब्रोलाई फड्कार्न बाध्य पार्ने टिम्मुर हालेका गोलभेंडाको अचार ।

मनाङ र मुस्ताङको चिसो पठारमा फलेको फापरको ढिँडो अनी फापरकै सागबाट बनेको ढाफ्रा, फापरबाटै बनाईएको पेटरा । फापरले नै परिकारमा एक किसिमको पूर्णता दिएको छ । पहाडमा फलेको मकै र कोदोको अभ्र स्वादिष्ट परिकार । तराईमा फन्केको गहुँ । सिमीको दालबाट बनेको 'फारा' सँगै तिम्जुको सुकेको साग, सुकुटी र आलुमा जिम्बु राखेको तरकारी । साह्रै स्वादिष्ट । हरेक होमस्टे तथा नेपाली रेष्टुरामा यस्ता खाले परिकार छ्याफ्छ्याप्ती देखिन्छन् ।

थकाली खानाको स्वाद

यतिबेला थकाली खाना मुस्ताङको थाक खोलामा मात्रै सीमित छैन । नीलागिरि फेदीको थकाली खानाले देशभरका पर्यटकमात्रै तानेको छैन विदेशीको मन पनि उतीकै लोभ्याएको छ । यसले सिंगो राष्ट्रियता मुस्काएको छ । त्यही उत्साहले सगरमाथाले चिनाएको देशको अर्को पहिचान बढाउँदै गएको थकाली खानाबाट पूर्ण सन्तुष्टि भएका विदेशीहरू यसको स्वादमा रमेका छन् । अन्यत्रको फापर र आलुले वास्तविक थकाली खाना मानिदैन । यो परिकार आफैमा थाक खोलाको परिकारसँग सम्बन्धित छ । विशेषगरी मुस्ताङमा हिमालसँग स्पर्श गरेर बनाएको थकाली खानाले मरुभूमिमा समेत आफ्नो स्वाद चखाइसकेको छ । नीलागिरि र धौलागिरि हिमालमा उत्पादन भएको नेपाली खानाले विश्वभर आफ्नो स्वाद प्रसार गरिसकेको छ । अहिले मुस्ताङको यो परिकार नेपालको सीमाभित्र मात्रै खुम्चिएर बस्नुपरेको छैन । ४० वर्षअघिसम्म एउटा दोबाटोमा भकारीले बेरेर भट्टी पसलजस्तै थालिएको थकाली भोजन अहिले व्यावसायिक भएको छ, यो विश्वको थुप्रै मुलुकमा विस्तार भइसकेको छ ।

नेपाली मःमको आफ्नै स्वाद

करिब ६० वर्षअघि नेपालमा मःम भित्रिएको हो भन्ने प्रचलन छ । तिब्बती खान्की मोहमोःलाई नेपाल भित्रिएपछि मःम भन्न थालिएको बताइन्छ । उपत्यकाका नेवार समुदायका व्यापारीहरू व्यापारको सिलसिलामा तिब्बत जाने क्रममा मःम काठमाडौंमा भित्रिएको हो । जाडोयाममा चीनको तिब्बतस्थित ल्हासामा अत्यधिक चिसो हुने भएपछि नेपालका नेवारी समुदायका व्यापारी ८ महिना ल्हासा र चार महिना नेपाल बस्थे । यसरी लामो समय तिब्बतमा बस्दा उनीहरू मःमको स्वाद चाख्दथे । त्यही मःम अहिले काठमाडौंमा मात्रै नभई देशको कुना कुनामा पहिलो रोजाइको खाजा बनेको छ । शहरी क्षेत्रमा मात्रै होइन गाउँ गाउँमा पुगेको छ मःम ।

चीनमा बन्ने मःमको आकार नेपालमा पाइनेभन्दा ठूलो हुन्छ । नेपालमा व्यापारीहरूले आफ्नै शैलीमा ढालेर मःमलाई सर्वप्रिय बनाउँदै लगे । तिब्बतमा लाम्चो आकारको मःम पाइन्छ भने नेपालमा लाम्चो तथा डल्लो मःम बन्ने गरेको छ । नेपालमा नेवारी समुदायका व्यापारीले त्यसवेला लाम्चो आकारको मःमबाट डल्लो बनाएर त्यसलाई आफ्नै नाम दिए । डल्लो आकारको मःमलाई नेवारी भाषामा मःमचा भनिन्छ । चा अर्थात् स्थानीय भन्ने हो । तिब्बतमा पाइने मःममा नुन र प्याजको प्रयोग हुन्छ तर नेपालमा भित्रिएपछि मःममा नेपाली मसला, प्याजका साथै अचार प्रयोग गर्न थालियो । यसले गर्दा नेपाली मःमको मौलिक पहिचान अन्तर्राष्ट्रिय जगतमा बस्यो । नेपाली स्वादको मःम अहिले नेपालमा मात्रै नभई विदेशीका नामी रेस्टुरेन्टका मेनुमा पनि समेटिन थालेको छ ।



Picture by: Abhishek Sanwa Limbu

पाल्पाली चुकाउनी

पाल्पाली चुकाउनी-शहरका कतिपय भोजनालयमा यो परिकार पाइन्छ। तर, पाल्पाको रैथाने स्वाद पो नमिल्ने हो कि ? पाल्पालाई चिनाउने दुई कुरा छन्, कपडा र खानेकुरा। पहिलो, पाल्पाली ढाका। दोस्रो, पाल्पाली चुकाउनी। नेपालले विश्व बजारमा निर्यात गर्ने स्वदेशी उत्पादन हो पाल्पाली ढाका। अहिले शहरका फेसन बजारमा पनि ढाकाले प्राथमिकता पाउन थालेको छ। कतिपय फेसन डिजाइनरले ढाकालाई महत्व दिएका छन्। त्यसैगरी तिहारजस्ता पर्वमा पनि ढाकाको टोपीले उच्च महत्व पाउने गर्छ। चुकाउनी खासमा अचार हो। यो भात, चिउरा, रोटी आदिसँग खान सकिन्छ। चुकाउनीमात्र खाए पनि हुन्छ। आलु र दहीको मिश्रणबाट बन्ने यो अचार स्वादिलोमात्र होइन, स्वस्थकर पनि हुन्छ। त्यसैले होला यो परिकार पाल्पामा मात्रै सीमित रहेन। शहरका थुप्रै भोजनालयले आफ्नो मेनुमा यसलाई समेटेका छन्। नेपालबाहिर अर्थात विदेशी भान्सामा समेत अहिले चुकाउनी परिकार पाउन थालिएको छ। आलु, दही, हरियो खुर्सानी, मेथीको दाना र धनियौंको हरियो पात। आहा ! कति मिठो। पाल्पाका रैथाने नेवार समुदायको संस्कृति यो अहिले पाल्पाली पहिचान बनेको छ। नेवार समुदायले विवाह, व्रतबन्ध, पूजा आराधना लगायत शुभकार्य एवम् धार्मिक कार्यमा अनिवार्य जस्तै प्रयोग गरिने चुकाउनी स्वास्थ्यका हिसाबले पनि महत्वपूर्ण छ।

थारुको ढिक्री

थारु समुदायको परिकार हो ढिक्री। नामै कस्तो- नखाए पनि खाउँखाउँ लाग्ने। ढिक्री थारुजातिले मनाउने मुख्य चाड माघीमा विशेष महत्वका साथबनाईन्छ। थारु गाउँलगायत राष्ट्रियस्तरमा हुने माघी महोत्सवमा समेत ढिक्री नै मुख्य आकर्षण बनेको देखिन्छ। 'ढिक्री' चामलको पिठोबाट बनाईन्छ। यो गोलो, लामो, थोप्लो विभिन्न आकारमा बनाईन्छ। तर, दशैँमा देवतालाई चढाउनका लागि यो बनाइएको ढिक्रीसम्बन्धी धार्मिक विश्वास छ। स्वास्थ्यका दृष्टिले ढिक्री अति फाइदाजनक छ। त्यसैले तराई घुम्न जाने पर्यटकले मिथिला परिकार मात्रै हैन यसलाई पनि सम्भन्ने गर्दछन्। कुनै मसलाको प्रयोगबिना बनाइने यो निकै स्वस्थकर हुन्छ। पानीको बाफमा उमाल्दा यसलाई तराईको मःमः पनि भन्ने गरिन्छ। पछिल्लो समय विभिन्न कार्यक्रम तथा महोत्सवमा ढिक्री बिक्रीका लागि राखिन्छ। त्यस्तो बेला भने कसैकसैले ढिक्रीमा चिनी पनि राख्छन् जसले गर्दा ढिक्रीको मौलिक स्वादबन्दा केही फरक (गुलियो) स्वाद यसमा पाईन्छ। तर, गाउँघरमा बनाइने ढिक्रीमा चिनीको प्रयोग हुँदैन।

Picture: Chukauni | Junifoods



Picture: Dhikri | Wikipedia



नेवारी चटामरी, बारा र वो

नेवारी समुदायले खाजाको रूपमा खाइने चटामरी, बारा र वो लाई अत्यन्तै मौलिक परिकार हुन् । चटामरी, बारा र वो बनाउने प्रक्रिया एउटै किसिमको भएपनि पाक्ने परिकार भने फरक हुनेगर्छ । चामलको पिठोको घोललाई पातलोगरेर रोटीको आकारमा फलामको तावामा चटामरीलाई पकाईन्छ । यसमा स्वाद अनुसार किमा गरेको राँगाको मासु, हरियो खानेकुराहरू माथिबाट हालिन्छ । धेरै विदेशीहरू यो परिकारलाई इटालियन खाना पिज्जासँग तुलना गर्छन् । त्यसैले त यो काठमाडौंका विभिन्न रेष्टुराँको मेनुमा अटेको छ । कतिपयले त यसलाई नेपाली पिज्जा पनि भन्छन् । त्यसैगरी मासको दाललाई पिनेर बनाइने अर्को परिकार बारा र वो, यसलाई पनि तावामा रोटिकै आकारमा बनाईन्छ र स्वाद अनुसार राँगाको मासुको किमा र अण्डा हालिन्छ । यो परिकारले पनि अन्तर्राष्ट्रिय स्वादका पारिखलाई मोहित बनाएको छ । पर्यटकको मन जितेको छ ।

बहुजातिय, बहुभाषिक, बहु सांस्कृतिकरूपमा चिनिएका नेपालीहरू अहिले विभिन्न समुदाय, जातजाति एवम भेगमा भेटिने प्रचलित परिकारले पनि चिनिन थालेका छन् । दाल, भात, तरकारी र अचारलाई खानाको परिभाषामा राख्दै आफ्ना भान्छाका छुट्टै स्वाद बनाएका नेपालीहरूले अहिले थुप्रै विदेशी पर्यटकहरूको मन लोभ्याइरहेका छन् । नेपालमा धेरै समय बिताउने विदेशीले पर्यटकहरूले नेपाली भान्छामा पाइने खानाको स्वाद र विशेषतालाई निकै रुचाएको पाइन्छ । मुलुकबाहिर बस्ने थुप्रै नेपालीहरूले समेत परम्परागत खानालाई आफ्नो भान्छामा बचाउँदै आफ्नो पहिचान र संस्कृती विश्वलाई परिचित गराउन सघाएका छन् ।

चितवनको तास

तास, नाम सुन्दै नौलो लाग्ने । के यो खेल्ने तास हो र ? हैन, यो रेष्टुरेन्टमा पाइने स्वादिष्ट एक खानाको परिकार हो । कलिलो खसीको कमलो मासु तेलमा परपर भुटेपछि तास बन्छ । त्यसमा अनेक सामग्री मिसाएको तास मसला राखेपछि जिब्रो टूवाक्क हुन्छ । तासमा करिब २० थरी मसला प्रयोग हुन्छ । चितवनमा कटेज रेस्टुराँ चलाउँदै आएका धेरैले यसमा घरमै प्रयोग हुने मसलामा मात्रा मिलाउने बताउँछन् । गरम मसला, ल्वाङ, सुकुमेल, दालचिनी, अलैंचीलगायत मसला मिलाईन्छ । चितवनबाट व्यवसाय शुरू भएको तास अहिले देशभर फैलिएको छ । तर, जिब्रोमै भुन्डिने स्वाद यहीँको लाग्छ। त्यसैले चितवन पुग्ने पर्यटकहरू तास नचाखी फर्किन्नन् ।



Elevating Winter Wardrobes

With the onset of winter, the realm of fashion seamlessly merges warmth and sophistication. This season's trends promise a harmonious balance between comfort and elegance, ensuring both coziness and style. The art of layering takes center stage, featuring oversized sweaters, plush faux fur coats, and refined puffer jackets. A carefully curated color palette introduces rich burgundies, deep forest greens, classic blacks, and now, versatile pull-over jackets for men, imparting an effortlessly sophisticated aura against the winter landscape.

Outerwear emerges as a focal point, with oversized coats and wool-lined jackets not only providing essential warmth but also making a bold fashion statement. The interplay of textures and patterns is pivotal this winter, from the pairing of knit sweaters with faux leather tights to the addition of fur-lined denim jackets that exude rugged elegance.

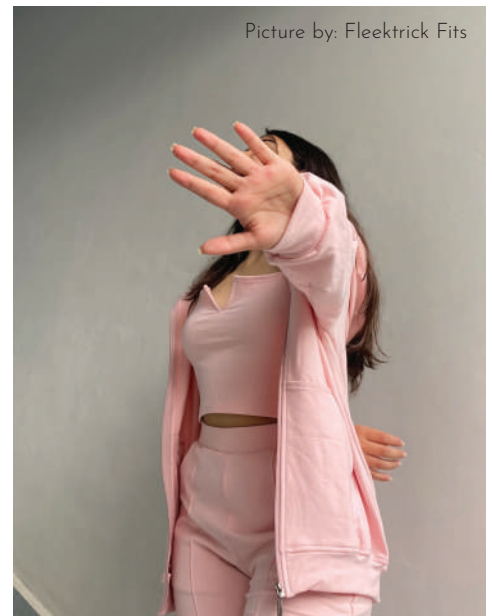
Accessories embrace comfort through thick knit styles. Scarves, beanies, and gloves become not just practical additions but essential elements adding texture and warmth to the overall ensemble. Footwear, too, asserts its influence with the rise of chunky silhouettes. Combat boots, platform boots, and sandals offer not only a fashionable edge but also functional support for traversing through snow and mud. Versatile enough to complement anything from casual jeans and sweaters to sophisticated women's dresses, these footwear choices embody a street-chic allure.

Leather takes a prominent role beyond traditional jackets; leather trousers, skirts, and dresses become noteworthy additions, infusing a bold and stylish touch into winter wardrobes. The flexibility of leather allows for experimentation with diverse silhouettes, imparting a distinctive personality to one's seasonal attire.



The enduring charm of plaid remains relevant, adorning coats, scarves, and trousers with classic elegance. Whether harmoniously mixed and matched for a chic and stylish ensemble or paired with vibrant hues for an elevated look, plaid consistently proves its ability to add a sophisticated touch to winter outfits.

In conclusion, this winter's fashion ethos encourages a seamless fusion of comfort and style. Navigate the cold with layers that not only provide warmth but also exude elegance. Experiment with textures, make a bold statement with outerwear, and elevate your winter wardrobe with the addition of chunky boots. As the temperature drops, let your fashion sense ascend, creating a winter look that is both alluring and confidently sophisticated.





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EXPERIENCING THE ENTHRALLING ALLURE OF VIETNAM



A Family's Journey

- Pratik Shrestha



Vietnam, a land pulsating with natural splendor, rich history, and captivating culture, beckons travelers seeking an adventure beyond borders. Despite initial intentions to explore Indonesia, fate guided Pratik Shrestha and his family toward the enigmatic charm of Vietnam. This serendipitous shift, prompted by the timing of the revered Nepalese festival Dashain, proved to be a transformational experience.

Pratik and his family embarked on a 5-day expedition to Vietnam with Himalayan Airlines. The journey commenced on the 25th of October 2023 and concluded on the 29th of October 2023, leaving an indelible mark on their hearts.

Day 1: Arrival in Hanoi

Our journey commenced on October 25th, 2023, with the landing of our group at Noi Bai Airport in the bustling capital city of Hanoi. We were graciously welcomed by our tour guide, marking the beginning of our exploration. Despite the late hour of our arrival at the hotel, we seized the opportunity to savor the culinary excellence of a celebrated Vietnamese restaurant. This dining experience provided a delightful introduction to the local cuisine, setting the tone for the days to come.

Day 2: Journey to Ha Long Bay

Following a hearty breakfast, we commenced our road journey through the picturesque Red River Delta to the breathtaking Ha Long Bay. After a brief stop at Bai Chay wharf, we embarked on a 3.5 to 4-hour private boat trip, capturing stunning images of both natural and artificial wonders. A seafood-infused lunch was served on board, complemented by vegetarian options. Our exploration included a visit to the Thien Cung Cave and various islets, providing a picturesque backdrop for further cultural immersion. The day concluded with a modest shopping spree and a return to the hotel.





Day 3: Visit to Hoa Lu, Former Capital of Vietnam

Day three commenced with a fortifying breakfast, preparing us for a journey to Hoa Lu, the historical capital of Vietnam during the 11th century. A visit to the temples of Dinh and Le dynasties offered insights into Vietnam's rich history. A scenic boating experience in Ninh Binh, exploring caves and witnessing local life, added a touch of adventure to our cultural exploration. The day concluded with more shopping, capturing memories through photographs, and a return to the hotel.

Day 4: City Tour of Hanoi and Shopping

Our fourth day began with breakfast and a visit to the Ho Chi Minh Complex, including Ba Dinh Square and the Presidential Palace. Shopping continued at a prominent mall, offering a wide array of Vietnamese products. We also purchased necessities at Vincom Shopping Mall, conveniently located opposite our hotel. Evening activities included observing a passing train in Hanoi and enjoying local eateries. Dinner outside the hotel marked the end of our day, preparing us for our impending departure.

Day 5: Departure from Vietnam

The final day involved last-minute shopping at Vincom Shopping Mall, capturing memories through photographs, and a group photo with our guide, Andy. After checking out, we visited a scenic lake for additional photo opportunities. A swift transfer to Noi Bai Airport concluded our memorable trip to Vietnam. Following a brief respite at the airport, we boarded our flight, bidding farewell to this enchanting destination and returning to Tribhuvan International Airport in Kathmandu, Nepal.

THE H9 TRAVEL DESTINATIONS



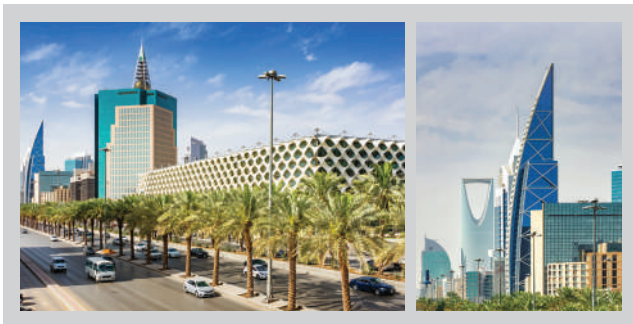
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Photo by: Prasant Shrestha



A pilgrim taking a holy bath during Makar Mela in Medieval town **PANAUTI**. Background is Krishna Temple.

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YOUR JOURNEY THROUGH JAN - MAR 2024!"



ARIES

March 21st - April 19th

A New Year dawns, Aries! Channel your fiery determination as January urges you to set thrilling goals. February embraces your social side, nurturing connections that fuel your passions. By March, balance beckons - conquer professional peaks while nurturing personal dreams.



TAURUS

April 20th - May 20th

Your financial realm blooms, Taurus! January inspires strategic planning for fiscal stability. February gifts moments of self-care and abundance. March heralds creative prospects - sow seeds of prosperity while tending to your soul's needs.



GEMINI

May 21st - June 20th

Welcome Gemini, to a year of adventure! January ignites curiosity, prompting exploration in various spheres. February's harmony fosters relationships and self-expression. March opens doors to diverse opportunities - embrace the unknown and expand your horizons.



CANCER

June 21st - July 22nd

Embrace nurturing energies, Cancer! January calls for introspection and self-care. February's focus on relationships strengthens bonds. March's gentle push urges you to blossom - nurture yourself as you nurture those you hold dear.



LEO

July 23rd - August 22nd

Shine bright, Leo! January's spotlight illuminates paths to personal wellness. February harmonizes career aspirations with self-care. March celebrates your dynamism - bask in success while radiating vitality.



VIRGO

August 23rd - September 22nd

Efficiency meets harmony, Virgo! January's focus sharpens work and health routines. February's grace nurtures creativity and relationships. March invites equilibrium - align work goals with holistic well-being.

Embark on a celestial journey through the first quarter of 2024! Discover how the cosmic alignments will shape your path from January to March. Explore tailored forecasts for each zodiac sign, guiding you through opportunities for growth, harmony in relationships, financial stability, and personal well-being. Let the stars illuminate your way as you embrace the magic of the universe.



LIBRA

September 23rd - October 22nd

Balance and bliss await, Libra! January's embrace of family sets the tone for a harmonious year. February cultivates serenity in relationships. March's peaceful ambiance fosters personal and domestic tranquility.



SCORPIO

October 23rd - November 21st

Embrace transformation, Scorpio! January's journey involves introspection and personal growth. February unveils insights and encourages learning. March's adventurous spirit beckons - delve deeper and seek wisdom in the unknown.



SAGITTARIUS

November 22nd - December 21st

Adventure awaits, Sagittarius! January sparks social connections and networking. February's focus on career opportunities sets the pace. March's expansive energy invites exploration - embark on new journeys both near and far.



CAPRICORN

December 22nd - January 19th

Reach new heights, Capricorn! January initiates a climb towards professional success. February's guidance nurtures stability and personal growth. March's vista reveals prospects - ascend steadily, balancing ambition with stability.



AQUARIUS

January 20th - February 18th

Illuminate, Aquarius! January sparks creativity and expression in career endeavors. February weaves a tapestry of connections. March's magnetic pull augurs success - shine in your professional pursuits while fostering meaningful relationships.



PISCES

February 19th - March 20th

Sail smoothly, Pisces! January fosters financial stability and reflection. February nurtures personal growth and connections. March's gentle waters guide - navigate bonds while steering towards prosperous horizons.

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