



## Expedition Newsletter

Welcome to the fifth of our regular news letters. If you discover anything of interest and want to share it (links, articles etc), let us know and we'll include it.

### The Situation in Nepal

I'm sure most of you have been following events in Nepal through the Television News and the Papers. I can assure you the leadership team has.

The current Foreign Office advice is: *We advise against all but essential travel to Nepal. Although the situation in Kathmandu continues to slowly improve, the security situation remains unpredictable. We will keep this advice under close review.*

They also add: *The majority of problems encountered by British tourists in Nepal are trekking accidents and drug-related incidents. If, against our advice, you decide to travel, you should use a reputable travel agent and only trek with an experienced guide and in a group.*

The Foreign Office will always err on the side of safety and the news media do tend to only show the bad bits. Hillary has been speaking to her contacts in Nepal and they report that outside of Kathmandu there is little trouble. A friend of mine returned from Nepal last weekend, having been trekking around Annapurna and was amazed by what was allegedly going on. The only effect it had on them was the bus to take them back to Kathmandu never arrived so they had the trek a further two days to the airport and missed their last night in Kathmandu.

It does seem to be settling down and time is on our side, so at present we do not intend to change our plans.

### Ripley Farmers Market

We have completed 3 markets now and have covered all our outlay and are now in profit. Next market is on the 13th May. I only have one name on the rota another is required.

Remember everybody has to do one turn. If you wish to do more please feel free to turn up on the morning

### In Brief

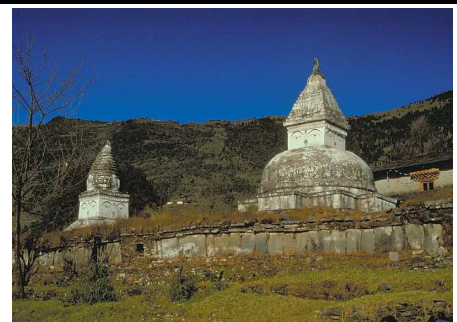
Advice from my friend is not to buy and new trekking gear before leaving. You can get everything you need in Kathmandu at silly prices!

Our own website is now up and running. Tom and James are running it and are looking for things to put on it. So again if you come across anything of interest please send them details, links etc.

Website: [www.eastexplorer.org.uk](http://www.eastexplorer.org.uk)

### Downs Link Bike Ride

County have advised that there has been little interest from other districts to this event so it looks unlikely to proceed



### News Spotlight

The Next Expedition team meeting will be held on **THURSDAY 25<sup>th</sup> May 2006** Venue 1st Merrow HQ Starting 19:30.

**For those of you** concerned about AMS following Dr Pipers talk. I can inform you we have rest / acclimatisation days at Namche Bazaar (3340m) and Dingboche (4410m).

**327 days to go and counting**



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This month I've trawled various websites looking for the answer to a couple of frequently asked Questions.

### What will the weather be like ?

During the trekking season the weather is typically clear and sunny. However you should be prepared for changing condition and sudden rainstorms or snow flurries are always possible at the high altitude. The average temperature below gives you a guideline for different altitudes (Degree Celsius, min / max)

	March	April
<b>Kathmandu</b>	7 / 25	12 / 28
<b>1000m</b>	11 / 25	15 / 29
<b>2000m</b>	4 / 18	8 / 22
<b>3000m</b>	2 / 16	5 / 19
<b>4000m</b>	-6 / 9	-3 / 12
<b>5000m</b>	-8 / 7	-4 / 11



*Annapurna region 3 weeks ago*

### Some Do's and Don'ts

- The form of greeting in Nepal is "NAMASTE" and is performed by joining the palms together.
- Before entering a Nepalese home, temple, and stupa remember to remove your shoes.
- Be careful not to use your spoon, fork or the hand you are using for eating to touch another's food, plate, cooking utensil or the serving dish. Do not eat from another persons plate and do not drink from another persons bottle or glass. It is considered impure by the Nepalese.
- Never touch anything with your feet. This is considered an offence among Nepalese.
- While travelling dress appropriately. Women should especially avoid dressing in skimpy outfits.
- Seek permission first before entering a Hindu temple. Many Hindu temples do not allow westerners or non-Hindus to enter.
- Leather articles are prohibited to be taken inside the temple precinct.
- Walking around temples or stupas is traditionally done clockwise.
- Take photographs of an object or person only after receiving permission.
- Public displays of affection between man and woman are frowned upon. Do not do something that is totally alien to our environment.
- Remember, many times, when a person shakes his head from left to right, he may mean "Yes".
- Develop a genuine interest to meet and talk to Nepalese people and respect their local customs.

