



NUMBUR REGION AND HEALTH CAMP TREK

6TH APRIL TO 24TH APRIL 2013

OVER VIEW

Date of arrival: 9th April 2013

Date of departure: 12th April 2013

Number of Pax: 24

Leader: Ang Tshering Sherpa



FIGURE 1 GROUP AT BENI JUST BELOW THE MILKY LAKE

TREK DETAILS

After completing the camp the group of 10 participants had visited “Gokyo Lake” while other 24 participants had visited “Numbur Region” which is a remote place where there is no any villages and no any activities of people. But it is a very beautiful place where we can experience the natural beauty. And it is not so popular so that rarely seen foreigners trekking in this area. The team of 24 participants from Wilderness School had completed the trek successfully. The trek was enjoyed by the treker by viewing natural beauty of wilderness region of solu region. During the trek we found a beautiful view of rhododendron, Yak with calf along the trail of 2nd day walk.



FIGURE 2 YAK ALONG THE TRAIL



FIGURE 3 RHODODENDRON FOREST ON THE WAY TO BASA

During the trek weather began to change from the altitude of 4100 meter.. We had to face wind and snow at the night there. .After passing “Choyim” we reached the highest point of this trek crossing over 4500 meter choyim pass. The place is very beautiful and it is just unforgettable moment. Everybody enjoyed the view of Numbur Himalayas. Then we walked down about 4 hours to reach the base of “Numbur” mountain at altitude of 4100 meter known as “Sasurabenee”. Trek to “sasurabenee” was an amazing. Although the weather was bit foggy but the group enjoyed it very much. The view of “Numbur” and “Karyalung” mountain from the camp was just beautiful. The mountains and hill are covered with white snow as the cotton due to snow fall.



FIGURE 4 ON THE WAY TO PORE



FIGURE 5 VIEW OF NUMBUR AND KARYA LUNG FROM THE CAMP



FIGURE 6 VIEW FROM THE TOP OF PORE

Next day our destiny was “Pore” at altitude of 4100 meter. It took 4 hours for us to trek there. We encountered an unexpected incident there. The wind was not so heavy at the beginning but as the time reached to the mid night, suddenly the wind began to blow in high speed. Some tents were tore and some were flown away by the wind. My tent where I was sleeping is also flown away by the wind. I was just trapped inside the tent. It began to warp me around. It wrapped me tight and it was difficult to breath. One time I felt that I would die. But I think it was the god's wish that I was able to get out of it. The person who, think good for others and help other is saved by the god. I had just heard about this but I experienced it happened in my life on that day. When I came out of my tent, I saw that some tents of my staffs and group member were also flown and damaged. Only few tents of members are left and some of the group members share those tents. The wind was still blowing hardly. I got tensed, how could I save my members, potters and staffs? I only thought about this that time. We had decided to shift all crew and members in the dinning tent, if all other tents were blown away. So we, Sirdar Amber Rana, Cook Khum Raj, Sherpa guides Basu, Frem, Lakpa worked together to install the dinning tent and we got succeed at 2:00 AM in morning. It took our great effort to install the dinning tent but any how we managed and able to install it. With the installation of dinning tent we felt bit relax but still we could not get slept that night, we are just praying god and waiting for the new morning light. In morning we checked the disaster caused by that storm. But although it created lots of loss, we thanked god for securing the entire crew member.



FIGURE 7 TENT CONDITION IN THE NEXT MORNING



FIGURE 8 TENT CONDITION IN THE NEXT MORNING DUE TO HEAVY WIND



FIGURE 9 TENT CONDITION IN THE NEXT MORNING DUE TO HEAVY WIND DURING THE NIGHT



FIGURE 10 2ND NIGHT CAMP AT BASA

Our next destination is my birth place “Pagkarma ”. I had arranged the stay of all the crew, porters in my home and my uncle’s home. After that really dark night we enjoyed our journey a lot. The sight of “Numbur” and “Karyalung” was so refreshing in the morning. We traveled viewing these interesting and refreshing views of mountains and hills. As we travel down we enjoyed the view of forest covered by rhododendron. I felt so relaxed and happy to bring the entire crew, porters, member safe to my home village. Next day the group visited the “Thuptengcholing” monastery. The group was welcome by head Nun offer white scraff“Khada” and tea for the group.. The group enjoyed a lot during the visit to monastery.



FIGURE 11 GROUP AT THUPTETNG CHOLING MONESTRY WEL COME BY HEAD NUN



FIGURE 12 GROUP AT MEDICAL CENTER WELCOME CERMONY

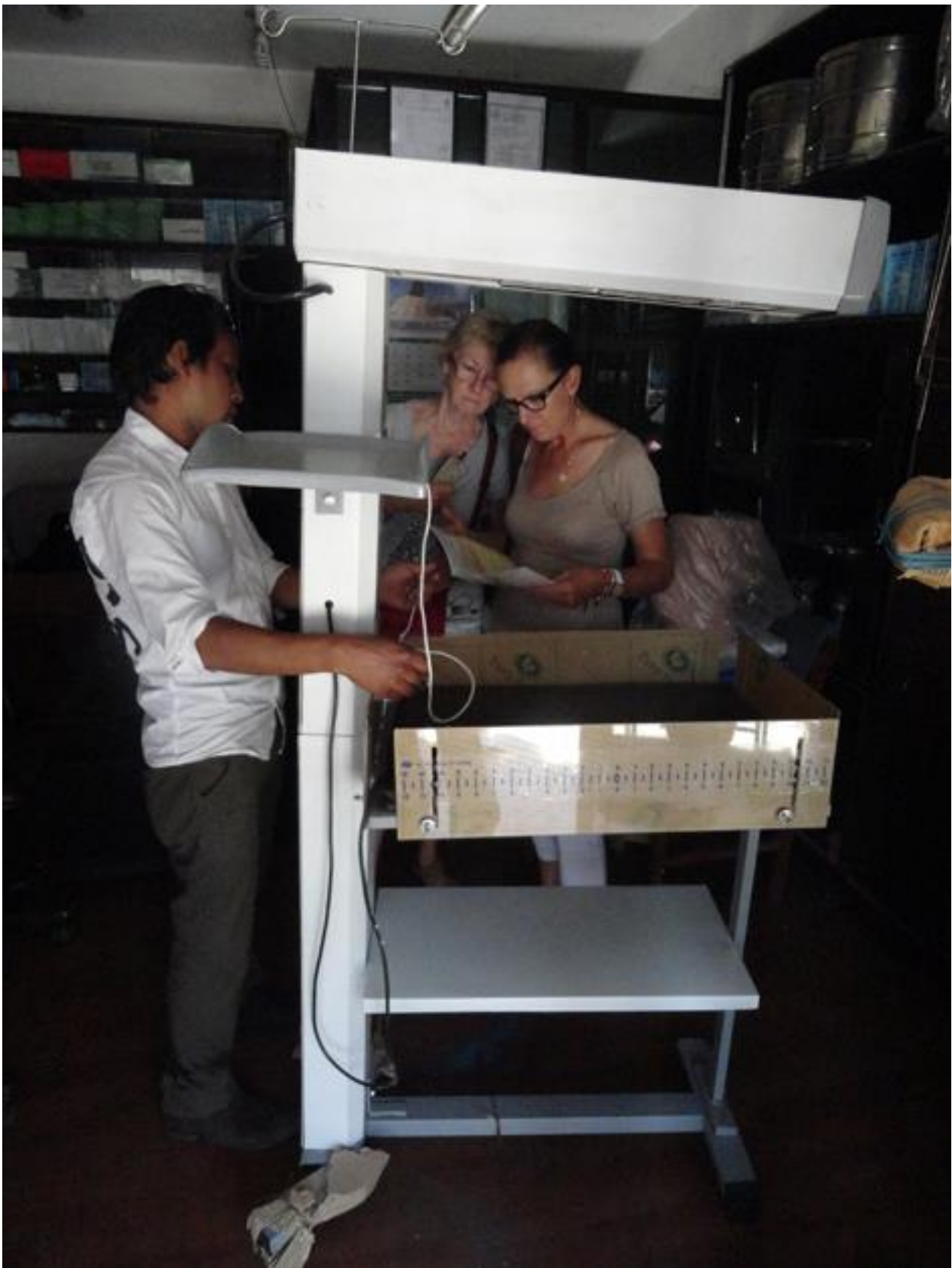
We were at the end of the journey. 7 group members had to left one day early due to the flight. But they have to stay a night at “Kangel” due to the bad weather the flight was cancelled from kangel to ktm. The remaining 16 group members had planned to take helicopter from “phaplu” to “Kathmandu”. Due to the condition of the road it would be difficult to drive from “phaplu” to “Kangel” so had to arrange helicopter from “phaplu”.

CONCLUSION

I would like to thank all the crew,porters, cook and sirdar,sherpa for their help and support to make this trek successful. Likewise I would also like to thank the entire group members for visiting this area and supporting for the medical center. Many thanks to the program organizer, Wilderness School,principal jane davers, Doctor Sally Nobby and Hillary Regan. Likewise I would also like to thank the staffs of Kushudebu Public Health Mission Nepal, Media partners, local committees, all the government staffs and local villagers. I would also like to thank Kantipur Daily newspaper, Solu News, HIMAL F.M. and Avenues T.V. for providing media coverage of different activities organized by Kushudebu. Last but not the least; I would also like to thank Mr. Geoffrey Rischbieth for providing auto clave and generator for the medical center and Teresa Bridseye and Sue Tyson financing the fund to Baby Warmer. Kushudebu Public Healthe Mission Nepal will be always grateful for their help, support and suggestion.



FIGURE 13 MR GEOFF WITH HIS FAMILY AND FRIEND ON NUMBUR TREK WHO HAS DONATED AUTO CLAVE AND GENERATOR TO THE MEDICAL CENTER,THE AUTO CLAVE WAS BOUGHT ALL THE WAY FROM AUSTRERLIA.



Teresa Bridsey and Sue Tyson looking the baby warmer in Kathmandu medical shop.



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Ang and his village

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