

Mid-May 2015 Special Issue

Richie Rebel says, "This special issue is dedicated to Nepal."

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Life & Times of the Rebels of '69

Maria Krilich Shares Her Memories of Beautiful Nepal

On April 25, 2015, a 7.8-magnitude earthquake shook Nepal causing more than 8,000 deaths and countless injuries. It was followed by another major earthquake on May 12, 2015, which added to the destruction and death.

Just a year ago, Maria Krilich, wife of classmate **Rich Krilich** (Illinois), fulfilled her lifelong dream to tour Nepal. In this special issue of *The Life & Times of the Rebels of '69*, Maria shares her account and photos of the beautiful land and people she encountered as she hiked Nepal, a country lying between China and India, a country with the highest elevations in the world.

Nepal

by Maria E. Krilich





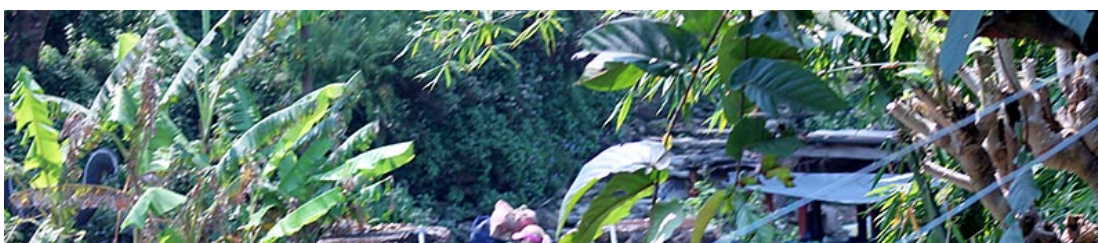
A nature-lover's haven, an active person's ultimate playground, a soul searcher's mindful quest unveiled....Nepal. A backdrop more beautiful than the eye can comprehend, where limits are tested, challenges abundant and both physical and mental performance prevail.

There is nothing underrated about this country that bestows the legendary Himalayan Mountains. I was privileged enough to explore this beautiful landscape just a few months ago. My daughter and I embarked on a 10-day journey trekking the western Annapurna region. At daybreak, we'd get our packs ready and head on out to climb up...and up....and up...and... (did I mention UP! Whew!), for 6 to 7 hours per day, taking thousands and thousands of steps to our next tea house, where once we'd arrive, we'd thoroughly enjoy the company of dozens of fellow trekkers from around the world before laying our achy bodies to sleep.

Having yoga class on the rooftop of our hotel during sunrise, where suddenly the Himalayan range is magically illuminated was spectacular. Seeing a monkey sitting on a wrought iron fence in the middle of Kathmandu, and eighty-plus-year-old women carrying enormous baskets on their backs up and down a shared trekking path, and a woman washing her dishes in a roadside stream were just some of the things whose beauty stunned me, whose irony made me smile, whose perseverance filled me with respect, and whose destitution made me both sad and grateful for what I have.



And when it's all said and done,...



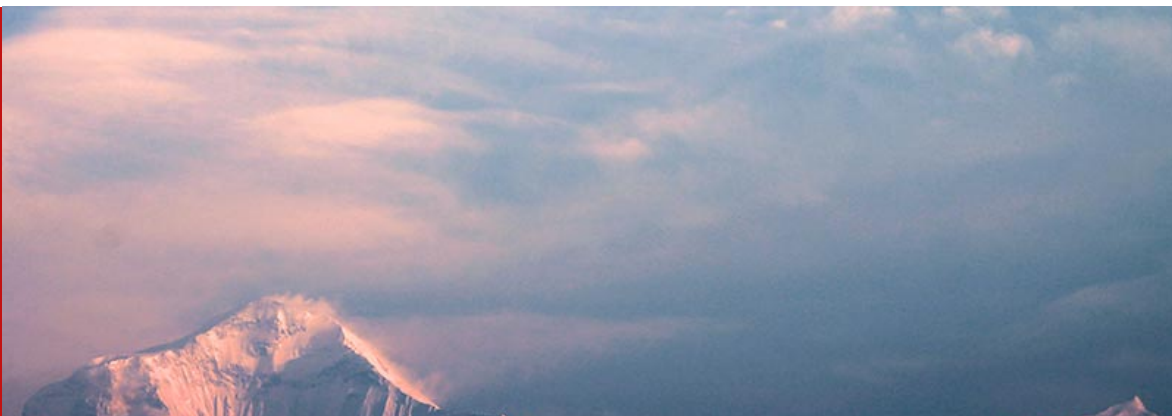


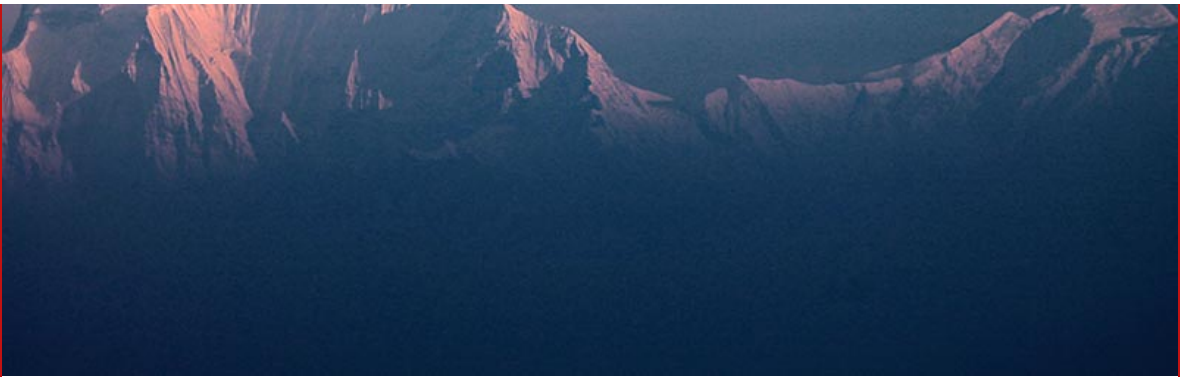
The 139,000 step, 46 km trek, 95 degree sweltering sunny days, pelting rainy thunderstorms through muddy rhododendron jungles, frigid snowy temps once we hit mountain peak, steep ascents, steeper descents, stairs, dirt, stone, granite, log bridges over



glacier rivers, monkeys, yaks, chickens, roosters, bulls, goats, sheep, donkeys, dogs, kids, families, terraced farms, cabbage, wheat, carrots, potatoes, peas, smiles, laughter, pain, aches, 40 strangers coming together as one family, old oven fires, hostel sleeping, freezing nights, hole in the ground squatter toilets, loads of beauty, picturesque hills and mountains and flowers and trees, and ... and ... and ...

Talk about sensory overload! What an incredible experience!





For maps and more information about the Nepal earthquakes, click on this link to the *New York Times*. "Maps of the Damage from the Nepal Earthquake"
[http://www.nytimes.com/interactive/2015/04/25/world/asia/nepal-earthquake-maps.html?
_r=0](http://www.nytimes.com/interactive/2015/04/25/world/asia/nepal-earthquake-maps.html?_r=0)

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