

## **A pilgrim walking in Jomsom, Nepal**

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A woman wearing a shawl and woolen cap carries a loaded basket through Jomsom, a town that serves as the headquarters and a major commercial hub of the Mustang district of Nepal. Jomsom extends over both the banks of the Kali Gandaki River where the rocks are considered holy by some Hindus. Pilgrims and porters alike pass through Jomsom. Transporting things — or portering — across the mountains in Nepal is difficult, tedious work. Humans, donkeys, and, in the upper mountain regions, yaks and mountain goats, are the major means of transportation across the foot trails. Women and men, and old and young alike work as porters.



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