



Beding, the central village in Rolwaling, lies at an altitude of 3690 metres. The mountain seen peeking above the village is Gaurishankhar (7235 metres).

Rolwaling 1974

The clear and intense sunlight blinded us as we left the forests down in the valley and arrived at the small village of Beding. It was a late afternoon in December 1974. As we put up the tents the air was already freezing cold. People and animals had retreated into the houses. We had come to Rolwaling after a four-day trek to purchase seed potatoes there since the potatoes from Rolwaling were known to be free of virus disease and therefore much liked by farmers in the lower hills.

The next morning, as the sun rose late over the snow-covered mountains, the Sherpas appeared to enjoy the warmth of a short winter day. We found a farmer willing to open his winter store of potatoes deep in the soil to be taken back as nucleus seed for farmers at Nigale.

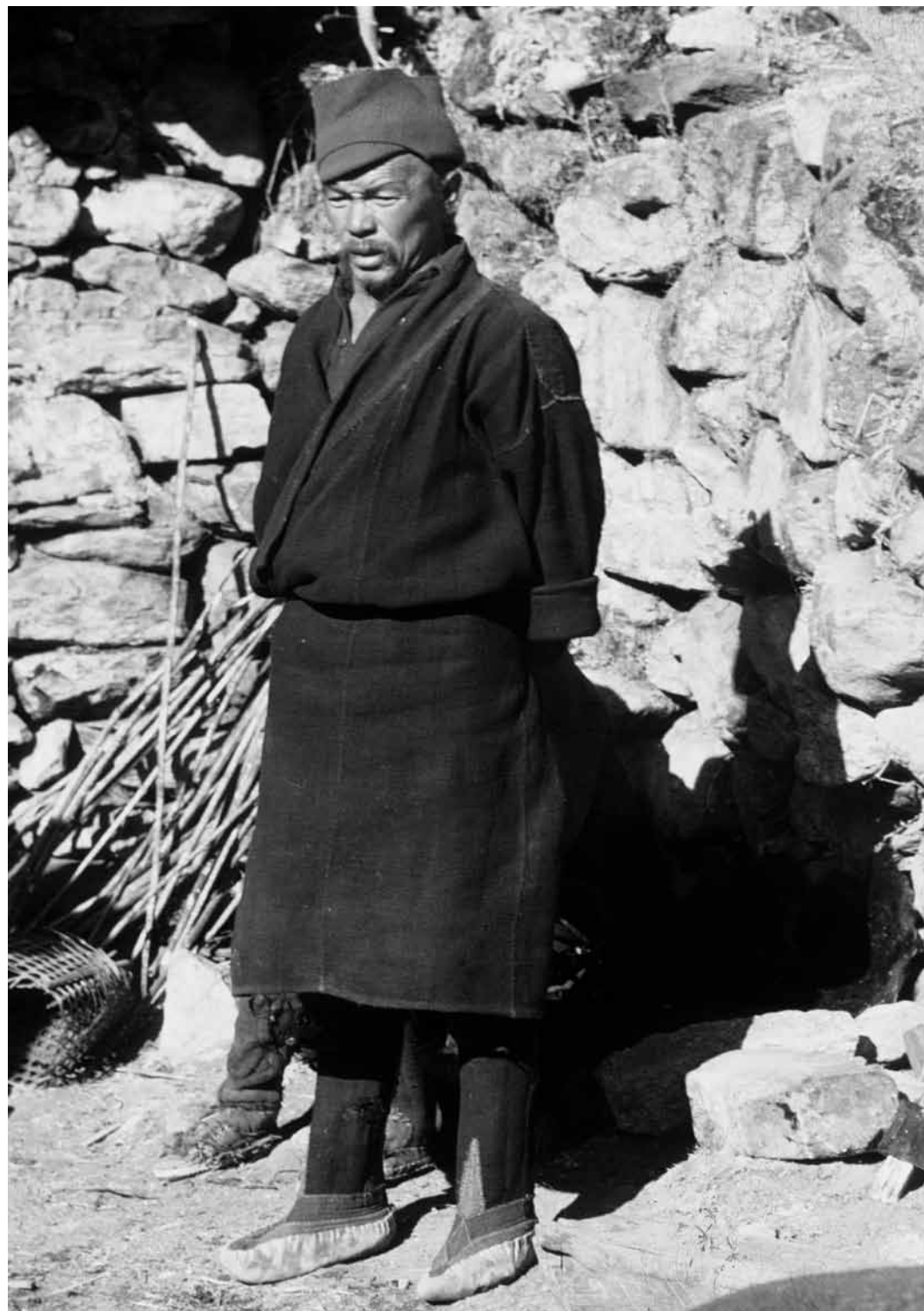
While my Nepali counterpart was observing the filling of the *dokos* of our five porters, I went around taking photographs. As we left Beding in the afternoon we came across a small girl carrying firewood. I turned around and photographed her with her dog in the warm light of the evening sun. During a recent visit to Rolwaling I found her in the fields of Na. Kinu, now 45 years old, is married and has a five-year-old daughter

The Sherpas of Rolwaling migrated from Solukhumbu a long time ago. Like their cousins, they have also engaged successfully in high altitude portering and the trekking business.





A man of Beding wearing the *bakku*, the traditional Sherpa dress made locally.



Girl carrying firewood on the way home.



A Beding boy wearing the traditional *bakku*.



Sherpa women resting with their loads of bamboo carried home from the valley below. Small bundles of dried bamboo are used for lighting up rooms or paths at night.



A young Sherpa woman working at the loom.

The head lama of Beding is taking potatoes out of winter soil storage. He sold them to the project to be used as nucleus seed.

