

Woman porter in Jomsom, Nepal

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In Jomsom, Nepal, a woman walks with a load held to her back by a strap on her forehead. She is wearing a sari and also a ring on her nose — a common practice among women in the mountains. The woman holds a pair of her slippers and a walking stick. Carrying a load on one's back is a common way of transporting things across the mountains. Poverty has kept many people in Nepal from buying even a pair of shoes, so they often walk in slippers even in cold weather. Jomsom is very cold during September.



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