



Photo: Courtesy Purna Kumar Sherpa

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Kathmandu

Number seven has become so important a factor in the life of Purna Kumar Sherpa aka PK Sherpa to the point that it has ended up becoming the defining feature of a challenge he is setting out to accomplish. The seasoned climber, who is also the Executive Member of Trekking Agencies' Association of Nepal (TAAN), is to complete a magical yet an arduous feat of climbing the top of the tallest mountain in each one of the seven continents. And to round things off, he looks to accomplish this with his 14-year-old son, Sonam Sherpa.

While the campaign marks the first-ever father and son pair from Nepal to climb the seven summits

MISSION 7: Summitting 7 mountains across 7 continents

A father-son duo are ready for an arduous adventure through seven mountains of the seven continents, and for a cause



from the seven continents, at the heart of it is an effort to raise global awareness to address the problems of climate change and global warming. "Climbing in the mountainous wilderness makes us frontline observers. With receding glaciers, and dying forests, it is upon us to speak up and make a difference," says Purna Kumar. The steady buildup of greenhouse gas pollution has visibly been reshaping our world within the span of a human life. "The world's highest peak has been shedding snow and ice for the last 50 years," he adds. "For a country like ours, known globally for its pristine nature and highest snow-cad mountains, we should be the one to take the initiative."

Apart from this, Raman Grandon, CEO, TAAN, emphasises the campaign's role in also placing Nepal at the forefront of the global campaign to reduce global warming. The



father-son duo's journey will help support and promote the vision of Visit Nepal 2020 and emphasise the role of developing countries in preserving the planet's ecological biodiversity.

Inspired by father

For a boy who is studying in Class IX, Sonam has set a remarkable goal to achieve. While that is already precious enough, he has a demeanour

and a perspective that feels less like that of a 14-year-old and more like that of an adult.

Sonam's hobbies and interests are also inclined towards adventurous sports and athletics. He loves to accompany his father along at treks and is accustomed to altitudes more than 5,000 metres.

From Everest Base Camp (5,364 metres) and Kala Patthar (5,643 metres) to Larkhe Pass (Manaslu Circuit, 5,213 metres), Sonam is no stranger to high elevations.

Like any other millennial, he likes watching YouTube videos, but unlike many other millennials, he spends most of his time online viewing mountaineering lessons. He doesn't take a bus to school but cycles everyday from his home in Kapan all the way to Hadigaun where his school is. In order to physically prepare himself for the journey ahead, he has been working out every morning with his father, and taking up wall climbing lessons.

Sonam says he very much looks up to his father and aspires to be like him. "My dad has gone through

Since then, Sonam has had an urge to do something worthwhile in life — to make his own name and that of his country renowned in the world. Awaiting his final exams of Class IX, Sonam is keen on environmental studies. Listening to his teacher about the effects of climate change and then having to witness the impact of those changes first hand in Kala Patthar and Everest Base Camp, looking at mountains devoid of snow, Sonam was quick to realise his father's goal of preserving nature before it is too late.

The mission

The journey is set to begin by the end of March but so far the date has not been specified. The seven-summit challenge is not a new undertaking, however, not many climbers in the world can really boast of being at the top of each one of the seven summits. So how are the duo aiming to achieve all of this? As per Purna Kumar, the idea is to complete the campaign by May of 2020. "We are planning to be back by May for the Visit Nepal 2020 and then have a International Snow Conference in the country," he reveals.

But is the plan not going to affect Sonam's academics, given that he is going to appear for his SEE exams the next year? "I have planned the trip so that it's not going to hamper his studies in any way," claims Purna Kumar. "We are waiting for Sonam's Class IX exams to finish before making the trip."

So, is Sonam also going to take his Algebra notes along in his journey to polish on his academics while in the company of the mountain wilderness? "He might if he wants to but we are going to schedule the trip in accordance with his vacations and exam routines," the father adds.

First, the pair will be heading to Australia's Mt Kosciuszko. "We will be back in 12 days from Australia," shares Purna Kumar.

Talking about his first expedition into the campaign, Sonam says, "Since I am well acquainted with conditions above 5,000 metres and most of the peaks of seven summits are below 6,000 metres, I am fairly confident in my abilities."

Out of the seven summits, four of them are below 6,000 metres.

According to the plan, from Australia, the pair would be heading to Mt Kilimanjaro, Africa then to the Mt Elbrus of Europe and Mt Aconcagua of South America before heading towards Antarctica's Mt Vinson. The last ascent will be Mt Everest as Sonam will be of 16 — the lower age limit placed for the climbers in order to be eligible for Mt Everest.

"Many people ask me if we will be able to climb all of the summits," continues Sonam. "Even if we are not able to, I hope our efforts to globally address the issues of global warming will have some lasting impact on the snow at the top of the mountains that we aim to summit."

WHAT'S HOT

Relish



The Coffee Shop offers revamped menu

KATHMANDU: Get ready for multicuisine dining experience at The Coffee Shop of Hotel Annapurna. It has introduced a revamped menu with desserts, beverages and favours from all around the world. Exotic new additions on its menu include Mexican, Kenyan, French and Nepali to tantalise your taste buds. —
Contact: 01-4221711

Skybound

Turkish Airlines wins Lease Deal award

Turkish Airlines has been awarded 'Lease Deal of the Year Award' by Airline Economics in the Awards Gala that recently took place in Dublin. The national flag carrier of Turkey was awarded 'Aircraft Tax Lease of the Year' by Global Transport Finance in the Awards Gala in London last month, for the financing of its brand new B777-Freighter aircraft delivered in November 2018, with a total financing amount of 110 million euros. The structure is an innovative, complex and unique French Tax Lease. Turkish Airlines tapped the Chinese market in 2016, achieving a steady growth in this market with a financing amount of up to \$1.3 billion as of today. It has mandated another 14 aircraft to be delivered in 2019 with a value of \$750 million to Chinese banks. Turkish Airlines has crowned its success in this regard with 23 international aircraft finance awards in the past 10 years for raising \$ 15 billion.



Noodle with a bit of funk

Travel and Leisure shares a delectable Thai-inspired rice noodles paired with succulent chicken breast

KATHMANDU: Thai cuisine is one of the most sought-after dishes globally. They are known for their enthusiastic use of fresh rather than dried herbs and spices and of course the fish sauce. With an effort to replicate that same authenticity and flavours that Thai cuisine is most known for, Chef Sunir Shakya and Chef Samip Jung Khadka of Wok Up Thai Kitchen feverishly prepare what is known as the Bum Ga. Simply put, it's a rice noodle served with chicken. However, it isn't as 'simple' as it sounds. The recipe is originally Vietnamese.

- INGREDIENTS** (for one serving)
- Rice noodles : 50 gms
 - Chicken breast strips : 40 gms
 - Oyster sauce : 3/4 tbsp
 - Onions : According to taste
 - Fish sauce : 1/3 tbsp
 - Coconut water : 1 tbsp
 - Mint : 6 to 8 leaves
 - Cabbage : One big leaf
 - Carrot : 15 gms
 - White radish : 10 gms
 - Chicken stock : 1 cube or 15 ml
 - Crushed peanuts : 1/2 tsp
 - Fish sauce : 1/3 tbsp
 - Vinegar : According to taste
 - Chopped garlic : 1 tsp
 - Fried garlic : 1/2 tsp
 - Caramelised onion : 1/2 tsp
 - Shredded cucumber : 20 gms
 - Chopped green and red chillies : According to taste

but with a Thai-styled cuisine that can easily pass for the fanned street food one can find over at Thailand.

"Inspired by the Thai way of cooking, we decided to give the chicken a Thai tweak. The dish can be eaten in room temperature or mostly cold, and most of the ingredients are raw and pickled, only the noodles is boiled and chicken breast strips are stir fried," shares Shakya.

The taste of this dish offers almost everything — a flavoursome burst of sweet, sour and spicy.



FACT FILE
Wok Up Thai Kitchen
Musya Bahaj, Kathmandu
Contact no: 01-4222637
Opening hours: 12:30 pm to 9:30 pm



Photo: THE
CHEFS Samip Jung Khadka and Sunir Shakya

RECIPE

1. Pickle the carrots and radish, cucumber and the cabbage in vinegar for at least for four hours or a day earlier.
2. Prepare the dressing with fish sauce, fine chopped garlic and green and red chillies.
3. Boil the water and once boiled put the rice noodles in and let it boil for five to seven minutes.
4. Take a chicken breast and cut into long thin strips.
5. While the noodles are boiling, chop some coriander and mint together, crush some peanuts.
6. Take two pans, caramelise onion in one and fry the garlic in the other!
7. When the noodles are almost cooked heat a pan (wider and bigger), put some oil and the chicken strips to stir fry then add some oyster sauce to it. Once cooked, turn the heat very low and let it simmer.
8. Take out the noodles from the water, get rid of excess water and transfer to a bowl, put the chicken in the middle with the caramelised onions and fried garlic on top of it.
9. Decorate/garnish the bowl by surrounding the noodles with the pickled carrot, cucumbers and cabbage, the mint and coriander and the crushed peanuts.
10. Put some more of the pickled carrot and radish into a condiment bowl along with the vinegar water from the pickled bowl and some of the dressing in another condiment bowl. Serve with chopsticks and a spoon!