

POKHARA

free
GUIDE

2016/2017
SECOND EDITION



Top 10 things to do
Trekking Tips & Seasons
Local Business Guide
Essential & Useful Info.

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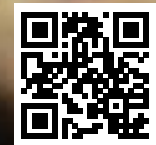
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YOUR LOCAL GUIDE

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Trekker Massage



Thai Massage

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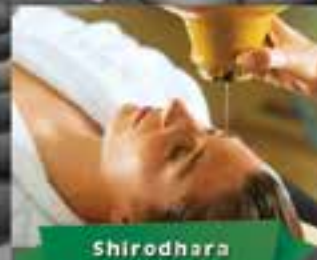
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POKHARA GUIDE

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ANNAPURNA CONSERVATION AREA

The Annapurna Conservation Area was established in 1985 and is Nepal's largest protected area covering 7,629 km² in the Annapurna range of the Himalayas across the Manang, Mustang, Kaski, Myagdi, and Lamjung districts. The region contains world's largest rhododendron forest in Ghorepani and Tilicho lake which is the world's highest altitude fresh water lake. Approximately 25,000 trekkers visit the Annapurna region every year and the trekking fee collected from the tourists supports more than 40,000 local people.



SARANGKOT

Famous for its breathtaking panoramic views of the Annapurna & Dhaulagiri ranges, the Pokhara Valley and Phewa Tal, this 1,592m mountain located on the northern side of Phewa Tal is one of the most popular destinations for day walks and sightseeing around Pokhara.

Enjoying the sunrise or sunset from this former Kaski fort is an experience not to be missed when visiting Pokhara. It is also the launching place for paragliding over Pokhara Valley and Phewa Lake. Pokhara is one of the top 10 destinations in the world, as you can fly all year round. For a pure adrenaline rush you can ride the zip-line down to the Tibetan settlement at Hemja.

Namaste welcome to paradise...

There are few cities in the world that are placed amongst such remarkable natural beauty, with a perfect climate and inhabited by pleasant genuine people. Pokhara is encompassed by mountain ranges that buffer the extremities of climate, reflected in the tranquil waters of the lake.

There are magnificent views of the Annapurna Range from many angles of the city. It is dominated by Mount Fishtail, locally known as Machhapuchhre, standing as if a sentinel towering above protecting the township below. It is considered sacred and is never climbed. Four great rivers can be traced to their beginnings from the slopes. Pokhara is the gateway to Annapurna South, Hinchuli and Annapurna 1-4. From the hilltops around Pokhara such as Sarangkot the panorama extends all the way from the east to west, Manaslu 8,156m to Dhaulagiri 8,167m.

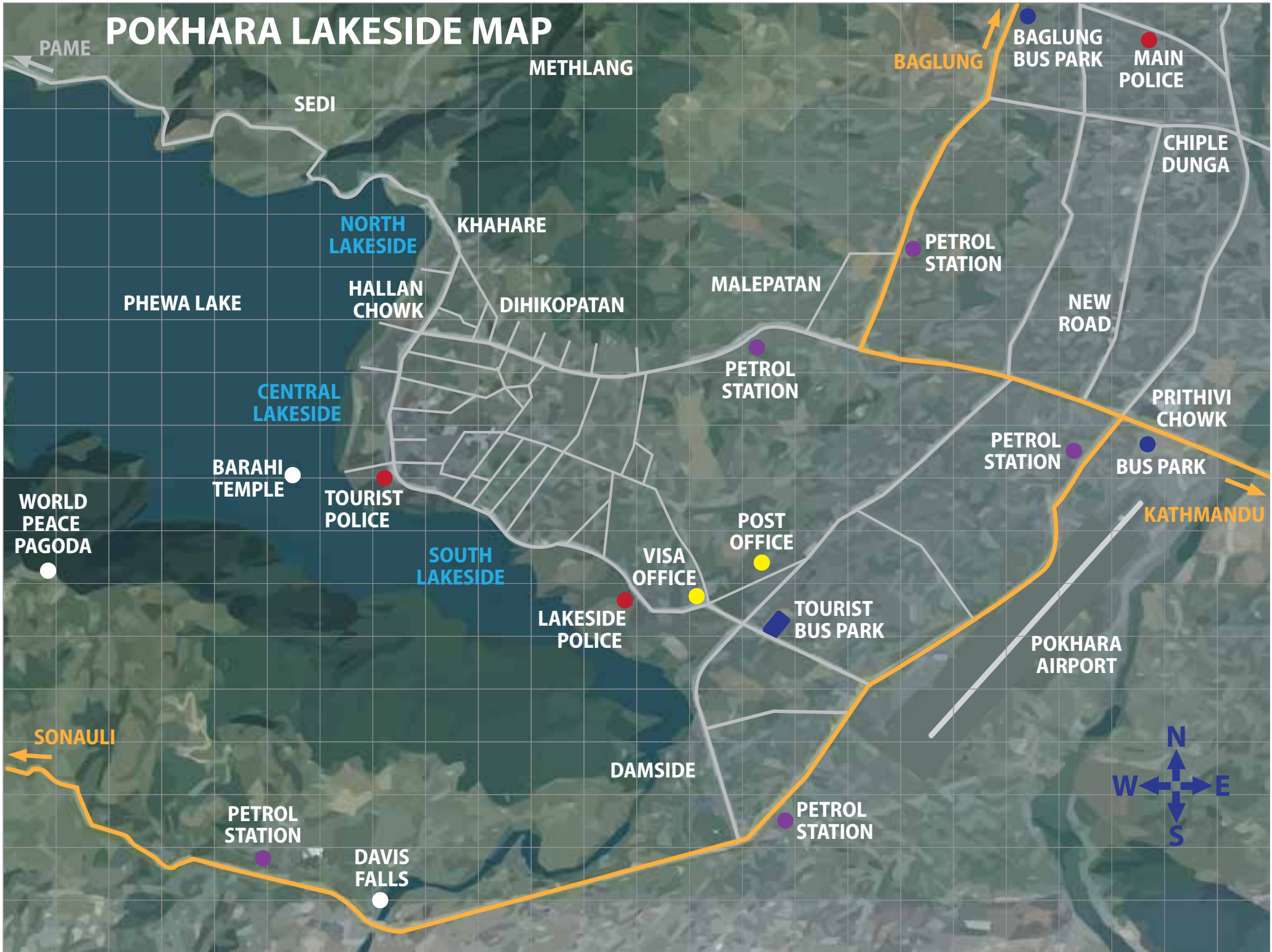
Pokhara is the only place in the world where you can experience the magnitude of the magnificent views of 8,000m snowcapped peaks while sitting below in a subtropical climate of 1,000m. Lying 200km west of Kathmandu, Nepal's second largest city, has long been a part of essential ancient trade routes, between India and Tibet, Kathmandu and Jumla. From medieval times it was part of the Kaski Kingdom, Pokhara was inhabited mostly by the Khas people, who are now known across Nepal by 300 different caste surnames, or more. Many of the Gurung and Magar

communities later migrated from the high Himalayan foothills when the British set up an army recruitment camp in Pokhara, where Gurkha soldiers are still being recruited today. In the late 1950s an influx of Tibetan refugees added to the ethnically and culturally diverse Pokhara city. Growth and investment is reflected in the many hotels, restaurants, cafés, bars and shops now line the Lakeside strip and run for several kilometers. Pokhara is the perfect place to relax and recharge after traveling the mountain roads.

A B C D E F G H I J K L M N O P Q R S T U V W X

POKHARA LAKESIDE MAP

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ULTRA LIGHT FLIGHT

There are a few companies that operate ultralight flights around Pokhara. Short flights take you above Phewa Tal and the World Peace Pagoda for a spectacular bird's eye view.



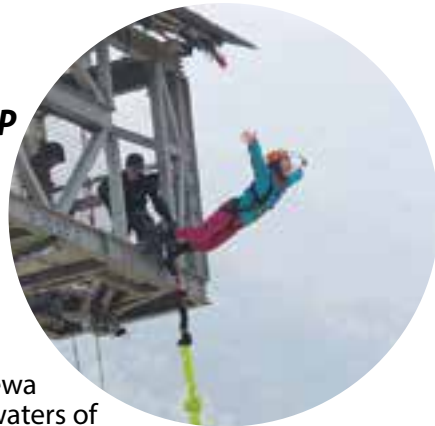
PARAGLIDING

Imagine sharing the same air space with eagles & vultures as you soar over lakes, rivers, villages & terraced mountains while gazing at the mighty Annapurnas... all year round. Pokhara offers many professional operators with highly skilled pilots.



BUNGEE JUMP

An exciting new addition to Pokhara's extreme sports is the bungee jump & swing located at the bottom of the zip-line. It's the first tower bungee in Nepal and has a 70m vertical drop.



BOATING, KAYAKING & RAFTING

Whether you would like to paddle around Phewa or Begnas Tal or kayak & raft down the white waters of the Seti river, Pokhara has it all. Several wild rivers run through the surrounding areas of Pokhara making the region a top rafting destination. Popular trips start from 1/2 day adventures down the Seti river just 20 minutes from Lakeside.



WORLD PEACE PAGODA

There are several ways to access the Pagoda including by taxi all the way to the top; however, the nicest way is by crossing the lake by boat and then hiking up the hill (approx. 1 hour) or by trekking around to Damside and gently climb the hill through the lush Raniban forest.



CYCLING

Mountain biking is a fun & cheap way to get around Pokhara if you want to cruise around Lakeside, meander around the north/west side of Phewa Tal or visit the refreshing waterfalls & lagoons at Ghattichina. Bicycles can be hired from several points around Lakeside but make sure to check the brakes, gears & tires before you set off!



BEGNAS TAL & RUPA TAL

These two picturesque lakes are perfectly serene, clean and receive few foreign visitors. Located about 15km east of Lakeside, a visit to these lakes makes a perfect day or overnight trip.



BARS & NIGHTCLUBS

In the beating heart of Lakeside, there are many places to go for a drink or two or three! Popular Bars have live music most nights and also a big screen for sports events.

WELLNESS & SPA

Pokhara is home to many yoga centres and spa's offering a wide range of services, the best way to unwind after trekking. Please see page 66 for more information.



MOTORBIKE TRIPS

Sunrise at Sarangkot with a Vintage Bike. Get picked up in the morning and drive up the hill to get the best view when the valley gets flooded by the sun.



There are many treks all over the Annapurna Region lasting from a few days to several weeks. The most popular trails have tea house accommodation along the way (approx. Nrs100 - 300 per person) while camping is the only possibility on remote treks.

INDEPENDENT TREKKING

Independent trekking does not mean trekking solo, but trekking without a guide or not being a part of an organised tour. Before you set off, it is important to buy a map or save a screen shot. Altitude knowledge and safety precautions of the trek are Your responsibility. When trekking independently you have a lot more freedom to choose the pace of your trek and the tea houses where you sleep. Food prices are standardised and fixed in a particular region but room prices are negotiable, especially in low season when there is less competition for the bed!

PERMITS

Every trekker requires 2 permits to trek in the Annapurna Region: the ACAP (Annapurna Conservation Area Permit) and TIMS card (Trekker's Information Management System).

ACAP:

Nrs2,000 + 1 passport photo

BLUE TIMS CARD:

For trekkers accompanied by a guide.
US\$10 + 1 passport photo

GREEN TIMS CARD:

For trekkers without a guide.
US\$20 + 2 passport photos

Every trekking agency can organise your permits for you in just a couple of hours for a small fee or you can visit the offices located in Damside.

GUIDES

A Nepali trekking guide manages everything for his clients on a trek, from transportation to/from the trek to food & drinks, nightly accommodation and porters. All trained, experienced guides should speak English well and be able to explain the local culture and mountain scenery that you pass through on your trek. It is not necessary in the Annapurna Region to take a guide with you; however, if you are trekking in the peak season or in a large group guides are particularly useful when it comes to getting a place to sleep! Guides cost from US\$25 per day, which covers their food and accommodation too.

PORTERS

Porters can be hired to carry your bags throughout your trek and usually one porter will carry the bags of two people, no more than 30kg. Generally, porters do not speak English, but an increasing number do and they are known as porter/guides. If you choose to hire porters, ensure that they have adequate clothing and footwear for the trek you are to undertake. Regular porters cost between US\$10 - 20 per day, including food & accommodation.

POONHILL: The Poon Hill trek is the most popular trek for those wanting a short introduction to trekking. Passing through scenic Gurung villages and large rhododendron forests. This trek offers spectacular views of the Annapurna and Dhaulagiri ranges, especially sunrise at Poon Hill.
Length: 4-7 days

Difficulty: Moderate
Start: Phedi/Khande/Nayapul/Beni
Max. Altitude: 3,190m

JOMSOM & MUKTINATH: The route up the Kali Gandaki River initially passes through terraced hills, Gurung villages and Poon Hill before entering the desert-like landscape of Mustang as you come to Muktinath, an important pilgrimage town for both Hindus and Buddhists and then onto Jomsom. There are several options for day hikes around this area & from Jomsom there are 20 minute flights to Pokhara or jeeps (then buses) to Pokhara. The easier option is to do this trek in reverse.

Length: 5-12 days
Difficulty: Moderate
Start: Nayapul/Jomsom
Max. Altitude: 3,802m

ANNAPURNA CIRCUIT: The Annapurna Circuit is regarded as one of the best treks in the world. A wonderful mixture of incredible mountain scenery and culture, the 3-week circuit passes through diverse Nepali villages and crosses the Thorong La pass. There is also the option to spend a few extra days trekking to the picturesque

Tilicho Lake 4,919m, one of the highest lakes in the world.

Length: approx. 3 weeks
Difficulty: Moderate - Hard
Start: Besisahar
Max Altitude: 5,416

MARDI HIMAL: As a relatively new trek, the route to Mardi Himal Base Camp is not only quiet and empty of trekkers but also more adventurous & close to nature as the small path winds through huge forests up onto a ridge bordered by rhododendron forests. There is tea house accommodation until High Camp, which sits directly below Machhapuchhre. The trek to Mardi Himal Base Camp is best done as a day trip starting early in the morning for a stunning sunrise.

Length: 4-7 days
Difficulty: Moderate-Hard
Start: Phedi/Khande
Max. Altitude: 4,500m

ANNAPURNA SANCTUARY/BASE CAMP:

This trek is the most popular medium length trek in the Annapurnas. You can vary the route of the trek, either making a circuit including both ABC and Poon Hill or returning down the other side of the valley from Chromrong. The highlight of the trek is being surrounded by giant peaks including Annapurna I (8,091m), Annapurna South and Machhapuchhre at ABC.

Length: 7-12 days
Difficulty: Moderate
Start: Phedi/Khande/Nayapul
Max. Altitude: 4,130m



Dhumba Lake, Mustang

The climate of Pokhara is warmer than its surrounding hills and Kathmandu due to its lower elevation at 800m the winters are dry and very pleasant the monsoon months wet with tropical style storms and humidity.

The weather in springtime can be volatile as the monsoon approaches and it is known as the hot season. Days are very hot and often after days of high temperatures there can be violent rain and hail storms that end as quickly as they begin with brilliant sun sets and cloud formations. While the countryside is brown after the long dry season, flowers start to bloom as the rainfall increases towards June.

Oct-Nov:

After the monsoon has passed the lush green hills and fields around Pokhara provide a beautiful foreground to the Annapurnas which are finally revealed on clear, crisp mornings. The humidity drops yet the days remain hot and sunny, while nights become slightly cooler making this the perfect time for trekking and other outdoor activities. The skies are clear & fresh; the mountain views are superb. However, popular trekking trails can become crowded and rooms in tea houses can quickly fill up by late afternoon. This is the peak tourist season in Pokhara and also the time of the most important Nepali festivals including Dashain and Tihar/Diwali.

Average Temperature: Day 24-27°C Night 12-16°C

Dec-Jan-Feb:

The winter months are known as the dry season in Nepal as it rains at most once a month. The skies are clear during the day and night allowing for great picture perfect mountain views, but cold evenings and mornings. brilliant days for flying or just soaking up the rays by the lake, undoubtedly the best winter experience. Trekking over winter in Nepal is possible on many routes; however, some passes like Thorong La can be blocked by snow. The midday sun is warm enough for wearing a t-shirt; however, you will need a sweater when standing in the shade. Visitor numbers are less during this time, making trekking and other adventure activities much quieter more personalized and peaceful. Over the New Year is the Pokhara Street Festival where the Lakeside strip is blocked to traffic where restaurant, bars and cafés put tables and chairs on the street with music and a great vibe. It doesn't snow in Pokhara but it can on its surrounding hills down to 2,000m. At the end of the dry season the skies can be hazy from the dust. Pokhara Average: Day 19-25°C Night 5-9°C. In the hill trails it can drop below zero during the night at altitudes above 2,000m so trekkers be prepared with thermals, gloves and down sleeping bag.

Mar-Apr-May:

As the weather warms up clouds start to appear & there can be sudden severe storms. However, the huge rhododendron forests in the Annapurna region are in full bloom and they provide a beautiful foreground to the snowy peaks. Trekking crowds are less in this season but by May it is hot and dusty at lower altitudes. Pokhara's second peak tourist season. Average Temperatures: Day 30-33°C Night 13-18°C.

Jun-Jul-Aug-Sep:

During the monsoon the trekking trails become wet and slippery. Landslides can occur where earth has been disturbed but trekking is still possible and very beautiful if you can brave the humidity at the lower altitudes. Trekking in Mustang and Dolpo is best at this time due to the warm, dry weather as the regions are blocked from the monsoon rains by the Himalaya ranges. While each month receives an average of 800mm of rainfall, mostly this occurs in the afternoon and overnight. There can be several days of rain once or twice a month and some days with no rain. The landscape around Pokhara is at its most verdant and beautiful during the monsoon. On clear mornings some of the best views of the Annapurnas of the year can be seen. This is the lowest season for tourism in Pokhara but it is still possible to do all activities including trekking, where views of the mountains are clearer above 2,000m. Average Temperatures: Day 30°C Night 20-22°C



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 www.3sistersadventuretrek.com
 North Lakeside Pokhara
 Map: 1/5

We are three Nepali sisters Lucky, Dicky and Nicky Chhetri, pioneers in the field of providing female guides.

3 Sisters ADVENTURE TREKKING was established in 1994 due to repeated requests from our traveling friends to guide them through the mountains. Since then we have welcomed many guests from across the globe. We'd be happy to organize your trek, welcome you at our guest house and provide all services to make your trip most memorable. Female travellers enjoy the opportunity to trek and interact with their female guides and assistants.

We specialize in providing female guides and assistants for female trekkers and also cater for couples, families and provide male staff for male trekkers. Empowering Women of Nepal ~ EWN and 3 Sisters Adventure Trekking work in partnership. We combine practical training programs with gainful employment opportunities. Our goal is to encourage our fellow Nepali sisters to become self-supportive, independent and decisive women.

Our mission is to change the world one woman at a time.



Extreme environments increase with extreme weather or being ill prepared, check & Be Prepared. First Aid saves lives, most notably Yours. Since the recent tragedy in the Annapurnas, there is a push to make trekking with a guide compulsory in the Annapurna region or parts of. The information here is correct as of FEBRUARY 2016 but is subject to change regarding independent trekking & the green TIMS card.

ESSENTIAL GEAR

HEAD TORCH: For hands free when the power genie isn't around or those trips in the night to the outdoor toilet.

GLOVES & BEANIE: From October until April night and early mornings can be very cold at high altitude, heat is lost most quickly through your head, hands and feet.

SLEEPING BAG: Blankets are provided by tea houses; however, there can be shortages in peak season and in winter you'd need several to keep warm in the chilly rooms.

SUNGLASSES & SUNCREAM: At high altitude the air is thinner & the sun is stronger, glare and burns can be uncomfortable and there is always the chance of snow.

SMALL FIRST AID KIT: Small bandage, tape, plasters, small scissors/knife, Ibuprofen, antiseptic & Imodium. Your choices should be based on remoteness or availability.

THERMALS: A must as nights are cold from October to April above 2,000m

QUICK-DRY T-SHIRTS: Cotton t-shirts stay wet with sweat for a long time making you cold during breaks.

NEPAL TOURISM BOARD

Crisis or unexpected happenings can occur at anytime, anywhere during traveling. Therefore, we at Nepal Tourism Board recommend all tourists to be well planned for such situations before traveling. In case tourists encounter crisis or emergency situations, the Board will intervene, coordinate and advise.

All emergency services and numbers
www.welcomenepal.com/for-emergency/



Mustang



WATER BOTTLE: Filtered drinking water to refill your water bottle is available at many tea houses for a small charge per liter. You can buy commercial bottled water at most tea houses.

Please help respect the environment as most of the empty plastic bottles end up littering the mountains and rivers or being burnt.

QUICK-DRY TOWEL: In case there is an opportunity for a hot shower after a hard day's trek!

MONEY: There are no ATMs in the Annapurna Region (except one in Jomsom) so bring all the money you will need for your trek & transportation plus some extra in case of emergency. Independent trekkers can count approx. *Nrs1,500 - 2,000 per day* for food & accommodation (more when you drink alcohol)

MAP: Essential for independent trekkers as it shows where there are tea houses, medical facilities, altitudes & the route of your trek.

SOAP: Most tea houses do not provide soap in their bathrooms.

WET WIPES: When a shower is not possible then these are the next best thing!

TOILET PAPER: Can be in short supply.



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Map: H/7

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 Central Lakeside Pokhara
 Map: H/8

PHEWA TAL

Nepal's second largest lake is the center piece of Pokhara reflecting the peaks it is what brings the peace and tranquility to Lakeside. You can stroll along its edge or hire a brightly painted boat, sail or paddle boats at a reasonable cost around Lakeside. Take a day to explore the distant shores, villages, aquatic & bird life and to watch local fishermen collecting the day's catch. Don't miss the chance to see the stunning reflection of the snow-capped Annapurnas in the calm waters early in the morning. The best spot for this is in Damside in the small park on the island. Head to Basundra Park in South Lakeside at dawn to catch a superb panorama of the Annapurnas.

WORLD PEACE PAGODA

Shanti Stupa is perched on the top of the hill south of Phewa Tal, the large Buddhist Stupa commands tremendous views of the Annapurnas, Phewa Tal and Pokhara. The dome structure is a symbol of peace and has four gilt images of the Buddha facing the four directions. Situated at the height of 1100 meters on Ananda Hill was chosen by Nichidatsu Fujii where he laid the foundation stone along with the relics of Buddha on the hilltop in 1973.

Eagle Eye - World Peace Pagoda

**BARAHI TEMPLE**

Situated on a small island only a 10 minute boat trip from Barahi Chowk in central Lakeside, the Barahi Temple is one of the most important Hindu monuments in Pokhara. The 18th century two-storied pagoda is dedicated to the protector deity Ajima, the manifestation of the boar who represents the female force Shakti. The largest crowds of devotees are seen on Saturdays, sacrifices are also offered here.

DEVI'S FALLS

It is a fascinating waterfall located 2km southwest of Pokhara Airport on the Siddhartha Highway towards Tansen. Water coming from Phewa Tal disappears deep underground, travelling 150m through tunnels and passing through the Gupteswar cave.

SARANGKOT

Walking up the stone steps from the north end of Lakeside, Sedi takes 2-3 hours, while taxis can take you up just below the summit. A day trip on a motor-cross or trail bike is a fun way to explore the mountain, its local villages and 4WD tracks run all the way along the ridge top to Naudanda or down to Pame at the end of the lake.

Barahi Temple

**BEGNAS TAL & RUPA TAL**

Swimming, boating and fishing are possible in Begnas Tal. At the western end is a small hill called Piple Hill where there are several small guest houses directly on the lake shore with stunning, undisturbed views of the lake and the Himalayas. To get here take the last left before the bridge at Begnas Chowk; it's a dirt road which passes the fisheries. At the even quieter eastern end (Majhilkuna) of Begnas Tal are several more small, family run guest houses. Drive out of Pokhara along the Prithivi Highway to Kathmandu and after approx. 12km turn left. There is a sign to Begnas Tal, but it's on the right hand side of the road, just past the turn. A better indicator is the bus stop and large tree on the left.

CAVES

There are many caves around Pokhara, the most popular of which are in Pokhara's north, 6km from Lakeside. Here is the Mahendra Cave, a large limestone cave famous for its stalactites and stalagmites; nearby is the Bat Cave, also a limestone cave which is full of bats. The Gupteswar cave opposite Devi's Fall is sacred for Hindus due to the idol of Lord Shiva found there; is almost 3km long. There are both large caverns and narrow passages where crawling is necessary.

GURKHA MUSEUM

Khara and its surrounding hills are widely known as the homeland of the world famous Gurkha soldiers. Located north of Mahendra Pul, the museum celebrates their achievements and covers Gurkha history in the battlefields of the first and second world wars. It contains a great collection of uniforms, medals, including the Victoria Cross, photos and items used by the courageous Gurkha soldiers. Opens daily from 8am to 4:30pm and entry costs Nrs150.

MOUNTAIN MUSEUM

The International Mountain Museum, located 1.5km south of the airport, is devoted to the mountains of Nepal. It provides information on mountaineering and the cultures, environments, geography and ecology of the Himalayas. From the museum grounds three 8,000m peaks are visible; Dhaulagiri, Annapurna I and Manaslu, a truly unique sight. The museum opens daily from 9am to 5pm and entry costs Nrs400.

BINDHYABASINI TEMPLE

The temples and monuments of the Old Bazaar, located 4km north from Lakeside, closely resemble the Newari architecture of the Kathmandu Valley. It's a traditional bazaar and to this day a gathering place for many ethnically diverse groups of traders. Located here is Bindhaybasini Mandir, another of Pokhara's most important Hindu shrines. The white dome structure atop a shady hill is dedicated to the Goddess Baghwati and worshippers come here to perform sacrifices, especially on Saturdays. It's believed to be one of the oldest temples in the Pokhara valley and a popular place for Hindu wedding ceremonies.



IMMIGRATION OFFICE

The Department of Immigration has an office at Sahid Chowk in South Lakeside where you can extend your tourist visa. You can stay in Nepal on a tourist visa for 150 days per calendar year, meaning that if you arrive in August you can stay until May. All applications must be filled out online, which you then print out and take to the Immigration Office to finish the process. If you extend your visa, it must be a minimum of 15 days (US\$30) and for more than 15 days it costs US\$2 per day. If you forget to extend your visa you will be charged a penalty of US\$3 per day in addition to the visa fee (US\$5 total). Take your passport, printed online application with photo (uploaded online), photocopy of your passport & last visa page with visa fee in Nepali Rupees. Office hours for visa extension: Sunday - Thursday 10am - 2pm/4pm in Winter (Nov-Jan) Summer; Friday 10am - 2pm. Saturdays closed.

www.online.nepalimmigration.gov.np

MONEY

There are a few options in Lakeside to access or exchange money: foreign-exchange offices that change cash and traveller's cheques in major currencies, Western Union offices and ATMs. Withdrawing from ATMs is the easiest option as they have good rates and accept all major cards. While there are dozens of ATM machines throughout Lakeside, the best are Standard Chartered Bank (at Centre Point Complex), which allows you to withdraw up to Nrs10,000 with no ATM fee and Nabil Bank (at Centre Point Complex), which is the only ATM to allow withdrawals up to Nrs35,000 with a Nrs500 fee. Most other ATMs only allow a Nrs10,000 withdrawal plus they charge a Nrs500 fee. Only upmarket hotels and restaurants have the facilities to pay with credit cards and once you are out of Pokhara ATMs are scarce, so always take enough cash with you for all your needs plus that little extra.

MOBILE PHONES

Tourists can easily buy Nepali SIM cards. There are 2 main companies, NCELL and NTC (Nepal Telecom): NCELL is more reliable in town but NTC has better coverage in the mountains. You only need to fill out a form and provide a photocopy of your passport & visa. Recharge cards for both companies are available everywhere in Nepal from Nrs50 - 1000.

INTERNET

There are several internet cafés along Lakeside who charge around Nrs50 per hour. They also have printing, scanning, photocopying & fax facilities as well as good rates for calling home. You will find that almost every restaurant, bar and café has free WiFi available for their customers as well as many hotels and guest houses; however, speeds can vary from place to place, high speed is a luxury.

DRINKING WATER

Many shops, offices and cafés have safe drinking water refill stations, which are the cheapest way to get safe drinking water in Pokhara. These stations use water from the same source as the bottled mineral water, it just comes in a big container so it is cheaper to buy at only Nrs10 per litre. We recommend you buy a good quality water bottle and use this facility as it helps reduce plastic waste and is good for your wallet too!

ELECTRICITY

Nepal suffers from a shortage of electricity and consequently an organised system of load shedding operates throughout the towns and cities of Nepal. Pokhara, Lakeside follows the Group 4 load shedding schedule.

The Nepal Electricity Authority provides the free Batti Goyo app from the App Store so you can check the current schedule.

Or at www.battigayo.com

N.B. Thamel in Kathmandu is Group 5.

POST

Sending postcards home is easy and reliable as almost every bookshop in Lakeside sells both postcards & stamps (Rs35) and many have a small post box outside their shop. The main post office is located in Mahendra Pul and while there is another office in south Lakeside near the Immigration Office, if you want to send anything valuable home there are reliable UPS and DHL agents in Lakeside. If you want to receive parcels Nepal Post is reliable; however, sending electronics is not advisable due to the high customs tax which can be more than what the parcel is worth! It is a good idea to put a Nepali phone number on the parcel and if the address is in Lakeside you can collect it from the small branch in south Lakeside (turn left after the Immigration Office).

MEDICAL

If you need a dentist or doctor during your stay in Pokhara, both are now available in Lakeside. The CIWEC Hospital & Travel Clinic in Central Lakeside provides western standard care and is open 24 hours a day, 365 days a year providing emergency, outpatient and inpatient services ranging from acute emergencies to primary care for both adults and children. In addition to these, they provide travel advice and immunisations, vaccines incl. rabies; immunoglobulin. Their laboratory can perform all tests to distinguish between travel related illnesses or dengue and malaria. They provide computerized X-ray and Ultrasound. Medical evacuation assistance and repatriation, with close liaison to respective insurance companies. Payments are expected on the day of service and can be cash, Visa & Master card or through insurance.

DENTAL

Also located in Central Lakeside, Hallan Chowk is Asta Dental Clinic, which offers excellent dental care including emergency treatment that rivals any practice you can find in the West. Throughout Lakeside and Pokhara there are small pharmacies selling everyday medicines, antibiotics and first-aid supplies.

LAUNDRY


While some hotels offer in-house laundry services, there are many small laundry shops all over Lakeside which charge Rs50-100 per kg, usually depending on the speed of the service. The services are reliable and well organised.

Your updates on these services is highly appreciated;

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20 **The Adventure** capital of Nepal

Pokhara has long been known as the gateway to the Annapurnas but in recent years the lakes, rivers and mountains surrounding Pokhara have become one of the world's best playgrounds for adventure sports lovers & adrenaline junkies...



Picture provided by AVIA CLUB Nepal

PARAGLIDING

Imagine soaring over lakes, rivers, villages & terraced mountains gliding on the thermals, gazing at the mighty Annapurna, it's quite easy to forget paragliding is an extreme sport. Pokhara's climate provides a full year season and is one of the top places in the world for paragliding. There are more than 30 companies in Lakeside operating daily tandem flights with their professional pilots, both foreign and Nepali. You can bring a compact camera, however its security and safety is your responsibility. For the best shots of you flying in front of the Annapurnas or above Phewa Tal, pilots can capture high quality photos and movies with professional equipment while you relax and enjoy flight, available on a CD US\$20 (fixed price).

Most flights begin 10am, 11:30pm, 1:30pm. Times and flights can vary slightly, depending on the weather and turnaround. All operators offer both 20 & 45 minute flights -the latter 'cross country flight.' For thrill seekers, some companies offer special tandem acrobatic flights and some pilots will offer to do gentle acrobatics on regular flights. Tandem flights are very safe, comfortable and can be done by people of all ages! Classes are available for beginners from some operators (2 week).

It is Important you listen to your pilot before and during the flight. Helmets are provided for passengers and make sure to wear protective shoes that are secured along with all items so they don't fall off!

SWIMMING

To cool off on a hot day its best to go for a dip in a swimming pool, Pokhara has a good quality public pool, Penguin Pool. Many of the upmarket hotels and resorts have private swimming pools where non-guests can swim and relax poolside for a fee, Temple Tree Resort, Waterfront Hotel, Fish Tail Lodge, Hotel Barahi, the Shangri-La Village, the Castle Resort, the Pavilions or the Fulbari Resort. At Begnas Tal you can swim from the shore at the east and west ends where there are several small guest houses close to the lake.

WARNING: Lakes can be as deep as the mountains are high, snares such as silt, submerged trees and rocks are hidden below the surface. Rivers also have snares with the added force of water flow and are extremely



dangerous; swimming in rapids can bounce you into rocks with the under-tow dragging and trapping you under large boulders.

"Listen to your guide and locals, follow their advice and swim only where directed with an observer present."

BOATING

The calm waters of Phewa Tal are the perfect place to relax and marvel at the reflection of the Annapurnas. You can hire a variety of craft from colourful wooden boats, paddle boats and sail boats that are available on the lake edge near Barahi Chowk, at the north end of Lakeside, Hollan Chowk, most boats are available for rent with/without a boatman. Try the trip with a short trek up to the Peace Pagoda through the lush Raniban forest where there are beautiful views of the mountains and Phewa Tal along the way. You can also find these services on Begnas Tal.



RAFTING

Pokhara is closest to the best lakes, rivers & canyons Nepal has to offer. The Upper Seti River is located just 30 minutes from Lakeside and offers an exciting half day whitewater adventure with views of the Annapurna Mountains. There are a variety of other 2 to 3 day trips ranging in excitement level from gentle enough for families to extreme enough for adrenaline junkies. Multi-day trips include remote riverside camping and provide a unique way to explore Nepal. It's even possible to raft your way to the Chitwan National Park. Some operators also offer incredibly remote 9 to 11 day river expeditions.

KAYAKING

Nepal's famous "Kayak Clinic" originated in Pokhara. You can learn to whitewater kayak right here in Nepal while enjoying a genuine river expedition. Most operators start with 1 day learning the basics on Phewa Lake followed by 3 days on the Lower Seti River where each day the river becomes more challenging.

Experienced kayakers can join commercial rafting trips for convenience of a group environment, or can simply rent kayaks from one of the whitewater operators in town and enjoy a totally independent adventure.

Kayak Phewa Tal. Kayaks rentals are available down the alley to the Lake near Mike's Restaurant and Paradise Restaurant. Enjoy padding around Phewa Lake and get the best view of the mountains. Hourly, half day and full day rentals are reasonable and offer a great way to explore Lakeside.

STAND UP PADDLE

A fantastic way to acquire new skills; discover a new sport and pastime while enjoying Pokhara's gorgeous rivers and lakes. Stand Up Paddling is mostly an 'on the water' sport and can be performed all year round. The rider stands on the board and uses the paddle to control it, enjoying the unique perspective of standing on the water. This easy family activity is fun for everyone and only takes 10 minutes to learn. There are several companies around Lakeside and Begnas Tal where you can hire the boards.

CANYONING

Journey through intimate passages of contorted rock and powerful blasts of water as specialized guides lead you climbing, abseiling, jumping, scrambling, sliding & swimming down steep canyon walls to pristine pools below! Unique Canyoning Zone is inspired by breathtaking scenery of untouched jungle, karst rock formations & multiple cascading waterfalls dropping one after the other into refreshing pools and rainbow gardens. This is truly one of Nepal's best kept secrets.



www.paddlenepal.com
Lakeside Centre Mall
061 465730/465736
Map: H/7

NEPAL'S LEADING WHITEWATER ADVENTURE COMPANY



RAFTING

KAYAKING

CANYONING



BUNGEE JUMP & ZIP-LINE

One of Pokhara's extreme sports is the bungee jump & swing located at the bottom of the Zip-Line. It's the first tower bungee in Nepal and has a 70m vertical drop & 3 second free fall. The Zip-Line is a huge 1.8km long, has a 2,000ft vertical drop & takes you to 120km/h all in the space of two minutes - long enough to catch a glimpse of the Himalayas right in front of you!

ULTRA LIGHT FLIGHTS

There are a few companies that operate ultralight flights around Pokhara and the Annapurnas from Pokhara Airport. Short flights take you above Phewa Tal and the World Peace Pagoda for a spectacular bird's eye view but you'll need a longer flight to get close and personal with Mt Fishtail & the Annapurnas.

GOLF

There are two golf courses and a driving range in Pokhara. Himalayan Golf course, 13km east of Lakeside, is a world class golf course with 18 holes in a stunning, unique location. Yeti Golf course is a 9 hole course on the grounds of the five star Fulbari Resort.

MOUNTAIN BIKING

Apart from cruising around Lakeside you can hire a good quality mountain bike and be a little more adventurous; peddle up one of the surrounding hills such as Sarangkot or to the Peace Pagoda. Or brave the Prithivi Highway and cycle to Begnas Tal where you can cool off with a swim in the lake. There are several different routes up and around Sarangkot, the main sealed road starts 200m on the left after Baglum Bus Park but you will have to share the narrow, windy road with speeding jeeps, buses and motorbikes. More adventurous routes on 4WD tracks pass through local villages and start from the south side of Sarangkot alongside Phewa Tal.

Extreme mountain bike adventures are offered by some specialist companies which can involve several day trips such as riding from Mustang down to Pokhara or combining a trek with a ride.

THE 24 HOUR POKHARA CHALLENGE

4 am Sarangkot sunrise, then Paraglide to Pame, paddle across the Lake and trek up to the Peace Pagoda. Ride in to town, wind down with a Spa and massage before your night out with cultural shows, evening walks and the well earned "Night Cap" N.B. Buses leave at 7am.

You can find & book operators in this Guide or on easynepal.com Share your times and adventure with us, post your pics & comments.



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 Central Lakeside Pokhara
 Map: H/9



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JUMP, REPEAT!



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 Tel: 01 4701410/4701420



Pokhara Mountain Bike Adventure

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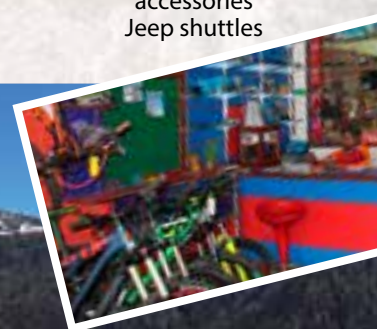
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Central Lakeside Pokhara
Map: G/8



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Map: H/8





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 North Lakeside Pokhara
 Map: H/7



Blue Sky Paragliding

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 Central Lakeside Pokhara
 Map: H/8



Blue Sky Paragliding

Flying with a professional instructor, you are guided through the thermals by the clouds with the birds. You can discover the pleasure of the flight with the Himalaya as back drop and their incredible scenery.

A Nepali-Swiss partnership with over 15 years experience flying in the Himalayas. Our team has explored many flying sites all around Nepal. All our pilots are of International level and insured.

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 Map: I/5

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The pioneer of paragliding development in Nepal offers all types of courses.

Beginner to Instructor Level

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- * Thermalling Course
- * XC Course
- * SIV
- * Tandem Course



www.paragliding-nepal.com



Birds of Nepal

The rugged mountains and jungle plains of Nepal are refuges to many wild creatures, the geographical fortress provides safe haven for quite a few rare ones that you may be lucky to see up-close and personal. Birds are no exception, their calls and flashes of plumage, their displays and family squabbles all bundled up with the ability to fly is intriguing. From bird lovers around the world... "just sit still a moment and watch." Populations of birds have suffered considerably from viruses, climate changes and with the development of this great Asian continent as it struggles with environmental issues set against an ever growing population. One can only contemplate the ripple effect of the devastation of India's great vultures as their numbers have diminished due to veterinary medicines for livestock. Havens like Nepal's rugged ranges providesanctuaryandopportunities to interact with a multitude of birds in their unique environments, which vary from sub tropical marshland to the windswept desserts above 2000mts. The Annapurna range now

a national reserve is a wonderful place to see local and migrating birds of all types. Even the local ones travel up and down from mountain to plain depending on the season. Cranes and ducks of all varieties stop over at Phewa Lake before the exhausting flight over and through the snow capped peaks. An other fascinating aspect is that most birds although shy don't disappear immediately when they sense a human presence; as the Nepali have lived in the remotest areas with a respect for their fauna and flora for many centuries now. Their integration from village life to a bustling city is quite remarkable. Some of my most memorable moments were watching vibrant blue kingfishes foraging in the garden, a large owl at dusk skimming the tops of corn trying to pluck a mouse from one of the ears. An eagle circumventing a vacant block shadowing the roof line, plunging vertically down the side of a cluster of bamboo to pounce upon a pigeon, in an instant, turn to catch the wind between the buildings and off before the crows had even left their ever watchful posts. Young



EXPERIENCE THE THE ULTIMATE THRILL OF POKHARA CANYONING

- ☀️ DIRECT CANYONING
- ☀️ CANYONING DAY TRIP
- ☀️ CANYONING OVERNIGHT TRIP

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Central Lakeside Pokhara
Map: H/7

egrets testing their wings gurgling guttural frog noises atop the lychee trees. From the comfort of my balcony overlooking suburbia and the many garden plots of Lakeside. Gazing skyward buzzards, kites, eagles and vultures can be seen riding the ever constant warm winds rising from the lake, mirrored by gliders above the slopes of Sarangkot. Birds of prey can also be viewed up close upon contact with the Parahawking Group. Their effort to repair, rehabilitate and conserve these majestic birds is commendable. The hardest part of rehabilitation, being flight, has become a joy as they use paragliders to coax the birds back into their domain. It is also possible to fly with them, the greatest experience for us who appreciate such fine feathered friends.



AMAZING PARAGLIDING EXPERIENCE

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Map: H/7



POKHARA BATTLEFIELD CHAMPION FUTSAL & PAINT BALL

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Central Lakeside Pokhara
Map: J/8

Pokhara has a wide array of accommodation options, varying from cheap backpackers guest houses to luxury 5* boutique hotels. The majority of accommodation is around the Lakeside area, but for those looking for a little solitude there are also a number of more secluded options in the surrounding hills and town. Lakeside can be divided into distinct areas each of which have their own character.

NORTH LAKESIDE:

Also known as Khahare, this area has some of the best lake views in town. Many of the hotels in this area are in the budget category and it is very popular with long-term visitors and backpackers. You will find here some great local and unique western restaurants & cafés too.

CENTRAL LAKESIDE:

Also known as Centrepoin, this buzzing heart of Lakeside runs from Hollan Chowk until Barahi Chowk. It's the place to shop, eat out and arrange your adventures. Hotels in this area range from lively places on the main street to peaceful resorts and lodges a short stroll away in the numerous side streets.

SOUTH LAKESIDE:

Also known as Gaurighat, this is the place to stay if you want the best views of the mountains. Many hotels here, have sweeping panoramas of Macchapuchure and the Annapurnas. This end of town is also close to both the Tourist Bus Park and the Airport.

DAMSIDE:

Area offers a panoramic view of the mountains with more than 50 hotels for accommodation. Located in this area is the ACAP permit office, NTBs TIMS counter/ Tourist information center and Tourist Police Unit.



A place where synergy flows, people & nature harmonize and personalities mingle...

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Central Lakeside Pokhara
3rd Avenue Map: H/8





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 South Lakeside Pokha Map: J/10

We provide you beautiful decorated rooms with great views of the lake & the mountains.



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 Map: K/11

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 Map: H/9



**Hotel Annapurna Plaza
 & Kim's Korean Restaurant**

Tel: 061 462606
 North Lakeside Pokhara
 Map: I/6



鸿源酒店 & 餐厅

Hong Yuan Hotel & Restaurant



Hong Yuan Restaurant

Our Restaurant serves northern Chinese cuisine robust in flavour and generous servings.

The Tea House in the garden is perfect for breakfast or afternoon tea, with traditional kungfu tea available.



Hong Yuan Hotel

Our Hotel provides central location with lake and mountain views, the rooms surround a quiet garden with a great lawn for chilling out and relaxing, away from the street.

微信 yb9802088777

Tel: 061 465793

Mob: 98 02088777

South Lakeside Pokhara

Map: L/11





Hotel Peace Plaza

Tel: 061 461505
 hotelpeaceplaza.com
 North Lakeside Pokhara
 Map: I/6



Hotel Barahi is a homely retreat, located besides the lake set in the heart of the Pokhara valley.



Vardan Resort n' Apartment

Tel: 06 465830/465831
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 vardanpokhara@gmail.com
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 Pahari Marg Map: I/8



Amenities & Facilities

- 84 Deluxe room
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Hotel Dream Pokhara

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 Map: L/8



Shanti Guest House

Great for the budget traveler

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 Map: J/10



Contact Details

Barahi path Lakeside,
 Pokhara-6 Kaski Nepal
 Telephone: 977-61-460617, 463526
 E-mail: info@barahi.com

Kathmandu Reservation Office

211 Bhupi Road, Naxal, Kathmandu, Nepal
 Tel: 977-01- 4411113, 4415735, 4429820

www.barahi.com



Budget Hotel & Arabic Restaurant

Tel: 98 17193636
taraboutique.com
North Lakeside Pokhara
Map: H/4

Tara Boutique Hotel

Offers comfortable accommodation and a peaceful friendly atmosphere at low prices. Past the hustle and bustle of central Lakeside, **TBH** is located on the more 'bohemian' side of the lake, in amongst cute looking shops and joyful hangouts.



Golden Gate Hotel

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gghpokhara.com
North Lakeside Pokhara
Map: I/6



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South Lakeside Pokhara
Map: K/11



Staying in the outlying areas around Pokhara offers travellers the option of being right on the doorstep of magnificent natural wonders and the peace and serenity of the less crowded touristy spots along Lakeside. Rooms range from home stay to guest houses with a few hotels in the more populated areas. Although a little Spartan the majority have clean and necessary facilities and can provide meals. Budget wise rates are reasonable and only increase when faced with greater demand.

Begnas and Rupa Tal

Just 15 kms from Pokhara, offers ideal private hideaway spots right on the lakes edge with unforgettable views. Game fishing for Marshal Fish or other local species is quite popular; as is swimming or just paddling around. There are many short day walks to the top of the ranges or around the lake. The fish and Permaculture farms in the surrounding area make for interesting visits along with providing the delicious natural organic produce served by local restaurants.

Jomson

At 2,700 meters is a distinctly different geographical scene than the sub tropical landscape around Pokhara. Jomson is a high altitude desert that is pleasantly cool during the summer months. The cuisine is also quite distinct with Yak and wild game on offer. The local apple orchards are the source of brandy and ciders and are picturesque in blossom and autumn colours. Accommodation provided is excellent with traditional cultural touches that make Jomson an outstanding experience.

Chitwan

Is on the plains that encompass rivers, jungle, swamps and savannas. Safaris on elephant back are exciting and reminiscent of yesteryear when it was the Kings hunting grounds. Although game was hunted the area was protected from poachers, habitat destruction by farming or logging. It was declared a national park but was not fully protected during latter times with poachers and an influx of people escaping conflict in the mountainous regions. Chitwan has many resorts to stay in which also include bungalows with your own view of awe inspiring sunsets on "Indian summer" evenings a magical serenity in contrast to the rugged hills of the Annapurna ranges.



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Celebrate the magic of nature

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barahijunglelodge.com
bjl@barahi.com
Meghauri, Chitwan

Barahi Jungle Lodge takes you through an awe inspiring experience of fun, surprise and adventure. Our team of experienced naturalists will treat you to jungle expedition by jeep, boat, elephant or walking safaris for a breathtaking holiday. Pack your most casual clothing, binoculars and camera..... We'll take care of the rest.





Annapurna Eco Village

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ecovillagenepal.com
Astham Dhital



Sanu Lake

Situated on Piple Hill at the west end of Begnas Lake, Sanu Lake is a lovely little guesthouse directly on the lake shore.

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sanulake.com
Piple Hill Begnas Tal



Lwang Community Home Stay

Bhim K. Grg 98 46382738/98 16131668
Devraj Grg. 98 16131668/98 06655133
Lwang - 2,3 Kaski, Nepal



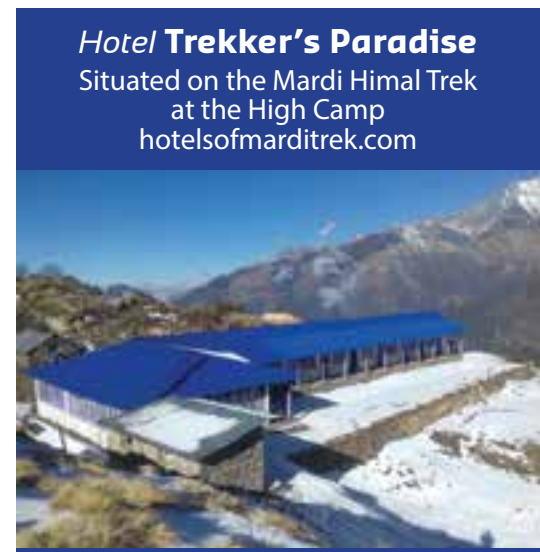
Annapurna Mon Village

Tel: 98 46032557
annapurnamonvillage.com
Ghachok



Hotel Day Break

Tel: 98 49201429
Begnas Tal



Hotel Trekker's Home Nepal

Situated on the Mardi Himal Trek at Siding, Bhimjung

Tel: 061 696668
Mob: 98 56087625
trekinsidenepal.com

FLAVOURS OF NEPAL

A trip down to the local market wherever I am in the world is always a great adventure. Like a paint box of assorted colours shapes and flavors to mix and match. The intriguing broken English pantomime conversations with the stall holders on how to use or cook the many strange ingredients is as exciting as preparing the new dish, itself. Fusion isn't a word or application I like to use, getting the traditional result right is my first goal. Cuisine is the last bastion of culture; like the 12 notes in music, there are only 12 ways to cook but the ingredients like instruments are endless. Pokhara's market is no exception with medicinal herbs, barks and plants highlighting the fruits and vegetables. There is of course the standard assortment available including imported items, with the seasonal offerings taking centre stage. Mini eggplants and Ganja seed for pickle and chutney, the delightful robust forest fern fronds, festival sweet potatoes. Bunches of greens from the



sharp piquant mustard leaves to the light subtle pea shoots. Striking, twisted shapes and variations of the yams, turnips and tubers, their names as distinct as the flavors and textures. The range of local meats from wild boar, goat and chicken are plentiful with crosses of domestic breeds which have a less gamey but full flavor. The fish from rainbow trout, introduced to Nepal's rivers by the British, to an assortment of native fish from Begnas Lake or the lower end of Phewa Lake. Where the fishing village of Pame serve their daily catch in local cantinas at the lakes edge. Bags like paint pots filled with a multitude of pulses, lentils, beans and seeds beg the endless questions, timing, desired results, qualities, which goes with what?



Asbin's Restaurant
Tel: 98 46112502

There is a great variety of salts mined from the mountains, from pale pink, which can be used externally to stop bleeding, to black, a funky less salty flavor used for vegetables and fruits. Mostly all in rock form with different medicinal properties, application and taste. Although local cuisine isn't as refined as others, it is predominately made from locally grown vegetable patches and farms that still employ traditional husbandry techniques, using natural fertilizers, spring water and manual labor mostly women, grandmothers, from seed planting to harvest. "Organic" is a standard here, and in bountiful supply. The climate allows 2 plantings of most items per year however wild crafted items are strictly seasonal which may only be a week, so don't do the 'next time' mantra as you may have to wait. Most surprising is the influence of European pioneers that have set up cottage industries all over Nepal selling their wares at farmers markets. French cheeses Roquefort and brie can be found with accompanying firmer varieties in Kathmandu. Great quality Feta is produced locally as are traditional dairy items, ghee, butter, curds, both buffalo and cow's milk, tasty and cheddar cheeses, with a little ageing have brilliant cracker barrel, parmesan like qualities. Finding an eatery that uses local ingredients can be a little challenging but definitely well worth the effort, especially if you spend time with the cook (mum) and get those family secrets, traditional methods & ingredient combinations.

Bon appetite !



Pokhara is a culinary kaleidoscope serviced by restaurants cafes bars and home style eateries scattered around the main tourist areas of Lakeside and town. You have plenty to choose from to stay the cravings of those returning from trekking or rafting adventures. Most restaurants are open long hours with breakfast starting from around 7am continually serving till around 10pm. The restaurants and cafes have a wide variety of styles and budgets so you can always find something to suit your needs, be it a roadside croissant in the morning or a quite candle lit meal at night. You can sample foods from a wide array of countries, Chinese, Japanese, Turkish, Thai, Indian or Italian including wood fire pizzas.

In addition to dining, Lakeside also has a vibrant nightlife with many bars and pubs open till late. Many of these overlook the beautiful Phewa Tal and you can often enjoy your drinks with live music and Nepali cultural shows.

Try a traditional Nepalese Daal Bhat at one of the many local Daal Bhat Kitchens. You get a homestyle plate of rice, vegetable and meat curries, chutneys, pickles and curd. Best of all traditionally, refills are offered until you cannot eat any more!

Himalayan Java is the first Speciality Coffee house in Nepal, which excels in quality and customer service. Himalayan Java was established in Kathmandu in 1999 and is now in Pokhara. Over the past seventeen years the company has grown and progressed in many areas. Himalayan Java Coffee houses are designed to promote coffee drinking and to provide a unique, relaxing, comfortable, clean environment.

"Customers come to escape from the pressures of the outside world and share coffee amongst their friends in a totally different atmosphere."

PROMOTING NEPALI COFFEE SINCE 1999



HIMALAYAN JAVA COFFEE

www.himalayanjava.com

Pokhara Branch
Central Lakeside
Map: H/7





PERKY BEANS “perks you up”

Coffee, sandwiches, smoothies, milkshakes & more in a nice setting with great views of the Phewa Lake.

Central Lakeside Pokhara
Map: I/8



Falafel
Hummus
Kebab
Mutabal



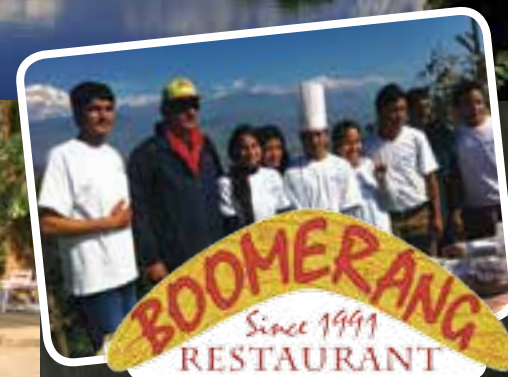
Tara Boutique Restaurant

Tel: 98 17193636
taraboutique.com
North Lakeside Pokhara
Map: H/4



Premium Pizza & Pasta

Tel: 061 460101
neptaliarestaurant.com
North Lakeside Pokhara
Map: I/6



Looking out on Lake Phewa **BOOMERANG** is one of the best restaurants in Lakeside.

Lounging around serene and natural gardens, as you enjoy sunsets, a great setting for the nightly Nepali cultural dance & music show.

The menu ranges from local Nepali to Continental favorites.

Tel: 061 462978
boomerang1991nepal.com
Central Lakeside Pokhara
Map: I/9





Tea Time
Bamboostan Cafe

Established in 1981, this famous restaurant has been serving up delicious meals in Lakeside for over 33 years! A wide selection of tasty food and drinks makes this restaurant extremely popular.

Tel: 061 464386
bamboostancafe.com
Central Lakeside Pokhara
Map: H/8



Bali's German Bakery has been serving speciality baked goods for more than 28 years. We make simple yet sublime varieties of all bakery items, using the best quality grains, flour, wheat & nuts.

Our products include: croissants, rolls, pastries, muffins, cakes, pies, strudels, white, brown and rye breads and many more. Special orders for birthday or celebration cakes are provided in our 4 branches spread city wide.

Tel: 061 463175
balis-germanbakery.com
Head Quarter - Dameside
Map: N/14 H/8 I/6 V/4



Byanjan is an elite restaurant, where you can spend quality time pleasuring your taste buds with delicious authentic multi cuisine foods, prepared daily.

Tel: 061 466271
www.byanjan.com
facebook /byanjanpokhara
Central Lakeside Pokhara
Map: H/9



Almonds Cafe

"probably the best restaurant in town"

Tel: 061 530176
 Central Lakeside Pokhara Map: H/8
 Chipledhunga Map: V/3



Tel: 061 464134
 North Lakeside Pokhara
 Map: I/7



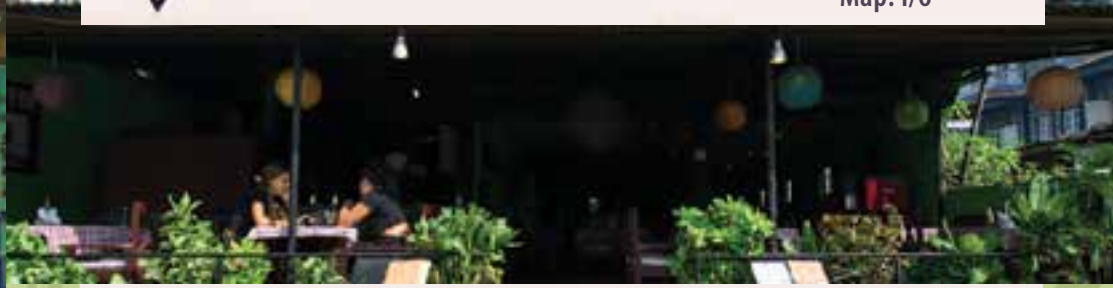
**Restaurant
 Once up on a time P.Ltd**

Tel: 061 462425
 Central Lakeside Pokhara
 Map: I/7



Godfather's
 Gourmet Pizza & Pasta

Tel: 061 466501
 North Lakeside Pokhara
 Map: I/6



*In both restaurants our large dining rooms are great for dining with friends.
 Reservations, Delivery, Late Night.*



Godfather's -2
 Gourmet Pizza & Pasta

Tel: 061 462691
 Central Lakeside Pokhara
 Map: H/9



The friendly staff provide a great, speedy service, making quality woodoven style pizza with gourmet toppings including feta cheese, locally made!

**SHOW US THIS
 GUIDE AND GET
 10 % DISCOUNT**



Paradise
Restaurant & Bar

*Perfect to watch the sun set
and let your cares drift away.*

Tel: 061 462879
Central Lakeside Pokhara
Map: H/8



**Panoramix
Organic Bakery**

- Gluten free cakes & breads
- Baguettes, Sandwiches & Pastries
- Organic Coffee & Salads

We serve Breakfast and Lunch

Tel: 98 08127203
North Lakeside Pokhara
Map: H/4



*"We've baked
high quality
breads for
more than
20 Year's"*

*"Frische
Brötchen
und Salate wie
beim Bäcker
zu Hause"*



Sonam's Bakery
Remember us for
the best quality
breads, cakes, pastries, cookies
and celebration cakes

Tel: 061 464726
Mob: 98 06514351
Dristhi Marg Lakeside Pokhara
Map: M/9

QUEEN FOREST
A FUSION DELIGHT



Real food with real taste.
Produced with care & consideration.

Tel: 061 465357
South Lakeside Pokhara
Map: H/8

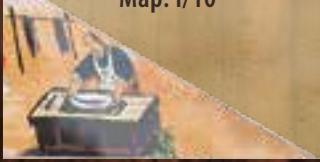
Located in best part of Lakeside with a
brilliant view of the lake. Our friendly staff
will welcome you at any time of the day.
This is the place to enjoy a great lake view
& relax with friends, good food and drinks.



QUEEN FOREST
FOOD.DRINK.COFFEE

Shaanxi Chinese Noodles

Tel: 98 18799555
South Lakeside Pokhara
Map: I/10



Eat Better! Eat Fresh, Eat Well, Eat Local.
Simply put, we love what we do.

At Moondance, our menu and food is prepared with you in mind. We are consistently working to improve our quality of food and service and evolve with our philosophy. Join us for the freshest ingredients, great food and cocktails.

Tel: 061 461835
moondancepokhara.com
Central Lakeside Pokhara
Map: H/9



GB FOODS PVT. LTD.

Fresh daily Soy Milk Tofu Tofugaan



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or 9817125834
info@hotelasiapokhara.com
Central Lakeside Pokhara
Map: L/8

SANAYA KHAJA GHAR

Suman's Cafe & Bar

Since 2072/1/12

Traditional home style cuisine with ingredients from our village farm.



Delivery

Tel: 9804125121
or 9846137700
Central Lakeside Pokhara
Map: L/8





CHILLY BAR & RESTAURANT

"The Best place to chill out through out the day and evening"



Terrace with
LAKE VIEW
for perfect
SUNSET



**MULTI CUISINE
FOOD** with
South & North
Inspiring Tastes



Comfortable
SITTING
where you can
FEEL HOME

LAKESIDE, HALLANCHOWK, POKHARA, PHONE: 977-61-463614 Map: I/6



Pokhara Pizza
*We deliver anywhere
around Pokhara.*

Tel: 061 462290/462291
pokharapizzahouse.com
North Lakeside Pokhara
Map: I/6



**Double View
Restaurant & Bar**
Fresh fish from the lake
Tel: 061 466141
Central Lakeside Pokhara
Map: H/8



Taal Rest-O-Bar

*DELIGHTFUL SURPRISES AWAIT YOU HERE...
BEAUTIFUL LAKE VIEWS & RELAXING MUSIC*

Tel: 061 464196
North Lakeside Pokhara
Map: I/4

Our restaurant is tastefully decorated to reflect the ambience of the Valley. Hidden from the street, our beautiful lakefront garden offers expansive views of Phewa Lake.



Busy Bee Cafe

a place like nowhere else

cafebusybee.com
Central Lakeside Pokhara
Map: H/8



Sheela Bakery & Coffee Shop

Daily pastries & sandwiches
Delivery service

Tel: 061 461821
Mob: 98 06503221
Central Lakeside Pokhara
Map: I/8



Traditional Breads and Pastries

Tel: 061 466527
North Lakeside Pokhara
Map: I/5



Let your soul be free...



THE FREEDOM CAFE RESTAURANT AND BAR

- LIVE MUSIC
- POOL TABLE
- FOOD AND DRINK
- ROOMS AVAILABE
- LAKE VIEWS & SUNSETS



REMEMBER US FOR LATE NIGHTS AND GREAT FUN
TEL 061 464135
LAKESIDE NORTH
POKHARA MAP: H/4
FIND US ON FACEBOOK
THE FREEDOM CAFE & BAR



CUTTINGS OF GAURIGHAT

.....Wild flowers colour my world.

Bamboo stands towering above banana groves, filled with crows harking; punctuated by competing roosters in the silver shimmering dew of a moonlit dawn.

The lowing of a buffalo reverberates across the morning with the sweet piquant smell of the gruel the farmer is preparing on a small smouldering fire.

Colours of all shapes and sizes, greens of every hue materialise as the sun's rays strike through the cool soft mist as it rises up the valley.

Bold rocky slopes dipped in the turmeric pigment of daybreak standing lofty and quiet like sentinels surrounding and watching the wakening city below Poinsettias with single and multiple leaf combinations, vermilion, vibrating with almost tangible warmth in the chilly morning air.

Miniscule ginger ants drink from a brass bowl filled with variegated leaves and iridescent petals on the corner of my breakfast table.

Flashbacks of Switzerland, blood red geraniums with a background of rugged stone white peaks.

Morning glory, velvet, purple; vines and flowers festooned like Christmas lights around a haystack to a telegraph pole supports and cables, cast and draped like the nets of fishermen waving gently in the breeze.

Unruly banners of nasturtiums splayed across balconies with gnarled bougainvillea bursting from the end pillars.

Cascades of Pyrostegia blanketing any and all, from structures to trees; walls swathed on mass, orange, orange, orange!

Walls of eclectic masonry hand crafted, with splashes of organic graffiti from every crevice and ledge.

An assault of patchwork, of living colour, running rampant between the jigsaw scattered signage and graphics of the streetscape.



Bougainvillea, from simple, three pale green cream petals to rough clusters of burgundy blushed with magenta encompassing roof tops, saturation, dripping with intensity in the crisp light.

The mini jetfighter buzz of an electric green, turquoise bumble bee as it flashes in the sunshine and settles on a delicate blossom; laced with the calls of the street wallahs hauntingly drifting up and down.

Snow covered peaks mirrored in the still waters of the lake, deifying the subtropical temperature with jungle like foliage and undergrowth clinging to the steep banks.

Ripples bouncing, mesmerising, reflections of light, on the underside of leaves and the thunderous boughs of the Bodhi Trees that overhang the lakes edge.

Fields, yellow gold corn, twisted tomato trees, beans and pulses of all varieties, pumpkins and gourds woven as a primitive tapestry between the rows, mustard blooms swirling and drifting like sunbeams, settling on scarlet sari clad grandmothers in the vacant land between the brightly trimmed houses.

The pungent perfume of sticky rust haired buds crushed in my fingers as I mull away the afternoon and lay back on the manicured lawn of the guesthouse.

The world falls away as I'm lifted with an eagle riding the thermals, cruising the rooftops to the distant sails of the gliders swirling, a Dali induced kaleidoscope of colours, matter, logic and time seeps though the foliage with an accompaniment of crickets and cicadas, bending the air.

A tropical island inverted, the sunset horizon at eight thousand meters, golden rays reflected in the snow, clouds like waves breaking on the shore, the endless blue of the ocean sky, the odd reality check of the moon at meridian.

The liquid sensual scent of frangipani enveloping time, as the last boat glides across a still, rose pink lake with lines of tinted pink egrets retuning to roost amongst the trees of the palace.

Stillness surrounds as shadows flicker and dance with the rhythm of the flame that lights my humble room.

Drums, flutes and Sarangi from a nearby stage blend together with the distant thump of generators, dogs bark, entwined in an ink black night studded with diamonds, as the rumble of an Enfield lullaby fades.



Wellness & Beauty

Alongside the shops, you can also find services of all types in Lakeside. Whether it be a relaxing massage after an arduous trekking adventure, a tattoo to remember your time in Nepal, a yoga session to bring your body and mind in harmony or an Ayurvedic medicine therapy, Pokhara offers a wide selection.

The world is culturally endowed with various forms of traditional healing practices. Immediately the names of the Ayurveda has been a major source of health care in Nepal since time immemorial. Nepal is also the original home of yoga, Eastern philosophy and wisdom. Thousands of yogis and Rishis (learned men) have meditated and practiced yoga and attained wisdom in this beautiful country since ancient times. The yogic vibrations of such great people increase the significance of this land and the atmosphere as a very suitable place to practice Yoga.

You can choose whether to focus wholly on yoga, or more specifically on meditation, or get your fill of both of these. It is believed that meditation rejuvenates one's energy level and zeal, hence its popularity. It has gained a following worldwide and is taught in many parts of the world. A meditation course will help you relax and explore the spiritual side within yourself. There are many specialized centers in Pokhara offering meditation and yoga courses. Some of these institutions provide accommodation and food along with the classes while others only provide classes.

Should you require the services of a dentist or doctor during your stay in Pokhara, both are now available in Lakeside. There are also small pharmacies selling everyday medicines, antibiotics and first-aid supplies.



Tel: 061 465379
 jivaspapokhara.com
 Central Lakeside Pokhara
 Map: G/8

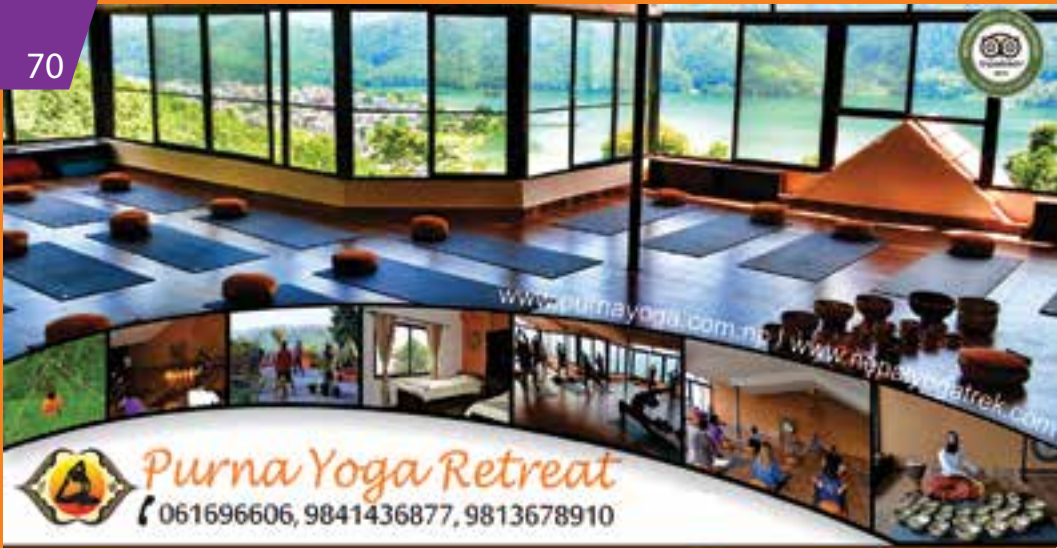
Pokhara's Hidden Oasis

Jiva Cafe & Spa is located on the edge of Pokhara's picturesque Phewa Lake. Jiva features a Cafe & unique private treatment cottages decorated in a traditional Nepali style.

In this natural setting one can enjoy a range of services such as massage & beauty therapies, delicious food, healthy smoothies, drinks as well as daily Yoga, Nia & Zumba classes.

Come unwind and be pampered...





Purna Yoga Retreat
 061696606, 9841436877, 9813678910

purnayoga.com.np nepalyogatrek.com North Lakeside Pokhara Map: H/3



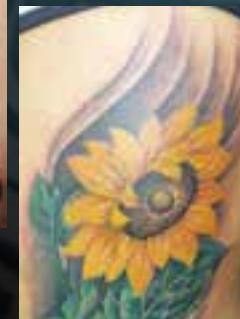
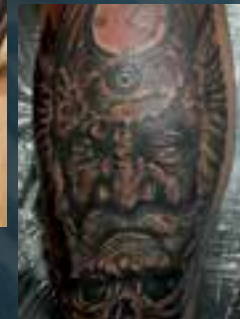
ANAND'S TATTOO

Established 2002 specialising in freehand & body art, realistic portraits; using dotwork & custom design.

We are the NO. 1 Tattoo Studio in Pokhara using highgrade materials, in an immaculate enviroment.

Tel: 98 46036018
anandstattoo.com
 Central Lakeside Pokhara
 Map: H/8

Our clean and well equipped studio is next to Paradise Restaurant.



MALAMA SPA
 * to care for, to tend to *

Tel: 061 462707
[facebook / malama.spa](https://www.facebook.com/malama.spa)
 North Lakeside Pokhara
 Map: I/6

Gurung Beauty Parlour



GURUNG BEAUTY PARLOUR & BEAUTY ACADEMY P. LTD

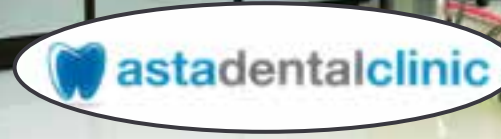
Tel: 061 206396/551525/534613
gurungbeautyacademy.com
gbacademy@hotmail.com
 New Road & Prithivi Chowk Pokhara
 Map: F/4 U/7 V/8



**pranamaya
yoga studio**

Tel: 98 0204 5484
pranamaya-yoga.com
Central Lakeside Pokhara
Map: G/8

We invite you to come with us on a journey where you can explore your inner being, where you can cleanse, strengthen and invigorate your heart, body and mind. No matter if you are a beginner or a more advanced yogi, everybody is welcome to join our classes. Located at Jiva Café & Spa.



Located at Central Lakeside a 10 minute walk from the lake, Asta Dental Clinic is dedicated to offering quality dental treatment at a reasonable prices. Our friendly staff highly value communication with patients, making sure they are comfortable and relaxed before starting any treatment. We are equipped with advanced dental infrastructure, and give utmost importance to sterilization & cleanliness. We take extreme pride in using dental materials of the highest quality and include brands such as 3M Espe (USA), Dentsply (Germany), GC & Shofu (Japan). We look forward to serve your dental needs and we assure you will leave the clinic with a healthy smile. At an affordable cost with all major credit cards accepted.



Working Dentists:
Dr. Ben Udas - General Practitioner
Dr. Nirjala Malla - Prosthodontist
(Specialist in Crowns, Bridges, Implants & Dentures)
Dr. Ujjwal Koirala - Oral and Maxillofacial Surgeon
Dr. Nisha Gurung - General Practitioner



Find us on: **facebook** /AstaDentalClinic

Tel: 061 466900
astadentalclinic.com
Central Lakeside Pokhara
Map: I/7

AYURVEDA HEALTH HOME POKHARA

Professional healing center of ayurveda

North Lakeside Pokhara Map: J/6
Phone: +977-61-463205/465874
www.ayurveda.com.np



Tel: 98 25154272
or 98 06691550

devilstattoo@gmail.com
North Lakeside Pokhara Map: H/4

Devil's Tattoo & Body Suspension
We use disposable equipment & work with the highest levels of hygiene.
Next to Freedom Cafe.



GETTING TO/FROM POKHARA/KATHMANDU

TOURIST BUSES:

Depart every morning at 7am from the bus station outside Thamel, Kathmandu. Prices range from Nrs500-1000 for basic buses and around US\$20 for luxury buses. The drive takes 6-8 hours depending on the traffic and road conditions and includes two main stops for breakfast and lunch at tourist roadside restaurants. The tourist bus stop in Pokhara is located in south Lakeside, just around the corner of the main police and administration buildings, a few minutes' drive from Central Lakeside.

LOCAL & MICRO BUSES:

Depart every ½ hour from Kalanki Bus Park in Kathmandu from 5am until late afternoon (travelling at night is not recommended). The micro buses (white Toyota vans) take 5-6 hours and cost approx. Nrs500 while the local buses take 6-8 hours and cost approx. Nrs400-500. Both stop only once for a main meal at a local roadside restaurant. These buses stop at Prithivi Chowk in Pokhara which is a 5-10 min taxi drive from Lakeside.

PLANE:

There are daily flights operated by several Nepali domestic airlines to Pokhara Airport from Kathmandu Domestic Airport, which can be easily and quickly arranged by local tourist agents in Thamel or Lakeside. It is best to fly early in the morning when you can catch the spectacular view of the Himalayas as you fly into Pokhara (from the right side of the plane). Prices are now fixed at US\$119 one way and the flight takes 25 minutes. The Nrs200 domestic airport departure tax is now included in the ticket. To Lakeside from Pokhara airport is a 5 minute taxi drive.

CAR:

It is possible to hire a car with/without a driver to travel from Kathmandu to Pokhara. If you have never driven in Nepal before then it is advisable to hire a driver as the Prithivi Highway is a dangerous road with many sharp bends, narrow sections and incoming traffic on your side of the road. There can always be traffic jams or road blocks along the way and so it also takes 5-6 hours to reach Pokhara. Small cars cost from Nrs4,500 per day to hire, not including the driver; or petrol, which due to border supply may be at an inflated price.

TO/FROM CHITWAN

The best way to travel between Pokhara and Sauhara, the tourist village just outside Chitwan National Park is by tourist bus. Buses leave daily from the tourist bus station at 7am, take 6-7 hours and cost Nrs400-600 one way.

TO/FROM TREKKING ROUTES

LOCAL BUS:

Crowded local buses leave Baglung Bus Park every 1/2 hour from 5:30am until 3pm. Most trekking routes in the Annapurna region start along the Baglung Highway at places such as Phedi, Khare, Lumle and Nayapul. The Annapurna Circuit however starts from Besisahar, east of Pokhara. Two buses to Besisahar leave early each morning from Prithivi Chowk, taking 5 hours (Nrs250) or you can catch any bus going to Kathmandu and change at Dumre.

TAXI:

From Lakeside small taxis cost Nrs1000 to Phedi and Nrs1800 to Nayapul, whereas from Baglung Bus Park they cost Nrs900/Nrs1500.

JEEP/MINI VAN:

Jeeps and minivans are available to hire in Lakeside along with a driver and they are particularly useful if you have a large trekking group.

TO/FROM INDIAN BORDER

The closest Indian border crossing to Pokhara is at Sonauli and while there are no tourist buses going here there are daily buses leaving from Prithivi Chowk to Bhairwara near Sonauli. Buses go either via Mugling (on the way to Kathmandu) or directly south past Tansen and Butwal along the dramatic and beautiful Siddhartha Highway. Other border crossings at Birganj, Nepalganj & Mahendranagar can be reached by day/night buses from Pokhara.

BUS PARKS

TOURIST BUS PARK:

The main tourist bus park is located in south Lakeside 50m past Rasta Bank Chowk on the left hand side. Tourist buses request you to register 30min before departures to Kathmandu, Chitwan and Lumbini.

BAGLUNG BUS PARK:

This local bus park is the terminus for all buses going to the north and north-west of Pokhara

along the Baglung Highway, if you are travelling to Phedi, Nayapul or Beni for the start of your trek get here early in the morning. Taxis can take you from Lakeside (5-10mins) or to get here by local bus, take the Chipledunga bus from Lakeside to Zero Kilometer where you change buses to go left (north) to Baglung Bus Park.

PRITHIVI CHOWK BUS PARK:

This is Pokhara's main local bus station, where buses depart to the east, south and south-west, including Kathmandu, Gorkha, Tansen & Butwal and Sunauli. Local buses stop here on the way to Chipledunga - get off at the bottom of New Road and Prithivi Chowk is just 100m further along the main road. The large buses are parked on the left side of the main road while you need to turn left & go up the street a little for the micro bus stop.

ON FOOT

It is pleasant to walk along the Lakeside strip where you can choose either the bustling road lined with restaurants, shops and cafes or the more scenic path alongside the lake. Popular day walks are to the World Peace Pagoda, beginning with a boat ride across the lake, which takes about an hour from bottom to top and to Sarangkot 1592m, a 2 hour hike from Sedi, north Lakeside near the first paragliding landing zone. It is possible to walk from Lakeside to the city center, Chipledunga, which takes around 45mins but it is not advisable due to the amount of dust and exhaust fumes from traffic on the main roads.

LOCAL BUSESSES

There are both city buses and minivans which operate throughout Pokhara and nearby villages. They are usually overcrowded and uncomfortable but it is the cheapest form of transport and an adventure in itself! There is a bus station at Hallan Chowk in Lakeside, where small buses leave every 10-15mins for Chipledunga (Nrs25) and larger buses leave every hour to Pamaya in the direction of Panchase. This route goes through north Lakeside, and along the north edge of Phewa Tal past Sedi & Khapaudi.

TAXIS

The main taxi stand in Lakeside is at Hallan Chowk where taxis are available all day and night. It is usually very easy to get a taxi anywhere in the city and drivers often stop and ask you anyway! The number plates for taxis are black so check that you are not getting into a private car. If you are carrying anything of value with you, it is a good idea to ask the driver's name on the journey

so if you leave anything behind you have a chance of finding him. Taxis are now meant to have meters in them, but this doesn't mean that the drivers use them. Some destinations have a 'fixed' price but usually you will have to bargain before you leave and you shouldn't take the first price offered!

BICYCLES

Hiring a bicycle for the day (Nrs150-500) is a cheap and fast way to get around Lakeside and other parts of Pokhara, whether it be a trip to the city center at Chipledunga or a leisurely cycle around the north shore of Phewa Tal. If you plan to ride up any hill such as Sarangkot, spend a little extra to hire a good quality mountain bike in good condition. Adjust it to your size before setting off. Note that you will probably be in 1st gear or pushing most of the long way up!

MOTORBIKE RENTAL

Renting a motorbike or scooter is a great way to explore places around Pokhara for the day. There are several places in Lakeside where you can rent a variety of motorbikes, from Enfields to scooters, which cost Nrs600-800 per day. There are also motorcross bikes available for approx. Nrs2,500 per day. For renting Royal Enfields (350cc & 500ccs) and Yamaha RXs (100cc & 135ccs) the best place is Hearts & Tears Motorcycle Club next to Paradise Restaurant. Petrol costs Nrs100 per litre. Pulsars use very little petrol and 3 liters is enough for a day's adventure, while Enfields and two stroke engine burn petrol very quickly. The nearest petrol station to Lakeside is on Manaswar Road 2km from Hallan Chowk on the right. Helmets are supplied by the renting office and it is compulsory for the driver (not the passenger) to wear one.

It is advisable to note the owner's number and to take the bike's tax book with you (especially if you are driving out of Pokhara on the main highways) for the traffic police. No one talks about insurance and when you are driving on the busy roads take extreme care of everything in front of you as anything from children to chickens, goats or dogs can appear in front of you in seconds. The main 'rules' on Nepali roads are that you drive on the left side, 'giveaway' to vehicles pulling out in front of you (they will not look to see if you are coming) and in the mountains beep before entering a sharp curve - it's a warning signal so traffic going the other way will slow down and stick to their side of the road. Finally drive carefully and anticipate anything.



Pokhara Office: Tel: +977 61 466703/466774 Mob: +977 98 56055698	Kathmandu Office: Tel: +977 1 400 5141/5142 Mob: +977 98 51145698	Chitwan Office: Tel: +977 56 562409/562710 Mob: +977 98 55025689	www.mountainoverland.com info@mountainoverland.com Lakeside Office Map: H/8
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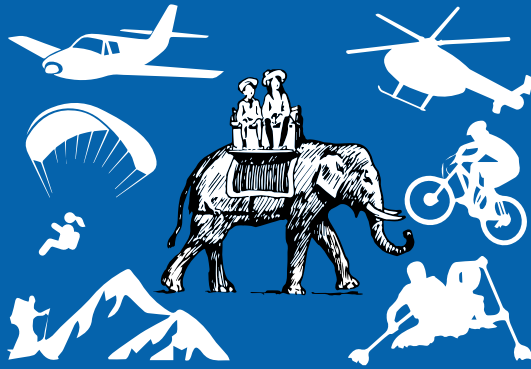
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If you like shopping then Pokhara is definitely the place for you! Along the whole Lakeside road are shops of all types selling everything from traditional Nepalese pashminas and paper products to the latest trekking and mountaineering gear.

The majority of shops work on the haggle system, with some 'fixed price' exceptions, so go ahead and try a friendly haggle with the owner and see what deals you can get. The best rule is just pay what you are happy with - if the shop won't agree with the price you think is fair, try a different shop as you will probably find a similar item elsewhere.

Lakeside shops focus on tourists and a large selection of souvenirs, clothing and jewellery are available. In addition, there are plenty of book & DVD shops.

There are a number of mini-supermarkets which stock all the traveller's essentials, especially items such as confectionary, toiletries, alcohol and snacks. Ideal for stocking up prior to heading off on your adventures.

If you have more serious shopping in mind, take a bus or taxi up to the local shopping center in Pokhara, called Chipledhunga. Here you can find large supermarkets, fresh fruit and vegetable markets, traditional Nepali clothes, electronics and a huge selection of cheap shoes & clothing, although large/tall western sizes can be tricky to find.

Lakeside shops are open 7 days a week, with most places open from around 9am to 9pm. In the local township Chipledunga, shops open around 10am and close around 7pm. Saturdays are the only day off with most places (except the biggest supermarkets) being closed.

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Meggy Kallher
 February 17, 2014 · Edited · via
 Level 2 from Melbourne, Australia

Wicky Phippo
 April 17 at 12:53pm · IP

David Saravaya Jimenez
 Hello, my stay in Pokhara buy one of their shirts.
 I wonder if there is any chance of buying over the internet, paying shipping charges... I am from Spain.
 A greeting, Thank You

Subash Gurung
 Nice tees and we are very impressed by the quality and design.

Simona Fanti
 Good Morning, I went in nepal 3 month ago and i bought one of your shirt, it's so nice so i'd like to buy some other...is it possible???

Erik Bouchard
 Hi, I want to get some shirts shipped to Singapore, 4 of them. Is it possible?

Fung Fungfang
 I like your shirt style

Wade Jambert Evenden
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A Child's tale

by Rakchhas !

My tale is as "olde as yore," Old as the times when we stood together; fighting for, protecting and sheltering in these mountains, building the terraces, preserving the wondrous beauty and our natural way of life. You have heard my name, whispered by firelight with memories of grandma's arms around you, counseling and correcting. "Hush now or He will come out from the forest, so you better be good!"

Yes I have always been here; in the darkness amongst the trees, in the recesses of your minds, entwined in your hearts and souls, woven through the centuries to deeds and lore. I watched from my forest perch as traders cut tracks and roads opening up trade routes. I watched the ebb and flow of seasons. I stood amongst the fields with the villages as they planted and harvested the pure clean goodness of fruits from our rich earth. I feasted at your weddings and danced amongst you during festivals. I reclined as prosperity grew, and smiled, as the people celebrated, as harshness withdrew. I was always there to chastise the naughty ones and remind

them to be good. I was intrigued as strangers from foreign lands came, as they marveled at our mountains, swam in our rivers, and shared the same respect of life, deepening our friendship, strengthening their bonds to the earth. They longed for and reveled in our pristine environment the clean air and the delicacies of our labors; the simple purity their own lands had lost.

I was amazed at technology that captured all, from our valley to the peaks; our paradise transformed from memories to a multitude of images for the entire world to see, pride swelled my chest as the people flourished. I felt the sun reflected from the lake and dozed in the grass, mesmerized by the gliders circling with the eagles overhead, appearing and disappearing in the crystal blue sky, my true nature slumbered. My soul jolted. It shook the earth. I had slumbered too long, the gods and ancestors had called my name, I had not fulfilled my duty. I had not fulfilled my duty. Sorrow was everywhere, I mourned with the people. The shadow of harshness was returning. This I cannot allow...

I heard the whispers of our neighbors' and filled the lake with trees, fuel for your cooking pots, fires to warm by, to tell of my deeds, to speak and remember my name, to correct the wayward children. No longer, will my eyes be closed; ; I've seen the lake! I've seen the banks of my rivers festooned with plastic bags like trimmings of a festival. I look in horror at the cascades of rubbish that tumble down and swirl with our ashes in the pure waters from our mountains. I am speechless as my people cast their chatpat wrappers, with their respect, along the path. I wince at the refuse that is now more numerous than the butterflies that once swarmed at the water's edge. I hear the ragged rustle of litter and rubbish on the gentle breeze. I hear as committees' boards and associations pomp and ceremony their assent to progress; above these words, I hear the cries of the lake, of the mountains and of the ancestors.

I can no longer stay silent! I can no longer watch! You know my name; you know well my nature, know my words are true. "Chastisement will

come, but it will not be my doing" it comes from your hands; it comes from your inaction, from our carelessness, from our rush toward progress, from us. My people hearken to these words of warning! Respect your land! NO LAKE! NO MORE LAKESIDE! Does it not move your soul? Does it not sound as a clarion, that all is not well!? Do you not hear Grandmas' voice in your ears? Is it not enough to bring you to your senses? To enhance and protect our home, as our forefathers did! 2072 was a year of awakening, can you see, we need to act now. This paradise Pokhara was created by the Gods; tamed by our ancestors and cared for by our people. It is, and always has been there, to sustain and provide for us. It is now, that we must unite our efforts and concerns, to stop this desecration of our land. It is now you who must act; enhance not exploit; protect not plunder. I have come out from the forests to tell you, "It is not I who is the fiend, it is You! You Naughty Children!"

*I cannot stop the ways of man;
I cannot postpone Karma,
for I am but a child's story.*

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