

CHAPTER - I

INTRODUCTION

1.1 Background of the Study

Tourism is the largest and fastest growing industry in the world. It is also known as smokeless industry. Now a days people are attracting towards tourism in worldwide and going other places and foreign countries from their home for few days and weeks. Specially, tourism has been famous after World War II. It is related with Socio-cultural, economic and political situation of any countries. But, tourists are interested to go there where peace, pleasure and save environment.

Tourism industry, being a comparative advantage industry of Nepal, has important role in Nepal's economy. Development of tourism sector has contributed to increase employment, income generation and to improve the balance of payments of the country. With its natural beauty and cultural heritage, like Mount Everest (Crown of the world), snow peak mountains, birthplace of Lord Buddha (apostle of peace), a number of lakes and rivers, etc. Nepal has become the attractive destination of tourists from all over the world. In the words of our *Late king Birendra*, "Tourism, if cultivated properly, may help a country to earn foreign exchange as well as friends from across the land sees helping to forge link of mutual understanding and appreciation for a better world of tomorrow." Therefore, tourism sector plays significant role in this Himalayan Kingdom and it is the industry of tomorrow's Nepal (Upadhyay, 2005).

Nepal, a Himalayan kingdom, which is broadly divided into three ecological zones, i.e. mountain, hill and Terai. In Nepal, all regions, all seasons are suitable for tourists. Most of tourists coming to Nepal visit natural areas, observe unique culture, enjoy peace and pleasure. Nepal is also one of the top ten destination of eco-tourism in the world. There are many activities undertaken under the banner of eco-tourism. Popular among them are nature walks, wildlife safari, elephant ride, nature photography, camping, scientific study, Jungle drive, mountaineering, river rafting/kayaking, Sightseeing, Canoe rides, observing wild flowers and plants, trekking and bird watching (*Dhakal and Dahal, 2000*). It is also now accepted that eco-tourism helps generate financial resources for biodiversity and nature conservation. Therefore, eco-tourism is an attractive sustainable development alternative to mass tourism for two reasons. One, eco-tourism has fewer negative impacts in natural resources than mass tourism. Two, eco-tourism related activities

can enhance conservation of natural resources, community development and overall socio-economic improvement of the area.

Humla, a mountain region of Nepal which is the famous for trekking and gateway to Mount Kailash and Mansarobar Lake. Richness in biodiversity and natural wilderness including cultural richness provide wide scope for the tourism industry in Humla. It is a living and open museum, which produce magical attractions for the tourists (domestic and foreign). Specially, Humla is high Potential area for eco-tourism development.

1.2 Potential Eco-tourism Sites

The major tourist destinations for sightseeing in Nepal at present are the Kathmandu and Pokhara valleys. Owing to their rich cultural heritage and natural beauty, these two valleys are obvious choices. Chitwan has emerged as another major tourist destination because of its wildlife. Lumbini by virtue of being the birthplace of lord Buddha also attracts a sizeable number of tourists every year. As for trekking destinations, the major areas frequented by tourists are Annapurna, Manang, Jomsom, Everest (Sagarmatha region) and Langtang. A better distribution of tourists across the country is much desired. Especially for reducing the concentration and associated impacts in these locations and for spreading tourism earnings to other less visited areas. In this way tourism can remain more or less small-scale and can therefore still meet one of the preferred criteria of eco-tourism (MOPE, 2004).

There are other important locations in the country with potential for eco-tourism besides these well-established tourist destination like as Antu Danda, Fikkal bazaar, Pathibhara, Dhanusa Dham, Tansen, Khaptad, Devghat, Bishajari Tal, Upper Humla and adjoining areas etc. Tourism for Rural poverty Alleviation project (TRPAP) has identified other areas with potential for eco-tourism development which are given below in the table.

Zone	Sites	Geographical Zone
Seti	Khaptad National parks	Hills
Karnali	Dho VDC	Mountains
	Poksundo VDC	Mountains
	Rara National Park	Mountains
	Simikot VDC	Mountains
Gandaki	Lwang	Hills
	Gorkha	Hills
	Bhujung	Hills
	Bandipur	Hills
	Nar and Phu	Mountain
Lumbini	Tansen	Hills
Narayani	Chitwan	Terai
Bagmati	Langtang National park	Mountain
	Bhardeo	Hills

1.3 Statement of the Problem

Nepal's heritage is alive and dynamic. Shamanism and animism are still practiced in remote regions of the country. Temples, shrines monuments and monasteries are an integral part of life of devotees, burning butter-lamps, singing hymns, chiming temple bells and playing drums which can be tourism products. Humla is remote but it is rich in tourism products likewise, Simikot Valley, Kharpunath temple, Humla Karnali, Raling gumpa, Chyachhara waterfalls, Khasa and Lama culture, Lovely mountains and lakes etc. There are many places and sectors which are potential areas for tourism. Among them Upper Humla is such place where there are many places and things, famous for their own identification. These resources have high potentialities in use for the tourist attraction. Upper Humla is such unique place, which can be highly suitable destination for eco-tourism. This study is focused in exploring the potentialities of eco-tourism in Upper Humla.

Almost all the people of this area are involved in agricultural activities, it is also famous for caravan. Tourism can be main source of income and employment in this area because Upper Humla is home to several plants and wildlife that includes the rare blue sheep, red panda, gray wolf and snow leopard. The view of Panchamukhi Himal, Raling peak, northern part of Saipal are major attraction for a trekker to this region. Tourists can reach by air from Nepalgunj to Simikot. It is also possible to trek Simikot to Hilsa trekking and it is gateway of Kailash Parbat and Manasorabar Lake too. Now one can go round Kathmandu-Nepalgunj-Simikot-Kailash then Khasa to Kodari and back to Kathmandu.

Nature, Culture and adventure of this region are the issues of this study. Thus, the general research questions of this study are as following:

1. Why do tourists visit this area ?
2. How Upper Humla can be eco-tourism destination ?
3. Is tourism a income and employment generator ?
4. What types of facilities can be provided to the outsiders (tourists).
5. Are the tourist products sufficient ?

1.4 Objectives of the Study

The general objective of the study is to explore the prospect of Eco-tourism in Upper Humla. There are also following many specific objectives as :-

- i) To examine the tourist arrival pattern in Humla.
- ii) To find out eco-tourism resources in this area.
- iii) To analyze the behavior of study area's people and tourists towards each other.
- iv) To recommend for eco-tourism development.

1.5 Significance of the Study

Eco-tourism can be a significant, even essential, part of the local economy. It has immense potential to help in poverty alleviation. Besides its unique potential to carry exchange and investment directly to the local level, it can make significant contribution to rural development, agricultural transformation, community enrichment and social empowerment, particularly for women (*Shrestha and Walinga, 2003*). In this way, Upper Humli can be benefited, if eco-tourism is developed in this area.

Now, eco-tourism project has been prepared by ADB support. Similarly, *Simikot, Humla Development Package* had also introduced where explained that Simikot is located in the north-western most district of the country and sits along an important trek route to the pilgrimage center of Mt. Kailash and Lake Mansarobar in Tibet. The route goes from Simikot to Hilsa, the Tibet road head for Mt. Kailash. Humla has high appeal with a strong Buddhist culture plus nature focus. Netherlands Development Organization (SNV) and their partner network in Humla provide technical assistance to the new NTB Eco-tourism Unit and to the *Humla District Tourism Committee* for all its project components. Important among these are physical infrastructure improvement of Simikot town, including trail pavements, waste management are development and upgrading of village lodges and other attractions of the region including monastery and hot spring and provide training in small and micro-enterprise development, skill development, and tourism training for lodge owners, village guides and porters to ensure local participation in tourism (MOPE, 2004). Therefore, it is very relevant to explore the potentialities of eco-tourism in Upper Humla. And, it has showed the significance of the study.

Humla is famous for its own natural resources, which may attract the tourists. Although it is not so developed as Kathmandu, Chitwan and Pokhara, it can be model

place for eco-tourism. Therefore, this study will be helpful for finding potentialities of eco-tourism in Upper Humla.

1.6 Selection of the Study Area

The study area is unique and rich in natural beauty, which is northern part of Humla and linked with Tibet. Humla is located between $29^{\circ}35'$ - $30^{\circ}57'$ north latitude and $81^{\circ}18'$ - $82^{\circ}10'$ east longitude. Its total area is 5655 sq. km which height is 4000-24066 feet from the sea level (*District Profile of Humla, 2057*). The unique geographic setting, Humla is broadly divided into three regions, viz : Upper Humla, Middle Humla and Lower Humla. The Upper Humla is called from Margor Danda to Hilsa which has covered 13 VDC out of 27 VDC i.e. Simikot, Dandaphaya, Syada, Hepka, Khagalguan, Muchu, Limi, Lali, Raya, Kharpunath, Chhipra, Thehe and Bargaun. For the nature lovers and pleasure seekers, Upper Humla can provide many attraction. So, it is potential area for eco-tourism. But, middle Humla is important for horticulture and lower Humla is potential area for agro-tourism.

The Upper Humla is rich in eco-tourism resources. i.e. lovely mountains (*Saipal, Panchamukhi, Chanla, Raling peak*), lovely forests, lovely lakes (*Selima, Talung, Dudhe and Lade*), Tibetan plateau ecosystem, Buddhist religious sites (*Halji gompa, Yalbang gompa, Raling gompa*), high altitude wetland, holy Hindu temples/ Madues, Lama and Aryan culture, unique fair and festivals, Humla Karnali (rafting/ kayaking, boating, fishing)etc. This area also will be famous for Simikot-Hilsa trekking, mountain biking and gateway of Kailash Parbat and Mansarobar Lake. Sights, sceneries, flora and fauna, rocky steeps and cliffs, falls, river gorge with melody, caravan of sheep, goats, yaks and mules and beauties of nature are the hidden treasures and pleasure of trekkers. Most parts of the road are found full of greenery of trees and shrubs with sweet smell of flowers and herbs. These things and places will be helpful for Eco-tourism. Therefore, the area is selected for study.

1.7 Limitation of the Study

The study has been covered only selected area. The main theme of the study is to explore the potentialities of eco-tourism in Upper Humla. The study has following limitations :

- i) The study has been confined only in Upper Humla about Eco-tourism not in whole Humla and tourism.
- ii) Information generally are taken from the tourist, key informants, residents and related persons.
- iii) This study has not covered the other activities, except tourism activities and products.
- iv) It has not covered the activities associated with tourism later than the field study (April to May, 2006).

1.8 Organization of the Study

This research paper is divided into seven chapters to make the study easy, clear and to cover objectives. Chapter one under the main heading, 'introduction' includes background of the study, potential eco-tourism sites, statement of the problem, objectives of the study, significance of the study, selection of the study area and limitation of the study. The main heading of chapter two is 'Literature Review' which is divided into two sections, one is theoretical review and another is empirical review. The third chapter describes about research methodology.

In chapter four under the main heading, 'The Setting' Humla District, nature, culture and adventure of the study area, pattern of tourism development in Humla, tourism products of Humla, trend of tourist arrival in Humla, tourist purpose of visit, behavior of local and tourist and tourism activities are covered. The fifth chapter deals also on eco-tourism resources in which eco-tourism resources in Upper Humla and major tourism spots in Upper Humla are included. Chapter six under the main heading 'Prospect of eco-tourism development' includes prospect of eco-tourism development in Upper Humla, major problems of eco-tourism development, impact of eco-tourism and suggestions for eco-tourism development in Upper Humla. Finally, chapter seven includes summary, conclusion and recommendation. After references, questionnaire, checklist, list of key informants, table of tourist arrival in Humla since F.Y. 2059/60 up to 2061/62 and revenue collected from tourists since F.Y. 2058/59 to 2062/63 Chaitra are presented as appendix. Maps and photo plates of Humla are also presented in coming pages.

CHAPTER - II

LITERATURE REVIEW

2.1 Theoretical Review

Here available literature have been reviewed to clear about eco-tourism. It has covered concept of eco-tourism, history of eco-tourism, characteristics of eco-tourism, importance of eco-tourism and other forms of tourism. But there is not any special theoretical approaches.

2.1.1 Concept of Eco-tourism

The term 'eco-tourism' is defined as traveling to relatively undisturbed or uncontaminated natural areas with specific objectives such as studying, admiring and enjoying the scenery with its flora and fauna, as well as any existing cultural manifestations (both past and present) found in these areas (Lascurain, 1987).

Eco-tourism seems to be a catchword that means many things to many people. To some its means ecological sound tourism. To other, it is synonymous with nature tourism. Eco-tourism is both those things but it must go a step further. It must be a force for sustaining natural resources. Eco-tourism is nature travel that advances conservation and sustainable development efforts. It seems that the development of the eco-tourism has led to a concept based on the desire to have ideal tourism term like must be and should be in these definitions indicate this desire. There are however almost no indications on what ideal is and how the development of this ideal situation should be organized (Kunwar, 1997).

According to father of eco-tourism, Prof. Lars. Eric Indblad, "Eco-tourism is a multi disciplinary equity approach where all disciplines can be alives rather than inevitable adversary and can avoid negative dimensions." Like where,

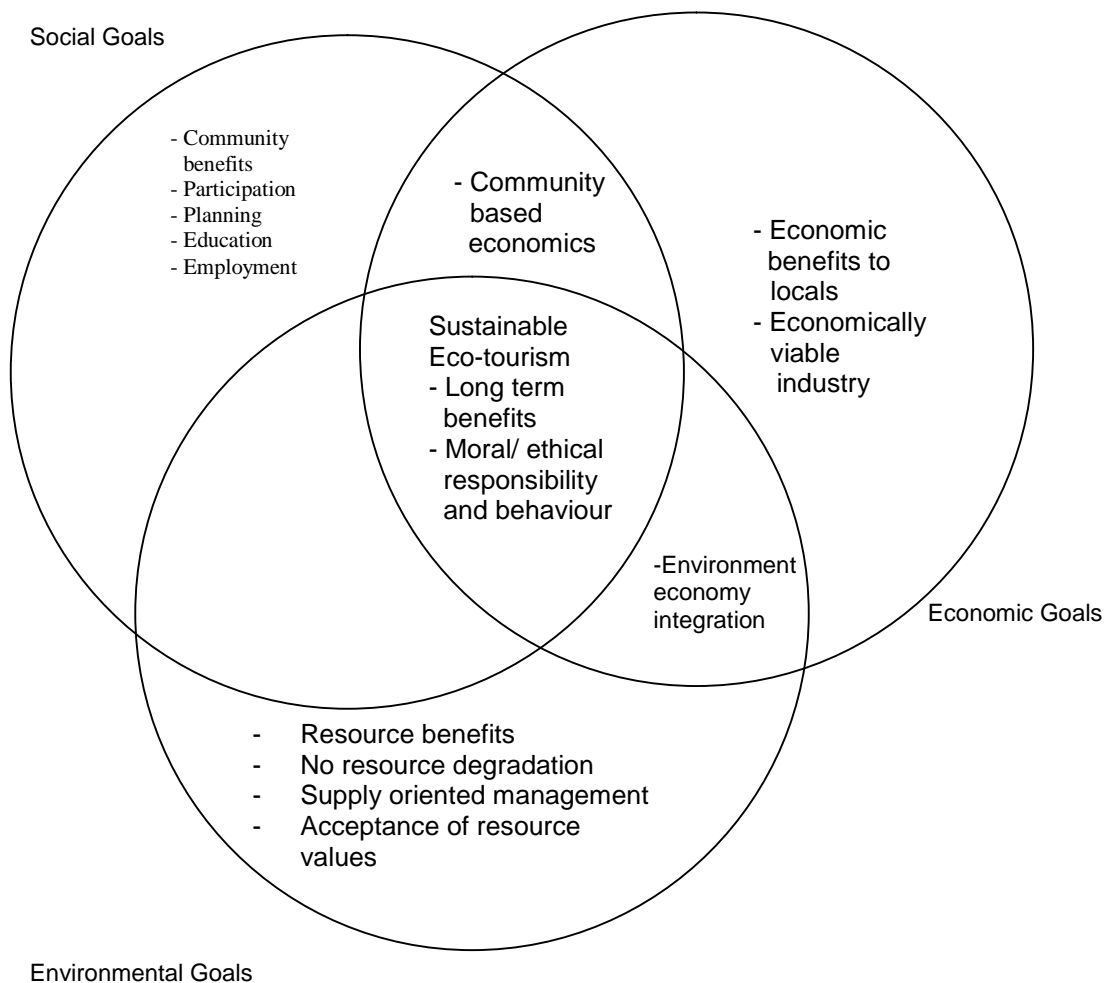
The fisherman becoming a trinket salesman

The pretty young girl becoming the prostitute

The beautiful estuary the garbage dump"

By definition eco-tourism is a sustainable form of tourism. To be sustainable, the sets of goals: environment, economic and social must be fulfilled and balanced. The sustainable eco-tourism values and principles model developed by Wight assists us to examine current eco-tourism operations, critically, to determine those elements, which may be out of balance. Also, given the many calls for better planning in eco-tourism, it presents a holistic, balanced, values-oriented, systems and policy framework which should be incorporated into an eco-tourism management approach focusing on desired environmental, social and economic conditions and outcomes.

Sustainable Eco-Tourism Values and Principles Model.



(Source : Wight, 1993)

Eco-tourism differs from other forms of tourism particularly due to the opportunity for observation and learning it provides to tourists and its contribution to cultural conservation and long term sustainability of communities and natural

resources. Therefore, it is form of sustainable tourism that benefits the community, environment and local economy. This may be achieved through various means such as employment for local people or programs where tourists contribute money or labor to community activities such as tree planting or conservation of local monuments or sites (SNV, 2003).

2.1.2 History of Eco-tourism

The history of nature travel is traced back to Aristotle who is known to have traveled to the island of Lesbos in the Aegean sea, where he spent time studying marine creatures. Nature travel during the 19th century was essentially a quest for spectacular and unique scenery. This was also the time when the concept of national parks came into being. The founder of national parks wanted to protect the environment but it was the tourists inside the national park, who provided the economic and political rationale needed to translate philosophy into accomplishment" (Lascurain, 1996).

The word 'eco-tourism' was coined by Costa Rican tour operator while registering his business, which soon become a popular word and frequently appeared in the Literatures in Costa Rica (Kunwar, 1997). But the 'eco-tourism phenomenon became more prominent and came into wide use after Hector Ceballos Lascurain published an article in 1987 with definition of eco-tourism .He described eco-tourism as nature based travel to relatively undisturbed areas with focus on education. It was then formally recognized by the 1989 Hague Declaration on tourism that advocated national management of tourism to contribute to protection and preservation of the natural and cultural environment. Since then eco-tourism has increasingly become a popular word for academic, professionals and businessmen.

The decade of 1990s saw a remarkable growth in eco-tourism. Various countries adopted and started eco-tourism projects. In a attempt to emphasize the importance of eco-tourism, the United Nations declared 2002 as the *International Year of Eco-tourism* which with 18 preparatory meeting in Asia, Europe and Australia finally concluded in Quebec, Canada with a 15 point declaration (MoPE, 2004).

2.1.3 Principles of Eco-tourism

The principles of eco-tourism developed by the International Eco-tourism Society (TIES) are presented hereunder (Shrestha and Walinga 2003).

- i. Avoids negative impacts that can damage or destroy the integrity or character of the natural or cultural environments being visited.
- ii. Educates the traveler on the importance of conservation.
- iii. Direct revenues to the conservation of natural area and the management of protected areas.
- iv. Brings economic benefits to local communities and directs revenues to local people living adjacent to protected areas.
- v. Emphasizes the need for planning and sustainable growth of the tourism industry, and seeks to ensure that tourism development does not exceed the social and environmental carrying capacity.
- vi. Retains a high percentage of revenues in the host country by stressing the use of locally owned facilities and services.
- vii. Increasingly relies on infrastructure that has been developed sensitively in harmony with the environment minimizing use of fossil fuels conserving local plants and wildlife, and blending with the natural environment.

2.1.4 Characteristics of Eco-tourism

The WTO identified characteristics of eco-tourism which are listed below (Baumgartner, 2002) :

- i. All nature based forms of tourism in which the main motivation of tourists is the observation and appreciation of nature as well as the traditional cultures prevailing in natural areas.
- ii. It contains educational and interpretation features.
- iii. It is generally, but not exclusively, organized for small groups by specialized and small locally owned business . Foreign operators of varying sizes also organize, operate and /or market eco-tourism, generally for small groups.

- iv. It minimizes negative impacts upon the nature and socio-cultural environment.
- v. It supports the protection of natural areas by:
 -) generating economic benefits for host communities, organization and authorities managing natural areas with conservation purposes.
 -) Providing alternatives employment and income opportunities for local communities and
 -) Increasing awareness towards the conservation of natural and cultural assets, both among local and tourists.

As such eco-tourism appears to have much in common with the concept of alternative tourism or appropriate tourism (Lascurain, 1996).

2.1.5 Importance of Eco-tourism

There are many importance of eco-tourism which are given below (MOPE, 2004):

- i. Being one of many forms of tourism, eco-tourism has been the source of foreign exchange for the study and therefore is also source of capital and additional resource for the host economy.
- ii. Eco-tourism is also the source for diversification of the local economy, particularly in rural areas where agricultural employment may be sporadic or insufficient.
- iii. Unlike mass tourism, since eco-tourism involved travel to rural and natural areas, it attempts to provide a fair distribution of benefits and costs.
- iv. Eco-tourism stimulates profitable domestic industries-hotels, and other lodging and food related facilities such as restaurants. Transportation system and handicraft production are other positive outcomes of eco-tourism.
- v. It necessarily contributes to natural resources conservation and management.

2.1.6 Eco-tourism and Other Forms of Tourism

According to the Hunziker and Krapf, "Tourism is the sum of the phenomena and relationships arising from the travel and stay of non-residents, in so far as they do not lead to permanent residence and are not connected with any earning activity." The Eco-tourism Society (1997) defines eco-tourism as a responsible travel to natural areas that conserves the environment and improves the welfare of the people. There various forms of tourism, which are closely likened with eco-tourism. Some of them are given below :

i. Alternative Tourism

Alternative tourism can be defined as forms of tourism that set out to be consistent with natural, social and community values and which allow both hosts and guests to enjoy positive and worthwhile interaction and shared experiences. Therefore, eco-tourism can be assumed to be one form of alternative tourism (Zurick, 1992). An emphasis on not only ecological sustainability but also cultural sustainability, which is one of the main feature of alternative tourism.

ii. Sustainable Tourism

According to the WTO "Sustainable tourism development meets the needs of present generation tourists and hosts regions while protecting and enhancing opportunities for the future." It is expected to lead to management of all resources in such a way that economic, social and aesthetic needs are fulfilled while maintaining cultural integrity, essential ecological processes, biological diversity, and life support systems (WTO, 2002). In one sentence, sustainable tourism means tourism for you and your children or coming generations.

iii. Community Based Tourism

More recently, community based tourism has been recognized as another form of tourism. "Community based tourism occurs when decisions about tourism activity and development are driven by the host community. It usually involves some form of cultural exchange where tourists meet with local community and witness aspects of their lifestyle. Many such remote ethnic communities may be vulnerable to outside

influences and decisions about the way tourists are hosted must be owned by the community for successful and sustainable tourism (SNV, 2003). The aims of community based eco-tourism largely depend on the issues, problems and needs of the community.

iv. Responsible Tourism

Responsible tourism refers to the type of tourism where tourism organizations take care of tourist destinations while providing visitor satisfaction. As a result, the resources and attractions both natural and cultural are not spoiled for local people or further visitors. Further, it denotes care for the environment and cultural resources, and opportunity for locals in terms of employment or other kinds of involvement, sufficient information regarding local resources for visitors, and implementation of the policy of corporate social responsibility (Gyawali et al., 2003).

v. Pro-poor Tourism

Pro poor tourism is another form of tourism where the benefits to the poor are greater than the costs that tourism entails to them. This approach emphasizes the need to extend tourism opportunities for people living on less than US \$ 1 per day. This category of people should be involved in tourism for realizing poverty reduction through tourism. By definition, it is obvious that not all community based tourism is pro-poor tourism (Goodwin, 2000). Pro-poor tourism strategies emphasize on unlocking opportunities for the poor within tourism, rather than expanding the overall size of the tourism business (WTO, 2002).

vi. Village Tourism

Village tourism denotes tourists visiting villages and staying in or near the villages. Successful cases have shown that the village should have special features to attract visitors. This is also associated with tourist behavior is that they stay in a village and explore the surroundings (McIntyre, 1993). The special feature of this kind of tourism is that the visitors become part of the village for the period of their stay. Such visitors normally do not expect the kind of accommodation and food that

they are accustomed to. In other words, they rely on locally available accommodation and food. This form of tourism has practiced in Sirubari, Ghandruk, Ghale Gaun and other parts of Nepal have also high potentiality of village/ rural tourism.

vii. Cultural and Religious Tourism

Cultural tourism was conceptualized by UNESCO during the 1970s. Cultural tourism is regarded as a 'force for cultural preservation'. It is also defined as 'the absorption by tourists of features resembling to vanishing lifestyles of past societies observed through such phenomena as house styles, crafts, farming equipment, dress, utensils and other instruments and equipment that reflects the lifestyle of any particular community during a particular time'. Further, Zins identified handicrafts, language, traditions, art and music, paintings and sculpture, history, work and technology, architecture, religion, educational system, dress and leisure activities as elements of cultural tourism (Kunwar, 1997).

Religious tourism is an organ of cultural tourism, which is oldest than other forms of tourism. Tourists visit and worship many religious places and god in religious tourism such as Hindus visit Pashupatinath, Kashi, Badrinath etc. Muslims visit Makka, Madina, Buddhists visit Lumbini, Baudha, Kailash and Christians visit Jerusalem ,Vatican etc.

2.2 Empirical Review

2.2.1 Eco-tourism in Global scenario

Tourism has emerged as the fastest growing industry in the world and it is said to be the third largest industry after oil and automobile. Direct employment through tourism industry in the world is believed to be 212 million. Every ninth person in the world is engaged in tourism and travel industry for livelihood (Sharma, 2000). The growing worldwide efforts on conservation have resulted in an ever growing number of protected areas. This has facilitated ever growing number of protected areas. This has facilitated the growth of eco-tourism. Experience from other countries, particularly from the developing world, suggests that eco-tourism has grown with the growth in number of protected areas. While these protected areas provide a safe heaven for flora and fauna, they also serve as catalyst for eco-tourism.

Eco-tourism has become popular among academics, researchers and practitioners in different parts of the world ever since the concept was introduced in the early 1980s. A number of eco-tourism projects came up in different countries in due course and with mixed results. Eco-tourism could bring both direct and indirect economic benefits to local communities. It provides employment opportunities and spread benefits at the local level. Eco-tourism, a travel whose foci is natural areas and the enjoyment of landscapes, animals and plants, is becoming increasingly popular and is one of the growth areas in the tourism industry internationally. There is a growing market for eco-tourism across the world. Eco-tourism comprise over 50% of total tourist business worldwide and growth in eco-tourism shows an increasing trend (MOPE, 2004).

The declaration by Earth Summit held in June 1992, in Rio de Janeiro, Brazil compelled the mass tourism operators to think about their activities so that they become environmentally sustainable. Operators now realize that the environment is not an opportunity that comes twice and that the ecology of a place once destroyed cannot be recreated. This is core concept put forward to boost the idea of eco-tourism.

The World Eco-tourism Summit was the principal event to mark 2002 as the International Year of Eco-tourism. It was successfully held in Quebec city, Canada from 19 to 22 may, 2002. The main outcome of the summit is the Quebec Declaration on Eco-tourism, a document that was prepared through wide consultation at the summit and contains general guidelines as well as stakeholder specific recommendation for the sustainable development of eco-tourism (www.world-tourism.org).

In brief, eco-tourism will have increasing significance in the third world in the years to come. It is the balanced role of three main players-tourists, tourism enterprises and destination areas that is important in achieving sustainable outcomes in international tourism (Cater, 1994).

2.2.2 Eco-tourism in National Scenario

Systematic tourism in Nepal started from 1966 with the establishment of a few hotels. The industry was further strengthened and established after the formation of Tourism Master Plan in 1972. The Master Plan gave emphasis to tourism market

development, sightseeing, trekking, eco-tourism and recreational and adventure tourism (Oli, Baral, 1996).

Not surprisingly the local communities and their concerned governments interested in the economic benefits of tourism began formulating their own strategies to keep tourism environmentally and culturally sensitive while bringing much needed income to their regions. This led to the evolution of community-based eco-tourism. As such, the more recent efforts in defining eco-tourism is taking holistic approach and recognize grass root level involvement of local community in the planning and management of eco-tourism. (Shrestha and Walinga, 2003).

Visitors are drawn to Nepal by its unparalleled beauty, the challenge of its terrain, its rich wildlife and unique cultural heritage. Tourism in Nepal varies from less adventurous pleasurable activities such as village visits, home-stays, and half to full day walking and hiking circuits for non-trekkers, to adventurous and challenging trekking, mountaineering and white water rafting. This combination of spectacular and diverse tourism resources and a largely rural based population, coupled with the pressing need to deliver development to the remote rural areas, have necessitated the development of eco-tourism in Nepal. Since tourism in Nepal is in one or the other way associated with nature and natural areas, some estimates have shown that about 80% of the country's tourism market is linked with nature tourism or eco-tourism. Like other forms of tourism, eco-tourism might also bring unwanted socio-cultural changes, but there are good examples in Nepal where it has contributed to conservation of unique cultures, for instance the Sherpa culture in high Himalayan region and the Gurung culture in high and middle hills. Therefore, with careful planning, eco-tourism has the potential to contribute to cultural preservation.

Eco-tourism is being increasingly developed as an important program component in the management plans of protected areas. This has emerged from an understanding that income generation in these areas needs to be based on the most appropriate and sustainable form of tourism. HMG of Nepal and its line agencies and development partners such as WWF, IUCN, ADB, DFID, SNV and UNDP have shown their commitment to (eco) tourism development. Already there are a number of successful cases which prove their commitment and demonstrate the possibility for building strong partnership among these agencies. His Majesty's Government of Nepal is firmly committed for the development of (eco) tourism. Provisions made in

periodic plans, provisions in the various Acts and regulations, establishment of necessary institutions including protected areas and the readiness for partnership with private sector and national and international non-government organizations signal the government's commitment to the development of the tourism sectors. (MOPE, 2004).

2.2.3 Eco-tourism in District Scenario

Humla is a virgin land for research although some profiles, books, articles, reports have been published from here and about it. But, none of the research are found so far particular this study in Nepal. District profile of Humla - 2060, Periodic District Development Plan, Humla (F.Y. 2002/2003-2006/2007) and many NGOs reports have shown the potentiality of tourism in Humla. Especially, there is high prospect of eco-tourism.

Among different packages of visit to Nepal, trekking can be regarded the most adventurous and enchanting. Treks to round Annapurna, Khumbu region, Kanchanjunga, Rolwaling, Langtang, Simikot-Mansarobar, Upper Mustang, Dolpo etc are unique destinations (Sharma, 2006).

Humla is very rich for the aromatic and medicinal plants. Varying climate, bio-diversity, tradition and culture are the main factors for the tourism development in the district. Humla is the unique place for the study of bio-diversity, traditional culture and religion. Best seasons to visit in Humla are from April to September. The district headquarter is also known as the gate way to holy Mt. Kailash and holy Mansarobar Lake (DDC Humla /Eco-tourism Unit, 2004).

Since the opening up of the Kailash-Mansarobar route through Humla, more international tourists have been attracted to Humla, thus helping to fill the gap during the non-tourist season in Nepal. But with its rich natural and cultural heritage, Humla itself is a tourist destination on its own right, and its potential so far has not been exploited. Although tourists from third countries using Simikot as a staging point for the Kailash-Mansarobar trek are important, for sustainability of the tourism trade it is important to attract Indians as well. The construction of the Simikot-Hilsa Linkage road would prove beneficial to this end. After seeing the success of two locally run trekking companies-Sunny Treks and Adventure Karnali, Humli people, especially the Nyinbas, are being attracted towards tourism as a new economic option. In this

context, the DPP's policy that eco-tourism is one of the economic opportunities for the Humli people is helping Humli's tourism manpower development (Lama, 2002)

The trek from Simikot, the administrative centre of Humla district, to the Tibetan border is usually used to gain access to western Tibet, where Mount Kailash is the major attraction. This is a high altitude, remote area trek that requires a special permit and the presence of a liaison officer. The trek to the border can be accomplished in as little as seven days but non-acclimatized trekkers will be well advised to take a little longer as altitudes exceeding 5000 meters will be reached (NTB, 2003).

Eco tourism can be source of rural and community development in Humla. It promotes the rural tourism too. Rural tourism is a complex multifaceted activity that includes special interest nature holidays and eco-tourism comprising walking, climbing, horse riding, adventure, sports, health, hunting, angling, educational travel, arts, heritage and in some areas, ethnic and cultural tourism (Pandey, R.B., 2005).

CHAPTER - III

RESEARCH METHODOLOGY

Various research tools and methods are utilized to make the research study more scientific, reliable, practical and systematic which are mentioned in this chapter.

3.1 Research Design

The study is designed to find out the prospect of eco-tourism in Upper Humla. A descriptive and exploratory research design has been used to analyze potentialities and resources of eco-tourism of this area. These research design helped to interpret the qualitative and quantitative data and findings.

3.2 Universe & Sampling

Upper Humla and its covering VDCs are the universe of the research study. From the 5 most tourism affected VDCs, 75 households were taken as respondents. In most of the households the household head took part in the survey, in many cases, if the household head was not available or another member was more knowledgeable and had more education, the other member was used as a respondent. Out of the tourists available in this area, 15 tourists were selected as respondent. Purposive and accidental sampling method were used for this study.

3.3. Nature and Sources of Data

Primary as well as secondary data are used to carry out this research study. Primary data were collected by field survey & using various data collection tools such as checklist, FGD, observation, questionnaire and interview. Similarly, secondary data were also obtained from published, unpublished relevant books, reports, articles, records of DDC and I/NGOs and administrative records etc.

3.4 Techniques and Tools of Data Collection

Different data collection techniques and tools were adopted to collect various types of data and information according to their nature. These data collection techniques and tools are as following:

3.4.1 Questionnaire

Questionnaire is best tool for data collection. A set of structured questionnaire was prepared to get information from the tourists and local people. Such a way, quantitative and qualitative data were obtained.

3.4.2 Interview

Interview was useful to understand the attitude of local people towards tourism and perception of tourist towards the area. To take reliable information, key informants were also selected for interview including related and informed persons. (See Appendix - II & III).

3.4.3 Observation

In this study, semi-participatory and field observation were adopted for collecting related information. Observation played great role to check the reliability of the information. Their things, places, people and tourists were observed during the field visit which have given clear cut picture of this area and their activities.

3.4.4 Focus Group Discussion

Focus group discussion were conducted to know the relevant data and information. In this study, tourism related persons, society's gentlemen/ generalist, social activist and local leaders were selected. It has also given clear picture of the study supporting real information. (See appendix- II & III).

3.5 Data Presentation and Analysis

The data or information collected from the field doesn't speak itself. After the collection of data, Its processing and analysis were done both manually and with the help of computer. The collected data were processed through validation, editing and coding. The collected data were also analyzed through SPSS program. After the processing and tabulation, the data were presented in the table, chart and diagram on the basis of nature. In this way data were presented and interpreted in meaningful ways.

CHAPTER - IV

THE SETTING

4.1 Humla District and Study Area

Humla is a historical place. In past, it was provienance of Jumla kingdom. After Medini Barma was became ruler of Jumla kingdom in 1993, he gave Humla to his son-in-law Baliraj Shahi. He ruled this region for long period but after 1846 BS, Jumla kingdom was defeated by Gorkhali army (regiment) and then Bahadur Shah extended Nepal up to Humla (Khochera) but now Nepal-Tibet border is Hilsa. After the political classification of Nepal. kingdom in 2018 BS, Humla established as a district, which lies in the karnali zone and mid-western development region.

Some saying are found in name of 'Humla'. Firstly , in the ancient period, 'Koti Hom'(worship) had done in the kharpunath temple. From this Hom, Hom+la became Humla. Secondly, Huna caste had entered in the Tibet via 'Lha' vanjyang (pass) and then Huna + Lha became Humla. Thirdly , Humla is modified form of Holma Longring , it means 'narrow river'. Somebody says that it is a place of heavy snow falling and home of many Himals (Dandakanda). So, this place is called Humla.

Humla, the highest and arguably the most impoverished of Nepal's 75 districts, is a culturally unique and fragile. Himalayan environment that lies 440 km. north-west of Katmandu along the Tibetan border. Here isolation and poverty in a harsh mountainous land deprive people of all but the basics of life. Humla is home to a population of 45000 Tibetan speaking Buddhist and Nepali speaking Hindus, living on forested alpine slopes or villages overlooking steeply-terraced strips of cultivated land (Nepal Trust, 2005).

4.1.1 Geographical Location

Humla is situated in west-northern part of Nepal. It is located between 29^o35'-30^o57' north latitude and 81^o18'-82^o10' east longitude, The boundary of Humla district is Tibet in the north, Bajura and Mugu in the south, Mugu in the east and Bajang in the west. It's total area is 5655 sq. km. The unique geographic setting, Humla is broadly divided into three regions, i.e. Upper Humla (*high mountain region*), Middle Humla (*low mountain region*) and lower Humla (*basin region*).

Upper Humla is northern part of Humla district. Out of 27 VDC, it has covered 13 VDC. The Upper Humla is called from Marghor Danda to Hilsa, which is nepal-china boarder. The boundary of Upper Humla is tibet in the north and east, Sarkideau, Barai, Rodikot and Srimashtha VDCs in the south and Bajang and Tibet in the west. It has covered one third land of Humla district.

4.1.2 Climate

Climate is a description of the long-term pattern of weather in a particular area. Climates often go cyclic changes over decades, centuries and Millennia. It determines natural vegetation, precipitation potential and suitability for human habitation and bio-diversity.

The climate of the Humla district has cold and tropical. The elevation of the district starts from 4000 ft (Mahila Kawari) to 24064 ft (Changla Himal) from sea level. The temperature of the district has minimum - 10^o to -18^o and maximum 10^o to 28^oc. The rainfall is 25.4 - 250 mm and snowfall is heavy in winter.

The Upper Humla's climate is also cold. Often, all places of this area has covered by snow in winter season, which can be attraction for tourist but tourist best season is April to September. High peaks of this area looks like white teeth upto this season too. The temperature is lower and cooler in the Upper Humla than middle and lower Humla.

4.1.3 Land /soil

Humla is the second biggest district in Nepal, which lies in mountain region. In the mountains, residual soil is found mostly on the ridges and slopes. In Humla, top soil is scanty particularly where sandstones, clay and limestone mainly form the fundamental soil materials. Cultivable soil is less found in Upper Humla than other parts. In some part of the district find red, yellow and white soil. The total land of Humla district is 56,500 hector in which majority of the land has covered by forest and pasture but residential area has covered very low which are shown in following table.

Table No. 1
Situation of land area coverage in Humla

S.N.	Sector	Covering area (Hector)	Percentage
1.	forest covered area	74,783.4	13.2
2.	Pasture land	1,41,449.4	25.0
3.	Agriculture land	5020	0.8
4.	Snow covered area	50570	8.9
5.	Rock	307189.6	54.3
6.	Lake	140	0.02
7.	Gravel	394	0.06
8.	Rivers	33500.6	5.9
9.	Residential area	352	0.06
	Total	56,5500	100

Source : District Profile of Humla, 2004.

4.1.4 River and Lakes

Water (river and lakes) is the largest natural resources of Nepal. It is used for drinking, bathing, washing and cleaning, agriculture, industries, hydropower generation, religious and recreation values such as swimming, fishing and different forms of eco-tourism. Humla is also rich in water resource, which reflect the prospect of eco-tourism. Most of the rivers and lakes are in Upper Humla.

More than 50 perennial rivers and streams are in Humla, i.e. Humla Karnali, Dojam Khola, Galfa Gada, Kawari Khola, Lukya Khola, Gothi Khola, Takche, Tanke Khola, Karnag Khola, Hildum Khola, Miniman Khola, Kumuchiya Khola etc. In this way there are also many lakes i.e. Talung lake, Selima lake, Jadya taal, Lade daha, Dudhe daha etc. The Upper Humla is rich in lakes than other parts.

4.1.5 Flora and Fauna

Humla is rich in bio-diversity. Various types of flora and fauna are found due to its diverse climate and topography. So, this district can be the destination for the environmentalist, scientists, tourists and researchers of different discipline from around the world. Some of the major flora and fauna of Humla and Upper Humla are mentioned below:

I. Flora (NTFP / Medicinal plants)

Bojo (*Acorus Calamus*), Jimbu (*Allium hypsistum*), Nigalo (*Arundinaria Falcata*), Bhojpatra (*Betula utilis*), Katush (*castenopsis indica*), Panch Awale (*Dactylorhiza hatagirea*), Niuro (*Dryoathyrium Boryanum*), Allo (*Gerardiana diversifolia*), Okhar (*Juglans regia*), Pudina (*Mentha arvensis*), Kaphal (*Myrica esculenta*), Jatamasi (*Nardostachys grandiflora*), Kutki (*picrorhiza scrophulariflora*), Amla (*Phyllanthus emblica*), Padamchal (*Rheum australe*), Soonpati (*rhododendron anthopogon*), Ainselu (*Rubus ellipticus*), Chiraito (*swertia chirayital*), Ritha (*Sapindus mukorossi*), kush (*vetiveriana Lawsonii*), Sugandhawal (*Valeriana Jatamansi*), Timur (*Zanthoxy lum armatum*), Satuwa (*Paris Polyphylla*), Silajeet, Guchhi chyau (*Morchellavulgaris*), Yartsagumba (*cordyceps sinensis*), Lali Guransa (*Rhododedron*), Oak etc.

II. Fauna (wild life)

- i) **Wild Animals :** Blue sheep, snow leopard, Black deer, Musk dear, Red deer, wolf, Jackal, Panther, Black bear, Bird tiger, Wild dog, Wild horse, Monkey, Wild buffalo, etc.
- ii) **Wild Birds :** Danfe (Lophophrus), Kalij (wild pheasant), Chyankhura (Redlegged Partridge), Lunche (wild fowl), Crow, Eagle, Pegion etc.

4.1.6 Population

According to the census of 2001 A.D., the total population of Humla district is 40749 in which male population is 21036 (51.6%) and female is 19713 (48.4%). Total households number is 6947 and the average family size is 5.87. According to Household survey, 2060, population density of the district is 7.2 persons/sq. meter and population growth rate is 1.99%. The life expectancy is 54 years. In the district, out of the total population, 78.2% are Hindus, 20.2% are Buddhists and 1.6% are others. Similarly, 84.38% speak Nepali (Humli Khasa), 15.32% speak Lama (Bhote Kham) and 0.3% speak other not stated language. The following table shows the population of the Humla by caste.

Table No. 2

Population Distribution of Humla District by Caste

S.N.	Caste	Population	Percentage
1	Chheetri	18004	44.2
2	Thakuri	7960	19.5
3	Lama	6561	16.1
4	Brahaman	2533	6.2
5	Kami	2304	5.66
6	Damai	962	2.36
7	Sarki	486	1.2
8	Not stated Dalit	1408	3.46
9	Magar	101	0.24
10	Gurung	21	0.05
11	Limbu	13	0.03
12	Others	396	0.9
	Total	40479	100

Source : National census, 2001

Upper Humla has covered 13 VDC of Humla. According to the Household survey, 2060, the population of the Upper Humla is 19019. Among them 9933 are males and 9086 are females. Total households of the study area is 3107. Most of the people of the area speak Nepali (Humli Khas) and Lama (Bhote Kham) language. Main religion in the area is Hindu and Buddhist. So, it is a home of Hindu and

Buddhist people. They are having their unique tradition and culture. The following table gives clear idea/data about population and household of the Upper Humla.

Table No. 3

Population and Household Distribution in Upper Humla

S.N	VDC Name	No. of Households	Population		Total
			Female	Male	
1	Simikot	408	1119	1209	2328
2	Bargaun	144	551	679	1230
3	Thehe	396	1019	1126	2145
4	Dandaphaya	284	769	857	1626
5	Syanda	260	775	925	1700
6	Hepka	189	497	530	1027
7	Khagalgaun	202	628	688	1316
8	Muchu	171	490	522	1012
9	Limi	160	620	536	1156
10	Chhipra	168	445	497	942
11	Lali	223	662	729	1391
12	Kharpunath	233	699	788	1487
13	Raya	269	812	847	1659
	Total	3107	9086	9933	19019

Source : Household survey, 2060

4.1.7 Nature, culture and Adventure of Study Area

The Upper Humla is rich in eco-tourism resources, which is also famous for trekking and gateway to Mount Kailash and Mansarobar Lake. All places of VDCs of Upper Humla have unique culture, nature and adventure which reflect the prospect of eco-tourism in Upper Humla. Richness in bio-diversity and natural wilderness including cultural richness provide also wide scope for the tourism industry in Humla. Adventure Humla has high potentiality of Adventure tourism too. Nature, culture and adventure of this region are listed below :

Table No. 4

Major Nature, Culture and Adventure of Upper Humla

S.N.	VDC	Culture	Nature	Adventure
1	Limi (3 villages - Halji, Til, Jang)	Ornament:- Aalung, ring Muga, garland, bangle clothing:- Bakkhu, Docha, woolen trouser, and other cloths Festivals:- Mane, losar, Buddhist religious site: Til Gompa, Jang Gompa, Halji Gompa	Tibetan plateau eco system, Streams/River:- Limi Khola, Talung lake, Mandun glacier, Jang hot spring, labtsa pass (Kailash view from Nepal) Flora :- Katuki, Maharang, Sundhupi, Gaurapati Fauna:- Blue sheep, Snow Leopard, Wolf, Jackal, Wild cat, Wild yak, Wild ase, Musk deer, One horn deer	Rafting/Kayaking rock climbing, mountain biking, trekking, horse racing, Heli-Skking, Snow Skating
2.	Muchu (7villages- Muchu, Yalbang, Yari, Tumkot, Chala, Yangar)	Ornament : Aalung, Muga and Tutho's, garland, ring, Bangle Clothes: Bakkhu, Docha, Wollen trouser, Chyalakha, Votoes and others . Festivals : Mani, Loshar, Buddhist religious site: Tumkot gompa, Yalbang gompa, Hyansi gompa, Jyo gompa -Retreat centre	Mountain : Northern part of Saipal, Puya Himal, Nara pass Pasture : Rani kharka, many lakes in yanger kharka, Rivers : Karnali, many streams. Flora : Yarsagumba, padam chal, wild apple, katuki, pine, juniper, Jimbu Fauna : musk deer, snow leopard, Jharal, Ghoral, Yeti, Jackal, Fox, Wildmice, Thar.	Mountaineering, Rock climbing, Rafting/ Kayaking, mountain biking, hunting, trekking
3.	Hepka (4 village- Gadapari, Dhinga, Hepka, Tangin)	Ornament : Aalung, Muga & Tutho's garland, Bangle, Clothing : Woolen and thick clothes (Bakkhu trouser, pant, shirt) Festivals : Losar, Mane, Chochhyama, Phola Buddhist religious site: Hepka gompa, panga lamu gompa	Mountain- Chhurku Himal, Tunphu Himal Streams/Lakes : Hepka khola, Takrukha khola Thutang waterfalls, chhurku waterfall and lakes, Dude and Lade Lake. Forest/Pasture : Kawe jungle, Takru Jungle, and many Pasture (kharka) Flora : Jatamasi, Yarsa gumba, Bisha, Padamchal, Hatijara, Dalechuk, pine, Juniper, Attis, White Rhododendron Fauna : Blue sheep snow	Rock climbing, Boating, mountain biking, Jungle safari, Trekking, .

			Leopard, Ghoral, Yak, Danfe, deer, Bear	
4.	Khagalgaun (4 village - Kermi, Chyaduk, Khagalgaun, Jad Kholsi)	<p>Ornaments : Aalung, ring, garlard, bangle</p> <p>Clothing : Woolen Bakkhu Trouser, pant, shirt, topi, Docha</p> <p>Festivals : Mane, Losar</p> <p>Buddhist religious site : Khagalgauun Gompa</p>	<p>Rivers/Lake : Selima Lake, Chhoyala Lake, Kermi, Hotspring, Kamali, Chyachhara waterfall, Many snow covered Himal</p> <p>Fauna : Snow leopard, Blue sheep, musk deer, bear, panther, wild dog etc</p> <p>Flora : Yarsa gompa, Jatamasi, Sundhupi, Padanchal, Katuki, Taru chuk, Morchell vulgaris, pine, Juniper, Jimbu</p>	<p>Rafting/Kayaking, boating, rock climbing, mountain biking, Trekking, Bunjy Jumping.</p> <p>- Hot spring bathing</p>
5	Syada (5 Village- Yangu, Sahta, Syanda, Kholsi, Chari)	<p>Ornaments : Mundra, Pote, ear ring, nose ring, garland, bangle, Kalli</p> <p>Clothing : Kot dusa surwal, Cholo, Bakkhu, Phatia, Ghagar, Topi,</p> <p>Festivals : Raling purnima, Vailo, Sawn Purnima, Chokhe, Dashin, Tihar, Chaital, Magha Purnima</p> <p>Religious Site : Chokhe chauda, Malik (stone cow), Hilchha madu</p> <p>Historical Site : Charikot & Thurpukot palace</p>	<p>Mountain Hiugol, chhota pahad, way to saipal</p> <p>River/Lake : Karnali, gurguse khola, Naumuli, Ghoramaulo, Nila Daha, Naumuli Lakes, Kholsi hot spring.</p> <p>Forest/Pasture : Ranisain, Kharka,</p> <p>Flora : Yarsa gumba, Chyau, Katuki, Hattijara, Padamchal, Satuwa, Bisha, Pine, Oak</p> <p>Faluna : Musk deer, bear, Snow leopard, Ghoral, thar, Jharal, Yeti, monkey, Lophophrous, Kalij</p>	<p>Jungle safari, Rafting/ Kayaking, rock climbing, mountain biking, trekking</p>
6.	Dada Phaya (5 village- Dadaphaya, Tuling, Dharapori, Chaugan phaya, panglathung)	<p>Ornament : Chakri, Dhungri, Bala, Kalli, Nose ring, Phuli, Garland, Chhap,</p> <p>Clothing : Daura surwal, kot, Jacket, Dhoti, Ghangar, cholo, Aangya, Bakkhu, Topi</p> <p>Festivals : Gaura Parva, Saun Purnima, Dashin -</p>	<p>Rivers / Lake : Karnali, Ghattekholo, Tagru khola, Duede and lade daha (lake)</p> <p>Forest/ Pasture : Rato salla ban, Khappu dan (Odar)</p> <p>Flora : Gobre Salla, Bhojpatra, Pine, Juniper, Doili ful, Jatamasi, Katuki, Padamchal, Hatijara, Chuk Mauragolo, Doj, Dhupjadi,</p>	<p>Rafting/ Kayaking, Jungle safari, mountain biking, trekking.</p>

		<p>Tihar</p> <p>Religious Site : Kalasilto Madu, Mastha Madu</p>	<p>Attish</p> <p>Fauna : Danfe, Kalij, Musk deer, Bear, Tiset, Monkey, Naur, Ghoral, Jharal</p>	
7.	<p>Simikot</p> <p>(4 village- Simkot, Buraunse, Hildum, Syamne)</p>	<p>Ornament : Chakri, Pote, garland, Kauda, Tilhari, Bracelet, Kalli, Bala, Beraute, Ring, Phuli, Aalung, Muga, Tutho, Chain</p> <p>Clothing : Shirt, pant, Daura surwal, kot, Bakkhu, Topi, Docha, Doti, Sari, Patuka, Kurta Surwal</p> <p>Festivals : Mane, Losar saune purnima, Chaital vailo, Dashin, Tihar, Dobato, Saune sakranti.</p> <p>Religious Site : Siva mandir, kala... madu, Badphal madu, Gura madu and grmpaes</p> <p>Historical site : Tika (Palace), sim (wetland) Mugra (Stoen tap), ghee stone</p>	<p>Mountain : Panchamukhi Himal, Narkyani,</p> <p>Rivers/Lake : Karnali, Hildum khola, Dude and Lade daha.</p> <p>Forest/Pasture : Rani ban, Mathi ban, Sim khark, gaira kharka, Bhulbule, Simsara, Thula chaur, Chhoba khoda, Nalua ban</p> <p>Cave : Guni odar, Beulya, Adhyra</p> <p>Flora : Jatamasi, Katuki, Attis, Padamchal, Jimbu, Pine, Juniper, Chimailo, Apple, Apricot, Oak</p> <p>Fauna : Ghoral, Jharal, Snow leopard, musk deer, Danfe, Kalij, Chyakhura, Wild dog, & Cat</p>	<p>Mountaineering, Mountain biking, Rock climbing, Trekking /Hiking, Rafting/ Kayaking, Hot Air ballooning</p>
8.	<p>Bargaun</p> <p>(3 village- Bargaun, Limatang, Torpa)</p>	<p>Ornaments : Aalung, Muga, Gujyang, Khochyang and Tutho garland, rnig</p> <p>Clothing : Woolen Bakkhu, Kamlo, Kot, Pant, Docha,</p> <p>Festivals : Mane, Losar, Lapsung</p> <p>Religious Site : Raling Gompa, Bimug Gompa, Khoda Gompa</p>	<p>Raling Peak (Cristal mountain), many Himal in Vitta khola,</p> <p>Streams : Limatang khola, Gyajpu lake,</p> <p>Forest pasture - Raling, Hutki Patal, Raniban.</p> <p>Flora : Jatamasi, Padamchal, Pine, Juniper, Dhupjadi, Katuki, Cibikthron</p> <p>Fauna : Snow leopard, musk deer, Bear, Ghorl, Jackal,</p>	<p>Rock climbing, mountain biking, Trekking, Honey hunting</p>

			Danfe, Chyakura, Kalij, Melewa	
9	Thehe (3 village- Thehe, Baiji bada, Dojam)	<p>Ornaments : Mundra, Ring, Pote, Garland, Kalli, Mala, Bulaki, Phuli, Aalng, Muga</p> <p>Clothing : Shirt, Pant, Daura surwal, Kot, Bakkhu, Topi, Docha (Shoes)</p> <p>Festivals : Magha Purnima, Raling Mela, Saune Sakranti, Dashain, Tihar,</p> <p>Religious site : Rampal Madu and gompas</p>	<p>Mountain : Chanla Himal,</p> <p>Streams Ghatte Khola, Madani Khola, Dojam Khola, Phune water fall, Lahede Khola (tar)</p> <p>- Large mountain valley (lahade), chuwa khola- New route for trekking.</p> <p>Flora : Panchaule, Katuki, Bisha, Apricot, Okhar, Pine, Juniper, Jatamasi</p> <p>Fauna : Jharal, Ghoral, Blue sheep, snow leopard, Danfe, Kalij, Chyakhura</p>	Mountaineering, Rock climbing, mountain biking, Trekking
10	Kharpunath (4 villages Takla, Yanchu, Durpa, Kharpelgaun)	<p>Ornaments : Chakri, garland, Tilhari, Kalli, Bangle, Pote.</p> <p>Clothing : Cholo, Ghagher, Daura surwal, Kot, Chaubandi</p> <p>Festivals: Dobato, Chaite Dashain, Maghe Sankranti, Rake Sankranti, Dashian, Tihar</p> <p>Religious Sites : Kharpunath temple, Vawani Mandir, Gura Madu, Kalasilta Madu</p>	<p>Mountain : Khad Himal, Chanla range</p> <p>Rivers/Lake : Karnali, Dojam Khola, Dudhe and Lade Doha.</p> <p>Flora : Debdar, Oak, Pine, Juniper, Gurans, Jatamasi, Titepati, Katuki, Gucchi Chyau.</p> <p>Fauna : Snow leopard, tiger, bear, musk deer, blue sheep, Ghoral, Danfe, Kalij, Fox</p>	Rafting, Kayaking, rock climbing, mountain biking, boating, fishing, Trekking
11	Chhipra (4 village- Nalla, chipra, Lekha, Manjha)	<p>Ornaments : Chakri, company, Mala, pote, Phuli, Bulaki, Kalli, Bala,ring.</p> <p>Clothing : Cholo, Ghagar, Daura surwal, Topi, Dhoti</p> <p>Festivals : Dobato, Maghe Sankranti, Unnete Purnimal, Dashain Tihar, Juware, Purnima,</p>	<p>Mountain Rawalawas Himal, Tham Himal (Vabani Mandir),</p> <p>River/Lake : Karnali, Chhadi khola, Thula Khola, Chhadi Khola Water fall, Dude and Lade Daha, Guna hot spring</p> <p>Flora: Rhododendron, Oak, Okhar, Hatijara, Jatamasi, Padamchal</p>	Rafting, Kayaking, Rock, climbing, fishing, trekking.

		Religious Site : _ Luwasur, Madu, Hilchha madu	Fauna : Jharal, Ghoral, musk deer, bear, tiger, wild-pig, Jackle, monkey, leopard	
12	Raya (3 village- Thali, Raya, Karung)	Ornaments : Garland, Chakri, Kalli, Bala, Pote, Bulaki, Ring, Clothing : Cholo, Gabun, Dhoti, Daura surwal, Kot, Galbandi, Patuka Festivals :Saune Purnima, Maghe Tihar, Dashin Religious Site : Various madus	Many small Himal (Kharka) River : Karnali, Karang khola Flora : Oak, Pine, Gobre salla, Kura, Gusras, Jatamasi, Katuki, Padamchal, Hadijara, Gucchi chyau Fauna : Tiger, bear, Leopard, Danfe, Kalij, Ghoral, Red Panda	Rafting/ Kayaking, Fishing, Rock climbing, Trekking.
13.	Lali (5 village - Piusa, Lali, Gopka, Dekhuri, Chisamul)	Ornaments : Chakri, garland, bracelet, Kalli, Bala, Pote, Ring, Phuli Clothing : Daura surwal, Patuka, Dhoti, Lungi, Ghanger, Cholo, Topi Festivals : Dobato, Unnente Purnima, Saune Purnima, Juware purnima Religious Site : Devi Madu, Kailash Madu, Vabani Madu, Mashto Madu, Sarki Madu, And Ban Madu	Marghor Himal, River : Karnali, Lali khola, Beule Khola Forest/Pasture : Mul ban, Gamji Patal, Khada khola ban, Datil Jungle, Bagne Pani, Kharka, Halline Pani (Wetland) khark, Chhandera Kharka Flora : Dhupi salla, Oak, Gurans, Katuki, Jimbu, Jatamasi, Hatijara, Okhar, Fauna : Musk deer, Ghoral, Tiger, Bear, Leopard, Red panda, Danfe, Chyakhura.	Rafting/ Kayaking, Mountain biking, Trekking, Rock climbing, fishing

Source : Field survey, 2006

4.2 Pattern of Tourism Development in Humla

Humla is open and living ethnic museum which is also hidden and treasure Himalayan. It is a home of diverse culture and nature which is located among remote mountain gorges. It is very famous for trekking and gateway to Mansarobar and Kailash.

The history of tourism in Humla is not so long. After the opening of the Simikot airport in 1978, and the route to Kailash, later in 1993, tourists visited Humla

although tourists had visited in Nepal after the establish of democracy in 1951. In past, tourists visited in Humla for research but now a days they visit in Humla for various purposes. Mostly they visit Humla for research and pilgrim trekking to Kailash Mansarobar. April to September is best season for tourism.

4.2.1 Tourism Products of Humla

Tourism product means sum total of natural historical, cultural, technical and human (man made) attractions which satisfy to the tourists. So, tourism product is the total experience a tourist will have when visiting a tourist destination. This total experience will include geographical location, climate, natural and man made attractions, cultural and historical features, infrastructure (transport, power supply, water supply, fuel communication links, etc) and superstructure (Hotels, resort, restaurants, Motels, clubs, entertainment centers etc). Humla is rich in tourism product, however, it is weak in infrastructure and super structure.

Table No. 5

Major Tourism Products of Humla

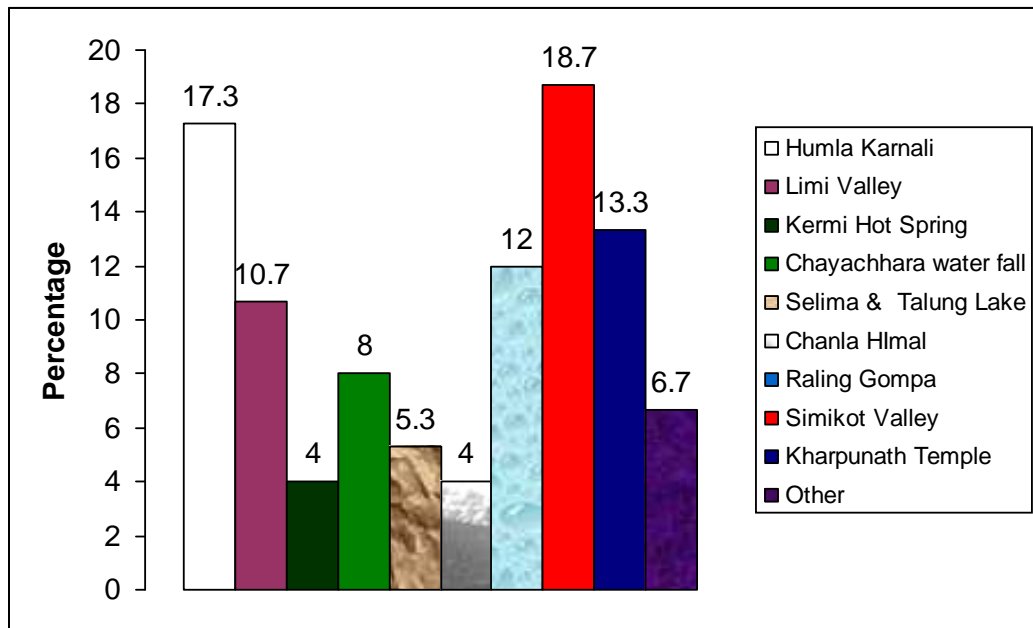
Tourism Products	No of Respondents	Percentage
Humla Karnali	13	17.3
Limi Valley	8	10.7
Kermi Hot Spring	3	4.0
Chayachhara water fall	6	8.0
Selima & Talung Lake	4	5.3
Chanla Himal	3	4.0
Raling Gompa	9	12.0
Simikot Valley	14	18.7
Kharpunath Temple	10	13.3
Other	5	6.7
Total	75	100

Source : Field Survey, 2006

The above table reveals that out of the total 75 respondent, 18.7% respondent said Simikot valley is the main tourism product of Humla, while 17.3% said Humla Karnali. similarly, 10.7%, 4%, 8%, 5.3%, 4%, 12%, 13.3% and 6.7% respondents said that Limi valley, Kermi hot spring, Chyachhara waterfalls, Selima and Talung Lake, Chanla Himal, Raling gompa, Kharpunath temple and others (Yalbang gompa, Dude, Lade daha, Panchamukhi Himal, Various madues, etc) are main tourism products of Humla respectively. In this way, all these tourism products are major tourism products of Humla. In other way the following figure shows the major tourism products of Humla.

Chart - 1

Major Tourism Products of Humla



4.2.2 Trend of Tourist Arrival in Humla

Since the opening of the Simikot airport in 1978 and the route to Kailash Mansarobar, later in 1993, tourists started to visit in Humla. At that time, tourists record was kept in an Immigration Section, Yari, Humla but after 2058 BS, it has been merged in District Police Office due to conflict of Nepal. Lack of well management of the Immigration Section, data didn't available before F.Y. 2056/57. So

, tourists arrival pattern in Humla from F.Y. 2056/57 up to F.Y. 2062/63BS is given below table :

Table No. 6

Tourists arrival in Humla since F.Y. 2056/57 up to 2062/63 Baisakha

Year (in fiscal Year)	No of Tourists	Percentage
2056/57	376	11.9
2057/58	354	11.1
2058/59	1414	13.0
2059/60	324	10.2
2060/61	807	25.4
2061/62	625	19.7
2062/63	276	8.7
Total	3176	100

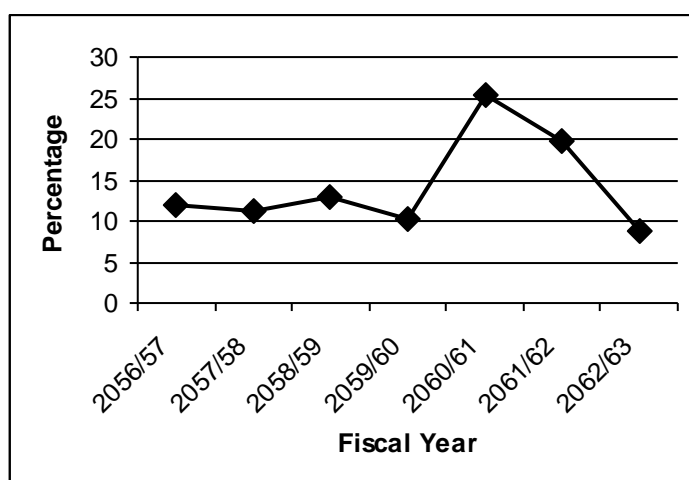
Source : District Police Office, Humla, 2063.

According to the above table, in 2056/57 only 11.9% tourist visited the Humla out of total tourist 3176 visited in the Humla. In 2057/58 and 2058/59 it was 11.1% and 13% respectively, in 2059/60 there was decline in tourist arrival due to some political instability, which was only 10.2 %. In 2060/61, it was increased suprisely, which was 25.4% but it was decreased in 2061/62 and 2062/63, which was 19.7% and 8.7% respectively because of Maoist insurgency.

Since 2056/57 up to 2062/63 Baishakha total 3176 tourists visited in Humla. In fact the flow of tourist in Humla is very slow and the rate of arrival of tourist in the Humla is a little fluctuation due to political instability, many physical problems as well as others such as lack of advertisement, policy, plan, information center and lack of good infrastructure and superstructure. The following figure shows the pattern of tourists arrival in Humla.

Chart - 2

Tourists Arrival in Humla since F.Y. 2056/57 up to 2062/63 Baisakha



4.2.3 Tourist Purpose of visit

In Nepal, most of the tourists visit with various purpose such as trekking, mountaineering, rafting, kayaking, jungle safari, research to observe unique culture and architecture, to spend leisure time etc. Tourists visiting Humla were found mostly with the purpose of trekking to Kailash, Manasarobar and research. At the time of field survey, 15 tourists were asked about the purpose of their visit and other aspects in Simikot, Humla, who were from Newzeland, Austrilia, German, Russia, America, India, and Switzerland. It was found that majority of tourists said that Humla is a very beautiful place although there are many problems. The below table clears purpose of visit of tourist in Humla.

Table No - 7

Tourist purpose of visit

Purpose	No. of Respondent	Percentage
Eco-tour and trekking	2	13.3
Mansarobar and Kailash	9	60.0
Research/explore	3	20.0
Other	1	6.7
Total	15	100

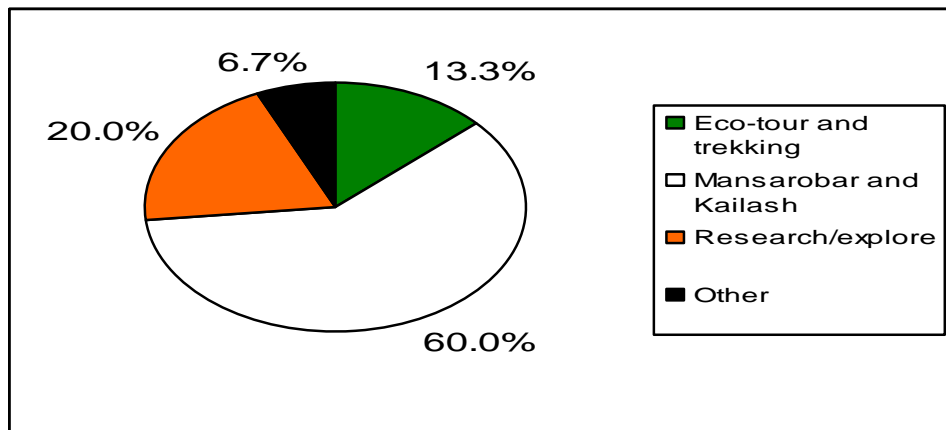
Source : Field survey, 2006

Note : Number of tourist respondent is 15.

Out of the total 15 tourist respondent, Majority of tourists, 60% visited Humla for trekking to kailash Mansarobar, while 13.3% visited for eco-tour and trekking of Humla. Similarly, 20% of the tourists visited Humla with the purpose of research and remaining 6.7 visited Humla for other purposes (entertainment, to spend leisure time, to observe culture etc). The following pie chart shows the tourist purpose of visit.

Chart - 3

Tourist Purpose of visit



4.2.4 Behavior of Local People and Tourist

In Humla, Majority of the tourists visit in Upper Humla because it is gateway to Mt. Kailash and Mansarobar and it is more rich in nature, culture and adventure than other parts of Humla. The local people of study area complained that the behavior of tourists is good but not satisfactory because length of stay of the tourist at their area is short. So, tourists don't buy anything except taking photos.

Table No. 8

Behavior of Local People and Tourist towards Each Other

Behavior	No. of Local Respondent	Percentage	No. of tourist respondent	Percentage
Helpful	12	16.0	8	53.3
Frank	28	37.3	2	13.3
Normal	30	40.0	4	26.7
No care	5	6.7	1	6.7
Total	75	100	15	100

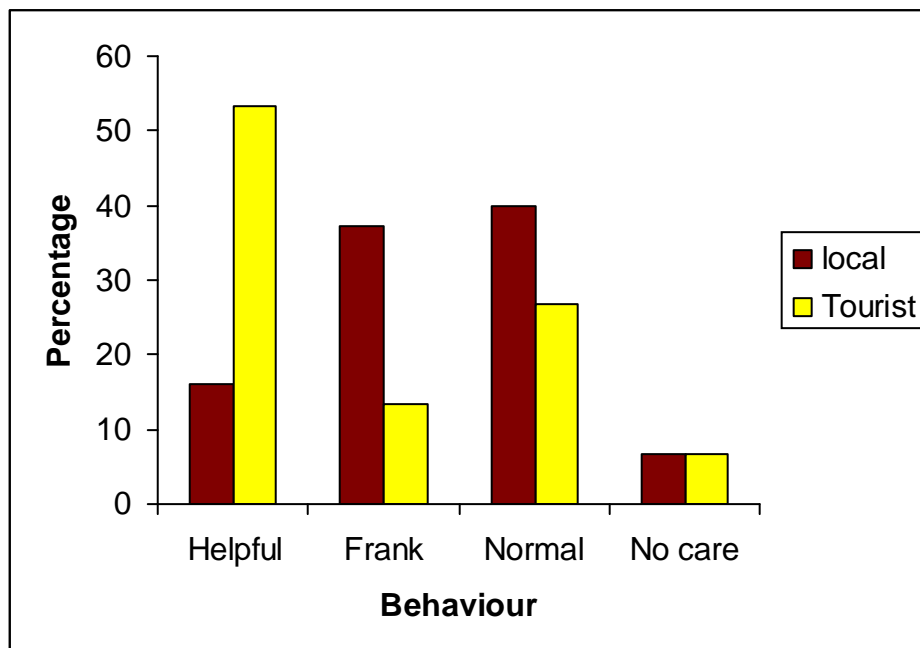
Source : Field survey, 2006.

The table No. 8 clears that out of the total 75 local respondent, 16% said that the behavior of tourist towards local people (host) is 'helpful'. Similarly, 37.7%, 40% and 6.7 respondent said 'Frank', 'Normal' and 'No care' type respectively. From this, we can understand that majority of the tourist behavior towards local people is Normal type.

Out of the total 15 tourist respondent, 53.3% said that local people behavior towards tourists is 'Helpful', while 13.3% said 'Frank'. Similarly, 26.7% said that the behavior of local people is 'Normal' and 6.7% said 'No care' type. In this way, local people are helpful because majority of tourist said so. The given figure below clears the behaviour of the local people and tourists towards each other.

Chart - 4

Behavior of Local People and Tourist Towards Each Other



4.2.5 Tourism activities

Humla is a high fertile land for tourism development and it is also home of caravan i.e. yak caravan, sheep, goat caravan and mule caravan, which is diverse in culture and nature. Although the district is full of natural and cultural beauties,

tourism has not developed as expected. If tourism is developed, it can be leading sector of district development.

In Humla, a few tourism activities have been done for tourism development of Humla but it couldn't help to make strong root of tourism development. So, tourism development of Humla and the flow of tourist in Humla is very slow and low, which reflect less potential of increasing the number of tourist in future. For tourism development of Humla, SNV had supported to many local NGOs for constructing physical infrastructure, improvement of Simikot town, upgrading of village lodge, and other attractions of the region including monastery and hot spring and provide training in small and micro-enterprise development, skill development and tourism training for lodge owners, village guides and porters.

DDC of Humla, HCDA and SIDC helped to identify the campsites and trekking route to Kailash mansarobar and DDC has formulated some local tourism policy, plans and strategies. Now, Nepal Trust has launched program to develop eco-tourism in Limi valley.

Other NGOs, Airlines and Travel Agencies such as Sunny Treks and Travel Pvt. Ltd., Adventure Karnali Pvt. Ltd, Tibet Family Tours and Travels Pvt Ltd, Thamserku etc have also directly and indirectly helped to develop tourism development of Humla. But these attempts are not sufficient. so, government should do many tourism activities for tourism development of Humla at national and local level.

After the opening of the Kailash route in 1993, many tourists in summer and rainy seasons arrive in Humla to go to Kailash Mansarobar. The following table shows Hilsa and Holy Mt. Kailash route and walking days, which is 6-8 days trek from Simikot to Kailash.

Table No. 9*Hilsa and Holy Mt. Kailash route and walking days*

Place	Travel Hour	Available facilities
Simikot to Dandafaya	2-3	Local snacks and food, campsite and local lodge
Dandafaya to Dharapori	1-2	Snacks, Campsite and local lodge
Dharapori to Kermi	4-6	Natural hot water bath, snacks, electricity, and campsite
Kermi to Yalbang	4-6	Local lodge, Local snacks, electricity, monastery and campsite
Yalbang to Muchu	4-5	Electricity, campsite and Local snack
Muchu to Tumkot	1-2	Local lodge, campsite and monastery
Tumkot to Yari	6-7	Local food, campsite and panoramic view
Yari to Hilsa	4-6	Local foods & campsite
Hilsa to Sera (Tibet)	1	Vehicles to go to holy Mt. Kailash
Sera to Mt. Kailash via Taklakot (Tibet) vehicles, star hotels.		

Source : Welcome to Simikot, Humla, 2003.

Chapter - V

ECO-TOURISM RESOURCES

This chapter is one of the key sections of this study which mainly highlights about the eco-tourism resources of the study area. Therefore, this chapter is broadly divided into two main sections. The first section is an eco-tourism resources in Upper Humla whereas the second section describes the major tourism spots of Upper Humla.

5.1 Eco-tourism Resources in Upper Humla

Upper Humla is rich in eco-tourism resources. There are many mountains (Eco-Himal), lakes, rivers, waterfalls, hot spring, flora and fauna, temple and monasteries (cultural heritage), etc which are mentioned below.

5.1.1 Mountains (Eco-Himal)

Humla/ Upper Humla is hidden and treasure Himalayan. Specially, Upper Humla is trans-Himalayan region. In Upper Humla, there is many mountains, such as Saipal, Chanla, Panchmukhi , Raling peak etc. There mountains and their adjoining area can be famous for mountaineering and trekking, If eco-tourism developed in this area. According to local people, Raling peak is as Machhapuchhre, Chanla range is as Annapurna range, Saipal (7030m) as Mt. Everest of Humla and Panchmukhi is unique mountain, which has five peaks.

Table No. 10

Mountains of Upper Humla

Mountain	No. of Respondent	Percentage
Saipal	21	28.0
Chanla	18	24.0
Raling Peak	16	21.3
Panchmukhi	16	21.3
Other Himal	4	5.4
Total	75	100

Survey : Field survey, 2006.

Out of the total 75 respondent, Majority of the respondent, 28% said that Saipal Himal can attract the tourists than other Himals and 24% respondent said Chanla Himal/range can attract the tourists. Similarly, equal respondent (21.3% and 21.3%) said that Raling peak and Panchmukhi Himal can attract the tourists and remaining 5.4% said other Himals.

5.1.2. Lake and Rivers

Many lovely lake, water falls, hot spring and rivers are in Upper Humla . Such as Karnali, Selima, Talung lake, Chyachhara, Kermi hot spring etc. More than 50 perennial rivers/streams are in this area. Humla Karnali can be the ultimate rafting/kayaking, boating, fishing destination for tourists. Chyachhara waterfalls can be appropriate destination of bunjy Jumping. Kermi Hot Spring is famous for hot spring bathing. Selima and Talung lake can be also famous boating destination. In this way, others lovely lake waterfalls, hot spring and rivers are also important from the tourism point of view. (See page 24&28)

5.1.3 Flora and Fauna

Upper Humla is situated in the lap of Himalayas and having different flora and fauna. It is rich in bio-diversity. As a result many kind of medicinal plants and various fauna are available in the area, which shows that it can be health and research destination. Many kinds of medicinal plants are used as medicine according to the expert of Ayurveda (healer) and some are export to foreign market for sale. Many forest animals and birds likewise blue sheep, snow leopard, red panda, bear, leopards, panther etc also give pleasure to the tourists. But, we should be careful from illegal hunting.

Humla/ Upper Humla is also well known to outside Nepal with medicinal plants and floristic plants of exceptional qualities which are rare available in other part of the world i.e. Yartsagumba, Panchaule, Bhojpatra, Kutki, Jatamasi, Guchhi chyau etc (see page 24 & 28) These days, this system of medicine (Ayurveda) is becoming more popular in advanced countries like USA, UK, Canada, Japan etc. So, Humla/

Upper Humla's (eco) tourism can be easily famous in the world and then rural and community development is possible through (eco)tourism development.

5.1.4 Cultural Heritage

Upper Humla is a living ethnic museum. Many foreign and domestic tourists use to visit to this area for studying social and cultural customs and traditions. It is also a home of various festivals, holy places and historical places. Trek to Kailash-Mansarobar has helped to increase pilgrimage and cultural tourists in Upper Humla.

Lama and Khasa culture, clothing and ornaments, hospitability of this area are plus point of cultural heritage. Many temples/madues likewise Kharpunath temple, Shiva mandir, Badhphala, Hilchha, Mastho, Kailash, Luwasur, Gura, Kalasilta madues etc and gompas/ monasteries such as Halji, Raling, Yalbang, Bimug, Tumkot, Gompa etc are very interesting holy palces to visit, which are ancient and historical too. The following table shows the importance of cultural heritage from the tourism point of view.

Table No. 11

Importance of Cultural Heritage

Cultural Heritage	No. of respondent	Percentage
Festivals	19	25.3
Temple & Gompas	22	29.3
Clothing & Ornaments	12	16.0
Hospitability	16	21.4
Other customs and Tradition	6	8.0
Total	75	100

Source : Field survey, 2006.

Among the total 75 respondents, 29.3% respondent said that temples (Madues) and gompas (monastries) are more important from the tourism point of view, which is the highest, while 8% respondent said other customs and traditions which is the lowest. Similarly, 25.3%, 16% and 21.4% respondents said that festivals, clothing and ornaments and hospitability are more important from the tourism point of view respectively.

5.2 Major Tourism Spots in Upper Humla

Upper Humla has lots of tourism spots which are natural scenic, culturally unique and spectacular panoramic attraction for the tourists. Most of the tourist visit this area for the trekking to Mansarobar Kailash and for the research studies in many aspects. Upper Humla is really Shangri-La (Sambla) where tourists forget every thing about the world and feel in the Heaven. But Lack of proper advertisement, infrastructure and superstructure, it is backward and tourists can't reach and visit this area due to the remoteness. There are lots of remarkable tourism spots. Some of them are described below :

I. Limi valley

Limi is a remote trans-Himalayan valley to the north of Humla. It is like a small Tibet or Loangthang in Humla. Limi consists of three Lama villages : in the west is Till, in the east, Jang; and in between the biggest village, Halji, which is situated on a small plain. Among the Lamas in Humla, Limi is the only society ruled with an iron fist by its monastic theocracy. Inhabitants who disobey or misbehave are punished with stiff monetary penalties. They also practice a very strict polyandrous marriage system (Lama, 2002)

Limi is last mountain valley of Nepal where Tibetan pleatau ecosystem is found. It is covered by snow from November to April. There are many flora and fauna, lakes, streams, and gompas. Among them Talung Lake and Halji gompa is very important from the tourism point of view. Guest house is at Jang gompa which is specially for tourist, Only 15% tourists visit Limi valley who trek to Kailash Mansarobar. It is also alternative route of Kailash route. From Labtsa shar pass (5018m), tourists can see Kailash view from Nepal which is very interesting and enchanting.

II Halji Gompa

In the past, the Halji Gompa was the main gompa of the three village of Limi, and a branch was constructed in every village. Some years ago, this system broke down and every village now has its own monastery. According to the chronology

of Halji (Waltse) Gompa, the previous monastery was constructed by the great western Tibet Buddhist translator, Rinchen Zangpo (985-1056). The gompa used to lie just above the village of Halji. Later, when it was damaged by fire, it was shifted down to the village of Halji. Formerly, it belonged to the Sakya sect, but later it changed to the Digung Kagyu sect, under the influence of Gyang Drag Gompa at holy Mt. Kailash. Its guardian deity is Abchi Chhordron. This gompa is the biggest and one of the oldest in Humla. The Halji Gompa venerates Drigung Lingpa as its main Lama, since it is a monastery of the Drigung Kagyu sect now. The reincarnation of Drigung lingpa now lives in Deradun, India and he had visited Limi in 1993 (Lama, 2002).

The area of Halji Gompa is about 10 ropani. There is also Buddhist museum and monastery where 60-70 monks are lived. In every February, Ramzot festival is celebrated in the Halji Gompa for a week.

III . Selima Lake

Selima lake is situated in Kermi, Khagalgaun VDC covering around 3 km area and situated at the height of 4570 m. It is very beautiful long lake which is below Nyalo pass (4990m). There are many pastureland, where mule yak, sheep, caravan are grazing. There is found wild animal such as snow leopard, musk deer, blue sheep etc and NTFPs. Selima lake attracts to the trekkers, it can be appropriate boating destination.

IV. Chyachhara Waterfall

Chyachhara is lovely waterfall which is situated in Chyaduk, Kahgalgaun VDC at the height of 2350m. It lies on the way to Mansarobar Kailash. It is falling from about 200m. height. It attracts the trekkers easily and can promote adventure tourism. There are also found many wild animals, birds and NTFPs.

V. Kermi Hot Spring

It lies in nearby Kermi village, here is stream of hot water. In origin place of hot spring, its' temperature is upto 105⁰C but the temperature is decreasing

according to its length from origin place. People come in kermi hot spring from different parts of the Humla for bathing to cure their diseases likewise bath, gastric, scabies, waist paining etc. So, it can be ultimate hot spring bathing destination for tourists.

VI. Yalbang Gompa

It lies in Yalbang, Muchu VDC. Around one hundred monks live with their guru, Pema Rigsal Rempoche in this gompa. This monastery has been recently built to represent the monastery of Namkha Khyung dzong at the source of the Karnali river, west of holy Mt. Kailash in Tibet. The influence of the Nyingamapa Tersar (New Treasure) school in Humla began when Degyal Rimpoche of Namkha Khyungdzong Monastery began preaching Nyingmapa Buddhism in western Tibet (Lama, 2002). Yalbang Gompa also lies on the way to Kailash mansarobar where many tourists visit this gompa. In Mansir last, Bajraguru festival is celebrated for at least 10 days in this gompa.

VII. Tumkot Gompa.

Tumkot is the main gompa of the Sakyapa sect in Humla. It was built in the 13th century, and is the only gompa in this area constructed in the Tibetan style with rammed earth and raw bricks though now it is in a rather dilapidated condition. When the sakyapa sect has great influence in western Tibet, all Humla and Karnali were under its control. Even the Malla kings of the Karnali region become their patrons. But later, the sakyapa was replaced by the kagyupa sect and this sect influenced the Karnali region. Now, except Tumkot Gompa of the Sakyapa sect and three villages of Limi, Humla is under the influence of the Nyingmapa sect.

Tumkot Gompa is very famous for the sakyapa's fierce guardian deity, Shugden. Tumkot Gompa belongs to the Yultshodun community who live in the villages of Yari, Tumkot, Muchu, Chala, yangar and Yalbang. Their culture is very similar to that of the Taklakot (Tibet) people, and they even intermarry across the border. Now a days these communities respect the

Tumkot monastery only because they fear the shugden deity; otherwise, they are more influenced by Yalbang Gompa.

Due to the fearful Shugden guardian, the Yultshodun community continues its worship and Tumkot Gompa is also famous for solving legal problems in the Buddhist community of Humla. (Lama, 2002).

VIII Simikot Valley

Simikot is a headquarter of Humla district. It is also highest district headquarter of Nepal which elevation is 2900 meter from sea level. Simikot valley is high mountain valley. It has covered specially two village, i.e. Khadaka (*Tallogaun*) and Paubada (*Mathillo gaun*). Two saying is found in name of 'Simikot', one is because of production of more 'Simi' (beans) and another is Marulle and later, Kalyal king (*dynasty*) lived to the 'Kot' (up place) and used to drink water from 'Sim' (wetland) (Rokaya, 2006). So, it is historical land.

Simikot is a gateway to Kailash Mansarobar. There is no direct air service from Kathmandu to Simikot, so travelers generally have to fly via Nepalgunj, the regional hub on Nepal's border with India. Simikot is lap of Panchamukhi Himal. And, Simikot is situated on a ridge high above the Humla Karnali river and is surrounded by high snow-covered peaks. This small bazaar is also the district headquarter of Humla, which is literally the most remote district of Nepal. Dominated by the airport the town is divided into four parts. To the south of the airport stand government offices, schools, the district police office, a guest house owned by the District Development Committee. (DDC), and a few shops. The main bazaar area consists of shops and a bank. Airline offices are just north of the runway. East and northwest of the bazaar are two large settlements consisting of flat roofed houses inhabited by khasa (Chhetri) and by low-caste artisans (Dum). To the north of the civil aviation tower, on both sides of the trail that leads toward kailash, there are a few private campsites and guest houses. Hot-showers are offered by the Nepal Trust Guest House. It is at one of these campsites that the logistics of your trek will be taken care of. The facilities in Simikot are very rustic, but a huge

battery of the solar panels northeast of the airport does supply the village with electricity for about three hours each night (Lama, 2002).

Simikot valley has lots of tourist spots such as shiva temple, Ghee stone, Munigada (cremating place), Ruined Marulle Kot (Palace), Mugra (Stone tap), Kalasilta Madu (temple) Badfala Madu, Gura Madu, Sap pata Lagna (Girkhelna) Pastureland (Kharka) etc, which are ancient and historical. So, Simikot valley offers good sites for day's hike. From the lagna (2910m), Simikot valley view are very enchanting. People of Simikot have their own unique customs, tradition and culture which help to attract and learn to the tourists.

VIII. Shiva Mandir (Temple)

Shiva Mandir is situated in east southern corner of Khadaka, Simikot Valley. It is historic Hindu temple. It is made typically in Nepalese style which is as Pasupatinath temple of Simikot, Humla.

In past, Simikot was among four gompas for safety, these gompas were four corner of Simikot, i.e. east, west, north, south. Specially, these were gateway of Simikot village. Now a days these are damaged. In this way, people of Simikot had built shiva Mandir for peace, prosperity and safety. After made lord shiva Mandir, People of Simikot have not been ever facing famine, epidemic and great disasters due to god bless. Now, it has been renovation. Ghyu Dhunga (ghee stone) and Munigada (Cremating place) are nearby shiva mandir.

In Dwpar age, Bhimsen (Pandap brother) had thrown ghee stone in Holy Mt. Kailash from Jumla but it was crashed in Marghor Himal and then it had fallen in near shiva mandir. Now a days people of Simikot worship this stone as god. The interesting matter is that this stone is automatically oily and smell of ghee is coming from this stone. Bhimsen primary school has established recently in near ghee stone. In Shivaratri and Tij, many people are gathering and celebrating these festivals in Shiva Mandir. Tourists and other people can observe a panoramic view of Humla Karnali river and Panchmukhi Himal from the Shiva mandir. So, one should not miss to visit this area for taking enchant and pleasure.

X. Nyinba Villages

Nyinba villages means Buraunse, Bargaun, Torpa and Limatang where Lama community are living. They have their own unique culture and Buddhist religious sites i.e. Raling gompa, Bibug gompa (Hidden Cave) etc. These sites and culture can win easily heart of tourists. Nyinba villages are very potential area for village/ Rural tourism.

Some distance to the east of Simikot lives a Tibetan Community called the Nyinba. They live in the area called Nyin, 'the sunshine valley of high elevation'. In Nepali, they are known as the Bara-Thapalya, the most advanced among the Thapalya stock. The Nyinba community consists of four villages - Tangshod (*Buraunse*), Barkhang (*Bargaun*), Todpa (*Torpa*) and Nyimatang(*Limatang*) - which stand at elevations between 9,000-11,000 feet and are all around half an hour to two hour's walk form each other. The village of Tangshod is situated in the west, near Simikot; Barkhang is in the south, Todpa in the center, and Nyimatang in the east, near the famous pilgrimage site, Raling Gompa. Nyinba society observes an eclectic mix of Thapalya and Khasa Shamanism and Tibetan Buddhism. Every Nyinba village is structured like the mandala of the Buddhist bodhisattva Amitayu (Gnopo Tshepakmed), the Buddha of long life. The older generation of Nyinba males tie their hair like a single horn on the crown of their head. The Nyinba practice polyandry, in which brothers from a family share a common wife. The Nyinba have a very elaborate cultural heritage, complete with festivals where they show off their valuable clothes and ornaments. The main Nyinba festivals are Abimi (ancestor worship), Lasol (worshipping the village god), Mani festival (Preaching of Buddhism through drama), Losar etc. (Lama, 2002).

x. Raling Gompa

Raling Gompa is situated in the north east of Nyinba Valley, Bargaun VDC which is very old and historic Buddhist gompa. It lies also at the base of Mt. crystal peak (Raling Tutho). It is believed that Guru Rimpoche (Padmasambava) come to this area and meditated at the holy cave of Raling and then people of there constructed the Raling gompa in the early 20th century. This gompa was recently renovated by Nepal Trust.

Raling Gompa can be reached by 5-7 hours walk from Simikot. On the way to Raling gompa, we can see Nyinba villages, many historical gompas, Togra etc which also attract the trekkers. Raling Gompa is considered a very important pilgrimage site and a centre for all religious sects of Buddhist, Hindus and Shamans. It is also a holy site that caravans and farmers visit to get their wishes fulfilled. Moreover, it is known all over Nepal, because it is the place where the oldest Tamrapatra (copper plate inscription -1312 BS) in the Nepali khasa language was found. It is the tamrapatra of Ashoka Malla, the king of Sija in Jumla of the early 14th century (Lama, 2002). Raling mela festival is celebrated in the gompa on the occasion of Jeth Purnima. At that time, people are gathered from different part of the Humla to see Raling Mela (festival).

XI. Kharpunath Temple

Kharpunath Temple is a lord shiva temple, it is considered as rank of Pasupatinath, Badrinath, Kedarnath, Muktinath, but lack of advertisement and proper management, it is backward and going to ruin. It is the home and play ground of lord shiva and Parvati. So, it is very important from the religious, natural and tourism point of view.

Kharpunath temple is situated in nearby Karnali river, where can be reached by 2-3 hours walk from the Simikot. According to myth, lord shiva wanted to make Mt. Kailash and Mansarobar lake in this temple but crow was cried on the Raling Peak and Demon of Tokra disrupted him. And then he made Kailash and Mansarobar in Tibet. Some body says that there is big and long hole (Subway) from Kharpunath temple to Raling gompa but it is not proved. So, it can be topic of research. Hot water spring is also found nearby Kharpunath temple and bank of Karnali river. One can bath in hot spring to cure his/her diseases. In every Maghe Sanskranti, people of different part of Humla come there to celebrate Maghe Tihar

XII. Dudhe and Lade Daha (Lake)

Dudhe and lade Daha are often situated in high pastureland where both lake are found together in different few distance. These types of lakes are found in many places of Humla such as Simikot, Syada, Kharpunath, Raya, Lali VDC etc. Dudhe Lake is seen white like as milk and Lade Lake is seen black, which is fearful (fierce).

In this way, Mansarobar Lake and Rakshesh (Demon) lake of Tibet are also form of Dude and Lade Daha. Dude Daha is form of God. So, people used to its water for bathing but Lade Daha is form of demon. So, one should not go alone in this lake. Both lake are very important from the tourism point of view.

CHAPTER- VI

PROSPECT OF ECO-TOURISM DEVELOPMENT

6.1 Prospect of Eco-tourism Development in Upper Humla

Upper Humla is itself rich in eco-tourism resources although Mount Kailash and Mansarobar are major attraction. The prospect of eco-tourism development in Upper Humla is determined by various physical and cultural factors. The physical factors are location, land form, climate, flora and fauna, river and lake, nature, sceneries, etc. The cultural factors are cultural landscape, customs and traditions of different community groups, festivals, hospitability etc. And then, good infrastructure, superstructure and advertisement also play great role to promote eco-tourism . The following table shows the attraction of Upper Humla.

Table No. 12

Main Eco-tourism Attractions in Upper Humla

Attractions	No. of Local Respondents	Percentage	No. of tourist Respondents	Percentage
Natural Beauty	24	32.0	5	33.3
Eco-tour & trekking	16	21.3	6	40.0
Cultural Heritage	27	36.0	3	20.0
Other	8	10.7	1	6.7
Total	75	100	15	100

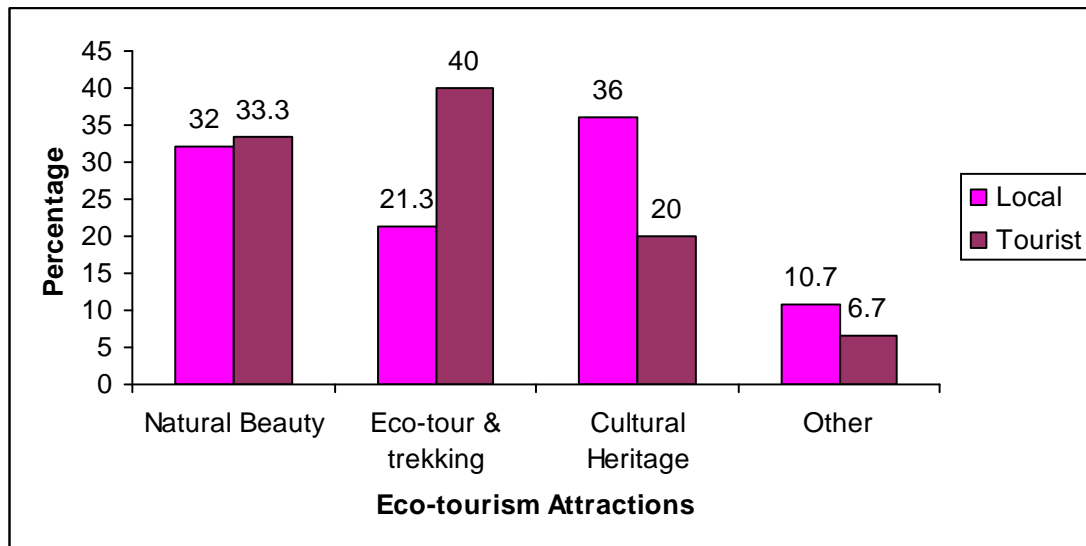
Source : Field Survey, 2006.

Out of the total 75 local respondents and 15 tourist respondents 32% local respondents and 33.3% tourist respondents said that natural beauty is the main eco-tourism attractions of Upper Humla. 21.3% local respondents and 40% tourist respondents said eco-tour and trekking. Similarly, 36% local respondents and 20% tourist respondents said that cultural heritage is the main eco-tourism attraction of Upper Humla and remaining 10.7% local respondents and 6.7% tourist respondent said other eco-tourism attractions. From this we can know that majority of the tourist (40%) said that eco-tour and trekking is the main eco-tourism attraction of Upper

Humla but majority of the local people (36%) said cultural heritage. The following picture indicates the main eco-tourism attractions in Upper Humla.

Chart-5

Main Eco-tourism Attractions in Upper Humla



6.1.1 Cultural Heritage

The unique Khasa and Lama culture attract the tourist who visit in Upper Humla. There is the composition of different ethnic groups, who have their own kind of identity, dignity, tradition, custom, language, festivals etc. In fact they are culturally very rich. They are very respectful and hospitable, they respect every persons either tourists or local peoples. Tourists can learn and study their culture and then the feeling of global brotherhood is developed. Cultural and religious tourists also can visit in many Hindu and Buddhist religious sites in this area. In this way, dress, ornaments, traditional art, music, folk dance, festivals, ritual ceremonies, holy and historical places, hospitality are the main cultural heritage attractions in Upper Humla (see page.....)

6.1.2 Natural Beauty

Upper Humla is located in the lap of Himalaya that give an natural enjoyment to the tourists. There is found mountain ecosystem, flora and fauna, green eco-Himals, lake, rivers, glacier etc. The Himals (hills) are covered with varied flowers, dense

rododendron forest, green valleys, pasture, glittering snow covered peaks, ice and glaciers enchant the visitors to be speechless, where visitors can view various sites of the area. Tourists can take pleasure of bird watching, wild-animal viewing and horse riding. It is also famous for caravan of sheep, goats, yaks and mules. The view of Panchamukhi Himal, Raling Peak, northern part of Saipal, Panoramic view of Karnali river and Chyachhara are major attraction for a trekker to this region. Pleasant and healthier climate is also plus point of natural beauty in this area.

6.1.3 Eco-tour and Trekking

Trekking in Upper Humla can be one of the most enchanting. It is also trade, caravan and Kailash route. It is especially important to trek to Kailash Mansarobar because it is the best gateway to Kailash Mansarobar. Trekkers can reach Upper Humla via Nepalgunj by air from Nepalgunj to Simikot. The government has permitted to use this route to get to Mt. Kailash and Mansarobar lake for group treks since 1993. This route is considered the shortest and most practical for trekkers in terms of both elevation and distance. The trek starts off at the relatively low elevation of Simikot (2910m) and climbs unto the Nara- Lagna Pass(4330m) before reaching the Tibetan pleateau. From Simikot, it takes local people only four days to walk to the chinese border, while tourists generally complete the journey in six days. Limi valley was currently opened for tourists, which is alternative route to get to Mt. Kailash and Mansarobar Lake.

The Upper Humla can be ultimate eco-tour and trekking destination. In comparison to Annapurna and Mt. Everest region, this area has very few trekkers due to remoteness, poor accessibility, poor trek trails, campsite, electricity, information centers and lack of advertisement. However this area has immense potential for trekking because of its ethnic, cultural and natural richness. Sights, sceneries, flora and fauna, rocky steeps and cliffs, water falls, river gorge with melody, caravan of sheep, goats, yaks and mules and beauties of nature are the hidden treasures and pleasure of trekkers. Most parts of the road/trail are found full of greenery of trees and shrubs with sweet smell of flowers and herbs. It is also very appropriate place for educational tour. So one shouldn't miss to trek in Upper Humla.

6.2 Major Problems of Eco-tourism Development.

Upper Humla is rich in nature and culture with its unique features and identity. But, there are a lot of problems associated with eco-tourism development. Especially, there is lack of good infrastructures and super-structure facilities and recreational (man made) facilities such as parks, swimming pool, bird watching, jungle safari, cultural program show etc. If there would have been these facilities, more than more tourists will visit this area and eco-tourism will be developed.

Table No. 13

Major Problems of Eco-tourism Development in Upper Humla

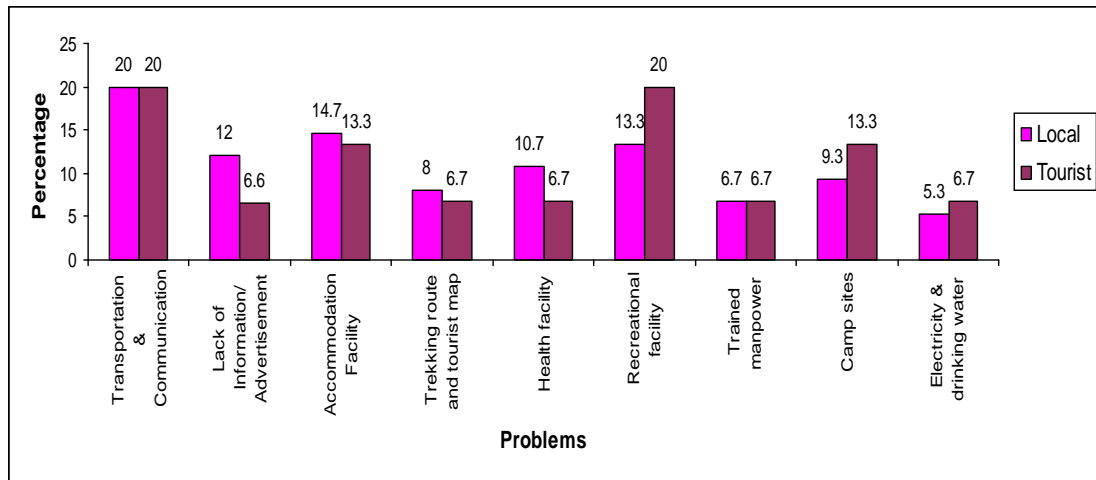
Problems	Local respondent		Tourist respondent	
	Number	Percentage	Nmber	Percentage
Transportation & Communication	15	20.0	3	20.0
Lack of Information/ Advertisement	9	12.0	1	6.6
Accommodation Facility	11	14.7	2	13.3
Trekking route and tourist map	6	8.0	1	6.7
Health facility	8	10.7	1	6.7
Recreational facility	10	13.3	3	20.0
Trained manpower	5	6.7	1	6.7
Campsites	7	9.3	2	13.3
Electricity & drinking water	4	5.3	1	6.7
Total	75	100	15	100

Source : Field survey, 2006

Among the total 75 local respondents and 15 tourist respondents, majority of the both respondents said that lack of transportation and communication facility are the main problem of eco-tourism development in Upper Humla, which is 20%, meanwhile 12%local respondents and 6.6% tourist respondent said lack of information and advertisement. Similarly, 14.7%local and 13.3%tourist respondents, 8% local and 6.7% tourist respondents, 13.3%local and 20% tourist respondent, 6.7%loxal and 6.7% tourist respondents, 9.3% local and 13.0% tourist respondents, and 5.3% local and 6.7% tourist respondents said that lack of accommodation facility, trekking route and tourist map, health facility, recreational facility, trained manpower, Campsites and electricity and drinking water facilities are the major problems of eco-tourism development in Upper Humla respectively. In this way, majority of the tourist respondents, 20% said also recreational facility is the main problem of eco-tourism development in this area. The following figure clears the major problems of eco-tourism development in Upper Humla.

Chart - 6

Major Problems of Eco-tourism Development in Upper Humla



6.3 Impact of Eco-tourism

Eco-tourism is the main vehicle to bring the socio-economic changes of people (societies) in tourist destination. It is responsible for acculturation and cultural diffusion. Eco-tourism impact upon the locals may leave positive or negative impact. In some cases, the development of eco-tourism may be the only means of promoting the economic advancement of less-developed areas. The underdeveloped areas of the country can greatly benefit from eco-tourism development. It helps to create employment and many other good opportunities.

Therefore, if eco-tourism would have been developed in Upper Humla, it can be source of community and rural development. The people of the area will have changed in their life style. The eco-tourism will have not brought only social and economic changes in the area but also brought remarkable environmental changes, but these changes/ impacts in the area may be both negative and positive. Table No.- 14 shows the impact of eco-tourism.

Table No. 14*Impact of Eco-tourism in Upper Humla*

Positive impact	No of resp.	Per.	Negative impact	No. of resp.	Per.
Employment opportunity	16	21.3	Effect on socio-culture	21	28.0
Income growth	14	18.7	Environmental problem	16	21.3
Business	12	16.0	Misuse of common property	4	5.3
Increasing hotels/lodges	9	12.0	Loss of moral value	9	12.0
Chances to learn tourist culture	8	10.7	Shortage of local production	12	16.0
Awareness/ Improving traditional norms	6	8.0	Uncontrolled growth of houses	6	8.0
Structural development	10	13.3	Taboos in trekking & tours	7	9.4
Total	75	100	Total	75	100

Source : Field survey, 2006.

On the basis of positive impact of eco-tourism, majority of the respondent, 21.3% expressed that eco-tourism can generate employment opportunity, while 18.7% expressed eco-tourism can be source of economic growth. Similarly, 16% expressed eco-tourism can enhance the business, 12% expressed eco-tourism can increase hotels and lodge, 10.7% expressed local people can get chance to learn tourist culture through eco-tourism, 8% expressed eco-tourism can improve traditional norms of local people and 13.3% expressed eco-tourism can help to develop infrastructure and superstructure.

As per negative impact of eco-tourism, among the total 75 respondents, most of the respondent, 28% said that eco-tourism can negative effect on socio-culture of local people, while 21.3% said eco-tourism can bring environment problems. Similarly, 5.3% said eco-tourism can misuse common property, 12% said local people can loss moral value, 16% said local production price can be high and can be shortage, 8% said eco-tourism can help to increase uncontrolly houses and 9.4% said eco-tourism can help to increase taboos in trekking and tours.

6.4 Suggestion for Eco-tourism Development in Upper Humla.

Upper Humla is high potential area for eco-tourism due its natural, cultural and biodiversity richness, gut there hasn't' been done eco-tourism development activities. Local people of there have given many suggestions to develop eco-tourism in Upper Humla. If there suggestions are followed future of eco-tourism in this area

will be sure and certain. And then major problems of eco-tourism development in this area be reduced. The table below shows the detail about suggestions.

Table No. 15

Suggestions for Eco-tourism Development in Upper Humla

Suggestions	No of Respondent	Percentage
Awareness about tourism	16	21.3
Infrastructural and super -structural development	20	26.6
Local tourism policy, plan and program	11	14.7
Human Resources Development	9	12.0
Development of trekking route and campsites	6	8.0
Tourism link with neighboring district	5	6.7
Publicity and promotion	8	10.7
Total	75	100

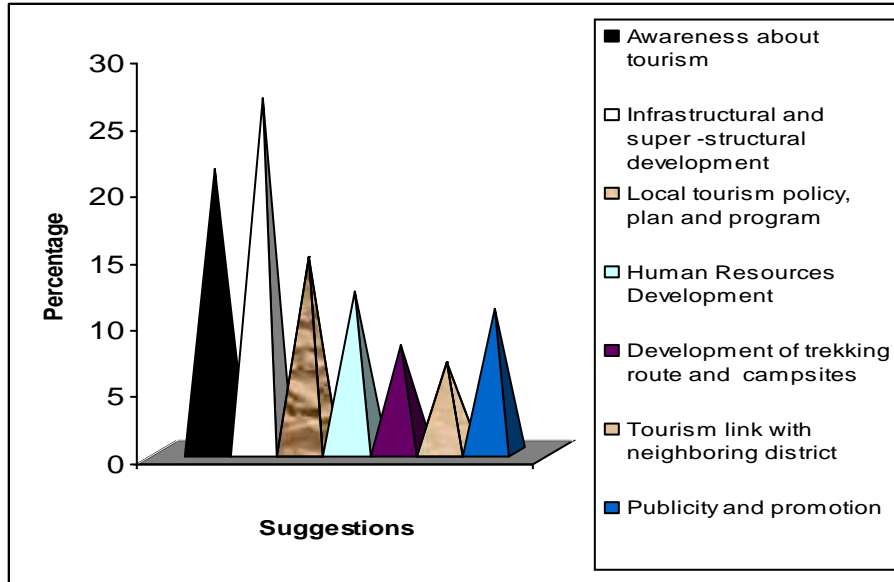
Source : Field survey, 2006

According to the above table, out of the 75 respondents, majority of the respondents 26.6% suggested that infrastructural and super-structural facilities should be developed for eco-tourism development in Upper Humla, while 21.3% suggested that local people should be awareness about tourism. similarly, 14.7% respondents suggested that local tourism policies, plans and programs should be formulated for eco-tourism development.

In this way, 12% respondents suggested Human resources should be developed, 8% respondents suggested trekking routes and camp sites should be developed, 6.7% respondent suggested tourism of Humla should be linked with neighboring district's tourism and remaining 10.7 % respondents suggested Humla/ Upper Humla's tourism products should be advertised in national and international market for eco-tourism development of Upper Humla. The following figure also reflects the suggestions :

Chart - 7

Suggestions for Eco-tourism Development in Upper Humla



Chapter -VII

SUMMARY, CONCLUSION AND RECOMMENDATIONS

7.1 Summary

Nepal is a ultimate tourism destination in the world, it is famous for its cultural diversity and natural beauty. Tourism is the means of easy earning and it is also known as smokeless industry. Humla is situated at the west north part of Nepal. It is rich in nature, culture and biodiversity. Cultural heritage, natural attractions, eco-tour and trekking and Kailash route have made Humla famous for tourism. Most of the tourist visit Upper Humla for trekking, mountaineering expeditions, sight seeing, study about culture and biodiversity and trek to Mt.Kailash and Mansarobar lake.

The Upper Humla is located at the Northern part of Humla. It is a getaway to Mt.Kailash and Mansarobar Lake (Tibet). The study attempted to analyze the prospect of eco-tourism in Upper Humla. For this study, primary data were collected from the field survey and 75 local peoples and 15 tourists were interviewed as respondent and surveyed. In this context, data and information were collected by researcher himself with the help of structured questionnaire. And different research techniques and tools such as field visit, interview, observation and focus group discussion were used to collect primary data. Descriptive as well as quantitative research method were used for data analysis. The summary of the findings of the study are as follows :

7.1.1 Pattern of Tourism Development

- Upper Humla is upper and northern part of Humla. Out of 27 VDCs of Humla, it has covered 13 VDCs. Upper Humla is called from Marghor Himal to Hilsa. The climate of this area is cold and tropical and the best season for tourist is April to September.
- The total population of Humla is 40749 but the total population of Upper Humla is 19019. Among them 9933 are males and 9086 are females. Total households of this area is 3107. Most of the people of the area speak Nepali (Humli Khasa) and Lama (Bhote Kham) language. Main religion in the area is Hindu and Baudha.

- The history of tourism in Humla is not so long. After the opening of the Simikot airport in 1978, and the route to Kailash, later in 1993, tourists started visiting Humla. In the past, tourists used to visit in Humla for research and trekking to Kailash and Mansarobar Lake but presently they visit Humla taking various purposes.
- Humla is rich in tourism products, however, it is weak in infrastructure and super structure. Out of the total 75 respondents, 18.7% said that Simikot valley is the main tourist attraction in Humla, while 17.3% mentioned Humla Karnali as a major attraction. Similarly 10.7%, 4%, 8%, 5.3%, 4%, 12%, 13.3% and 6.7% respondents said that Limi valley, Kermi hot spring, Chyachhara waterfall, Selima and Talung Lake, Chanla Himal, Raling gompa, Kharpunath temple and others are major tourism products of Humla respectively.
- The study showed that since 2056/57 upto 2062/63 Baishakha total 3176 tourists visited in Humla. Among them 11.9% visited the Humla in F.Y. 2056/57, while 11.1% visited in 2057/58 and 13% visited in 2058/59. There was decline in tourists arrival in 2059/60, which was only 10.2% . In 2060/61, it was increased surprisely, which was 25.4% but it was decreased in 2061/62 and 2062/63, which was 19.7% and 8.7% respectively due to political instability of Nepal.
- Out of the total 15 tourist respondents, majority of tourists 60% visited Humla for trekking to Kailash Mansarobar, while 13.3% visited Humla for eco tour and trekking. Similarly, 20% of the tourists visited Humla with the purpose of research and remaining 6.7% visited Humla for other purposes.
- Among the total 75 local respondents, 16% said that tourists are helpful and 37.3% said tourists are frankly. Similarly 40% said the behavior of tourists towards local people (host) is normal type and remaining 6.7% said 'No care' type.
- Out of the total 15 tourist respondents, majority of the respondents, 53.3% said that local people are helpful and 13.3% said local people are just frankly. Similarly, 26.7% said the behavior of local people towards tourists is normal type and 6.7% said 'No care' type.
- For tourism development of Humla, SNV had supported to many local NGOs and DDC for constructing physical infrastructure, improvement of Simikot town, upgrading of village lodges and other attraction of the region including

monastery and hot spring and provide training for lodge owners, village guides and porters.

- Tourism development of Humla and the flow of tourist in Humla was very low and gradual which reflected less potential of increasing the number of tourists in future.

7.1.2 Eco-tourism Resources

- Upper Humla is rich in eco-tourism resources. Many lovely mountains, river, lakes, waterfalls, hot spring, forests, temple and monasteries were in this area. Humla Karnali could be the ultimate rafting/ kayaking, boating and fishing destinations. And Kermi hot spring could be also ultimate hot spring bathing destination for tourist.
- Out of the total 75 respondent, majority of the respondents, 28% said that Saipal Himal can attract the more tourist then other Himals while 24% said Chanla Himal range. Similarly, equal respondents (21.3% &21.3%) said that Raling peak (Mt. Crystel peak) and Panchamukhi Himal can attract the more tourist and remaining 5.4% said other Himals.
- Upper Humla was well known in medicinal and floristic plants such as Yartsagumba, panchaule, Bhojpatra, Kutki, Jatamasi, Guchi chyau, Rhododendron etc and fauna (forest animals and birds) likewise blue sheep, snow leopard, musk deer, red panda, wild yak, danfe, partridge, kalij etc. These flora and fauna showed that it can be health and research destination.
- Among the total 75 respondents, 29.3% said that temples and gompas are more important from the tourism point of view, while 25.3% said local festivals. Similarly, 16% said clothing and ornaments are more important for the tourism point of view and 21.4% said hospitability. Remaining 8% said other customs and traditions.
- The study showed that major tourism spots in Upper Humla are Limi valley, Halji gumpa, Selima Lake, Chyachhara waterfall, kermi hot spring, Yalbang gumpa, Tumkot gumpa, Simikot valley, Shiva temple, Nyinba villages, Raling gumpa, Kharpunath temple and Dude and Lade lakes.

7.1.3 Prospect of Eco-tourism Development

- Out of the total 75 local and 15 tourist respondents, 32% local and 33.3% tourist respondents said that natural beauty is the main eco-tourism attraction

of Upper Humla, while 21.3% local and 40% tourists respondents said eco-tour and trekking. Similarly, 36% local and 20% tourist respondents said that cultural heritage is the main eco-tourism attraction of Upper Humla and remaining 10.7% local and 6.7% tourists respondents said other eco-tourism attractions.

- Majority of the local (20%) and tourist (20%) respondents said that lack of transportation and communication facility are the main problems of eco-tourism development in Upper Humla.
- On the basis of positive impact of eco-tourism, majority of the respondent, 21.3% expressed that eco-tourism can generate employment opportunity. But, out of total 75 respondents, most of the respondent 28% said that eco-tourism can negative effect on socio-culture of local people.
- Most of the respondents, 26.6% suggested that infrastructural and super structural facilities should be developed for eco-tourism development in Upper Humla.

7.2 Conclusion

Tourism as a smokeless industry has attracted all throughout the world. Tourism is a often considered as *"the goose that lays the golden egg"* a source of income and stimular for more employment. Although this interpretation is to be seriously questioned in the specific context of Nepal. In Nepal it has been above 55 years since the history of tourism has began. Many people are benefited from this industry but it has never been introduced as a process of regional development.

Humla is hidden and treasure Himalayan which is open and living ethnic museum. It is also home of caravan i.e. yak caravan, sheep goat caravan and mule caravan. Although the area is full of nature and cultural beauties, tourism has not developed as expected. Some tourism activities had been done for tourism development of Humla.

Since the opening of the Simikot airport 1978 and the route to kailash Later in 1993 tourist visited in Humla although tourist had visited in Nepal after the established of democracy in 1951. Trend of tourist arrival in Humla is a little fluctuation due to political instability, many physical problems as well as others such as lack of advertisement, policy , plans, programs, information center, and lack of good infrastructure, and super structure. Majority of the tourists visited Humla for trekking to Kailash and Mansarobar

. Some of them visited Humla with the purpose of research, eco-tour and trekking. The behavior of tourists towards local people was normal type. The study manifested that Upper Humla is rich in eco-tourism resources. Many lovely mountains, rivers, lakes, waterfalls, hot springs, temple and gompas were in this area. It was found that major eco-tourism spots in Upper Humla are Limi valley, Halji gompa, Selima lake, Chychhara waterfall, Kermi hot spring, Yalbang gompa, Tumkot gompa, Simikot valley, Shiva temple, Nyinba villeges, Raling gompa, Kharpurth temple and Dude and Lade lakes. Most of the respondents said that natural beauty, cultural heritage and eco-tour and trekking are the main eco-tourism attractions of Upper Humla. Lack of transportation and communication facilities were the main problems of ecotourism development in this area.

7.3 Recommendations

The study manifested that Upper Humla has high potential for ecotourism development but tourism development of Humla is slow due to many problems. So, based on the above study following recommendations are given for ecotourism development in Upper Humla .

7.3.1 Recommendations for Policy Implication

- ❖ Government with the help of local peoples should maintain the major trekking route, campsites along with the facilities like drinking water, toilet, electricity etc.
- ❖ Both the Government and NGOs, should actively take part to mobilize the local people to develop and promote ecotourism.
- ❖ Air service should be regular and reliable from Nepalgunj to Simikot and Simikot airport should be extended and pitched .
- ❖ Promotion and Publicity of Humla should be done in the national and international market from the tourism point of view.
- ❖ Emphasis should be given to develop infrastructure (transport, power supply, water supply, fuel, communication links, etc) and super structure (hotel, resorts, motels, clubs, entertainment centers, etc) to attract more than more tourists in Humla.
- ❖ Tourist information center should be established in Simikot. Booklet, trekking route map, tourist map, brochures, visual journey books, etc. should be published to give necessary information from local and national level.

- ❖ Tourism in Humla should be linked with neighboring district's tourism, such as Mugu, Bajura, Dolpa, Jumla etc and regional headquarter, surkhet and Nepalgunj.
- ❖ Humla Karnali should be made kayaking, rafting and fishing designation, kermi hot spring should be made hot spring bathing destination and tourists should be encouraged for trekking and mountaineering in this area.
- ❖ Cultural heritage should be preserved and cultural programs should show to entertain tourists which also helps to generate funds for local development.
- ❖ Humla Tourism development Board (HTDB) should be established and local tourism plan, policy, strategies and programs should be formulated for for tourism development of Humla
- ❖ Efforts should be made to develop trained and skilled manpower at local level in order to provide efficient services up to the satisfaction of tourists.
- ❖ Many donors have invested financial resources for the tourism development of Nepal but its utilization and effectiveness have not seen in proper way. So, the voice, *'don't ask for the doles but close the holes'* should be raised.
- ❖ Nepal's tourism has become as only the tourism of Pokhara, Chitwan, Lumbini and Kathmandu. So, other areas and places of Nepal should be developed for the sustainable tourism development of Nepal.
- ❖ Motorable road should be linked from Kathmandu to Humla and Simikot-Hilsa motorable road should be constructed for easy accessibility.

7.3.2 Recommendations for Further Research

- ❖ This study has been carried out in Upper Humla to explore the prospect of ecotourism in Upper Humla. Time and financial constraint did not allow me to go in detail covering the important areas. A detail study about Upper Humla is highly recommended.
- ❖ In further research other parts of Humla should be carried out for study about tourism.
- ❖ Tourism in Humla could be genuine topics for further research.
- ❖ This research is depending upon only quantative tools so that it can't cover qualitative aspects in depth. Thus, further research should be conducted with indirect approach through using qualitative tools accordingly.
- ❖ Further study may be conducted also in the other remote area (district) about various forms of tourism.

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Appendix - I

Prospect of Eco-tourism in Upper Humla 2006

A. Questionnaires for local people

1. General information of the respondent:

a. Name :

b. VDC :

Ward no :

Village :

c. Age :

Sex: male :

female :

d. Education :

Occupation :

e. Religion :

2. Have you ever seen tourist in your village?

Yes No.

(if yes.....)

i. Which seasons often they visit in this area?

.....

ii. In your opinion, why tourist visit Humla?

.....

iii. What does tourist behave with you?

a. Helpful b. Frank

c. Normal d. No care

3. What are major tourism products in Humla?

a.

b.

c.

d.

e.

f.

4. What are the major eco-tourism resources in Upper Humla?

i. lake, rivers & waterfall: a.b.....c.d.e.

ii. Mountains: a.b.....c.d.e.

iii. Fauna/wildlife: a.b.....c.d.e.

iv. Flora / NTFP: a.b.....c.d.e.

v. Cultural Heritage: a.b.....c.d.e.

vi. Others: a.b.....c.d.e.

5. What is the main ecotourism attraction in Upper Humla?

Natural beauty cultural heritage

Eco-tour other attraction

6. Can ecotourism be source of community and rural development?

Yes No

(If yes, how)

a. b.

c. d.

7. Is your culture helpful for tourism promotion ?

Yes No

i. Which are the important products for tourists?

Festivals Temple and Gompas

Hospitality Clothing and ornaments

Other custom and traditions

ii. Please list your religious and historical sites with unique features?

.....
.....

8. Have there any activities done for eco-tourism development?

Yes No

(if yes, what are they?)

- a. b.
c. d.

9. How we can increase tourist arrival in Humla?

.....

10. Are the Government policy and plan sufficient to promote the tourism of Humla?

Yes No

11. can Humla's tourism be linked with neighboring district's tourism?

Yes No

(If yes, How?)

.....
.....

12. If eco-tourism developed in this area, what types of ecotourism impact will be seen ?

S.N	Positive impact	✓Or×	Negative impact	✓Or×
1.	Employment opportunities		Effect on socio-culture	
2.	Income growth		Environmental problem	
3.	Business/enterprises		Misuse of common property	
4.	Increasing hotels/lodge		Loss of moral value	
5.	Chances to learn tourist culture		Shortage of local production	
6.	Awareness/Improving traditional norms		Uncontrolled growth of house	
7.	Structural Development		Taboos in trekking and tours	

13. What is the main problems of eco-tourism development in Upper Humla?

- a.
- b.
- c.
- d.
- e.
- f.

14. Please give suggestion to avoid these problems and for the development of eco-tourism in Upper Humla?

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.

15. What do you think about future of tourism development in Humla?

.....

.....

.....

.....

Thank You.

B. Questionnaire for Tourist

Dear visitors

Welcome and Namaste!

You are kindly requested to help by filling the given questions below. Your valuable suggestions will help me to upgrade the quality of my work entitled "*Prospect of Eco-tourism in Humla* " your kind support and suggestion will be valuable and remarkable for the development of tourism Humla, Thank you.

1. General information of the respondent:

Name:

Age:..... Sex: male female

Country:..... Occupation:..... purpose of visit:.....

Visited : First second third

2. How is Humla?

.....

3. What is your opinion about local people?

Helpful Frank

Normal No care

4. How are you feeling here?

Convince Romantic

Surprising Boaring

5. What is the main eco-tourism attraction on Upper Humla?

Natural beauty cultural heritage

Eco-tour and trekking Other attractions

6. What are the problem do you feel in Upper Humla?

- a. b.
c..... d. e.

7. What do you think about the future prospect of eco-tourism in Upper Humla?

Very High High
Unfavorable Don't know

8. What is the average level of your satisfaction after visiting the area?

Fully satisfied Satisfied
Unsatisfied

9. What should be done to develop eco-tourism in Upper Humla?

.....
.....
.....

10. Have you plan to visit again in Upper Humla?

Yes No

Thank You.

Appendix - II

Checklist for Interview/FGD

- * History of tourism in Humla.
- * Current tourism development pattern of Humla (arrival of domestic and international tourist and other related aspects)
- * Tourism Marketing in Upper Humla major tourism products of Humla
- * Eco-tourism resources in Upper Humla.
- * Nature, Culture and adventure in Upper Humla.
- * Level of Awareness about tourism among the local people.
- * National and local tourism policies for tourism development in Humla.
- * Existing infrastructure/Facilities.
- * Number of I/NGO, Travel agency and tourism business men working in the Humla for tourism development.
- * To make Kailash route, other alternative trekking route, campsites, tourist map.
- * Tourism link with neighboring district's tourism.
- * To establish Humla Tourism Development Board (HTDB) and Humla Ethnographic museum.
- * Problems of eco-tourism development in the district.
- * Solutions/ future plans for tourism development.

Appendix - III

A. List of Key informants:

S.N	Name	Identification
1.	Mr. Jiban Bdr. Shahi	Former chairman, Humla DDC
2.	Mr. Chhakka Bdr. Lama	Former Assistant Minister of MLD & MOP
3.	Mr. Lok Bdr. Rawat	Intellectual person
4.	Mr. Jiban Bdr. Bohora	Intellectual person
5.	Mrs. Basanti Shahi	NGO agent/ Social worker
6.	Mr. Birkha Bdr. Shahi	NGO agent/Social worker
7.	Mr. Kal Bdr. Shahi	Local generalist
8.	Mr. Tshepal lama	NGO agent/ Social worker
9.	Mr. Pema lama	Tourism entrepreneur
10.	Mr. Dhan Lal Rokya	Local generalist

B. List of Tourist Respondents

S.N.	Name	Country	Visited
1	Heklan	Switzerland	First
2	Makish	Germany	First
3	Fredal	Australia	First
4	Monicapa	Australia	First
5	Thropen	Russia	First
6	Sifal Baniya	India	First
7	Ranti Singh	India	First
8	Kabir Khan	India	First
9	Jobins Marity	America	First
10	Monica	Newzeland	First
11	Payaki	Germany	First
12	Jufalica	Russia	First
13	Jepmax	Germany	First
14	KhariPal Sen	India	First
15	Rup Kumar Agrawal	India	First

Appendix - IV

A. Tourist arrival in Humla (F.Y. 2059/60 to 2061/62)

S.N.	Country	2059/60	2060/61	2061/62
1	Newzeland			8
2	German	78	245	199
3	Japan	2		
4	America (USA)	22	32	14
5	Canada	1	9	2
6	(England) U.K.	25	49	22
7	Australia	37	120	96
8	India	31	263	197
9	Spain	9	5	3
10	Switzerland	8	26	21
11	Italy	16	20	5
12	Thailand	16		
13	Russia	5	10	11
14	Ireland	9	1	
15	Denmark	7		
16	Finland	1	1	4
17	Kenya	1		1
18	Oman		3	
19	France		4	2
20	Malaysia			4
21	Sweden			6
22	Belgium			5
23	Israel		3	
24	Mexico			1
25	Netherlands			21
26	Taiwan		14	
27	Singapore		1	
28	Other	56	1	3
	Total	324	807	625

Source : District Police Office, Humla, 2003

B. Total Revenue collection from Tourists (F.Y. 2058/59 to 2062/63 Chaitra)

Fiscal year	Total Revenue (NRS)
2058/59	32114
2059/60	28,652
2060/61	119816
2061/62	2,16420
2062/63 Chaitra	1,41,014
Total	5,38,016

Source : District Development Committee, Humla, 2063

Appendix - V

Humla District at a Glance

S.N.	Sector/ Heading	Discription
1	Location	Latitude 29 ⁰ 35' - 30 ⁰ 57', Longitude 81 ⁰ 18'-82 ⁰ 10'
2	Development Region	Mid Western
3	Zone	Karnali
4	District	Simikot
5	Border	Mugu in the east, Bajura & Mugu in the south, Tibet in the North and Bajhang in the west
6	Altitude	4000ft. to 24064ft. , Simikot Hearquarter - 9242ft.
7	Rainfall	Annual average : 25.4- 150mm.
8	Temperature	Maximum : 10 ⁰ to 28 ⁰ c, Minimum : -10 ⁰ to -18 ⁰ c
9	Total Area	5655 sq. Km.
10	Population	Total : 40,749 , Male : 21016 , Female : 19733
11	Population Growth Rate	1.99%
12	Density	7.2 sq. mtr.
13	Number of Households	6943
14	Average Family Size	5.9 Person Per Family
15	Life Expectancy	54 years
16	No. of VDC	27
17	Ilaka	9
18	Ethnic Composition	Chhetri (44.2%), Thakuri (19.5%), Lama (16.1%) Brahmin (6.2%), Dalit (12.6%), Magar (0.24%) Gurung (0.05%) and others (0.93%)
19	Land Use	Total land : 565500 hector Forest (13.2%), Pasture Land (25%), Agriculture land (0.8%), Snow covered area (8.9%), Rock (54.3%), Lake (0.02%), Gravel (0.06%), Rives (5.9%) and Residential area (0.06%)
20	Geographical Location	Mountain District
21	Physical Features	-High Mountain Region (Upper Humla) Low Mountain Region (Middle Humla) Basin Region (Lower Humla)
22	Climate	Cold, Tropical
23	Major Rivers	Humla Karnali, Dojam Khola, Galfa Gada, Kawari Khola, Hildum Khola, Hepka Khola, Karang Khola, Gothi Khola etc.
24	Major Lakes	Selima Taal, Talung Taal, Jadya Tal, Lade Daha, Dedhe Daha etc

S.N.	Sector/ Heading	Discription
25	Transportation/ Road	Simikot Airport (1978AD) Hilsa- Simikot Road on construction (30km), Kawari-Salla Road on Construction (5 km) Means (Mule, Donkey, Yak, Horse, Goat, Sheep)
26	Total Production	10517.29M.T.
27	Major Crops	Chino, Kaguri, Millet, Paddy, Wheat, Maize, Barley etc
28	Main Vegetables	Cauliflower, Brocauli, Carrot, Radish, Pumpkin, Soyabin, Potato etc.
29	Main Fruits	Apple, Okher, Chuli, Banana, etc
30	Livestock	Jhopa, Jhuma, Yak, Mule, Donkey, Buffalow, Sheep goat, Cow, Ox etc.
31	Educational Status	Total literacy : 22.62% Male (36.2%) Female (8.87%) Primary School (95), Lower Secondary (13), Secondary (8) and Higher Secondary (1) Boarding School (1)
32	Existing Institution	-Government Offices - I/NGOs (UNICEF, DFDP, Nepal Trust, USC Nepal, HCDA, SIDC, RDSC, Women Welfare Center, VDP, KIRDARC, RPUDP, DEPROS Nepal, Redcross, etc.
33	Main Festivals	Chaite Dashin, Saune Purnima, Raling Mela, Dashain, Tihar, Manghe Tihar, Mane, Losar, Dobato etc.
34	Language	Khasa Nepali and Bhote Kham
35	Religion	Hindu, (78.2%), Buddhist (20.2%), Others (1.6%)
36	Flora/ NTFP	Bojo, Jimbu, Nigalo, Bhojpatra, Katush, Panchawale, Niuri, Allo, Okhar, Pudina, Kaphal, Jatamasi, Kutki, Amla, Padamchal, Soonpati, Ainselu, Ritha, Kush, Sugandhawal, Timur, Satuwa, Silajeet, Guchi Chyau, Yartsa Gumba, Lali Guras, Oak etc.
37	Fauna	Wild animals : Blue sheep, snow leopard, Black deer, Musk deer, wolf, Jackal, Panther, Black bear, Bird tiger, Wild dog, Wild horse, Monkey, Wild buffalo, Yeti etc. Wild Birds : Danfe, Kalij, Chyankhura, Lunche, Crow, Eagle, Wild pegion, Vulture, Kalchya, Musyailo, Chichuwa etc.
38	Tourism Products	Humla Karnali, Limi Valley, Kermi Hot Spring, Selima Lake, Talung Lake, Yalbang Gompa, Tumkot Gumpa, Chyachhara Waterfall, Chanla Himal, Panchumukhi Himal, Raling Peak, Saipal Himal, Raling Gompa, Simikot Valley, Shiva Mandir, Nyinba Villages, Kharpunath Temple etc.

Map No. 8 : Socio Economic Status and Infrastructure Development of Humla in Nepal

Map No. 9 : Bio-Diversity Conservation Sites in Nepal

Map No. 10 : Some Wild Animals of Humla

Map No. 11 : Some Birds of Humla

Map No. 12 : Some Trees and Shrubs of Humla