

Potentiality of Tourism
In Gandaki Rural Municipality, Gorkha

A Thesis

**Submitted to Tribhuvan University, Faculty of Humanities and Social Sciences,
Central Department of Nepalese History, Culture and Archaeology, for the
partial fulfilment of the requirement of Master's Degree in Culture.**

Kirtipur, Kathmandu

Submitted by:
Japan Gurung
T.U. Registration No.: 7-2-28-65-2014
February 2021

LETTER OF RECOMMENDATION

This is to certify that the thesis entitled “Potentiality of Tourism in Gandaki Rural Municipality” has been prepared by Japan Gurung (Batch 2015) under my guidance.

This thesis has been prepared for the partial fulfilment of the requirement for the Master's Degree in Nepalese History Culture and Archaeology Study. He has worked accordance to my suggestions and guidance, and I am satisfied with his work. Therefore, I would like to recommend it to the Evaluation Committee for final approval and acceptance.

Lecturer Pashupati Neupane

Thesis Guide

Department of Culture

Tribhuvan University, Kathmandu

19/02/2021

ACKNOWLEDGEMENT

From my inner deep heart, I would like to acknowledge and thanks to many people and institutions for their guidance, assistance and continuous support in accomplishing this research. I am

I am grateful to the central Department of Nepalese History, Culture and Archaeology (NeHCA) at Tribhuvan University, Nepal Tourism Board (NTB) at Gandaki Rural Municipality, Gorkha.

I would like to thank my thesis supervisor lecturer Pashupati Neupane for his moral support, guidance and coordination in thesis writing. I am grateful for Madan Rimal, Head of Cultural Department for assisting and managing to write my dissertation in order to complete my master degree.

No wonder, I am thankful and grateful for Gandaki Rural Municipality and team and Gandaki Rural Municipality village participants for this study who everyday welcomes with great smiles and joy. Thanks to Jeewan Gurung, Tulsi Regmi and Ram Prasad Regmi for their time and support during my field visit.

Last but not least, I heartily extend my endless gratitude to my parent and family for unconditional love and support being my backbone in every step of my life and throughout this wonderful experience of study and process involve in thesis, without them this day won't appear.

Thank You
Japan Gurung

LIST OF FIGURES

- Figure 1 : Map of Gandaki Rural Municipality
- Figure 2 : Map of Gandaki Rural Municipality
- Figure 3 : Budhigandaki River
- Figure 4 : Trishuli river
- Figure 5 : Pond at Pokharitar
- Figure 6 : Waterfall at Chirekhola
- Figure 7 : Open field at Bhairabitar
- Figure 8 : Magar girls
- Figure 9 : Gurung women
- Figure 10 : House pattern
- Figure 11 : Munthala temple
- Figure 12 : Mahadev temple
- Figure 13 : Local tradition
- Figure 14 : Rituals
- Figure 15 : Trekking trail
- Figure 16 : Paragliding from Okhaldada
- Figure 17 : Mountain range from Gandaki rural Municipality
- Figure 18 : Kodoko dhido
- Figure 19 : Local foods
- Figure 20 : Local foods
- Figure 21 : Local dance

CONTENTS

Lepper of Approval	i
Recommendation letter	ii
Acknowledgement	iii
List of figures	iv
Table of Contents	
Chapter One: Introduction Of the Study	1-12
1.1 Background of study	1-4
1.2 Statements of the problems	4-5
1.3 Objectives of the Research	5
1.4 Limitation of the study	5
1.5 Significance of the study	5
1.6 Review of literatures	6-10
1.7 Research methodology	10-12
1.8 Chapter schemes	12
Chapter Two: Introduction of Natural Resources of Gandaki RM	13-20
2.1 Natural resources	13
2.2 Ecology and Environment	13-14
2.2.1 Flora and Fauna	14
2.2.2 River	14-15
2.2.3 Pond	16-17
2.2.4 Waterfall	17-18
2.2.5 Forest	18-19
2.2.6 Open Field	19-20
Chapter Three: Introduction Culture Resources of Gandaki RM	21-37
3.1 Introduction of Culture	21

3.2 Ethnic Community	22-24
3.3 Cultural resources	25
3.3.1 Tangible Culture	25-29
3.3.2 Intangible Culture	29-37
Chapter Four: Potentiality of Tourism in Gandaki Rural Municipality	38-54
4.1 Introduction	38
4.2 Natural Tourism Activities	38-44
4.3 Cultural Tours	44-45
4.4 Village Tours	45-46
4.5 Food & Culinary Tour	46-47
4.6 Tangible Cultural Activities	47-48
4.7 Religious Tour	48
4.8 Intangible Culture	48-53
Chapter Five: Conclusion	55-57
List of Interviews	58
List of photos and map	59-69
References	70-72

Chapter One

Introduction of the Study

1.1 Background of study

The research study comprise of Tourism potentiality of Gandaki Rural Municipality, which is one of the historically and naturally important region of Nepal. Nepal is a country with huge tourism potential. After knowing the vast tourism scope in Nepal, it succeeded to get the membership of the International Union of Official Travel Organisation, South Asian Travel for Commission, Pacific Area Travel Association PATA and American Society of Travel Agents (Bhattarai, 2003, p. 10).

There are a number of ways tourism can be defined, and for this reason, the United Nations World Tourism Organization (UNWTO) embarked on a project from 2005 to 2007 to create a common glossary of terms for tourism. It defines tourism as follows:

Tourism is a social, cultural and economic phenomenon which entails the movement of people to countries or places outside their usual environment for personal or business/professional purposes. These people are called visitors (which may be either tourists or excursionists; residents or non-residents) and tourism has to do with their activities, some of which imply tourism expenditure (United Nations World Tourism Organization, 2008).

WTTC - World Travel and Tourism Council which was established 30 years ago is for the travel and tourism sector to be seamless, secure, safe, inclusive and sustainable whilst sworking to a greater public/private sector collaboration .

Savik's Fujel, Darbung, Bhumlichowk, Ghyalchowk, Tanglichowk and Makaising have been merged into six village development committees. Dhading district in the east and Shahid Lakhan village municipality in the north of Chitwan district in the west. Makasing VDC of Savik to the present ward no.1, Tanglichok VDC of Savik to the present ward no.2, Fujel VDC of Savik to the present ward no.3 and 4, Darbung VDC of Savik to the present ward no.5 the current ward no. The total area of this village municipality is 123.86 square kilometres. There are different castes living in this village municipality in which the major castes are Brahmin, Newar, Magar, Gurung, Chepang, Chhetri, Sarki etc. See photo number: 1

Tourism refers to the temporary movement of people away from their permanent residence to stay in a different location (Lickorish & Jenkins, 1997, p. 33). According to the United Nation World Tourism Organisation UNWTO (1991); tourism can be defined as the activities of a person or a group travelling to, and staying outside from their own place at least more than 24 hours and not more than one consecutive year for leisure, business and or for other purposes.WTO has classified tourism in various types like international tourism, internal tourism, national and domestic tourism. Defining tourism has been ongoing issues and challenges for tourism analysts and its vague nature has made it troublesome to understand its definite impact on economy compared to other economic sectors (Lickorish & Jenkins, 1997, p. 1). Economic and socio-cultural sustainability of the tourism industry is greatly affected by various trends (Kozak & Kozak, 2019, pp. 44).

Tourism as an industry has affected mainly on foreign exchange earnings, government revenues generation, and employment and income creation and enhancing the regional development (Lickorish & Jenkins, 1997, p. 63). Tourism is the main sources of income for many countries in

the world to which Nepal is no exception as well. Since 1950 onwards, tourism has become one of the main sources of generating revenue of the Nepal. Among 185 countries surveyed in the world, Travel and tourism industry in Nepal had significant impact on the Gross domestic product directly securing Nepal on the 37th rank in the world (Kunwar & Chand, 2016, p.3). Prior to 1950's, hotels, travel agents, tour operators, transport worked entirely segregated rather than working as a composite unit of tourism industry (Lickorish & Jenkins, 1997, p. 2). Its rich natural biodiversity, richness in multicultural aspects and gorgeous snow-clad mountains as well as meandering rivers and placid lakes makes it one of the best tourism destinations in the world.

This research studied the various aspects of tangible culture of Gandaki Rural Municipality. What are the prevalent intangible culture of Gandaki Rural Municipality, What is their historical background, will be discussed thoroughly and how it can be utilized for understanding tourism scope and promoting it. In many regions around the world, tourism has enabled in the economic success and long lasting growth (Mariani et al., 2014, pp. 277). Overall obtained information on the destination and overall trip satisfaction helps to create the loyal tourist (Kozak & Kozak, 2019, pp. 75)

The Cambridge English Dictionary states that culture is "the way of life, especially the general customs and beliefs, of a particular group of people at a particular time."The word is used in a general sense as the evolved ability to categorize and represent experiences with symbols and to act imaginatively and creatively. This ability arose with the evolution of behavioural modernity in humans around fifty thousand years ago and is often thought to be unique to humans. However, some other species have demonstrated similar, though much less complicated, abilities for social learning. It is also used to denote the complex networks of practices and accumulated knowledge and ideas that are transmitted through social interaction and exist in specific human groups, or cultures, using the plural form.

The research questions are interpreted in such a way that it can be helpful to understand the steps needed to increase the inflow of domestic and international tourists and secondly the initiatives from governmental and local level in align with the tourism development. In developing countries government tend to be play supporter role rather than entrepreneurial role in tourism industry (Lickorish & Jenkins, 1997, p. 5). These questions were answered by analyzing infrastructural, natural as well as cultural parameter and support for the tourism development in the Gandaki Rural Municipality context. Trekking, cultural heritage tour, mountain biking, rafting, canoeing and various pilgrimage are major tourism products of this region. The successful marketing of the tourism resources available and attractions to the global platform depend on the country favourable policies and pragmatic approach (Lickorish & Jenkins, 1997, p. 29). Due to lack of development of prerequisites, such potential has been unexplored and tourism products are at under-developed stage.

This study aims at understanding the various intangible aspects of Gandaki Rural Municipality with its rich rituals and festivals. It aims to reflect current profile of tourism in Gandaki Rural Municipality and strives to understand the prospects of tourism development in this region. The mutual coordination and partnership between public and private sector is very crucial for booming of tourism industry (Lickorish & Jenkins, 1997, p. 207). Their religious affiliations, way of life and their cultural practices have been studied. Use of modern technology in the tourism industry in today's context is very crucial and booming of this industry relies on modern technology (Hassan, 2021, pp. 5).

Tangible and Intangible culture's of any communities are very important. They reflect their identity, glorious history and civilization. Study of such cultural heritage helps us to understand the various aspects of that community of Gandaki Rural Municipality. Local populations can be educated and

aware about the sustainability by effectively formulating and designing tourism programme aimed towards environmental protection (Holloway & Humphreys, 2020, p. 163). It helps us to understand about the importance of tourism potentiality of Gandaki rural municipality.

1.2. Statements of problems

Tourism industry is service-providing industry and it helps society, people, country to generate source of income. Tourism provides large number of employment opportunities. Rural tourism is developed concept in our country and it direct helps source of local people. However, due to the lack of proper planning and information these places are not highlight in public. If there is proper management of planning and implementation of those plans, then the economic condition of people of this area can be raised. South Gorkha is naturally and culturally diversity area. It is considered as a rich place from the context of tourism. There are many historical places, natural places which had been not well marketed and published or explained.

1. Lack of sufficient research of the natural resources on the potentiality of Tourism in Gandaki Rural Municipality

Gandaki Rural Municipality is full of natural resources. There are beautiful hill stations, lakes, rivers, jungles, scenrio and biodiversity but due to lack of research and exploration- it has not able to stand attract the travelers/ tourism to its full potential .

2. Lack of sufficient research of the cultural resource on the potentiality of Cultural Tourism in Gandaki Rural Municipality

Gandaki Rural Municipality is rich in natural resources also with its cultural heritages to add a bonus. People inhabitants here's in indigenous, they have their own rich culture and heritage . Gurungs, Magars, Chepang has rich traditions and culture which every year attract the traveler to explore the culture. They have their own langauges , traditions , customs and oranments , livingstyle, dance and songs etc .

3. Lack of sufficient research of the Tourism potentiality in Gandaki Rural Municipality.

Gandaki Rural Municipality is rich in both natural and cultural heritage . It has a major attractions point to attract the traveler . There are numerous potenitality of tourism in Gandaki Rural Municipality . Due to lack of research , it has been lagging to attract the potential tourism .

1.3 Objectives of the study

In every research, there is a specific objective of the research done. Likewise, reseracher had also carried out this research with certain objectives on Tourism potentiality of Gandaki Rural municipality. Also, there are natural and culturalresource like cultural heritage, their culture,

traditions, rituals, language, values and living lifestyle has not been studied yet. Therefore, my research aims at finding the information or knowledge regarding the aspect of tourism potentiality.

Objectives can be summarized as follows:

To study natural resources of Gandaki Rural Municipality.

To study Cultural resource of Gandaki Rural Municipality.

To study tourism potential in Gandaki Rural Municipality

1.4 Limitation of the study

Each study has its own types of limitation. Likewise this study is also not an exception to it. The present study is bounded by resource time. Our study has some limitations within which our findings need to be interpreted carefully. The study is limited only in Gandaki Rural Municipality and it does not discuss on other areas of Gorkha region. This research focused exclusively on the natural resources and culture of Gandaki Rural municipality for promoting tourism. The study is mainly concerned on the study of present context of Tourism Potentiality of Gandaki Rural Municipality.

1.5. Significance of the study

This study helps to know information more about the Gandaki Rural Municipality and their culture, their historicity, rituals and traditions that are associated with it. As well as this study, helps to find out the present condition of the Tourism potentiality of Gandaki Rural Municipality and provides guidelines for the preservations of culture and traditions.

1.6. Literature review

A literature review is a text of a scholarly paper, which includes the current knowledge including substantive findings, as well as theoretical and methodological contributions to a particular topic. It makes the researcher easier to find the information. For this research study, the researcher has studied various national and international books, journals, magazine published by different various governmental organization and non-governmental organization and individual writer. All this literature were related to Gandaki region and its culture.

For the study research of Tourism Potentiality of Gandaki Rural Municipality, The researcher has chosen some books of both Nepali and Foreign writer as a Literature Review, which is as follows:

There has been different books and literature, which has explained about the Gandaki and their culture and traditions in a very limited version. The information is not sufficient to understand the Gandaki Rural Municipality and their culture spread across the country. This study will try to fill the gap regarding the Tourism Potentiality in Gandaki Rural Municipality discuss in this book.

I.K Pradhan (1979) conducted a study on “Developing tourist resorts and its economic impact” in which he argues for the need of improving tourist resorts in Nepal. The primary objective for developing resort is to see that the tourist is able to spend as much as possible which depends on the extent of opportunities provided to them. There exist very few tourist resorts, which result in the low quality service to the tourist demand.

T.C. Pollaca (1986) on his publication “Development of cultural tourism in Nepal” discuss about how the cultural of Nepal and its historical movement has influenced flow of tourist in Nepal and states

that proper use of this sector helps more in the promotion of tourism in Nepal. Therefore, more effort should be given in the protection, preservation and promotion of these cultural properties. This book helped the researcher to certain extent however, it has nothing to do with Gandaki Rural Municipality, thus this research will bring light about protection and promotion of Gandaki Rural Municipality.

Lickorish & Jenkins (1997) in their book "An Introduction to Tourism" has articulated how tourism in today's context has become more complex and multi-faceted industry. They have discussed on the framework and parameters within which tourism has been established as an economic activities influencing the global market. It provides comprehensive understanding on tourism history, market, policy, its relation with environment, role of public enterprise and various other aspects related with tourism. This book has enabled the researcher on understanding the tourism industry. However, the area of exploring tourism potential of a place or region has not been significantly discussed.

Prideaux (2000) in his book "The role of transport infrastructure in destination development" has defined the transport system pertinent to tourism as the function of and relations between transport modes, ways and terminals that maintain tourist into and out of destinations and the prerequisite of transport services within the destination. A good and attractive transportation system rests largely on quality and availability of transportation infrastructure comprising air services and airport, land transport systems and routes and water transport infrastructures as well. In fact, the transport system is responsible for connecting tourism origins to destinations and providing destinations and providing transports within the tourism destinations. If the country is dispersed, then the destination of such area should be easily accessible.

Ramesh Raj Kunwar's (2002) in his book "Anthropology of Tourism: A Case Study of Chitwan-Sauraha, Nepal" offers a host of investigative perspective to comprehend the intricate cultural dynamics involved in motivating tourism and in the encounter between hosts and guests. The book presents a smorgasbord of academic perspectives, but its own original content is presented mainly in terms of applied anthropology with the aim of making policy recommendations for sustainable tourist development. In other words, the work tries to be acquainted with theory, but does not really contribute to it.

Mariani, M. M., Buhalis, D., Czakon, W., & Vitouladiti, O. (2014) in their book "Tourism Management, Marketing, and Development: Performance, Strategies, and Sustainability" has discussed about various aspects of tourism management and provided an overview of state-of-the-art research in tourism management,. Researchers also have discussed about marketing of tourism sector and developing it. Many important tourism strategies are elaborated in the discussion and how performances are carried out and evaluated. The importances of sustainable approach on the tourism industry are emphasized and its relevancy in today's context in highlighted.

Kunwar & Chand (2016) in their book "Natural Disaster and Heritage Tourism in Nepal" has discussed about the heritage tourism in Nepal. The authors have provided with the information on various natural disaster prevalent and frequently occurring in the context of Nepal. They forwarded the idea on how natural disaster is affecting our heritage and resulting in the changes in the heritage tourism. The role of government and community in preserving our heritage and promoting heritage tourism is defined as well.

Anup K.C (2017) in his article "Ecotourism in Nepal" published in Journal of Tourism and Hospitality discusses about the ecotourism prospects in Nepal. The researcher advocates the role of ecotourism in optimum use of ecological resources, conservation of environment, community and

economic development. Various types of ecotourism have been discussed as well. It focuses on the viability of business module for the sustainable tourism development. Public sector, local communities, NGO and INGO coordination and cooperation is essential in ecotourism. Economic benefits from ecotourism consist of direct employment in hotels, lodges, tourist restaurants, and tourist chauf euring. It is an integral part of the master development strategy of a developing nation. In Nepal, ecotourism helps to increase forest cover, flora, fauna, greenery, alternative energy sources, natural resource, biodiversity and other environmental benefits.

Kozak, N., & Kozak, M. (2019) in their book " Tourist Destination Management: Instruments, Products, and Case Studies (Tourism, Hospitality & Event Management" has discussed on how tourism destination can be managed in best possible way. The authors have explained about the concept behind tourism destinations. How various tourism products is created in destination, and the authors have forwarded how it can be utilized in best possible manner in order to obtain the best possible outcome. What are the various tourism instruments in order ot create better tourism destination and product is discussed as well.

Humphreys & Holloway (2020) in their book "The Business of Tourism" has defined and analyzed tourism and its impacts. They discussed on how various tourism products are created and supplied in the tourism industry. The roles of destination attraction in increasing the tourism activities are also interpreted. How visitor should be managed in the tourism sector and what are the roles of public enterprise in the tourism industry are discussed as well.

Hassan (2021) in his book " Tourism Products and Services in Bangladesh: Concept Analysis and Development Suggestions" provides the most up-to-date research in the application of pioneering technology to the tourism industry in Bangladesh, covering the perspectives, theories, issues, complexities, as well as opportunities and the challenges present. This book provides a blend of comprehensive and cross-disciplinary as well as international insights from contributors to cover the various technologies in tourism. This book focuses on the importance of technologies in tourism, specifically the application and practice of such technologies including the relevant niches in tourism. This book also comprehensively highlights technologies that are affecting the tourism industry in Asia as well as reveals the specific constraints. The contents of this book deal with distinct topics such as mobile computing, new product designs, and innovative technology usages in tourism promotion, technology-driven sustainable tourism development, location-based apps, mobility, and accessibility and so on.

Researchers / Scholars has the done the research on potentiality of tourism in Nepal but not specific to Gandaki Rural Municipality. There is no such brief information regarding the Potentiality of Cultural tourism in Gandaki Rural Municipality. Therefore it lack the full information related to Cultural tourism in Gandaki Rural Municipality. This research highlight the uncovered part of Gandaki Rural Municipality which has rich culture and biodiversity providing the greater potentiality of tourism i.e. specially Cultural tourism. The researcher has tried best to include all the necessary information related to Gandaki Rural municipality. This research will full fill the gap that has been missing overall period and provide the knowledgeable information regarding the Gandaki Rural Municipality.

1.7 Research methodology

Research methodology is the systematic way or method, which is used to find out the information of the subject. To study about Tourism Potentiality of Gandaki Rural Municipality. In this research method, researcher used the Inductive research approach. Researcher uses different methods such as

questionnaire that could include the question regarding the information about Gandaki Rural Municipality and their tangible and intangible culture and traditions as well as interview and observations.

For this research study, researcher used qualitative research method and Ethnographic research method approach. The researchers observe and/or interact with a study's participants in their real-life environment. Qualitative data has been collected through the participant observation, key informant interviews, and focus group discussions. Qualitative data have been analyzed thematically by searching patterns in the data. The analyzed data have been interpreted by researcher. The data were collected as through.

1.7.1 Primary data

Primary source of data is an original source. Primary source of data are very reliable and useful and only the researcher has the right to explain, analyze and comment on it (Dahal & Khatriwada, 2008, 181/182). During research period, the researcher has used a verbal questionnaire method for the collection of primary data but it couldn't be strong source for the study because of time limitation and various technical limitations for the research. Primary data are collected during field visit such as field survey, interview, direct observation, and photography concerned authorities from related field sector.

Observation

Observation is one of the effective and frequently done activities for collecting information and data on the resource subject matter. Observation data collection method is classified as a participatory study, because the researcher has to immerse herself in the setting where his/her respondents are, while taking notes and/or recording. The researcher himself is the local residents of the Gandaki Rural Municipality. Therefore, researcher had the opportunities to observe the Gandaki Rural Municipality and their tangible and intangible culture and monuments.

1.7.1.2 Interview

Interview is the best and direct method of acquiring the information on the study subject. For gathering sufficient and authentic information, the researcher personally visited most of Savik VDC of Gandaki Rural Municipality and interviewed with the premade questions. The information collected in the personal interview was recorded in the mobile phone. In addition, the researcher noted the key points gathered during the interview in the note book.

1.7.1.3 Focused group discussion

With regard to gathering proper and reliable information's and data, the researcher organized the group discussion on time to time in Gandaki Rural Municipality and topic to define the problem and find out the solution. The result or information has clarified or summarized after the group discussion were gathered, summarized and interpreted by the researcher.

1.7.2 Secondary data

Secondary data are the information which have been taken from publish and unpublished documents such as books, documents, reports, news, journals, internet etc.

There is no shortage of material dealing with the issue regarding the Tourism Potentiality of Gandaki Rural Municipality and its culture but there has not been so much fact. Apart from the use of the articles, books, journals and other magazines, the internet was used extensively to gather information. However, care was necessary in gauging the reliability of the source of the materials. There is no doubt on saying that this report will be totally based upon the secondary data and materials, which become a supportive source to conduct the study and analyze them. The different newsletters, brochure, statistic and information provided by the different government and non-governmental organizations like department of Archaeology, Nepal Tourism Board and different governmental and nongovernmental organization working in the field of Tourism. Books written by various experts, newspaper, and some unpublished research papers etc. are the one of the main source.

1.7.3 Data analysis

All the qualitative data gathered or collected through the observation, interview, group discussion and study of the various articles, journals and books were studied, analyzed and interpreted. All the audio data were transcribed in the papers for further understanding and studying. All the finalized data information was used in the final research paper for fulfilling the objectives of the research study.

1.8. Chapter schemes

This thesis has the following titles of the chapter:

Chapter one has the introduction of the study and discusses on how this thesis is carried out.

Chapter two discuss on the natural resources of Gandaki Rural Municipality, and how it can be of great significance for tourism.

Chapter three discuss on the cultural resources of Gandaki Rural Municipality, and how it can be of great significance for tourism.

Chapter four discuss on various tourism scope in regards to tourism potential of Tourism in Gandaki Rural Municipality.

Chapter five comprises of Conclusion of the research.

Chapter Two

Introduction Natural Resource of Gandaki Rural Municipality

2.1 Natural resources

Natural resources are resources that exist without any actions of human kind. This includes all valued characteristics such as commercial and industrial use, aesthetic value, scientific interest and cultural value. On earth, it includes sunlight, atmosphere, water, land (includes all minerals) along with all vegetation, and animal life natural resources can be part of our natural heritage or protected in nature reserves. (KC, 2017.pp.8)

Natural resources are naturally occurring materials that are useful to man or could be useful under conceivable technological, economic or social circumstances or supplies drawn from the earth, supplies such as food, building and clothing materials, fertilizers, metals, water and geothermal power. For a long time, natural resources were the domain of the natural sciences.

Savik's Fujel, Darbung, Bhumlichowk, Ghyalchowk, Tanglichowk and Makasing have been merged into six village development committees. Dhading district in the east and Shahid Laxman village municipality in the north of Chitwan district in the west. Makasing VDC of Savik to the present ward no.1, Tanglichok VDC of Savik to the present ward no.2, Fujel VDC of Savik to the present ward no.3 and 4, Darbung VDC of Savik to the present ward no.5 The current ward no. The total area of this village municipality is 123.86 square kilometers. There are different castes living in this village municipality in which the major castes are Brahmin, Newar, Magar, Gurung, Chepang, Chhetri etc. Gandaki Municipality is located on the south-east of Dhading, west of Chitwan and north of Shahid Laxman VDC of Gorkha District. See photo number: 2.

2.2 Ecology and environment

Ecology is the study of the relationships between living organisms, including humans, and their physical surroundings; it seeks to understand the fundamental associations linking plants and animals and the world around them. **Ecology** is the scientific breakdown and study of interactions among organisms and their environment.

Ecology as a science plays an imperative role in our perception of a variety of ecosystems. It is an interdisciplinary field that includes both biology and earth science, but is a separate area of study from environmentalism, natural history, and environmental science.

Environment refers to all the conditions that influence and affect the improvement and sustainability of life of all organisms present on the earth. It is an immediate surrounding of living organisms in which it lives and operates.

2.2.1 Flora and fauna

Flora and fauna constitutes important biodiversity of any region. Flora means all plant life present in a specific place or time; commonly referring to the naturally occurring indigenous plants. Fauna refers to all the animal life forms.

The word "flora" comes from the Latin name of Flora, the goddess of plants, flowers, and fertility in Roman mythology. The technical term "flora" is then derived from a Natural resources.docx of this goddess at the end of the sixteenth century. It was first used in poetry to denote the natural vegetation of an area, but soon also assumed the meaning of a work cataloguing such vegetation. Moreover, "Flora" was used to refer to the flowers of an artificial garden in the seventeenth century. (KC, 2017.pp.1-19)

Gorkha is one of the districts in Nepal, Within Gorkha, there is Gandaki Rural Municipality which is rich in flora and fauna. There are various flora and fauna available in Gandaki Rural municipality. These flora and fauna are very important property of local people and life of local community is greatly affected and influenced by flora and fauna available in this area. The commonly available flora in this region are *Chilaune*, *Katus*, *Bayer*, *Bel tree*, *Daudauli* etc. There are also other medicinal herbs found in the region like Paanch Aule, Jatamasi, Chiratoh, Neem.

Also this region has rich in fauna and the region has wide range of fauna diversity like Fox, Tiger, jackal, deer, rabbit, porcupine, and squirrel. There are various birds found like Danpe, Maina, Woodpecker, crows. Gorkha is mid-central east region of Nepal where the altitude starts from 3300 to 6600 ft. Due to diverse geographical region; Gandaki Rural Municipality is rich in flora and fauna.

2.2.2 River

A river is a natural flowing watercourse, usually fresh water, flowing towards an ocean, sea, lake or another river. In some cases, a river flows into the ground and becomes dry at the end of its course without reaching another body of water. Small rivers can be referred to using names such as stream, creek, brook, rivulet, and rill. There are no official

definitions for the generic term river as applied to geographic features, although in some countries or communities a stream is defined by its size. Rivers are part of the hydrological cycle. Water generally collects in the river from precipitation through a drainage basin surface run off and other source such as ground water recharge, springs, and release of stored water in natural ice and snow packs.

Rivers and streams are often considered major features within a landscape, however, they actually only cover around 0.1% of the land on Earth. They are made more obvious and significant to humans by the fact that many human cities and civilizations are built around the freshwater supplied by rivers and streams.

There is mainly 2 Rivers in the Gandaki Rural Municipality. They are Budhigandaki and Trishuli respectively. There are also other small stream that make this region more beautiful and sources of water in the region such as *Pashupati Khola* , *Dhor Khola*

The Budhi Gandaki River is of Gandaki River in Nepal. It meets the Trishuli at the small named place of Benighat, astride Dhading and Gorkha Districts. The Trishuli River is one of the major tributaries of the Narayani River basin in central Nepal. It originates in Tibet as a stream and enters Nepal at Town. The Trishuli is named after the *Trishula* or legend that says high in the Himalayan at Gosaikunda, Shiva drove this trident in to the ground to create three springs the source of the river and hence its name Trishuli.

As the region has two major rivers, Most of the travel and tour agents in Nepal show off Budi Gandaki River and Trishuli River Rafting as one of the most adventurous river rafting activity in Nepal .Trisuli is Nepal's most popular rafting river with impressive gorges, exciting rapids, some easier sections and easy accessibility from Kathmandu and Pokhara. Rafting in Trisuli is one of the most popular outdoor activities in Nepal. Trishuli River is made up of snow melt of Mt. Ganesh and Langtang Himal. Where as many tourism entrepreneurs link this Trishuli rafting with Chitwan National Park as of easily accessible enroute.

Compare to Trishuli River, Budhi Gandaki River has been less famous even its high potentiality in water tourism. There have been various rapid feet in Budhi Gandaki River for raft, which can be considered as best in the world. See photo number: 3, 4.

2.2.3 Pond

A pond is an area filled with water, either natural or artificial, that is smaller than a lake. Ponds may arise naturally in floodplains as part of a river system or can simply be an isolated depression (such as a kettle, vernal pool, or prairie pothole) that filled with runoff, groundwater, or precipitation. As such, ponds may be freshwater, saltwater, or brackish in nature.

Many ponds contain shallow water ecosystems with varying abundances of aquatic plants and animals. Certain characteristics such as depth, seasonal water level, nutrient fluxes, solar radiation, degree of inlets and outlets, local organisms, and salinity may affect the types of ecosystems present within a pond.

Ponds are frequently man-made or expanded beyond their original depths and bounds by anthropogenic causes. Among their many uses, ponds provide water for agriculture, livestock and communities, aid in habitat restoration, serve as breeding grounds for local and migrating species, are components of landscape architecture, flood control, general urbanization, mitigate particular pollutions and greenhouse gases, and support wide varieties of organism ecosystems.

The technical distinction between a pond and a lake has not been universally standardized. Limnologists and freshwater biologists have proposed formal definitions for *pond*, in part to include 'bodies of water where light penetrates to the bottom of the water body,' 'bodies of water shallow enough for rooted water plants to grow throughout,' and 'bodies of water which lack wave action on the shoreline.' Each of these definitions has met with resistance or disapproval, as the defining characteristics are each difficult to measure or verify. Accordingly, some organizations and researchers have settled on technical definitions of *pond* and *lake* that rely on size alone.

Ecosystems are linked by water and it just so happens that in some areas, ponds have been found to hold a greater biodiversity of species than larger freshwater lakes or river systems. As such, ponds are habitats for many varieties of organisms including plants, amphibians, fish, reptiles, waterfowl, insects and even some mammals. Ponds are used for breeding grounds for these species but also as shelter and even drinking/feeding locations for other wildlife. Aquaculture practices lean heavily on artificial ponds in order to grow and care for much different type of fish either for human consumption, research, or species conservation.

A feature of a pond is the presence of standing water, which provides habitat for wetland plants and animals. Because of this, many ponds and lakes contain large numbers of endemic species that have gone through adaptive radiation to become specialized to their preferred habitat. Familiar examples might include water lilies and other aquatic plants, frogs, turtles, and fish.

In Gandaki Rural Municipality, there is beautiful Pokhari called Pokharitar at an altitude of 1710m. It is 50m wide and 10 m in depth. The Pokhara is rich in flora and fauna with a beautiful background of Mt. Manaslu, Bauda Himal , Ganesh Himal and Shringi Himalayan range. Pokharitar include lotus, water lilies and other aquatic plants like frogs, turtles, and fish.

Ponds provide not only environmental values, but practical benefits to society. One increasingly crucial benefit that ponds provide is their ability to act as green house gas sinks. Most natural lakes and ponds are greenhouse gas sources and aid in the of these dissolved compounds. It is very important to preserve and save the ponds. See photo number: 5

2.2.4 Waterfall

A waterfall is an area where water flows over a vertical drop or a series of steep drops in the course of a stream or river. Waterfalls also occur where melt water drops over the edge of a tabular iceberg or ice shelf.

Waterfalls are commonly formed in the upper course of a river where lakes fall into in steep mountains. Because of their landscape position, many waterfalls occur over bedrock fed by little contributing area, so they may be ephemeral and flow only during rainstorms or significant snowmelt. The further downstream, the more perennial a waterfall can be. Waterfalls can have a wide range of widths and depths.

In Gandaki Rural Municipality, there is one famous waterfall called Chireykhola waterfall which in near to Chisapani village. A Chirey khola waterfall lie at an attitude of 1500m .The fall is about 20 m. People come here to enjoy falls and water. These days due to state government, there has been promoting of this waterfall as tourism product. Canyon activities have been studying in this region for a short adventure trip. See photo number: 6

2.2.5 Forest

A forest is an area of land dominated by trees. Hundreds of definitions of forest are used throughout the world, incorporating factors such as tree density, tree height, land use, legal standing and ecological function. The Food and Agriculture Organization defines a forest as land spanning more than 0.5 hectares with trees higher than 5 meters and a canopy cover of more than 10 percent, or trees able to reach these thresholds in situ. It does not include land that is predominantly under agricultural or urban land use. Using this definition FRA 2020 found that forests covered 4.06 billion hectares or approximately 31 percent of the global land area in 2020 but, is not equally distributed around the globe.

Forests are the dominant terrestrial ecosystem of Earth, and are distributed around the globe. More than half of the world's forests are found in only five countries (Brazil, Canada, China, Russian Federation and United States of America). The largest part of the forest (45 percent) is found in the tropical domain, followed by the boreal, temperate and subtropical domains.

Forests account for 75% of the gross primary production of the Earth's biosphere, and contain 80% of the Earth's plant biomass. Net primary production is estimated at 21.9 gigatonnes carbon per year for tropical forests, 8.1 for temperate forests, and 2.6 for boreal forests.

Forests at different latitudes and elevations, and with different precipitation and evaporation form distinctly different biomes: boreal forests around the North Pole, tropical moist forests and tropical dry forests around the Equator, and temperate forests at the middle latitudes. Higher elevation areas tend to support forests similar to those at higher latitudes, and amount of precipitation affects forest composition.

Human society and forests influence each other in both positive and negative ways. Forests provide ecosystem services to humans and serve as tourist attractions. Forests can also affect people's health. Human activities, including unsustainable use of forest resources, can negatively affect forest ecosystems.

Forest plantations are generally intended for the production of timber and pulpwood. Commonly mono-specific, planted with even spacing between the trees, and intensively managed, these forests are not generally important as habitat for native biodiversity. However, they can be managed in ways that enhance their biodiversity protection functions and they can provide ecosystem services such as maintaining nutrient capital, protecting watersheds and soil structure, and storing carbon.

Forests provide a diversity of ecosystem services including:

- Converting carbon dioxide into oxygen and biomass. A full-grown tree produces about 100 kg of net oxygen per year.
- Acting as a carbon sink. Therefore, they are necessary to mitigate climate change. According to the Special Report on Global Warming of 1.5 °C of the Intergovernmental Panel on Climate Change, to avoid temperature rise by more than 1.5 degrees above pre-industrial levels, there will need to be an increase in global forest cover equal to the land area of Canada (10 million km²), by the year 2050 (helps in water cyclic process).
- Aiding in regulating climate. For example, a research from 2017, show that forests induce rainfall. If the forest is cut, it can lead to drought.
- Purifying water.
- Mitigating natural hazards such as floods.
- Serving as a genetic reserve.
- Serving as a source of lumber and as recreational areas.
- Serving as a source of woodlands and trees for millions of people depending almost entirely on forests for subsistence for their essential fuel wood, food and fodder needs.

2.2.6 Open field

Open Field means *Kharkha* in Nepali. *Kharka* is grazing land in the hilly and Himalayan region. It's is the important place for the animal husbandry to graze. Many People depends in Kharka for the rearing cattles due to geographical climatic conditions. There are various open fields in the Gandaki Rural Municipality; some of them are Pokharitar, Galchowk Tar, Darbung Phat, Bantar, Phujel Phat. Within these the Pokharitar there is Pokharitar Lake.

At the moment, these kharka are not only used for the grazing land for the animals but as also for entertainments. These kharkhas as this moment are also used for picnic and organizing some of festival events like Tamu Lhosar. See photo number : 7

Chapter Three

Introduction of Cultural Resources of Gandaki Rural Municipality

3.1 Introduction of culture

Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts. "Culture encompasses religion, food, what we wear, how we wear it, our language, marriage, music, what we believe is right or wrong, how we sit at the table, how we greet visitors, how we behave with loved ones, Anthropology, and a million other things," Cristina De Rossi, an anthropologist at Barnet and Southgate College in London, told Live Science.

Culture is considered a central concept encompassing the range of phenomena that are transmitted through social learning in human societies. Cultural universals are found in all human societies. These include expressive forms like art, music, dance, ritual, religion and technologies like tool usage, cooking, shelter and clothing. The concept of material culture covers the physical expression of culture such as technology, architecture and art, whereas the immaterial aspects of culture such as principles of social organization (including practice of political organization and social institutions), mythology, philosophy, literature (both written and oral), and science comprise the intangible cultural heritage of a society.

Culture is an umbrella term, which encompasses the social behaviour and norms found in human societies, as well as the knowledge, beliefs, arts, laws, customs, capabilities, and habits of the individuals in these groups.

Humans acquire culture through the learning process of enculturation and socialization, which show by the diversity of cultures across societies. A cultural norm codifies acceptable conduct in society; it serves as a guideline for behaviour, dress, language, and demeanour in a situation, which serves as a template for expectations in a social group. Accepting only a monoculture in a social group can bear risks, just as a single species can wither in the face of environmental change, for lack of functional responses to the change. Thus in military culture, valour is counted as a typical behaviour for an individual and duty, honour, and loyalty to the social group are counted as virtues or functional responses in the continuum of conflict. In the practice of religion, analogous attributes can be identified in a social group.

3.2 Ethnic composition of Gandaki Rural Municipality

An ethnic group or ethnicity is a grouping of people who identify with each other on the basis of shared attributes that distinguish them from other groups such as a common set of traditions, ancestry, language, history, society, culture, nation, religion, or social treatment within their residing area. Ethnicity is sometimes used interchangeably with the term nation, particularly in cases of ethnic nationalism, and is separate from, but related to the concept of races.

Ethnicity can be an inherited status or based on the society within which one lives. Membership of an ethnic group tends to be defined by a shared cultural heritage, ancestry, origin myth, history, homeland, language or dialect, symbolic systems such as religion, mythology and ritual, cuisine, dressing style, art or physical appearance. Ethnic groups often continue to speak related languages and share a similar gene pool.

By way of language shift, acculturation, adoption and religious conversion, individuals or groups may over time shift from one ethnic group to another. Ethnic groups may be subdivided into subgroups or tribes, which over time may become separate ethnic groups themselves due to endogamy or physical isolation from the parent group. Conversely, formerly separate ethnicities can merge to form a pan-ethnicity and may eventually merge into one single ethnicity. Whether through division or amalgamation, the formation of a separate ethnic identity is referred to as ethno genesis.

Gurung is one of the 59 indigenous nationalities in Nepal residing on the foothills of Annapurna, Machhapuchre mountain range. The name Gurung is derived from the Tibetan word 'Grong' which means farmers. Gurung call them 'Tamu' which means horseman in the Tibetan language.

The Gurung people, also called Tamu, are an ethnic group from different parts of Nepal. They are one of the main Gurkha tribes. They are densely populated in Manang, Mustang, Kaski, Lamjung, Gorkha, Parbat and Syangja district.

Gurungs have their distinct culture and practices include various belief systems, festivals, birth, marriage, and death rituals. Gurungs are very rich customs and culture. One of their customs is 'Pud-pude, the celebratory reception of the first-born male child in the family.

According to their legend, the Gurung were a wandering tribe that traversed west across Tibet prior to their entry into Mustang. Their Tibetan Sojourn pre-dates the introduction of Buddhism there in the 7th century as the Gurung religious traditions are basically animistic. They celebrate their feasts and festivals and carry out the ceremonies and practices related to worship, birth, death and marriage in accordance with the Bon and Buddhist religion. Losar is the main and biggest festival of Gurung, observed according to the ancient calendar of western Tibet.

The Magar, also spelled as Mangar, and Mongar, are the third largest ethno linguistic groups of Nepal representing 7.1% of Nepal's total population according to the Nepal census of 2011.

The original home of the Magar people was to the west of Gandaki river, and roughly speaking, consisted of that portion of Nepal which lies between and around about Gulmi, Arghakhanchi, and Palpa. This bit of country was divided into twelve districts known as "*Bahra Magarat*" (Confederation of Twelve Magar Kingdoms), which included the following regions of that period: Argha, Khanchi, Bhirkot, Dhor, Garhung, Ghiring, Gulmi, Isma, Musikot, Pyung, Rising, Satung, and Pyung. During the medieval period, the whole area from Palpa to Rukum Rolpa was called the "*Magarat*", a place settled and inhabited by Magars. A second Confederation of Eighteen Magar Kingdoms known as "*Athara Magarat*" also existed, and was primarily inhabited by Kham Magars

Newar or Nepami, are the historical inhabitants of the Kathmandu Valley and its surrounding areas in Nepal and the creators of its historic heritage and civilisation. Newars form a linguistic and cultural community of primarily Indo-Aryan and Tibeto-Burman ethnicities following Hinduism and Buddhism with Newar language as their common language. Newars have developed a division of labour and a sophisticated urban civilisation not seen elsewhere in the Himalayan foothills. Newars have continued their age-old traditions and practices and pride themselves as the true custodians of the religion, culture and civilisation of Nepal. Newars are known for their contributions to culture, art and literature, trade, agriculture and cuisine. Today, they consistently rank as the most economically, politically and socially advanced community of Nepal, according to the annual Human Development Index published by UNDP. Nepal's 2011 census ranks them as the nation's sixth-largest ethnicity/community, with 1,321,933 Newars throughout the country.

The Kathmandu Valley and surrounding territories constituted the former Newar kingdom of the Nepal Mandala. Unlike other common-origin ethnic or caste groups of Nepal, the Newars are regarded as an example of a nation community with a relict identity, derived from an ethnically-diverse, previously-existing polity. Newar community within it consists of various strands of ethnic, racial, caste and religious heterogeneity, as they are the descendants of the diverse group of people that have lived in Nepal Mandala since prehistoric times.

Newars form a linguistic and cultural community of primarily Indo-Aryan and Tibeto-Burman ethnicities following Hinduism and Buddhism with Newar language as their common language. Newars have developed a division of labour and a sophisticated urban civilisation not seen elsewhere in the Himalayan foothills.

The Chepang, also known as Chewang, are an indigenous Tibeto-Burman ethnic group from the rugged ridges of the Mahabharat mountain range of central Nepal. With increasing populations, lack of arable land and few irrigation options, malnutrition has been a historic problem for the Chepang despite forest supplements. The Chepang have often been characterized as the poorest of Nepal's poor. Forced teenage pregnancies are common. Chepang men and women are basically egalitarian and no social ranking exists as it does in caste Nepalese society. Many Chepang cannot read and write due to a lack of education beyond elementary school, and this illiteracy stands in contrast to the great gains Nepal has been making in reducing illiteracy. They are mostly located in Dhading District, Chitwan District, Gorkha District, Makwanpur District, and Tanahu District

The language is also known as Chepang but is called *Chyo-bang* by the people themselves. These people are also called *Praja* meaning "political subjects". The people speak 3 different dialects of this Tibeto-Burman language that is closely related to Raute and Raji, two undocumented languages spoken in western Nepal. Chepang is one of the few languages which use a duodecimal (base 12) counting system rather than the decimal. See photo number: 8, 9

3.3 Cultural resources of Gandaki Rural Municipality

Cultural Resources are tangible remains of past human activity. These may include buildings; structures; prehistoric sites; historic or prehistoric objects or collection; rock inscription; earthworks, canals, or landscapes. Cultural resources are any prehistoric or historic remains

or indicators of past human activities, including artefacts, sites, structures, landscapes, and objects of importance to a culture or community for scientific, traditional, religious, or other reasons.

Cultural resource management is the development and maintenance of programs designed to investigate, manage, preserve, and protect cultural resources in compliance with state and federal laws. Development and maintenance of our infrastructure, particularly our transportation system, is necessary for growth and progress, and such activities can have impacts on cultural resources. In these circumstances, decisions must be made to strike a balance between practical growth and the protection of cultural resources. 1 As a result of this need for balance regarding cultural resource management, federal and state agencies have created laws and regulations for the protection of cultural resources.

3.2.1 Tangible culture

Tangible Culture means physical artefacts, produced, maintained and transmitted inter-generationally in a society. It includes artistic creations, built heritage such as buildings and monuments, and other physical or tangible products of human creativity that are invested with cultural significance in a society.

UNDP recognizes that: *Tangible Cultural Heritage* includes moveable or immovable objects, sites, structures, groups of structures, human settlements and natural features and landscapes that have archaeological, paleontological, historical, architectural, religious, aesthetic, or other cultural significance. Tangible Cultural Heritage may be located in any setting and in any environment (e.g. above or below ground or under water). (UNDP, 2014)

In today's interconnected world, culture's power to transform societies is clear. Its diverse manifestations from our cherished historic monuments and museums to traditional practices and contemporary art forms enrich our everyday lives in countless ways. Heritage constitutes a source of identity and cohesion for communities disrupted by bewildering change and economic instability. Creativity contributes to building open, inclusive and pluralistic societies. Both heritage and creativity lay the foundations for vibrant, innovative and prosperous knowledge societies.

Tangible cultural heritage refers to things that we can store or physically touch. Examples of tangible cultural heritage include traditional clothing, tools, buildings, artwork,

monuments, and modes of transportation. Intangible cultural heritage refers to things that are not physical items but existing intellectually.

Cultural heritage includes tangible culture (such as buildings, monuments, landscapes, books, works of art, and artefacts).

Tangible heritage includes buildings and historic places, monuments, artefacts, etc., which are considered worthy of preservation for the future. These include objects significant to the archaeology, architecture, science or technology of a specific culture. Objects are important to the study of human history because they provide a concrete basis for ideas, and can validate them. Their preservation demonstrates recognition of the necessity of the past and of the things that tell its story. Tangible cultural heritage has a physical presence.

3.2.1.1 Village/Village and settlement/House pattern

A village is a clustered human settlement or community, larger than a hamlet but smaller than a town (although the word is often used to describe both hamlets and smaller towns), with a population typically ranging from a few hundred to a few thousand. Though villages are often located in rural areas, the term urban village is also applied to certain urban neighbourhoods. Villages are normally permanent, with fixed dwellings; however, transient villages can occur. Further, the dwellings of a village are fairly close to one another, not scattered broadly over the landscape, as a dispersed settlement.

A village is a small settlement usually found in a rural setting. It is generally larger than a "hamlet" but smaller than a "town". Some geographers specifically define a village as having between 500 and 2,500 inhabitants. In most parts of the world, village are settlements of people clustered around a central point.

Village settlements are mostly found in the top of the hill or in the mountains, and settlement is found in the corners of hill and plains. In some places, on the low plains just below the top of the hill, there is the beauty of the villages. In earlier societies, when one settlement was at war with another settlement or one of the head of a village is at war with other head of the village, the hilltop settlement is view as the best to protect from attacks. Therefore, the main reason for the dense population of Gandaki Rural Municipality on the mountaintops is security.

Gandaki Rural Municipality people have deep culture spirit of living together. There are various ethnic group like Gurung , Magar , Cheepang , Newar , Brahmin and Chhetri etc.

Houses are built according to the style of the geographical features and resources found (Bista, 1967, P.68). Most traditional house of Gandaki Rural Municipality is the two-storey stone house with thatch or in some cases slate roofing. Many of the smaller houses in the western communities are round oval in shape and washed with ochre or reddish mud. Houses in the eastern hills are never round and are most often whitewashed. They have stonewalls and wooden shingle roofs, and are two storied with a veranda along the front. Some of the northernmost houses have flat roofs and consist of three storeys, the bottom one being a shelter for animal.

The houses are made of stone, mud and woods. Almost, most of the houses are in rectangular. Houses vary in size. Most have two stories; a few have three. Despite variation in size and shape, the method of construction and basic layout are much the same. Walls are built up using stones and mud mortar then they are plastered with mud. The final coat that is applied dries to a warm reddish orange. Roofs are thatched. Some houses have verandas. Interior ground floor plans, which may symbolically reflect the tripartite social system, consist of two side rooms flanking a comparatively large central room containing the fire pit. The single main door of the house opens into the both left and right hand flanking room, making it an entrance hall. A notched pole ladder leads from the right-hand flanking room to the upper floor where clothing and valuables are stored in boxes and yearly grains are stored in circular bins made of woven bamboo. See photo number: 10

3.2.1.2 Temple

The temple is a juncture where four skull bones fuse together: The frontal, parietal, temporal and sphenoid. It is located on the side of the head behind the eye between the forehead and the ear. The temporal muscle covers this area and is used during mastication.

A temple (from the Latin word *templum*) is a building reserved for religious or spiritual rituals and activities such as prayer and sacrifice. The term typically used for such buildings belonging to all faiths where a more specific term such as church, mosque or synagogue is not generally used in English. (Jongmeewasim, 2018, pp.23)

These include Hinduism, Buddhism, Sikhism and Jainism among religions with many modern followers, as well as other ancient religions such as Ancient Egyptian religion. Gandaki Rural Municipality, This region is rich in cultural heritage. There are various

monuments and temples, which are rich in historically and culturally. Some of the temples in Gandaki Rural Municipality are:

Bhairavi Temple: This temple is located in Pokhari tar area of Gandaki municipality at an altitude of 1710 meter. This is the most famous temple of Gandki rural municipality. All the villagers during chaitra or baishakh circumambulate this temple by carrying baskets of garlands. People strongly believe that any wish is granted in this temple. Every year from each family, some animals are sacrificed.

Munthala Temple: This temple is located in Beni gau village of Gandaki Rural Municipality. This temple is two storyed pagoda style. This temple is famous for *munthala jatra* which falls on poush month of nepali month. See photo number : 11

Mahadev Thaan Temple: This temple is located in Chisopani village. During *ekdashi* of *mangsir*, big festival takes place here. Whole night people stay in temple singing and dancing as well as fasting and next day all people gather and enjoy village party. See photo number : 12

3.2.1.3 Monastery

A monastery is a building or complex of buildings comprising the domestic quarters and workplaces of monastic's, monks or nuns, whether living in communities or alone (hermits). A monastery is a building or complex of buildings comprising the domestic quarters and workplaces of monastic's, monks or nuns, whether living in communities or alone (hermits).

A monastery generally includes a place reserved for prayer which may be a chapel, church, or temple, and may also serve as an oratory, or in the case of communities anything from a single building housing only one senior and two or three junior monks or nuns, to vast complexes and estates housing tens or hundreds.

A monastery complex typically comprises a number of buildings that include a church, dormitory, cloister, refectory, library, balneary and infirmary. Depending on the location, the monastic order and the occupation of its inhabitants, the complex may also include a wide range of buildings that facilitate self-sufficiency and service to the community. These may include a hospice, a school, and a range of agricultural and manufacturing buildings such as a barn, a forge, or a brewery. (Jongmeewasin, 2018.pp.18)

3.2.2 Intangible culture

The intangible cultural heritage means the practices, representations, expressions, knowledge's, skills as well as the instruments, object, artefacts' and cultural spaces associated therewith- that community groups and, in cases, individuals recognizes as part of their cultural heritage. This intangible cultural heritage, transmitted from generation to generation, is constantly recreated by communities and groups in response to their environment, their interaction with nature and the history, and provides them with a sense of identity and continuity, thus promoting respect for cultural diversity and human creativity. For the purposes of this convention, consideration will be given solely to such intangible cultural heritage as is compatible with existing international human rights instruments, as well as with the requirements of mutual respect among communities, groups and individuals and of sustainable developments. (Convention for the safeguarding of the intangible cultural heritage 2003: Government of Nepal, Ministry of Culture, Tourism and Civil aviation 2019, Reprint 2019, page 6)

UNDP recognizes that :

Intangible Cultural Heritage, also referred to as living heritage, includes practices, representations, expressions, knowledge, skills-as well as the instruments, objects, artefacts and cultural spaces associated therewith-that communities/groups recognize as part of their Cultural Heritage, as transmitted from generation to generation and constantly recreated by them in response to their environment, their interaction with nature and their history and provides them with a sense of identity and continuity, thus promoting respect for cultural diversity and human creativity. This may include, but is not limited to,: a) oral traditions and expressions, including language as a vehicle of the intangible Cultural Heritage; b) performing arts; c) social practices, rituals and festive events; d) knowledge and practices concerning nature and the universe; or e) traditional craftsmanship.

UNESCO and Intangible Cultural Heritage

One of UNESCO's main activities, the cultural sector, recognizes the importance of all heritage including the tangible heritage and intangible heritage of mankind and emphasizes cultural diversity for the sustainable development of mankind. In 2003, UNESCO adopted the Convention for the Safeguarding of the Intangible Cultural Heritage, contributing to the promotion of cultural diversity.

Examples of Intangible Cultural Heritage

- Oral traditions , knowledge and skills to produce traditional craft
- Performing arts
- Social practices, rituals and festive events
- Traditional craftsmanship
- Practice concerning nature and the universe

A key aspect of the Convention is ultimately to emphasize the role that intangible forms and expressions of culture can have in allowing humankind to better understand one another, and thus promote peace and harmony amongst culturally diverse communities. Furthermore, heritage experts realized that a more holistic approach to cultural heritage are needed: one, which acknowledges both tangible and intangible aspects of culture, as well as the ever-evolving relations between the two.

"Intangible cultural heritage" consists of non-physical aspects of a particular culture, more often maintained by social customs during a specific period in history. The concept includes the ways and means of behaviour in a society, and the often-formal rules for operating in a particular cultural climate. These include social values and traditions, customs and practices, aesthetic and spiritual beliefs, artistic expression, language and other aspects of human activity.

The significance of physical artefacts can be interpreted as an act against the backdrop of socioeconomic, political, ethnic, religious and philosophical values of a particular group of people. Naturally, intangible cultural heritage is more difficult to preserve than physical objects.

Aspects of the preservation and conservation of cultural intangibles include:

- folklore
- oral history
- language preservation

Intangible heritage includes traditions or living expressions inherited from our ancestors and passed on to our descendants, such as oral traditions, performing arts, social practices, rituals, festive events, knowledge and practices concerning nature and the universe or the knowledge and skills to produce traditional crafts, food and medicine heritage and digital heritage. Tangible cultural heritage is commonly defined as not having a physical presence. Processes

and actions of colonisation have resulted in disruptions to the referencing, practice, transmission and provenance of tangible and intangible Indigenous cultural heritage. For example, tangible Indigenous cultural heritage items have been collected and removed from their context, “Country”, for many purposes, including display in museums.

In many cases, no detail about the location or owners of these cultural heritage items was recorded. Similarly, Indigenous people’s intangible cultural heritage has often been poorly understood or disregarded as “too difficult” to properly acknowledge or record in terms of its context, purpose or the persons or places from where it first became known.

3.2.2.1 Song

A song is a musical composition intended to be performed by the human voice. This is often done at distinct and fixed pitches (melodies) using patterns of sound and silence. Songs contain various forms, such as those including the repetition and variation of sections.

Written words created specifically for music, or for which music is specifically created, are called lyrics. If a pre-existing poem is set to composed music in classical music it is an art song. Songs that are sung on repeated pitches without distinct contours and patterns that rise and fall are called chants. Songs composed in a simple style that are learned informally "by ear" are often referred to as folk songs. Songs that are composed for professional singers who sell their recordings or live shows to the mass market are called popular songs. These songs, which have broad appeal, are often composed by professional songwriters, composers, and lyricists. Art songs are composed by trained classical composers for concert or recital performances. Songs are performed live and recorded on audio or video (or, in some cases, a song may be performed live and simultaneously recorded). Songs may also appear in plays, musical theatre, stage shows of any form, and within operas, films, and TV shows.

A song may be for a solo singer, a lead singer supported by background singers, a duet, trio, or larger ensemble involving more voices singing in harmony, although the term; generally not used for large classical music vocal forms including opera and oratorio, which use terms such as aria and recitative instead. A song can be sung without accompaniment by instrumentalists (a cappella) or accompanied by instruments. In popular music, a singer may perform with an acoustic guitarist, pianist, organist, accordionist, or a backing band. In jazz, a singer may perform with a single pianist, a small combo (such as a trio or quartet), or with a big band. A Classical singer may perform with a single pianist, a small ensemble, or an orchestra. In jazz and blues, singers often learn songs "by ear" and they may improvise some

melody lines. In Classical music, composers in sheet music format write melodies, so singers learn to read music.

Songs with more than one voice to a part singing in polyphony or harmony which are considered choral works. Songs can be broadly divided into many different forms and types, depending on the criteria used. Through semantic widening, a broader sense of the word "song" may refer to instrumentals, such as Mendelssohn's 19th century *Songs Without Words* pieces for solo piano.

Music of Nepal refers to the various musical genres played and listened to in Nepal. With more than fifty ethnic groups, the music of Nepal is highly diverse. Genres like TamangSelo, Chyabrung, Dohori, AdhunikGeet, Bhajan, Filmimusic, Ghazal, Classical music, songs and Ratna music are widely played and popular, but many other less common genres are yet to be catalogued. Western musical genres like Rock, Metal, Hip-Hop, Rap, R&B also regularly feature on the Nepalese music charts. Most of the country's musical bands are based in the Kathmandu valley. Musical genres from Tibet and India have greatly influenced Nepalese music.

Dohori

Dohori is a genre of Nepali folk music and has roots in the rural courtship traditions. In Nepali, Dohori literally means from both sides and a debate. This debate is in musical rhythm, and involves quick and witty poetry. The two teams taking part in a Dohori usually involves boys and girls in rival teams. The song starts with a question, usually from the boys' side. The girl follows the question with a quick response and the two teams continue the musical conversation.

Dohori songs can last for as long as a week. The length of the Dohori depends on the quick thinking ability and wit of the players.

Gurung music

Gurungs have an ancient tradition of Rodhi where young people meet, sing and dance to folk songs, and share their views. Young men and women at Rodhi often sing the Dohori. Some musical dances like Ghantu and Chudka are still in existence, and is performed in many Gurung villages. These dance forms are centuries old and are performed either solo or in a group. Music also plays a big role in the Gurung ritual of Argum, which is performed when someone in the community dies. Notable Gurung singer - Khem Raj Gurung.

Magar music

Salaijo, Kauda and Sorathi are the three exclusive musical genres of Magar music. Notable Magar singer - Master Mitrasen Thapa Magar

3.2.2.2 Traditions

A tradition is a belief or behaviour (folk custom) passed down within a group or society with symbolic meaning or special significance with origins in the past. A component of folklore, common examples include holidays or impractical but socially meaningful clothes (like lawyers' wigs or military officers' spurs), but the idea has also been applied to social norms such as greetings.

Traditions can persist and evolve for thousands of years the word *tradition* itself derives from the Latin *tradere* literally meaning to transmit, to hand over, to give for safekeeping. While it is commonly assumed that traditions have an ancient history, many traditions have been invented on purpose, whether that is political or cultural, over short periods of time. Various academic disciplines also use the word in a variety of ways.

The phrase "according to tradition", or "by tradition", usually means that whatever information follows is known only by oral tradition, but is not supported (and perhaps may be refuted) by physical documentation, by a physical artefact, or other quality evidence. *Tradition* is used to indicate the quality of a piece of information being discussed. For example, "According to tradition, Homer was born on Chios, but many other locales have historically claimed him as theirs." This tradition may never be proven or disproven. In another example, "King Arthur, by tradition a true British king, has inspired many well loved stories." Whether they are documented fact or not does not decrease their value as cultural history and literature.

Traditions are a subject of study in several academic fields, especially in social sciences such as folklore studies, anthropology, archaeology, and biology. The concept of tradition, as the notion of holding on to a previous time, is also found in political and philosophical discourse. For example, it is the basis of the political concept of traditionalism, and also strands of many world religions including traditional Catholicism.

In artistic contexts, tradition is used to decide the correct display of an art form. For example, in the performance of traditional genres (such as traditional dance), adherence to guidelines dictating how an art form should be composed is given greater importance than the performers own preferences. A number of factors can aggravate the loss of tradition, including industrialization, globalization, and the incorporation or marginalization of specific

cultural groups. In response to this, tradition-preservation attempts have now been started in many countries around the world, focusing on aspects such as traditional languages. Tradition is usually contrasted with the goal of modernity and should be differentiated from customs, conventions, laws, norms, routines, rules and similar concepts.

The phrase "traditional cultural expressions" is used by the World Intellectual Property Organization to refer to "any form of artistic and literary expression in which traditional culture and knowledge are embodied. They are transmitted from one generation to the next, and include handmade textiles, paintings, stories, legends, ceremonies, music, songs, rhythms and dance. See photo number : 13

3.2.2.3 Festival

A festival is an event ordinarily celebrated by a community and centring on some characteristic aspect of that community and its religion or cultures. It is often marked as a local or national holiday, mela, or eid. A festival constitutes typical cases of globalization, as well as the high culture-low culture interrelationship. Next to religion and folklore, a significant origin is agricultural. Food is such a vital resource that many festivals are associated with harvest time. Religious commemoration and thanksgiving for good harvests are blended in events that take place in autumn, such as Halloween in the northern hemisphere and Easter in the southern.

Festivals often serve to fulfil specific communal purposes, especially in regard to commemoration or thanking to the gods and goddesses. They may also provide entertainment, which was particularly important to local communities before the advent of mass-produced entertainment. Festivals that focus on cultural or ethnic topics also seek to inform community members of their traditions; the involvement of elders sharing stories and experience provides a means for unity among families.

Religious festivals

Among many religions, a feast is a set of celebrations in honour of Gods or God. A feast and a festival are historically interchangeable. Most religions have festivals that recur annually and some, such as Passover, Easter and Eid al-Adha are moveable feasts -that is, those that are determined either by lunar or agricultural cycles or the calendar in use at the time. The Sed festival, for example, celebrated the thirtieth year of an Egyptian pharaoh's rule and then every three (or four in one case) years after that. Among the Ashantis, most of their traditional festivals are linked to gazette sites which are believed to be sacred with several

rich biological resources in their pristine forms. Thus, the annual commemoration of the festivals helps in maintaining the buoyancy of the conserved natural site, assisting in biodiversity conservation.

In the Christian liturgical calendar, there are two principal feasts, properly known as the Feast of the Nativity of our Lord (Christmas) and the Feast of the Resurrection, (Easter). In the Catholic, Eastern Orthodox, and Anglican liturgical calendars there are a great number of lesser feasts throughout the year commemorating saints, sacred events or doctrines. In the Philippines, each day of the year has at least one specific religious festival, either from Catholic, Islamic, or indigenous origins.

Buddhist religious festivals, such as Esala Perahera are held in Sri Lanka and Thailand. Hindu festivals, such as Holi are very ancient. The Sikh community celebrates the Vaisakhi festival marking the new year and birth of the Khalsa.

3.2.2.4 Livelihood

Over the past two or three generations, the Chepang have begun to slowly shift from a semi-nomadic (slash-and-burn) lifestyle to a more settled way of life, relying increasingly upon the production of permanent fields of maize, millet and bananas. The severe topography, however, has made permanent farming difficult (and usually insufficient), and the forest has remained an important (although decreasingly so) source of food for the Chepang. Historically, the collection of wild yams and tubers, fish caught from nearby rivers, bats and wild birds, and periodically wild deer hunted from nearby forests, have supplemented their need for carbohydrates and protein

Chepang is one of Nepal's most backward indigenous groups. They were originally nomads, but are now embracing a semi-nomadic lifestyle. Chepangs are known for shifting cultivation practice (slash-and-burn agriculture), which is their main source of livelihood.

Most Chepangs do not own the land they have been living on for generations. Even so, they have never tried to migrate to safer villages. Ram Kumar Chepang, one of the few literate men in Raksirang village, said, "Even if we want to leave these landslide-prone villages, we do not know where to go."

3.2.2.5 Ritual

A ritual is a sequence of activities involving gestures, words, actions, or objects, performed in a sequestered place and according to a set sequence.^[1] Rituals may be prescribed by the traditions of a community, including a religious community. Rituals are characterized, but not defined, by formalism, traditionalism, invariance, rule-governance, sacral symbolism, and performance. Rituals are a feature of all known human societies. They include not only the worship rites and sacraments of organized religions and cults, but also rites of passage, atonement and purification rites, oaths of allegiance, dedication ceremonies, coronations and presidential inaugurations, marriages, funerals and more. Even common actions like hand-shaking and saying "hello" may be termed as *rituals*.

The field of ritual studies has seen a number of conflicting definitions of the term. One given by Kyriakidis is that a ritual is an outsider's or "etic" category for a set activity (or set of actions) that, to the outsider, seems irrational, non-contiguous, or illogical. The term can be used also by the insider or "emic" performer as an acknowledgement that this activity can be seen as such by the uninitiated on lookers.

In psychology, the term *ritual* is sometimes used in a technical sense for a repetitive behavior systematically used by a person to neutralize or prevent anxiety; it can be a symptom of obsessive-compulsive disorder but obsessive-compulsive ritualistic behaviors are generally isolated activities.

Rituals appeal to tradition and are generally continued to repeat historical precedent, religious rite, mores or ceremony accurately. Traditionalism varies from formalism in that the ritual may not be formal yet still makes an appeal to the historical trend. An example is the American Thanksgiving dinner, which may not be formal, yet is ostensibly based on an event from the early Puritan settlement of America. Historians Eric Hobsbawm and Terrence Ranger have argued that many of these are *invented traditions*, such as the rituals of the British monarchy, which invoke "thousand year-old tradition" but whose actual form originate in the late nineteenth century, to some extent reviving earlier forms, in this case medieval, that had been discontinued in the meantime. Thus, the appeal to history is important rather than accurate historical transmission. See photo number: 14

Chapter Four

Potentiality of Tourism in Gandaki Rural Municipality

4.1 Introduction

Tourism is the temporary short-period movement of people to destination outside the places where they normally live, work; and activities during their stay at these destinations. Tourism is a major economic activity that has developed significantly over the years. An activity can be recognized in both developed and developing nations. Use of modern technology in the tourism industry in today's context is very crucial and booming of this industry relies on modern technology (Hassan, 2021, p. 5).

In general, terms, tourism is the movement of a person from one place to another to visit and mesmerize the beauty of that place or to have fun. Moreover, the concept of travelling is considered a luxury and only people with higher income can afford this luxury. In rural areas, ecotourism is one of the widely used approaches for the conservation and community development. It highly focuses on the low impact and no consumptive use of local resources and adheres on the local economic benefit (KC, 2017, P.5).

The ancient history of our culture has left behind exquisite monuments and temples together with archaeological finds for the tourist who is interested in them. Besides this, our country has been blessed with natural scenic beauties, right from the fertile terai region to the majestic mountains and hill stations. There is a very high potentiality of heritage tourism as well.

The exploring of the tangible and intangible remnants of the past is known as heritage tourism (Kunwar & Chand, 2016, p.9). Gandaki Rural Municipality has a huge tourism potentiality. The sum of the natural, anthropogenic and material resources and conditions necessary for a destination management constitutes tourism potentiality. Advancement in public infrastructure including transport is essential for the development of high-class resort service and tourism facilities in the destination (Prideaux, 2007 p.54).

4.2 Natural tourism activities

It is tourism based on the natural attractions of an area. Examples include bird watching, photography, stargazing, camping, hiking, hunting, fishing, and visiting parks. These experiential tourists are interested in a diversity of natural and cultural resources. They want

is real and they wanted to be immersed in a rich natural, cultural, or historical experience. Tourism should be focused on staging memorable experience and focus on the destination management organisations to create more better tourism products (Mariani et al., 2014, pp. 174).

From the standpoint of conservation, nature-based tourism provides incentives for local communities and landowners to conserve wildlife habitats upon which the industry depends. It promotes conservation by placing an increased value on remaining natural areas. As nature tourism becomes more important to the local economy, communities have additional incentive to conserve their remaining natural areas for wildlife and wildlife enthusiasts.

Gandaki Rural Municipality is very rich in nature and culture. There are diverse landscape and biodiversity in this region making it unique. Different tourism activities are run or organized in this region by the few tourism entrepreneurs to promote the area. Tourism companies and destinations should utilize ecological sustainability as a premeditated marketing tool (Mariani et al., 2014, pp. 278).

4.2.1 Trekking

Nepal has attracted trekkers from around the world since the 1960s when Col Jimmy Robert's organized the first commercial trek. Trekking has been the leading activity of tourists in Nepal and thousands take to the Himalayas, some doing a few days of hiking while others take on a month long trek through valleys and High Mountain passes. Two of the most popular trekking regions are the Everest and Annapurna where many different trails can be followed while the other popular treks are in the Langtang and Kanchenjunga regions.

Trekking is a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery. It usually takes place on trails in areas of relatively unspoiled wilderness." Trekking is the most popular activity in Nepal, and travellers will be bombarded on the streets of Kathmandu and the trekking hub, Pokhara, with guides, organized tours and gear for sale or rent. The huge variety of options allows for people of many ages and capabilities to attempt a trek in the country. While you could spend a year planning an expedition to wild and lofty places that few would dare attempt, you could also arrive in Kathmandu with no plans and be on the trail in a matter of days.

There has been great tourism potentiality in the Gandaki Rural Municipality.

Some the trekking and walking tours potentialities in this region are:

- 1) Benighat-Siurentaar-Benni Gaon-Pokharitar-Bhumilichowk-Fishling
- 2) Fishling-Bhumilichowk-Bhairavi Temple-Chisapani-Tanglichowk-Manakamana

Above mention route has great potentialities due to offbeat trail, untouched cultural heritage and landscape with mesmerizing snowy peak of Mt. Manaslu, Baudha Himal and Shringi Himal etc. It is an authentic trek where you will experience real Nepal as trekker/ traveller will get direct opportunities to contact with local communities due to Homestay activities. Such kind of trek is more about the experiencing both the cultural and natural heritage. See photo number: 15

4.2.2 Bird watching

Nepal is a bird watchers' paradise with national parks and conservation areas making up a large part of its territory. More than 850 species of birds are found in Nepal, and surprisingly a good number of these birds can be spotted in and around the Kathmandu Valley alone. Bird watching is possible in any corner of Nepal, be it in the sweltering plains where Koshi Tappu, Chitwan and Bardiya are the main sites while in the mountainous region, the Everest and Annapurna regions boast other well-known species of birds.

Gandaki Rural municipality covers an area of 123.86sq.km with 400 m sea level to 1750 m high. The climatic condition in this region, range from sub tropical to temperate climate. Bird watchers cannot miss this wonderful municipality, which abounds in birds of all kinds. It's a place where one sees trees packed with birds as if posing for a photograph.

In the higher regions are found the raptors and birds of prey of which there are numerous species. Nepal's national bird is the lophophorous, Impeyan Pheasant locally called *Danphe*, which is found in the Himalayan region, can be encountered. Bird watching trips can be organized by most local travel agents and are accompanied by experienced naturalists.

4.2.3 Rafting and kayaking

Nepal boasts the most scenic and diverse white-water experiences on the planet. From short trips for beginners to long trips lasting days, the trip takes rafters from the Himalayan region to the (Terai) plains. There are more than a dozen rivers for rafting.

Nepal's rivers descend from the highest mountains of the world, growing bigger along the way. Rafters enjoy breaks and meals along stretches of white sandy beaches. There are also stops at waterfalls where people swim in the pool and take a shower in the natural waters flowing down. Water sports and hikes are also part of the adventure along the riverside.

Some of the popular rivers for rafting are the Trisuli, Marshyangdi, Karnali, Seti, Sunkoshi and more. Rapids vary from river to river and are graded by experts which give rafters some idea of what to expect on the trip. It's a day or several days of fun floating down the river enjoying beautiful scenery, sometimes views of distant mountains, and resting on white sandy beaches. Rafting is also used as a means to get to Chitwan National Park by reaching Narayan Ghat the put out point where the trip ends and a road journey begins.

In Gandaki Rural Municipality, there are 2 big rivers like Budhi Gandaki and Trishuli River. One can plan a short rafting trip which lasts from a day to three days, or longer trips which offer relaxing camp stops combined with short treks along the river lines into rich evergreen forests and sparkling waterfalls.

Some of the rafting trip organized in Trishuli River,

- 1) Charaudi-Fishling-Kurintar
- 2) Fishling-Muglin-Chitwan

Some of the rafting trip organized in Buddhi Gandaki River,

- 1) Arughat-Lakhan-Darbunghat
- 2) Phujelghat-Darbunghat-Bennighat

You could also sign up to be a part of the growing kayaking community in Nepal. It is the perfect opportunity to enjoy a bit of socializing mixed with nature and thrill.

4.2.4 Mountain biking

Hurling down dirt roads on a mountain bike and getting an adrenaline rush is the biggest thrill for mountain bikers. Nepal is just the country for such high-spirited people adventure seekers. There are endless possibilities for bikers in Gandaki Rural Municipality.

Some of the mountain biking trails in Gandaki Rural Municipality are as follows:

- 1) Dhungagade-Pokharitar-Chisapani-Hawal-Fishling
- 2) Pokharitar-Dandagaon-Dala bhangjyang-Tanglichowk

The dirt trails up and down the hilly's edge lead to far flung settlements where one can enjoy superb views of snow capped mountains, verdant valleys and lush green terraced hillsides. The higher you climb the better the view and the clean mountain air rejuvenates your tired body. Once out of the valley, there are endless rows of hills, waterfalls and spectacular views of mountains that loom large in the background.

Ride through lush green rice fields, delightful little hamlets, up and down the hills, along riverbanks, around temples, past stray cattle, over suspension bridges and along highways. Mountain bikes can be easily rented for the day or even longer from one of the numerous bicycle rental shops in Thamel and around the city. Take a guided bike tour to understand the local culture, rhythm of simple village life and to visit interesting sites, which you would otherwise miss on your own. Get to know the real Nepal through one of the most enjoyable sport of biking.

4.2.5 Paragliding

Nothing can beat the thrill of being up in the sky, flying like a bird in the thermals all the while enjoying views of snow capped mountains, pristine lakes and verdant valleys like nowhere else on earth. With experienced pilots to guide you through the skies, it is an experience of a lifetime. You may fly again someday, but you will never enjoy the same spectacular views. Choose from tandem flights to fully certified paragliding courses, solo flights or even go paragliding accompanied by hawks!

With the low-lying valleys and the high cold mountains, Nepal provides some of the best paragliding experiences in the world with its natural rising thermals. Paragliding has been in vogue in Nepal since 1995 and the sport is getting ever more popular.

Gandaki Rural Municipality has great possibilities of Paragliding. Some of the potentialities point of Paragliding is as follows:

- 1) Okhal Danda
- 2) Moonthala

Paragliding has been conducted from Okhal Danda as a survey. There has been a great possibility due to scenery and landscapes. If you do not have your own equipment, or chose

not to bring it to Nepal with you, then you can hire them in Nepal if you want to fly on your own. Due to the risks of being too close to the flying paths of domestic airlines, you are not permitted to just launch as a private pilot. Therefore, it is important to get familiar with and follow the flying policies and regulations of Nepal. See photo number: 16

4.2.6 Mountain view

Whether you have only one day or several weeks, Nepal offers the best mountain viewing options in the world. Take a trip to Nagakot or Dhulikhel from where there are panoramic views of the Himalayas. Whether it is a Mountain flight or a gruelling trek to the Everest or Annapurna's; from the time you are flying in, you will be blessed with gorgeous views of snowy peaks.

The Himalayas form the northern border of Nepal with Tibet and Kathmandu is approximately 65 km in a straight line from the border so it is possible to get many fantastic views of the greater Himalayan range within a short driving distance from your hotel in Kathmandu.

There are countless destinations for mountain views since you can get up close to the Himalayas as the process of road development continues. In Gandaki Rural Municipality too, there are hill point to view Mountains and landscape. Some of the famous Gandaki Rural Municipality viewpoints are Koldanda, Pokharitar, Benni Gaon, Tanglichowk. From these view point one can view the beautiful sunrise and sunset with mountains likes Mt.Manaslu , Mt.Ganesh Himal, Baudha Himal, Shringi Himal, Nagdi Chuli, Himalchuli etc and hilly landscape of Central Nepal. See photo number : 17

4.2.7 Jungle / Nature walk

Jungle walk is one the adventurous and entertaining activity. One can walk through dense forest around the natural habitat of the wild animals during the jungle walk. The tourist and the guides are not allowed to carry any weapon during the walks but the guides offer tips for safety at the start of the walk. The danger of sudden encounter with wild animals is always present during the jungle walk.

The majority of these encounters involve wild elephants and rhinos. Thus, maximum caution should be exercised during the walk that provides opportunity to observe the wild life from up close. It is always a wise decision to take the aid of experienced guide during Jungle walk. The guides take the tourist for 5 to 10 km walk at one time offering a chance to observe the wild animals and birds. One should not make the slight noise during the walk.

Walk out and stretch your leg into the forest accompanied by a professional as they share their extensive knowledge with you on your way to prime spots in quest of rare and endemic species.

Visitors can enter the Jungle Pokharitar, Dhungedada and other various places, but the famous route to enter is Pokharitar. You can enter the jungle and feel the nature from the close by yourself but we suggest having a guide or you should be aware of the dangers that might come in between.

4.3 Cultural tours

Nepal is a melting pot of many cultures and religions all co-existing in perfect harmony. Take a cultural tour in the Kathmandu Valley to discover the founders of the valley civilization, the Newars who even today occupy central Kathmandu, which was the original city. On the other hand, take an ox cart village tour in the Terai region to truly discover how diverse the population of Nepal really is.

Depending on where you travel within Nepal, you will encounter people of various ethnic groups. The general distribution goes like this: there are Newars in Kathmandu valley mixed with many different ethnic groups that migrated here. In the lower hills live the Brahmins and Chhetris along with many others. As you climb higher, you encounter Tamangs who generally live along the hilltops. Further up, in the mountainous region where it snows live the Sherpas who have adapted to the high altitude. The group known as Kirants live in the east also in the hilly and mountainous regions. There are many other groups spread around like the Magar and Gurungs. Religions vary from Hindu to Buddhist, to animists, to Christians and Muslims. The tribes living in the higher regions are generally Buddhist.

Nepal is divided into three layers, according to its geographical settings - Himalayan region, Mid-hills, and Terai region (flat plains). Himalayan region is the home of the legendary Sherpas, who are renowned for climbing Mt. Everest world highest mountain in the world and many other mighty and beautiful peaks.

Gandaki Rural Municipality has tourism potentiality in cultural tours as many hill tribes of Nepal like Gurung, Magar, Rai, Limbu, Tamang, Chettris, Brahmins, Newars, etc populate Mid-hills of Nepal. Before the unification of modern Nepal, Gurung, Rai and Magar had their independent countries, and still have their independent culture; manner of practicing religion, language, cuisine, music and dance, and their architectural settlement is distinctly different.

4.4 Village tours

Whether you are in the southern jungles of Nepal, the culturally rich valleys or high in the mountains, taking a village tour you will witness traditional life in Nepal intact. It is a fascinating opportunity to discover people living a life that seems frozen in time.

More than 75 percent of Nepal's population is dependent on agriculture, animal husbandry, and fishing, which shows that the majority of the Nepal's population live in villages.

In rural areas, ecotourism is one of the widely used approaches for the conservation and community development. It highly focuses on the low impact and no consumptive use of local resources and adheres on the local economic benefit (KC, 2017, P.5).

Guests can learn a lot about farming from the people in the village; about the time and season of cultivation and time for harvesting. They will show their natural skills, making ends meet using nothing more than natural resources. What amazes visitors is how they seem so happy with so little. This is true for most village people in Nepal and that impacts the visitors.

Community home stays are giving visitors an opportunity to experience life in a village. Stay with a family in a remote village, eating with them and watching their traditions first hand. You get a peek into rural Nepal at close quarters, some of these also include cultural programs, indigenous songs, and dances performed by local youth, something you will take back home and remember for a long time.

Gandaki Rural municipality has great possibilities to offers a wide range of village tours.

Some of the village tours can be conducted are:

- 1) Beni Gaun Village Tour
- 2) Chisapani Village Tour
- 3) Tanglichowk Village Tour
- 4) Raniswara Village Tour

- 5) Makai Singh Village Tour
- 6) Pathiswara Village Tour
- 7) Dadagaun Village Tour

4.5 Food & Culinary tour

Nepal's most distinctive dishes are probably *dal bhat* (rice and lentils) and the popular *momos* (dumplings). However, Kathmandu has become the food capital of the world as the international cuisine that is available around the valley is quite impossible to find in any other city. From continental, Italian, Mexican, Russian to Indian, Chinese, Thai, Malaysian, Vietnamese, Burmese, Thai, Singaporean, Korean, Japanese and even Naga food, you name it, all within a few square miles. Then there are the amazing variety of local cuisine such as Thakali, Newari and food of the ethnic minorities.

Gandaki Rural Municipality has many ethnic groups, which offer a wide range of cuisine.

People of mid-hills of Nepal are renowned for their heavy and delicious lunches.

There is no better way to understand Nepal and the Nepali people, than through their cuisine. Nepal does not have one distinct cooking style. However, food habits differ depending on the region. Nepali food has been influenced by Indian and Tibetan styles of cooking.

Gurung ethnic group food cuisine:

- 1) *Kodo Dhendo-Gundruk ko Achar / Bhatmas/Kodo Raksi, Cell roti.*

Magar ethnic group food cuisine:

- 1) *Batuk*
- 2) *Pork Meat*
- 3) *Gittha / Vyakur*

Chhepang ethnic group food cuisine:

- 1) *Githha / Vyakur*
- 2) *Sisno / Dhindo*
- 3) *Taaki Ko Saag*

Newar ethnic group food cuisine:

1) Samey Baje

The regular Nepali meal is *dal* (lentil soup), *bhat* (boiled rice) and *tarkari* (curried vegetables), most often accompanied by *achar* (pickle) or just raw chillie. Curried meat is very popular. Acquired from Tibetans, *momos* (steamed or fried dumplings) deserve a mention as one of the most popular snack among Nepalese. Especially office goers also take it as a whole meal during lunch. *Rotis* (flat bread) and *dhedo* (boiled flour) also make meals in some homes especially in rural areas. See photo number : 18, 19, 20

4.6 Tangible cultural activities

Gandaki Rural Municipality comprises of 8 ward with full of diverse ethnicity and biodiversity. There are beautiful villages like Makai Singh Village, Tangli Chowk, Pateswara Village, Beni Gaon, Chisopani village, Dalabhanjyang village, Raniswara village, Hatiya village, Hiklung village, Thunka village. Village and settlements are mostly found in the top of the hill or in the mountains, and settlement is found in the corners of hill and plains. Settlements pattern of Magar community of Pakuwal village are shown in fig.2, fig.3 and fig.4 respectively. In some places, on the low plains just below the top of the hill, there is the village. In earlier societies, when one settlement was at war with another settlement or one of the head of a village is at war with other head of the village, the hilltop settlement is view as the best to protect from attacks. Therefore, the main reason for the dense population of Gurung, Magar, Chhepang, Newar, Brahmin, Chhetri, Kami and Damai on the top mountain for security.

Gurung and Magar people have deep culture spirit of living together. Gurung and Magar settlements or community is dense and crowded. In early stage Magar people used to hunt the animals and search the food like yam etc, such practices are still yet as for entertainment.

Houses are built according to the style of the geographical features and resources found (Bista, 1967, P.68). Most traditional house of Magar is the two-storey stone house with thatch or in some cases slate roofing. Many of the smaller houses in the western communities are round oval in shape and washed with ochre or reddish mud. Magar houses in the eastern hills are never round and are most often whitewashed. They have stonewalls and wooden shingle roofs, and are two storied with a *verandah* along the front. Some of the northernmost houses have flat roofs and consist of three storeys, the bottom one being a shelter for animal.

There are various famous temple in Gandaki Rural Municipality like Bhairavi, Moonthala Mahadevthan and Devisthan. Most of these temples are of powerful goddess.

4.7 Religious tour

Religious tour can be defined as travel with the core motive of experiencing religious forms, or the products they induce, like art, culture, traditions and architecture. Being one of the most ancient civilizations of the world, Nepal has been in contact with almost all the major religions of the world, and despite being dominated by Hinduism in the present context, religions like Islam, Buddhism and Christianity have also influenced a sizeable portion of the population, apart from niche religions like Sikhism, Jainism, Vaishnavism, that grew as an offshoot to the major religious schools of thought.

4.8 Intangible culture

UNESCO a recent term introduces intangible cultural heritage or culture in order to distinguish with tangible cultural heritage, which had been commonly known as cultural heritage as defined in the UNESCO 1972 Convention Concerning the Protection of the World Cultural and Natural Heritage. In its definition, the 1972 Convention considers monuments, groups of buildings, and sites as cultural heritage. Although the 1972 Convention is intended to provide an international legal framework for the protection of cultural monuments, cultural and natural sites, landscapes, its definition of cultural heritage excluded the intangible elements that also need to be considered as cultural heritage and protection.

4.8.1 Festival observations

Festival is an ordinary and special event celebrated by a community and focusing on some aspect of that community and its religion and cultures. Festival marks the identity of community. Festivals are the part of human cultures. In Nepal, there are many national festival and ethnical festival. All the festival relates to socio-culture, religions and physiological emotion of human being. All the festival celebrated has their own importance and entertainments. Likewise, religion related festival gives more philosophical religious satisfaction. Festival creates the social harmony and peacefulness in community among each other.

National festivals are those festivals that are celebrated across the country with great fanfare and joy. About the National festival, commonly everyone has information and their own way of celebrations and practices.

Dashain

Dashain is the biggest festival of Nepalis. Although this festival is celebrated with various cultural rituals practices from *Ashwin Shukla* to *Purnima*, the main day is *Dashmi Tithi* . There are other special and recognized day like *Gateshthapana*, *Phulpati* , *Maha Asthami* , *Maha Navami* and *Vijya Dashami*. *Dashain*; it represents the victory of the goddess Durga. In Hindu mythology, the demon name called *Mahishasura* had created terror in the Devaloka) but Durga killed the *rakshah* in the tenth day. People travelled and gathered together celebrated by performing different cultural activities, dancing, eating together with much fanfare and happiness. This festival marks religious and socio-cultural belief among each other in Nepal.

On the day of *Vijayadashami*, the people of Gandaki Rural Municipality take the blessings of *Tika Jamara* from the hands of the eldestone of all the clan. Gurung and Magar ethnic group of Gandaki Rural Municipality goes to *Mama ghar* for *Tika* and *Jamara*. On the date of occasion, specific time is looked for *Tika* and *Jamara*, whereas the practices has been changed due to movement necessary.

After the receiving the blessings of *Tika Jamara* from the hands of the parents (Father and Mother) , the tradition of receiving the blessing of *Tika Jamara* from the hands of brothers, and then *Maawali* . This tradition is prevalent in almost all the Magar community.

Tihar

One of the greatest festivals after Dashain Festival is Tihar Festival. Tihar festival; simply known as Festival of lights or Festival of sister brotherhood. According to the *Vikram Samvat* calendar, the festival begins with *Kaag Tihar* on Trayodashi of *Kartik Krishna Paksha* (the 13th day of the waning moon) and ends with *Bhai Tika* on Dwitiya of *Kartik Sukla Paksha* every year.

The first day of Tihar Festival is called *Kaag Tihar*. Crows and ravens are worshipped today; they are believed to be the messengers of the death god *Yama*. People in the village offers food of grains, seeds, and sweets placed on the roofs or out on the streets.

The second day is called *Kukur Tihar*. This day is marked by worshipping all dogs: whether pets or strays, by placing a *tika* on their forehead, garlands of marigolds around their neck, and serve with delicious food. This day marks the special relationship between humans and dogs, where dogs are thanked for their loyalty, service and companionship.

The third day of *tihar* festival is one of the main festival; a cow festival. The cow is an especially important animal in Hinduism and is considered sacred. The cow is the *vahana* of the goddess of wealth *Lakshmi* and is thus associated with prosperity. Nepali Hindus people show their gratitude to the cow by feeding them and worshipping them with *tikas* and garlands. *Lakshmi*, the patron goddess of the festival, is welcomed into homes that have been cleaned and the doorways and windows decorated with garlands made out of marigolds. *Diyas* are put up all around the home, especially in doorways and windowsills, while electric lights are draped over houses in the belief that the goddess will not visit dark homes. A special puja is offered to *Lakshmi* in the evening, wishing for wealth, prosperity and good health. In the evening, young girls go around the neighbourhood, singing and dancing in a tradition called *bhailo*. They are offered small amounts of money and food as rewards for the entertainment they provide. They share amount or things equally. Fireworks are also common on this particular day.

The fourth day of *Tihar* is *Govardhan Puja*. In this day ox is worshipped placing a *tika* on their forehead and garlands of marigolds around their neck. In Hinduism, The ox is seen as an analogue as the ox provides manual labor, especially important for an agricultural country like Nepal. Vaishnav Hindus also perform *Govardhan Puja*, which is worship towards the holy *Govardhan* Mountain. A pile of cow dung is taken as representative of the mountain and worshipped.

The fifth and last day of *Tihar* is called *Bhai Tika*. This is the final day of festival, which is celebrated with much fanfare across the country, brothers and sisters mark their special bond by worshipping each other and sharing long live relation. Thus, on the fifth day of *Tihar*, sisters create a protective barrier of holy water and blessed oil around their brothers, circumambulating them several times. A special garland made out of the *makhmali* flower is placed around the brother's neck, as this flower is known for its long life. The *tika* placed on the forehead of the brother is also unique in that it consists of seven different colors. The brother also places the *tika* on the sister's forehead.

The ceremony is performed regardless of whether the brother is older or younger than the sister and first or second cousins are also eligible for the ceremony. In the end, the brother touches the feet of their sisters with their forehead, signifying love, respect and devotion. The brothers receive a variety of cooked food such as selroti, fruits and packaged food while the sisters receive cash or other gifts such as clothing.

Gandaki Rural Municipality village people also celebrates this festival with great joy and happiness. Deusi Bhailo is played with great joy and entertainments. Deusi Bhailo is lead by the eldest and member to youngest one. They play Deusi Bhailo to each household of among eachother.

Chandipurnima

Chandipurnima is celebrated on the full month of *Jestha* . It is an auspicious day, marking the birth of Lord Siddhartha Gautam Buddha. On this day, people go to monastery pray, offer the donations, and light the butter lamp. People celebrate with great joy and fanfare. Some of the villages in Gandaki Rural Municipality organises the ritual ceremonies. In some gurung and magar ethnic groups, they practices the nature worshipping, therefore sacrifice the chickens.

Tamu Lhosar

Abiding the lunar calendar Tamang, Magar, Gurung and other Himalayan communities of Nepal celebrate Tamu Lhosar as their New Year during the month of December. Monasteries are attractively adorned with colourful decorative items.

People take blessings from monks for their progress, prosperity and happiness. Each home raises a flag on top of its roof. A party is organized at home and invitations are forwarded to relatives and friends. Delicious food, music and dance become the essence of party. Greetings and gifts are exchanged.

Gurung community in the country is celebrating Tamu Lhosar, the Gurung New Year festival, with much fanfare. As the meaning of Lho refers to year and Sar means to change, this day is called Tamu Lhosar in the community. Tamu Lhosar is also related to the sunrays as. It is said this festival is marked on Poush 15 as the sun rays first arrive in the districts of Lamjung, Gorkha, Tanahun, Syangja, Manang, Kaski and Parbat the areas with Gurung majority population. After the Gurungs observe this festival, the Tamangs and Sherpas mark

this festival in the coming months respectively. Since the days become longer than the nights after *Poush* 15, this festival has great significance.

4.8.2 Song and dance observation

Every ethnic community living in the Gandaki Rural Municipality belts have their own traditional songs and dances. The people of Gandaki Rural Municipality have their own songs and dances which are distinct in their own way.

Cultural dance generally refers to the traditional dance practices performed since ancient times. Such cultural dance is the important part of community and its continuity is essential for the preservation and promotion of the culture and tradition. This type of cultural dance, are performed in certain way. They also wear traditional dress while performing these dances and certain acts is done to convey stories or message to the community. There are male dances and female-male dances according to celebration and ceremony performed.

With the change of the times, forms of arts including dance also change and develop according to the conditions of each region. Usually these changes are influenced by political, economic, and social factors. See photo number : 21

4.8.3 Rituals and rites observation

Various ethnic groups have their own distinguish culture and activities according to the geographical approach .In the mid hilly region of Nepal; a Magar ethnic group has been adapting the cultural activities according to their sustainability of life process and connectivity among other. The peace loving nature and honest people who loves to enjoy togetherness among each other has created their own way of cultural activities and rituals. In the earlier times, Magar like all other tribal groups followed an animistic tradition and most of the religious ceremony centred round the worship of ancestors and appeasement of the elements. Magar have long been connected with Indo-Aryan peoples (Brahmins and Khas) and have been largely influenced by their religious and cultural beliefs. Bista states that historically they have employed Brahman priests for most of their significant religious ceremonies such as naming, marriage and death (Bista 1967: p.67-72).

Different community has been able to create a different beautiful tradition of being togetherness in nature. Still, we can observe their cultural and ritual activities like language, religion, festival, ceremonies, dance and song etc, Due to this distinguish cultural features;

we can identify them like Gurung, Magar, Chepang, Brahmin, Newars etc. Culture activities and ritual are the basic human needs for family and society with period of time; there has been change in a way of celebration but not in approach and respect.

Destination Management

Destination Management plays an important role in tourism to attract the traveler or explorer. In Destination Management in tourism , there are 4 important points. They are as follows.

1) Attractions

Gandaki Rural Municipality has lots of attractions point with both naturally and culturally which are mentions above. It's play key role for the movement from one place to another and provide the opportunities .

2) Accessibility

Gandaki Rural Municipality developments has not a fully accessibility to each and ever corner. As accessibility plays important role in movement and travel to explore. Gandaki Rural Municipality is adjoin with 90k.m highway of Prithivi Highway of Nepal. Lots of accessibility still needs to be done to make it more accessible to traveler.

3) Accomodations

Gandaki Rural Municipality has a different types of accomodations facilites to accomodate. There are hotels to homestay facilities where one can enjoy their holidays in relax and more culturally. Due to less hotels and only hotels in major destinations; it's unable to caters the traveler to other areas . Homestay are runned but due to less training and facilities it's not able to attract as much as more . More accomodations should be developed and cater to attracts the travelers.

4) Amenities

Gandaki Rural Municipality has not been able to provide a good ammenities facilites to faciliate the traveler. But slowly establishment of the tourism information center in the major destination provides the meaningful informations of the area to be visited, wifi connections are in verge to connect . Brochure and Maps are underway to developed so that travelers can freely move from one place to another place without hesitations .

Chapter Five

Conclusion

Conclusion

Overall, Gandaki Rural Municipality is full of rich natural, cultural (Tangible/Intangible) heritages sites and has great possibilities of tourism activities. Gandaki rural municipality has very diversified natural resources. It has unique ecology and topographic features. Many types of flora and fauna are found here. It has also abundant rivers, lakes, waterfall and dense forest. Main available flora are Chilaune, Katus, Bayer, Bel, Dudauli and such. Fauna like fox, jackal, deer, rabbit, porcupine, squirrel and bear are found here. Budhi gandaki and trishuli are the main river of this municipality. Beside this many small rivers like pashupati khola and dhora khola are abundantly found. Many lakes and water fall are also found here. This municipality has diversified and unique natural resources that attract tourist and provide them unique experience.

There are various hill station that has great tourism potentialities in Gandaki Rural Municipality itself like Pokharitar, Koldanda, Munthala etc which has fabulous views of Himalayan peaks like Mt.Manaslu, Mt.Ganesh Himal, Mt.Baudha Himal, Mt.Shringi Himal and many more with beautiful views of valley landscape of hills terraces. Also some of these places have potentialities of Paragliding. Gandaki Rural Municipality is very rich in natural biodiversity. Its rich historical background, unique topography and rich cultural heritage makes it paradigm where tourism can flourish largely if fully explored and optimally managed.

The municipality and government tourism board should focus on the tourism aspect and start for the action to act and plan sustainability. So far, it's found that the huge tourism potentiality of Gandaki Rural Municipality has been obscured by the poor governmental tourism policies and regulations, lack of research and pragmatic approach to exploring tourism potentialities and developing it.

These temples and monasteries are historically and religiously important and are very significant from tourism viewpoint. Many people have great belief and pay homage. Therefore, there is great tourism potentiality of Pilgrimage Tourism. Pilgrimage tourism is the type of tourism that entirely or powerfully motivates tourists for the achievement of

religious attitude and practices. One of the oldest types of visiting the attractions and a global experience in the olden times of spiritual growth, it can be differentiated into different forms. The temporary religious sightseeing is well known by excursions to close by pilgrimage centres or religious conferences.

In order to facilitate the luxurious and conventional travel, the entire gravelled and earthen road network should be black topped. New trekking trail should be explored and avoided in align with the road in order to attract more domestic and international tourists. The transportation should be viable all year without any problems. In case of Pokharitar, there can be done various plan to make it more beautiful even itself it is beautiful naturally. A proper DPR is needed to it, which can make it worthwhile to attract the tourism flow.

Okhal danda is one of the best points for the Paragliding to be. There has been several efforts done to make tourism attraction point due to lack of infrastructure and proper promotion campaign, the place has been lagging behind in tourism aspects. From the Okhal Danda to Fishling paragliding is fabulous to experience to Himalayans, Hills and Rivers.

Munthala is holy shrines in the top. The place has a great potentiality of tourism attraction. The place should be managed and some of the infrastructure like preserving the Munthala temple should be done wisely. Inn should be built to facilitate the pilgrimages. To promote and take step forward for the tourism, Gandaki Rural Municipality should develop the proper infrastructures, some of the places there should be Inn house for traveller travelling / visiting, sign board should be kept, picnic spot should be managed and toilet should be made accordingly following the instruction of parameters, information centre should be formed etc.

In gist, to make tourism successful in Gandaki Rural Municipality, both the government and local participation is necessary. Therefore, such a partnership should be created where local can be benefited with various opportunities. Government should encourage, facilitate and welcome more investment in the tourism industry by creating an environment which will guaranty the investment is safe. Grass root level and inclusive participation should be organised for the development of tourism.

This thesis mainly focused on tourism aspects of Gandaki rural municipality. Natural and cultural resources of Gandaki Rural Municipality was thoroughly studied, analyzed and interpreted for the understanding of tourism potentiality. This research studied has enabled in understanding of Gandaki rural municipality from tourism prospects. This will be of great aid

for researcher interested in tourism of Gandaki Rural Municipality. However, this research did not look into socio-cultural, economic and political aspects of Gandaki Rural Municipality. Such aspects could be of further research and studies.

As I think the biggest thing I took away from the observing - Gandaki Rural Municipality has distinguish culture and tradition due to their geographical features and a bit of historical movement background. The majority of respondents have indicated a desire to read and explore about something related to their Gandaki Rural Municipality, religion, history culture and anything else about themselves. It has become essential to respect, preserve, save and confined the culture that has been passed from generation to generation to make the way of life more comfortable and sustainable with the present context through the tourism potential. Cultural heritage should therefore be treated in a dynamic and flexible way. It does not stand in isolation from the surrounding tangible heritage; rather it constitutes a valuable part of the record of human development.

To attract the more travelers, Gandaki Rural Municipality has to make a master plan in tourism as it has the great potentiality of cultural tourism. Gandaki Rural Municipality should focus on Private sector, Public communities and work together in partnershp to have fruitful outcome in cultural tourism as it's one of the best way of opportunities of employments .

Name List of Interview

S N	Name	Place	Date of Interview (B.S)
1	Jeewan Gurung	Agridada	20/010/2077
2	Tul Bahadur Gurung	Chisapani	21/010/2077
3	Bharat Gurung	Chisapani	21/010/2077
4	Resham Chepang	Wane	22/010/2077
5	Ran Bahadur Chepang	Bhadaure	22/010/2077
6	Bishnu Thapa	Chipleti	23/010/2077
7	Sakar Timalisina	Ghyalchok	24/010/2077
8	Miraj Gurung	Bhumlichok	20/010/2077
9	Lekha Bahadur Thapa	Balaki	22/010/2077
10	Ishwor Rana	Bhumlichok	20/010/2077
11	Gam Bahadur Thapa Magar	Kulchhap	21/010/2077
12	Til Maya Thapa	Dalabhanjyang	25/010/2077
13	Hari Shrestha	Bijaure	20/010/2077
14	Topman Shrestha	Makaising	26/010/2077
15	Mukti Rasaili	Buttar	20/010/2077
16	Shekhar Shrestha	Darbung	27/010/2077
17	Bimal Gurung	Bhumlichok	20/010/2077
18	Ran Bahadur Gurung	Chisapani	21/010/2077
19	Dhambu Shrestha	Hatiya	20/010/2077
20	Beli Shrestha	Dadagaun	22/010/2077
21	Tulasi Regmi	Ghyalchok	24/010/2077
22	Ram Prasad Regmi	Ghyalchok	24/010/2077
23	DB Gurung	Bhumlichok	20/010/2077
24	Kul Bahadur Chepang	Tomandada	20/010/2077

References

- Bhattarai, T. (2003). *Tourism Management*. Kathmandu: Ishwori books and stationary
- Clarke, J. (2005). *Effective Marketing for Rural Tourism*. London: SAGE
- David, B. (1997). *Tourism strategies for Rural Development*. Sackville, New Brunswick.
- George, R. (2001). *Marketing South African tourism and hospitality*. Cape Town, South Africa: Oxford University Press.
- Gandaki Rural Municipality. (2020, January 2). In *Wikipedia*. Retrieved on 01/02/2021 from https://en.wikipedia.org/wiki/Gandaki_Rural_Municipality
- Glossary of tourism terms* | UNWTO. (n.d.). Retrieved on 05/04/2020 from <https://www.unwto.org/glossary-tourism-terms#:~:text=Tourism%20is%20a%20social%2C%20cultural,Personal%20or%20business%2Fprofessional%20purposes.https://www.unwto.org/glossary-tourism-terms#:~:text=Tourism%20is%20a%20social%2C%20cultural,personal%20or%20business%2Fprofessional%20purposes.>
- Hassan, A. (2021). *Tourism Products and Services in Bangladesh: Concept Analysis and Development Suggestions* (1st ed. 2021 ed.). Springer.
- Hall, C.M. (2003). *Tourism, mobility, and second Homes: Between Elite landscape and common ground*. Clevedon: Channel View Publications.
- Holloway, C. J., & Humphreys, C. (2020). *The Business of Tourism* (11th ed.). SAGE Publications Ltd.
- Himalayan Glacier 2014. *Prospects of Tourism In Nepal*. Retrieved on 8/09/2019 from <http://www.himalayanglacier.com/blog/prospect-of-tourism-in-nepal.html>

Jongmeewasin, S. (2018, May 10). *Religious Tourism, Pilgrimage, and Cultural Tourism*.

Academia. Retrieved on 17 July 2019 on from

https://www.academia.edu/12252237/Religious_Tourism_Pilgrimage_and_Cultural_Tourism

Khadaroo, J., & Seetanah, B. (2008). The role of transport infrastructure in international tourism development: A gravity model approach. *Tourism Management*, 29(5), 831–840. Retrieved on 01/05/2019 from <https://doi.org/10.1016/j.tourman.2007.09.005>

KC, A. (2017). Ecotourism in Nepal. *The Gaze: Journal of Tourism and Hospitality*, 8, 1–19. <https://doi.org/10.3126/gaze.v8i0.17827>

Kunwar, R., & Chand, U. (2016). *Natural Disaster and Heritage Tourism in Nepal*. LAP LAMBERT Academic Publishing.

Kozak, N., & Kozak, M. (2019). *Tourist Destination Management: Instruments, Products, and Case Studies (Tourism, Hospitality & Event Management)* (1st ed. 2019 ed.). Springer.

Kunwar, R.R.(2002). *Anthropology of Tourism: A Case Study of Chitwan-Sauraha, Nepal*. Delhi: Adroit Publishers.

Lickorish, L. J., & Jenkins, C. L. (1997). *Introduction to Tourism* (1st ed.). Butterworth-Heinemann.

Mariani, M. M., Buhalis, D., Czakon, W., & Vitouladiti, O. (2014). *Tourism Management, Marketing, and Development: Performance, Strategies, and Sustainability* (1st ed. 2016 ed.). Palgrave Macmillan.

Oppenheim, A.N. (2000). *Questionnaire Design, Interviewing and Attitude Measurement*.

New York,USA: Continuum International Publishing Group

Patton, M.Q. (1990). *Qualitative evaluation and research methods*. Newbury Park:SAGE

Prideaux, B.(2000). The role of transport system in destination development. *Tourism*

Management, 21,53-63.

Shrestha, H. P. (2021). *Tourism in Nepal: Marketing challenges (Nirala series)* (1st ed.). White Lotus Book Shop.

Tryocity (March 06, 2013). *Prospects of Tourism*. Retrieved on January 5, 2020 from <https://tyrocity.com/topic/prospects-of-tourism-industry>

Tourism | Definition, History, Types, Importance, & Industry. (n.d.). Encyclopedia Britannica. Retrieved on 01/06/2020 from <https://www.britannica.com/topic/tourism>.

UNWTO.(2014). *Tourism can protect and promote religious heritage*. Retrieved on 1/5/2020 from <http://media.unwto.org/press-release/2014-12-10/tourism-can-protect-and-promote-religious-heritage>.