

Nepal: History Report

November 14, 2018

Colton Koosman

Chris Mantei

The best climber is the one who has the most fun. (Alex Lowe) In Nepal Sherpas are still guiding climbs on Mount Everest to this day. Environmental, technology, religious, and culture are the four topics that will be addressed. Nepal's culture is greatly influenced by their geographical surroundings.

Nepal is known for its mountain range including Mount Everest. The Himalayas are on the north and western borders of Nepal. Himalayas in the Nepal border contain 10 of the world's highest mountains and the most famous and tallest one Everest. The Himalayas grow about 2 inches every year because the mountains are sitting on a continental plate that pushes them upward. The Himalayas mountain range extends to about 500 miles. The death rate on climbing Everest is about 6.5 percent and most of the people who die are on their way down from the mountain. Mount Everest has five camps base camp, and camp 1 to 4, and then there is the summit. The first people to climb Everest and reach the summit were Edmund Hillary, and the Sherpa that helped guide their ascend and descend was Tenzing Norgay. The first known person to climb Everest without supplemental oxygen is Reinhold Messner. When Alex Lowe and his companion cameraman David Bridges were found, they were frozen in the ice of a glacier for 16 years. Kami Rita has set the record for Sherpas on climbing and guiding people on Mount Everest, he has climbed Everest 22 times setting the record. The environment of Nepal has rolling hills some parries but what Nepal is most known for is mountaineering and climbing the tallest mountain in the world. Junko Tabei was the first woman to climb Mount Everest, and she

ascended all seven tallest peaks in each continent. Bradley was the first woman to climb and reach the summit of Mount Everest without supplemental oxygen. The environment of Nepal keeps growing every year but the glaciers keep melting. The Environment of Nepal changes all the time due to its geographical surroundings.

Nepal has some very famous swords that were used in some of the world wars. One of the swords the Nepalese used is called the kora. Nepalese used two swords called a Gurkha and a kukri these swords were used in both world wars. Nepalese body armor consisted of chainmail and helmets, and a shield. When Nepalese went mountaineering their gear consisted of mainly rope, and ladders. Clothing that was worn consisted of wool. Now people who climb Everest use icepicks, rope, climbing, harnesses, helmets, and ice cleats. To do a climb with a local Nepal Sherpa the cost is from \$25,000 to \$40,000. Nepalese have ice cleats and carabiners for climbing. From 700 B.C. to 110 A.D. They brought in the technology of brick firing. Nepal has come a long way from the climbing gear then what was first used to what they use now and they are more skilled at watching for dangerous crevasses and other hazards. Nepalese technology has been improving throughout time.

Most of the religion is strongly intertwined with the mountains of their surrounding environment. Nepal has two main religious beliefs one is Hinduism and the other is Buddhism. These two types of religious beliefs have been entwined so much that most of the time they will have the same worship place. Buddhism began in Nepal around 563 B.C.E. Hinduism started around 1500 to 500 B.C.E. Buddhist leaders are known as monks. The Changu Narayan temple in Nepal was made in 325 A.D. People from Nepal do not eat beef; because cows are sacred animals the Nepalese worship. Nepalese carry on a tradition of sacrificing animals for their

gods. Nepalese religious component is fairly complex and some of the same ceremonies are still used today.

Nepalese culture is greatly influenced by their surrounding environment. Sherpas believe that the mountains are the homes of their gods. Most people who hear the word Sherpa think that the Sherpa will carry your gear, but in reality the Sherpas porters will carry the gear, the Sherpas will guide people on Everest. The body structure of a Sherpa is different from a regular person, their body structure is more adapted to climbing and dealing with very cold weather. Around thirty Everest Sherpas have died on Mount Everest. Sherpas are extremely important to Everest climbs; they set up ropes ladders and guide people to the summit of Everest. Sherpas are a really big part of their culture but don't get much recognition. Roles between the adults, men will go out and do work, while the women will be more of house cleaners but it is slowly starting to change. One of the biggest and most popular Nepalese festivals are Dashain and Tihar. Himalayan salt is 98 percent sodium chloride, the salt consists trace minerals of potassium, magnesium, and calcium. The minerals in the pink Himalayan salt tastes different than regular table salt. The salt is used in cooking, seasoning food and preserving food. Pink salt blocks are used as serving dishes, cooking surfaces, and cutting boards. Himalayan salt can be made into lamps as well as candleholders and they put some of the minerals into the air and they look cool. Sherpas take part in a very very important to their culture but don't get as much recognition that they deserve.

Rana Bahadur Shah was one of Nepal's kings he ruled from 1777 to 1806. Aishwarya was one of Nepal's queens ruled from 1972 to 2001. Nepal's flag is the only flag that is not a rectangle; it looks more like two triangles stacked on top of each other. Sikh and Gurkha army's war happened in 1809 which was known as Gurkha-Sikh War. Nepal's Government is a multi-

party system. Nepal's army might be the most inclusive army in the world. Women can attribute in the Nepal's army. The kingdom of Nepal was from 1962 to 2008.

The five components that have been addressed are culture, environment, religious, technology, and political. Nepal's culture and religion is greatly influenced by the mountains, because they believe that the mountains are the homes of their gods. Nepal's mountaineering is very advanced because the surrounding environment holds the world's tallest mountain and hardest mountain to climb.

<http://thefifthfield.com/swt/kumar-kobra-khukuri/>

<http://www.atimes.com/article/brief-history-gurkhas-knife-kukri/>

<https://www.britannica.com/place/Nepal-Himalayas>

<https://www.worldatlas.com/articles/religious-beliefs-in-nepal.html>

<http://www.everest1953.co.uk/how-important-are-sherpas-on-mount-everest>

<https://www.topchinatravel.com/mount-everest/reinhold-messner-first-solo-ascent-of-mount-everest-without-supplemental-oxygen.htm>

https://www.brainyquote.com/authors/alex_lowe

