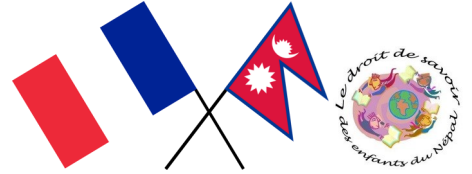




LAPCHA'INFO

DECEMBER 2023 - #12

जानकारी



The Lapchalis, october 2023

- A WORD FROM THE PRESIDENT -

Namaste,

I'd like to thank you for **your dedication during this wonderful edition of the « Trail pour les Enfants du Népal »**, which was a day of conviviality and sharing. The next edition will take place on the 2nd weekend of July (**Sunday 14 July 2024**) and will follow the same pattern, with fewer than 500 runners, fewer than 100 walkers and a meal with a band to round off this wonderful day for the children of Lapcha. This event will help to cover the budget requested for the children at Lapcha school.

Following our visit to the village of Lapcha in April 2023, the news was mixed, although we were able to see a large number of Lapcha friends again. The **number of children has been falling year on year, from 120 in 2010 to 63 in 2023**. Young people who have reached the age of majority are going to work abroad **to improve their quality of life** (who could blame them) **and to help their parents who have stayed in Nepal** financially, as the villages are becoming deserted. The school has 9 teachers, which ensures a high standard of education.

A hydroelectric power station has been built at Phaplu, providing electricity to several villages. A Buddhist monastery is being built in Lapcha, close to the school, to enable the poorest families to hold dignified funeral ceremonies. Religion is an integral part of Nepalese life, whether Buddhist or Hindu... **Pasang and Bam do an extraordinary job for us in Nepal**, so that we can have all the information we need to run the association smoothly. We are in constant communication with them.

Many of you have been trekking or staying in Nepal, in the direction of Lapcha, since 2022 - thank you! You play an essential role in promoting association « Le Droit de Savoir des Enfants du Népal » and trips to Nepal. Thank you for continuing to represent the association as ambassadors.

In conclusion, I would like to wish you all a wonderful festive season, filled with sharing and peace of mind.

<OB>

Having already announced it several times, it seems that the post-COVID 'return to normal' is finally a reality. In one year, since October 2022, our friend Pasang has organised no less than 4 treks. It's been a real breath of fresh air for him and the people he's working with to look after the groups (assistant guides, porters, cooks). Many Nepalese people have had a very difficult time of it, so let's rejoice!

Over and above the immense pleasure we get from discovering the magnificent Nepalese landscapes and the joy of the encounters we have along the way or in the village of Lapcha, going on a trek also means helping to improve the living conditions of those we are working with.

So let yourself be tempted... Olivier organises regular information meetings to give you the chance to discover this magnificent country and, above all, its particularly endearing people!

<MC>

2022, Nepal's borders open again to tourists. On 06 October 2022, our plane lands early in the morning in Kathmandu in heavy showers. But whatever the weather, the excitement and joy were overwhelming. We were finally going to see our Nepalese friends again.

As always, Pasang is waiting for us in the arrival hall. Hugs, flower necklaces, welcome to Nepal. Here we go for 2 weeks of happiness. A first day in Kathmandu to visit 2 must-see monuments: the temple of Pashupatinath and the great stupa of Boudhanath, and then, the very next day, an early start for a day of 4x4 driving. OK, so it's not the most pleasant part of the trip, but it gives you a chance to discover landscapes in regions other than the Kathmandu valley and the village of Lapcha. [...]

<FM>

[...]On arrival in Phaplu, we met up with the full team, including Bam, Sakte and Koul, the 3 assistant guides and the porters, whose names I apologise for not remembering. This was my 4th trek in Nepal. On paper, it looked like the previous ones, with ten or so stages and a 3-day visit to the village of Lapcha. In fact, 2 new elements enhanced our journey.

Accommodation: we went from small tents to lodges. Even if you can't compare a lodge and a hotel, there's no comparison in terms of comfort. We really appreciated being able to chat in the evening in the common room, play cards while drinking a hoppy drink, and sleep in a room with a bed. That said, a warm duvet is still essential, because at 3,500 m in the Bhulbhule lodge, it's good to be well covered up. We slept in 9 different lodges, and each time in rooms with 2 single beds, and sometimes with hot showers - what luxury!

Monasteries: the 2022 tour included 2 monasteries. Our first stage of the trek took us to Chiwang. Perched at 2,900 m, it offers a magnificent view over the valley 500 m below. It's a small, richly-decorated monastery school, home to teacher lamas and noisy, laughing monkeys. Our dormitory (room for 2), on the ground floor of the young lamas' dormitories, gave us a glimpse of their life. On the 4th day of the trek, we visited the Thupten Cholling monastery. Wow! What a shock on arrival. It's a huge place, with lots of prayer wheels, a giant portal richly decorated, beautiful buildings and several hundred male and female lamas. We attended part of the daily ceremony (which lasts 3 to 4 hours) in the large hall typical of the Buddhist religion. And because they are so welcoming and tolerant, they served us tea and cakes during the ceremony.

Day 11. After a fairly long day's walk, we arrive in Lapcha. This is always a highlight of these trips. Some of the villagers, the head of the school and Bam's family give us a warm welcome with flower necklaces and kataks, tea, laughter and smiles. For 3 days, we take a break, a breath of fresh air, a moment of calm, of meeting and sharing, where we immerse ourselves in the life of this village. The stay is punctuated by visits and invitations to the villagers' homes for tea and a glass (or two) of rice, corn or apple alcohol. We were also treated to an official reception in our honour and that of a member of parliament who came to announce the creation of a road between Lapcha and Kérung. The whole village was present in the school courtyard, but the MP was 2 hours late..... Time for some of them to talk (or at least try to) with the locals and play with the village children. With kataks and flower necklaces up to our ears, we listened to the official speeches and I said a few words on behalf of the association. We ended the day dancing with the villagers. Then came the moment of parting, a dreaded moment because you don't know if you'll ever see these wonderful people again, so full of kindness and good humour. Farewell Lapcha, or rather goodbye.

<FM>



Thupten Cholling monastery, October 2022



Photo of François and the Lapchalis, October 2022



Chiwang monastery, October 2022

- TRAIL 2023 RESULT -

Limited to 499 runners and 100 walkers to minimise organisational constraints, the objective was to be able to finance at least the recurring expenses at Lapcha (school uniforms, teacher's salary, internet subscription, school supplies, etc.). **The net result was 6005 euros (864k Rs)**, in line with our expectations. The formula will therefore be repeated in 2024.

Thank you to all the participants who completed their registration with a donation for the association.

<MC>



The coast that kills, July 2023



Before departure, July 2023



- MICHEL'S ACCOUNT OF THE 2023 TREK -

The October 2023 trek was on a route similar to that of October 2022, as well as the one completed at the beginning of April 2023. One of the special features of this route is the opportunity to visit several Buddhist monasteries.

These visits are always surprising, as the monasteries are very different from the places of worship we see in France. Richly decorated with colourful Buddhist mandalas and thangkas, we were lucky enough to take part in 2 unusual events during our visit to Chiwong Monastery near Junbesi. The first had to do with the fact that our visit took place during a week of Buddhist festivities, bringing together many monks (men, women and children) at the monastery. We therefore had the privilege of having lunch with them in the temporary self-service restaurant that had been set up. On the menu was dal-bhat, the traditional Nepalese dish! Warning... this dish is prepared to Nepalese taste, so palates sensitive to spices should remain vigilant...

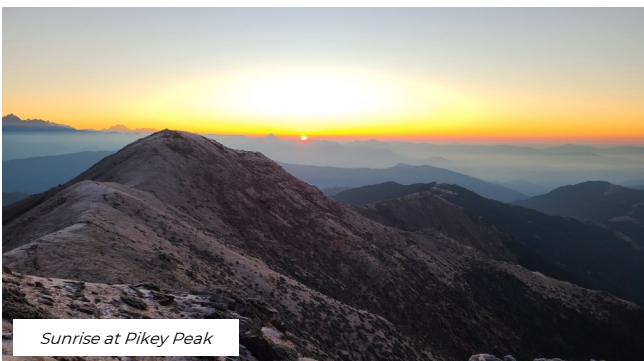
The second, again thanks to this religious festival, was to visit the monastery in full effervescence, but above all, at the end of the visit, to be received (and blessed...) by the great Lama, who was present on the site.

On this occasion, he gave each of us 3 "little pellets", with mysterious powers, but supposed to bring luck and success in life. The reactions of the members of the group were varied: swallow them, crunch them... or put them in your pocket!

A few days later, we left our accommodation at the Pikey Peak base camp at 4am to complete the ascent and watch the sunrise over Everest. The weather the previous day had been average, with rain, snow and wind... and the temperature was -10°C in the early hours of the morning...

I was quite worried about the conditions at the summit, but the reality was fantastic: clear skies and optimum conditions for watching the show! According to Pasang, it's the person in charge of the group who brings luck... or not! and I had eaten the Lama's dumplings...

<MC>



Sunrise at Pikey Peak



Last lunch at Pasang's home



Marcia
Follow her news [here](#)



Quentin
Follow his news [here](#)

- OUR CONTRIBUTION -

We have been partners of 2 associations for several years now:

> **Le Sourire de Marcia**, a little girl from Nantes born in 2012, who is a carrier of a rare genetic disease (Angelman syndrome).

> **Les Soleils de Quentin** in his new car seat. What he needs for 2024 is a new car seat and perhaps a second operation (Myoteno-fasciomy) to reduce Quentin's muscular stiffness. This operation is carried out in Spain and is not recognised in France, so is not reimbursed (cost of around €5,000).

Every year, we give a cheque to these two associations to support them.

<MC>

- NEWS FROM PASANG -

Pasang has been granted a visa to work in France for a year in a restaurant in Corsica. He will be in Corsica from mid-December.

Under French law, it is compulsory to have accommodation with a postal address, an internet connection and to reside in France for one year without returning to Nepal in order to obtain a residence permit.

Bam will be working closely with Pasang to take over the work carried out in Lapcha on behalf of the association.

Pasang will continue to offer treks from 2025.

<OB>

- TREKKING STORIES BY PATRICK -

We were 6 to leave in April 2023, after a false start in March 2020 when we saw the borders close 2 weeks before we left. COVID put our dream on hold...

After 3 years of postponement, we were delighted to meet up with our friend Pasang and his team on arrival in Kathmandu.... Our trek is taking the same path as that taken by François and Michel: the same joys, the same fantastic landscapes, the same emotionally rich encounters as our 2 friends.

But it's April, it's spring and the rhododendrons are in bloom, and here, the trees and forests of rhododendrons in bloom, combined with the deep blue sky and the snow that still lingers at 3500m, offer us a magical range of unforgettable sensations...

If you're lucky enough to be able to travel, there's one country where the harmony of the senses catches up with you at every moment, and above all where you meet beautiful people who give you a lesson in life, in their lives.... Come to Nepal, but be careful, if you go there, you risk going back

<PT>



Patrick's band at Pikey Peak

Location de toilettes sèches

Nous assurons la livraison jusqu'à 20 km
de L'Île-Bouchard.

tél:0675152208

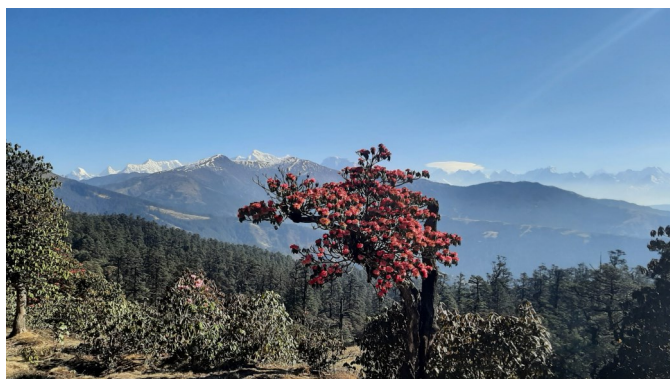


- HIRE OF DRY TOILETS -

A new source of funding for the association: dry toilets! They have been installed in the village of our July trail since the beginning, but have been modified and mounted on trailers, making them easy to transport.

They are available for hire for social or sporting events... so don't hesitate to ask for a quote!

<MC>



- WINTER CIRCUIT -

From 23 December 2023 to 01 January 2024, you'll have the chance to ride through the communes of Panzoult and Avon-les-Roches on 4 different routes ranging from 11km (D+180m) to 38km (D+780m).

You can let off steam on these routes by mountain bike, running or walking! You can make a donation at the end of your session on our website: [here](#).

You can also find out more on our facebook page: [here](#).

<AB>

- DSEN & YOU -

You can make a donation to the Nepalese Children's Right to Know. The association has been recognised as being in the public interest since 2018.

Membership for 2024 will begin on 1 January 2024. Visit [our website](#). The annual membership fee will remain €15.

We wish you a very happy festive season and take care of yourself.

<AB>

- THE CHRISTMAS MARKET -

On 10 December 2023, the association Droit de Savoir des Enfants du Népal took part in the Christmas Market in Ile-Bouchard.

It was an opportunity to sell products made in Nepal and to tell the local population about the aims of our association and life in Nepal.

It was a well-organised event with a great atmosphere, and we didn't see the time fly by!

Total sales and donations: €300 (44k Rs).

<AB>



The Christmas market stand

- LES ÉVÈNEMENTS À VENIR -

SAT 16 MARCH 2024 > 6:00PM Nepal trek presentation meeting with Olivier and Corinne

SAT 25 MAY 2024 > 7:30PM Annual General Meeting at Domaine de la Marinière

SUN 14 JULY 2024 Trail pour les Enfants du Népal, 12th edition at Domaine de la Marinière in Panzoult



Thank you to our volunteers!



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enfantsdunepal.weebly.com

You can donate online [here](#) or send your donation by cheque:

LE DROIT DE SAVOIR DES ENFANTS DU NÉPAL
16 place Bouchard
37220 L'ILE-BOUCHARD