

MOUNT EVEREST

Nepal is home to the highest mountain on earth, Mount Everest, in the Himalaya mountains. It is 8,848m above sea level. That's 10 times taller than the world's tallest building!



Everest is growing by half a centimetre every year. In 1953, two climbers reached the top of the mountain for the very first time.

"Being the first person to reach the top of a mountain must feel amazing. I hope climbers eat plenty of marmalade to keep them going."



DAL BHAT

Dal bhat is the national dish of Nepal. It's a meal of cooked lentils and rice. It usually also comes with a vegetable curry. Nepali people often eat dal bhat twice a day.



Cows are a holy animal in Nepal, and it is illegal to kill them. This means that Nepali people do not eat any beef.

"I do like to try food from around the world. Many people in London come from all over the world, so we have a lot of delicious foods to choose from."



BIKRAM SAMBAT

2076

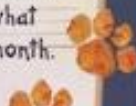
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The Nepali calendar, called Bikram Sambat, is around 56 years and 8 months ahead of the calendar we use in the UK, which is called the Gregorian Calendar.

Each month in the Nepali calendar is as long as the moon's cycle – 28 days. Once every three years, there is an extra month.



"I like the idea of keeping the same days as the moon. I wonder what Nepali people call the extra month. Shall we look it up?"



FLAG



Nepal is the only country in the world that does not have a square or rectangle flag. The Nepali flag is made up of two shapes called pennons, which are like triangles.

The pennons represent the Himalayas. The blue symbolises peace, and the red means bravery. Red also represents the rhododendron, Nepal's national flower.



"I wonder if the British flag wasn't a rectangle, what shape could it be?"

