

Community Action Nepal NEWSLETTER

REGISTERED CHARITY NO: 1067772

NO.13

PATRON: SIR CHRIS BONINGTON CBE, OPERATIONS DIRECTOR: DOUG SCOTT CBE

2011



OPERATIONS' DIRECTOR'S REPORT 2011 - FROM DOUG SCOTT

What motivates me to continue doing the lecture tours? Well, apart from my genuine enjoyment of meeting so many new people and speaking at different venues all over the UK, a highly motivating factor is the need to provide on-going funds for CAN. Every financial quarter CAN's UK office receives a funding request from CAN Nepal - as below:

QUARTERLY CLAIM FOR APRIL - JUNE 2011	
Health Programme	£28,575.00
Education	£ 8,754.00
Training	£ 545.00
Income Generation	£ 363.00
Office Expenses	£ 990.00
Meeting expenses	£ 350.00
Nepalese goods	£ 6,050.00
Maintenance / Misc	£ 2,836.00
Quarterly Budget Request	£48,463.00

CAN maintains an involvement in approximately 40 projects including eight schools and eight rural health posts. The number of people currently employed in Nepal to keep everything up and running is approaching 60 - that is quite some monthly salary bill. The Nepalese Government has just announced all Government salaries from Cleaners to Government Ministers are to be increased by 43%. This is quite a problem as CAN staff salaries are pegged to Government salaries - so now we are busy trying to organise more fundraising lectures to meet these new demands.

How did all these 40 projects come about? Well, as some of you know, during my climbs, especially in Nepal, I realised the debt I owed to the support teams, to the local porters and cooks who are so important to a successful expedition.

On a trek in 1994, our cook, Tej Tamang mentioned that the roof on his village school in Ghunsa needed replacing. This was the beginning and the birth of the Registered Charity 1067772. Today Ghunsa has a school with high achieving pupils being taught to secondary level. (see the educational results). The community has a newly modernised and extended Health Post, in large part thanks to Dr Barbara Rushton and her loyal fundraising group. There is also a Nursery School and a thriving Women's Group. Tej is still actively involved, the community remain supportive, considerably better educated and healthier. CAN fortunately has a loyal band of trustees, staff and supporters all over the UK. (See Ruth's donor news). We also have excellent volunteers who go to project sites to train and offer advice at CAN's health posts and schools, often returning home to fundraise.

Despite all this support we still need to find many thousands of pounds to keep the books balanced, hence the lectures, some for me but the majority for CAN. Last year the lectures and auctioned goods raised £106,541 for CAN. This input ensures that all donations received from our supporters are sent to the Kathmandu office; ticket sales cover UK administration.

To some extent we've been a victim of our own success with primary schools being expanded into secondary schools and then to the building of school hostels to cater for children from villages many miles from school. A very large hostel had to be built for the regional school for deaf children at bahrabise.

CAN has become the 'umbrella' organisation responsible for running and maintaining other charities' projects. We look forward to maintaining and increasing these collaborative working arrangements. It is particularly satisfying to realise that all the hard work over the last 16 years has resulted in our highly trained and motivated staff, under the guidance of our Country Representative Ian Wall, being of considerable use to others just starting up in Nepal.

I try to keep in mind the original idea of helping the Nepalese to help themselves. We certainly do not want to undermine the Nepali villagers of one great asset - their resourcefulness. To avoid "donor dependency syndrome" we do insist that villagers contribute at least one third of the cost of projects. We are also increasingly developing exit strategies to help the Village Committees take full ownership, as has happened at the Health Post at Ghyamrang.

Of course all the above would not be possible without the hard work and dedication of the CAN 'family' including the Village Committees, the Management Committee and their Chairman, CAN Nepal staff Rajani, Murari, Ian Wall and the dedicated office staff in Kathmandu. Everyone who helps to organise the lectures and the volunteers who help with sales and finally, our UK team of Ruth Moore, Robin Ashcroft, David Absalom, David Nightingale, our supportive CAN Trustees and especially my wife, Trish, have all made it possible for CAN to achieve so much in rural Nepal.

Doug Scott

PROJECT UP-DATE - RURAL NEPAL IAN WALL IN NEPAL AND RUTH MOORE IN THE UK

EDUCATION - School Leaving Certificate results are in.

MELAMCHI - 12 pupils gained Distinctions with three students in the First Division and all entrants passing. The school has been voted the '**Best Government School in Nepal**' this year. Our congratulations to Head Teacher, Purna Gautum and the staff, and to the Village Committee.



Melamchi school lab with Doug, Purna and the Science Teacher

GHUNSA - Five pupils were in the First Division, seven in the Second and all entrants passed.

PURANO DUWAR - Two students were in the Second Division but sadly eleven students failed. The eleven have the chance of retakes as they only just failed to get the required pass mark.

HEALTH - CAN's hard working Health Manager, Rajani, has recently been in hospital, seriously ill, for two weeks. She is now home and gradually returning to work after a very short convalescence. Everyone at the Kathmandu office is looking forward to having an ever-cheerful and positive Rajani back full time and we in the UK send her our very best wishes for the future.

Several CAN nurses have also suffered from unrelated illnesses. The nurses work in remote regions giving expert care to the villagers who attend the CAN Health Posts. Reports of their illnesses whilst working away from their homes and families,

underline the often difficult circumstances under which these dedicated young women carry out their work.

Whilst sitting at his desk in the monsoon lunchtime rain, Ian Wall our Country Representative, has sent us an up-date about the project work. Doug and Trish will be visiting Nepal in September/October and will have more news then - when hopefully the monsoon will have finished. Doug will have time to visit project locations and talk to staff, sandwiching this in between his UIAA meeting schedules. CAN trustee, Dr Rob Lorge, will also be in Nepal and we look forward to his up-date on matters medical as well as his general overview.

PURANO DUWAR SCHOOL - West Yorkshire Scout members have again given hands-on support to CAN's project work. Ian reports that the four class-room extension is well on the way to completion and the school should be in use at the beginning of next term. The project will be completed within the original budget and once again we thank Graham and Julie Earnshaw and their enthusiastic team of scouts from Bradley Wood.



Ever improving 'Bradley Wood' building work in progress

LIHI GAUN - CAN now offers a completely new and innovative service to the population of the Upper Gandaki Valley. The Health Post provides modern medicines, acupuncture and the monks from the nearby monastery administer traditional Tibetan herbal remedies. Patient numbers have increased considerably despite some people having a day's walk to reach the Health Post.

LANGTANG - CAN continues to support education. Hopefully, both teachers and villagers will encourage the communities to take full advantage of the opportunities offered. The Stupa initiative is progressing, albeit slowly. CAN is encouraging the community to raise funds from locally produced woolly hats, to be sold by CAN UK, mainly at Doug's lectures.

GHUNSA - The extended and refurbished Health Post together with a small, minor surgical/operation room is now fully functional. The re-building work was generously supported by Dr Barbara Rushton, a previous CAN medical volunteer, and her enthusiastic group of fundraisers. Dr Barbara and many members of her fundraising team will be visiting the Health Post this autumn.



Ghunsa Health Post

LAPCHA - the Lapcha villagers also attend the Ghunsa Health Post; CAN nurses give advice and health education to the local Mothers' Group in Lapcha School and the school is still supported by long term CAN supporters Les Owen and Lynda Shaw (see Donor News).

MELAMCHI GAUN - the new Hostel is providing much needed accommodation. 250 children are on the attendance register, 160 of whom live in the Hostel that was chiefly funded and built by the enthusiastic and exceptionally supportive West Yorkshire Scout project working team. Due to the unexpectedly high numbers using the Hostel, CAN now needs to provide additional toilet and shower facilities. Twenty patients a day attend the new Health Post.

MILAREPPA - the school was badly damaged by a landslide and floods in 2009. CAN received funds from Aiglon School, Switzerland to contribute towards a replacement school re-sited higher up the valley on the other side of the river. The community are very supportive and work is progressing well.

CAN has also given 100m of nylon rope to help villagers access cliffs to harvest "rock honey" a local speciality.

KUTUMSANG - before the monsoon a new roof was completed for Birendra School. The Government has built new roads giving easier access to the once remote communities. Due to this greater accessibility it might, in future, be necessary to improve security, especially at CAN's Health Post.

GOLA - following an approach from the villagers CAN agreed to build and staff a Health Post at Gola six days walk from the nearest air strip of the Arun Valley. Currently between 20 and 30 people attend this Health Post daily. The villagers are delighted to have a Health Post and regularly donate pots, pans, food and items of furniture to make the nurses feel welcome and greatly appreciated. With additional support from CAN a small extension is being built to provide separate living accommodation for the nurses.



Existing Health Post, Oct 2010



Gola Health Post, July 2011

WALUNG - the Health Post is as busy as ever and still benefits from regular support from The Frank Davies Family Trust. Cate and Ben Davies, who have generously just considerably increased their contribution to the running of the Health Post, will make their first visit to Walung this autumn.

GHYAMRANG - since improved transport has reduced the need for CAN's support we have handed over the Health Post to the local Village Committee. The Government is providing a nurse and medicines but CAN still supports dental health, a health worker and has help the local Health Committee to complete the successful transfer. Dr Rob, Doug and Trish will visit Ghyamrang this autumn.

PORTER SHELTERS - both Machhermo and Gorak Shep have been well used by both porters and trekkers, 176 in total. Work on a new shelter at Gokyo will continue in 2011/12.

Ian Wall - Kathmandu
Ruth Moore - Stewart Hill Cottage

DONOR NEWS - *Ruth Moore*

VOLUNTEERS AND FUNDRAISERS

Dr Julia Thornely has once again been giving CAN nurses excellent, professional training and appraisals.

Tim Hall from Sheffield has been researching "Access to Health Facilities in the Rural Areas of Nepal" and has also supported CAN nurses in diagnosis and treatment for problems that could benefit from physiotherapy.

Guy Chalkley has been to Melamchi, braving the monsoon conditions, to research the educational needs of students after they have passed their SLC.

Jamie Rutherford trekked with the Hummersknott School group, led and trained by **Dave Bell**, to Ghunsa. Many of the trekkers and their families kindly continue to support Ghunsa project work and we were delighted when Jamie, now a dental student at Sheffield University, wrote about the possibility of doing voluntary dental work for CAN when he has qualified.

Malcolm Carson and his family enjoyed trekking to Nepal and Malcolm, the author of a newly published book *Rangi Changi*, has joined CAN's UK volunteer force.

Toby Rand helped to sell goods at Doug's Cumbrian lectures. He has since moved south but keeps in touch and has offered to help in the future.

Nick and Joe Jones (father and son) reached the summit of Mera Peak, raising £690.

Mark Picken trekked to Gosainkund Lake and raised £210, **Peter Morgan** raised £235 on a sponsored cycle ride and **Stephen Gatenby** raised £527 on a sponsored Helvellyn Range walk.

King's School Grantham Lower Sixth boys raised the outstanding amount of over £7,500 for CAN. They also took 16 packages of science laboratory equipment, donated by Labaid to Nepal. This equipment is now being used at Melamchigaun School (see the report and picture). The boys and staff members spent many weeks fundraising and our special thanks go to teacher, **Kevin Adams** who organised everything. Congratulations on their wonderful efforts.



Les Owen and Lynda Shaw have each trekked in Nepal and helped CAN. Les has organised lectures for Doug and Lynda sold goods at the First on Everest Event. Both are long time CAN supporters giving regular monthly donations by Standing Order.



Regular donations by Standing Order continue to be the "life blood" support for CAN projects in Nepal. They enable us to meet our commitments and forward plan. We realise that people are cutting back on spending due to the financial restrictions placed upon us all. Inflation is rising rapidly in Nepal making funding for the projects even more difficult. We are exceptionally grateful to all those of you who make these regular payments. If you would like to know more about this method of donating details are available on the website or you could contact the UK office and everything will be explained.

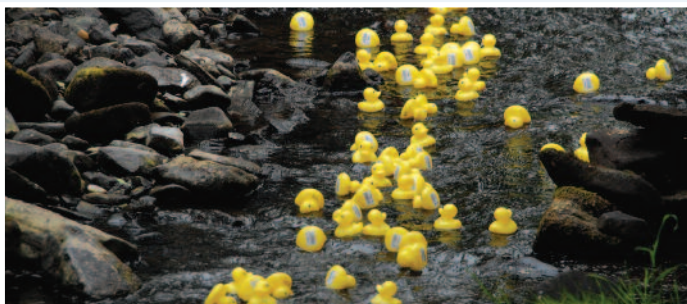
Thanks must also go to **Freda Grant** who for many years has devised and distributed ingenious quizzes raising funds for CAN. Sadly Freda now finds, due to ill health, she will be unable to continue this work. We are in full admiration of all her efforts and I must admit I have never been able to complete any of her quizzes....

Another fundraiser, **Sylvia Manners**, has made cupcakes featuring the Nepali flag and sold plants to raise money for CAN. Sylvia has already placed her order for CAN Christmas cards. Full details of the cards will be on the website shortly.

John and Bridget Biggs have opened their gardens at The Griggs for many years, donating 50% of the money raised to CAN. They intend to take a "couple of years out to make the garden less labour intensive" but say they will still fundraise for CAN which is excellent news.

Craighead Farm Grand Duck Races - North Lanarkshire Council Learning and Organisational Development staff held a fundraising Duck Race at Jeff and Jenny Frew's smallholding to raise money for CAN. Both are long-time supporters of CAN and Jeff is an active Trustee of the charity and a popular trek leader for CAT.

The Duck Races were held on "a fantastic grey, dreich, rainy Scottish day" on the river. Over 200 ducks were launched and all but one found their way to the finishing line. We assume lost duck number 53, is now on its way around the world after a long journey down the River Clyde to Glasgow and then into the Irish Sea. The day ended with a BBQ, drinks and great joviality. Parents, children, dogs and helpers raised over £356 for CAN's projects in Nepal - a big thanks to all!



TRUSTEES: David Absalom, Paul Braithwaite, Jeff Frew, Bachan Gyawali, Philip Hopkinson, Leo Houlding, Dr Rob Lorge, Terry Mooney QC, Andy Parkin, Dr Mary Selby and Dr Monahar Lal Shrestha

GOKYO PORTER SHELTER - APPEAL

As many of you will know the Everest region is at high altitude, around 4,500 - 5,500m. In medical terms 2,500m is regarded as "high altitude". The body has to adjust to these altitudes; even



the local people suffer and Nepali porters are not exempt. CAN, in partnership with IPPG, built their first Porter Shelter at Machhermo in 2006. Before this shelter was operational an average of between 10 and 12 porter boys and girls died each year from altitude sickness. During their working day porters carry heavy loads for trekking and commercial operations. Previously they had nowhere to sleep other than under boulders, often in very cold, damp and windy conditions.

In 2008 CAN opened a second Porter Shelter at Gorak Shep near Everest Base Camp, tucked under Kala Patar. This building is possibly the highest building in the world.

Our final project in this area is at Gokyo, near Cho Oyu. All the work has to be done by hand - collecting and dressing stone, sawing timber, levelling ground and digging foundations with pick axe and spade. The timescale is about two years on account of freezing conditions in winter and monsoon rain.

The estimated cost for the Gokyo Porter Shelter is £50,000. The two established shelters have already provided overnight accommodation for approximately 800 porters in the spring and autumn seasons - approximately 13,500 bed nights in purpose built shelters as opposed to shelter under boulders exposed to prevailing and variable weather conditions. CAN's shelters provide cheap food, drink as well as accommodation in comparative comfort, for less than a £1 per head per night. This money goes towards the maintenance of the buildings and the food. Medical support, from volunteer doctors, is available to both porters and trekkers. A Nepali interpreter helps the volunteer doctors explain to the porters the causes and effects of altitude sickness. Porters' lives are now being saved - porters who are there to earn a living and to help western trekkers enjoy and experience this high altitude region can now do so in greater safety.

If you would like to support this work please send a contribution to the CAN office. We are actively raising funds as we consider this a priority project. Please identify any donation for this work as being for **Gokyo Porter Shelter**.



CAN LECTURES 2010

CAN LECTURES 2010 ACHIEVED THE FOLLOWING FINANCIAL RESULTS

Date	Lecture Location	Lecture/Partners (50%)	Ticket Sales to CAN	Auctioned Prints Net Sales	Nepalese Goods & Cards Net Sales	Donations	Net Income
20.01.10	Kendal Lecture	Doug Scott	£0.00	£170.00	£538.00	£0.00	£708.00
29-31.01.10	London	Adventure Travel Live	£0.00	£500.00	£301.00	£0.00	£801.00
1.02.10	Rheged	Cumbria Flood Appeal	£0.00	£2,995.00	£358.00	£0.00	£3,353.00
20.02.10	Ambleside	MHT/DS	£0.00	£0.00	£250.00	£0.00	£250.00
2.03.10	Cambridge	CAN	£295.00	£155.00	£135.00	£0.00	£585.00
5.03.10	Crickhowell	Himalayan Trust/CAN	£1,075.00	£170.00	£242.00	£0.00	£1,487.00
26-28.03.10	NEC Outdoor Show	CAN	£0.00	£1,500.00	£3,046.00	£0.00	£4,546.00
19-23.05.10	Keswick Mt Festival		£0.00	£410.00	£510.00	£0.00	£920.00
14.06.10	Reading	CAN	£379.00	£1,175.00	£94.00	£1,090.00	£2,738.00
15.06.10	London (RGS)	IQ2/DS	£0.00	£463.00	£113.00	£0.00	£576.00
16.06.10	Norwich	CAN	£1,149.00	£5,290.00	£138.00	£0.00	£6,577.00
11.07.10	Stewart Hill	Garden Open CAN/NGS	£0.00	£0.00	£361.00	£30.00	£391.00
11.08.10	Lamlash	CAN/Rokpa	£965.00	£625.00	£304.00	£0.00	£1,894.00
5.09.10	Keswick	CAN DS/Tut Braithwaite	£2,763.00	£1,065.00	£386.00	£100.00	£4,314.00
15.09.10	Glasgow	CAN/Who Cares Scotland	£370.00	£820.00	£180.00	£0.00	£1,370.00
17.09.10	Ambleside	MHT/DS	£0.00	£205.00	£100.00	£0.00	£305.00
2.10.10	Isle of Wight	CAN/Nepal Trust	£1,336.00	£3,090.00	£83.00	£0.00	£4,509.00
6,13-14.10.10	North Italy	UIAA/DS	£0.00	£420.00	£220.00	£0.00	£640.00
6.11.10	Stirling	CAN/Rokpa	£256.00	£3,255.00	£187.00	£0.00	£3,698.00
7.11.10	Banchory	CAN/Rokpa	£970.00	£4,185.00	£363.00	£0.00	£5,518.00
8.11.10	Dunfirmline	CAN/Rokpa	£397.00	£1,185.00	£308.00	£3,000.00	£4,890.00
9.11.10	Lossiemouth	CAN/Rokpa	£634.00	£1,080.00	£270.00	£0.00	£1,984.00
10.11.10	Portree	CAN/Rokpa	£171.00	£345.00	£158.00	£0.00	£674.00
12.11.10	Oban	CAN/Rokpa	£388.00	£380.00	£78.00	£0.00	£846.00
14.11.10	Livingstone	CAN/Rokpa	£162.00	£600.00	£210.00	£0.00	£972.00
16.11.10	Oxford	CAN	£6,364.00	£6,750.00	£690.00	£207.00	£14,011.00
17.11.10	London (RGS)	CAN/Promise Nepal	£6,367.00	£8,525.00	£1,623.00	£170.00	£16,685.00
18.11.10	Edinburgh	CAN	£1,030.00	£4,825.00	£801.00	£50.00	£6,706.00
19.11.10	Glasgow	CAN	£3,167.00	£4,550.00	£1,134.00	£390.00	£8,901.00
23.11.10	Marlborough	CAN/Kempson/Rosedale Trust	£1,770.00	£1,320.00	£538.00	£0.00	£3,628.00
24.11.10	Basingstoke	CAN	£2,113.34	£825.00	£308.00	£100.00	£3,318.00
25.11.10	Southampton	CAN	£725.00	£525.00	£395.00	£50.00	£1,695.00
28.11.10	Keswick	CAN DS/Leo Houlding	£1,910.00	£1,101.00	£169.00	£0.00	£3,180.00
29.11.10	Belfast	CAN	£1,182.00	£810.00	£305.00	£0.00	£2,297.00
30.11.10	Dublin (noon lecture)	Combined for Irish Lectures	£1,950.00	£180.00	£35.00	£0.00	£2,165.00
30.11.10	Dublin (evening lect.)	CAN/Umbrella Trust	£0.00	£265.00	£120.00	£0.00	£385.00
1.12.10	Galway	CAN/Umbrella Trust	£0.00	£235.00	£110.00	£0.00	£345.00
2.12.10	Cork	CAN/Umbrella Trust	£0.00	£235.00	£145.00	£0.00	£380.00
2.12.10	Wexford	CAN/Umbrella Trust	£0.00	£110.00	£45.00	£0.00	£155.00
15.12.10	Stockport	Doug Scott	£0.00	£1,135.00	£159.00	£0.00	£1,294.00
Totals			£37,888.34	£61,474.00	£15,510.00	£5,187.00	£119,691.00

EXPENDITURE	
Framing Costs	£6,200.00
Advertising Lectures	£2,400.00
DS Travel Costs & Accommodation	£4,550.00
Total Expenditure	£13,150.00

Net Profit from CAN 2010 Lectures and Events £106,541.00

To all supporters of CAN, it is obvious that these lectures are a major source of income. If you are able to organise a lecture by Doug Scott in your area on behalf of CAN or jointly with another charity, please do get in touch and we'll help to make it happen.

Best wishes -
Robin Ashcroft, Ruth Moore & David Nightingale

DOUG SCOTT ILLUSTRATED LECTURES 2011

Fund raising (Fr) for Community Action Nepal, Nilupul Foundation, Classrooms in the Clouds, K.A.T.C., New Futures Nepal, Pakistan disaster appeals and Who Cares Scotland

SEPTEMBER Three Peaks, Big Walls and Life and Hard Times (L&HT)				
Su 11	Penrith, Dalemain,	11am - 1pm	Dog Walk Day (Fr)	www.canepal.org.uk
Su 11	Penrith, Rheged,	7.30pm	Johnny Dawes 'Full of Myself'	01768 868000
We 14	Bolton, Albert Hall,	7.00pm	Big Wall Climbing	01204 334400
Th 15	Glasgow, McCance Theatre,	7.00pm	Three Peaks (Fr)	0141 226 4441
Su 18	Poole, The Lighthouse,	7.30pm	L and HT	0844 406 8666
Mo 19	Hartpury, College,	7.00pm	L and HT (Fr)	www.canepal.org.uk
Tu 20	Malvern, Malvern Theatres,	7.30pm	L and HT	0845 287 2146
We 21	Cardigan, Theatr Mwldan,	7.30pm	L and HT	01239 621 200
Th 22	Pateley Bridge, Memorial Hall,	6.45pm	L and HT (Fr)	www.pbwf.co.uk

OCTOBER Big Wall Climbing (BWC)				
Sa 15	Ludlow, Assembly Rooms,	7.00pm	(Fr)	01584 878141
Sa 22	Birmingham, University,	details TBA		www.canepal.org.uk
Mo 24	Shrewsbury, Sh'bry School,	7.30pm	Three Peaks (Fr)	.01743 364455
Tu 25	Arbroath, Webster Theatre,	7.00pm	(Fr)	01241 435800
We 26	Dundee, Steps Theatre,	7.00pm	(Fr)	07577 706866
Th 27	St. Andrews, Byre Theatre,	7.30pm	(Fr)	01334 475000
Fr 28	Findhorn, Universal Hall,	7.00pm	(Fr)	01309 691170
Su 30	Kirkcaldy, Adam Smith Theatre,	7.30pm	(Fr)	01592 583302
Mo 31	Inverurie, Town Hall,	7.00pm	(Fr)	07577 706866

NOVEMBER Big Wall Climbing, First on K2 and Life and Hard Times				
Tu 1	Fortrose, Community Theatre,	7.00pm	BWC (Fr)	01381 621252
Th 3	London, R.G.S.	7.00pm	BWC with Leo Houlding (MEF)	020 8545 9030
Su 6	Maryport, Literary Festival,	3.00pm		www.senhousemuseum.co.uk
Tu 15	Oxford, Univ. Nat. Hist. Musm.,	7.00pm	First on K2 (Fr)	01865 778536
We 16	London, R.G.S.	10am - 9.30pm	K2 (Fr)	www.worldexpeditions.co.uk
Th 17	Glasgow, Royal Concert Hall,	7.00pm	First on K2 (Fr)	0141 353 8000
Fr 18	Edinburgh, Napier Univ.,	7.00pm	First on K2 (Fr)	www.tiso.com
Mo 21	Yarm, Eggescliffe School,	7.00pm	Three Peaks (Fr)	01642 352570
Tu 22	Easingwold, E'wold School,	7.00pm	L and HT (Fr)	01751 460250
We 23	Halifax, Square Chapel Centre	8.00pm	BWC (Fr)	01422 349422
Su 27	Ripon, Leisure Centre,	7.00pm	BWC (Fr)	01765 601353

DECEMBER Big Wall Climbing				
Fr 9	Bangor, University, Main Arts Lecture Theatre, College Road	7.30pm	CAN/Mountain Rescue - BWC	01286 870327 www.Joe-Brown.com
Su 11	Mold, Clywd Theatr Cymru,	7.30pm		0845 330 3565

Full lecture details from CAN: www.canepal.org.uk or tel: 01768 484842

Books, posters, prints, auctions, Nepalese goods - cash/cheque only

Trek with Community Action Treks www.catreks.com