

# ADVENTURE JOURNAL

The Himalayas



*The North Family Journal*

Owned By:

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# ★ Prepare for your Adventure...

It is important to prepare for your journey by learning about where you are travelling and packing the right things.

## NEPAL

### Facts about Nepal:

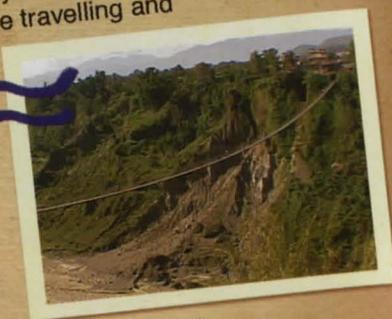
Capital: Kathmandu

Size: 140,800 square km, or slightly larger than Arkansas

Border Countries: India and China

Terrain: Terai or flat river plain of the Ganges in south, central hill region, rugged Himalayas in north

Population: 27 million people



The flag of Nepal is the only national flag which is not rectangular. The two symbols are a result of different branches of the previous rulers, the Rana dynasty. It is now declared to represent the hope that Nepal will last as long as the moon and the sun.

### Nepalese Language:

In Nepal, people speak many different languages. Many people in Nepal speak some English, but the national language is Nepali. Here are some useful words to help make news friends:

Namaste	Hello/How are you/Goodbye
Dhanyabad	Thank you
Dinuhous	Please
Bato	Trail
Pool	Bridge
Khaana	Food/Meal
Pani	Water
Guhaar!	Help!

Namaste!



### Nepaleses Numbers:

1	१	2	२
3	३	4	४
5	५	6	६
7	७	8	८
9	९	10	१०

Write Your Age In Nepalese:

\_\_\_\_\_



## Benjamin goes Mountaineering

### Checklist:

- Expedition weight thermal shirt and leggings
- Snow wind goggles
- Mountaineer's climbing harness
- Helmet and avalanche jacket
- Goose down jacket with hood
- Snacks/energy food and water bottle
- Sunscreen
- Sleeping bag for freezing temperatures\*
- Water purification tablets and supplies
- Refuel with **life** Cereal

\*Freezing point is 32 degrees Fahrenheit

What else should we bring?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Useful Mountaineering Vocabulary:

**Altitude** – Height above sea level.  
**Avalanche** – A sudden flow of a large amount of snow or ice. Contrary to popular belief, loud noises don't cause avalanches. The weight of a person walking on an unstable area is the most common cause.  
**Belay** – To secure (for example, a mountain climber) with rope.



Benjamin and the Bengine!

# Crista's ANIMALS TO SEE

## Birds

There are over 800 species of bird in Nepal – about 10% of the types of birds in the world.

The national bird is the impeyan pheasant. They can only fly downhill!

Himalayan Griffins are types of vultures. They breed in the mountains of the Himalayas, laying a single egg.



## Mammals

Yaks are prized in Nepal for their strength and ability to thrive at high elevations. Yaks cannot live any lower than 3500m because their digestive systems are adapted to higher elevations. However, they have a bad temper, and are often crossed with cows to get a strong yet mild-tempered beast of burden.



The Himalayan Black Bear lives in the forest below the tree line. Its feet are very large. Footprints in melting snow can get even larger, perhaps resembling Yeti tracks?

The Snow Leopard lives in the cold, snowy mountains of the Himalayas. It can jump further than any other cat, up to 40 feet!



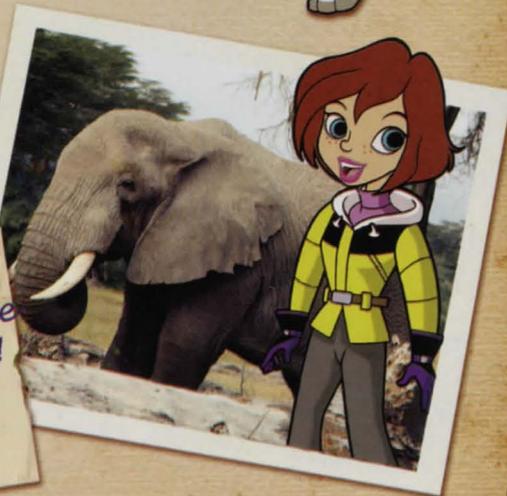
## Go on Safari!

Elephant safaris are popular in the Terai region, where you might spot Bengal tigers and one horned rhino. But if you see a rhino, watch out! They have very bad eyesight and can weigh up to two tons.



## A Note on Poaching

Poaching has threatened many species. Some animals are killed for their pelts. Nepal has a network of national parks and wildlife reserves, including Royal Chitwan National Park, that work to protect endangered animals.



I'd love to ride an Elephant!

☆  
-Crista

# ADVENTURE MAP

Where does your  
adventure take you?



## The Terai Region

Almost half of Nepalese people live in the Terai Region, the strip of flat, fertile land between the Indian border and the mountains. The valleys of Nepal are filled with lush plant life and exciting animals.



## X The Himalayas

The Himalayan range stretches 1,550 miles!  
The tallest peak in the world is Mount Everest standing 29,028 feet above sea level. 8 of the 10 highest points in the world are in Nepal. Sir Edmund Hillary and his sherpa guide Tenzing Norgay were the first to reach the top of Mount Everest during their 1953 expedition.

# Marco's People to Meet ...

## SHERPAS: The People of Nepal

The Sherpa are originally from Far East Tibet, but settled mainly in the eastern Himalayas. Sher means "east" and Pa means "people". Most Sherpas live as farmers or herders. Sherpas have a reputation for being the best mountain climbers and guides in the world. "Tigers of the Snow" is their translated nickname.

Other groups include the Thakalis and Tamangs. Thakalis originate from Nepal, many are farmers or participate in the salt trade. About half the Himalayan region is inhabited by Tamangs.

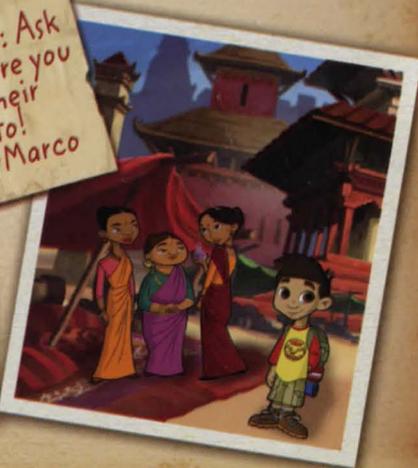


### Mani Rimdu

Mani Rimdu is a colorful festival celebrated in Fall at the Tengboche Monastery in the Everest region. The festival is well attended by Sherpas and tourists. It includes masked dances, plays, prayers, and feasting.



Remember: Ask people before you take their photo!  
-Marco



## ★ NEPALESE MYTHS & LEGENDS

### The Yeti

The Yeti is also known as the Abominable Snowman. Some people have claimed to have seen the Yeti, but is it real?

★ In 1951, a British climber spotted some very large fresh footprints in the snow. The tracks were 13 inches in length. Could these be Yeti tracks or bear tracks made even larger when melted by the sun?

★ In 1960, Sir Edmund Hillary returned to the Himalayas to lead an expedition to once and for all find the Yeti. His team found what they thought was a possible Yeti scalp. When they took it to a lab and examined closely, however, they found that the scalp belonged to a rare Himalayan goat-antelope.

★ In 1986, a British man followed a set of large footprints which led him to view a large creature standing on two feet. He took a photo. The following summer, the same man returned to the spot where he thought he had seen the Yeti. He found out that what he had photographed was just an unusually shaped rock.



### Shangri-La

★ Legends and folklore describe Shangri-La as a city of ancient mysteries and forgotten wisdom. Many stories place it within Nepal, but no one knows exactly where it is, or if it exists at all.



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# Adventure Log



Have you had your adventure?  
Use this journal to write down what you saw.

My favorite sight was:

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The most interesting character we met was:

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The Adventure I'd most like to take next is:

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If you'd like to share the details of your adventure, and be enrolled in our Adventurer's Club, cut-out and mail this form to the address below. Be the first to hear about new adventures!

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_  
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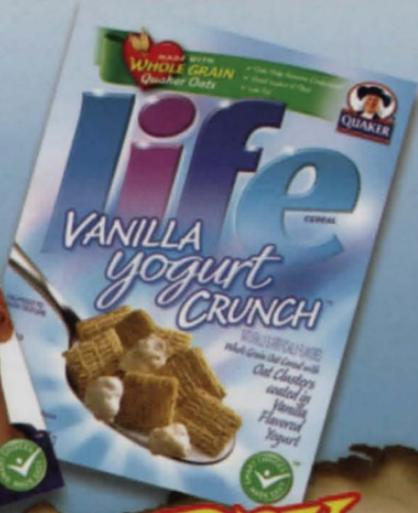
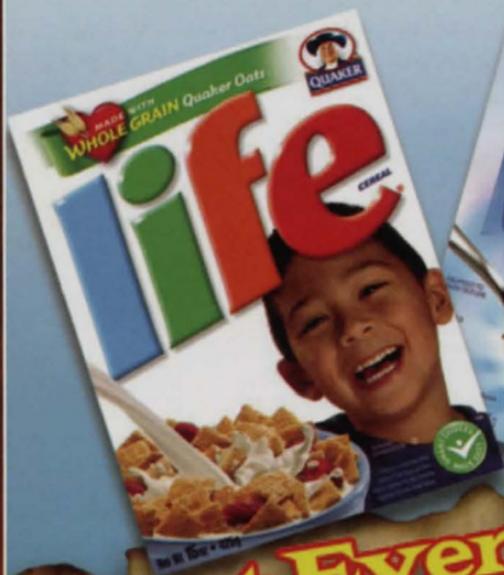
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